

Happy Holidays

Don Juan
In Hell
December
11, 12, 13



THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19612-5234

DECEMBER 12, 1986



A FAMILIAR SIGHT recently; Brian O'Donnell talks with Senior Val Keller about Albright's new food service.

DINING HALL UNDER NEW MANAGEMENT

by Eric J. Share

In what has seemed to Albright students as an abrupt turn of events, Director of Food Service Robert Jackson reportedly resigned just before students left for Thanksgiving Break. For now, Food Service is being run by D.C. Look and Associates, an Atlanta-based management consulting firm. Four men from the company are presently managing the Dining Hall. They are the firm's owner/president/founder Daniel Look, vice president Glen Braswell, and account executives Gary Hochstetler and Brian O'Donnell. Brian is most well-known to the students due in no small part to his quick wit and, as he put it, "great concern that students get what they want."

Alan Van Bodegraven, the college's vice president for Business Affairs, contracted this particular group because of their successful track record. "Their new program can be more beneficial," said Van Bodegraven. "It (the Dining Hall) can be more fun. We can have better food."

Student response to the "new and improved" dining service is very favorable. The Dining Hall is serving an average of 100 more people now than before the management change. Junior Ed Fallon commented, "A lot of things are better now. Portions are bigger, which makes eating there more convenient, and every-

body is more relaxed now that we can sit where we want. It seems like our suggestions might finally mean something."

Startlingly enough to many boarding students, the dishes served are the same food that has always been served, although Brian added that "a few basic changes have been made." So what's the difference? "Management," said Brian. Van Bodegraven called it "a different management philosophy. We're going to be happy on one side of the serving line, the staff is going to be happy on the other side of the serving line, and we're not going to be really happy until everything is complete. We now have a Food Service Committee of 1,000 and you can see their suggestions on the doors every day."

He added that what the students go in and eat is the last five percent of the effort put forth. The other 95 percent is behind-the-scenes in the form of new purchasing policies and methods, inventory, and production techniques.

As far as what the students see, this new management philosophy is, as Brian stated: "This is your school and your cafeteria and I am but a vehicle. I will set many things in motion, and after I'm gone I won't be gone because I'll still be watching."

Gone? Yes, by June of 1987,

D.C. Look and Associates will pull out of Albright to make way for an in-house management team. So what does the future hold for the diet and nutrition of Albright students? Van Bodegraven summed it up by saying, "It's in your hands now. You've got a management team that's listening and the burden is on you to tell them what to do."

TRUSTEES INCREASE TUITION

Albright College trustees Friday voted to increase student costs \$850 for the full-time, boarding students for 1987-88 and heard reports on gift income and on the growing national posture of its Greek system while meeting in annual sessions on the campus.

Based on an anticipated enrollment of 1310 students, the board approved the following increases effective for all enrollments for 1987-88: \$725 in tuition; \$50 for room; and \$75 in board. The \$850 will increase the cost for a full-time boarding student to \$11,850.

"The new costs," Albright president David G. Ruffer related, "fall within a spread of increases over the past 10 years which have ranged from \$300 in 1978-79 to \$1170 in 1982-83."

In determining the amount of the increase, the trustees considered both the level of support Albright has experienced in the

Non-alcoholic pub coming soon

by Mike Malady

What started out three years ago as an independent study project by Brian Bubb, '85, was put off for various economic and conceptual ideas over these years and is now getting a "shot in the arm" it's always needed? You guessed it, the Albright non-alcoholic pub.

In 1983-84, an Albright student Brian Bubb, designed and pushed for a non-alcoholic pub to be built on campus. It was an independent study project at first, but as it developed on paper, the realization surfaced that this was a needed asset to fill a social niche as well as to complement the campus. Constriction and monetary problems kept things from getting off the ground. Last year, the Pub Committee spent many hours changing and revising the original plans, but lack of communication and input from administration, as well as money, sunk the pub again.

This year, things finally seem to be getting on track. Two committees, one consisting of administration, another a steering committee with representatives from major organizations on campus, have been set up. One other major factor is the new food service: Brian O'Donnell and Gary Hochstetler. They have cooperated in every way possible and given many new ideas to the committee.

The pub will be located in the

Sub. At the moment, the plan is to have a trial operation for 4-8 weeks on Thursdays only. Then the evaluation will be made as to whether long-range plans should be put into effect. A tentative Grand Opening date is January 15, 1987.

The key to success is the student body's reaction. If during the trial operation the response is good, long range changes such as a complete bar, dance floor, stage, new atmosphere sound system and lighting changes will be instituted. Bands, D.J.s, and comedians would be the programming used when operation is extended to every Thursday through Monday night. Food served during the operating hours would include the finger foods you would see at any bar.

One point to keep in mind is that during the day, the snack bar will continue to operate as usual for faculty and student use.

If you have any comments or suggestions for the non-alcoholic pub, please send them to Box 816.

Finally, to get the pub going will take student support. Stop down on a Thursday, grab a mocktail and a plate of buffalo wings with some fried mozzarella sticks. Let yourself be entertained for awhile. The work has been done, it's up to you to let it happen. Watch for the Grand Opening.

past several years, and the success in fund gains and revenues through prudent fiscal management and development activity.

