

# THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19603

JANUARY 15, 1982

## CAREER PLACEMENT PROBLEM



Dean Randy Miller explains the need for expanding the Career Services Program.

Photo by John Breton

by Lynne Howells

The Career Development and Placement program is and should be an important part of a liberal arts education. However, at Albright College this program has so far not received the attention it needs to remain on a competitive level with other schools of Albright's caliber; the services offered are comparable, but they lack the depth necessary to provide a useful

and active program.

The reasons for the problems in the development and placement program are due mainly to understaffing. Presently the program is being run by Dean Miller, the director of Career Development and Placement Services, and the present Dean of Housing. While Albright has one professional working part-time in this capacity, nine out of ten other colleges surveyed (competitive with Albright) have

at least one full-time professional on staff, (in most cases more than one) and all ten have longer staffs than Albright. The lack of a Career Services Center restricts the type and amount of programs offered. The Associate Dean of Students office presently serves as the Career Services Center.

The career development programs are designed for students who are unsure of their major and/or career plans. The main offering in Career Development Seminar, taught by Dean Miller during interim. Dean Miller, explained, "In terms of programming, I think that's the most important offering. It gives students an intensive one month program involving not only self assessment but career exploration as well." Another development program is the Freshman Self-directed Search, a career interest inventory that is conducted primarily through the Counseling Center. Dean Miller says, "Career Development is really a campus-wide effort. There are many people on campus who get involved with some aspect of career development. It is not just this office." Dean Scullion, the director of the Counseling Center, is greatly involved with career development, in both career testing and counsel-

ing. The different academic departments, and the faculty all do a great deal of counseling and advising.

A variety of programs are offered for career placement by various sources. Internships are offered through Career Development Services and the academic departments. Career nights are offered through the Alumni office's Start Program, the academic departments, and Career Services. Graduate school counseling is done primarily through the academic departments and faculty members. However, this type of counseling is also handled by Career Services upon request. The student has the choice of either, or both, sources.

The most extensive offerings from Career Services are the Career Planning and Placement workshops held for seniors every year. Eight senior placement workshops are held during the spring semester and are basically for job hunters. The sessions are grouped by career preference and offer instruction and guidance in resumé drafting, letter writing and interview techniques. Individual conferences are also available. Job search strategy sessions discuss principles and procedures of job

hunting. Outside people are brought in who are in hiring capacities to help run these workshops. A recruiting calendar is also organized, so that companies may send recruiters to Albright to interview potential employees.

The first area of Career Services Dean Miller plans to improve is communications. He feels, "Up to now communication has not been very strong, and improvement is needed." Coordination between Career Services, the faculty, academic departments, the Counseling Center and Alumni Office is needed to make the existing programs stronger. Second would be creating a Career Services Center. The proposed location was the rooms in Selwyn Hall across from the Counseling Center, which would put it in an ideal location. Unfortunately, the tight housing situation has made this impossible at this time. Next, would be to build up the recruiting calendar. The final step would be what Dean Miller terms his "pet project", which is to build a directory of Albright graduates by major, listing what each one has ultimately done with their degrees, and how they have built their careers.

## Human Sexuality Discussed

by Amy K. Shannon

Dr. Richard Dannenfels is presenting a series of lectures and counseling sessions dealing with the subject of human sexuality from January 12 through January 15 on the Albright campus. The program is designed to provide an atmosphere in which people can learn about, discuss, and discover aspects of their own sexuality and the sexuality of others. Topics such as love, sexual communication, sexual myths, and homosexuality are covered, in addition to many others. Prevalent attitudes in society concerning sexuality are also discussed.

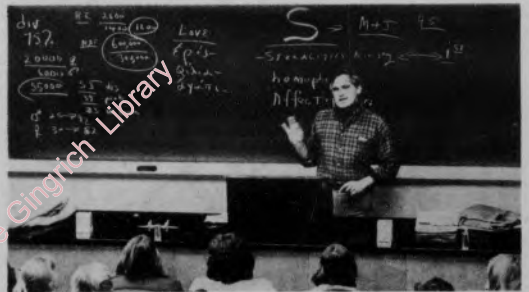
Dr. Dannenfels, a member of

the American Association of Sex Educators, Counselors, and Therapists, is a certified sex therapist and counselor with a Ph.D. in clinical psychology. Although he resides in Providence, Rhode Island, where he is the Director of the Human Sexuality Program at Moshassuck Medical Center, Dr. Dannenfels was born in the Bronx and served in the army. He is also an instructor at Yale and a Presbyterian minister. This combination of roles gives his presentations a unique viewpoint.

