# Albrightian

Serving Albright College

Reading, PA 19612

the voice of Albright College

November 9, 2000

# Admission standards lie in question as Albright falls in Barrons latest rankings

Editor-in-Chief

Due to falling admission standards, Albright College has dropped to the fourth tier of National Colleges and Universities, as reported by the newest edition of Barron's Guide to Colleges 2001.

This annual report ranks colleges and Universities across the country placing them in categories such as Most Competitive, Very Competitive, Competitive, Less Competitive, and Non-Competitive. As far back as 1992, Barron's ranked Albright in the Very Competitive bracket, and by 1998, Albright had fallen down to Competitive.

The new drop into the Less Competitive bracket is a result of a decline in admission standards, as the college had admitted nearly 86% of all applicants, a number significantly higher than we used to, and nowhere near our competition. The average S.A.T. admittance

scores have fallen too, almost 100 points lower than that in 1992.

"After speaking with Dr. Zimon. It has come to my attention that many of the rankings are simply a popularity

contest. commented Black '02 "They are merely numbers set forth. You can visit college to see what it is all about or you can look at rankings

in a book. The choice is yours."

Questions have been raised to college president Col. Henry Zimon, who was appointed during the 1999-2000 year, who vowed to the Reading Times, that he planned on turning Albright into "a world class

institution." However, since his appointment, there has been a downfall in the ranking of Albright amongst its competitors. Both Zimon, and Dean of Admissions

If the admission standards keep falling, and we fall further in the rankings, then it will give Albright a poor reputation, and make it harder for us to receive decent job placement after

Brian McAvenney '03

Greg Eichorn declined to comment

Barron's is not the only guide that has dropped Albright lower down the scale of Colleges. In a new study by U.S News and World Report, Albright was ranked near

the bottom of the fourth quartile of all national liberal arts colleges. The average S.A.T. score was fourth from the bottom out of 160 college, and it also shared the 146th spot with five other schools in reputational score. In comparison, in 1991, that same report showed Albright as one of the leaders in S.A.T scores in the third quartile

In 1996, Albright moved into the fourth quartile and has fallen further down that list ever since. Once again, both Zimon and Eichorn failed to offer any comment to these facts.

"It is important for students to understand how these rankings will affect them in the future," said sophomore Brian McAvenney. "If the admission standards keep falling, and we fall further in the rankings, then it will give Albright a poor reputation, and make it harder for us to receive decent job placement after college.

# Delay stalls stadium project

Kori Walter Reading Eagle

A delay in turning over a forme Army Reserve Center site to the city has stalled plans to expand and renovate Shirk Stadium on the Albright College campus, college and Reading officials said.

The city has been waiting since June for the Department of Defense o sign off on a deal that would transfer ownership of the Property a 728 N. 12th St.

Albright and Reading School District officials are hoping the city will allow the 1.8-acre property acros the street from Shirk Stadium to be used for the expansion and

Talks about such an arrangemen annot move forward until the city equires the property.

"It's frustrating to all of us," said aul Gazzerro Jr., Albright Executive Vice President. "Everything hinge around the armory site, and we'v een told that it's moving through the nilitary bureaucracy. What the city nd all of us need to do is lean on tha oureaucracy to get it moving forward '

Reading Managing Director effrey C. White also expressed frustration because the federa overnment has not explained the

"People ask me about it, and I lon't know how to answer," White aid. "Council would be criticized up nd down if we did something like this to hold up a major development deal.

Holding meetings to get eedback from residents cannot be eld until the land is transferred to ne city, White said.

We would look like fools if w eld meetings and the federa overnment came back to us and said hey didn't want to give it (the roperty) to us," White explained.

Tim Smith, an aide to U.S. Rep Tim Holden, could not be reached for

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# Students take strides to improve safety on campus

Melanie Weik Lion Reporter

The Safety Walk took place on October 30th, 2000 at 6:15 p.m.. The safety walk started out walking from the Campus Center to the Albright Court. From the Albright Court they went to Teel Hall and then over to the Science Hall. From Science Hall they walked past the Quad's and up to Mohn, North, and Abright Woods. From the Albright Woods, the walk ended in the Quad at Krause Hall. Albright has been conducting a safety walk the last several years so that the staff can see Albright through the eyes of the students at night, considering the fact that the students are mostly the ones that are here at night.

In the beginning of the school year a student had asked for the Albright Escort Service to escort her to the Albright Woods from the Admissions building. She was told that she would have to wait at least

an hour to get an escort. Albright's Escort Service only runs at night and not during the day or in bad weather because of the fact that security is not staffed enough to run it all the

On the walk to Albright Court students noticed the poor lighting along Bern Street and on the side streets that lead up to the campus. Students also noticed the pavement either cracked or uneven at some parts. Albright expressed the fact that that is not their property and that the most they could do is express their concern to the town of

At Teel Hall, several students expressed their opinion of lights being out on campus and that they are not doing much good for the students if they are out. Albright said that, usually, security reports any lights being out that they notice and that they are fixed within a day or two. They also commented that each light fixture costs about \$500

and that they have over 1000 of them on campus. Last year , Albright added a light on the corner of Teel to light up the pathway coming from Masters Hall going up



to Teel Hall or coming from Tellio go to the \Alb Albright officials voice concerns during the Safety Walk.

Science Hall. Some students also felt that the pathways were uneven and said that they have seen people trip and fall because of the unevenness going from Teel to the Science building.

Walking past the Campus Center walking towards Mohn, North, and the Albright Woods, some students said how bright it is outside the Campus Center and they liked that. Also while walking, one student said how she would like it if secet lights were put placed are and Kelsner Field because she was to park her car there due to the lack of parking. Albright said that one of the problems there was that the serrounding neighbors would complain about the lights shining into their homes. Some students also mentioned the cross walk lines should be repainted so that cars do not just blow by the stop signs and hope that they might actually stop

at them. In the Quad, there was mention of moving the one call box outside of Krause over to the glass door and putting another call box on the

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### Inside...

Check out our new Announcements and events section. You can catch all the upcoming experience events and films. Page The "super crossword" anyone who completes it and turns it in, will have their name printed in the next Albrightian. Page 9

Students and faculty voice their opinion in the editorials page. Who's pulling those fire alarms and why? Page 6

See how all the winter sports finished up their seasons and the Lions Spotlight on Marisa Yoda. Page

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# **Archie Named Assistant Dean of Academics**

Geoffrey Smith Senior Reporter

Tiffenia Archie, the Director of the Academic Learning Center, Disability Support Services, and Minority Retention, was recently named Assistant Dean of Academic Affairs.

Archie received her B.A. in Psychology and Sociology from Albright College in 1992 and her M.A. in Sociology at Temple University before returning to Albright to be the Director of Academic Support Services in December of 1998. She will be going for her Ph.D. in Sociology from Temple in April 2001.

Archie's new duties include investigating and addressing any academic concerns of students. "It is an extension of what I already do," she said.

Archie hopes to organize more outreach to students. especially freshmen; to make students more aware of policy and guidelines, because most questions and concerns brought to her are actually addressed in the Compass, and to make them self-

advocates. She further plans to expand the Academic Learning Center by adding a phone-in system to augment

that other students will understand what it is like to be a learning disabled student and the obstacles



the present system of drop-in Office Hours, to strengthen the Universal Study Hall program, which is in its pilot phase at present, and to expand and better publicize the Academic Learning Center's Office Hours. This semester, she said, has seen the greatest number of students going to Office Hours since she first arrived

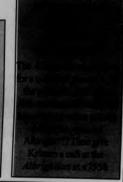
Other plans include increased campus awareness, regarding learning disabilities through speakers, seminars, and workshops, in the hope

that they face. She further hopes to dispel the feelings accommodations of the

learning disabled students do not put them at an unfair advantage, but rather on the level with the rest of the student body.

At present, Tiffenia Archie's office is located in the basement of the Administration Building, but will be moving up to the first floor, next to Dr. Brogan's office sometime in mid-May.

The Albrightian is searching for a business manager to handle advertising. A good job could earn \$\$\$. Apply in person to the Albrightian, by contacting Matt at



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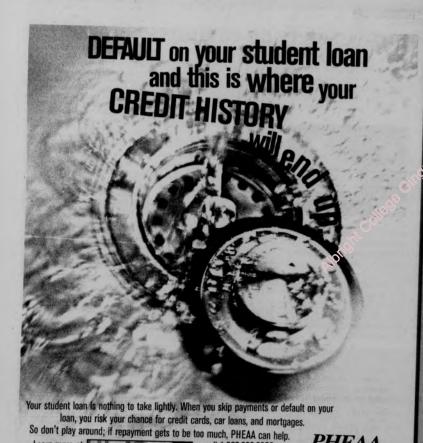
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continued from page 1...
otherside near the entrance. There
was also mention of how there is no
handicap access to Walton, Krause.
Smith, Crowell, and the gym.
Martin, President of the RSA,
said. "When I first came to Albright
there was a lot less lighting, but
there has been a lot of
improvements."

After the safety walk was
completed for this year Robert
Gerken said. "I was impressed with
the fact that students on campus that
do care about the safety and the
security of this campus are serious ecurity of this campus are serious nough to take a day or night to take



# Are You Kidding Me?

Albrightian Sources

On the Saturday Iomecoming weekend, a student wning a white Bronco backed over lamppost outside of the Campus Center. The student was assisting vith decorations relating to fomecoming. It was reported that he student is paying for the mppost's replacement. The Office Safety Security could not ached for comment on this matter.

Vandalism occurred Halloween ight, ranging from minor incidents ike the silly stringing and egging of campus walkways, to more major incidents including an incident of the first floor of Crowell Hall and the egging of a vehicle parked a block perpendicular to Linden St., near the Housing Office.

On Friday, November 3, just after 2 p.m., a technical problem caused a fire alarm to be set off a Albright Court. Security Officer were occupied for at least an hou The Office of Safety Security ha refused to comment on the other fire alarms that occurred in Krause Hal in the past weeks, stating only tha they are still under investigation.