The increase, in part, also reflects a fiscal adjustment to an anticipated decline in student enrollment from the present 1326. As the pool of college-bound high school students declines, colleges are forced to determine whether they will compromise quality to gain additional revenues or—as Albright has determined—implement a combination of slightly increasing

costs and more effective fiscal planning and projection.

Albright's commitment to quality education is reflected in the selective quality of its students. Qualitatively, the current freshman class is significantly stronger than last year's with 92% in the top two-fifths of their graduating class, compared to 90% in 1985-86. Even more significant, is the 19 point increase in standard measure scores achieved by the Class of 1990 over last year's entering class, President Ruffer said.

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A PRICELESS GIFT ...

'Tis the season to be jolly... 'Tis the season to be busy... Everyone is rushing around, studying for finals, buying (or charging) Christmas presents, and getting ready for the season of goodwill. To make themselves feel like their shopping spree isn't totally a mission of greed (if not their greed them someone else's), they drop a few coins in the bucket next to the Santa outside of Boscov's. Purely as a conscience easer, of course. No one really stops to think about the less fortunate during the holiday season.

If you've driven through South Reading recently you would realize how very true this is. We've become accustomed to a certain standard of living and have closed our eyes to the harsher realities of life. Things we have taken for granted for most of our lives are seen as luxuries by others. Such "basics" as heat, food, shelter and transportation have come to be expected. It isn't until we see how others struggle to provide for these "necessities of life" that we realize how very lucky we are. Most of us have never had to spend a winter's night in the cold, and could probably never say "We're starving" and mean it literally. We worry about having just the right shoes to match a new outfit, while others worry about just having shoes.

But do we feel guilty? Probably not. Okay, just occasionally we experience the tug of our conscience, but we brush it aside

just as quickly. Maybe if we saw how other people live we wouldn't be so quick to take our lives for granted. Maybe we would say, "Thank you, Mom and Dad" instead of "Mom and Dad, I need more money." Maybe we would think of how hard our parents work to provide us with those much desired luxuries. And just maybe we would understand and relate the real meaning of Christmas, the season of goodwill. We know what it's like to receive, but do we really know what it's like to give? A simple "Thank You" or "I Love You" is a priceless gift. So after we've closed all the malls and run our charge cards over their limits, let's stop for a minute to think about what we have. Thank you, Mom and Dad. We couldn't have done it without you.

OFF THE RECORD

So just imagine how difficult it is to have someone who has been so close to you day in and day out just pack up and leave. It hurts. Badly. I feel like the Grinch stole Christmas, but even that wouldn't be as bad—Christmas always returns once a year.

Who knows? Maybe we'll never see each other again. I highly doubt that, but the possibility exists. But wait—we can guarantee we'll see each other again. Next summer. We've made plans to visit another long-lost fraternity brother who left last February. This guy was my pledge brother and he became my best friend within the chapter. What will make this summer journey even more special is that this other brother lives in Salt Lake City. Yeh, that's Utah to you and me.

Two of my best friends leave school in as many years. How am I supposed to deal with this? I'll have to follow the advice I have given to some of my closest friends dur-



Well it's that time of year again when fraternities and sororities are winding up their rush and starting to prepare for the Interim pledge period ahead. WAIT! Don't stop reading just because the Greek system may not interest you. This column is not really about Greeks, it's about people.

Since I became a fraternity brother about two years ago, I have been asked many times, "What's the *worst* thing about being in a fraternity?" That's a very easy question to answer. The *only* bad thing that has happened to me as a result of being a fraternity brother is brothers leaving school, be it via graduation, transfer, or drop-out.

Put simply, a fraternity is friendship, and then some. Make that a lot. No matter what fraternity you are in, you share a very special warmth, respect, camaraderie, and, yes, love with your brothers. It's tough to describe, but many of you know exactly what I'm talking about.

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The Editors of *The Albrightian* would like to inform its readers of the policies regarding the submission of material for publication.

Material for the *Opinion* page must be submitted by the Wednesday of the week before the issue desired, with the sole exclusion of *Letters to the Editor*. For example, something that will appear in the February 14, 1986 issue must be submitted by February 5, 1986. *Letters to the Editor* will be accepted until noon of the Tuesday before publication (February 11, 1986, following the above example).

There are three categories of material for the *Opinion* page:

1) *Editorials* are written by members of the editorial staff of *The Albrightian* and represent the majority opinion of the editorial staff. They do not necessarily represent the opinion of Albright College, its administration, faculty, or student body.

2) *Columns* are written by members of the general staff of *The Albrightian* (i.e., staff writers, photographers, etc.). They represent the opinion of the author(s) and not necessarily that of *The Albrightian*, Albright College, its administration, faculty, or student body.

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Material for the *Campus Information* page follows the same schedule as that for the *Opinion* page. Any campus organization is welcome to submit information for this page.

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ing these trying college years—*life goes on.*

At the sake of repeating myself, I'm gonna miss this guy. I'll miss his annoying sound effects at all hours of the night echoing through the house. I'll miss his friendship, his companionship, his zany ideas, his lucid advice, his little-kid laugh, and his annoying habit of watching stupid *Silverhawks* cartoons while Vanna White graces the TV screen on another channel. This is a real tragedy when you consider we have a 25 inch color set.

