



# THE ALBRIGHTIAN

## Valentine's Day Issue

### David Stineback named new provost

#### NEWS:

Albright announces New Provost...  
Chemistry department receives grant...  
Staff and students say good-bye to one of its own...

#### FEATURES:

'Anti-Pop' makes its return.  
Sorority rush 2002...  
Freedman Gallery welcomes new artist...  
February is Black History Month...

#### SPORTS:

The swim team is on a roll...  
'Sports Talk' makes its 2002 debut...  
Softball 2002 preview...

#### COMMENTARY:

The SUV controversy... by Dan Ruedy...  
New 'Jake's Q & A'...  
Recycling update...  
SGA re-opens for 2002 year...



**Reading, Pa.** - David C. Stineback, Ph.D. has been named the first provost of Albright College. Stineback will be officially installed as provost in May.

The position of provost, the chief academic officer and dean of the College, is a newly created position at Albright and will expand the responsibilities of the current position of vice president of academic affairs. Stineback will oversee 94 full-time faculty and 43 adjunct faculty, and all academic programs including those of Albright's Graduate and Professional Division.

A noted author and scholar in the field of American literature, Stineback was formerly dean of the College of Liberal Arts at Quinnipiac University in Hamden, Connecticut. Previously he was professor of English and chair of the department of English at the University of Rhode Island. He also taught at Idaho State University, Dartmouth College and Union College in New

York.

Stineback's academic fields include all periods of

books, *Shifting Worlds: Social Change and Nostalgia in the American Novel*, and *Puritans, Indians and Manifest Destiny*, co-authored with Charles Segal. He is finishing a novel on the Civil War.

Stineback holds both doctoral and master's degrees in American Studies from Yale University. He received his bachelor of arts degree from Stanford University.

He is a member of the editorial boards of the *American Transcendental Quarterly* and the *American Indian Culture and Research Journal*.

"With growing enrollments, numerous new faculty positions and expanding aca-

demic programs for both traditional and non-traditional students, as well as a new graduate program, Albright was ready to expand the role of our chief academic officer," said Henry A. Zimon, president of Albright College of Stineback's appointment. "The role of the new provost at Albright College is essential to carrying the mission of the College forward to meet our new academic strategic goals."

"Coming to Albright College as the College's first provost is an honor that I view as the culmination of a serious administrative career," said Stineback. "I have been extremely impressed with the warmth and professionalism of the Albright community and look forward to helping guide it to even greater success."

Stineback currently resides in Guilford, Connecticut. His wife, Ellen, is a marriage and family therapist. They have two grown sons and a daughter.



David C. Stineback, Albright College's First Provost.

American literature, as well as American intellectual history, particularly the Colonial period, and Native American cultures. His publications include two

### Albright College says goodbye to one of its own

Kate Hodge  
*Lion Reporter*

Dr. John Hall was not just a college Biology professor. He made his own wine, ran an antique stand, grew hot peppers, and was the father of five children.

Starting in 1960, Dr. Hall was a professor in the Biology Department of Albright College. During his thirty-plus-year stint at Albright, he taught Ecology and Evolution, the Senior Seminar on Mammology, and bits of other courses throughout the department.

Dr. Hall received his Bachelors Degree from the University of Massachusetts in 1951, and later received his Masters in 1956. In 1960, he finished his Ph.D. at the University of Illinois and took up his position at Albright that fall. According to Dr. Karen Campbell, the current Chair of

the Biology Department, Dr. Hall was a natural history biologist and very well known in his field, which is unusual when teaching at a small college.

In the sixties and seventies, Dr. Hall took the Biology Honors Society on group orienteering trips to West Virginia to camp, hike, and cave. These trips and other opportunities he offered to students started many students in field research and experience. He allowed students to have their own research projects as opposed to assisting in his projects. The experience helped many of Dr. Hall's students enter graduate school.

