



THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19612

APRIL 10, 1987

SIG EP ARRIVES AT ALBRIGHT

In the Greek system's much publicized move toward national affiliation, Sigma Phi Epsilon, formerly Alpha Pi Omega, took the first giant step. The 47 man chapter is now an officially chartered member of the Sigma Phi Epsilon National Fraternity.

This past weekend various receptions, initiations, and interpretations were held which led up to the induction on Saturday night. The induction banquet was held at the Rajah Theatre. At the banquet, the group received their charter, flag, and membership pins. Highlights included speeches by Dean Vandersall, Dr. Stanley K. Smith (the group's advisor), al-

umnits Chuck Dean, and national officer Mitch Crane. A special presidential pin was presented to Dave Parinello, who commented, "This is amazing, it's what we've been working towards for so long and I think any guy in the room tonight will tell you that."

Sig Ep's nucleus was planted here at Albright late in 1985 and the brothers have fulfilled many requirements and overcome numerous obstacles in their quest for national affiliation. Dean Vandersall's comments were optimistic, citing the fact that the group had always been campus leaders and that he only expected the leadership to be intensified.



photo by Michael A. Zosa

SIG EP PRESIDENT Dave Parinello proudly displays his fraternity's new national charter, the end result of almost two years' hard work. Looking on is Sig Ep national officer Mitch Crane.

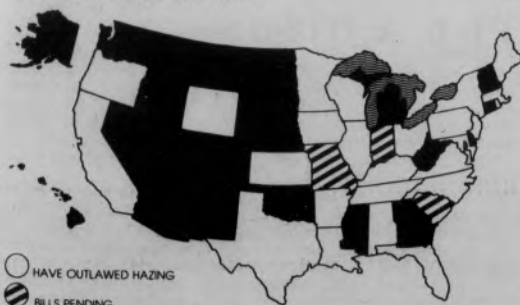
Nationwide, colleges get tough on Greeks

by Lisa Jean Silva
College Press Service

Arizona State put a fraternity on probation—and the University of Arizona may suspend a frat and a sorority—in connection with a Feb. 7 drunken melee just across the border in Nogales, Mexico.

It wasn't a good week for Greeks elsewhere, either:

Hazing
24 states have outlawed fraternity and sorority hazing in recent years.



○ HAVE OUTLAWED HAZING
▨ BILLS PENDING

SOURCE: NATIONAL INTERFRATERNITY CONFERENCE
COLLEGE PRESS SERVICE

Cornell, Mississippi State and Florida officials all announced they are investigating recent fraternity disciplinary breakdowns ranging in seriousness from possible sexual abuse to posing in the nude for a publicity photo.

Yet it was a typical week. In February alone, Baylor, Oklahoma, Stanford, and Texas, among many others, all punished fraternities and sororities for uncivil behaviors, typically involving drinking or hazing that—until a few years ago—would have been shrugged off as "boys will be boys" activities.

The nationwide crackdown on fraternities and sororities, in short, appears to have escalated recently.

The reason seems to be that Greeks' misbehaviors are costing

their schools more money in insurance and even more in giant court settlements.

And new laws are making state colleges just as liable for Greeks' behavior as private colleges have been.

"The insurance climate's changed for everybody, and we're trying to help students understand their responsibilities and the

world in which they live," explains Carol Thompson of the University of Arizona's student activities office.

"Hazing and alcohol issues are making liabilities increasingly apparent" to campuses and to Greeks themselves," adds Carolyn McFarland, who oversees Greek affairs for the University of Denver, a private college that has been sued for the actions of one of its students.

Universities lease land to the Greeks, so courts often find the schools themselves responsible when the students hurt themselves or each other, McFarland says.

In February, for example, a Tulane student sued his former fraternity, a bar, a shopping center, Tulane and several insurance companies for \$6.5 million. While

a pledge, the student lost an arm after being dragged by a car whose driver had been drinking.

The University of Denver lost a \$5 million lawsuit last year to a student who had paralyzed himself by jumping on a minitrampoline in his room at his frat house, which the school rented to his fraternity.

"We are in no way defensive about hazing practices," he says. "Hazing has nothing to do with what men's fraternal organizations are all about."

Drinking and hazing usually are involved in such incidents.

There have been some 39 hazing deaths nationwide since 1978, most of them involving alcohol abuse, reports Eileen Stevens, who became a lobbyist for anti-hazing laws after her son died in a hazing incident at the hands of his fraternity brothers.

Thus far, 24 states have passed laws prohibiting hazing.

As a result of all the law-breaking and carnage, observers say it's getting hard for fraternities and their schools to get insurance.

"Some groups are finding it hard, even impossible, to find anyone who'll write an insurance policy for them," says lawyer Tim Fischer of Manley, Burke and Fischer, a Cincinnati firm specializing in fraternity law.

"It's no different from any other situation," he adds. "If you have an auto accident every few months, pretty soon insurance companies are going to be reluctant to carry you."

