

# On Battling Stress

By Annette M. Bux

Once again, our favorite time of the term is drawing near--finals. I know I am being a bit facetious. Try to remember how you feel going into a big exam. If you are like the majority of students, there is a knot in your stomach, your palms are sweaty, and you are trying to remember everything you don't know rather than focusing on what you do know.

"College students tend to get caught up in catastrophic situations where they assume their identities from the grades they receive. They place far too much importance on these grades. They get caught up in a self-defeating syndrome and become their own worst enemies when they attach more importance to the grades than to the knowledge they should be attaining," stated Mr. Edward Beck, counselor at Capitol Campus. "Of course," he added, "that has no relevance if the students don't know the material. If they know it--feel confident!"

Mr. Beck feels that we all do terrible things to our bodies; stay up all night take a little something to help up sleep or stay awake, sleep excessively, overeat, undereat, and basically just work ourselves up in to a dither." At points where we need supreme clarity and focus we work ourselves up into a state where it becomes increasingly difficult to focus. We become preoccupied with what we don't know as opposed to feeling confident with what we do know," states Mr. Beck. "The cycle is circular with each revolution being more intense and leading to extremely debilitating test performance."

When asked how to reduce stress, Mr. Beck said that we must break the cycle and learn a more constructive behavior. For example, not abusing our bodies before exams, or studying evenly and consistently throughout the term. In your final review before exams, don't learn new material for the first time. He advised that the key to helping people gain more confidence is frequent cumulative reviews rather than all-night cram sessions. Time management and having a routine for study, recreation, and play will help sustain a long-term positive effect.

Research has shown that certain amounts of anxiety can be healthy--that's called positive motivation. But, research has also shown that too much anxiety, even among very intelligent people, can significantly reduce performance. Some of the most anxiety-ridden people are very bright, but they are just working against themselves.

Mr. Beck recommends some strategies for reducing stress we can incorporate into our daily routines right now. He suggests starting a regular exercise program with activities such as moderate running, jogging, hiking, walking, swimming, cycling, or aerobics. He explained that any form of exercise which produces a sense of well-being is beneficial. Also suggested was structured meditation techniques or quiet periods where there is a lack of distraction. "I also believe that people need crash time to essentially act out on basic primitive instincts without being socially obnoxious. Do something self indulgent, such as hobbies, watch the tube, take a bubble bath, or attend to yourself cosmetically. Do something where you don't feel guilty for not being unproductive. Treat yourself."

Having someone you can talk to is a great source of anxiety reduction. Most of us, instead of turning to a qualified mental health practitioner, might pick up a book and think it will be a cure-all to our problems. Unfortunately, sometimes that is more of a hinderance than a help. Qualified mental health practitioners can help you learn muscle relaxation techniques, desensitization techniques and other cognitive and behavioral techniques. The counseling center at Capitol Campus is there to help you. Why not stop in and see them?

## Country Western Night

By Gary Pellett

Last Friday night, the Meade Heights Board of Governors put on Country-Western night. As usual, they had a band and refreshments. And as usual, the party was a smashing success.

The band's name was "Wheels." They could play reasonably well, and their song selection was excellent. Once the dancers got going, the floor was never empty all night. There was a "best dressed cowboy" contest and it was won jointly by Tim Dezorzi and Jim Sein-Lwin. They should have had a best dressed cowgirl contest, too, but maybe next time.

Thanks, MHBGO, for another great party! I sure sympathize with your clean-up committee, because that floor got really slick. Watch for more from MHBGO next term!

## Cults

from Page One...

His parents finally agreed to drive him to the airport. Instead, he was taken to a deprogrammer, Pat Asler. Pat and Joe sat up for three days going through Hubbard's work and looking for truth. In three days Joe realized "I've been ripped off for three-and-a-half years."

Now a deprogrammer, Joe was once arrested for "kidnapping." But Joe does not feel snatching a cultist for deprogramming is kidnapping, but rather "an act of love."

An article in the "Desert-Pass" explains deprogramming as conveyed by Joe. Deprogramming is a controversial procedure in which a religious adherent is pressured to renounce cult beliefs, usually at the behest of the person's family. Critics, including the church of Scientology have charged that deprogrammers "brainwash" their subjects, often relying on hours of uninterrupted interrogation to break down the person.

Flannigan said those are not his techniques. "I never scream and shout at anyone I am deprogramming or deny them rest or food. I never try to scare a Scientologist back into reality."

"What I do use are the same logical arguments which Scientology uses to get its converts."

