

# Battalion Classifieds

## NOTICE



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Part-time maid needed, 20-30 hrs. weekly. Call after 5:00p.m. 776-0946. 93/01

Part-time housekeeper needed 6-8 hrs. per week. \$4.50 hr. 696-7414. 93/02/14

Someone needed to look after 2 yr. old boy-evening hours. 846-3639. 89/02/06

Part time help wanted. Apply at Piper's Gulf. Corner of University Drive and Texas Avenue. 89/02/15

NEW ENGLAND BROTHER/SISTER CAMPS. (mass) Mah-kee-nac for boys/Danbee for girls. Counselor positions for Program Specialists: All team sports, especially Baseball, Basketball, Field Hockey, Soccer and Volleyball. 25 Tennis openings; also archery, riflery and biking; other openings include Performing Arts, Fine Arts, Yearbook, Photography, cooking, sewing, Rollerskating, Rocketry, Ropes, Camp Craft. All waterfront activities (swimming, skiing, sailing, windsurfing, canoeing/kayak). Inquire J&D camping (Boys) 190 Linden Ave. Glen Ridge, NJ 07028; Action camping (Girls) 263 Main Road, Montville, NJ 07045. Phone (Boys) 201-429-8522; (Girls) 201-316-6660. 91/11

OVERSEAS JOBS. \$900. - 2000. month. Summer. Year round. all countries, all fields. Free info. Write: JJC, P.O. Box 52 - TX 04, Corona Del Mar, CA. 92625. 74/02/13

X-Ray Technician position open primarily evening hours. Contact Sharon at Care Plus Medical Center. 696-0683. 90/02/09

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**Camp Winadu, 5 Glen La., Mamaroneck, NY 10543.**  
(914)381-5983. 75/11

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Experienced librarian will do library research for you. Call 272-3348. 83/02/22

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Call 846-8908 or come by  
MSC main hall. 93/02/13

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## NOTICE

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## Warped

by Scott McCulla



## Waldo

by Kevin Thomas



# Dream scholars continue excavation of unconscious

By Sherri Roberts

STAFF WRITER

Dreaming — the mind's process of taking bits and pieces of our lives and weaving them into a story viewed while sleeping — has intrigued ancient scholars and modern day psychologists alike for centuries. However, for many psychologists and researchers, dreams tell more than a story. They reveal psychological facts.

Austrian neurologist Sigmund Freud said dreams were the "the royal road to the unconscious" — a person's subconscious attempt to fulfill a wish or fantasy, often a sexually related one.

Darrell Smith, professor of educational psychology, said Freud was criticized by many for the sexual emphasis he placed on his interpretation of dreams.

Smith, who teaches a graduate level seminar in dream analysis, said other dream analysts such as Austrian psychiatrist Alfred Adler had a more practical interpretation of dreams.

Adler believed dreams were either a review of the past or rehearsal of the future. From this viewpoint, a dream in which an individual is taking a train somewhere might symbolize he is trying to reach a goal in life, Smith said.

Cathy Copeland, a graduate student in psychology who is researching the subject of dreams, said Swiss psychologist Carl Jung theorized that dreaming is the mind's way of creating a psychic equilibrium between an individual's conscious and subconscious.

Dreams present a view of reality that the conscious mind may miss while one is awake, but which cannot escape the subconscious, Copeland said.

This reality is often represented through metaphors and imagery, she said.

For instance, she said dreaming of a night-time voyage may symbolize that one is about to take a journey within himself. The death of a parental figure in a dream may be a symbolic death of a critical voice inside one's head.

Unfamiliar dream images and traits of characters should be examined to determine if one may unknowingly possess these characteristics.

"A lot of times, your friends see parts of you that you don't," Copeland said. "Understanding your dreams can help because it allows you to assimilate parts of your personality that you may not be aware of. You just get a better panoramic view."

Smith said that because of the heightened self-understanding dreams can bring, they, along with pain which indicates something is physically wrong, are one of man's best friends.

"Dreams are a message by the person to the person about the person for the person," he said.

Although psychologists do not understand the purpose of dreams, they do know they are crucial to mental health.

Smith said individuals dream the most during infancy, perhaps as a method of processing the stimuli they receive from adults and their surroundings.

Although researchers do not understand completely why individuals tend to dream less as they get older, it may be because they "outgrow" this dependency on dreams to process information, he added.

Of the various stages which comprise the sleeping process, a majority of dreams occur during the REM — Rapid Eye Movement stage. Individuals drift into the REM stage

sleeping four to five times a night.

