



Photo by Mark Clauser

## Capitol leads sweethearts to altar

With men outnumbering women seven-to-one at Capitol, this isn't exactly cupid's nest. Yet each year some of the arrows hit their marks here, and a valentine or two pays off at the altar.

"I'll remember Valentine's day for the rest of my life," says My (Ngo) Guidarelli, "because that's when I got my engagement ring." She met Francis Guidarelli at a Graduate Student Union meeting and for them, there wasn't a real courtship. "We always went out with others in the club and it wasn't until I went to dinner at his parents home that Francis and I got closer," she says.

They were married on November 27, 1982.

Steve Cremo and Annette Bux met in a restaurant where she

was working. "I bought her dinner, and a little while later she was being harassed by some drunken guys," says Cremo, "so I stepped in and said 'Get your hand off her—she's my wife.'" When they met, he was attending Capitol and she was at Penn State's Schuylkill Campus, planning to transfer to Capitol.

They were married May 29, 1982 and they are expecting a baby this spring.

While taking a bus trip to Atlantic City, Mary Williams, Capitol grad, heard over the intercom the joking voice of Tony Becone, also a Capitol grad.

After the trip, "I started dating Mary," said Becone. "Seven months later I asked her to marry me."

Are there others? Probably, or at least there may be after today's valentine exchange.



Top photo: Mr. (Steve) and Mrs. (Annette Bux) Cremo; directly above Mr. (Francis) and Mrs. (My) Guidarelli.

# Take the "Scenic Route" at

By Sharon DePalma

With the aid of women's lib, young women, in particular, now play the most interesting and intriguing games of all—especially at night! These evening bar games become rituals with prescribed codes and rules, such as on eye contact and touch. Why do women engage in bar rituals?

Some experts say it can be seen as a defense against feeling foolish. In a bar environment men generally dominate, and women need an unconscious excuse for being there, such as meeting girlfriends or listening to the band. Society dictates that men, unlike women, have every reason to be there: drinking and talking with the guys, or just to unwind.

The women, according to Dr. Timothy Perper in a 1982 *Vogue* interview, initiate flirting and consequently, do the choosing.

"Men usually don't know how to make contact with a woman

in a bar," Perper said, "and they are ignorant to the clues and signals of female flirtation."

One of the few games men play is "Joking," whereby, a man constantly kids his girlfriend about everything from A to Z. This male game has little imagination and even less sensitivity, yet it is a manly way of showing affection in public.

Some of the best female bar games are products of accidents; unintentional female actions that reap male attention. They range from the coy game of "Brushing" to the deceptive ritual of "I Don't Know Where They Are."

Mary, a 21-year-old college junior, and her girlfriends always sit at the table farthest from the ladies' room to play "Scenic Route." This positioning ensures synchronized walks through the herd of men near the bar; which is indeed a scenic route!

Once amid the male mob, Mary adds the demure game

"Brushing" to her agenda.

"Brushing" occurs when I brush against a guy as if by accident," Mary explains. "Of course, if it's really crowded, sometimes it truly is an accident!"

Another popular game is "Phone Call;" it is similar to "Scenic Route" in that it requires a woman to maneuver through a mass of men.

"I just go to the pay phone, which is usually near the bar, and call someone," says 25-year-old health instructor Kim. "I call my mother, the operator, anybody; 'cause some guy I've been staring at is bound to ask who I'm calling and start a conversation."

"Hi There, You're Great; Now Introduce Me To Your Friend" is the most widely used game both men and women engage in. The scenario is simple: a beautiful girl, her unattractive girlfriend, and an intimidated guy.

David, awed by Sherry's stunning looks, couldn't bring himself to start a conversation

## Solve exam testiness with stress tec

By Barbara Myers

John is a college Junior. He is outgoing, gregarious, and well liked by his peers and his instructors. He wants to go on to law school—if he keeps his grades up—but John has one big problem: he crumbles at test time.

"I just know I'm going to flunk," John told me. "I don't know why I'm so afraid to take this test...it's just that my mind goes blank."

John is suffering from Test Anxiety, and few experiences are more frustrating. Especially when students study diligently, test anxiety seems a particularly cruel handicap.

Research has shown that there are two types of anxiety: Trait Anxiety, which is the natural amount or generalized anxiety, and State Anxiety which is anxiety generated at an individual moment.

"In order to zero in on test anxiety," said Counselor Ed Beck of the Capitol Campus Counseling Center, "you have to zero in on a major psychological theory and then see how it applies to test taking."

"Basically," he said, "test anxiety is an unnecessarily high amount of State Anxiety which interferes with performance."

While a certain amount of anxiety is a healthy thing, too much can be debilitating.

"People with test anxiety," said Dr. Marian Krieger, coordinator of Counseling Services, "have real physical symptoms: nausea, shortness of breath, racing heart, sweaty palms, and a tremendous urge to flee."

In order to cope with tests and test taking anxiety, Counselors Beck and Krieger say that students do extraordinary things to their bodies and minds.

"Some students do not eat several days before a test, other students eat too much before a test. There are those students who stay up all night before tests, those who take drugs to put themselves to sleep before a test, and those who take drugs to keep themselves up before a test," said Beck. "None of these things are particularly helpful, and are more frequently a hindrance to performance," he added.

Why do some people become so upset by tests? Is it pure conditioning? Do a few bad test experiences mechanically condition a fear response?

"It's caused by experience," Beck says. "An early learned bad experience with test taking or anxiety association, whether internally generated (by the individual), or externally generated (by teachers, parents, or peers), has been shown many times to contribute to the onset of the symptoms of test anxiety," he said.

Test anxiety may be more

widespread than most of us imagine because many victims conceal their condition. They are ashamed of their fears and of ridicule by others for having these fears, so they often suffer in silence and hide their symptoms from an unsympathetic environment.

"I'd be too embarrassed to tell my teacher I'm afraid of taking tests," John told me. "She'd just think I was trying to get special favors."

And test anxiety is on the increase.

"In the last five years," said Dr. Krieger, "we have seen more cases of test anxiety in the Counseling Center. This is probably due to external pressures, decreasing job markets, and increased competition for employment."

Adding to that, Beck said that there is a strong positive correlation with need achievement, with competition needs, and with need to excel and get ahead.

Research has shown, fairly conclusively, that test anxiety can be relieved through a combination of different approaches.

"I use an eclectic approach," said Beck. "Essentially, I try to help the student develop a lifestyle that allows him all the things he feels he needs to do, and also study for tests. I try to put the performance aspect of his life into a comfortable lifestyle."