Most insurance policies, moreover, now specify they will not cover any activities that involve hazing, says a secretary for Insurance Coverages Ltd. in St. Louis.

And the new anti-hazing laws make state campuses potentially liable in civil cases against them, just as private parties (individuals, groups and colleges) always were, notes Larry R. Thompson, special counsel to the president at Ohio



photo by Michael A. Zosa

SENIOR BILL HENDERSON helped Albright win the second game of Wednesday's doubleheader against Elizabethtown.

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Although we were all very glad to hear in the Presidential Press Conference on March 19th that the Reagan Administration had federal spending under control and that it was against increasing taxes, we were not very impressed with how Reagan approached the press conference altogether.

In light of this, we resent the fact that it took a reporter to address the Iran Contra-Arms scandal to the President before the situation was brought up. Are we being too hard on the President? Not really. We don't expect him to apologize at the press conferences just as we don't want him to linger forever on this dilemma. We should hope that more important things would eventually take precedence to this topic. But until more light is shed on the case, it seems to us that President Reagan has a responsibility to inform the public of what exactly is being done to get to the bottom of the situation.

President Reagan is presently enduring what could be one of the most dramatic occurrences in his presidency, a scandal. The Reagan Administration was caught red-handed in the cookie jar with an inexplicably large amount of money, allegedly from the Iran Contra-arms deal. How did this money get there? As of yet, little is known. Committees have been assigned to decipher the dilemma so as to bring back lost credibility and confidence to the Reagan Administration.

And yet, these committee investigations bring little consolation to healthy curiosity and downright concern. Did Poindexter and North scheme up the operation behind Reagan's back? Or did Reagan knowingly

partake in the deal? Although we, as Americans, can patiently wait for the outcomes of the investigations, we cannot be expected to pretend that the situation doesn't exist, that the Administration's credibility hasn't been shaken.

Because of the existing distrustfulness, not only does Reagan owe openness to the public, but also to himself. If he makes no qualms about addressing the topic and appears eager to resolve it, it would also be helpful in restoring his credibility as the president. Maybe then, some, but not all, of the "maybes" and "I don't knows" in response to reporters' questions would be forgotten. Maybe then, Reagan wouldn't appear so frightened and flustered by these reporters' questions. And maybe he would eventually muster enough courage to address issues as he should, instead of waiting for an inquisitive reporter to bring it up. Not only would it make him look a little more in control, but also a little more honest.

Was Reagan really involved in the Iran Contra-arms scandal? For the moment it is not yet known. We hope he wasn't. It would bring a crushing blow upon one of the most prestigious and respected offices in the United States. We need the stability of knowing that something we've learned to depend on will always be there. But above all, we need to know that Reagan is the trustworthy, law-abiding citizen he swore himself to be before accepting the Presidency. He's doing a fine job in many situations, and he should try harder to rectify the ones which haven't turned out so well.



OFF THE RECORD

Even though it's a very grave situation, I think the Moscow embassy sex-for-secrets scandal is pretty funny. I guess that's how the term "undercover" agent got its name. I wonder if the CIA is planning a similar operation. Better yet, maybe the National Security Council is taking charge of the situation. Maybe it would do something like this:

"Well, Ollie, what do you make of the situation?"

"You know, Admiral, we could probably start the springtime off with a bang if we can pull this one off. Oh, no pun intended, sir."

"Don't worry about it, Ollie."

"Thank you, sir. Well, how do you suppose we could get this thing rolling?"

"It'll be easy to find some patriotic women here in D.C. We'll send McFarlane down to 14th Street with a bankroll and some crack and the cat's in the bag."

"Why not just appropriate some female CIA agents, sir?"

"Oh, c'mon Ollie, have you *seen* any of them lately? I wouldn't touch them with your...your...hand."

"Roger, sir. Uh, what do you suppose the man upstairs will say?"

"God?"

"No sir, the President."

"Oh. Do you think we should tell him about our plan?"

"I don't think it'll matter, Admiral. He isn't exactly Mr. Memory these days."

"I read you, Ollie. Hey, we forgot something- what about AIDS?"

"I suppose we'll need a few, sir, but we

can just pay their salaries out of petty cash."

"No wonder you never got past Colonel. I'm talking about A-I-D-S; anally inserted death sentence."

"Sir, pardon my candor, but you're bringing new meaning to military intelligence. It's properly named Acquired Immune Deficiency Syndrome, and it's passed just as easily by heterosexual sex as well as homosexual."

"My God, I've been down in this basement too long, Ollie. I can't believe this. Do you mean to tell me that if I say, 'give dictation' to one of these ladies we're about to hire, I stand the chance of getting AIDS?"

"Yessir."

"That's horrendous, North. Who's responsible for this outrage?"

"I can't rightly tell you, sir."

"Who the hell is it? The Iranians? The Contras? The Blacks? The Jews?"

"No sir."

"The Communists?"

"Well, sir, it could be that..."

"Let's nuke the scumbags."

"Yessir. I guess this means the press won't be bothering me about the arms deal anymore, huh sir?"

