

THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19612-5234

NOVEMBER 21, 1986

Groff qualifies for Boston Marathon



photo by Michael A. Zosa

MARATHON runner Jim Groff

by Craig Johnson

All sports require a certain amount of stamina but no sport requires as much stamina as marathon running. Three hours of running, twenty-six miles, that's what it takes to complete a marathon. To excel takes more than just stamina, it takes speed.

The Super Bowl of marathon racing in America is the Boston Marathon. The Boston Marathon is the only marathon in the United States that a runner must qualify for. Qualifying for the Boston Marathon is no easy task. A marathon runner must run in one of sixteen Athletic conference events to qualify, but that is not the difficult part. The marathoner must run the Athletic conference, 26 mile race in less than two hours and fifty minutes. A runner has to average six minutes and thirty seconds a mile.

Jim Groff, a senior at Albright, ran in his first 26 mile marathon last weekend. Jim, who has been running on average about sixty

miles per week for the last seven years, ran in the Atlantic City Marathon. Groff ran the marathon in hopes of qualifying for the Boston Marathon run in April. Jim ran the race with his older brother John, an experienced marathoner.

"At the thirteen mile mark I felt very good and wanted to pick up the pace, but my brother kept telling me to slow down because we were on a 2:45 pace," said Jim. John's advice turned out to be correct. One thousand marathoners ran last Sunday, and Jim finished twelfth overall, first in his age group (ages nineteen to twenty-four).

Jim's final official time was two hours and forty-eight minutes and twelve seconds, meaning that he qualified for Boston by less than two minutes. "Running conditions were optimal and thanks to my brother's experience, my friends' and family's support, I finished better than I had hoped," said Jim.

Scholarship fund nearing \$30,000 goal

The Senior Scholarship Fund is well on track for reaching its goal of \$30,000. As of this past Monday, pledges of \$15,780 from 76 seniors had been collected. Final results of the of the Scholarship campaign will be announced at the Victory Celebration Dinner. The fund's team of seniors will

attend the dinner at Widow Finney's Restaurant this Monday.

Monies raised during this campaign will be put into a scholarship fund in the name of the Class of 1987. Seniors who have not yet made a five-year pledge are encouraged to do so and help make the fund drive a success.

PHI MU INDUCTED AS CHAPTER

The Phi Beta chapter of Phi Mu Fraternity, the nation's second oldest college organization for women, was installed at Albright College on November 14, 1986.

28 collegiate members and 24 alumnae initiates joined over 97,000 Phi Mu collegians and alumnae as Phi Mu continues in her 134th year of existence.

Activities began with the installation Friday night, at which time the chapter was initiated and received its charter. Installing officers included Pamela Wadsworth, National President, from San Antonio, Texas; Lynne King, National Extension Director, Charleston, SC; Patricia Sackinger, National Ritual Chairman, Wilmington, DE; Mary Jane Johnson, National Colony Director, Livonia, MI; Diane Montuori, Area Alumnae

Director, Allentown; and Marilyn Rosselle, Area Finance Director, Kennett Square.

Phi Beta Chapter hosted a reception for the Albright College faculty, administrators, fraternity and sorority officers, and parents on Sunday, November 16 at Stokesay Castle.

The first sorority to seek national affiliation, Phi Beta Chapter was originally Phi Beta Mu local sorority. Last fall the college mandated that all local fraternities and sororities affiliate with a national organization. Fifty years ago, in the 1930's, the local Phi Beta Mu sorority petitioned the national Phi Mu for membership. Unfortunately, the Albright administration denied Phi Beta Mu permission for the affiliation. Ironically, upon the administration's recent mandate

Phi Beta Mu achieved what sisters in the 1930's were forbidden to accomplish. Dr. Frieda Texter, a 1970's Phi Beta Mu and Albright chemistry professor, was also initiated Friday night and serves as the chapter's faculty advisor. Michelle Mullin is the chapter president.

Phi Mu added Phi Beta Chapter to three other Pennsylvania chapters - at Pennsylvania State University, State College; Drexel University, Philadelphia; and Indiana University of Pennsylvania, Indiana.

Phi Mu was founded at Wesleyan College, Macon, Georgia in 1852. The sorority is known for its chapter programming and individualized programming. Phi Mu is committed to a philosophy of academic excellence, and personal and social development.

"SPIDER WOMAN" VISITS ALBRIGHT

by Kim Brumbach

Donna Henes, nicknamed "Spider Woman," visited Albright College November 13th and 14th. While here, she showed two presentations, the first "Amulet Mandala," and the second entitled "Streams of Conscience."

The history behind the art performed by Donna Henes is the key to some of the mystery hidden deep within her work. Several years ago she received a gift from a friend which was the start of her very different life. The gift was a scarf which looked like a web when she held it over her face. While looking through the scarf, she had a vision which contained the words "Spider Woman." This is important to her because she feels "the world is held together by a web" and "violence becomes less possible when we realize that we are all connected."

On Thursday evening, a lecture and participatory was held in the Freedman Gallery at 6 p.m. After a slide show, the audience became involved in the making of a human web. A mass of yarn was placed in the center of the room. Henes began rolling the yarn into small balls. Gradually, without any instructions, everyone volunteered to become involved until all the yarn was rolled. Normally, her webs are placed outdoors in natural settings. The webs are made out of fiber, ribbon, or plastic. Henes also constructs cocoons outdoors from the same



photo by Michael A. Zosa

"SPIDER WOMAN" Donna Henes spins her web.

materials. Her largest cocoon was 408 feet in circumference.

