

Local programs help smokers quit through hypnosis, other exercises

By Pam Mooman

Of The Battalion Staff

Trying to quit smoking? Local programs are available to help a nicotine habit go up in smoke.

Richard Stein, senior field representative for the Brazos Unit of the American Cancer Society, said quitting smoking is difficult because the effects of smoking are both mental and physical.

"It's habit-forming," Stein said. "You, in essence, become psychologi-

cally dependent on this habit."

For example, some people automatically want a cigarette when they drink coffee, he said, while others habitually smoke when they are on the telephone.

"There is (also) a physiological dependency," Stein said. "Nicotine is an addictive substance. That addiction becomes stronger the more cigarettes you smoke."

Stein said some people say smoking relaxes them. In this way, they become physically and psychologically tied to that cigarette, he said.

"(In general,) they use cigarettes as a crutch," he said.

But smokers can quit, and there are several steps involved, Stein said. First of all, a smoker must want to quit.

"Some people don't want to quit," he said. "If (a smoker) doesn't want to quit, he's not going to."

A common method to stop smoking is to quit cold turkey, Stein said. "That is the most successful method today," he said.

However, one drawback to this method is that it is difficult to do, Stein said.

Stopping cold turkey also causes withdrawal symptoms such as cravings and tension, Stein said. These symptoms should diminish after a few days and disappear in 10 to 14 days.

There are relaxation exercises for managing stress without smoking, he said.

Some smokers even complain of tingling sensations and numbness in their arms and legs, Stein said. These sensations are due to improved circulation and will disappear when the smoker's body readjusts itself, he said.

Several local clinics offer alternatives to quitting cold turkey.

There are three AM/PM Clinics in the Bryan-College Station area, but only one offers programs to help smokers quit. The AM/PM Clinic at 3820 Texas Ave. in Bryan offers a hypnosis program for smokers. A local doctor conducts the sessions.

An AM/PM Clinic employee who went through the clinic's hypnosis program for weight loss said the programs work if people try to help themselves.

"Mentally, you're going to have to do it yourself," she said. "You're going to have to want to do it."

For more information, call the AM/PM Clinic at 846-4756.

The health educator at Scott & White Clinic, 1600 University Drive East in College Station, puts smokers who want to quit through a five-step process, said Stephanie O'Brien, a senior health education major at Texas A&M and intern at the clinic. First, patients must identify them-

selves as the most important factor in quitting. Then they must state at least two situations during the day when they smoke. Sally Skagg, the health educator, then reviews techniques for smokers to control their urges and avoid trigger situations. Skagg then explains the effects of nicotine on the cardiovascular and pulmonary systems. Finally, smokers must state at least one reason or motivation to quit.

Scott & White Clinic also has informational videos and brochures for smokers who want to quit.

Like the AM/PM Clinic, Scott & White Clinic offers a hypnosis program for smokers who want to quit.

Another program Scott & White Clinic offers is Smoke Stoppers, a national program conducted by previous smokers who completed the program and quit smoking.

O'Brien said the program encourages smokers to set goals and then provides knowledge, guidance and support to help them reach those goals. Former smokers know what it takes to quit and can counsel those trying to stop smoking, O'Brien said.

During the first week of Smoke Stoppers, participants will have 90-minute sessions Monday through Thursday. Smokers actually stop smoking during these sessions, O'Brien said.

For the next three weeks, participants meet once a week in hour-long support sessions. These sessions help participants deal with stress and educate them on exercise and diet, O'Brien said.

The next Smoke Stoppers session begins Jan. 15.

For more information, call Scott & White Clinic's health education department at 268-3397.

A&M's Student Counseling Service on the third floor of the YMCA Building also offers a hypnosis program for smokers who want to quit. For more information, call the Student Counseling Service at 845-4427.

What's Up

Wednesday

AGRICULTURAL COMMUNICATORS OF TOMORROW: will meet at 7 p.m. in 214 Reed McDonald. Representatives from the Houston Livestock Show and Rodeo will be present to discuss internships at the 1990 show.

MSC POLITICAL FORUM: presents E.L. Miller lecture series "Tomorrow's Technology Today" in the University Center Complex. For more information call 845-1515.

INTERNATIONAL DEVELOPMENT FORUM: will have a seminar on dealing with population pressures and rapidly growing urban centers: The North Mexico Monterrey Plan at 7 p.m. in 305 Rudder.

RHA GENERAL ASSEMBLY: will meet at 8:30 p.m. in 301 Rudder.