Last year, during Interim, Dr. Dannenfels spoke at Albright and was extremely well received. This year, his introductory speech, held on Tuesday, in an overflow-

ing Science Lecture Hall, was evidence of his continuing popularity. The program was presented by the Women's Resource Committee.

(The Women's Resource Committee encourages all interested students to attend Dr. Dannenfels's Friday lecture.)



Dr. Richard Dannenfels began his visit with a lecture last Tuesday in the science building.

Photo by Wade Petriak

## Albright Explores World Hunger

READING, PA, January 8 - Lecture, panel discussion, film, and a special "third world" dinner menu will highlight a World Hunger Awareness Program set for Tuesday, January 19, by Albright College Students, Jean Muniu, sophomore from Kenya, East Africa, and a member of the planning committee, announced.

The public is invited to participate in the day-long schedule of events beginning with a showing of the film, "Into The Mouths of Babies," in the Campus Center south lounge at 3:30. Following the film, which deals with infant formula feeding in less developed countries, there will be a student-faculty panel discussion.

Additional audiovisuals will be shown continuously from noon until 6 p.m. in the south lounge, according to Ms. Muniu.

Later that same evening, Paul Myers, former program director for the Mennonite Central Committee, will talk on "Hunger: Bangladesh, A Case Study" in the Campus Center Theater at 6:30 p.m.

The evening meal in the college dining hall for that Tuesday will typify a third world diet, while

students enrolled in a visual merchandising course will construct a model building in the foyer of Gingrich Library reflecting third world housing conditions.

Group participation in Albright's World Hunger Awareness program should be arranged in advance through Dr. Marion I. Birdsall.



Paul Jones and Mike Kopey preside over a committee meeting during last weekend's model U.N. conference. page 4 Photo by Mark Tafuri

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# Editorial

## Interim Madness

Interim, as explained to incoming freshmen and those already attending, is a special time set aside for students to gather their thoughts and prepare for second semester. It is also a time to relax while only having to worry about one class during the entire month. But some students find something quite different than expected when January rolls around. Instead of having time to relax and enjoy the tranquility of an almost effortless month, Albrightians find themselves scattering around and rushing from here to there, with very little time spent in devotion to the purpose of interim.

Perhaps this commotion is a result of students' putting things off until after first semester; or maybe interim for some, is a pre-calculated time to get little things out of the way. Whatever the reason, Albright has become a blur of busyness. SGA, for example, has set aside this month specifically for tabulating the results of the alcohol policy surveys collected last semester. Students involved in the SGA project are busy

sending memos and calling meetings in order to come to a decision about the campus feelings towards a new alcohol policy.

Many people have decided to take or teach the mini-courses offered this month, and this serves as one more distraction from relaxation.

January 6 was the final day to Q/NQ an interim course. To do this, there are certain steps involved which can take a considerable amount of time. This situation is not aided by the fact that faculty advisors have much different office hours during interim. Many times it seems utterly impossible and quite time-consuming to track down an advisor for a simple signature.

Hopefully in the next two weeks, Albright students will slow down and begin enjoying the benefits included in a month of "easy-does-it."

— K. Sue Bluhm

## Cheer Up, Folks

On a more encouraging note, Interim '82 has seen at least a partial revitalization of social life on campus. For the first time all year, we have a choice of parties or CCB activities to attend on weekends, and enough culturally-oriented activities from which to choose during the week. For those students who have the time to break away from their demanding courses (like my class, "Decades"), interim offers a very pleasant reversal of the desolation which ruled this campus for most of the fall.

Will the bustling activity and well-stocked social calendar that we're presently enjoying remain the norm for the rest of the year? If nothing else, interim has shown that when people exercise a little initiative, and administration maintains a "laissez-faire" policy, good times can be had by all. Maybe we'll even see the time when each day will offer us a legitimate choice of social, cultural, and educational events. But of course, this nirvana could very well subside next month, so as long as it exists, enjoy your interim!

—Nick Gugie



### Thanks...

The Albrightian extends special thanks to staff photographer John Breton for the use of his darkroom, without which there would have been no photographs in this issue.

## THE ALBRIGHTIAN

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# Letters

The opinions expressed in the following letters do not necessarily reflect the opinions of The Albrightian.