During her second day here, Henes remained outside the library for several hours with orange streamers. Henes uses the color orange because "it activates your brain cells and is a manmade color." These streamers were used to display peace messages written by anyone who took the time to stop and write their thoughts. "Streams

of Conscience" presentations are often used by Henes.

Henes has been creating this type of art since her vision approximately 11 years ago. She has performed in several cities throughout the U.S., as well as in Canada and a few other countries. Her work is characterized by the union she feels between herself and her surroundings.

The Albrightian
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Let's hear it for the business office: yeah! Specializing in poor timing and service with a smile.

We've all received our registration materials, but the question remains: can we all register?

For most of us, the answer is probably: NO! Why? Several reasons.

One could say it all goes back to when the first bills were mailed out over the summer. There seemed to be a lot of errors in these bills, such as not billing residing students of room or board, incorrect billing of keys, etc. Hence the need for a second bill.

A second bill is most useful to all parties involved when it is addressed and delivered to its proper destination. Why then, are these bills addressed to the students and sent to their homes, when all the students are here on campus? Most parents respect the privacy of their children and won't open their mail; thus these bills sit unpaid in some house one hundred miles from here.

So, the second, or "final" bills are mailed out the week of November 3... and when was payment due? Nine days later, on November 12. And when did registration start? November 17. So we were billed expected to pay, and register, all in the course of two weeks. Cutting it a bit close, aren't we?

Most people didn't realize the balance on their accounts until they went to pick up their paychecks on Friday, November 14. If they hoped to register the following Monday (if they were seniors) or Tuesday (for juniors), they had to sign over their paychecks to cover the balance. If they were lucky, their paychecks were enough. Unfortunately, many were forced to empty their personal savings accounts, drive home to get the money, or phone home to have it sent Federal Express.

For others, the money had already been mailed to the school, but business office personnel did not bother to check on this. Stacks of payment checks were already sitting

in the business office, but no one was recording them, and people were hearing threats of "If I can't find it, you can't register." It was said with a smile.

And if, at long last, they got everything straightened out on Friday, and went confidently to register on Monday, they were in for yet another surprise. None of the accounts had been updated from Friday to record payments, so their registration cards were numbered and put in a box until payment was confirmed.

Non-campus employees didn't find out until they went to register that their bills were not paid. Why did everyone receive registration materials if they were not going to be allowed to register? Lack of registration materials would at least have tipped people off that there might be problems.

All of these proceedings were carried out with what appeared to be a great insensitivity toward the student. Most students needed their paychecks Friday to pay their bills, which always seem to come halfway between paydays. And if a bill wasn't paid, often there was a good reason, but no one was willing to listen; they were only interested in getting their money.

There seemed to be a total lack of communication between the Business, Financial Aid, Registrar's Offices, and the students that really managed to foul things up.

But believe it or not, there is a somewhat happy ending to our saga. We would like to applaud those people who did their best in trying to straighten out the whole mess. Unfortunately, none of them are from the Business Office. So . . .

Kudos to Sheila Angst and Edwin Aponte for their willingness to help the students, even if the problem was due to a financial aid mix-up.

To Dr. Nancy Hanis for letting students turn in their registration cards in numerical order, even if their paid bills weren't recorded as paid.

To Strat for helping to correct business office errors concerning misbilling of key charges.

OFF THE RECORD

bundle if they bought that plot and actually—I know this is a radical idea—did something with it.

It's close proximity to campus would make it convenient for students to walk to. Let's see, what types of businesses would thrive on Albright students' seemingly limitless buying power . . .

The first business that comes to mind is a fast-food restaurant, you know, a large

cont. on page 3

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LETTERS

Editors' Note: Due to a technical difficulty in last week's issue, Kieran Shea's letter was misprinted. To correct the error, we are reprinting the letter in its entirety. We apologize for the error.

Dear Sirs,

Soon, the Autumn supplement of the *Agon*, Albright's literary magazine will be assembled and edited for publication. I would like to use this editorial space as a plea to all writers and poets within the Albright community to submit their works to the *Agon*. Whether or not you think your work is good enough to be used in such a magazine, please...hand it in! How can you know otherwise? You must drop a ball to see if it bounces right? Of course I know it's a chance, but the odds are so damn good. Take it! Granted, people have been rejected in the past, but then again, extremely insightful, talented individuals have been encouraged by their works being published in the *Agon*. Friends, we are looking for serious work...poems, brief prose, and fiction. This magazine is a channel for your voice. Writers, poets, you know who you are... submit your work to *The Agon*, Campus Center Box 79 as soon as possible. You never know until you try.

Thank You,
Kieran Shea

To the *Albrightian* staff:

Scott and I would just like to express our appreciation in your help with promoting the *Book of Love* concert.

We are aware of the reader interest in the *Albrightian* and by making the concert front page news, we believe it helped encourage students to attend what we feel was a successful concert.

We hope that you will continue to show your enthusiasm and par-

ticipation in all the CCB events.

Sincerely,
Judi Yun

Dear Sirs,

This week has been important because Thursday, November 20th was the Great American Smokeout. The annual observance of the Smokeout is an upbeat, good-natured effort to encourage smokers to give up cigarettes for 24 hours. This year's Smokeout was a special celebration, the 10th anniversary of the national event. Anyone who has quit smoking during the past 10 years was treated as a celebrity. In addition, the 54 million Americans still smoking were given a variety of fun ways to kick the habit for the day.