# College students go haunting for "Y

Reading Eagle

The Alvernia College technique was to hang black plastic sheets with an industrial stapler. while the Albright College students

preferred black cloth held to a wash line with pincer-type clothespins. It was just a little after 7:30 pm in the basement of the YMCA Reading & Berks County Washington and Reed streets, and already most sections of the walls were draped in the color of death

matter. No The rock'n'roll the students were playing was loud enough to wake the dead, anyway.

The room that normally serves as the Y's Teen Center was becoming a haunted house at the hands of the college volunteers -about a dozen altogether, representing the two colleges.

When they got hungry, there was a table spread with fruit juice, cookies and crackers.

One Albright student sat on the small pool table just inside the door, mulling what sort of creature should rise up from between the side pockets to frighten children as they enter.

Karen Evans, community service coordinator for the Higher Education Council of Berks County, said that this is the second year that students from all five Berks colleges were asked to help create the Y's haunted house. Only Students from Albright and Alvernia

responded. Although she has her office at Alvernia, Evan's job is to

coordinate community service activities all five

colleges. Heather Charles, teen director in the YMCA Teen Center, said that in earlier years it was the teenagers who used the center all year

long -- 70 to 80 of them -- who created the haunted house each

But, for the second year now, the teenagers will instead create the carnival in the Y's large gym on the first floor, Charles said,k leaving the haunted house to the college



Albright students Justin Bodor, left, of Boyertown and Rocco Nisivoccia, right, of East Hanover, N.J., go over plans for a haunted house at the YMCA Youth Center.

Justin Bodor of Boyertown considered the possibilities for what he called the operating room.

At first he pondered sausage but n said, "Scratch that."

He decided to stick with cooked spaghetti

"Spaghetti makes good intestines," he said thoughtfully.

### **OUT ON A LIMB by GARY KOPERVAS** WHY PEOPLE ON MOTH FARMS DON'T COME UP WITH NEW IDEAS MANAGGH ... GET EM OFF GET 'EM OFF MEI

ent about the reason for the

Holden, a Schuvlkill Cou Holden, a Schuylkill County Democrat whose district includes Berks County, had been working, with city officials on acquiring the site. Peliminary plans presented during a meeting June 8 called for a stadium capacity of 7,000 seats, reconfiguring the football field and building an eight lane track, and a 150-seat pienic area. A new entrance would be built alone 13th

The Reading School District, hich leases the stadium at 12th and Exeter streets for five varsity

football games a year, would pay a portion of the project cost in exchange for using the facility, officials have said.

City Council is expected to back the project, City Clerk Linda R. Kelleher said.

"Not only would it benefit Albright, but it would benefit the children of all our taxpayers," Kelleher said. "And what better benefit is that?"

While the transfer of ownership is the major obstacle, Kelleher said environmental issues and the historical value of the site must also be addressed. Considerable levels of lead are believed to be in the soil, according to a June 8 memo written by business resource center coordinator David Johnson.

The Pennsylvania Historical and Museum Commission must and Museum Commission must approve changes to the property because the age of the armory building and its ties to the textile industry, the memo states. Reading School Board member Rodney E. School Board member Rodney E.
Steffy predicted taht once the city
acquires the property, it would take
at least another 18 months to
complete the stadium project.

"As far as I'm conserned we
need a stadium," Steffy said. (But)

we can't get past first base."

### newsworthy trends

#### **Growing Need To Address Tragedy Of Suicide**

(NAPS)—According to a national survey by the American Foundation for Suicide Prevention (AFSP), nearly half of all Americans had a close friend or relative who attempted suicide.

The survey of more than 1,000 American adults also found that less than half of those who attempted suicide ever underwent attempted suicide ever underwent

American adults also found that less than half of those who attempted suicide ever underwent treatment or therapy to address the reasons behind it.

"More than 30,000 suicides occur in the U.S. each year, making it the eighth leading cause of death in the U.S. and the third leading cause of death among fifteen to twenty-four year olds," said David Shaffer, MD, Irving Philips Professor of Child Psychiatry, Columbia University College of Physicians and Surgeons, New York and AFSP President. "Many of these deaths could have been avoided, as there are effective therapies available that can help treat the underlying illnesses that often are associated with suicide, such as depression, schizophrenia and bipolar disortal".

The survey was mc/, possible through an educational survey findings include:

• 62 percent of respondents correctly revalized depression as the leading was for suicide;

• 75 vercent are sympathetic toward hose who attempt suicide;

• 42 percent said they felt sad to the people get to the point of catcide;

• 21 percent believe suicide is an unfortunate happening that

Calcide;
• 21 percent believe suicide is an unfortunate happening that occurs too often;
• 13 percent said it's not for them to judge; and
• Nine percent were aware

that someone takes his or her own life every 15 minutes.

According to the AFSP, all suicide threats and attempts must be taken seriously. Seventy-five percent of all suicides give some warning of their intentions to a friend or family member. Warning signs include previous attempts, talking about death or suicide; planning for suicide, often by arranging to put personal affairs in order; and depression. Thirty percent of all clinically depressed people attempt suicide; half of them succeed over a lifetime.

"It's critical that people are aware of the warning signs and take immediate action to encourage anyone who is threatening suicide or has attempted suicide to seek out medical care and other types of support such as therapy, said Shaffer. "Aggressive intervention, along with the significant strides that the medical and scientific communities have made in the understanding of suicide and its prevention, should help reduce the rate of suicide in this country."

AFSP is the only national notfor-profit organization solely dedicated to funding suicide prevention research and to offering educational programs and conferences for survivors, mental health professionals, physicians and the public.

To learn more about the Foundation, visit the AFSP website at www.afsp.org.

#### **Comparing Berks colleges**

	Albright	Alvemia	Ketztowe	PSU*
Student-faculty ratio	13:1	14:1	19:1	18:1
Full-time faculty	86%	69%	97%	95%
Classes with under 20 students	72%	65%	36%	32%
Classes with over 50 students	1%	0%	5%	20%
Average graduation rate	66%	46%	49%	80%
Percent of applicants accepted	86%	73%	75%	49%
Average high school GPA	3.38	2.6	N/A	3.7
SAT scores (25th-75th percentile)	920 to 1,140	810 to 1,020	890 to 1,060	1,080 to
Freshman retention rate	88%	69%	74%	93%

# Of catures

# Task force takes aim at diversity on campus

Senior Writer

It is on Albright's campus, in your classes, in the dining hall, everywhere you look it surrounds you, whether you realize it or not. It is diversity and it is beginning to be celebrated by many members of the Albright community.

At the forefront of this movement is an Albright College Diversity Initiative Task Force, which is seeking total college endorsement, and has received positive feedback thus far. The task force is "a body that would be convened representing their different constituencies at the college with the overall purpose of setting forth the college's quote unquote diversity agenda," said Kim Jackson, Associate Dean of Academic Services/Director of Multicultural Affairs.

Led by Jackson and Gini Rinkus, Director of Human Resources, plans and presentations have been made concerning the task force, but there is still more to do before it convenes. Part of the planning process involved defining diversity, which means many things to many people. Some think of affirmative action when they hear the word diversity, others only think

of racial differences, but according to Rinkus and Jackson, diversity is something much different.

As stated in information from a task force presentation, "Diversity is respecting and honoring the gamut of human difference, by providing each person opportunity to contribute and achieve their full potential...at its

core, diversity is difference." Along these lines, Rinkus "diversity c e l e b r a t e s differences." In this sense, diversity does not only include race, but also distinctions gender, age, religious beliefs, socioeconomic background, physical abilities,

and so on. "You can look at someone who is dressed exactly like you and not realize the culture difference," stated Rinkus.

Jackson and Rinkus feel that this task force has come at a good time. From what Jackson said, there are pockets of diversity agenda on campus in the form of student organizations and ideas from faculty and administration. However, the

task force will bring it all together so that diversity runs through the entire fabric which is Albright. They also agreed that it is long overdue, saying that there has been a diverse Albright population for years, and that schools similar to Albright have had diversity task forces for ten

One main objective of the task

force is to egin dialogue in and out of h classroom diversity. This is so t h a t students, faculty. administration and support staff

learn from each other, embrace the differences between them, and honor everyone's differences. This is essential at Albright since there is a diverse community within the

In addition, Jackson and Rinkus said that the way in which people resolve conflicts is culturally based. Some people are raised to deal with conflict resolution directly, while

others are taught to avoid the person they are in conflict with. It is important to know these different Rinkus also pointed out that it is the same out in the workplace.

Another important focus of the task force is to create new policies. According to Jackson, "when you look at the college catalog...you'll see pages about an alcohol policy, you'll see pages about a sexual harassment policy, you'll see pages about academic honesty policy but you don't see, for example, a discriminatory harassment policy, or a specific process laid down about how people are expected to behave in a diverse community and what happens if people don't rise to those expectations.

Jackson and Rinkus agreed that most people fear that which is different from themselves. People are afraid to question differences out of curiosity. They said that as a whole, the Albright community needs to be more comfortable with diversity. "It starts with being aware of your own culture, who you are...understand that other people are raised in a different cultural context where other types of behavior are valued and highly

Continued on page 5..

### S.G.A. Corner

The Student Governmen association has reason to believe that it is the students' rights to probe and express themselves in the mic universe, and any actio olating those rights must not be lerated. Before we can move further olerated. Before we can move furth in this issue, we need your help, ou feel that your academic righ ave been infringed or your speec uppressed, please contact SGA. The Dean of Students hande

GA the task of assisting in th ormation of the Dean of Studen Advisory Board. The board will me s necessary to advise the Dean of tudents on current campus issue rice President develop a 5-7 year pl or Student Affairs. SGA's duty is to see that the board is representative of all student constituencies Applications are available at the tampus center desk and must be eturned to Box 54, the SGA mailbox

Currently, SGA is developing udent organization handbook hich will consist of all policies am which will consist of all policies and rocedures for student organizations. It will include everything from aganizational financial procedure to the college's policy on becoming a ecognized organization. As many fyou know, Albright runs on an oral istory, which puts many students aculty, and administrators in recarious situations. SGA is hoping to end that by making necessary information readily available to the ampus community.

mation readily available to the pus community.