"I promised you I'd always take care of you."

"Say, before we push the button, shouldn't we notify the President?"

"No way, Ollie, you know how he hates to be woken up unless it's important."

Eric J. Share

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

Material for the *Opinion* page must be submitted by the Wednesday of the week before the issue desired, with the sole exclusion of *Letters to the Editor*. For example, something that will appear in the February 27, 1987 issue must be submitted by February 18, 1987. *Letters to the Editor* will be accepted until noon of the Tuesday before publication.

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

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

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Letters To The Editor

To the Editors:

The Albright community deserves congratulations for the high level of cooperation and interest shown during the April 1 and 2 Workshop on South Africa.

The 15 events over two days drew a total attendance of over 700, with strong representation from Albright faculty, student body, and Reading community, not counting the radio audience for seven hours of interviews, commentary, and music relating to the South African situation. In addition, six classes received background lectures from Professors Eyrich, Worthington, Smith, and Greenfield before the workshop started.

The group which put the workshop together contained faculty, students, and administrators. The central planning group included Professors Yoder, Worthington-Smith, Woodward, Eyrich, Gordon and Greenfield, with the following students: Michelle Koals, Chip Stewart, Jeff Widder, Denyse Rehel, Gino Malaspina, Jennifer Greenfield, and Trina Nelson.

I would particularly like to thank Trina Nelson, who, with the assistance of Liz Coufal and Harry Burdan, took care of all the publicity; Kecia McMillian, who, with the assistance of John Gordon, George Missonis and several student projection-

ists, took charge of six hours of movie projection; Gino Malaspina and Jennifer Greenfield, who, with Steve O'Boit and the staff of WXAC, produced seven hours of high quality radio programming related to the workshop.

While I found noteworthy the ability and willingness of these people to work responsibly and intelligently with little supervision what impressed me the most about the Albright community during the planning and execution of this event was the way dozens of different individuals found ways to help and simply did so, many times without being asked. This includes students who helped with the display table or movie projection, faculty who sent

classes to events, the bookstore manager who put together a display of South African books, the print shop, the Food Service, janitors who thought to call me to see what arrangements needed to be made, and many other parts of the community.

I was also impressed with the serious interest faculty, student, and community people showed in the issues addressed by the workshop. Every speaker praised the level of interest shown by the audiences and the level on which questions were asked. I would

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NEWS IN BRIEF...

by Jennifer Greenfield

Hezbollah, a Muslim extremist group in Lebanon, has reportedly admitted to holding captive Terry Waite, the hostage negotiator from the Church of England, who disappeared January 20 while in Lebanon negotiating with hostage captors.

The saga continues in the sex-for-secrets scandal surrounding the U.S. embassy in Moscow as three more Marines have been implicated in the affair.

ton J. Lonetree, Cpl. Arnold Bracy, S.Sgt. Robert S. Stufflebeam, and two other Marines whose names were not released are reported to have been sexually involved with undercover Soviet KGB agents who were working in the embassy.

Israeli President Chaim Herzog embarked on the first visit to West Germany by an Israeli head of state last Sunday. The five-day visit included a trip to the Bergen-Belsen Nazi concentration camp, and a stop in West Berlin.

American Roman Catholic bishops released a new version of The Bible on Saturday. The new translation of the New Testament is seen as less discriminatory against females, since it uses where possible words other than man and men to describe people at large.

The revised version is expected to be in use in Catholic services within two years.

Frederik van Zyl Slabbert, a former leader of the white organization opposing the white South African government, is awaiting trial in the Transvaal town of Barbertown. He is charged with possession of No Easy Walk To Freedom, a book by the imprisoned leader of the African National Congress, Nelson Mandela.

Slabbert, who resigned from the South African whites-only chamber Parliament in January 1986, was stopped by police enroute from Swaziland to Cape Town, when they allegedly found a copy of the banned publication in Slabbert's car.

It is unusual for representatives of the government to be

prosecuted for such petty crimes; indeed many use quotations from such literature in speeches. However, Dr. Slabbert resigned from his parliamentary position because he thought it was "a ritual of irrelevance" to conduct Parliament without representation of the 73% black population of South Africa...

President Reagan visited Canada earlier this week for two days of meetings with Canadian Prime Minister Brian Mulroney. On the agenda for discussion were topics such as: reduction of acid-rain causing pollution of the Northwest Passage in the Arctic Sea, and the percentage of Canada's gross national product which is spent toward defense (the lowest percentage among NATO countries).

The only significant outcome of the meeting was an agreement by President Reagan to seriously discuss a possible agreement on acid rain.

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particularly like to compliment the significant number of students who attended several events and asked increasingly sophisticated questions as the workshop progressed.

The quality of intellectual life at Albright and the spirit of the Albright community was clearly demonstrated April 1 and 2.

