

SEXPLANATIONS

By DR. WAYNE ANDERSON

Q. It has been my observation that most men are lousy lovers. With all the talking they do, and their preoccupation with sex, how can this be?

A. As a therapist, I have listened to a lot of complaints about men as lovers and sexual partners; both married and unmarried clients have stated their displeasure with their partner's performance. This has been a rather recent phenomenon, and I think it's based on the fact that there is so much written in the media about what sexual love-making should be like.

I see a couple of problems here. One of them is that we may have some unreasonably high standards of what sex relations should be. These standards, as put forth in magazines and movies, may be so high that real people can't live up to the fiction, and therefore everyone's going to be disappointed. I really think, however, that that may be only partially true.

In the good old days before there was much written and very little ever talked about, women had no basis for comparison; therefore, whatever their man did sexually was good, appropriate, and normal, and if sex wasn't very good, then that's just the way things were meant to be.

But now women compare notes and they know what sex relations could be like, and they are concerned because the man (or men) with whom they are having contact are not very good lovers.

Based on my own clients, I would be very hesitant in drawing that conclusion since they are, after all, a small sample of people. But the Hite

Report, the nationwide best seller by Sheri Hite, would tend to support what my clients tell me. Let me give you some quotes from her book as to how women responded to the techniques of their sex partners:

"It's usually a short period of foreplay, and then the male on top, female on her back, standard 'slam, bam, thank you ma'am.'"

"In and out."

"Caressing my body, asking me to caress his penis, then bang, bang."

"Small amount of foreplay, then intercourse till he comes. The End."

"Some men just kiss, feel, finger, come, then light a cigarette."

It's mainly a discouraging picture, and the quotes go on for pages. This goal-orientation and failure to enjoy sex as an interpersonal interaction, and as an experience, really gripes many women.

Attempts on the part of many women to educate men seem to be very frequently rejected. Men seem to have a number of basic reactions to women's subtle and not-so-subtle suggestions as to how they might improve their technique. The man (1) gets hurt, (2) feels that he's been put down, (3) wonders how the woman knows so much, and (4) doesn't understand what she's talking about.

I don't mean to imply that it's all like that: there are certainly many people enjoying excellent sexual relations, but obviously, for a generation that prides itself on being sexually liberated, there would still appear to be some things that they could learn.

magazine's readership works full or part-time, 28 percent in professional or managerial capacities. The high achievers among GLAMOUR's young working readership want to work indefinitely, advance themselves in their fields, and fulfill themselves in a career above and beyond the financial remuneration that accrues. It is in their interest that the Education page has been devised. It is GLAMOUR's intention, which its expanded educational coverage, to help each of its 6.5 million readers reach her own individual goal.

Construct Sentences And Paragraphs Clearly

A sentence is a unit of thought expressed by a word or related words. The reader should know what you are writing about (the subject) and what you have to say about it (the predicate). Each sentence must have a main idea. By the addition of phrases and clauses you introduce other subordinate ideas.

Depending upon the amount of detail and explanation given, a sentence can vary in construction. But, whether your sentence is what

grammarians refer to as a simple, compound, or complex form, clarity is always the goal.

Writing is more interesting if the length and style of sentences vary. It is always best to keep the verb close to the subject and use a minimum of words to convey your meaning. Also, take special care with pronouns in a sentence so the reader knows to which noun or pronoun they refer.

A paragraph is a series of sentences that develops a

unified thought. The first sentence gives the topic that is to follow. Subsequent ones expand upon it in logical order. The last sentence in a paragraph should conclude the thought.

Paragraphs within a composition build one upon another - much as sentences do within paragraphs. A completed composition will have continuity and style if each sentence, and then each paragraph, is smoothly joined to the next.

Appraise And Outline Each Assignment

Written assignments indicate your grasp of class work. Obviously, it is important that you know exactly what is expected of you in each instance. The most common assignments are either reports or research papers. Appraise what you are being asked to write. Think about the research, reading, and writing you will have to do. And be sure to allow plenty of time to meet the deadline.

Before you begin writing a report or paper it is best to make an outline of what you plan to say. First, write down the main headings, leaving several lines of space in between. Then, under each of the headings, list the subheadings that are to be covered. Identify the specific points that should be developed under the subheadings, and so on. If you organize the outline well and follow it carefully, your written presentation will reflect a logical and thorough development of the subject.

EXPRESS

EXPRESS - not a new word certainly, but, a word you will be seeing and hearing a lot more frequently here in the Fayetteville, Cumberland county area.

Why - because on the 27th of October, 1978 a new publication called EXPRESS will begin serving the entire Black population here in our community. This dedicated new tabloid will be published every other Friday and will be available at selected newsstands and sales outlets throughout the city and county.