The Board of Trustees, at their beer meeting, decided to form a force to reconcile some of the all gathering problems at Albright edifically, they feel that it is sarry to provide an on campus as for students to house social tax. Last year, Ted Isselman went at lengths to help solve this iem, but many of his suggestions overlooked. SGA will be tless in pushing the Board of the same of their December meeting intion that must include a orary resolution and a ment resolution to the social ring venue problem. Not an adequate social gathering puts students in danger.

# Have you caught the latest virus at Albright?

Lion Reporter

Have you caught the "Albright Bug?" Would you even know it if you did? The virus was discovered on October 27th, at 8:15 am, and has caused a few problems around campus. You may be asking yourself, "What is the this Virus I'm hearing so much about?" Well, to answer all your doubts, no, it's not an STD; get your mind out of the gutter. It is the W95.MTX virus that affected the Albright College mail system on October 27th. According to Jan Fulmer, Director of Computing Services, the virus hit Alvernia College one day before the breakout here at Albright. Ms. Fulmer was immediately alerted by Alvernia officials when the virus was discovered, and email.albright.edu was immediately shutdown. The standstill was too late, however, and the virus spread to various personal computers around the campus, yet more prevalent in the administration computers. The virus infected an employee, who had not been informed of the virus. The employee then proceeded to send emails to various students and faculty alike. The email carried an attachment, which the virus mimicked, and a second attachment was added. The second attachment was the virus

The W95.MTX virus has a virus component and a worm component, propagates via email. Immediately after a new email message has been sent, a second message is sent to the same user with no subject, and the virus is attached.

The worm component of the W95.MTX is what allows the virus to mail a copy of the worm infected with this virus to the same person to whom the user sends an email

streams of the virus. Upon discovering this, he immediately shut down the system and notified the proper school authorities, at 8:45 am. on October 27th. Only 16-

(using the same program). The virus might use one of many file names to send the worm in an email, so make sure you know who the sender is and the attachment before opening any email containing attach The Virus component of W95.MTX decompresses the worm component, and drops it into the users Windows directory, and runs it. The virus also drops Mtx\_exe and runs it. This is a downloader program that goes to a specific Web site where plug-ins for the virus are downloaded and executed. The virus also adds a registry entry that lets the downloader run automatically every time the system is started.

The virus was noticed in the Albright email system by an employee of the computer center doing routine maintenance on the email and recognized the character

17 PCs were infected out of the 600 on campus (not including the dorms), and were all administrative, maybe 1 professor. It took anywhere from 45 minutes to 4 hours to fix a PC.

Ms. Fulmer commented that, "It is not worth the time and effort to apprehend the culprit (responsible for the virus)." Some students have been noticed around campus claiming responsibility for it, however.

Now you may be asking yourself, How do I determine of my PC is infected with the virus?' Well, that's why I'm here. The steps are

If your PC is infected with the virus, you may see Mtx\_exe listed as a file name in the large box at the bottom of the window. If

any emails and call the HELP DESK at X-7676. Now that you are informed about the "Albright Virus," you

mtx\_.exe is listed, immediately

discontinue accessing or sending

have no excuse to go without protection. Not the kind of protection that's atricated, the kind that you can download, at www.noi.ton.com. If you have any other exestions about the virus, you cap ell the computer center at X-

#### ATTENTION ALBRIGHT COMMUNITY

As of November 6th, the college community will be able to make requests for service from the Albright web site, in ddition to in person, on the phone or through ampus mail. Using the online form is more efficient and your equests will be handle n a more timely fashlon You can find the form at www.albright.edu/acilities/

inalex.html

# Gateway Progam Goes Under Fire A Career To Change

Lion Reporter

Every year a new batch of freshman enter Albright College, and each year since the implementation of the Gateway program, freshman are put into an additional course once a week designed to help them adjust to the changes of college life. The Gateway program hopes to make what can be a rocky transition for some people as smooth as possible.

First off, the Gateway program

is designed and run by the faculty at Albright. There are no textbooks on how Gateway should be taught. Essentially, Gateway is a product of the professor's minds.

One such professor, Dr. Michael Adams, was in charge of the Gateway program until September of this year. When asked how successful he felt the program was, Dr. Adams responded that he believed it to be a "qualified success." However, he was quick to point out that there are always "still ways to improve" the program. In a sense saying, a qualified success is not without its faults, but even with them, it still is a success.

The Gateway program's intention is to help students, not

hurt them. Dr. Adams, as well as other faculty, fully realize that some students will react negatively to the Gateway program, maybe even hate it. However, Dr. Adams points out that "students may not realize the importance of Gateway until later." This, for the most part, could be true.



Dr. Adams pauses in his office.

While not every student will need the time management class, some may benefit a great deal from it. The sessions are meant to address concerns that may arise in the transition to college; everything from personal wellness to leadership

One student graciously posed his own question to the Gateway

class of 2004. "If you don't have time-manangement skills by now, how did you get to college in the first place?" This question was asked by BJ Cherry, a sophomore at Albright. BJ may have a point: does the Gateway program teach skills that have already been taught in high school or by parents? It could be argued that, due to the drastic change of environment at college, skills previously learned need to be reinforced. When confronted with this argument, Cherry responded, "I don't believe in that shit."

In conclusion, no one honestly knows how effective the Gateway program is. Faculty may zealously defend it, while students zealously attack it. There are a thousand different perspectives that can be taken. However, the Gateway program does have good intentions, and a good message. It's goal is a noble one; to help students in what may be one of the most difficult transitions in their lives. Some students may not need the help; but some may. And for those students, Gateway is a blessing. Maybe they won't realize it or maybe some don't "believe in that shit," but in the end it does help.

Lion Reporter

The central question that mos students have even before they arrive on Albright's campus includes deciding a major. This question seems so important until one looks to the past. For many alumni, their major in college is not their area of concentration in the workplace.

This accounts for one such Alumni from Albright who has changed career paths. He graduated from Albright with a degree in English, but he now works for an advertising corporation. In most cases of Albright alumni, changing career paths has led them on to careers that they enjoy which is what really matters.

Changing career paths is not specific to only Albright College alumni. In today's changing world, these changes occur often and with alumni from small colleges or as large universities.

An example of this is Mr. John Devaney, who had gone to Duquesne University to major in history. Upon graduation, he found himself working in administration for General Electric.

When asked why he chose to enter this industry, he stated, "It was a job that would provide the environment and challenge that I was looking forward to beginning my career.

Though his studies in history did not help him get the job he has today, his liberal arts education helped him in the new field. Devaney

Continued from page 4...

lesirable," stated Jackson. "The

ough part is the suspension of udgment," she said. "It is being

Task Force

stated, "Having studied many different subjects and being exposed to different ways of thinking allowed me to be more of an open minded and analytical person."

When asked if she was planning to work for General Electric for the rest of his life, Devaney replied, "I don't think that it is going to be my job for the rest of my life."

Yet he sees himself gaining as much as experience as possible. With hopes of even running for public office eventually because of the fact that he has always liked

Furthermore, Mr. Chris Kelleher majored in English at St. Joseph's University, yet had no desire to pursue it after college. He stated, "I never considered working for the Mortgage Company as I was growing up or while going to

While working for telemarketing job one summer, he realized that he liked working with people and dealing with customers on a one to one basis. Therefore, he saw the Mortgage Company as a great opportunity for him because of his love of working with people.

Mr. Kelleher said, "Even though

this job usually requires a business major background, my english major has helped mainly because they know that I had the very good ability to communicate with people on a day-to-day basis."

According to Dr. Klein, Director of the Career Development Center, "such things as content skills, functional skills, and adaptive skills are the types of qualities that makes any employer hire someone.

comfortable with one's own

knowing...respecting the integrity of the human being who is before you who is different."

#### GEORGE by MARK SZORADY



# "...And the Walls Come Tumbling Down" at Albright

Rachel Perkins

People of Albright have been ncerned about the portion of the dium wall on 13th street, which llapsed during the Homecoming otball game against Lebanon

No one was hurt, but many

egan to question their afety as they came out, knowing they had

en sitting in the unds as it happened. Word got around ickly about the wall. udents and faculty, the wall and the

Ryan Scarduzio said, "The wall old, and it was built the same time the stadium. Now if the wall is llling, what about the stadium?"

A majority of people had been inking the same thing. Howard olden, head of the Facilities epartment of Albright College, plained that there is no need to orry. He said, "The stadium grand ands will not fall."

picture, the wall is believed to have been built back in the 1920's, as well as the stadium. Holden explained that over the years, other parts of the wall had been falling down. It was construction poorly and made with a mud border mix and no concrete. All the more reason to question the stadium. According to Holden

ere is a major difference between e wall and the stadium.

Jenn Parrish and her mother d noticed the boards holding the dium up were rotted and cracked they walked through the tunnel

der it.
Holden explained, "We had an
gineer study done not too long
to to assure that the stadium is
fe. The stadium is made with reorced concrete, solid, with metal

another wall. The reconstruction of this wall also puts speculation on a new stadium, something that has been rumored around campus.

Albright would like to had a new stadium, but it lacks owner by of the needed land. The

government owns the vacant Hosiery Plan behind the stadium Albright needs this land to made a larger stadium. If the government gives the property over to the city, Albright will try to obtain it. There is a



vulnerability

then a mud border mix."

The wall is being reconstructed, but Albright is in the process of deciding if they should tear it all down and put up fencing or build another wall. The reconstruction of

discussion with Reading High School, the City of Reading, and Albright to become a partnership to construct a new stadium.