Members of the Albright Community:

We at Albright College are fortunate in being part of that segment of the human population for whom hunger is not part of our normal life. For most of our fellow human beings, however, such is not the case. For them hunger and its associated diseases, symptoms, crushed dreams, and limited lives are a normal, everyday reality.

To help us understand a small part of the problem of world hunger, a group of students has organized a World Hunger Awareness Day for Tuesday, January 19, 1982. They have scheduled several events including a meal which is typical of that eaten by a majority of the residents of this spaceship

earth. The money saved by offering this meal rather than the regular Tuesday evening fare will be contributed to an organization whose work focuses on alleviating world hunger.

I encourage your support of and participation in this effort. Each of us must care about the problems we face as a species. Hunger is one of those very real problems from which we are sheltered. Perhaps this day will give us just a glimpse at what others live with throughout their lives.

Sincerely,  
David G. Ruffer  
President

## Alcohol Policy

To the Albright Community,

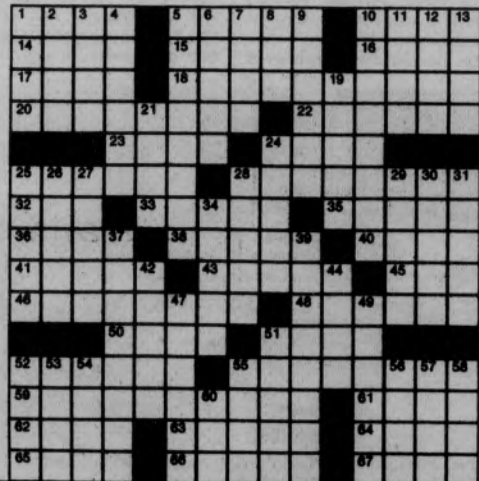
During the past few months the Student Government Association and the Albright Administration have been conducting a study of the present college alcohol policy. Although initial surveys have been used to elicit the opinions of involved parties, more in depth views are needed to complete the study. Therefore, we are asking that interested persons submit testimonials of their views to Campus Cen-

ter Box 440 by January 22, 1982. These testimonials should reflect the personal feelings that you have about alcoholic beverages and their use on campus, as well as the underlying reasons for these beliefs. All testimonials must be signed. These testimonials are an opportunity for every member of the Albright Community to voice their views on this issue.

Thank you,  
Alcohol Policy Committee

### TODAY'S CROSSWORD PUZZLE

- |                      |                   |                         |                         |
|----------------------|-------------------|-------------------------|-------------------------|
| ACROSS               | 38 Shriveled      | DOWN                    | 28 Western city         |
| 1 Shelter            | 40 Inattentive    | 1 Unruffled             | 29 Religion             |
| 5 Plunger            | 41 Fool           | 2 Corn product          | 30 Circumvent           |
| 10 USSR city         | 43 British —      | 3 Ala.'s neighbor       | 31 Stave off            |
| 14 Author            | 45 Dutch town     | 4 Force                 | 34 Conny                |
| Haley                | 46 Road           | 5 Went                  | 37 Athenian philosopher |
| 15 Raccoon           | material          | 6 A Horae               | 39 Paid for             |
| 16 Address           | 48 Tributary      | around                  | 42 Treasure —           |
| Theda —              | 50 Travel         | 7 Field mouse           | 44 Red and Coral        |
| 7 Allowed use        | 51 Passage: Abbr. | 8 Language suffix       | 47 Turns outward        |
| 18 Of thought        | 52 Pulley         | 9 Call off              | 49 Main course          |
| transfer             | 55 Bragging       | 10 Got                  | 51 Trunk                |
| 20 Dull sound        | 59 Kent city      | 11 Cheers               | 52 "Vamoosel!"          |
| 22 Wipes out         | 61 Bellow         | 12 Buffalo's waterfront | 53 Aureole              |
| 23 Rounder           | 62 African plant  | 13 Resins               | 54 Mr. Slaughter        |
| 24 —mutuel           | 63 Compact        | 19 Scottish lile        | 55 Cremate              |
| 25 Cleric            | 64 Lab gadget     | 21 Blinge               | 56 Greek letter         |
| 28 Poised            | 65 Pitch          | 24 Jury                 | 57 Miss Fabray, et al   |
| 32 Friend, in France | 66 Council        | 25 Fright               | 58 Color                |
| 33 Dakota tongue     | 67 Unforced       | 26 Chemical prefix      | 60 Turkish title        |
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# Commentary

## Congress and Democracy

by Nick Gugie

Now that Congress has concluded its self-serving destruction of America's economy, it will now turn its attention to moral and legal matters. 1982 will see the resolution of a great deal of legislation, such as abortion and school prayer bills, all of which are aimed at limiting personal freedom and broadening the state/church relationship. It is equally disheartening that so few people are aware of the pluralistically-backed atrocities about to befall them. Consequently, we have a dangerous "3 g's" force controlling our nation—one that is committed to God, gold, and glory, all of which are obtained when a handful of people can thrust their quest for salvation, profit, and fame upon others. Let's examine some of the religious and legal action that Congress will probably take this year.