-Kathleen Greenfield Visiting Humanities Professor

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LITTLE BAGGAMUSIC

by Mike Anthony

THEY MIGHT BE GIANTS

THEY MIGHT BE GIANTS may, at first listen, sound like Elvis Costello on ludes. In actuality, however, TMBG is a crafty and versatile pair of New York musicians fresh from the club circuit. Their debut LP reveals clever laugh-a-minute songwriting paired with diverse instrumental parodies. The duo employs polka, country, pop, and big band sound throughout the album. While some tracks may be definitely classified into one of these, others defy selective reasoning and incorporate all available elements.

Certainly this LP has a couple of standout pop tunes readily accessible to the average swinging listener. The silly but infectious "Put Your Hand Inside the Puppet Head" and the equally contagious "Don't Let's Start" may be utter nonsense ("When you are alone you are the cat/

you are the phone/ you are an animal") but they are irresistible pop tunes as well.

"(She Was A) Hotel Detective" provides the album's only cutting edge while at the opposite end "She's an Angel" softens us up as the pair ponder the answer to life's most seldom asked question ("When, you're following an angel/ Does it mean you have to throw your body off a building?").

Insincerity or boyish fun (call it what you will) should be given rightful credit for inspiring the country and polka mockings thrown about. The duo give new meaning to the term "country bumpkins" on "Number Three," proclaiming glibly, "There's only two songs in me/ and I just wrote the third" as sousaphone blasts pump away making do for a chorus.

"Hope That I Get Old Before I Die" and "Nothing's Gonna Change My Clothes" are punning

polka parodies worthy of not only laughter but appreciation as well. They reveal an optimism equalled only by the band's wackiness. TMBG's carefree style and attitudes are evident in almost all their lyrical arrangements and musical compositions.

THEY MIGHT BE GIANTS dare to laugh at themselves, create innovative sounds, and look silly all at the same time. Any band who believes "Everybody dies frustrated and sad/ And that is beautiful" deserves close attention. TMBG's first LP is sure to earn them that.

The Wallets - Take It

Saxophones, organs, and accordions are what the Wallets are all about. Did I forget to mention well-placed grunts and sparse, nonsensical lyrics? Well, the Wallets have all this and are here for the taking.

Their claim to fame, the catchy

"Totally Nude," has already hit video airwaves with a bang. Vocalist Steve Kramer plays up the song's promiscuity like a voyeur enjoying his favorite pastime.

Kramer belts out "They bend way back and bump their bodies/ They're totally nude/ they're totally naked/ they're ready for you," adding an oh-so-appropriate "UH!" or "AH" here or there. Another interesting note is how the organs suddenly start humming "Are you naked" until they resemble a synthesized human voice. The response "Yes I am" comes within seconds from what we are led to believe are hoards of vivacious women.

Other tunes rely less upon taboo vocals and concentrate on blaring saxophones and quirky organs. "Mother and Daughter" and "(I Wanna Go to) Hollywood" are fast-paced haikus set to the aforementioned instruments

sprinkled with brilliant dashes of accordion. Despite being the simplest of arrangements, one can't help but getting caught up in the carefree excitement they exude.

Less frolic but more artistry is shown on "Sometimes," a bluesy barroom song reminiscent of Southside Johnny's early tunes. Sulking may not be Steve Kramer's thing but it certainly works here.

The Wallets would provide fun background music for bachelor parties, weddings, bar mitzvahs, you name it. Substance is little, but swinging sounds are all around. Steve Kramer's vocals are a kick as well. Suffice my overall opinion to say that listening to the Wallets and deriving great pleasure from it is the same as watching the Flintstones and enjoying them immensely. The last half hour was an amusing escape from reality.

Fashion- Men at Albright



by R. Scott French

Men's fashion at Albright? Well, my first response was that it is simply nonexistent, but the more I thought, the more I saw specific trends or shall I say distinct "fashion types" within the Albright male population. Albright isn't Paris, or New York, it is a fashion world all its own.

Albright men's outfits seem to be able to be put into four basic

categories of dress (of course, some can not be put into any of these categories, but most do fit), which are the Organization Conscious outfit, the Athletic outfit, the cool-casual outfit, and the Dress-up outfit. Each day, the Albrightian may find himself in any one of the categories on any certain day, he doesn't necessarily stick to one category all the time.

The Organization Conscious dresser can be seen around

campus proudly displaying the symbol or emblem of an organization to which he belongs, whether it be a fraternity, a club, or even a favorite namebrand. An organization conscious man wears his symbols as a form of status or recognition, or perhaps just group loyalty. A pair of good of American blue jeans nearly always accompanies this outfit, as do athletic shoes, usually Reeboks.

Closely related to the organizational dresser is the Athletic dresser. The Athletic dresser nearly always has at least one piece of sweatshirt material on his body and it usually is emblazoned with a team name or type of sports team. The Athletic dresser looks as though he is ready to step onto the court, field, etc. and compete at any moment. He always has high top basketball shoes on, untied of course.