Some general facts on smoking and health: More than 320,000 Americans will die prematurely this year to diseases linked to smoking. That's as many Americans as have been killed in all the wars fought in this century. One who stops smoking has just a slightly higher mortality from lung cancer than non-smokers. According to Dr. William Weiss of Seattle University, it costs \$4,611 more annually to employ a smoker than a worker who does not smoke.

For most people, quitting the habit "cold turkey" works better. Following are some tips from The American Cancer Society on how to quit smoking: Throw out all cigarettes and matches and put ashtrays away. When the urge to smoke hits, take a deep breath, hold it for 10 seconds, and release slowly. Exercise to relieve the tension, chew gum instead of smoking, and avoid caffeine and alcohol.

cont. on page 3



What's the biggest eyesore on or near the Albright campus? No, it's not your transcript. To me, it's that abandoned gas station at the corner of N. 13th and Rockland. Since I was a freshman (which seems like many years ago) it has been vacant, and lately the sight of it has really bothered me. Being a Psychobiology major doesn't afford me a whole lot of business sense, but I think some crafty entrepreneurs out there could make a

SECURITY BEAT

by Rebecca Smith

Albright is not exactly a place where life jumps out at you—the atmosphere is laid back and relaxed for the most part. Such is the case with our security office. Although there is a constant flurry of activity in the office, there are very rarely any emergencies or traumas. In the past week, that trend continued. The security records reveal little out of the ordinary, just the basic duties of locking up buildings, escorting students around and patrolling campus. For a few days, there did seem to be a rash of lights being left on in classroom buildings. And, with the onset of flu season, the infirmary van is beginning to see some action in the way of transporting students to and from doctors' offices.

According to Strat Marmarou, director of campus security, the biggest problem on campus con-

tinues to be the propping of doors in the dormitories. Closing propped doors has become old habit to the security guards. However, no matter how often they must close these doors, it is one thing they have not grown to love about their job.

Not many people on this campus can plead innocent when asked if they have ever propped a door. We can all agree that propping doors makes life here much easier—why run around to the front door when you can break in the back? And it's always nice when you forget your dorm key and get locked out.

Did you ever stop and think about what you are doing? By leaving doors propped open, we are basically inviting trouble into the dorms. While it is true that someone who really wants to get in will find another way, shutting the back doors may discourage the local people who are just look-

ing for a laugh harassing students. If people are forced to enter through the main front doors, they are more likely to be spotted by someone who can stop them before they cause any damage.

At a recent security seminar brought by Strat, the point was attempted by that locking dormitory doors isn't worth the hassle. According to Strat, though, this is one issue that he feels very strongly about, as evidenced in the fines for each instance of door propping. There is more than only dorm damage bills to be considered here: there's the matter of security. Although crime is not prevalent around the college, it cannot hurt to think twice next time you're going out and are considering propping a door for easy return. Take an extra minute to walk around to the front doors—we'll all feel better if you do.

THE CORNER



Blood Alcohol Concentration (B.A.C.)

- .05% Changes in mood and behavior. Judgement and restraint are somewhat impaired, thinking dulled.
- .10% Walking, speech, hand movements clumsy. Blurred, split or tunnel vision may occur.
- .20% Behavior greatly affected, person may become loud, easily angered, tearful.
- .30% Brain responses very slow and dulled. Disorientation and confusion visually and aurally.
- .40% Unconscious, depressed breathing, heartbeat. Sometimes death.

Alcohol Facts

Fact: A 140 lb. teenager can reach a blood alcohol level of .10 (and this is considered a drunk driver in the eyes of the law), after consuming only 2 or 3 drinks within a two hour period of time, whether it is beer, wine, or mixed drinks.

Myth: Coffee, cold showers, or food will sober somebody who is intoxicated.

Only time will help wear off the effects of the alcohol consumed. How much time? Approximately one hour for every drink.

Alcohol Awareness

As a party host, it is your responsibility to make sure that your friends do not drink too much and then drive home. Arrange a ride home or call a cab for every person who fails the following simple tests:

Stagger Line: Walk heel to toe in a straight line.

Hokey Pokey: Turn in a circle three times without staggering.

Stand Tall: Stand erect and unsupported without swaying. Help your friends stay alive.

Alpha Chi Rho Helps Underprivileged

by Scott Hoh

On Sunday, November 16, the Alpha Chi Rho pledges and brothers traveled to South Reading to do volunteer work in a soup kitchen. The Kennedy House, located at 532 Spruce Street, is a multi-denominational mission that provides hot meals to Reading's poor and homeless.

"It was eyeopening to see the destitute people who we served meals" said pledge Jim Muir. The Brothers volunteered time from 10 AM until 2PM in which they prepared food, served meals, and cleaned up. Over 170 meals were served.

The needy people were a diversified group. There were many old people and young families with many children. It was sad to see the large number of alcoholics and drug addicts who needed food. There were numerous Hispanics and the

Spanish speaking brothers were a great asset in giving directions and answering questions.

As brother John Lieto said, "The benefits of giving are so rewarding; doing something like this makes you feel great." The directors of the kitchen were very appreciative of the help the brothers gave and many warm feelings were shared along with delicious baked goods given to the students.

Alpha Chi Rho's association with the Kennedy House will continue in the future. It is one of the many service projects of the fraternity and it's another way of strengthening the bonds between Albright and the community. Alpha Chi Rho (formerly Delta Tau Chi) is a service/social fraternity and is having a rush party Friday night, November 21. See any brother for details.