**Abortion:** A bill that would effectively give each state the ability to outlaw abortion, by declaring a newly-conceived fetus to have full legal rights, is currently awaiting majority Senate vote, and almost assured Reagan approval for passage. If it is affirmed, all forms of abortion, including pregnancies caused by rape and incest and those in which the mother's life is in partial danger, would result in criminal prosecution. Although this bill gives the states the right to decide on abortion, a strong drive is underway to Constitutionally ban abortion, thereby

restricting it in every state. Both pieces of legislation would also make the use of intra-uterine devices and certain birth control pills illegal. Despite the harrowing thought that a woman could someday possibly be tried for murder because she used a birth control pill, what is perhaps more disturbing and indicative of our plight is the undemocratic way in which anti-abortionists are gaining power. The United States would be practically the only nation in the world to outlaw abortion, should the "Hatch Amendment" be passed. This is in light of the myriad of polls which indicate that public opinion, even in such strongly Catholic nations as Italy, is at least 2-1 in favor of legalized abortion. If abortion is actually outlawed, individual right to choose would be violated by a government that spurts anti-"big brother" propaganda, poverty and crime would rise, and pluralism would once again reign supreme over democracy in America.

**School Prayer:** A bill that would make voluntary prayer a mandatory part of each child's school day will also be voted upon by the Senate this year. As with the abortion bill, each state would be allowed to decide the issue. In essence, however, the Senate evidently feels it has gained enough power to defy a Supreme Court ruling which explicitly separates church and state, where education is concerned. Also, the passage of any type of school prayer legislation, even if prayer is voluntary, would pave the path for a

more pro-church ideology in the future, since religious momentum can be very strong and influential. Finally, if any type of school-mandated prayer is initiated, an unfair bias for the belief in God (which can be rationally discredited) will be thrust upon young school-children who cannot comprehend more complex atheistic tenets.

**Criminal Rights:** In an effort to deal with the skyrocketing rate of violent crime, primarily caused by NRA-influenced, lax gun control laws and the psychological/economic stresses of American life, Congress will soon vote on several bills which ignore crime's roots, but instead restrict civil liberties. One such bill would grant the FBI and CIA renewed power to infiltrate our lives while simultaneously stymieing the public's ability to investigate these agencies. Another will allow illegally-obtained evidence to be admissible in court, thereby contradicting a wave of Supreme Court rulings in the sixties. Finally, a bill will be voted upon this year that would severely hamper journalists' ability to uncover stories by tightly restricting their source availability and secrecy. All of these misguided attempts to deal with a much more deeply rooted problem (crime) will probably sail through the reactionary Senate and give undue and unwarranted power to law enforcement agencies, restrict the liberty of the innocent (while Reagan's budget cuts make it much more difficult for understaffed

police forces to apprehend the guilty), and once again show that the supposedly equal power of the judicial and legislative branches of government is merely another myth.

Along with the direct and tangible fallout that will result if the aforementioned bills are passed by the Senate, there are several associated indictments that can be drawn. These include: 1) A growing state-church alliance, 2) A dangerous de-centralization of federal power, allowing single-issue and local groups to gain control, 3) An increasing loss of Supreme Court power and prestige, 4) A weakening of a "Proposition-13 type of referendum system which is truly democratic, in favor of wealth-biased pluralism, 5) Most dangerously, a mounting public feeling that old-fashioned and time-proven fallacies can "make America great again." Unfortunately, history always seems to repeat itself. Progressivism is being overpowered by special interest groups that see no further down the road than their own benefits and a government which is more undemocratic than the socio-capitalist nations of Western Europe. Let's learn from our past mistakes and the successes of other nations, and make sure that our Constitution-based rights are preserved.

**WXAC**  
91.3 FM

### "Time's Up"

by Charles Farley

The Albrightian is a publication which enjoys a considerable amount of popularity as Albright's leading newspaper. Yet very few people on campus know what is entailed in writing for such a publication.