And, oh yeh, I'll miss watching Stupid Pet Tricks, but then who am I to talk?

I'm gonna miss ya, John. We all will.

—Eric J. Share

LITTLE BAGGAMUSIC

by Mike Anthony

The Mighty Lemon Drops - Happy Head

The name may be corny, but by all means take this band seriously. The Mighty Lemon Drops are looking to take you to the other side and their sound is intoxicating enough to make you submit.

While having an almost otherworldly appeal, the Drops are actually the best of the 60's-70's guitar/psychedelia scene revived. Mellowed out vocals intact, the Drops fuse lightweight 60's guitar riffs with the more modern heavy guitar approach. While never leaning more to one side guitar-wise, the striking vocals recall a musical heritage with a direct link to Doors influence. On "Like An Angel" and "Pass You By", Paul Marsh entrances the listener with his uncanny vocal resemblance to the legendary Jim Morrison. Marsh's mono-syllabic delivery when lulling "Baby, baby please," induces a hypnotic state which had been thought departed from the music world along with Morrison and his unique vocal style.

Although the Mighty Lemon Drops may have brought the Doors-like quality they possess back from the dead, so to speak, they have revamped the old stuff, and added a modern dimension to the music. The brilliance with which they manage to do so may establish them as leaders for a movement waiting to happen.

While it is true the Drops rely on the past for their more tranquil works, the most stunning creations on **Happy Head** are inspired little from balladic entrances and 60's psychedelia. Unsettling guitars explode among straightforward rhymes and bass lead-ins. Even the presence of soft-sided pianos does little to distract from the hard-edge dominance on "All the Way" and "Take Me Up". Driving chords explode from nowhere on "Pass You By" and "Something Happens," just as you were convinced a soporific ballad was about to unfold.

Happy Head is full of surprises. Most prominent is the band's tactfulness in updating a musical scene that, although decades in the past, has never really been put to rest. If bands like the Mighty

Lemon Drops can further develop the sound of this long gone era, then so shall it never be.

Billy Bragg - Talking With the Taxman About Poetry

Quite simply, this is a man and his guitar. Only this is no ordinary man, and the acoustic strummings from his guitar are more like spun gold than sound emitted from picking strings. Billy Bragg is more than a musician. He is also both poet and politician. His words aim at striking heartfelt deliverance from complacency.

Billy Bragg has once again found that music is the best forum for expressing one-sided political viewpoints. This time around, however, he has cleverly disguised his purpose moreso than he has ever done. Billy's debut major label release features a veritable potpourri of backing instruments, normally quite foreign to a Billy Bragg album. Everything from violins to mandolins, old-fashioned pianos and organs, and yes, the deadiest sin of all, the electric guitar. Don't fret much if you enjoyed Billy's old barebone approach, though. The harsh rawness is still

Billy's meal ticket. Now it is just a more eloquent rawness. The man has cleaned up his act only enough to bring out the folklike harmony that was always dormant in his music; buried under the Brit's cockneyed accent and rough manner.

Harmony has not only been developed but gives shape to hearty material that otherwise would go unheard. "Greetings to the New Brunette" and "The Marriage" flow with acoustic magic and attractive rhythms. The former has Billy running out on Shirley, a summer love he has impregnated but feels no responsibility towards ("I'm celebrating my love for you/with a pint of beer and a new tattoo."). "The Marriage" has Billy scoffing at this sacred institution and noting premarital sex as no different from sex within marriage ("I dare you to wear white/Love is just a moment of giving/And marriage is when we admit our parents were right").

Billy further goes on to over-exaggerate a point in "There Is Power In a Union," claiming the union as "A comfort to the widow/A light to the child." He

promotes his own version of democracy in "Ideology" and handles sexual politics once again with abrasiveness in "Honey, I'm A Big Boy Now." Billy's most blazing tongue lashing is directed at (where else?) the U.S.A. "Help Save the Youth of America" has the "sun-tanned surfer boys" and the "California girls," "Playing in the sun/and having fun fun fun/Till Daddy takes the gun away." In an attempt to convince those pleasure-loving Americans that they are their own worst enemy, Billy goes overboard once again. ("A nation with their freezers full/Are dancing in their seats/While outside another nation/Is sleeping in the streets.") Aw, c'mon Billy! Give us a break.

I am thoroughly convinced that, with a little more money (maybe a lot more), Billy Bragg could be the next Bob Geldof. Only the world would soon belong to unwed mothers organized in unions to ban everything that the Beach Boys ever sang about.

Billy outdoes himself on this one. High entertainment value.

AN ALBRIGHT CHRISTMAS STORY

by Mark Matkovich-adapted from Peter Blikslager

And it came to pass that God did look upon Pennsylvania and upon the city of Reading and he liked it not. God said, 'Behold Reading thou art a waste of space.'

So God decided to give Reading, his only begotten college, to teach men and women to make the world better for all mankind.

And God did call this mighty place Albright College.