OFF THE RECORD

cont. from page 2

chain like a McDonald's or Burger King or something. Although our numbers are dwindling, we terminal pedestrians could escape some of the more unsavory dining hall meals such as chicken liver omelettes, the ever famous Duke of Rib, the boredom of pizza, or the heartbreak of B-B-Q catfish. True, burgers, shakes, and fries aren't my idea of a well-balanced meal, but sometimes it beats the alternatives.

Another good idea, dare I say it, is a liquor store. Yes, even Albrightians "consume mass quantities" at times. The State of Pennsylvania might actually show a profit if they put a State Store there.

A 7-11 or AM/PM would really do well on that spot. Speaking for myself, I've made a lot of 3AM strung-out-on-caffeine-need-food-to-study-gotta-get-some-fresh-air-need-a-sugar-fix pilgrimages. 7-11 would probably do better, though. They'd get out of me. I'll admit it—I'm a Copee junkie. I don't care if they make my mouth a bright candy-apple red and leave me with a stomach ache after downing three or four of them. . . I can't resist. I've been addicted to worse things in my life, like microwave munchies such as burritos. Yeah, they're hideous,

but at 3AM what else are you going to spend your last 79 cents on?

My R.D. suggested putting a Dunkin' Donuts there. It would make a lot of money, granted, but its mere presence would balloon the Freshman Ten out to the Freshman Fifty, and then the cellulite would really hit the fan. I hope I graduate before that ever happens.

A pet store might not do too badly. Even though there are rules against them, it seems like every other dorm has a parakeet, or a ferret, or a goldfish as an additional roommate. I wonder if that explains why Crowell smells like a zoo. . .

LETTERS

cont. from page 2

When you see a person walking around campus wearing a "I'm a star... I've quit smoking" button, congratulate him or her and if you are a smoker ask them how they did it. Also, look around for balloons with messages on them from elementary children. If you see one send a note back to the child, they would love to hear from you. If you would like additional information on quitting contact the American Cancer Society at 921-2328.

Joyce Barrier

CLASSIFIEDS

BUSINESS OPPORTUNITIES

LEARN-Gold, Silver, scrap recycling business. \$50,000 year possible. Free information: **RECYCLING' BOX 11216 RENO, NV. 89510**

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.

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.

AVAILABLE-Travel Field Position immediately available. Good commissions. Valuable work experience. Travel and other benefits. Call Bill Ryan toll free at 1-800-433-7747 for a complete Information Mailer.

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

PERSONALS

"My nails are average human length" KIM

-WANTED- Need blind, moslem, French speaking, paraplegic, red-headed, left-handed, mulatto touch typists to perform in diabolical genetic experiment. Applicants must be proficient with the rapier and be familiar with toad sexing for fun and profit. Hurry! Only the first one hundred applicants will be accepted. Obtain application at the Albite Biology Chairlessperson's office by February 30th.

WANTED: Two devastatingly attractive, swinging college gals seeking male companionship for Friday evenings. Send replies to Campus Center Box 519. You won't be sorry!

What ever happens to Chi Lamb Classifieds?

BUY IT, RENT IT, SELL IT, ANNOUNCE IT, CELEBRATE IT, RECOVER IT, SAY IT, DO IT IN THE CLASSIFIEDS!!!

POSITIONS AVAILABLE

Student Services & Food Service Committees will be interviewing for 5-7 student openings on the Food Service Committee.

If interested in being a member, please sign up at the CC Desk for an interview.

Author of *Heartburn*, *Silkwood* to speak at Albright

Nora Ephron, author of the pointedly autobiographical best-selling novel *Heartburn* and co-author of the controversial movie *Silkwood*, will appear at Albright College Tuesday, December 2, under the college's Arts and Lectures Event program.

She will speak in Memorial Chapel at 8 p.m. The event is open to the public. A reception will be held in the Campus Center South Lounge following the lecture.

Since the mid-60's, she has written a thousand words on any number of topics from H. R. Haldeman to the Pillsbury Bake-Off. In articles for *Esquire*, the *New York Times Magazine*, and *New York* magazine, she established herself as a smart, sharp, humorous social critic.

The articles that made her name in the sixties and seventies - collected in book form in *Wallflower at the Orgy*, *Crazy Salad*, and *Scribble, Scribble* - were laced with fresh, offbeat, and sometimes devastatingly satirical views of the contemporary scene, and uproariously funny comment on the food scene.

Already known for her academy award nomination for 'best original screenplay' for *Silkwood* Nora Ephron, in the summer of 1983, won a whole new audience with her best-selling novel *Heartburn* - a thinly veiled account of her broken marriage to *Washington Post* reporter Carl Bernstein. The film version, released this past summer, for which she also wrote the screenplay, features Jack Nicholson and Meryl Streep.

The daughter of Henry and Phoebe Ephron - their autobiographical comedy 'Take Her, She's Mine,' which centered on Nora, opened on Broadway in the early '60s - she has carried on in the family tradition. Whether she is like anyone else is open to question. But one thing is indisputable: Nora Ephron is noted for her opinions.

A graduate of Wellesly College, she has been honored by Briarcliffe College for her achievements in literature.

Tickets for this event may be reserved in advance by calling the Albright College relations office (215) 921-2381, extension 460. The cost is \$5 per person. Tickets also will be sold as available at the door beginning at 7:15 p.m.



AUTHOR Nora Ephron

Freedman Gallery: 10th Anniversary Celebration

The Freedman Gallery celebrates its Tenth Anniversary with **The Freedman Gallery: The First Decade**, an exhibition of recent work by major artists who have shown in the gallery during its ten year history. Many of the artists, whose careers were just emerging at the time they exhibited in the Freedman Gallery, have since gained national and international recognition.