Albright hopes to be able to share funds with the Reading School District, which will help them become closer to building a new stadium. According to Howard Holden no one should worry about their safety watching the football games, because the stadium will not fall.

# Chilitalia

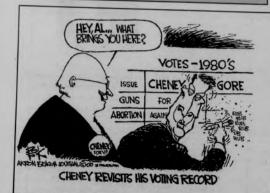
## From the editor's desk...

I would like to share my thoughts on several issues that I have become aware of lately. It is apparent to me that college officials are attempting o censure the school newspaper, The Albrightian. As editor of the publication I find this revolting, and neourage my fellow students to fight to keep one of the most mportant outlets of information vithin the institution. If you will, I vould like to narrate an experience that I had, where not only was I nubbed as a student, but censored as a journalist as well. For my newswriting class, I received an ssignment to pick a story out of the dministration here and write on it. So, thinking of a pertinent topic, that ould benefit my cause, I selected to write a story on Albright's ranking statistically amongst its competitors and the falling admissions standards. As you might already know, Albright been declining as far as cademics are concerned in the past ew years. In fact, it has fallen into the last tier of schools ranked in U.S. and World Report. Admission standards are low, and last years admissions rate was 86%, the highest t's ever been, and one of the very ighest amongst it's competitors. To ather information for this story, I lecided to interview Col. Zimon, iguring that he could provide me with nformation that would benefit my Was I in for a surprise! Not only did he not give me any information, he forced me to sign a ontract saying that anything that e told me would not be printed in any publication by anyone, or I would be held *legally* responsible. Before this, I had always believed Col. Zimon was in favor of student ctivities, but now I understand that his is not true. Col. Zimon has made

the first step to censor the student newspaper, and that is just not right. Think about it. Our constitutional rights, given to us by our founding fathers hundreds of years ago, are being abridged. Freedom of speech is one of the most important rights that we possess. Our voice at Albright College must live on so that we can speak out on issues that we feel strongest about. If this kind of censorship continues, then we will be forced to shut down the newspaper. I don't know, bu maybe that is what Col. Zimor wants. Col. Zimon was also upse about the editorials that were printed in the Albrightian. He said that it presented the school in a negative light. Well, Col. Zimon this is a formal invitation to write back. We all want to hear your input yet you keep quiet. The student newspaper is a powerful outlet that we the students have to voice ou opinions. If the newspaper purposely rejected articles that put the school in a negative light, then we would be neglecting important issues that need to be addressed. The joy of the editorials page is tha it is wide open to voice your opinion. If we censor that freedom, then who knows when the censoring will stop. As an American, I cherish the right that I possess to pick up the Albrightian and read it, or toss it in the garbage, if that's where I think it belongs. But, it is my right to freedom o speech that I hold so dearly, as hope all my fellow Americans do as well. And I am not prepared to have anyone take that away from

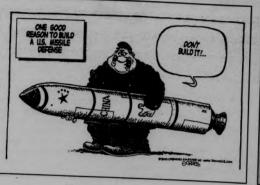
Matthew Kemeny Editor-in-Chief











# Attention Greek Life:

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The Albrightian, is accepting articles from all greek organizations on campus. Feel free to submit articles or ads for acts of charity, rush dates, or anything to serve your interest. Drop articles off in the Albrightian mailslot.

### Mehra responds to student's comments

Dear Editor.

I thank James Zurn (Albrigtian Oct 19, 2000) for his tribute to one of the most glorious moments of my professional career from some 16 years ago. Let me begin first by congratulating Mr. Zurn for his reporting and investigative zeal in tracking down the Nov-Dec 1985 issue of Academe. I commend his research skills if he himself dug up the information and hope that students in my newswriting classes would emulate him. In the more likely event that the information was dished to him by one of Col. Zimon cronies (or Col. Zimon himself), it still demonstrates a streak of iournalistic resourcefulness in knowing where to turn for what he mistakenly thought was dirt, and so Mr. Zurn is to be commended for his reporting instincts. Mr. Zurn is fighting only the demons of his imagination if he is apprehensive of my response. I admire his honesty, his reporting zeal, and his commitment to his cause. I wish many more Albright students were like him. But, as an educator. I would be remiss if I did not point out the deficiencies in his reporting. I trust he will value my critical comments as much, because the experience of liberal education should have given him an appreciation of critical thinking.

Mr. Zurn asks if I have a problem with authority. My unqualified answer is yes, I do. I regret only that more people don't. I was proud to be part of a campaign against Dr Robert Dickeson, the tyrannical president of the University of Northern Colorado (UNC). I did indeed collaborate with other faculty members on motions expressing lack of confidence in his leadership, and I was very proud to have served as convenor of the committee on intellectual freedom at the university. What Mr. Zurn finds horrifying, I wear proudly as a badge of honor.

Now let's get to some facts. In retaliation against my constitutionally constitutionally protected activities, the president asked the college attorney to have my H1 visa, which the college had filed on my behalf with the Immigration and Naturalization Service, revoked. It then turned around and used the ground that I did not have a permit to work in the country to terminate me, and the INS detained (their term; although I do like the sound of arrest better, considering it, even if vainly, offers me the company of Gandhi, Mandela and their ilk) me for (regrettably only) a day and began deportation proceedings against

At the time of this incident, the University of Northern Colorado was already under the censure of the American Association of University Professors (AAUP) for violating the academic freedom and tenure rights of dozens of faculty members it had terminated a few years earlier after declaring financial exigency. Those terminations, which had occurred before I arrived, had precipitated the faculty agitation in the first place. After looking at the facts of my case, the AAUP concluded that the conduct of the college in using the INS to muzzle my free speech and

academic freedom rights was so unconscionable, that it did something unprecedented. It recensured an already censured institution.

Let me explain the AAUP censure process. Every year, the AAUP receives nearly 1,000 complaints from faculty members all over the country about violations of academic freedom. It investigates about a quarter of the most serious of these complaints. It ends up censuring between 2 to 5 colleges annually. An AAUP censure is the most stinging rebuke a college can get and it is administered through a very tedious process by some of the most reputed academics in the country. The list of members of the committee that reviewed my case reads like a who's who of scholars in law, political science, the humanities and the social sciences. Their stature gives credibility to the AAUP censure Censured institutions try hard

to have the censure removed

because it stands as a terrible black mark against their name. Until my case, as far as I know, the AAUP had never before censured an institution already under censure a second time, because it has already made a statement about the colleges misconduct, which stands until the censure is removed. It was truly extraordinary for the AAUP to issue a supplementary report on my case, and it did so only because it found that the college actions were so egregious and unconscionable that it warranted departing from its precedent. Since my case, I am aware of the AAUP issuing a supplementary report only once again: in 1998, against Benington College, Now Mr. Zurn cannot have been unaware of the fact that the report he was quoting so reathlessly from was a document defending me and censuring the college. The document says so very explicitly. Perhaps Mr. Zurn will care to explain why he did not disclose that fact. But here is something Mr. Zurn did not know, which had he been thorough in his research, he would have discovered. In 1993. UNC apologized to me and furthermore invited me to the college to deliver a keynote address to the faculty and the college community on academic freedom. I undertook the trip to deliver my keynote address, at which time I also received an apology from the then college President Dr Herman D. Luian. Although it was eight years in coming, it was a very sweet moment. People who despair about the problem of Col. Zimon should take heart from knowing that truth will ultimately prevail, however long or arduous the journey. In Col. Zimons case, I have little doubt that it will

be sooner rather than later.

The AAUP removed the censure against UNC after it settled my case as well as those of the tenured faculty members who had been terminated under financial exigency. The incident represented a historic victory for the principles of free speech and academic freedom nationwide and I am very proud to have been a player in it.

I do not think that the UNC faculty and community had quite as much of a need to hear from me on the core values of academic freedom

and free speech as the Albright community does. Indeed, right after my visa was revoked and my contract terminated at the university. the UNC faculty revolted. My department Chairman David Anderson resigned in protest. Threat of legal action forced the college to reinstate me to my contract. My department voted unanimously to elect me as department chair. They were all united on one idea, which is that academic freedom and free speech rights are sacrosanct. There were other big and small tributes to freedom, including a legal fund on my behalf. These spontaneous acts in the community emerged from a deep, even visceral understanding and appreciation of the values of academic freedom and free speech, which so many in the UNC community cherished, but which about as many in the Albright community seem to have a hard time

The above facts have been well known to my admittedly small circle friends at Albright. Uncharacteristic modesty had prevented me from sharing them more widely. I am grateful to Mr. Zurn for spreading the word through his letter. Mr. Zurn is quite right in concluding that I have a proclivity to challenge authority. As far as his assertion that I incite skepticism, I know for sure that I value skepticism as a virtue; if I have contributed to inciting skepticism. I will consider my work at the college done. The only difference is that Mr. Zurn disdains what I think are among lifes most cherished virtues

Perhaps Mr. Zurn was reassured about his concerns relating to my advising the Albrightian after his letter was published. I did not ask to be advisor. I was asked and consented, because thought I could help in the Albrightians revival, I will happily relinquish the role anytime. I do not need students or the Albrightian for my campaigns. I have never asked to see any of the Albrightians contents before publication, and I am hopeful that if I, or anyone else, ever did, we would be refused. I became aware of Mr. Zurns letter the same way that everyone else did, after the newspaper was distributed.