And the Wise Men hearing this, did come from afar to bear witness to the birth of Albright. And they did like it. And so they became professors.

And the wise high school graduates did hear of this college. And they came from the lands of PA and NJ, bearing money and incense and beer. And they liked Albright and became students.

And there was much rejoicing. The students loved Albright so much they did not want to graduate. They did party hearty, and did cranketh Bruce Springsteen, and study they did not. Then they invented the five-year plan. And they did graduate not.

And God was mighty pissed. God was so mad that He said-eth unto the students, 'Thou art wast products. Thou shalt be punished.'

'Thou shalt fill out class schedules and getteth not thine classes. And thou shalt all take freshman English, and your grade will exceedeth not a C.'

'And thou shalt take biology

and chemistry, and the professor will lecture, and you will understand not, and so shall ye fail.'

'And whenst thou is hungry, thou shall eat at the Dining Hall, and thou will be afflicted with lower intestinal complications.'

'And thou shall bring thine car to school, and findeth not a parking space. And whenst thou does park, thou shalt receive a parking ticket.'

'And I shall create new editions of textbooks. And whenst thou tries to sell back books unto the bookstore, they will buy them not. And for those books they do buy, thou will receive but \$1.50, and thou shall like it.'

'And many of you shall live on campus. Thou shall get a geekish roommate. And whenst thou dost smite thine roommate, thou shalt be disciplined, even though he is a geek.'

'And to remind you of your sins, I shall send down many rains. In the winter the winds shall blow, and thou shall be as cold as a witch's @!#.'

And the students were much troubled.

They did fill out their schedules, and they goteth not their classes. They did read their English poetry, but they could understand it not, so their grade did exceedeth not a C.

They did drive unto Albright, but could parketh not. They didst walk, but the winds were mighty cold. And the sidewalks did freeze, and they did slip and fall upon the ice, and they cursed, saying naughty things unto the

heavens.

And they wenteth unto the bookstore, but could selleteth not most of their books. And for those few books they could sell, they received but thirty pieces of nickel.

And after finals they had but one week before the next semester, and so this continued until the end of the year.

And the students were much pissed off.

And God did look unto the troubled students, and He took pity on them, for they did fail all their classes, and selleteth not any time to party heety.

So He saideth unto them, 'To relieve thee of some of thy troubles, I shall give unto thee one favor.'

And the students looked unto the heavens, and they did cry out in pleading tones, 'O Lord, give us a break!'

And the Lord took pity on them and replied, 'So be it. Thou shall have a break once a year, and I shall call this Christmas break. But you must promise me one thing. You must enjoy this vacation to the fullest and make much merry.'

The students did promise unto the Lord to enjoy Christmas break and make much merry.

And so it came to pass that every year there was a Christmas break. And the students did rejoice, and did play silly games, and did make much merry.

Thanks be to God.



MR. CHUCK MILLER, Editor-in-Chief of The Reading Eagle/Times, Dr. Reppert, Mr. Van Bodegraven, and Dr. Morrow rehearse for the comedy Don Juan In Hell.

DON JUAN IN HELL

by George Bernard Shaw



Rare and exhilarating in its wit and wisdom, George Bernard Shaw's *Don Juan in Hell* provides a vigorous antidote to the brain undertaxed by television and overstrained by headlines. Without the distraction of elaborate theatrical effects, this passionate, staged debate between Don Juan, Donna Anna, her father, and the Devil, himself, turns topsy-turvy our expectations of heaven and hell and, in turn, champions the spirit of man.

December 11, 12, 13-8pm

Scholarship Fund successful



THE CLASS OF 1987 Senior Scholarship Fund Committee enjoys a Victory Celebration dinner at Widow Finney's Restaurant.

Monday, November 24 marked the end of the Class of 1987 Senior Scholarship Fund campaign. A Victory Celebration dinner was held at Widow Finney's Restaurant for the occasion. Tom Chaves, Director of Annual Giving, and Maryann Kelly, Senior Coordinator, expressed their thanks to the seniors who collected pledges from classmates. Also on hand

were Dr. and Mrs. Ruffer, Mrs. Krasevac and her husband, and Ron Greenberg, next year's Senior Coordinator.

There was good reason for celebration. To date, \$27,296.05 has been collected from 70% of all seniors responding. 68% of these made pledges, the highest return ever, beating the Class of 1985 who had 54%. Once all results are

in, the goal of \$30,000 and last year's total of \$28,355 are expected to be surpassed. All seniors who still have pledge cards, please return them as soon as possible to Sherman Cottage. The Senior Scholarship Fund committee thanks those seniors who contributed to the Fund for their generosity.

CLASSIFIEDS

EMPLOYMENT

EARN-some extra money in your free time. Pizza Hut needs delivery drivers for the new location in Shillington. You can make \$5 - \$9 per hour including tips and reimbursements. Apply at 204 West Lancaster Ave. Shillington, PA. or call 777-1121.

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BUSINESS OPPORTUNITIES

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WANTED-party animals to organize Spring Vacation to Florida & the Caribbean. Earn free trip or cash. Send resume' to National Student Travel Service, BOX 1193 Ormond Beach, Florida 32074. Please include phone number or call 904-441-TOUR.