Exhibition dates are November 23 - December 31, 1986.

The exhibition includes work in all mediums: painting, sculpture, ceramics, photography, printmaking, and video. Artists represented are Vito Acconci, John Ahearn, Ida Applebroog, Jonathan Borofsky, Louise Bourgeois, Robert Colescott, Juan Downey, R. M. Fischer, Mike Glier, Leon Golub and April Gornik. Also, Keith Haring, Jenny Holzer,

Bryan Hunt, Michael Kessler, Komar and Melamid, Harry Kourasos, Joyce Kozloff and Shigeo Kubota. Other names included in the 10th anniversary exhibition are Les Levin, Robert Mapplethorpe, Elizabeth Murray, Nam June Paik, Ed Paschke, Cindy Sherman, Nancy Spero, Bill Viola, Tom Watcke, William Wegman, Allan Wexler, and Betty Woodman. The exhibition is accompanied by a small catalog.

Founded in 1976, the Freedman Gallery occupies an important position among college galleries. It is one of the few that exists for the primary purpose of support and development of contemporary art, a role that reflects the ideals of its founder, the late Doris Chanin Freedman '50. Mrs. Freedman believed in bringing works by living artists

to people of all regions, for she felt that, in spite of urban alienation, 'art is one way to begin to resensitize people to their humanity.'

During its first ten years, the Freedman Gallery has presented provocative exhibitions that have focused on the avant garde. Among the consciousness-raising issues that have been tapped in the gallery are art by women and blacks, art as a contemporary communications vehicle, and art and politics.

The public is invited to a special reception in the Freedman Gallery on November 23, 2-4 p.m. Refreshments and entertainment will be provided.

The exhibition program of the Freedman Gallery is supported in part by a grant from the Pennsylvania Council on the Arts.

Economic Futurist to Speak

David Morris, referred to as a 'futurist' by many and an 'economic development theorist' by others, will speak at Albright College Friday (November 21) as a guest of the college's Experience and with broad community sponsorship.

Currently with the Institute for Community Self-Reliance in Washington, DC, Morris is considered a futurist with an active involvement in the present. An author and lecturer on modern technology and its economic and political implications for tomorrow's community, he is a recognized consultant to government and business.

Morris' visit to Albright has been organized by 'Berks 2000,' and is sponsored in part by the City of Reading, Ben Franklin Partnership/Advanced Technology Center of Central and Northern Pennsylvania, United Labor

Candidates for Academic Achievement Awards Screened

Albright College will recognize individual achievement among minority students during a two-day campus visit November 21-22.

Candidates for the Honorable Joseph E. Coleman, Academic Achievement Award - named for Attorney Coleman, Class of 1948 - will be drawn from among seniors attending high schools within Albright's admissions areas, Garvin S. Maffett, assistant director of admissions, related.

Developed on the theme "Chart A Bold Course!," the two-day program will bring the award recipients and their parents to the campus Friday to attend classes of interest, tour college facilities, and enjoy informal social time.

With more than 750 public and private secondary schools visited each year by Albright admissions counselors, the college has enlisted the help of alumni, guidance counselors, high school principals and clergy in identifying prospective candidates.

The credentials and endorsements for each student will be reviewed by a selection committee, with the final candidacy determined in consultation with the college's admissions staff.

"It is particularly appropriate at this time," Maffett continued, "for Albright to make a positive statement reiterating its position on the opportunities in higher education for minorities. We're pleased that Dr. Coleman has endorsed our project which allows us not only to recognize these young people, but also to provide them opportunity to discuss career choices

with their peers as well as select college faculty and administrators." Highlighting Saturday's events will be a morning reception in

Freedman Art Gallery followed by a Career Forum in the Campus Center Theater where Dr. Coleman will comment on "From Albright College Experience to Professional Careers." The awards luncheon at noon in the Campus Center Dining Hall concludes the program.

In addressing the significance of their campus visit, Albright President David G. Ruffer stressed that "this country's minority students are deserving of our collective effort to assure that they, too, may realize their full potential, and that their contribution to society will not be lost.

AN OUTSTANDING ALUMNIS
Among the first of Albright's Black graduates, Dr. Coleman was recognized in 1981 with a National Council Citation for his outstanding career achievements as chemist, lawyer and community leader.

President of the City Council of Philadelphia since 1980, he was recognized in 1958 for his

work in chemical research with the prestigious "Gold Bond Award," and has enjoyed a successful law practice in Philadelphia since his graduation, with honors, from Temple University Law School.

In addition, Dr. Coleman is an authoritative scholar on Negro history and life, and is both author and publisher of a book on the subject entitled, *Another Chosen People - American Negroes*.

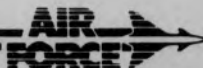
Council of Reading and Berks County AFL/CIO, Minority Small Business Assistance Center, Hispanic Center, Reading Urban Ministry, Reading Area Community College, and Albright.

He will speak in Albright's Campus Center Theater at 8 p.m. The public is invited free of charges.

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WINTERIZE YOURSELF FOR HEALTH

Those winter colds may not be colds at all, and your heating system may be the culprit, according to Edward H. McGehee, M.D.,

professor of family medicine at Jefferson Medical College.

"A lot of winter colds are not really colds. They are a reaction to the dryness of dust that is created when we heat our houses," explained Dr. McGehee.

"As we heat our buildings, we are drying them out," he said. "We can see it in our droopy house plants and feel it in dry skin, chapped lips and increased respiratory problems."