That, incidentally, should be contrasted against the conduct co Col. Zimon last year, who brove it in several editors of the Albantian into his office and berated them for a letter they had published with the express purpose of intimidating the students. The end result of his tempestuous outburst, whatever his reasons or intentions, was censorship, for the newspaper hardly published last year. The real worry Mr. Zurn should have is about the propaganda that is ewed out routinely not by the Albrightian, but in the odes to Col. Zimon sung by the Albright Reporter, which I have been suggesting should be renamed the Zimon Picayune. Indeed, it is my understanding the Col Zimons executive assistant Col John Swift vetted Mr. Zurns own letter. Who is engaging in propaganda and dirty tricks here? I will not bother to respond to Mr. Zurns arrogance and ignorance in demanding to know why I elect to stay at Albright if I

have so many problems with the institution, except to state that the agitation people like him feel is the strongest incentive I have to stay at the college. When that thrill is gone I might well contemplate leaving, but that will never happen so long as people like Mr. Zurn wish for it. Mr. Zurn also wonders why I didnt apply for the president's job. The answer to that very simply is that I find the position so pedestrian and boring I would never want it. But none of this really goes to the most central question, which is Col. Zimons academic dishonesty and the colleges double standards in tolerating such abuse while disciplining students for far less severe breaches. This college better get used to hearing about that regularly, daily, if necessary, so long as Col. Zimon is here.

Dr. Michael Adams' letter is a rehash of Dean Tom Brogans communication to students, which I have already rebutted, and so I will not bother to respond again. Let me correct, however, one of Dr. Adams' many errors, namely his assertion that I would not correct the inaccurate headlines, for which, he says, I was not responsible. You are wrong Dr. Adams. I did not need to correct the headline the Albrightian used with my letter, as it was the headline I had provided the newspaper. There is nothing to correct in the reports. What needs correcting are Dr Adams' falsifications on behalf of Col. Zimon.

Allow me to disclose a remarkable fact that Dr Adams provided during my discussions with him and Dean Brogan. Dr. Adams informed us that he has himself violated the college policy relating to academic dishonesty, because on many occasions he has not penalized students nor reported them for cheating in his classes. He considers it his faculty prerogative not to penalize or report students who cheat and in this Zimon coatnat should not startle us. Since Dr. Adams concedes administration of the cheating policy within individual faculty discretion, bis opinion about my policy is quite irrelevant. Perhaps the prin of his demotion to department chair prods Dr Adams in exaggerated feelings of selfimportance to make the pronouncements he does on my policy. What would be far more relevant for us in the community to understand is how Dr Adams rationalizes his decision to not discipline students he catches cheating in his classes. Sincerely,

Sincerely, Achal Mehra Associate Professor Communications Program

#### Students outraged by constant fire alarms in dorms

ear Editor

I feel that it was very convenient to have a fire alarm toing off at 5 am when norma cople are sound asleep. Not only we have to stand outside an vait for the fire company to sho up, but also, after they left, they made us sit in the lounge until 6:30 m. For the reason that I was up use of the fire alarm, I miss all of my classes on friday. Mo nought that this would have bee he first and last time that som tudent sprayed the fire extinguishers, but it didn't stop nere. Over fall break, while I wa ome seeing family and frien appened again. Not only did thi set me greatly, but also, we are al tting fined and more than half o en't even there. I feel that w shouldn't be fined for that. I fee that the people that were here should be fined. I mean, come on, who in eir right mind would come back a am, spray a fire extinguisher, riput a stall in the boy's bathroom and then leave. The thought of tha s absurd. Because of the experience nat I have had here so far, it make e feel like Albright is a bad schoo That's pretty bad when a freshma asn't been here very long and the lready have a negative view of th

Kimberly Tavella '04

Dear Editor:

First off, we don't understan why people do what they do, bu ersonally we feel that it's wron or housing to blame the mistake of a few people on everyone else It's obviously not everyone's faul at lives in Krause, but most people uring the fire alarms were either leeping or not even here. The fire ire alarm, the Reading police sai hat they were taking the fire xtinguishers to get fingerprints of f it. The only problem with that hat they don't have everyone ingerprints on file, and if the ctually put thought into that, the erprints that night while we sa in the lounge waiting to get back int our rooms. We're upset because on the fact that we were sleeping during he fire alarm and not even her was under the impression that thuilding cannot be penalized cause of the actions of a certa

Dan Affrime and Jay Galbraith

#### Note:

Opinions expressed in editorials and columns do not represent the position of the Albrightian as a newspaper or of the Albrightian staff. Everyone is welcome and encouraged to dispute editorials or

columns by submitting their typed editorial under the door of the Albrightian office (located near the mailroom). The right to free speech and freedom of the press is protected and perserved by the Albrightian.

Voice your opinion!!!

# Top Ten list of the week

Top ten possible experience events at Albright College...

- 10. A presentation of where our tuition actually goes. (maybe it's in the taller drinking glasses)
- 9. Demonstration of how to actually have fun at this college (Unknown to most students).
- 8. A few particular members of housing riding a unicycle (you know which ones i mean)
- 7. How Shirk Stadium looked when it was built. (Hey...wait a second)
- 6. Dr. Zimon and Dr. Mehra debating several issues of the college. (Preferably in a boxing ring)
- 5. Demonstration of a parking space (Also unknown to students)
- 4. A burning of every issued parking ticket by security. (enough to cause a smog over Reading)
- 3. Demonstration on what to do with trash. (Since it's a \$30 fine if you throw it in the bathroom trash cans)
- 2. Why we only have half the amount of food in the caf on weekends. (The entire campus does not go home during this time)

and the number 1 experience event... No experience event.

only meant for satire, and not to be taken literally.

# Attention Faculty:

The Albrightian encourages faculty and members of the Albright community to voice their opinions in the editorials page. The editorials is open to everyone, not just students. We would enjoy hearing the opinions of experts in certain fields. So if you are a professor in any of the concentrations here at Albright, the student body and the community wants to hear what you have to say. Voice your opinion, don't be shy!!!

Albrightian staff



#### DONNA'S DAY: CREATIVE FAMILY FUN by Donna Erickson

THREE RAINY DAY ACTIVITIES FOR FAMILY FUN



As much as I love the outdoors, a rainy, chilly fall weekend can be a perfect excuse to bring the family together indoors. Here are quick and fun activities for everyone, including your pet!

—MAKE A DOGGIE DESSERT
Dogs and cats deserve desserts, too. Here's a lactose-free treat that's easy enough for the preschoolers in the house to prepare.

Set paper cupcake liners into a muffin tin. In a large bowl, stir together 4 cups of rice milk, I table-spoon vanilla extract and I table-spoon honey or peanut butter. Use a cup with a spout to pour the mixture into the muffin cups. Freeze. To serve, remove paper liner and place treat in dog or cat bowl.

Tip: For a double treat, place a miniature dog biscuit in filled muffin tin before freezing.

—MAKE A BLOOMING BALL-POINT PEN
Opposite the ink end of a ballpoint pen, tape a silk flower in place. Wrap green self-sticking florist tape round and round and over the stem of the flower, covering the pen and stopping I inch from the ink end. Cut tape. Glue end of tape to hold in place.

—IPAY A BIRTHDAY-GUESS-

Practice addition, subtraction and multiplication by guessing the birth-days of friends when they come to visit. Start by asking them:

I. In what month were you born?

Tell them to jot down the number that represents the month of the year. For example, if it's March, write the number 3. Then give them the following instructions:

2. Double that number.

3. Add 6.

lowing many companies of the companies o

Donna Erickson is the author of "Donna's Day: Fun Activities that Bring the Family Together" (HarperCollins), available in bookstores nationwide. Watch DONNA'S DAY starring Donna Erickson on The Odyssey Channell, a Hallmark & Henson Network.

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#### Your Horoscope by Natasha

ARIES (March 21 to April 19) Set

ARIES (March 21 to April 19) Set the mood for a romantic meeting. It could be love letters that you write from your heart or a chance encounter that makes you all aflutter. Your intuition is the best guide.

TAURUS (April 20 to May 20)
The past could push its way into the present, and the results might leave you feeling a little haunted. Look beyond the surface for the message that can truly after the path that you are pursuing

GEMIP (May 21 to June 20) Let your feetings be known even if it involves making a bit of a fool of yourself. Know that ridicule only conces because others wish they had eaough nerve to follow in your foot-tient.

cones because others wish they had calough nerve to follow in your footsteps.

CANCER (June 21 to July 22) Your domestic front pulls you in so that you have the opportunity to sit on the front porch and watch the world go by. It is in your best interest to jump back in an appropriate spot.

LEO (July 23 to August 22) You might find that someone you thought was an equal opponent has been moved up to a higher weight class. Avoid entering the ring when there is this unfair advantage.

VIRGO (August 23 to September 22) Set your possessive tendencies aside unless you want to engage in a debate that tries to define the lines between what is and isn't yours. There is no need to take your ball and go home in the middle of the game.

LIBRA (September 23 to October 22) The current that is rushing under your surface fills you with a new sense of vitality. Taking on the world might be a little strong, but pick a path and go to town.

SCORPIO (October 23 to November 21) Be wary of getting stuck between a rock and a hard place. Some things are not as mal-



leable as they first appear.

SAGITTARIUS (November 22 to
December 21) The crazier the circumstances that cross your path the
better. They initially might catch you
off guard, but your backup system
kicks into gear just in time to achieve
success.

off guard, but your backup system clicks into gear just in time to achieve kicks into gear just in time to achieve success.

CAPRICORN (December 22 to January 19) You may feel as if you have entered into a steeplechase race as obstacles continue to pop up in your path. Make your strides long and plan your steps accordingly.

AQUARIUS (January 20 to February 18) The fact that you are dependable does not mean that you are always predictable. Play with the energy you contain within, and apply it in ways that might surprise people.

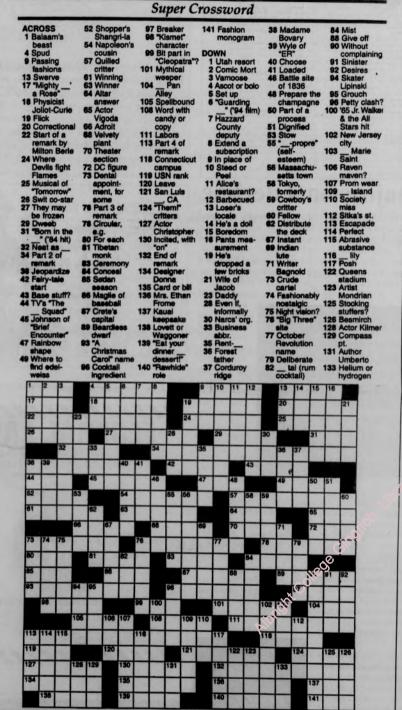
PISCES (February 19 to March 20) There is a beauty in something that someone else has discarded without thinking twice. You have the ability to give it new definition and to breathe it back to life.