In order to become a member of The Albrightian staff, one must meet a vigorous set of standards. First one must possess either a keen analytical, and inquisitive mind or five dollars with which to bribe the co-editors. Second, the potential staff member must be able to type a minimum of 35 words (no time limit) as well as being an excellent speller.

Once one actually becomes a staff reporter he is allowed to attend the meetings at which assignments are dispensed. The editors usually take the important prestigious stories because they are in fact the best writers (this is known as "diplomacy" from the Greek words "Diplos," meaning "brown" and "Macy," meaning "nose"). The topics of lesser importance are assigned on a strictly volunteer basis. Those who do not volunteer have very nasty editorials written about them.

When it comes time to actually compose the story, all that is required is that those detailed notes one took be rewritten. In my case, getting a 500 word composition out of my notes is a feat comparable to the biblical multiplication of the loaves and fishes. I've found that it helps to use many, polysyllabic sesquipedellious, although somewhat circumloquacious adjectives (rather like "Hamburger Helper" with commas).

Once the article is finished, all that remains, is to get the article to The Albrightian office by deadline. I wish that I could think of some clever, witty, and profound closing comment for this, but unfortunately the deadline is in three minutes and forty-eight seconds.



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Tuesday, January 5, 1982	7 P.M.
Tuesday, January 12, 1982	7 P.M.
Tuesday, January 19, 1982	7 P.M.
Tuesday, January 26, 1982	7 P.M.
Tuesday, February 9, 1982	7 P.M.



# Model U.N. Conference Addresses World Problems



Harald Buchholz speaks as fellow I.R.C. members John Quinn, Obai-Taylor Kamara, Chris Stroffolino and John Haug listen.

by Paul Jones and Dennis Young

The 31st Annual Albright College Model United Nations Conference (A.C.M.U.N.C.), held here January 8-10, was a resounding success. Over 50 students participated, representing 11 delegations. The high schools involved were Reading, Mt. Penn, Muh-

lenberg, and Bishop Ireton of Alexandria, Virginia.

A.C.M.U.N.C. '82 was sponsored by Albright's International Relations Club, and organized and presided over by club members Chris Stroffolino and Bill Popp, both of the Class of '85. Other I.R.C. members aided in the or-

ganization by chairing the General Assembly committees and representing key nations not selected by the high school delegations.

The format of the conference followed that of the United Nations, with a committee structure composed of the following: Political and Security, Special Political, Social/Cultural/Humanitarian, and Legal. The purpose of these committees was to debate and to make an attempt at resolving world issues, such as disarmament, threat of intervention in Poland, apartheid in South Africa, and international terrorism. Delegates proposed their countries stance on these crises through the formulation of resolutions. Upon passage through the committee structure, the resolutions were submitted to the General Assembly Plenary where they were finalized by votes from each delegation head. In addition, the G.A. Plenary served as a "pseudo Security Council". Each delegation was confronted with a crisis situation that required resolution without any previous knowledge of the problem.



Participants in the model U.N. conference, Paul Jones, Marilyn Ayers and Jill Dalesandro, confer during a committee meeting.

Photos by Mark Tafuri

The conference came to a close Sunday evening with the passage of committee and crises resolutions. After the official adjournment of the conference, a brief awards assembly was held which acknowledged delegate, delegation, and resolution performance.

The I.R.C. is also sponsoring a

bus trip to the U.N. in New York City, Friday, January 22, for all interested Albright students. The cost will be \$10.00 per person. Anyone interested should contact Ernie Gallo at box 572.

## Reverend Gordon to Replace Dr. Yrigoyen as Chaplain

by Dennis Moore

The Reverend John W. Gordon has been named chaplain at Albright College, replacing Reverend Charles Yrigoyen, as confirmed by college president, David G. Ruffer. Before appointment to this part-time position beginning in March, the Reverend Gordon was associate pastor of Jekintown United Methodist Church, and had been since July 1980.

Reverend Gordon was student assistant pastor at the United Methodist Church of Bala Cynwyd where he was responsible for the planning and coordination of the total program in youth ministry.

Reverend Gordon has a strong self-commitment to counseling, and has been involved in recent seminars on "Human Sexuality and the Church." He is presently an active member of the Task

Force on Human Sexuality sponsored by the Pennsylvania Foundation for Pastoral Counseling.

The Reverend Gordon is also associated with the Society of Biblical Literature, and Sigma Phi Epsilon fraternity.