"The heated air dries out the membranes from our lips and our nasal passages through our windpipe and all the way into our lungs," noted Dr. McGehee. "This makes our secretions drier, less fluid and stickier. It is harder to

cough and easier for these passages to get plugged up. This can lead to such respiratory problems as bronchitis and pneumonia."

The cure for dryness—and a prescription for keeping our respiratory systems healthy—is to increase the moisture in our houses or apartments, which can be surprisingly inexpensive.

"All you need is a humidifier—a low-priced plastic tub with a motor that blows fine moisture into the room," observed Dr. McGehee. "It moistens our membranes and makes us feel better."

The humidifier (some of which sell for under \$15) should be filled with cold water and does not need hot water or medication.

"Open the windows a little at night to let the room cool off while you sleep," said Dr. McGehee. He also recommends

turning the heating vent or radiator off for the night and closing the bedroom so that the rest of the house will not lose heat.

To keep warm in the face of the cool air, Dr. McGehee recommends sleeping with two or three light-weight blankets, which are warmer than one heavy one because heat is trapped between layers. An electric-blanket will also keep you warm.

"The moisture in the air won't affect an electric blanket," Dr. McGehee assured.

If you are feeling the affects of dry air, there are a few things you can do before the humidifier begins to help. For nasal passages, a tiny bit of vaseline in each nostril keeps skin soft and protects the membranes from drying out. Chapstick helps chapped lips. For dry skin on any part of the body,

including the lips, Dr. McGehee suggests camphor ice, which comes in a hard stick.

"Most of the things they sell today in jars are fine, but they don't last too long," explained Dr. McGehee. "Camphor ice is heavier, last longer and thus offers more protection."

Dr. McGehee also recommends keeping our houses cooler. "The British have always done this," Dr. McGehee noted. "They're quite healthy. They have no more colds than we do."

They do, however, dress for cooler inside temperatures. "The big thing in keeping warm is wearing a bunch of little layers," he suggested, noting that this traps the heat that our bodies are giving off. Thus, a shirt and a sweater do more to keep us warm than one heavy sweater, and long

underwear and turtlenecks underneath other clothing are effective. Clothes that fit tightly around the neck, wrists and ankles also trap the warm air close to the body.

There are two ways which some people think make their bodies warm that can in fact be quite dangerous: drinking alcohol and taking very hot baths.

"Alcohol opens the blood vessels. The body loses its heat, and this puts it under great strain," said Dr. McGehee. "Hot baths are particularly dangerous for older people with heart disease or high blood pressure. Hot water opens all the blood vessels at once, and people's blood pressure drops. This has even caused people to sink into the tub and drown. And hot water and soap are very irritating to human skin."

Winter skin

PHILADELPHIA, PA.—Carol, who has always received compliments on her glowing skin, is spending her first winter in a cold climate. She feels she must constantly moisturize her skin with oils and creams in order to prevent it from resembling an elephant's hide.

However, according to Herbert A. Luscombe, M.D., professor of dermatology and chairman of the department at Jefferson Medical College of Thomas Jefferson University, the only true skin moisturizer is water—not oil. The oil coating on the skin surface prevents loss of water. If the oil coating is removed, water will escape, and the skin will consequently become dry. "Water is the only substance that can replenish the lost moisture," said Dr. Luscombe.

cont. on page 7

WHEN IS THE RIGHT TIME TO CALL YOUR GRANDPARENTS?

- Five minutes into "The Lawrence Welk Show"
- About a week before your birthday.
- When you just want to tell them you miss them, and that you ate the last of Grandma's chocolate-chip cookies this morning.

There's nothing grandparents like better than a call from a grandchild in college. But if you do accidentally happen to interrupt Lawrence, you ought to have something worth telling them.

For example, you could mention that you called using AT&T Long Distance Service because you can depend on AT&T's high quality service and exceptional value.

And then you can tell them that AT&T gives you immediate credit if you dial a wrong number.

And that you can count on AT&T for clear long distance connections.

Finally, of course, you should quickly reassure them that you're eating enough, then let them hurry back to the TV to catch the rest of the Lennon Sisters' Blue Oyster Cult medley.



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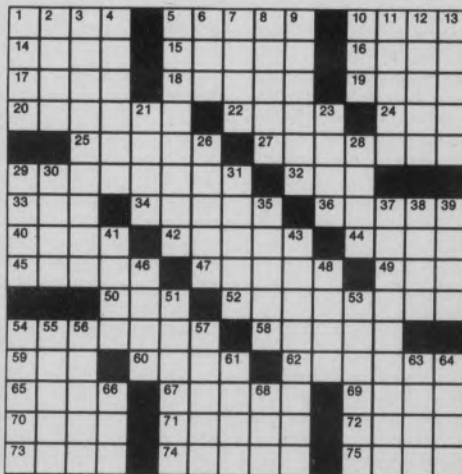