YOU BORN THIS WEEK: The risk involved only makes things more appealing to you in any pursuit of which you are a part. Luck pulses through your veins, and your heart knows just where to draw the line when too much pressure becomes a factor. You are a competitor whom anyone envies having on their team.

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All photos were taken by a the Albrightian's superb photography/ news editor Geoffrey Smith

# Arts & Entertainment





#### Gallery Review

Geoffery Smith

Senior Writer

The latest show to be at the Freedman Gallery was "Transcriptions" by Judith Schwarz. Schwarz is a native of British Columbia and has her studio in Toronto. This show of her most recent work is her first showing in the United States.

As a student presently aking an art class, I had the opportunity to meet the artist. She did not leave a good imoression on me. Another student in the class along with myself felt that she evaded questions with speeches tha ould have made a pre-Lav professor proud. Or not, be ause some of us realized wha she was doing. The only upside to the whole meeting with Schwarz was not her comments out those of Professor Krister Woodward regarding advice to ounger artists wanting to suc eed.





On the works themselves hey were flame- or laser-torch cut steel, presented by themselves or with a wood shape Some pieces, like "Grid-Two" looked as if it belonged in ar episode of Star Trek. One work eminded me of one of those paintings you stare and they become 3D. Some works I think would be of interest to those who enjoy tessellations or ge ometry, like "Counterpoint, nd "Gridlock," for example Other works look like an inter retation of pictures in an as ronomy textbook, specifically "Logic" and "Rope," both of which looked like heavenly bodies. I say "heavenly" to de oted a location with my refer nce, not to denote the esthetic uality. The non-esthetic qual ity of the works were very good and the craftsmen who did them

for her should be applauded.

Outside of these connections ons, I found the show to be oring, mostly because I did no inderstand the artist's connec ions. Perhaps to someone wh an understand her, this show i vorthwhile, but not to me. Or scale of one to five, I give this how one broken flame torch am on the other hand, excitedly looking forward to Albright's Art Departmen Chair, Tom Watcke, in his up coming show entitled "Nev Work", which will run in the reedman Gallery from Noember 10 through Decembe

#### Attention Art Majors:

Like to draw cartoons??? Submit some of vou best works of art to the Albrightian (Box #781 or mailslot) for Publication. The. Albrightian Staff

#### THE ALBRIGHTIAN Top Ten Ways To Not Sweat The Future

Health

# Albright art majors on a decline

Kelly Grieco Lion Reporter

Are students at Albright aware of what the art department has to offer, and if not who is to blame?

"Students may tend to stay away from the art, in fear of failing or feeling they can not succeed in the area. "When people tell me 'I can't paint or draw,' I say it's my job to teach you; art is a discipline like any other that can taught. Kristen Woodward said. Woodward has

been teaching in the art department at Albright for three years, and teaches various levels of art classes along with Professor Thomas Watcke, who is chair of the department.

"I would like to see more student involvement in the Albright Visual Arts Organization," Woodward said. She emphasized the fact that students should not be afraid of taking art courses, which could possibly be the result of students becoming less active and less interested in the subject.

Many students may not realize that art is a recognized major at the college, which leads them to shy away from it. "I even heard admissions saying to students that art is not a major," Prof. Woodward said.

Yvonne Baird, a senior majoring in special education, political science and elementary education, said, "Students should become more involved and learn to take advantage of what the art department has to offer, for example, new and old courses, experience events, and especially the Freedman Gal-

There is a new program

added to the Art Department this year, it is the art education certification program. Jenny Rodemer, a junior is among the few students who have entered the program. "I think this new program. I think this new pro-

they can not succeed in the area. or draw, I say it's my job to teach you; art is a discipline like any ohter

Kristen Woodward

gram is great for students who want to major in art and education; it expands Albright's academic choices and the art departments offerings,' Rodemer said.

There are many students who did not know of this new program, for example Yvonne Baird. She was not aware that the program was up and running for education majors, in which she happens to be her-

Do we blame the students for not seeking out the academic offerings by the college or do we point the finger at the college for not informing students of this availability in the major? "It helped that I was an art major to begin with, if not I probably would not have been ware of this program,'

The Freedman Gallery is a major part of the art department. It is a place where students can view exhibitions on campus, of contemorary art from artists that are flown in from all over. The gallery provides at least three shows

Professor Woodward says she recalls a student giving a

tour say "This is the Freedman Gallery, local artists are shown here." This comment really upset Woodward because it does not give the gallery the credit it deserves. "Students are not aware of it's reputation; it

comes right to their backvards they doe not make the effort to take advantage of Woodward said.

order for students to recognize the options the art department has to offer, "Maybe other professors could

talk about the relevance of art and what it can express, for example social political issues," Woodward said.

"It is up to the faculty so much, until the students have to become involved on their own,, but if both sides could come together, the matter const be solved quickly," Roderier



### Meridian Theatre Dresents ...

#### The opening of its Box Office!!!

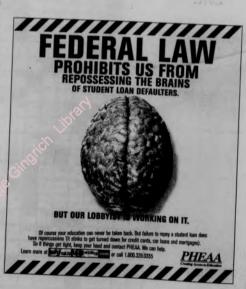
Tickets can be purchased for any Domino Player production, including the upcoming:

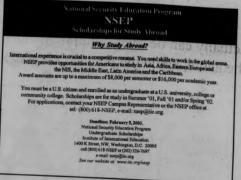
by Sam Shepard Friday, November 10, 2000.

Tickets can also be purchased during box office hours for all events occuring in Berks County, with the exception of Reading Civic Opera events.

The box office is located outside Meridian Theatre in the Campus Center, and is open Monday through Saturday from 10 am to 2 pm. Visa and Mastercard are accepted, but a fee of \$2.00 will be added to the ticket price when using a charge card.







Michael John & Kerm, 182!! --one good time --one last time before i leave,

--Sanders

Heyyyyy Macavinnnnnyy, Whaaaaat's hapennnning?

--Milk n' Mocha

Duane,

You are the #1 Freshman

Quarterback!!!

Hey Joe, Omen! 11/7/00

Love.

Sport

Q, I think we all know...it's not natural, Love,

Hey Flanders, Stay away from my car!!! --The Samoan

Michelle', Which bed is better in G-7. --the better half

To the better half, You know your the best. I love Samoans.

-- the bed

tester

Vonnie,

We love you and we're here for you, whatever you should need...don't hesitate to ask.

--your friends

Schmitty, No more so-

No more soco!!! Wait till January!!!

-- The Samoan

To the future,
How's life with
the big boys???
We miss you!!!
come back!!!
--Scout team

Poops,
Don't drink
me!!! Please!!!

-Alcohol

Dr. Kolka, Don't graduate, who am I going to make fun of next year???

--your locker buddy

Wynnphonse, Start kicking the ball around again. We miss yelling socceeeer!!!

--vour boys

Dear Fitti,
I may be a
dwarf and I
may be
drunk...but I'm
never angry!!!
--you know who

DB, Sheetz can be used for more than food!!!

--your roommate

Big Red Machine, I heard she's chewing a different kind of gum!!!

--your future roommate

Hey Erin, Great radio Show last night!!!

--APO Big Cappello, I'm up for a

test trial

-- She Bangs

# Complete Chairing

# las 'r 17 Watap???

Isn't it weird, that the older you get, the smaller the desk in your classrooms are. In kindergarden you have this big ole desk, and by the time you get to college your desk is so small you can't even fit your books on it.

---Poops

Isn't it weird, that the people who sit the bench actually can be seen standing on the sideline during the game, while the people that play actually sit on the bench.

-- The Samoan

You can submit your, "Isn't it weird" thoughts to the Albrightian in the mailslot or box #781. Thank you.

-- The Albrightian Staff

# Who's News at Albright College

Lion Lowdown"

Karen Campbell
(Biology) reviewed, "Human
perception of objects: early
visual processing of spatial
form defined by luminance,
color, texture, motion, and
Binocular disparity," by David
Regan, in the October 2000
issue of CHOICE.

Guillaume de Syon (History) reviewed Roger Gesneries' and Francois hartog's "Des sciences et des techniques: un debat," in Technology and Culture, July 2000.

Jerry Kreider (Biology) gave a presentation at the Mid-Atlantic Regional Conference of Undergraduate Scholarship," Analysis of luxA Region DNA from the Luminous Bacterium Shewanella hanedai," which included research done by students Dave Armstrong '00

and Erin O'Connor '00 during the past year. Jerry has submitted a new DNA sequence to GenBank. The accepted and approved sequence can be found at the Genbank web site http://www.ncbi.nlm.nih.gov by entering the Accession Number AF299389. LuxA is a gene responsible in part for allowing this unique bacterium (S. handai) to "glow in the dark."

Carmen Salsbury
(Biology/Assistant Coach,
women's cross country) and
her mother ran in, and
finished, the Marine Corps
Marathon on October 22.
Carmen's time, four hoiurs
and 32 seconds, placed her in
the first 3,000 of over 17,000
runners. Her mother completed the race in about five
and a half hours and Carmen
re-ran the last mile with her
mother!

ALSTONICO IL TIPE

# Francishermentes & Events

### **International Film Series**

#### November 15th.

\*Jim Trainor, Chicago. This animator makes some of the strangest films you may ever see. While his subjects are often macabre, and disturbing, somehow ne manages to create a delicate, wonderful balance between the serious, the provocative and the humorous. Featured will be The Fetishist (1997), a line animation, "interior portrait" of the infamous Chicago serial killer, William Heirens, plus a number of shorter works. Trainor has recently joined the faculty of the Chicago Art Institute. (Experience Event).