A graduate of the University of Delaware, the Reverend Gordon achieved status of the Master of Divinity Degree, cum laude, from Eastern Baptist Theological Seminary, Philadelphia, with

important emphasis on New Testament studies. He held a teaching fellowship in the spring of 1980 with a Master of Philosophy Degree in Biblical Studies-New Testament from Drew University, Madison, N.J. Presently, he is completing doctoral work at Drew.

### Interim Break

January 29 thru February 2



Reverend John W. Gordon III

## La Langue . . . Sprache . . . El Idioma

### La Télévision

by Amy K. Shannon

Je crois que la télévision reste une drogue pour les Américains. C'est le centre de leur vie. Elle est souvent le sujet de leurs conversations. Après le dîner, une famille ne joue pas aux cartes ni ne cause. Une famille regarde la télévision! On ne parle que quand il y a une émission par la publicité. Chaque personne reste constamment plantée devant la télévision. On ne peut pas se passer de télévision.

Depuis leur naissance, les enfants s'habituent du monde de la télévision. Elle devient leur gardienne, et leur meilleure amie à la fois. Ils mangent, jouent et vivent devant cette machine. Les lycées et les étudiants qui vont aux universités doivent regarder "General Hospital." C'est comme une obsession. On peut voir quarante personnes dans un dortoir qui sont rivés à un petit écran entre trois heures et quatre heures de l'après-midi. Je le sais bien. Je suis une personne comme ça.

Quand la télévision ne marche pas, c'est un désastre. Les enfants pleurent et les adultes deviennent nerveux. Ils ne sont pas capables de s'amuser. Quand une mère veut punir ses enfants, elle dit, «Vous ne pouvez pas regarder la télévision ce soir»

À mon avis, la télévision est une drogue pour les Américains et je suis coupable aussi.

### Fasching

by Harald C. Buchholz

Fasching ist eine Zeit der Schmausereien, Maskeraden, und ausgelassenen Umzüge. Historisch schon um 1234 erwähnt, Fasching war zu der Zeit ein Mittel

zur Abwehr böser Geister, Winterdämonen.

Original aus Österreich und Deutschland, Fasching wird zwischen dem Dreikonigsfest und Fastnacht gefeiert. Zu dieser Zeit gibt es viel Tanzen, Essen und Trinken. Es hat aber auch eine symbolische Bedeutung. Erst gibt es ein Gebärdenspiel und dann ein Feierliches Zug durch die Strassen, in dem die Teilnehmer den Kampf zwischen Winter und Frühling durchführen. Für drei Tage ist die Schlacht weiter, bis, mit vielem Singen und Glockengeläute, die Winterdämonen weg sind. Es bleiben nur Kopfschmerzen und Magenschmerzen.

Ganz Deutschland feiert Fasching, aber nur im Süden marschieren die Leute durch die Strassen.

### Estudio de un Idioma

por Pablito K. Jones

En los Estados Unidos de hoy día hay una actitud de repugnancia respecto al tema de estudiar idiomas extranjeros. Quizá es así porque nosotros los norteamericanos pensamos que todo el mundo habla el inglés, así que no hay por qué aprender otro idioma; o, puede que no aprenderíamos bien el inglés en las escuelas primarias y secundarias, lo cual haría más difícil el estudio de la gramática de otra lengua. Además, hay que tener en cuenta que nuestro país está relativamente aislado geográficamente. Pero sea por lo que fuere, es preciso que aprendamos otros idiomas.

Hay muchos motivos para ello. Por ejemplo, en la ciudad de Reading aproximadamente el 20% de los habitantes hablan el español como lengua natal. Así que cuando uno está azotando las calles por el centro de la ciudad, es casi imperativo que sepa algo del

español para poder comunicarse con este segmento de la población. Para dar un ejemplo más pragmático, hay que pensar en las posibilidades de conseguir empleo. Cada persona tiene que vender sus servicios en el mercado, lo cual está tan saturado con candidatos que es necesario tener alguna destreza o cualidad para diferenciarse de los otros. Claro que un conocimiento de otros idiomas le da al solicitante una ventaja, particularmente en la carrera de negocios. Somos el único país que no requiere que nuestros propios comerciantes internacionales sean bilingües, y no cabe duda que las empresas norteamericanas conseguirían más contratos si los comerciantes pudieran apreciar otras culturas y lenguas.