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TODAY'S CROSSWORD PUZZLE



- | | | | |
|----------------------|-----------------------|---------------------|---------------------|
| ACROSS | 60 Molding edge: Var. | DOWN | 46 State |
| 1 Jungfrau, et al. | 62 Access | 1 Nursemaids | 48 City light |
| 5 Workshop | 65 Mineral suffix | 2 Light source | 51 Human being |
| 10 Patter | 67 Carved slab | 3 Apportionment | 53 Purpose |
| 14 Bazaar | 69 Sicily peak | 4 Step | 54 Mr. Nader |
| 15 Kitchen tool | 70 Common man | 5 Outlook | 55 Mr. Zola |
| 16 Scottish port | 71 Essential oils | 6 "Diamond" | 56 Fertilizer |
| 17 Love | 72 Trawls | 7 Bitter | 57 Same |
| 18 Fruit | 73 Plant | 8 "Definitely not!" | 61 Bristle: Pref. |
| 19 Sarcasm | 74 Racket | 9 Shudder | 63 Inner: Pref. |
| 20 Ships' poles | 75 Weight system | 10 Dress | 64 Gentle |
| 22 — tasse | | 11 Sojourn | 66 Subside |
| 24 Female deer | | 12 Travail | 68 Altos or Angeles |
| 25 Conform | | 13 Body joints | |
| 27 Chairs | | 21 Pitches | |
| 29 Income form | | 22 Image | |
| 32 Hind | | 26 Autocrats | |
| 33 Islands food | | 28 Reserve | |
| 34 Cliff | | 29 — dixit | |
| 36 Asian land | | 30 Luncheon | |
| 40 Grime | | 31 Judge | |
| 42 Threesome | | 35 Concreted | |
| 44 Fire goddess | | 37 Corrupter | |
| 45 Boredom | | 38 "I cannot tell" | |
| 47 Heptad | | 39 "King —" | |
| 49 Creek | | 41 Cattail | |
| 50 Clip | | 43 Make less | |
| 52 Pass catcher | | | |
| 54 Began again | | | |
| 58 Shirker | | | |
| 59 Friend, in France | | | |

BLOOM COUNTY

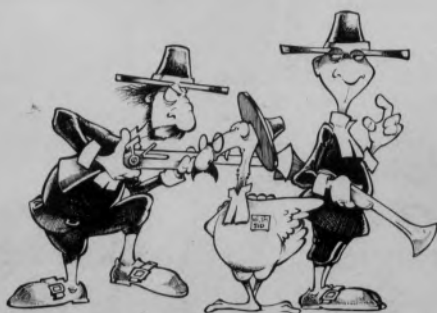
by Berke Breathed



Last Week's Crossword Answer

GAS SOFAR CABAL
 AMA CRONE ABACA
 LETHARGIC MUSTY
 ABOUT EME ESS
 SAND OYADS EVAS
 SUE LIP BIGH
 RESORT SNIT ORE
 AVENGED GROWLED
 PAR ERIS IRISES
 IDES CAT FIB
 DENT SMITS DATA
 ART EMU IONIC
 NADER TUNESMITH
 OBESE ELITE OLE
 TERSE RISER NED

GARFIELD® by Jim Davis



LITTLE BAGGAMUSIC

by Mike Anthony

The Johnsons - Break Tomorrow's Day

Philadelphia's premiere "grunge-rockers" show what they are made of on **Break Tomorrow's Day**, an album packed with blood and guts style rock 'n' roll. The get-back-to-basics movement currently sweeping the new music scene has never been taken up so literally as the Johnsons' playing style suggests. Raw energy explodes from power guitar chords and steady pulse-pounding drums. Yet the Johnsons still manage to sound like they are playing in the downstairs garage.

Bad production is not the cause of such a fuzzy and raw sound that is conveyed here. Rather, the Johnsons have thrown technique and precision to the wind, preferring to play with a fresh off the streets of Philly flavor most bands avoid. One gets the feeling the Johnsons would be as comfortable playing in a bar room as they would in their own backyard.

The Johnsons take no frills

gritty rock a step further, adding raw emotion and clever rhymes to a simple yet solid backbone of trash guitars. Singer Adam Miller yearns for his perfect woman in "Hard to Find" asking "Is she a millionaire," then slightly lessening his demands, "Can I hold her tight/Does she know her left from right?"

The Johnsons refuse to gradually seduce the listener with their guitar - drum interplay and passion-inspired vocals. Rather, they choose to grasp a firm hold right from the start. The music doesn't attack as much as it envelopes. "Open Door" opens up the LP, building up walls of guitars around the listener while the bassline strikes at the heart. A chorus of "Don't owe you anything" sets the stage for an album with a rebellious attitude written all over it.

"Burning Desire" and "Sylvia Plath," love and hate songs respectively, manage to give off a little warmth while maintaining roughness all around. "Different Sun" and the title track burst

forth with ripping guitars and loaded drumming, balancing out the approach with intensely satisfying vocals.

What the Johnsons should avoid most in their endeavors is advice that probably will be given to them sooner or later: Clean up your act!

Without the dirt and grit there is no act.

Scruffy the Cat - High Octane Revival

A bunch of kids having fun perhaps? The name of this band suggests juvenile frivolity, and by all means it is not misleading, but **High Octane Revival** reveals that Scruffy is more than your average cat.

Youthful exuberance has produced more than its fair share of top-notch bands. With titles like "Life is Fun", "Land of 1,000 Girls", and "Happiness to Go" backed up by a full throttle approach, Scruffy seems well on its way to sharing in those ranks.

Scruffy the Cat best compares with early Replacements for the

most fun ever had with guitars by a band looking for a party to happen. The only difference is the members of Scruffy the Cat sound sober.

The guitar licks are fast and furious. The songs move as fast as the vocals can carry them (which could incidentally break the sound barrier). The tracks here are so rapidly paced, this six song EP can be heard three or four times over before desiring a change.

"40 Days and 40 Nights" could be George Thorogood on a better night. "Land of 1,000 Girls" and "Buy a Car" ("If I'm gonna be a star I need to buy a car") reflect the band's lyrical immaturity while recalling early seventies fuzztone guitars matched with coarse vocals.