FOR SALE

LARGE-Professional Amplifier Excellent Condition (available for Demo). Model: Kustom "200" with case (15" speakers). Original cost \$900 asking \$350, or best offer. Contact: 372-1466

Send
Classifieds
to Box 107



ANNOUNCING... PHONATHON '87

Albright's Phonathon will take place during the month of February, 1987. The purpose of the phonathon is to raise funds to increase our sources of financial assistance for Albright students.

We need student volunteers!

Anybody wishing to dedicate just a few hours in one evening to support Phonathon '87, stop by Sherman Cottage as soon as possible. There are many prizes, awards, and rewards to be given.

Don't miss out!

"Current Albright students will be working together to provide better and more exciting opportunities for themselves and future Albright students."

T-Shirts Cash Prizes Coupons



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COLD HANDS, WARM HEART?

Just because your hands are cold doesn't mean that you have the proverbial warm heart, especially if your hands suddenly become white, painful, numb, and "tingly."

Instead, you may have Raynaud's phenomenon, a group of symptoms brought on by exposure to cold or emotional upset.

This recurring problem may also affect the feet, ear lobes and the tip of the nose and usually lasts for just a few minutes. Although the condition is relatively common and has been observed for centuries, its cause is still unknown.

"The phenomenon is an exaggerated response of the body's small blood vessels to the cold," said Dr. John L. Abruzzo, professor of medicine at Jefferson Medi-

cal College. Normally, blood vessels narrow somewhat to help preserve body heat, he explained. In a patient with Raynaud's syndrome, the vessels overreact, going into spasm and becoming so narrow that no blood can circulate through them."

Raynaud's syndrome afflicts women five to ten times more frequently than it does men, and often appears first when patients are in their 20's or 30's. It often occurs in conjunction with other medical illnesses, usually certain forms of rheumatism or arthritis. Raynaud's could be the first manifestation of such diseases.

Dr. Abruzzo believes it important, therefore, that patients be examined periodically for evidence of an associated rheumatic condition so that they could re-

ceive appropriate treatment, if necessary.

"Although we have no way of preventing the condition itself, ways exist by which we may be able to control the phenomenon. One way is through the use of medications that seem to reduce this exaggerated response of the blood vessels," he said.

Dr. Abruzzo also recommended avoiding exposure to cold, not only by wearing warm gloves and boots, but also by wearing sufficient clothing, especially hats, to warm the entire body. "Don't focus just on the hands and feet," Dr. Abruzzo urged.

Another avenue of relief could be provided by a psychiatric consultation that may teach patients how to reduce or better handle stress.

Those for whom Raynaud's phenomenon causes serious disability could consider relocation to a warmer climate, since the condition is more often, but not invariably, seen in cold weather and cooler climates. Dr. Abruzzo cautions that such moves themselves could be stress-provoking, and generally he advises that people test out the new location by taking a prolonged vacation there before making a move permanent.

What help is there on the horizon for Raynaud's sufferers? Under investigation are two new drugs that may be even more effective than the present ones in improving the circulation in the blood vessels. Some help is also reported from the use of biofeedback, a method of teaching the brain to control bodily functions

formerly thought to be totally involuntary. Biofeedback requires special training and a deliberate, conscious effort to master.

Raynaud's syndrome can become progressively worse, even with treatment. Gangrene and loss of digits can result from attacks so severe that they last for hours. "Don't plunge the affected part into warm water in the face of such prolonged spasms, because of possible damage to tissues. It is best to start with water that is at skin temperature, or just to get into a warm room so that the entire body warms up," he said.

Some people, on the other hand, may have cases of Raynaud's syndrome so mild that they go through life without ever feeling the need to seek treatment.

HOLIDAY BLUES

"Twenty-four hours ago my house was filled with visiting children and grandchildren. Now I'm in my office facing a stack of papers almost as tall as my Christmas tree. Why did this holiday have to end so soon?" sighed Joan.

"Even happy events like holidays are stressful, and stress triggers a mixture of emotions. One of these emotions is sadness," said Jacquelyn M. Zavodnick, M.D., clinical associate professor of psychiatry and human behavior at Jefferson Medical College.

"Holidays often accentuate peoples' problems. We envision the young, loving family spending a joyous holiday together. Anyone who varies from this ideal

feels left out. For those who are elderly, lonely, ill or have lost family members, holidays can remind them of their losses instead of inviting happy thoughts," Dr. Zavodnick explained.

"In many cases the elderly and lonely do have access to special holiday dinners and programs. However, these programs cannot substitute for the 'ideal' family," she added.

According to Dr. Zavodnick, Christmas and the New Year are symbolic of a miracle and a new beginning. Often people hope the special occasion will magically solve their problems. Unfortunately, the solution to a problem is rarely found in a holiday.

Dr. Zavodnick recommends

talking with friends and family, or occupying oneself with work, exercise or a favorite activity in order to overcome ordinary sadness.

