

Anti-Bush coalition registers voters for November election

RENO, Nev. (AP) - A coalition of local and national groups working to defeat President Bush launched a voter registration drive Saturday in Reno and Las Vegas.

Scores of volunteers took part in a door-to-door neighborhood drive focusing on young people, gays and lesbians, Blacks and Hispanics.

Organizers said similar efforts were launched Saturday in 16 other battleground states that could help decide the presidential election.

The coalition includes the Progressive Leadership Alliance of Nevada, Nevada Young Activist Project, League of Independent Voters, local NAACP chapters and the Citizenship Project.

The six-month voter registration drive is partly sponsored by America Coming To-

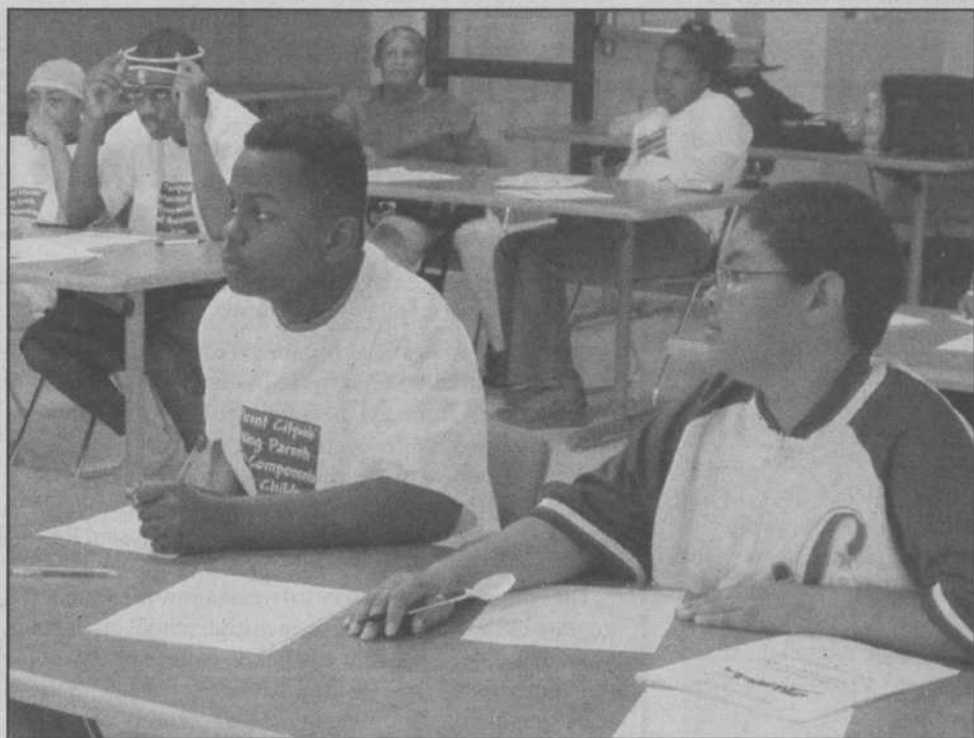
gether, a nonprofit political interest group working to defeat Bush in November.

It's also part of a national effort sponsored by America Votes, a coalition of national organizations that support issues such as labor, education, the environment and civil rights.

The drive is targeting voters who would vote for progressive candidates, said Carrie Sandstedt, America Coming Together's deputy director for Nevada.

"We want to make a difference up and down the ticket," she said. "We want to take back the White House and give America back to Americans."

Nevada Young Activist Project spokeswoman Inger McDowell said the effort is focusing on "people who in the past have been under-represented on the voter rolls."



Sentinel-Voice photo by Les Pierres Streater

Andon Hurd and Domingo Rosa (front, from left to right) took part in a Durango Boys & Girls Club workshop Saturday on negotiating test anxiety, whose symptoms include perspiration, sweaty palms, headache, upset stomach, rapid heart beat and muscle tension.

Students learn devices on overcoming test anxiety

By Les Pierres Streater
Sentinel-Voice

Teaching students how to overcome testing anxiety was the focus of a workshop conducted by a Chicago educator. Diamond Taylor, author of the book, "Taming the Test Tiger," facilitated the workshop.

On Saturday at the Durango Boys & Girls Club, about 20 people listened to the objective of the workshop that helps students face their fears, survive tiger bites and change self-defeating behavior. It's all about attitude.

"Test anxiety refers to the physiological and emotional responses to tension or stress resulting from apprehension of being faced with taking exams," Taylor said. "Most students experience some anxiety during an exam. The affects of test anxiety vary from student to student. Having mild apprehension about an upcoming exam is good, for it keeps you alert and task-oriented. However, excessive worrying and having severe symptoms of anxiety can greatly incapacitate you and lead to mental blocks and other health problems."

Putting forth effort and expending energy to tame what is called the test tiger, students can overcome anxiety and survive the challenge.

At the workshop, students first completed a survey on ten types of symptoms associated with test anxiety, rating their experiences from 1 to 5. A low score of 10 to 19 indicated no problem with test anxiety. Scores between 20 to 35 indicated some charac-

teristics of test anxiety, overall the survey showed their stress levels were healthy. Scores over 35 indicated that students are experiencing high, unhealthy levels of test anxiety.

Anxiety management is the next step for them.

Taylor gave participants a survey on 14 types of symptoms associated with stress vulnerability and rated their experiences from 1 to 5. The scores ranged from 14 to 70. A score of 23 or less indicated no vulnerability to stress. A score between 24 to 35 indicated stress vulnerability. A score over 35 indicated stress and a need to learn some stress management and relaxation techniques. A score between 47 to 60 indicated a serious stress levels and drastic lifestyle changes may be necessary to avoid the detrimental effects of stress.

Lastly, a score over 60 indicated extreme vulnerability to stress. Intervention and counseling would be needed to address this category.

The students participated in an exercise that required them to close their eyes and think about the last time they were faced with having to take a test. They began with a breathing technique, inhaling and exhaling slowly. Afterwards, they opened their eyes and were asked to record their feelings from a group of eight categories ranging from happy, sad, angry, confused, afraid, weak, strong and guilty.

Students learned to understand some causes of test anxiety. Some factors identi-

fied were: Cramming the night before the exam, poor time management, failure to organize text information and poor study habits. Also, worrying about past performance on exams, negative consequences of failure and how their friends are doing on the exam may cause test anxiety.

Students were taught to identify physical symptoms experienced with test anxiety such as perspiration, sweaty palms, headache, upset stomach, rapid heart beat, muscle tension, sleeplessness, nervousness and men-
(See Test Anxiety, Page 7)



Sentinel-Voice photo by Ramon Savoy

THE CANDIDATE

John Stephens III, left, shakes hands with his father, John Stephens Jr., Monday at the Clark County Government Center. Stephens, a reference assistant with the Las Vegas-Clark County Library District, filed for the County Commission "B" seat held by Mary Kincaid-Chauncey. Stephens is running on a platform of smart growth.

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Timothy Williams is a member of the Nevada & Illinois State Bar, practicing primarily in personal injury cases.

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