



Workshop offers help for jittery daters

By TOM WOLFE
Of the Emerald

If dating parches your throat, confounds your speech and turns your arms and legs into bumbling masses, you may find help from two psychology researchers developing treatment techniques for minimal daters.

Giles Rainwater, a psychology Ph.D. candidate and Debbie Vilhauer, a psychology undergraduate, are now seeking participants for a seven-week workshop to help people overcome dating anxieties.

"We want 30 minimal daters (people who date less than two

times a month) because they have high anxiety levels about dating," says Vilhauer. "We'll be using different techniques to help people relax — the assumption being that relaxing is incompatible with anxiety. Once a person learns how to relax in dating situations he or she should have less anxiety about asking for a date or accepting one," she explains.

"This isn't psychotherapy or help intended for 'sick' people," Rainwater stresses. "We intend to be helping basically normal people become better adapted."

"By the end of the seven weeks we expect the participants to be dating more, enjoying it more and in general having an improved social life," he says.

The two researchers have studied techniques for treating minimal daters and believe they have improved them. That assumption will be tested in the workshop they will be conducting this term.

Subjects for the study are still needed and interested persons should contact either Rainwater or Vilhauer afternoons at 686-4964. The minimal daters will meet in groups one night a week, the time and day yet to be arranged. A refundable deposit will be required of them to encourage completion of the program and homework assignments.

Participants will keep a record of their experiences and discuss them in group meetings. In addition the treatment involves reading and practice exercises.

To test success of the treatment program, the researchers will give participants a pre-test and a follow-up test next fall to find changes in the frequency or quality of dating. The researchers will also send questionnaires to participants' peers to look for improvement.

Studies similar to the one Rainwater and Vilhauer will use have found varied success.

"Generally, the results have been quite favorable," says Rainwater. "Often the participants were found going out more and having a better time," he says. "At least they weren't dating any less," adds Vilhauer.

Anxiety in dating can be caused by a number of things, says Rainwater. "Lack of experience or unpleasant dating situations they have had or heard about are common causes," he explains.

"The person may experience physical tension and become very nervous when he becomes involved in a dating situation. Often they start telling themselves unpleasant things about dating and end up feeling anxiety and tension," says Rainwater.

When the study is over the researchers will examine techniques they have used to test their effectiveness. "We hope to come up with one real good treatment plan," Rainwater summarizes.



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Ferns suited to hanging pots

By MICHELE PEEPLES
Of the Emerald

Whether you prefer blooming plants to purely foliage types, or the exotic species to the common one, a Polypodium, or "rabbit's foot" fern will offer a change to anyone's indoor garden.

The rabbit's foot fern is found in the group of plants classified as epiphytes, meaning that it is a plant which attaches itself to living matter. For example, this fern is often found growing on living tree branches in its natural surroundings.

A feature which makes this possible is its rhizomes. These are stems which grow horizontally from the frond or leaf stem base, anchoring themselves down by roots growing under its unusual name, as it resembles the foot of a rabbit with cream-colored hair-like projections and "knobby" paws which creep along the soil.

Its fronds are just as unusual. They separate into long bluish-green segments which appear ruffled along the edges. The drooping nature of this plant lends itself well to the hanging basket set. An ordinary pot with a wire hanger would not do justice to this peculiar species. The most popular hanging basket used is as unordinary as the fern it houses. Wire basket, sphagnum moss, and a porous soil are used in its construction.

These combinations create an environment which provides air, a need especially particular to this fern species. To start, acquire or make a wire basket from wire coat hangers. Shaping the coat hangers around another pot may help.

The wire basket should be at least twice as large as the normal pot-size would be. That is, if the fern appears as if it should belong in a four inch pot, a six inch wire basket would be used. This cuts down the

the Plant Plumber
A detailed illustration of a potted plant with several large, rounded leaves and a central stem with smaller leaves. The plant is in a simple, light-colored pot.

number of times the plant will have to be transplanted. The creeping rhizomes which eventually spread through the spaces between the wire can make this quite a chore. But no need to worry because these rhizomes are very slow growing.

The next step is to line the basket with sphagnum moss. (The kind which can be purchased in compact sheets will make this easier). The lining should be two or three inches in width. Fill the moss-lined basket with a porous soil, leaving enough room for the root ball of the fern. Place the fern on top of all this and add more soil to fill the gaps surrounding the plant.

Be sure to water the basket thoroughly, and place it in a spot where it will be free to drip awhile.

With time, care and patience, the rabbit feet will creep over the entire basket appearing to envelop it.

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