"But if the sadness is chronic or so acute that it interferes with everyday activities, one should seek professional help," she said. "Sometimes blue feelings surface quickly with dramatic symptoms. It is not uncommon for some people to feel too frightened and depressed to even ask for help. At this time it is important for others to notice the signs of depression and offer assistance. Withdrawal, refusing invitations, and excessive drinking are all symptoms of a more serious problem."

Feelings of sadness are common

when people must return to their daily routines after a vacation, according to Dr. Zavodnick. "Reality is suspended during a holiday," she said. "All the preparation and anticipation lead to a wonderful occasion and, suddenly, it is over. When a happy holiday comes to an end it is like losing that special state of childhood. Naturally, the child in us feels blue. Normally, these feelings should pass when we get used to our daily routines again."

Dr. Zavodnick suggests a few ways to ease the transition back to work. "Give yourself time to relax before returning to work," she said. "Relaxing while on vacation, rushing home, and then rushing to work will eventually catch

up with you in unpleasant ways, perhaps as an illness.

"However, if sadness before, during, or after a holiday is persistent or acute, one should seek professional help. Such feelings of depression are signs of an underlying unresolved conflict," she said.

Dr. Zavodnick concluded, "Since holidays are stressful events, it is natural to feel a twinge of the blues. But, if people feel good about themselves, they should be able to enjoy the holiday season, give more to others who are less fortunate than themselves, quickly recover from the 'post-holiday blues' and begin looking forward to the next holiday."

You're bright enough to master Cobol and Fortran.



And you're still smoking?

U.S. Department of Health & Human Services

PERSONALS

JOHN: Thanks for everything! You're the best Ad. Ed. and friend. Thanks for all those late-night Wednesdays and for all your dedication.

JOHN: We'll ALL miss you!!!!!!!!!!!!!!!!!!!!!! Love ya, The Empress

JOHN: We'll ALL miss you more!!!!!!!!!!!!!! Love, The Sisters of TKE Order of Diana

JOHN: What do Bo Peep and the Zebra have in common? A fat *@%.

Thank you for everything—I'm very proud to be your daughter.

I love you both, Theresa

JOHN: Good luck! We're pulling for you and we'll miss you.

T.M.E.L. and E.

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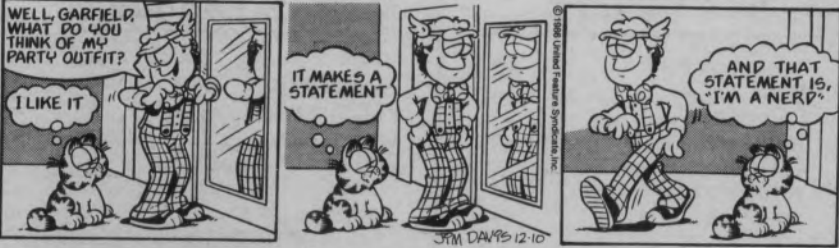


BLOOM COUNTY

by Berke Breathed



GARFIELD® by Jim Davis



PEANUTS® by Charles M. Schulz



Last Issue's X-word Answer

A	L	P	S	P	L	A	N	T	A	L	K
M	A	R	T	R	I	C	E	R	O	B	A
A	M	O	R	O	L	I	V	E	O	I	B
S	P	R	I	T	S	D	E	M	I	D	O
A	D	A	P	T	R	O	C	K	E	R	S
I	N	T	E	R	E	S	T	R	O	E	
P	O	I	S	A	R	P	N	E	P	A	L
S	O	O	T	R	I	A	D	P	E	L	E
E	N	N	O	S	E	V	E	R	O	I	A
L	O	P	R	E	C	E	I	V	E	R	
R	E	N	E	W	E	D	O	R	N	E	
A	M	I	A	R	I	S	E	N	T	R	E
L	I	T	E	S	T	E	L	A	E	T	A
P	L	E	D	O	T	O	S	N	E	T	S
H	E	R	D	N	O	I	S	E	T	R	O



photo by Randy Blodgett

ALISON KOCH goes up for two of her twelve points in the Lady Lions' 62-53 win over Widener.

LADY LION'S HARD WORK WILL PAY DIVIDENDS

by Kevin Clark

The women's team has proven that you don't need a lot of team members in order to play really good basketball. This year's team is a group of very dedicated people who've been working extremely hard and this should pay dividends for them as the season goes on. Unfortunately, they haven't been too successful as of late, but this isn't from a lack of trying.

Albright faced Ursinus last Thursday in the Bollman Center. The Lady Lions played very well and caused their visitors, who had already played four games, lots of problems. Albright through tough defense, excellent passing and solid rebounding were able to control the tempo of the game. Ursinus countered this by applying a full court press and playing pressuring man to man defense. This move caused some Albright turnovers and allowed the visitors

to take a 29-25 halftime lead. Since Cathy Landis had scored a majority of her 14 points in the first half, Ursinus elected to play a box and one on her and prevented her from getting the ball. Liz Davis and Alison Koch picked up the scoring, but Albright was unable to score down the stretch and lost the contest 60-53. Alison finished the game with 11 points and 10 rebounds, Liz added 10 points and Barb Mann pulled down a game high 14 rebounds in the effort.