Next, we move on to the Cool-Casual dresser. He is always seen in his oxford cloth shirt or else a polo shirt, usually with a Polo player, with a forever fashionable cardigan or crew neck sweater. Many people would call the cool-casual dresser a preppy, but don't be misled into thinking all men in this category are named "Skip" or "Skip," because the built in

variety this category affords the dresser causes no two cool-casuals to look exactly alike. The cool-casual dresser is usually seen wearing blue jeans, khaki pants, or another sort of non-athletic pants with the traditional Dockslides, Blucher Mocassins, or Reebok tennis shoes.

Finally, we have the category that some guys fit into every day,

but most only fit into when they are in the mood or out of necessity. Of course I'm referring to the Dress-up look. This look is characterized by pleated pants with tapered legs, sometimes cuffed, and a dressy shirt that is tucked in with the top 1, 2, or 3 buttons undone unless it is worn with a tie. A belt that matches the pants is usually worn, as are jazz shoes followed closely by the traditional penny loafer. This is the most common look at a dance or for a special night out, but does occur on a day to day basis quite regularly.

As far as accessories go, the Albright man is most commonly spotted wearing a Swatch Watch and/or a Baseball-style Hat (by far most common with the Organization and Athletic looks). A Denim jacket seems to be a popular choice at Albright as well.

There you have it ... in a capsule, the fashion state of the Albright man. Sorry if these categories don't quite fit you, but there are those that have a style all their own. The important thing to remember for everybody is that you should always wear what you feel most comfortable in, and never be afraid to express yourself through clothing.



continued from page one

State.

OSU's trustees just changed their code of conduct, Thompson notes, to "expand coverage" of student behavior subject to discipline. Now students may be punished for hazing even if they do it off campus, he says.

As a result, Mississippi State last week leaped into an investigation of an alleged off-campus hazing incident, while Cornell charged two Phi Gamma Delta brothers with alleged sexual abuse of two Brown University students visiting for the weekend.

University of Texas officials also lost no time getting involved when they learned in February of possible hazing incidents at Alpha Kappa Psi and Alpha Tau Omega.

Many of the new anti-hazing laws, Ohio State's Thompson notes, protect schools from certain prosecution if they can show courts they enforce anti-hazing policies actively.

And often, Greek's national offices are cracking down on wayward campus chapters more vigorously.

The Beta Theta Pi national office, for instance, three weeks

ago suspended the charter of its University of Oklahoma chapter even as OU was filing charges against the chapter.

"I would hope that the escalation in cost of insurance premiums would motivate a group to examine its practices," Fischer says.

The National Interfraternity Conference -- a nationwide coalition of Greek houses -- tries to inform potential pledges they don't have to go along with "silly and dangerous" initiation rites, says Executive Director Jonathan Brant.

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PROCRASTINATION: THE WAITING GAME

Your quarterly report is due in one week, but you haven't begun to organize the information...

We can all relate to these examples of procrastination. But why do we delay our work, and what makes procrastination such a hard habit to break?

"Everyone procrastinates to some degree. In fact, a certain amount of procrastination is normal. But when it begins to disrupt your life, it becomes problematic and requires attention," says Stephen L. Schwartz, M.D., clinical associate professor of psychiatry and human behavior at Jefferson Medical College and a member of the medical staff at Thomas Jefferson University Hospital.

According to Dr. Schwartz, there are four major aspects of procrastination:

Anger and Resentment-These emotions can be played out in a passive fashion, through procrastination. If, for example, a person resents being asked to pre-

pare a report and feels it is not part of his job description, he may submit the report late.

Fear of Rejection or Failure-Some people are chronic doubters, fearing that their work will not meet expectations. They postpone their task, in order to avoid rejection.

"A student may know her material well but may experience a writing block when trying to compose the first sentence," says Dr. Schwartz. "Her hand may literally be tremulous at the thought of beginning the assignment."

Issues of Control-People may oppose others' suggestions, because they feel a strong need to maintain control of a situation. If someone expresses a desire to go to the theater, their spouse may be late getting ready, because it was not their idea and they are not in control.

Depression-Depressed people may experience a loss of drive or energy, so that they are unable to accomplish things.

Hidden feelings, including subtle aggression, often underlie procrastination, according to Salman Akhtar, M.D., professor of psychiatry and human behavior at Jefferson Medical College and a member of the medical staff at Thomas Jefferson University Hospital.

"The seeming inactivity of procrastination is subtly quite rebellious," says Dr. Akhtar. "On the surface, the person is doing nothing. But he is actually provoking someone with his inactivity. Underlying the postponement is aggression toward the school, the committee, the paperwork or the spouse."

Some people may procrastinate in order to achieve self-aggrandizement. By setting their own deadlines, they feel they are in charge. "In reality, we cannot always be our own bosses," notes Dr. Akhtar. "We must abide by certain rules, such as daily agendas."

"In addition," Dr. Akhtar notes, "whenever we decide to do something, we must let go of something else. A person who is late to a meeting may have had difficulty leaving the work at their desk. Underneath the procrastination there may be an obsession related to issues of control, autonomy or submission to authority."

