



# THE HIGHLAND Villager

The Good Life In Your Community

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## Women invited back-to-college at St. Kate's

"Back-to-College", seminar applications are now being accepted by The College of St. Catherine, according to St. Therese Sherlock, director of the Office of Continuing Education.

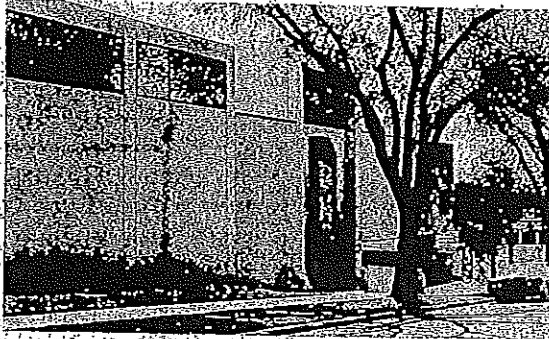
The seminar consists of 11 sessions which will be held Thursdays from 10:25 a.m. to 12 noon starting Feb. 6.

The sessions will include workshops in writing and study skills, discussions with currently enrolled continuing education students on the challenges of combining home, school and work responsibilities, and individual testing and counseling opportunities.

Also, information on financial aid for mature women students will be provided. Fee for the seminar is \$15 and, because registration is limited, interested persons should apply as soon as possible.

A new option has been introduced this year, St. Therese pointed out. Interested women, she said, may also register for a St. Catherine's course for credit at reduced tuition.

Further information may be obtained by writing St. Therese Sherlock, Office of Continuing Education, The College of St. Catherine, St. Paul, MN 55105. Or phone 698-2773.



City officials will be on hand tomorrow night to officially open the new Highland Park Branch Library. The ceremony, which is open to the public, begins at 7 p.m.



## Highland Library dedication tomorrow open to public

The long-awaited grand opening of the Highland Park Branch Library will take place this Thursday, (January 9) from 7 to 9 p.m.

The Library, which had its ground-breaking in December of 1972, will be formally dedicated in a ceremony featuring St. Paul Mayor Larry Coban, Community Service Director Thomas Kelly, Director of Libraries, J. Archer Eggen, and Branch Librarian Laura Jeffrey.

The delay in the official opening of the library was due to slow delivery of new furniture. The library didn't receive its final shipment until last week.

The original 4,600 sq. ft. building was built in 1954 and the new 7,000 sq. ft. addition was completed in October '73 at a cost of around \$450,000.

The opening ceremony will consist of a tea and tour from 7 to 9 p.m. with the dedication from 8 to 9 p.m. All area residents are invited.

## Area churches join in Jan. 21 blood donor day at Nativity

Macalester-Groveland area churches are joining in an effort to collect blood when the Red Cross Bloodmobile comes to the area January 21.

It will be held at the Nativity Catholic School Auditorium, 1900 Saintford Avenue from 12:30 to 7 p.m. Persons age 18 to 65, in good health, can give blood every eight weeks.

17-year-olds are eligible to give blood with written parental consent.

Nursery facilities will be available from 1:30 to 6:00 p.m. for mothers with small children. Babysitters will be 7th grade Campfire girls.

Interested donors can contact Mrs. Richard Grimes (698-4937) for appointments. Walk-ins are welcome.

## Life as young athlete ended, Rea Miller found a new way to win - through self-hypnosis

by Michael Mischke

Rea Miller was a 18-year-old high school All-American basketball star with a full scholarship to Indiana University when he fell behind a backing semi while working on a loading dock. In a coma for over a month, he came to, paralyzed from the neck down, unable to talk. That was in 1956.

"Those 18 1/2 years of my life don't mean much to me now," he said in an interview last week. "I'm 37 now and just completing my second 18 1/2 years. My life is right here in the present and I'm satisfied with it. Sympathy is wasted on me, I don't need it."

Today Rea Miller is the director of the St. Paul Center of Ethical Hypnosis. He attributes the extent of his recovery (he now gets

around with the aid of a cane) to positive thinking and self-motivation - a belief that led to his interest in the powers of the mind and hypnosis.

It was in 1961, after he had already resumed his studies in psychology at Indiana University, that Miller began using hypnotherapy as an anesthetic while working on the phys-



Rea Miller

ical therapy for his arms and legs.

Later he became interested in the possibilities of using hypnosis to improve concentration and memory retention when a student of Indiana came to him for help with a final exam in German.

"He was a pre-med student and was carrying a low C in the class," Miller said. "His professor told him that if he did well on the final, he would give him a B."

After six sessions the student took the exam, received the second highest score in the class and got his B. Miller has been practicing hypnosis professionally ever since.

In 1968 Miller moved to Minneapolis, and in 1971 set up his offices in their present location above the Highland Drug Center at 790 S. Cleveland Avenue.

Over the last four years he has seen an average of 12 persons a day, five days a week. People who would like to lose weight comprise the largest percentage of his clientele.

"Overeating ranks as one of our society's most prevalent forms of addiction," he said. "But it is generally just a symptom of a deeper nervous tension problem. Hypnosis attempts to treat the cause of the problem rather than its symptoms."

Cigarette smokers, drug addicts, arthritics and students who want to improve their performance also seek help through hypnosis, Miller says his success rate with all of them is very high.

Strangely enough, one of the most difficult problems Miller must contend with is

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## Local student performs card shuffling marathon

After 17 hours, 17 minutes and 17 seconds, Charles Crutchfield, 1323 Hillcrest, ended a card shuffling marathon he undertook last week. Charlie, who accepted the challenge on a bet with his friends, performed 17 shuffles per hour, 17 one-handed shuffles every hour and 17 stair climbing shuffles during his card campaign. (17 happens to be his lucky number).

Charlie started at 6:42:43 a.m. and went, without break, until midnight. Nourishment was provided via a straw by his friends and his mother. The cast on his leg is the result of a nonrelated injury (basketball) and Charlie suffered only from a few sore knuckles.

Representatives from Stancraft Products, a playing card manufacturer, kept him under close scrutiny and a log was kept, which

will be sent to the Guinness Book of World Records.

As we figure it, Charlie completed 17,634 shuffles. He is thirteen-years old and a student at Highland Park Junior High.



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