Smith said most dreams people remember occur one to two hours before they awake, while they are in this stage.

Many nightmares occur during the fourth stage of sleep, in which one is the most relaxed, he said.

Although many people think of dreaming as a peaceful experience, they actually can produce a lot of physical tension and anxiety, he said.

Researchers have suggested that many heart attacks which individuals have had while sleeping may have occurred because of anxiety produced by dreams.

Copeland said suppressed feelings or anxieties are often a source of nightmares. External stimuli such as loud noises lead to a bulk of the images present in dreams.

In addition, eating food which upsets the stomach or causes indigestion can cause one to dream, she said.

"Even though you're asleep, the stimulus can intrude on your subconscious and be incorporated into your dream," she said.

Although some individuals are able to recount dream images in vivid detail, this remembering process does not come as easily to others.

Copeland said people can train themselves to be more attentive to their dreams by keeping a dream journal. If a dream cannot be remembered, she said, one could record his feelings upon awaking.

Judith McConnell, counseling psychologist at Student Counseling Services, said she sometimes has patients record their dreams. The individual then may analyze how a part of the dream relates to situations in his life.

During stressful periods such as an exam time, individuals often dream they are being chased, McConnell said. This may symbolize that the person is spreading himself too thin, she said.

Although the use of dream analysis as a counseling tool is becoming more widespread, many aspects of dreaming remain a mystery to researchers.

Copeland said, "There's a lot more not known about dreaming than there is known."

Although many psychologists associate various colors seen in dreams with certain emotions, it is not fully understood why some individuals dream in color and others do not, she said.

According to some research, women tend to have less aggressive dreams than men. In addition, while women tend to have dreams involving familiar individual and indoor settings, men's dreams often take place in outdoor settings, contain more achievement themes and involve groups.

# Restaurant Report

by Mia B. Moody

REPORTER

The restaurants listed below were inspected by the Brazos County Health Department either Jan. 30 or Feb. 2. Information is taken from a food service establishment inspection report.

**SCORED BETWEEN 90 AND 95**

**The Flying Tomato** at 303 W. University was inspected by David Pickens. **Score—94.** Five points were subtracted because spoiled lemons were in the walk-in refrigerator. One point was subtracted because the dough area floor was unclean.

**Fatburger** at 725A University Dr. was inspected by David Pickens. **Score—93.** Three two-point violations were found: a freezer in the lounge didn't have a lock, no soap in a hand sink and the reach-in refrigerator was unclean. One point was subtracted because a stem-type thermometer was missing.

**SCORED BETWEEN 80 AND 85**

**The Dixie Chicken** at 307 University Dr. was inspected by David Pickens. **Score—86.** Five points were deducted because food was being placed on a steam table directly from the refrigerator. Four points were deducted because a hand sink with hot and cold water needed to be installed. Two two-point violations were cited because beer-keg coolers needed cleaning and paper towels were missing from the hand sinks, bars and kitchen.

**SCORED BETWEEN 65 AND 70**

**Bennigans** at 505 S. Texas Ave. was inspected by David Platt. **Score—67.** Three five-point violations were cited because a lid wasn't on a wait-station ice bin, the sink faucet tubing needed sanitizing to avoid cross contamination and another violation which was corrected during inspection. Two four-point violations were cited because dishwasher wasn't sanitizing properly during the rinse cycle and the base of the back door wasn't sealed to prevent insect entrance. Three two-point violations were cited because rolls weren't covered under a preparation table, plastic cups weren't clean before they were stacked, and the backyard garbage area was unclean. Points were deducted in other minor areas.

David Jefferson, a registered sanitarian at the department, says restaurants with scores of 95 or above generally have excellent operations and facilities. He says restaurants with scores in the 70s or low 80s usually have serious violations in the health report.

Scores can be misleading, Jefferson says, because restaurants can get the same score by having several minor violations or a few major violations. He says the minor violations can be corrected during the inspection. Point deductions or violations in the report range from one point (minor violations) to five points (major violations).

Jefferson says the department might close a restaurant if the score is below 60, the personnel have infectious diseases, the restaurant lacks adequate refrigeration, there is a sewage backup in the building or the restaurant has a complete lack of sanitization for the food equipment.

The department inspects each restaurant every six months. Jefferson says a follow-up inspection is sometimes required if a restaurant has a four- or five-point violation that cannot be corrected during the inspection, or if there are numerous small violations.

Inspectors at the department are registered sanitarians.