As a result of their delay, procrastinators cause anxiety for themselves and those around them. They lose a variety of opportunities. Consequences are dictated by external circumstances, for example, when

procrastinators miss trains or arrive late for exams. Penalties are enforced, such as fines for submitting late income tax reports.

"The symbolic issues of aggression and difficulty in letting go are parts of a secret drama between the procrastinator and the person who is kept waiting," Dr. Akhtar. "If the drama is mild, it may improve with age and mutually corrective experiences with others."

For mild cases of procrastination, Dr. Schwartz offers some tips to curb habits: -To help remember dates, post messages such as "REPORT DUE NEXT FRIDAY" where you will easily see them as daily reminders.

-To help conquer writer's block, tape record your thoughts. A controversial grasp of the topic can help break the ice.

-To be punctual for a meeting, make a personal commitment to arrive 15 or 20 minutes ahead of time. This gives you some leeway. You can violate your new goal by 10 or 15 minutes and still be ahead of time.

-Literally set your watch 15 minutes fast.

-Aim for smaller goals. Take a

large project, such as writing a term paper, and break it down into more manageable tasks, such as finding several library references each day a week.

-Remember that we are often our own worst critics, demanding more of ourselves than our bosses or teachers expect. Just the realization of this fact may help you set more realistic goals.

Procrastination can be a difficult habit to break. "There is a tremendous tolerance of procrastination in our society. Very few penalties are incurred," notes Dr. Schwartz. Overdue payments often incur minimal fines. When students submit late papers, teachers usually are tolerant. As a result, procrastination can easily become an ingrained lifestyle pattern.

But if procrastination is severe, it can disturb a relationship between a teacher and student, employer and employee, or husband and wife. "When procrastination begins to disrupt your life, you should seek professional help," says Dr. Schwartz. "Change is often a matter of motivation. As the penalties for procrastination increase, you will be more inclined to modify your lifestyle."

U.S. Department of Health & Human Services

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FAMOUS LAST WORDS FROM FRIENDS TO FRIENDS.

"Are you OK to drive?" "What's a few beers?"

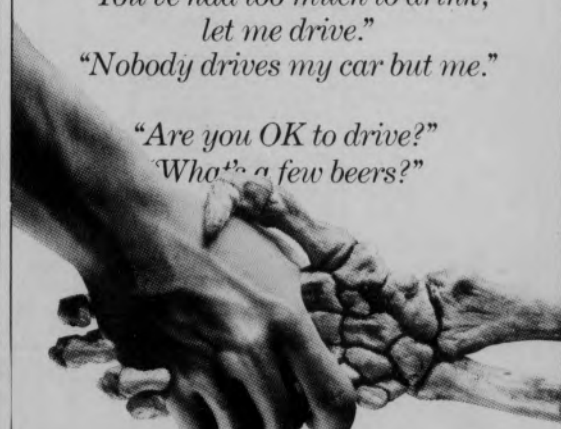
"Did you have too much to drink?" "I'm perfectly fine."

"Are you in any shape to drive?" "I've never felt better."

"I think you've had a few too many." "You kiddin, I can drive with my eyes closed."

"You've had too much to drink, let me drive." "Nobody drives my car but me."

"Are you OK to drive?" "What's a few beers?"



DRINKING AND DRIVING CAN KILL A FRIENDSHIP

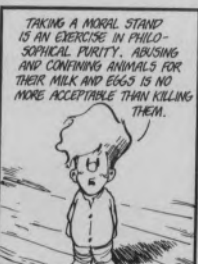
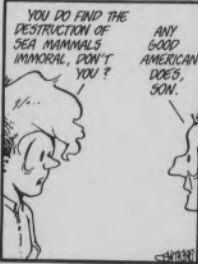
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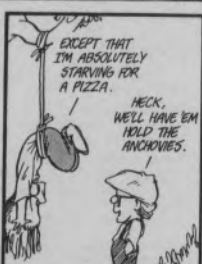
THE WHOLE THING STARTED AROUND DINNER TIME IN THE BOARDING HOUSE LAST TUESDAY.



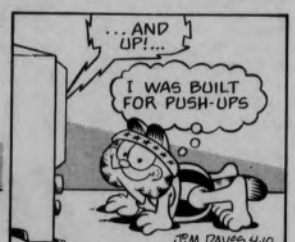
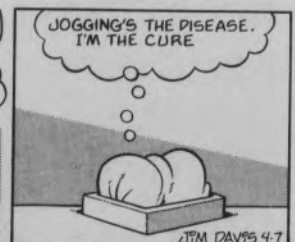
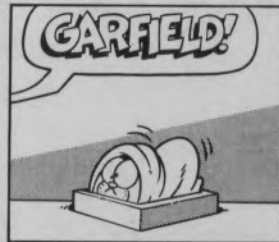
I HAVE CONCLUDED THAT IT IS AN IMMORAL DISTINCTION TO SAY KILLING A COW IS ANY LESS WRONG THAN KILLING, SAY, A WHALE.