OPAS STARK SERIES & DEPT. OF PHILOSOPHY & HUMANITIES: will have a brown bag concert with pianist Paul Hersh at noon in 402 Academic. For more information call Rebecca Binder at 845-3355.

DEPARTMENT OF MODERN CLASSICAL LANGUAGES: will have a lecture by Dr. Claudine Huntin titled "Counter-Revolutionary Correspondence: Jacques Cazotte's Dangerous Liaisons" at 4:15 p.m. in 212 MSC.

STUDY ABROAD OFFICE: will have a TAMU 1990 study abroad programs informational meeting from 2 to 3:30 p.m. in 228 MSC.

STUDY ABROAD OFFICE: will have a loans for study abroad informational meeting from 3:30 to 4:30 p.m. in 402 Rudder.

MSC ALL-NIGHT FAIR: recognized student organizations may sign up for a booth from 8 a.m. to 9 p.m. in 216 MSC. For more information call Angie Payne at 845-1515.

HISPANIC BUSINESS STUDENT ASSOCIATION: will meet at 7 p.m. in 156 Blocker.

WOMEN'S STUDIES SUPPORT GROUP: will have an organizational meeting at 6 p.m. in 139 MSC. For more information call Melissa Cuthbert at 846-3487.

COLLEGE OF LIBERAL ARTS AND DEPT. OF PHILOSOPHY & HUMANITIES: Paul Hersh will give a lecture/demonstration performance of the "Goldberg Variations" by Johann Sebastian Bach at 7:30 p.m. in 402 Academic. For more information call Rebecca Binder at 845-3355.

CIRCOLO ITALIANO: will have its first official meeting at 8 p.m. in 127 Academic.

STUDY ABROAD OFFICE: will have a table with information on study abroad opportunities from 10 a.m. to 2 p.m. in the MSC main hallway.

WOMEN'S BONFIRE COMMITTEE: will meet at 7 p.m. in 502 Rudder.

BLACK AWARENESS COMMITTEE: will present "Succeeding at Texas A&M" at 7 p.m. in Rudder.

SOCIETY OF FLIGHT TEST ENGINEERS: test pilot 7 faculty member Dr. Don T. Ward will discuss the F-15 flight test program at 7 p.m. in 116 Engineering. For more information call Scott Brandt at 696-4010.

PRIMITIVE BAPTISTS FELLOWSHIP: will have a worship service at 7:30 p.m. in the All Faiths Chapel. For more information call Chris Blevins at 847-7000.

FLORICULTURE—ORNAMENTAL HORTICULTURE: will have a general meeting at 7 p.m. in 104 Horticulture Forestry Sciences.

RIO BRAZOS AUDUBON SOCIETY: Bruce Miles of the Texas Forest Service will speak on Forest Management and its impact on wildlife at 7:30 p.m. in the Mark Francis Room at the TAMU Vet School.

SOUTHWEST DALLAS COUNTY HOMETOWN CLUB: will meet at 7:30 p.m. at the Dixie Chicken. For more information call Bill Wrightson at 846-8519.

EUROPE CLUB: will have its regular weekly 10:30 p.m. upstairs at Sneakers. Call 696-1413 for more information.

MSC COMMITTEE FOR THE AWARENESS OF MEXICAN-AMERICAN CULTURE: will have a general meeting at 7 p.m. in 212 MSC.

ALCOHOLICS ANONYMOUS: will have a general discussion at noon. For more information call the C.D.P.E. at 845-0280.

NARCOTICS ANONYMOUS: will have a general discussion at 8:30 p.m. For more information call the C.D.P.E. at 845-0280.

Items for What's Up should be submitted to The Battalion, 216 Reed McDonald, no later than three business days before the desired run date. We only publish the name and phone number of the contact if you ask us to do so. What's Up is a Battalion service that lists non-profit events and activities. Submissions are run on a first-come, first-served basis. There is no guarantee an entry will run. If you have questions, call the newsroom at 845-3315.

In Advance

Reagan spokesman Speakes visits A&M tonight

Larry Speakes, former spokesman for President Reagan, will speak at 6:15 tonight in 113 Heldenfels.

Speakes will be joined by Tom Brokaw, NBC News anchor, via speakerphone for the first part of the presentation.

Speakes is coming to talk to a journalism class, taught by Peter Roussel, former deputy press sec-

retary for Reagan, that focuses on the relationship between the media and the presidency. Tonight, the class will be open to the public.

Speakes, author of "Speaking Out," also was a staff assistant to President Nixon and assistant press secretary to President Ford, and is currently a communications consultant.