Joe said he knows what Scientologists have been told about parents who object to their children's church activities. "No one in Scientology ever

told me to hate my parents. It was much more insidious than that. In church sessions, I was taken into past lives I supposedly had, and was shown my father was a raving lunatic and my mother tried to abort me before I was born."

The majority of people getting into cults are between the ages 18-22. When asked why people that age want to get involved with something like cults Mrs. Dole replied, "They don't intentionally get into them. It's just that they are sort of between things in life at that age -- high school, graduation, college, jobs." Joe added, "They seem to be looking for something in these periods of transition."

All agreed that cults are just as powerful, if not more so than in years past. The Way International, for instance, is a huge organization and was cited for infiltrating many college campuses.

"Don't look at the whole situation in a sinister way -- cults have very definite characteristics and techniques of mind control," said Flannigan. Dr. Arthur Dole has written a flyer listing signs of a destructive cult and the techniques of mind control used by the cults, including hypnosis, betacommunication, disinhibition, change of diet and many more. Anyone wanting a copy of this pamphlet can receive one by contacting the C.C. Reader. If anyone has any questions concerning cults they can address them c/o this newspaper and we will be sure to forward them to Joe Flannigan.



Photo By Timothy J. Moersch

**1st Floor Vickroy**--Dinner was elegant. The wine, you women, and song were all great. Boy do I wish we could do it again --next week is open.--Left-handed pitcher **Lady Di**--Banana is great, but why don't it moo?--Non Car Pusher **Hon**--That's not the only thing sexy!

--Cute Cheeks

**Phantom**--Some of us like to sleep at night without the NOISE!--Awesome Duo

**Eric's Better Half**--I promise to grant you some privacy next term (for a fee)!

--Future Roomie

**Pip**--We share so much. Hope yours isn't contagious! Hope you're feeling better.

Love, Tush

**Joan Jett**--I guess this is the best way to say goodbye early so I don't have to witness any touching scene. What can I say that I haven't already said? I only wish I could have experienced your campaign slogan. You'll never know how much I'll miss you--Love, Beefsteak Charlie

**Florida lady**--Can't wait to see you and your tan. Even in those obscene and unknown places to mankind--Still in PA

**Nor**--Keep those barnacles on that ship and I'm confident that you won't run into any docks.--Canal Zone Red

**Victor's Owner**--It has been a great couple of terms that we have shared together. The memories will last a lifetime. Thanks for everything we did and things we should have tried!

--Love, Thunder

**Ms. Tugger**--I'm giving you two weeks notice so you can find another Lance. If there are no takers, we can continue long distance if you're up to it! Since I'm unemployed, I'll call you (collect, of course) or when you're back in the big W. Thanks for all the GREAT memories over the last few terms--Love, Oley

**3 LT**--Hello from PSU-Mars.--Kev Carol--Tell L.T. I said hi. Nay's Bro

**Hockey Nuts**--Edmonton And Toronto Must Emerge!--Your sleeping roomie

**Sexy Legs**--Watch out, I'll beat you next time. Thanks for a great weekend. Lots of Love--Your Hon

**Commander Kim**--Greetings greek EKM ruler. What will we do without your powerful leadership? Hope your life brings you many happy "beams"--Love Officer Liz.

**Warrior Nor & Ted**--Greetings great crazies, did you really sacrifice that humanoid? Affirmative! Hope you start a chapter of EKM on other places: Good-bye---Officer in Control.

**Greetings to all you EKM grads**--"All for none and none for all". The force will always be with you. Good luck in your future endeavors. See ya's at the lodge. --First Lt. Wilson

**Tina**--Happy 20th. Nay

**Chief Justice**--Congratulations upon graduation, from up HERE in Salem, MA

**Bill (AKA Billy-Bob)**--Thanks for a great weekend I'll always remember. See you next time--Allentown Kid

**Not Long Distance**--You flatter me, but my heart belongs to L-1. Quick change your major so you don't graduate this term. I will miss you so much--solo

**Once Top**--I'm glad the ice has been broken also. We had some good times. --Once Bottom--Now solo

**Robbie**--I asked the man to send me \$5 for my dog Petey, he said ah!, your too late, he's already in the oven. Don't you think that's a bit strong?--Libby

**Dennis & Diane**--Dennis Foltz, student and president of the Accounting Club and Diane Etnoyer will unite in marriage June 26, 1982. All of his social acquaintances wish the newlyweds the best of luck and happiness.-- The Cremos

# CLASSIFIEDS