The Lady Lions then travelled to Muhlenburg last Saturday. Once again they played really well, but were unable to pull out the win, losing 57-51. Alison Koch turned in another fine performance scoring a game high 16 points and grabbing 15 rebounds. Barb Mann added another 14 points and Nedra Long pulled down 14 rebounds for Albright.

The Lady Lions put one in the win column this past Tuesday by

beating Widener. Albright played a very solid half of basketball, one where they were only behind briefly but came back to take the lead for good. Aggressive zone defense, along with the balanced scoring of Barb Mann, Alison Koch and Cathy Landis, helped give the team a 29-19 lead at halftime. Widener's Lynn Hofmann made things sticky for Albright in the second half, keeping her team in the game by scoring 16 points. However, the Lady Lions overcame this and never looked back, winning the contest 62-53. Barb Mann had a super game for Albright by scoring 20 points and grabbing 17 rebounds. Alison Koch also had a solid evening by adding 12 points to her 10 rebounds. Cathy Landis added another 13 points to the Lady Lions cause and Nedra Long pulled down 10 big rebounds in her time on the floor. Their next home game is Jan. 6 at 7:00 versus Western Maryland.

Men's Intramural Basketball Standings

A League

ELROY INC	4-0
BUKE EXPRESS	3-1
BEAGLEPUSS	2-2
BLUE ARMY	2-2
COGS	2-2
MARABOU	2-2
POUNDERS	1-3
SLINGERS	0-4

B-1 League

PI LAMBDA PHI	4-0
NADS	3-1
I DON'T KNOW	2-1
HOMEBOYS	2-2
TKE TITANS	1-2
PHIL'S ROOM	0-3
LORDS OF LIGHT	0-3

B-2 League

AXP	3-1
BOUNCERS	3-1
WHITE PANTHERS	3-1
RED BULLS	2-2
LEGION OF DOOM	2-2
C-MEN	2-2
YONEBUSTERS	1-3
TRAVELING ALL STARS	0-4

(as of December 8)

SPORTS SPOTLIGHT: NAN BERWIND

by Karen Westover

Freshman Nan Berwind has come a long way from running with her high school Boy's Cross Country team. She now possesses the women's cross country course record at Albright College. Eighteen year old Berwind attended Garden Spot High School in New Holland, PA. In high school she ran cross country, and spring and winter track.

Her running success began at Garden Spot. Her senior year she made the all league team and was ranked seventh in her county. She qualified for the districts and placed 26th out of approximately 150 competitors. Since her high school did not have a girls team, Nan was one of three girls that ran with the boys team. This only helped her in competition. Her high school success has lead her to possess the record for Albright's course of 3.1 miles. The previous record was 19:52, which Berwind broke with a time of 19:48.

On November 8, Nan qualified for the MAC's at Gettysburg Country Club where she finished 8th out of 129 women. Her time

was 19:35 in a course equal to Albright's. Under Albright's ruling her time enabled her to go to the NCAA Regional Championships at Allentown College. Here she placed 16th among 105 runners. At the regionals her time was 20:16. Not her best time of the season. However, bad weather conditions appear to have been a factor.

About the sport itself, Nan commented, "You have to have determination. You also have to like it because you're doing it for yourself." She added, "In addition to yourself, you're also doing it for the team. But, if you don't like it, it's not going to be any fun."

Nan attributes part of her success to the team, "We all got along and pushed each other. Our captains Amy (Gehris) and Kathy (O'Neill) kept our spirits up. Everybody pushed each other to the limit."

Another reason she pointed out was that the season was longer than her high school season. This helped her increase her stamina and endurance. Her running times were the best she ever had. When

asked if she recalls any disappointments in her running career she replied, "No major downfalls, I've had a few sprained ankles here and there."

During the season, Nan trained about 6 miles a day. Over the summer and off season she ran 4 miles a day and summer road races. Nan enjoys the "winning feeling". She said, "It's a relief to be finished. It feels good to know you did well, especially when you break your best time." Berwind's running goals include running in a major marathon and lowering her times for next year. She also hopes to place better in the Regionals next year.

Berwind is presently a Nursing major maintaining a 3.0 average. Berwind joked about her goals for the future. "I just want to finish college. I guess as a freshman that's as far as you can see. Well, it's like that for me."

Berwind is a freshman and will experience college in many aspects. With her talent, desire, and determination her successes will continue in athletics and academics.



photo by Michael A. Zosa

LION'S OFF TO A SOLID START AND IMPROVING

by Kevin Clark

The men's basketball team has gotten off to a solid start, far better than their record of 2-3 dictates. A combination of youth and a lack of playing together has only affected the Lions slightly thus far. In most cases, a team that starts two freshmen would naturally be expected to experience lots of problems this early in the season. Albright, however, hasn't really dealt with this problem and their overall play has proven just that.

The Lions began their 1986-87 campaign by taking fourth place in Franklin and Marshall's Sponaugle Tournament. Elizabethtown played Millersville first and Albright drew host F & M in the nightcap. It was a very well played game, one that certainly could have gone either way. Franklin & Marshall used a patient offense, tough man-to-man defense and ten players to establish a 37-29 halftime lead. On the other hand, Albright, behind Jeff Batturs and John Cottrell's 8 point halves, stayed, basically, with their starting five and a well-played matchup zone. The Lions hung tough in the second half, but were unable to outlast F & M's fresh troupes. Batturs and freshman center Tom Malecki carried Albright by scoring most of the points in the final half of play. The Diplomats held off a late Lion surge and won the contest 66-60. Bright spots for Albright were their solid team performance and the exceptional play of Jeff Batturs who had 20 points and 18 rebounds.

