

10-E • The SUNDAY Tennessean • MARCH 19, 1989

Buffy

FROM PAGE 1E

quest names like Zoo-To-Do, Beasty Feet, Zoolin, Zoolies, Bendorviva, the Zoo, Zippy Zoo Do, Talk to the Animals, Animal Crackers Ball and Zoolitarian Ball.

One in San Francisco is "Come As Zoo One" attire which sounds like so much fun we ought to have a zoo just so we can do that.

Mauviline Bardette had a great comeback.

"Anyone in East Nashville, ZIP code 37208 (God's country) knows what RSVP means. It means: 'Push in, Shake hands, Vintle-up and Put.'

"I hope this helps. If not, respond to sit votes plus." Sorry, Mauviline, we don't know what you mean by "put."

OUT IN 37027 — We had to drive to Brentwood but we don't mind because the Williamson County Friends of Children's Hospital fashion show is always lots of fun.

They always have one man present. Last year it was Tandy Rice and this year it was Lee Beaman and it's a two-up job in which enjoyed the Bliss bathing suit segment more.

We're surprised they weren't traded or something because they held a raffle for a \$250 silver necklace from Ashley Jewellers. We're not going to tell you who won because she might get put in jail or something and we're not sure silver is proper attire for jail.

But we can tell you who won door prizes. They were Barbara Ingham, Sherri Stephens, Paula Grout, Jan Nevis, Elizabeth Greaves, Lynne Harris, Barbie Osterpohl, Charlotte Banks, Susie Schweitzer, Jean Simpson, Fayette Gayden, Jeanne Kirk and Sharon Campbell.

Some who worked on the show are Debbie Ballard, Louise Williams, Kathy Key, Anne Pennington, Becky Fardle, Lynne Treisman, Carla Nelson, Cindy Howes, Angela Chapman, Connie Winger, Patsy Watson, Leslie Norton, Denise Smith, Betty Quick, Beth Osteen, Jo Ann Kirk, Susan Drapetin, Gail Barlar, Sam Sharp, Trish Madson, Donna Peany and Carla Myers.

FUN THINGS COMING UP — TPAC Friends is having a fashion show March 30 with clothes from



Nancy Rhoda • Staff

Tennessee Repertory Theater's Mac Pirkle, left, Joe Malowald and Denise Hicks are among the participants in Passport to Mystery, a Tennessee Rep benefit April 7 at the Vanderbilt Hotel. The evening will be a takeoff on Casablanca.

That is its Passport to Mystery April 7 at Vanderbilt Plaza.

It is a benefit for the Tennessee Repertory Theatre, which will put on a three-act cabaret-style drama. Guests are encouraged to dress "Casablanca Chic."

Buffy wanted to know if they were talking about dressing like the original or the colorized version.

And yet another mystery party will be held Thursday, May 18, at the Belle Meade Mansion Carriage House and will benefit the YWCA Women's Domestic Violence Shelter. Tickets are \$62.50 per person or \$125 a couple.

Buffy says in that case it might be cheaper for her and Quail to go separately.

RESTAURANT ROUNDS — Lois Riggins and Jim Ed Norman had lunch at The Merchants, so did Wylene Jennings, Jodi Colter and Sheri-Ann Fath. Sen. John Ford was also spotted there.

Dobie Gray and Jack Galanis had lunch at Maudie's. Sen. of Sperry's wife, G. Ned McWhorter and Harlan Matthews. Jimmy Swaggart dropped in at the Ellipsis Place Soda



P. Casey Daley • Staff

Kate Froll, left, and Lisa Braca try on clothing to be used in the TPAC Friends fashion show March 30. Jamie is providing the *Out of Africa* fashions.

Shop

Patsy Bruce celebrated her birthday at Marie's. Joining her were Joyce Klee, Teresa Hughes, Teresa Burns, Sarah Lee Terry, Rose Drake and Carolyn McClain. Others who dined at various times at Marie's were Francis Gunn, Dale Morris, Lew Conner, Fred Thompson, John J. Hooker and regulars Barbara and Allen Sullivan.

Some who have been in Mack's recently were Chet Atkins, Joe Rodgers, Restless Heart, Jim Varney and the omnipresent Hagers.

Some who have eaten at Fabian's are K. T. Olin, Steve Winwood and Mayor Bill Bower. Gay Clark gave a 50th birthday party for his wife Susanna at 12th & Porter. Some there were Kathy Matias, Tomes Van Zand, Jim Rooney, Don Everly, John Prime and Dick Felter.

THE HATS OFF AWARD — comes from Mrs. Marvin M. Sloan and goes to the "wonderful people at VITA who so graciously donate their time and efforts to helping people with income tax problems."

Exam fears can endanger your grades

KIMBERLY M. GAULDIN

College News Service

The professor sets the crisp white stack of final exams on the first desk. The paper hits the wooden surface like a cannon exploding in your brain.

Take one, pass it on. Take one, pass it on.

You feel the rhythm and ruffling of an oncoming train and you can't get off the track.

You're suffering from test anxiety. Paul Engler has been there.

"I start to feel like the whole world is going to collapse," the Michigan State University student says, describing how she feels before some tests.

"I've been nervous I thought I was going to throw up."

A healthy dose of anxiety prior to an exam can get your adrenaline flowing. An overabundance of anxiety during the test can be fatal — to your grade.

Not good news.

Trying to take an exam with a knot in your stomach, sweaty palms or nervous twitches is distracting — and uncomfortable.

Leslie Jones, counseling psychologist at St. Lawrence Hospital in Lansing, Mich., says studies show that test anxiety interferes with the performance of 25% of all college students.

Students who get so focused on their nervous energy cannot perform to their full potential, Jones says. They must learn to block everything out but the test.

"Anxious students are easily distracted from the task at hand," Jones says. "They may notice the temperature of the room, the noise of pencils writing, papers rattling or their own physical condition."

Jones says students plague themselves with thoughts such as:

"I didn't study."

"I know I won't know any of the answers."

"If I fail this test, I'll fail the class and I'll fail this class. I'll have to drop out of school and..."

For some students, these thoughts can lead to physical symptoms such as a steady pulse and increased heart rate.

"Try yelling STOP real loud in your brain so you realize what you're doing," Jones says.

She advises to keep up positive self-talk and override negative talk.

Instead of saying, "I'm not going to get through. I can't think. I have to write faster somehow," try saying, "Let's move to go to the finish... don't worry about that, just take them one at a time, it'll feel good when it's over."

Breathing is another technique which often works to take the edge off tension. Jones says counting slowly to seven while inhaling, holding your breath for five seconds and exhaling for seven seconds.

And instead of constantly asking yourself, "What if this and what if that?" try asking, "So what if?"

"Say something like, 'So what if I do poorly on this test, I'll be disappointed, yes, but I won't die. I can always do extra credit work.'"

The basic lesson is to teach yourself to calm down.

"Don't kill your anxiety, because it's productive to a point," Jones says. "But don't let it out of proportion either."

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Curbing test anxiety
Suffering from test anxiety? Leslie Jones, counseling psychologist at St. Lawrence Hospital in Lansing, Mich., teaches a workshop called "Overcoming Test Anxiety." She suggests you:
• Bring extra pens and pencils.
• Select a seat in which you are unlikely to be disturbed by hallway noise, smoking, gum sucking and movement by students or the professor.
• Dress for the anticipated room temperature.
• Don't eat anything that could bother your stomach.

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