#### November 21st.

\*James Harrar, North Carolina. Harrar graduated Albright (where he tarted making films) in 1992. He has since been exploring the lyric and "alchemial" potential of optical printing and has produced beautiful works in theat mode. he has been working on films with by and about Sun Ra and has had numerous creenings including MoMA's "big as life" retrospective of American 8mm filmnaking. Program will include early films by an inspiration for Harrar's creations, the visionary lyrics of Tom Chomont.

#### November 28th.

Films by Rudy Burkhart. A program of short films by the New York City filmmaker-photographer who died last year at age 85. Producing numerous inpretentious comedies and lyrical documertaries, moving freely among the orlds of painting, poetry, dance and avant-garde cinema, collaborating with such uminaries as Larry Rivers, John Ashbery, Frank O'Hara, Edwin Denby, and oseph Cornell, Burkhart is essential viewing for anyone interested in New York art of the 50's and 60's.

Films are shown Thursday evenings at 8:15pm in the Albright College Center for the rts-J. Warren Klein Memorial Lecture Hall, inless noted otherwise.

December 4th

\*Will be in attendance

Albright Students. All \$1.00 per film.

Free Admission for others are \$6.00 for series subscriptions or



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Dom Reigle celebrates holding the winning ticket at the Suitcase Party that was held in the Campus Center.



Reference

#### New Online Service Request For For Facilities Operations & Services

As of November 6th, the College community will be able to make a request for service from the Albright web site, in addition to in person, on the phone or through campus mail. Using the online form is more effi-cient and your requests will be handled in a more timely fashion.

You will find the online service form at www.albright.edu/facilities/index.html or by

-About Albright from the homepage, then on

--- Campus Directory & Offices. Click on Facilities Operations and Services in the box itled Campus Offices.

#### Important New Bulk Mailing Regulations

Do you send any types of bulk mail or use a mailhouse? The US Postal Service now requires all form ertifies that the mailing is from our organization, we are not deriving unrelated business income from the nailing or advertising in the mailing, and we are not for another group not entitled to a nonprofit rate. A copy of the printed piece must be attached. If RTC or another mailhouse is doing the mailing, the form authorizes them to do the mailing on our behalf. The originator of the mailing should sign the form. Please contact Don Truckermiller at ext. 7518 if you have questions about the form. Copies of the form are available from Don or College Relations.

News source is "Lion Lowdown"

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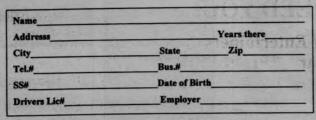
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AUDIOVCX 130



**AUDIOVOX 110** 



2000 PAGE 13 Diligit Hiplip

# Lady lions fight back from injuries with late season victories

Cristen Leaper Lion Reporter

The women's tennis team may have came up short from their pre-season expectations with a 2-12 season record, but they know that they must take it all in stride. Throughout the season they were plagued by injury, resulting in the lack of players and forfeits of individual matches in team competition.

The two team victories came against Wesley and Widener, and both of those included three individual losses. Individually, Kristy Stutz finished the season with a 9-5 record at first singles, and a 7-7 record in doubles. Cristen Leaper wound up with a 7-7 singles record and a 9-5 record in doubles. Amy Cox accumulated a 2-12 singles record and a 3-10 record in doubles. Kris Bur, a late but positive addition to the team, had a 3-6 record at singles and a 4-4 record in doubles. Erica Bautista recorded one win in singles and two victories in doubles

The season came to a conclusion with the MAC Individual Championships at Lebanon Valley College on Friday, October 20. Due to class conflicts and prior commitments, the team only entered into two slots out of six which could have been filled. In the MAC Championships, each team is allowed to enter two singles players and two doubles teams. With only three people playing, this goal was not attainable. Leaper and Stutz teamed up for the doubles portion of the competition, while Bur played in the singles tournament.

Leaper and Stutz, having only played together five times during the regular season, were seeded fourth in the tournament, giving them a first round bye. During this time, they were forced to sit back and await the winner of the pigtail match, which was won by Kings College. When it came time for them to step on the court, they took a quick three games to nothing lead.

Interrupting their rhythm, the opposing team approached the net to forfeit the remaining games of the match, giving Leaper and Stutz a victory by default.

Their next opponents were from Messiah College, and once again, Leaper and Stutz took a three games to nothing lead. This did not last long, however, because Messiah came

back to tie and eventually win the set, 6-4. The second set was scripted somewhat like the first, with a 3-3 tie halfa through. This set went to a tiebreaker after a 6-6 tie, where

Leaper and Stutz lost 3-7. Thus, they missed making it into the semifinal match by only three games.

Bur played in the first round against Elizabethtown's second singles player, Erin Thompson. Bur normally played fourth singles in the regular season team matches. She lost in two sets.

One thing that the majority of the team agrees on is the fact that there is a coat need for recruiting, and the necessity for the current players to stay coalthy.

#### Note:

Our apologies to the members of the girl field hockey team for not mentioning them until this issue, and congratulations on a supurb season.

The Albrightian Staff

# LION SPOTLICHT: Marisa Yoda

Jim DeLuccia Lion Reporter

The women's soccer team has a bright star in an otherwise frustrating few seasons of existence. Senior Marisa Yoda capped off an illustrious career with a magnificent senior season and firmly placed herself into the Albright soccer record books.

Yoda led the team with ten goals and six assists this past season and despite two injuryolagued seasons in 1998 and 1999, she either shares or holds, every offensive category in the record book.

"I'm a little surprised, but overall I'm really happy with he way things have turned out. 'm glad I stayed healthy."

Yoda initially came to Albright with the intention of playing basketball. However, her journey took a different course as she started her freshman season for the soccer team.

The rest, as they say, is nistory.

"The accomplishments have blown my mind," said Yoda. "When I first came here, I didn't think I was good enough to play soccer."

Yoda erased her doubts by scoring ten goals in a season twice in '98 1 '00. Her ecords include 70 career points, which includes 29 goals and 12 assists the shares records of ten point and game and four goals in 2 ame with teammate Jen deciano.

However, her achievements have come in the midst of two injury-riddled seasons. Yoda suffered a broken foot in her sophomore season and came down with mononucleosis as a unior. Her senior season did not get any easier, as student teaching off the field and double coverage on the field proved to be formidable obstacles. In spite of the hardships, her dedication was immeasurable.

"She played with a lot of neart, and if wasn't for her injuies, she would have been Alltar caliber," said co-head coach dichelle Kline. "She just really oves the game."

In addition to her injuries, the team as a whole has suffered through some tough seasons in its early existence The women's soccer program which began varsity competi-tion in 1994, has not won more than five games in a season The Lady Lions struggled to 3-15 (0-7 MAC) record this season, yet finished the seaso winning two of their last thre games. The Lady Lions de feated Philadelphia Bible in the season finale, 7-4. You scored twice and added ; record four assists in the vic

"We were not as bad as our record. We lacked depth and experience this season and the injuries set us back."

The Lady Lions return a solid mix of underclassmen and seniors next season, yet Yoda may be irreplaceable.

"We'll have to do some hard recruiting for a striker in the off-season," said coach Kline.

A player such as Luciano, Nicole Roantree, or Amy Stephan may be called upon to replace the big shoes left from Yoda.

On the other hand, Yoda sees a bright future for the team, "if they stay together and work hard in the off-season." Coach Kline was content with the team's finish as well.

"I was satisfied with the ending our season. The players started to read the game better."

With her memorable career finished at Albright, her passion for the game still burns. As an aspiring high school teacher, coaching may be an outlet for Yoda. She has coached Albright soccer camps for grade school children and coaches high school camps at her home town in Saddlebrook. NJ. However, she does not want to hang up the spikes just yet.

to hang up the spikes just yet.
"I would still love to play
and I'm trying to find an adult
league where I can fit in."

Considering her accomplishments, "fitting in" may be a lot easier than she thinks.

#### Attention:

The Albrightian is still looking for talented writers, cartoonists, and designers to join its team. To sign up contact Matt at 929-6404. Thank you and hope to hear from you soon.



### Field hockey team reaches .500 Lion Sports News record with late season victories Elizabethtown on Wednesday,

Cristen Leaper Lion Reporter

The Albright field hockey team has nothing to be sad about, after they finished their season with an overall win-loss record of 8-8. The latter part of the season brought three out of four victories, including one overtime thriller.

On Thursday, October 12, the team took care of busi-

ness at Chestnut Hill, with a commanding 4-0 win. Scoring for the Lady Lions were seniors, Eisenhower, Parrish, and Caren Sabo, and sophomore, Christie Patton. Assists were accredited to sophomore, Shannon Kline, on Parrish's goal, and senior, Soula Stergiou, on Sabo's. goalie, saved five shots in the cage to maximize the defensive effort of the team.

Following this shutout victory, they faced Wilkes on

Homecoming Day at Albright on Saturday, October 14. This proved to be a most exciting match-up, as neither team scored in regulation play, despite numerous attempts from both sides. As overtime began and emotions ran high, intensity was not difficult to come by. The Lady Lions dug deep and Parrish placed the ball in for the winning goal. The Homecoming Day award for most outstanding player went to Senior

in a single game for Albright. The season ended on a positive note, as the Albright field hockey team defeated Cedar Crest College 2-0. Both of the goals were scored by junior, Rachel Perkins, and she

October 18. They fell short in

a 0-4 loss, but Anders tallied

37 saves of the 41 taken by the

Blue Jays. This gave Anders

the honor of being recognized as having saved the most shots

freshman, Jamie Zimmerman, in the first half and Kline in the second. Anders capped off her season with an outstanding fourth shutout of the season in net for the Lady Lions. She also tied the Albright record by posting eight season wins, as well as the record-tying

Captain Caroline Frackenpohl. four shutouts in a season.