The Lions returned to the Maysor Center the next night to take on MAC rival Elizabethtown in the consolation game. Once again Albright played another good game, but fell to the Blue Jays 65-54. The high scorer for this game was Scott Kuypers who had 19 points, along with Jeff Batturs who added 16 points of his own to his game high 13 rebounds.

Albright played its first home game of the season against Ursinus and it was a thriller. It was a very well played half that wound up being tied at the intermission. Coach Renken, in an attempt to get some results, pulled all five starters and replaced them with a new five. Well, this new crew played very well and kept the Lions in the contest. The hero of this game was freshman guard Mark Stone. It was his four consecutive three-pointers that kept Albright in the hunt and helped them post a 76-75 win, their first of the season. Jeff Batturs was once again the high scorer with 21 points and this performance pushed him over the 1000 career point mark; he finished the game with 1015 career points.

The Lions returned from Thanksgiving break and set their sights on Elizabethtown once again. Well, Albright travelled there on the 3rd and avenged their Sponaugle loss with a 76-70 win, their second in a row. Coach Renken again used his "shake-up" system by playing all twelve who made the trip. Unlike their first meeting, it was the Lions who enjoyed the lead for the better part of the game this time. Cap-

tain Jeff Batturs had another superb performance, possibly the finest in his Albright career. He poured in 30 more points and pulled down another 16 rebounds. Mark Stone had another solid game by adding 22 points to the Lion total.

Albright returned to the Bollman Center last Saturday to host the Royals of The University of Scranton. Scranton also came into the contest with a 2-2 record after being ranked 9th in the nation at the Division III level. The first half of basketball was a shooters dream, as both teams connected on a good percentage of their shots. It was an excellent half of play that ended with the Royals taking a 30-26 lead back to the locker room with them. The Lions, determined to win, battled back from an 8 point deficit to take a 6 point lead with eight minutes to play. Scranton, however, was not about to roll over and play dead. They cut the Albright lead to 1 with only 1:37 remaining and were very much in it. The Lions had the opportunity to sew up the game on the foul line, but were unable to connect on either one and one attempt in the final 50 seconds. Scranton's Shawn Gallagher followed up a John Paul Andrejko miss with 10 seconds left in regulation time. A Jeff Batturs desperation shot went in and out at the buzzer, thus giving the Royals a 64-63 win. Scott Kuypers led all scores with 20 and Batturs followed with 14 points and 10 rebounds. Albright faces Susquehanna tomorrow night at 8:30 in the Bollman Center.



photo by Michael A. Zosa

JUNIOR SCOTT Kuypers shoots for two of his game high twenty points againsts MAC rival Scranton.



photo by Randy Blodgett

FRESHMAN MARK STONE goes up and over a Scranton defender in the Lions' heartbreaking 64-63 loss.

Batturs Eclipses 1000 Point Mark



photo by Michael A. Zosa

JEFF BATTURS drives for two of his 1061 career points versus Scranton.

by Kevin Clark

On Tuesday Nov. 25, Jeff Batturs became only the 23rd player in Lion history to score over 1000 points in his four years. When looking at the basketball

records, one has to go back to 1981 to find another Albright player who accomplished this feat. During that year, two players posted 1000 point careers: Bob Ford, 4th on the list with 1852 points and Mike Reedy, 9th

with 1509. Jeff is presently 21st on the list with his total of 1061 to date. It was his 21 points against Ursinus that pushed him over the plateau and helped Albright record its first win of the 1986-87 season.

Congratulations Jeff!

WHEN IS THE RIGHT TIME TO CALL YOUR BOYFRIEND?

- a) When the president of Phi Gamma Delta asks you to Saturday night's Fiji Formal.
- b) After raquetball class, to tell him that the instructor with the Australian accent and those blue eyes did wonders for your serve.
- c) When you just feel like telling him you miss him after all.

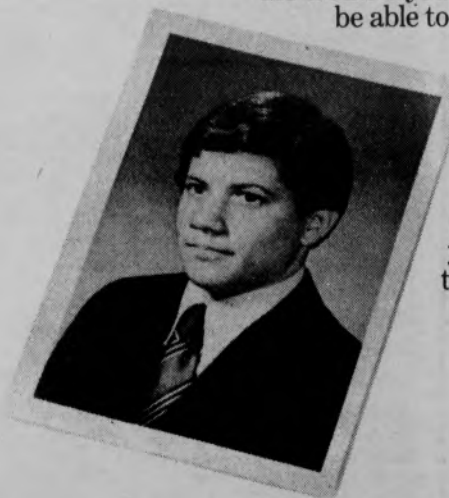
Maybe you shouldn't tell him everything that's going on. But if you still care about him, why not call and whisper some sweet things he'll never forget?

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