En fin, el mundo es un tesoro de riquezas con todas las gentes y culturas que hay, pero desgraciadamente estamos perdiendo la oportunidad de conocer a estas gentes y sus culturas porque nos limitamos al inglés. El idioma es la base de comunicación, así que tenemos que meternos en el aprendizaje de ellos. Por todas las razones que he señalado, y aun más, debemos cambiar de filosofía y abrirnos al resto del mundo.

### Albrightian Publication Dates

February	March	April	May
12	5	16	7
19	12	23	14
26		30	



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Construction continues on the new Lifesports complex adjacent to the Bollman Center. The facility is expected to be completed in 1983.

Photo by Wade Petriak

## Coping With the Cold

by Daniel A. Melman, M.D.  
Thomas Jefferson University

"Baby, it's cold outside." Even so, there is a lot you can do to stay warm.

"During any snow storm, the home or apartment is the best place to stay; however, there are hundreds of reasons why we sometimes have to go out into the elements. It is critical that you protect yourself against the severity of the winter and try to keep comfortable," said Daniel A. Melman, M.D., clinical instructor in medicine at Jefferson Medical College.

Dr. Melman's first bit of advice is to start by dressing warmly when you leave the house.

"Follow the principle of layered, loose-fitting warmth. Coats and jackets should be loose enough to trap the air, as it is this trapped air that insulates," he said.

"Tight-fitting necklines and wrists also help in trapping the air. A hood is an added feature, but alone will not be sufficient. Always wear a hat underneath any hood, especially on the coldest days," he added.

"The body loses a large percentage of heat through the head due to the large number of superficial blood vessels in the scalp," he said.

"On severely windy days, don't forget to cover your face and mouth. This aids in protecting your lungs from the bitter cold air. Mittens also keep your hands warmer than gloves because there is less surface air exposed to the elements."

And remember, avoid any alcoholic beverages. "Even though you may feel warmer after having a shot or two, alcohol causes the body to lose its heat more rapidly. Alcohol actually dilates blood vessels in the skin causing heat loss. In addition to alcoholics, older people are more susceptible to cold exposure because of the decrease in the body's ability to regulate internal temperature.

Dr. Melman cited both frostbite and hypothermia as conditions that may develop from cold weather and exposure. He warned that the person affected by either of these conditions may not real-

ize the severity of the situation and may even refuse help.

According to Dr. Melman, frostbite causes a loss of feeling and pale appearance to fingers, toes, nose and ears.

"The best treatment for this condition, until medical care is obtained, is the rapid rewarming of the frostbitten area with warm towels or even a heating pad on a low setting. (Rewarming should begin at approximately 60°F and gradually increase to a maximum of 100°F).

Hypothermia occurs when the body loses heat faster than it can produce it. "The symptoms include uncontrollable shivering; slow, slurred speech; incoherence; fumbling, stiff hands; a stumbling, lurching walk; sleepiness; and small pupils. The skin will also appear pale and cold," he said.

Hospital treatment remains controversial; however, while emergency medical care is sought, Dr. Melman recommends that the person be put to bed and rewarmed with a hot water bottle, warm towels, heating pad or an electric blanket on a low setting.

Serve the patient warm drinks, a few sips at a time—never alcohol. Dr. Melman warned that pain killers such as aspirin, Tylenol, or sedatives should not be given as they slow down the body process. And, it is best not to massage any part of the body.

Also, don't forget to remove any wet clothing and change immediately into dry clothes to prevent any chills.

What happens if you find out

that you and your family will be without heat for a long period of time? Don't panic, but follow a few simple rules to stay comfortable.

Dress with wool clothing directly against your skin. If you are allergic to this fiber or it is not available, then many layers of old cotton clothing will do. "Again the key is that several layers of clothing are far more effective in keeping you warm than one thick layer," said Dr. Melman. "Also, a hat will prevent you from losing heat through the scalp."

This layering rule also applies to blankets. Use several lightweight blankets rather than one heavy one for best warmth.

Dr. Melman warned that as soon as you become warmer, remove one or two layers to prevent a chill from perspiring.

And, finally, try to eat well-balanced meals to aid the body in producing its own heat.

Dr. Melman is clinical instructor of medicine at Jefferson Medical College of Thomas Jefferson University. Send queries to *Your Life, Your Health*, Thomas Jefferson University, 1020 Walnut Street, Room 510, Philadelphia, PA 19107.

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1/31	Al DiMeola-Electric Rendezvous Tour	8 p.m.

### THE SPECTRUM

1/18	Police/Go-Go's	8 p.m.
2/6	Rod Stewart	8 p.m.
2/8	The Cars/Nick Lowe	8 p.m.