The band enjoys frolicking through "Life is Fun," living up to its every word with enthusiastic playing. Finally, "Tiger Tiger" and "Happiness to Go" best express the band's carefree attitude and mile-a-minute playing style. Guitars buzzing along,

racing the vocals to the finish while the drums thump along in the background.

Scruffy the Cat has a way to go yet, and maturity seems far off. They wholeheartedly believe their rhyming words of optimism in "Happiness to Go" ("Happiness can raise your favorite pet from the dead/Make you suck your thumb and hide right under the bed"). Still, juvenile fun is something everyone can appreciate since we've all had our share. If you can find it, Scruffy the Cat may become your favorite pet around the house.

New Music Notes: Tonight SST recording artists Sonic Youth, Firehose (formerly the Minutemen), and DOS will be appearing with local artists the Zoo Boys at The Alley (Rt. 61N, before Pottsville). This is the only area appearance for these bands so catch them while you can. Doors open up at 7 and WXAC DJ's Ariel Rey and Bill Kriegsman will be spinning discs prior to the show. Look for a review next time.

Cinders Leaves Audience Speechless...

Cinders, a play written by Janusz Glowacki, is probably listed among the most daring performances on a small and conservative campus such as Albright's. With its vulgar language, its oppressive themes, and its violence, *Cinders* could not exactly be called a "family show."

But this particular play was not meant to be another Sunday afternoon at the family theater. *Cinders* was meant to be much more than that, it was meant to shock people into a terrible realization: that which enables us to see the amount of violence and indoctrination used to integrate Socialism.

The play calls attention to two human values, integrity and compassion, which always seem to be the targets of politicians.

The play revolves around a girls' reformatory near Warsaw, Poland. It is filled with street-

wise, hardened, and abused girls. The action starts when the principal (Luke Huggins) accepts a proposition to film the play *Cinderella* at his school. What he does not realize, however, is that the object of the movie is a pro-Socialism propaganda piece. Soon after that, the filming begins, led by the director (Kieran Shea).

In the movie, the girls are supposed to open up and state their reasons behind their violence, while publicly accepting the Hitlerian tumult as "a necessity of war." All comply except for one person.

Throughout the filming great tension is created between Cinderella (Karen McGrail), and the Director and the Deputy (Andrew DePrisco). Cinderella is only person who refuses to succumb to Socialism, and as a result, through various manipulative and unethical actions, the deputy

turns all the girls against Cinderella. In the end, out of desperation, she is driven to commit suicide, while being filmed. A great victory for Socialism.

The play *Cinders* was not meant to cater to the playful romantic, it was meant to make a direct statement, and it did so very well. So well, that the tension could be felt in the audience while all the various brutalities were occurring. It was almost a disturbing play. Upon leaving, one had no hopeful thread of light or of hope. The facts of a very terrible and inhumane past were given for everyone to swallow, in one large pill.

Perhaps that is the reason why this play will stay imprinted in many people's minds. And yet, it was an excellent play—intended to be very dramatic—and that it was.



photo by Randy Blodgett
KAREN McGRAIL sidesteps Kieran Shea's probing questions in the Domino Players' recent production of "Cinders."

Winter skin

cont. from page 5

explained. 'However, some people's skin tends to become dry during the winter.

'The outer layer of skin is composed of keratin, a tough inelastic substance made pliable by water. In order to prevent dryness and cracking, the water in the skin cells must be conserved,' he said.

Dr. Luscombe recommends four easy, inexpensive ways to combat dry skin. First, he suggests bathing less often in the winter. 'Although all soaps remove some oil, using a 'superfatted' or milder soap that removes less oil might be helpful,' he said.

'In cold weather people tend to overheat their homes, and this dry heat draws water away from the

skin,' the doctor explained. Instead, he recommends keeping the environment a little cooler to prevent moisture loss.

A third way to combat dry skin, according to Dr. Luscombe, is to increase humidity. By simply placing a pan of water under the radiator, filling sinks with water or purchasing a humidifier, moisture is added to the atmosphere.

Finally, another effective way to remedy dryness is to replace protective oil by adding oil to the skin. 'Lighter preparations, such as bath oils, work just as well as the most expensive creams. Just add the oil to bath water or rub it into wet skin after showering,' he said.

Before activities such as skiing,

Dr. Luscombe suggests adding oil to the skin and covering exposed areas in order to guard against windburn, which is a forceful removal of water and oil from the skin.

'Because the face is exposed to the elements more often, it contains more oil glands than the rest of the body. For the most part, though, the same cleansing products and oils can be used on both the face and body,' he said.

According to Dr. Luscombe, since the oil is more solid in cold weather, skin pores can clog and acne flare-ups often increase for young people. Oil, therefore, should be used sparingly and only when needed. Excess oil can be removed with plain soap and water; astringents are not neces-

sary.

'It is important for people to keep their skin clean in order to avoid infection. Skin is self-regulatory and, in many cases, requires only minimum care,' he said.

The doctor stresses that the only true moisturizer is water, and oil prevents the water from escaping. Dryness, itching and

scaling are signs that the skin needs some alteration in care. The four measures mentioned earlier should correct such a problem.

'These methods are necessary only if the skin feels dry,' said Dr. Luscombe. 'Otherwise, a simple soap and water cleansing routine should be sufficient.'



5 Days to Thanksgiving

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VACATION

COOL

FUN
in the
Sun



PARTY TIME



FUN

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Border Is Like No
Other Anywhere