Getting it together

Party manners hide socializing hang-ups

I have a party phobia Parties both seare and attract me I love discovering new interesting friends, and yet I feel clumsy about beginning new social relationships.

Oh, sure. I know how to make polite coversation But what I want is to be able to relate comfortably as just plan me, not trying to impress anyone or play any role.

Most of the time, that's not such a difficult task. Yet, at parties, where I'm surrounded by new potential friends, it's almost always an uphill struggle.

friends, it's almost always an uprili-struggle. Lately, I have been discovering that I have a lot of members in my uncom-fortable-at-parties club in fact, some people who appeared so smooth at handling the party scene have admit-ted to their own hidden feelings of whywardness.

ted to their own hidden feelings of a wakwardness. Even apparently avid party-goers have expressed reservations about partying They call such events phone; and competitive And yet, they never miss an opportunity to so-cialize.

WHY ARE PARTIES so magnetic WHY ARE PARTIES so magnetic and simultaneously so uncomfortable for some? Probably because we load parties so heavily with expectations and hopes for social satisfaction that we feel both drawn to the imagined possibilities and frightened that they will slip from our hands if we don't preference accept. Fight.

will slip from our hands it we don't perform exactly right. Most people, when they think of par-ties, conjure scenes filled with social adventure. Parties promise opportu-nities to widen our social sphere, to start facemating new relationships, to experience childlike playfulness, and to temporarily escape the boredom of data. Int.

to temporarily escape the boredom of daily ruts
We have come to believe, however that these party treats are only available if we are able to create a certain atmosphere of gatety and cardrefree abandon Party guests offen feel an expectation of with y conversation and uninhibited behavior
To cope with these implicit denands and with the inner clumsiness

BOB TRENZ.

they feel as they initiate new realtion-ships, many individuals have adopted their own party manners, styles of be-havior that they don for the occasion.

THE FOLLOWING are nine commonly used party-coping styles:
"Dip talk" is used to fill uneasy silence between chit-chat. It consists of comments on the dips, spreads, hors d'ouvres, furniture and crowd at the

party
"Hiding" may take the form of reading a magazine, sitting in a comer
with a bored facial expression, or
even joining an animated conversation as an observer. It is often accompanied by occasional comments about
how boring the party seems.
"Firstation games" are played with
varying degrees of seriousness as an
interesting diversion. The goal ofeg
agames is rarely to develop new relationships: instead players attempt to
score points by getting a willing partner to accept the bait and express interest.
"In the damping and the damping artiterist will be a solution of the completely anesthetize the
tering with itself of the party of the
total players are able to get so
to the party of the completely can claim to have forgotten the whole evening by the following day
"WITTY ENTERTAINMENT" is

Karen kept the cost low by careful shopping, controlling the size of por-tions and use of home-grown vege-tables.

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style is the party guru who holds court spouting wise psychological theories to a small audience.

The "quick pass" is used by party goers who really don't want to be at the party but couldn't say no Sometimes the quick pass crossists of coming late and leaving early. Other times it includes a pre-planned call from the babysitter with an "emergency".

times it includes a pre-paramet or in the babysitter with an "emergen-"
"Indiditing" is done by people who have a fired or a mate at the party. Huddlers engage their companion in "closed" discussions and thus avoid mixing with unfamiliar party guests. "Fashion show" is used by both men and women. It involves treating the party as an opportunity to view the latest styles. This is frequently accompanied by an implicit costume comparetision.

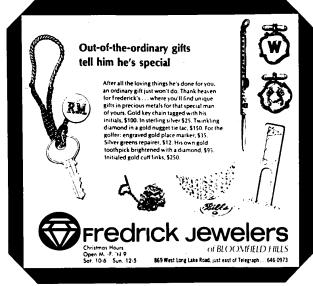
Finally, the "Dale Carnegue—how to win friends approach" is used in an attempt to seem to be a successful party socializer. It consists of gimmicks like remembering names, trying to find out one steresting thing about each guest and acting like a good listener.

As a WHOLE it's a formfabble list.

AS A WHOLE, it's a formalable list
AS A WHOLE, it's a formalable list
No wonder it's so hard to just openly
get to know one another at a party.
The mere presence of someone using
one of these party styles often scares
into defending myself with one of
my own favorite styles
Yet, the very frequency with which
we can observe these defensive techniques at parties should give us some
encouragement. People use them to
protect themselves because, this a lot
of us, they are also sity about socialting at parties
The fact is that authentically relating to others is a risky pastime. Being
"just plain me" is a laways harden
parties till of shy socializers hiding
behind party manners have got to be
one of the most difficult situations of
all.
Yet before we give up entirely on

all. Yet before we give up entirely on the possibilities of relating authentically to each other, a little risk-taking should be in order. It is just possible that some of those competities, phoney party gursts at the next get-together are just aching to meet someone who is taking the chance of admitting who he really is?

Bob Trenz is a Rochester psychologist and marriage counselor. Questions for Dr. Trenz may be sent to the Rochester Observer & Eccentric, 410 N. Main, Rochester, 6003.





Coed figures food for 35 cents a day

It took a lot of fancy figuring to build in variety, but a Michigan State University dietetics student proved that it is possible to eat a balanced and nutritionally-adequate diet for 35

and nutritionally-adequate duel for 35 cents a day Karen L. Bierema. a 23-year-old senior from Byron Center. Mich. performed her culinary magic as a voluntary special project for a course in human nutrition "The original idea was to feed myself for 75 cents per day," she said, "but after a close look at my normal diet. I found that I was doing that anyway."

So Karen cut her food expenditures almost in half, restricting her food budget to 35 cents per day for five

DÜRING THAT PERIOD she air two meals daily ipart of her normal eating pattern and made daily measurements of her intake of calories, protein, fail, carbohydrates and several essential vitamins and minerals. Her weight remained steady at its normal 125 pounds. Karen reports, and she did not suffer from any failugue, loss of strength or from any psychological upsets.

"I felt fine during the entire study," she said, "but the toughest part was planning variety into my meals so that I wouldn't get bored with them. "If I had to feed a family on 35 cents per day, per person," she said, "ment planning could become a full-time occupation."

The production of t

coffee and toast.

Dinner was built around main courses of meat, fish, pasta or vegetables and then filled out with vegetables and bread.

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