THEIR MURDEROUS FEET SUSPENDED SILENTLY ABOVE THEIR UNSEEN BROTHERN IN THE SPRING GRASS BELOW, THE NON-MEAT EATING, NON-PESTICIDE-TREATED-VEGETABLE EATING, NON-ANIMAL-TESTED-MEDICINE USING, NON-DAIRY CONSUMING, STRICTLY COTTON-AND-POLYESTER WEARING "CRITTER DEFENDERS" PONDER THE HAPPY FACT THAT THEY ARE FINALLY... TOTALLY... COMPLETELY COEXISTING IN PEACE WITH ALL LIFE ON THIS PLANET...



GARFIELD® by Jim Davis



Team Records

- Men's Baseball (2-10)
- Men's Track and Field (1-1)
- Men's Tennis (2-0)
- Women's Softball (0-1)
- Women's Tennis (2-2)
- Women's Track and Field (1-1)

THE WEEK IN SPORTS

<i>Women's Tennis</i>	
Sat. April 11th	Susquehanna H 11:00
Mon. April 13th	Cedar Crest H 3:00
Wed. April 15th	Ursinus H 3:00
Thu. April 16th	F&M H 3:00
<i>Men's Baseball</i>	
Mon. April 13th	Moravian H 1:00
Wed. April 15th	Susquehanna(2) H 3:00



photo by Michael A. Zosa

SENIORS FRED BEHNEY (left) and Keith Flannery (center) get their signals straight with Coach Potopa.

BREAKERS WIN WOMEN'S I.M. TITLE



photo by Michael A. Zosa

THE BREAKERS' ABBY WARNER goes up for two during her team's 30-16 win over A.D. Pros in the finals.

AMAZING WOK

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PERSONALS

Hey Kiddo,
You know I'll always luv you lots!
Ricky
Anmarie and Alison,
You've gotta love those Rangers and Mets! They're both going all the way!!
You'll see - just you wait and see for yourselves. New York is #!!!
K.C.



DRUGS: A PROBLEM IN SPORTS AND LIFE

They're everywhere. It's become a major problem not only in sports, but in life. No one is safe from them, there's no place to hide. Drugs are a reality. Old and young alike destroy not only their minds, but themselves. I'd like to talk about some topics that I feel should be discussed.

Athletes are people, a fact that most of us tend to forget. What separates them from us is that they're the best at whatever sport they play. Most of the top players stand out from the crowd, therefore they get special treatment. They've gone through life being treated differently and have always drawn lots of attention to themselves through athletics. If they're lucky, they make the pros. If not, one can only hope that their special treatment hasn't cheated them out of a real education.

Pick up a paper or watch the news sometime. Who's more likely to be on the front page for drugs: an All-Pro player or a grade school teacher? While this might appear to be an insignificant comparison, look at it again and think about it. Even though both of those people might have a problem, the teacher wouldn't be in the news because he or she doesn't draw attention. Why then should athletes be criticized and put through this torture simply because they're an athlete? It's discrimination. I by no means condone the use of drugs - by anyone. I simply think that we shouldn't judge people any differently. Remember, an athlete is only human - isn't he or she allowed to make mistakes?

During the N.C.A.A. tournament, C.B.S. held a number of interviews with some of the coaches. Of all of these, the ones they had with L.S.U. coach Dale Brown were the most informative. He talked about the fact that people point to sports for most of today's problems. Things such as drugs, illiteracy and unemployment were discussed by coach Brown. He said that unemployment is high, but there aren't enough athletes to make up that number.

On the issue of drugs in athletics, I think that they don't belong and that there should be drug testing. Drugs do absolutely nothing for the athlete, with the exception of giving him or her an artificial high. If a player doesn't want to play straight, then don't. They should therefore make a choice: be an athlete or an addict. It's real simple, drugs have no place in sports or in life. I think that random drug testing should occur, not just once, but throughout the entire season. I also feel that there should be stiffer penalties for those caught. This would lend credibility to the

tests and would serve as a warning to those using. The present system is too loose and has too much uncertainty to be truly effective. For example, a professional athlete who admits his problem and goes to get treatment, goes unpunished. On the other hand an athlete who gets caught is banned from playing and it's now up to him to seek help. For example, this year Houston Rocket guards Lloyd and Wiggins were banned from the N.B.A. when they tested positive for cocaine during a drug test. If you notice however, they're the only two players who have been caught and their drug tests came about when an anonymous phone call tipped off their use.

Unfortunately for the top athletes, their super achievements can thrust them into fame and give them lots of unwanted attention. Always being in the new can put tremendous pressure on a person and make them over-conscious of what they do. Being on top, you'll have people looking up to you, making you their idol. To the public, these individuals are bigger than life and perfect, incapable of making mistakes. Kids buy posters and collect cards of their favorite players. You see kids on the courts and fields, pretending to be their idol. I'm sure you've seen the kids play one on one, playing by their favorites name, not their's. What would happen if one of their superstars was to fall from grace and become involved in drugs? Does that tell them that since it's O.K. for the idol that it's O.K. for them? At any rate it's a severe letdown and a big disappointment, but then again, who're we to tell that way - they're only human after all.