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# Girls B-ball Drops Squeaker to Gettysburg

by Andrew Nadler

In the final 8 minutes of play, such problems as excessive turnovers, not getting off enough shots, and an inability to move down-court under the heavy pressure of a press all contributed to Albright's squandering an 11 point half-time lead and bowing to Gettysburg, 63-55. "They put on the pressure and we forced ourselves into errors," said varsity coach Sally Miller, whose team managed only 19 second half shooting attempts compared to Gettysburg's 40. She added, "Gettysburg was very quick and made the steals when it counted." The dismal performance in the waning moments overshadowed some rather impressive play that Albright maintained throughout the first half and in some respects,

the entire game. In the end, the Lions came close to Gettysburg in all statistical categories except field goal attempts, equalling them in offensive rebounds and edging them in free throw percentage (60-50%) and defensive rebounds (27-25).

Apparently, many trouble spots came when some substitutes filled in to make up the squad, known as the "big team." This five member team was put on the court for assured ball control when Albright had a lead mid-way through the second half. Unfortunately, their lack of speed fell prey to a heated Gettysburg attack. "We started to press and became aggressive," remarked coach Kay Higgins of Gettysburg. "This way, we prevented them from shooting, running lay-ups, and passing down court."

The early going, however, in no way indicated the initial outcome of the Lions' downfall. After the opening ten minutes in which no team was up by more than 5 points, Albright took charge. Maintaining consistent ball control throughout most of the half, the women's team was able to convert several fast breaks into nicely executed scores. At one point, this play resulted in Albright's 14 point cushion late in the period.

Throughout much of the second half, Gettysburg slowly started to chip away at the 38-27 edge Albright held at intermission. Though the comeback was steady, nobody seemed to notice until sloppy ball handling errors became too numerous and all too obvious. Consequently, Albright was left with a mere four point

edge (52-48) with 8-11 left to play. Then, the roof caved in.

A foul by Barbara Stubenbauch enabled Gettysburg to attempt two free throws. After the first one swished threw the hoop for a point, the following attempt bounced off the rim and was rebounded by Gettysburg, which bunted in a two pointer and drew within one. When Albright again took the offensive, the Gettysburg full-court press promptly snatched the ball away and delivered another basket, giving them a lead they never relinquished.

Junior forward Monique Cousin, who was high scorer with 14 points recalls, "We had a problem getting a break away when they used the press and couldn't put the ball anywhere." After the Lions fell behind the heavy press forced two jump balls (which

both eventually led to Gettysburg scores) and another turnover, which all but sealed Albright's fate.

The loss lowered the women's basketball record to 2-2 in the Southeast Division of the Middle Atlantic Conference. Coach Miller admitted the team's search for a lead in the MAC, but was basically optimistic about the future. "We've got to regroup, we have a good team and just forget Gettysburg." The Lions now enter a crucial part in their schedule, playing seven games in 16 days. The next home game is against Uusinus on Saturday at 1:00 pm.

## Badminton Season Opens Next Week

by Nick Gugle

compiled by  
Nancy Jo Greenawalt

The 1982 version of the Albright Badminton Team will open its season at home on January 23, against Swarthmore. This year's team is looking to improve upon last year's 4-7 record, but will have to do so with only 3 varsity starters returning from among 9 lettermen of the 1981 squad. Certainly, the team will miss the services of last year's no. 1 player-Jean Gerdes, but Coach Nancy Jo Greenawalt hopes that more over-

all depth will compensate for her absence.

At this point, the starting lineup has not been determined, but those vying for singles positions include: Juniors- Karen Helton and Suzanne Smith; Sophomores- Pat O'Boyle, Mickey O'Boyle, Nancy Plum; Freshman- Alexis Truslow and Loren Jones. Competing for doubles positions are: Seniors- Deb Cuddeback, Nancy Wasch, Dianne Hanson; Juniors- Ann Bringer, Suzanne Randall; Sophomores- Joan Stevenson,

Nancy Miller, Laurie Apgar; Freshmen- Vivian Aboud, Carol Ralff.

There are varsity and junior varsity badminton teams. Each consists of 3 singles and 2 doubles positions, with players allowed to compete at only 1 spot. Eight regular season matches are slated for the season, which culminates in the Lehigh Valley Tournament, in which Albright took second place honors in 1981.



Sophomore Pat O'Boyle tries out for a place on the 14 player Women's Badminton Team.

Photo by John Breton

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