The initial publication will be of tabloid size (approx. 16 X 11), 16 pages, and containing such features as local news, national news, editorial and general information that is important and interesting to the Black community.

Noted Black leaders, both at the local and State or National levels will now have the opportunity to express thoughts and opinions directed to that audience which they need to reach.

The need for a centralized information media to distribute economic, job, housing and a number of other important subjects, is now going to be a reality.

Through our advertising and writing staff, we solicit your ideas, comments and constructive recommendations. In addition, the securing of quality advertising is of primary importance to insure initial success.

Questions concerning EXPRESS may be answered by members of our staff or by calling the publishing office at 864-3321.

Test Anxiety Is Contagious

Campus Digest News Service "Test!" Immediately the palms begin to sweat as Sammy Student fidgets with his pen. His left leg shakes intensely as the mouth runs dry with tongue dangling. Eyes bulge and the adrenalin flows in overdrive.

What is it about the mere word, test, that spreads this contagious disease called "anxiety?"

The first step in ridding yourself of the "disease" is to realize what it is. Whipping out the old Webster, you'll find anxiety to be "worry or uneasiness about what may happen," paralleling with Sammy Student's feelings above. Real, live students however, have their own definition: "No sense of self-worth. Reading something over and over again. Afraid to tackle something. Nausea. Lack of concentration. Intellectual processes blocked. Uptight. Not getting things done." And the list goes on....

But anxiety can also show itself in a different form--complete calmness--which also accomplishes nothing. When there is total relaxation, the mind is at ease and drifts into daydreaming or sleep. An "I don't care" attitude prevails. Therefore, anxiety can cause different people to react in different ways.

The four basic causes of anxiety for most college students are tests, studying, public speaking and dating. Each has its own calmness or anxiety levels, and each student is affected in their own way. Your roommate may appear unruffled about an upcoming exam, but it doesn't necessarily mean she is not worried about the exam. It is just how she reacts to anxiety.

Once you realize and admit anxiety exists, the next step is to understand why it persists. It all stems from situations in life. When a situation turns into a problem, anxiety comes into play.

But what causes the transition of "situation" to "problem?" The least expected instigator is your own self. It occurs when a situation arises and you immediately answered with "I can't handle this. Something bad will happen if I don't. I'm no good at it. I have to do well or else." Consequently, situation plus self-talk equals problem, and problem is synonymous with anxiety.

Now comes the solution. Anxiety can be solved in two ways. First, by prevention. In prevention, the self-talk statements should be analyzed in order to avoid the "I can't do this" trap. Self confidence should be instilled, but this is sometimes a long and difficult process. You can't always develop self confidence overnight.

If anxiety has already set in, then efforts should be made to reduce anxiety. Taking your mind off of the problem long enough to enjoy something else is a temporary type of solution. It can help put you in a better frame of mind to deal with the cause.

Relaxing exercises can help relieve tension altogether. Use your imagination. Loosen your collar, belt, shoes--anything that might cause tension, and relax those tight muscles and joints.

With a little understanding of what causes anxiety, and why aids in reducing anxiety, maybe the next time a test rolls around, it will be easier to face.

COLLEGE POETRY REVIEW

The NATIONAL POETRY PRESS

announces

The closing date for the submission of manuscripts by College Students is

November 5

ANY STUDENT attending either junior or senior college is eligible to submit his verse. There is no limitation as to form or theme. Shorter works are preferred because of space limitations.

Each poem must be TYPED or PRINTED on a separate sheet, and must bear the NAME and HOME ADDRESS of the student, and the COLLEGE ADDRESS as well.

MANUSCRIPTS should be sent to the OFFICE OF THE PRESS.

NATIONAL POETRY PRESS

Box 218

Agoura, Ca. 91301

Glamour's "College" Column Expands to "Education" Page

In order to meet the needs of the working student, the college returnee as well as the undergraduate in a traditional four-year college program, GLAMOUR has revised and expanded its monthly "College" column. The new feature, titled Education, will cover all forms of education including vocational training, part-time studies and graduate programs. It makes its debut in the October issue of the magazine.

Topics that are covered in the first Education page: "How To Get Into The School You Want," a 13-point plan directed toward improving a woman's chances of being accepted by colleges and graduate schools acknowledged to the best job-training grounds; "College Without Classes," a guide to six publications which detail where and how to get an external degree; and "College Calendar," a regular feature of the new format, which spotlights dates of the month of special interest to students.

"College Calendar" for October gives the application deadline for Rhodes Scholarships, for example, lists registration and test dates for five different national exams including the Law Admission Test and the Scholastic Achievement Test, offers advice on taking advantage of Thanksgiving airline fares, financial aid information, and a summer job exchange.

According to recent surveys, 80 percent of the