Turner

(Continued from page 4)

supports the idea of a non-voting liaison to provide regent information to students and student information to the regents.

He worked toward the same goal when he was an undergraduate at the University of Texas, and would do the same as a Texas Senator, he said.

Turner said he has always opposed to abortion, except in the case of incest, rape or the mother's health.

Turner, age 43, graduated from the University of Texas with degrees in law and business. He served as a captain in the U.S. Army Reserve

until 1978 and since 1973 has engaged in private law practice.

Turner served on the Texas House of Representatives from 1981 to 1984, as a member of the Appropriations Committee, the Ways and Means Committee and the Environmental Affairs Committee. In 1984, he began serving as Special Counsel for Legislative Affairs and as Executive Assistant to former Texas Governor Mark White. He was later promoted to the position of Executive Assistant to the Governor where he served until 1985.

Turner has been married for 19 years to his wife, Ginny, and they have two children, John, age 14 and Susan, age 12. They attend Crockett Public Schools.

How many AGGIES does it take to change your oil?

ZERO!

Let LUBE KING do it!

AGGIE SPECIAL
LUBE, OIL & FILTER CHANGE
with
TEXACO
30W Motor Oil
Expires 12-15-89
\$13.95 up to 5 qts.
COUPON



1791 BRIARCREST
776-8200

205 HOLLEMAN
764-7992

301 TEXAS
779-8200

T.A.M.U. STUDY ABROAD 1990

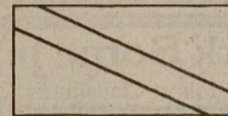
INFORMATIONAL MEETINGS FOR PROGRAMS TO:

- Italy -- to study -- Humanities
- Kenya -- to study -- Archaeology/Ecology
- Greece/Turkey -- to study -- Architecture/Humanities
- Dominica -- to study -- Tropical Biology
- Europe -- to study -- BANA
- Italy Semester -- to study -- Humanities

WHERE: MSC ROOM 228
WHEN: WEDNESDAY, 15 NOVEMBER 2:00 - 3:30

TAMU SCUBA CLUB
presents

Terry Scoggins



Cave Diving

Terry Scoggins will speak on cave and cavern diving and the certification requirements.

Room 229 MSC 7:00 p.m.

Tuesday November 14

Trophies! PI BETA PHI & TENNIS CLUB TENNIS TOURNNEY Prizes!

Where: Texas A&M Tennis Courts
When: November 18 & 19
Cost - \$10 per person

Deadline - Nov 15 (Free T-Shirt)

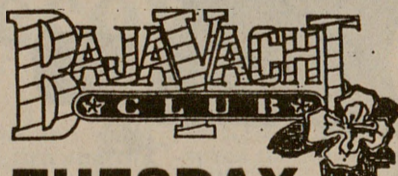
*Checks payable to PI BETA PHI
-Return to ΠΒΦ mailbox or to MSC Table

SINGLES

"A" Mens _____ "A" Womens _____
"B" Mens _____ "B" Womens _____
Name _____
Phone# _____

MIXED DOUBLES

"A" _____
"B" _____
NAME _____
PHONE # _____
NAME _____
PHONE # _____



TUESDAY
LATE NIGHT HAPPY HOUR
Open Bar
10 - Midnight

Study Early - Party Late

WEDNESDAY
NICKEL NIGHT

Nickel Bar Drinks
Nickel Draft Beer
8 - Midnight

Corner of Southwest Pkwy. & Texas Ave.
Winn Dixie Shopping Center
693-3343



SWC FOOTBALL FANS DON'T LET THE SEASON END!

Keep it forever with your own copy of the CONFERENCE SPORTS FAN

'89 SEASON PHOTO ANNUAL by Jerry McAdams

Over 100 pages of spectacular color and black-and-white photos, with week-by-week summaries of EVERY GAME played by EVERY Southwest Conference team ALL SEASON, year-end statistics, team rosters from every school and more. A great reference book to recall exactly how the '89 title race transpired, from beginning to end, for years to come. Bands, cheerleaders, players and fans. Keep it all.

Publishing date: mid-January To order your advance copy, send \$13.95 +\$2 postage & handling to: MCADAMS PUBLICATIONS P.O. Box 471022 • Fort Worth, Texas 76147

name _____
address _____
city _____ state _____ zip _____
Your book will be mailed first class upon publication.
MONEY BACK GUARANTEE IF NOT SATISFIED! If you're a student, player or fan, years from now you'll wish you'd bought this book today.