Alison Anders, junior Jen Parrish goes for the ball

#### The field hockey team took their chances against

From the sports information office...

Unfortunately, the men's soccer team's hopes for the postseason were crushed as they dropped their final two games to Susquehanna, 6-1 and Delaware Valley, 4-2. Tom Van Horn '02 and Sutton

with a time of 21 minutes. while Brent Hurley '01 was the top finisher for the men with a time of 29:05.

The volleyball team's season concluded with a 3-0 loss to Goldey Beacom College. Kate



Smith '02 capped off their Devenney '01 led the ine seasons by each scorng a goal in the loss gainst Delware Valley. The Lions finished the season at 7-10 (3-4).

The women's and men's cross-country teams wrapped up their season finishing eighth and ninth espectively in the MAC championships at Allentown College. Angela D'Amato '02 was the top finisher for the women

team with six kills. Amy Koehler '04 led the team with 11 assists in the season finale.

The football team lost to King's College in the Pretzel Bowl, 34-14.

Quarterback Mike Strack '02 was the player of the game for the Lions, throwing for 242 yards and two touchdowns

# Lion Roar: field hockey tribute

Kirsten Byers Lion Reporter

The air is starting to get brisk. The leaves are turning. Yes, it's that perfect type of fall weather, the kind meant for doing one thing: playing field hockey.

That's right. This year's girls field hockey team has shown us that it's more than just a sport. Even though this year's team has had a record 8-8, they have still managed to play their hearts out. "We had a lot of talent; it just didn't come together at the right times," smiled senior captain Jen Parrish. Jen has been on the team for all four years here at Albright, so she has been able to watch the team grow and

One of the main reasons for their demanding record is that they played in an incredibly hard conference with very skilled teams. They played four of the top teams out of their conference. This can prove to be overwhelming for any sports

Even with a challenging conference as a difficulty factor, the girl's field hockey had a great secret weapon; overtime. They managed to win three out of four overtime games, one of them being their homecoming game against Albright's rival. "We played tough against really tough teams, but we all have a lot of heart and want to be there," stated senior captain Caroline

Frackenpohl, who's the team's

Since overtime was this team's strong suit, the overall morale was their inspiration. This team managed to play with all their heart and sole and make everyone feel like they were a part of that magic. "We all have mutual respect for one another. I had a lot of fun coaching and I hope they had a lot of fun playing," said Coach Diane Billman.

With all the hard teams and the losses they still came up smiling and feeling like win-ners. With the help of captains leadership qualities and we learned from them," smiled Alison Chisholm, a defensive

If overtime and hard work are their strengths, then overworking and feeling guilty was their weakness. Probably the only downfall this team possessed was the ability to let the game get to them and that often set the tone for everyone and for each game. "One of my goals was to not be hard on myself, but we always went out on the field with our heads held high. Everyone gave their

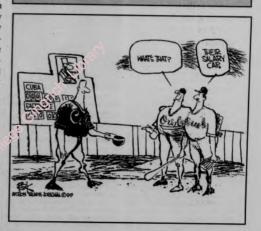
stated Jamie Zimmerman, a right wing player.

Overall. team always 201 their hardest. Dveryone loved to play field hockey and they all learned a lot from their coach and from one another. "The girls were great, and we still hang out together even though the season is over," stated Parrish. Through wins and losses, they played hard and no one will forget this memorable

All in all, this year's girls field hockey team took their hearts to the field and brought so much more. They will be something powerful and dynamic to watch next year. That is, if they keep all the great qualities of this year's team.



Jen Parrish, Kyparissia Stergiou, and Caroline Frackenpohl. They all managed to be inspirations to the rest of the team and help everyone else keep trucking. "They always showed good





## **Tribute to Tennis**

#### Kirsten Byers Lion Reporter

Back and forth, back and forth; it's that great feeling of watching a heated tennis match. That's mostly what you'll get from this year's women's tennis team.

The team had a bit of a ocky year, but they pulled hrough and even came out shining in a season that most eams would have ran away with their heads hung low. Due to numerous injuries, conflicts in scheduling and constant lineup changes, the tennis team got a bit jumbled. This explains most of their more than perfect 2-12 record. This didn't stop the girls from pulling together and helping one another out.

Most of the teammates

played both singles and doubles ames, having to switch around heir roster various times.

"Under the circumtances, we didn't do all that badly. We were flexible," stated Kristy Stutz one of the team's Sophomore Captains.

The captains were one of the many reasons that this team tayed calm and collect through all their injury turmoil. Kristy Stutz and Cristen Leaper howed their true talents as

young leaders of their team 'Cristen was a good role model. a great player, and held us to gether," said Amy Cox, a firs year player and a junior at Al-

The team did manage to show their stuff at some points what with having to deal with losing their second and fourth best players due to injuries. The team also had to deal with play ing harder teams such as Mes siah, the number one team in the league

With having only six players to work with and move around, the tennis team still kept their game in tact. Alot o this is due to the girls' hard work and motivation. Also to coach Bill Fleegler's strong sense of tennis. Bill is an expe rienced coach, a 1998 Albrigh alumni, and a four year tenni player when he was a student So, he obviously knows some

"I try to teach what know. I love tennis and I have fun," said Fleegler.

Even though this team was had to work with a small amount of players and finished with a losing record, they still won. The girls all loved their season and their love for the game is more important in the



#### Internet Lets Anyone Ask Questions Of Celebrities And Sports Heroes

Of Celebrities An

(NAPS)—For starstruck people, or those who just have stars in their eyes, the Internet makes it increasingly possible to get in touch with celebrities from movies, TV and the playing field.

One "wired" fan is Debbie Smith, who has always been fascinated with celebrities. She is constantly looking for new information about her favorite stars. During an Internet search on Alyssa Milano, Smith found a Web site where she can listen to recordings from Milano and even speak to her over the phone.

At Keen.com, Smith found a recordings from Milano, her "Charmed" co-stars Holly Marie Combs and Brian Krause, as well as sports heroes like Marcus Allen.

Keen.com is a place where people get answers to any questions over the phone. When people sign on, they browse a directory of people who can answer their questions, click on a person's "Call Now" icon, and connect for a live phone call. Stars like the site because Keen.com makes the calls, providing a way for them to connect with fans without giving away their phone numbers or other personal information.

To see if a favorite celebrity or sports hero is listed on the site, go to the Arts & Entertainment category at www.keen.com. In addition to the list of people who can answer questions about taxes or your PC, there is a list of celebri-

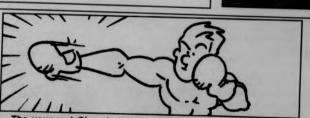


You make the call—and talk with some of your favorite celebrities—on a popular Web site.

tites—on a popular Web site.

ties who talk about many topics.
From Marcus Allen on making it
in the NFL, to Holly Marie Combs'.
favorite music and 17 pets, there
is something for everyone. Alyssas
Milano provides recorded beauty
tips from on-set make-up artists
and discusses her hectic schedule
and Krause shares how he landed
his role on "Charmed."
Smith has discovered she has
to stay tuned because sometimes
celebrities will make themselves
available on the site, waiting to
take live Keen Calls from fans.
Past live Keen Calls were with
Tiger Woods, Brett Favre, Terry
Bradshaw, Ronnie Lott and others. Keen.com has also auctioned
celebrity calls on eBay.





The youngest Olympic boxing champion was Jackie Fields. He won the featherweight boxing title in 1924 at the age of 16 years and 162 days.

# **FITNESS FACTS**

### Staying Motivated For The Long Run

Staying Motivated

(NAPS)—Starting a regular workout schedule has its perks including stronger muscles, higher energy levels and overall better health.

According to the "For The Long Run" survey, one of the keys to a successful exercise vrogram is motivation. Consides the following tips to help you and you motivated and get focused on reaching your fitness goals.

Plan Ahead—Determine what you wart to accomplish. If there are specific muscle groups you want to target or a particular specific for uscle groups you want to target or a particular specific your goals up front. It's easier to get there if you know where you're going.

Be Realistic—Avoid frustration by starting with small goals that lead to larger ones. Don't try to do too much too soon. Keep note of your progress and reward yourself for reaching milestones.

Make a Date—Whether you decide to go to the gym or stay in the comfort of your home, designate a specific place and time of day to work out. Write it down in your date book the same way you would a doctor's appointment.

Buddy Up—On days when you're feeling low, a workout partner can motivate you tremendously. Find a friend, co-worker or neighbor who shares your level of commitment to exercise. Promise to keep each other on schedule.

Add Variety—Spice up your regimen with new, challenging

schedule.

Add Variety—Spice up your regimen with new, challenging activities. If you've never tried spinning, yoga, or a hip-hop aerobics class, now is the perfect time to be adventurous.

Pack a Bag—Be sure to wear the right gear and set aside your workout clothes the night before. Keep a gym bag in your car or at work, it will make it easier to tick to your workout schedule.



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The best exercise program, xperts say, is one that's an extension of the way you live.

The best exercise programs, experts say, is one that's an extension of the way you live.

Educate Yourself—Read, listen and ask questions about exercises that work most effectively. This will decrease your chances of being injured, and help you tailor your workout to fit what works best for you.

Have Fun—Be sure that your routine does not become a chore. If you enjoy yourself, you're more likely to stay on course.

Before you put on your workout gear, remember that the best exercise program is one that is an extension of the way you live. By extension of the way you live. By extension of the way you live. By understanding how to stick with your plan, you can improve your yelf-confidence and get in shape. Using these simple tips from Russell Athletic can help you stay motivated and make the occasional trip for ice cream much sweeter.

Russell Corporation, an international consumer products company specializing in activewear, casual-wear and athletic uniforms. Its major brands include Russell Athletic, Jerzees and Cross Creek. The Company's common stock is listed on the New York Stock Exchange and several regional exchanges under the symbol RML. For more information about Russell Athletic, visit www.russellathletic.com.