In the past year, drugs has taken its toll on the world of sports. Last summer crack claimed the life of Maryland University star Len Bias. Cocaine forced All-Pro linebacker Lawrence Taylor of the New York Giants to seek rehabilitation. Then last week, cocaine once again claimed a New York star. Mets pitching ace Dwight Gooden admitted his problem and went into a rehab center in New York City.

Don't be fooled, drug addiction doesn't only happen to the rich and famous. Cocaine is very easy to buy and can be found just about anywhere. Villanova star Gary McClain admitted his problem two years after graduation. While he started using the drug while at school, it didn't become a major problem until after he had left and was out in the "real world".

For your own sake, if you've started-stop and if you haven't tried it-don't start. Drugs don't help you, they only hurt you.

BASEBALL GETS FIRST TWO WINS

By Russ Fell

The Albright baseball team took two games from Elizabethtown and brought their record to 2-10. While they lost both ends of a doubleheader to Dickinson and another one to F&M, they are showing signs of improvement.

Against Dickinson, Freshman pitcher Chris Moyer had another good outing. Albright led 3-0 going into the 6th inning, but two runs by Dickinson in both the 6th and 7th innings notched Albright's seventh straight loss.

For Albright, catcher Todd Walsach and first baseman Chris Kenworthy each had a RBI. Jeff Gabriel tripled and scored on an error to round out Albright's run production.

In the second game, Albright coach Jeff Sparagana found himself a third pitcher to go with Moyer and Junior Randy Langenfeld. Freshman Steve Smith pitched seven strong innings, allowing only three hits and one unearned run, while striking out three. However, Dickinson's pitcher, Hussey, threw a one-hit shutout, striking out seven. Keith Flannery had Albright's only hit, a single in the 4th inning.

Against F&M, Albright's pitching woes resumed. Stan Crapowicki had to leave the game in the 3rd inning with arm trouble. F&M then opened up the game with runs off relievers Ken Janssen and Bill Henderson. Fred Behney and Eric Artz had RBI's for Albright.

Note.

The Lions won their first two games of the year, taking both ends of a doubleheader with Elizabethtown this past Wednesday. Albright finally put it all



photo by Michael A. Zosa

FRESHMAN CHRIS MOYER gave the Lions their first win of 1987.

by playing well in every aspect of the game. Moyer pitched really well in the first game, shutting out the Blue Jays and giving the Lions a 2-0 win. Henderson had a solid

outing in the second game. Albright won it 6-3. Both pitchers went the distance and got lots of support, offensively and defensively.

SOFTBALL DROPS ITS HOME OPENER 14-6

The women's varsity softball team opened their season April 2nd against Gettysburg College. The women fell short on their home field, losing 14-6. The team was scheduled to play a doubleheader, but due to rain (and darkness), the second game was cancelled.

The Lady Lions return ten veterans. The seniors are: catcher and thirdbaseman Cheryl Fine, left-fielder Kim Kane, centerfielder Debbie Tyler and firstbaseman Karen Westover. The returning juniors are: shortstop Allison Carew, pitcher and firstbaseman Chris Conklin and catcher Kelly Rogan. The sophomores are: thirdbaseman and shortstop Cathy Landis, rightfielder Beth McNichol and pitcher and outfielder Jennifer Miller. Senior Liz Davis is at second base. The rest of the

team are freshmen: thirdbaseman Jennifer Greenfield, rightfielder Beth Henry, firstbaseman Michele Koals, secondbaseman Lynell Shore, rightfielder Nikki Rice, pitcher Lori Stapleton and secondbaseman Maria Yelland. The co-captains this year are Kim Kane and Debbie Tyler.

The first game had its share of ups and downs. In the first two innings, the Lions were stable defensively, but they couldn't produce offensively. The third inning produced a run with base-hits from Kane, Davis and Tyler. It appeared as though the Lady Lions were retaliating in the fifth and sixth innings. Two more runs came from hits by Davis, Landis and Westover. The seventh was marked by an increase in offense with hits from Kane, Fine and Davis resulting in three more

Albright runs for a total of six. While this game was the Lady Lions season opener, it was the eleventh for Gettysburg.

So far the women have been rained out of five games: a fact that could hinder their performance. Hardwork and dedication will be on their upcoming agenda. Coach Lightman commented on the game: "We played very well defensively and didn't make a lot of errors. The outfield had a busy day." The coach also cited their lack of offense until the late innings and first game jitters as reasons for the loss.

The next game for the Lady Lions will be played tomorrow, Saturday, April 13th. Their next home game is a makeup against Swarthmore on Monday April 13th.

**Men's and Women's
Intramural Softball
Standings in the
Next Issue**

Hey hockey fans out there - Take a good look at this!!

Can the Rangers pull it off again?

Game 1

Rangers 3 Flyers 0