Aside from teaching at Albright College, Dr. Hall studied bats, woodrats, and other small mammals. He worked with the Pennsylvania and West Virginia Game Commission and conducted cave surveys. He studied the breakdown of the bat

### B.R.A.D. program offers hope and a warning

Autumn Wilson  
*Lion Reporter*

You might have seen signs around campus lately with B.R.A.D. on them. Who is this Brad, and what does he have to do with Albright College, anyway? Brad McCue was a student just like you or I. He was a soccer player, and loved little kids. Brad will never coach another little league soccer team to victory again, however. He died on his 21<sup>st</sup> birthday of alcohol poisoning. He went out with some of his friends on his birthday and did 24 shots in about two hours. The shots were done in a sort of ritual in celebration of a birthday: one drinks their years in shots. Brad was trying to surpass a friend, who had done 23 a few weeks before. He walked out of the bar, but passed out in the car. His friends were afraid he would vomit in his sleep, so made sure to lay him on his side

in his bed. They figured he was just sleeping it off. What they did not know was that passing out does not mean sleeping it off. Brad died about two hours later, and left behind a mother, father, sister, and a host of friends whose lives had changed forever.

Cindy McCue does not want what happened to her son to happen to anyone else. Three years ago she started the B.R.A.D. program, which stands for Be Responsible About Drinking. Mrs. McCue expressed her belief that the most responsible choice about drinking is to abstain until of legal age, and then, once you are twenty-one, to drink only in moderation. She presented the students with six one-minute video skits, entitled Minor in Possession, Decision Making, Celebration Drinking, and Alcohol Poisoning. Each presumes negative situations caused

...Continued on page 2.

Continued on page 2.



## Chemistry department receives grant

**Reading, Pa.** – The Albright College Chemistry and Biochemistry Department received a \$52,000 grant from the National Science Foundation (NSF) for the proposal, "Instrumental Methods Across the Chemistry Curriculum with Emphasis on Macromolecular Structure Studies." The principle investigators for this grant are department members Pamela Artz, Ph.D., Christian Hamann, Ph.D., James Scheirer, Ph.D., and Frieda Texter, Ph.D.

The grant was funded by the NSF's Division of Undergraduate Education (CCLI-Adaptation and Implementation Program) and will partially

fund the purchase of a Jasco Model J-810 Circular Dichroism (CD) spectrometer. This state-of-the-art instrument will be utilized in curriculum development, faculty research and student independent study. The grant will also partially fund the summer salaries for faculty and students, and the salary for a program assessment consultant.

The CD spectrometer, which can monitor changes in molecular structure based on changes in the absorption of polarized light, will be incorporated into the laboratory curriculum for organic and advanced organic chemistry, biochemistry and biophysical chemistry. In addition, this in-

strument will be used for faculty and student research in several areas including the analysis of organic reaction products, the study of protein folding and the study of protein-nucleic acid building.

Frieda Texter, Ph.D., professor of chemistry and biochemistry, and chair of the department, says, "I am excited because the CD spectrometer will provide a mechanism for my research students and me to significantly expand our studies in the area of protein refolding." And, she says, "It will allow us to introduce our students to techniques not commonly experienced at the undergraduate level."

## B.R.A.D. Con't from page 1...

by alcohol. She also enlightened the students to the different ways alcohol affects men and women. Since women bodies contain less water and more fat, and much less of the enzyme that breaks down alcohol, a woman who drink as much as a man of equal weight will get drunk faster, and sober up slower. She shared statistics that showed that binge drinking, which is defined as consuming multiple drinks in small periods of time, is most popular with high school and college students. This is a very dangerous way to consume al-

cohol, because the body metabolizes less than one drink, (a 12-ounce beer or one to one and a half-ounce quantity of hard liquor) per hour. She also shared the promising fact that about 20% of college students consistently choose to abstain from alcohol during their college years. Dean Daniel's organized the program, and when Mrs. McCue was finished speaking, invited Dr. Henry Zimon to speak to the students. Dr. Zimon shared his own personal experiences of loss due to alcohol poisoning, and his continuing fear of such an event occurring at Albright College. He promised the students that the prevention of such a tragedy

would always be at the forefront as long as he remains President here. He concluded by calling Mrs. McCue heroic and an angel.

*Autumn Wilson is a sophomore and a Lion Reporter for The Albrightian.*

## Biology con't. from page 1...

population in the winter, observing federally endangered species.

The federally endangered species of bats are the Indiana bat and the Virginia Long-Eared bat. During the winter months, these bats are at risk while hibernating because they have a low energy supply. Dr. Hall ran such survey since the 1960s. He spoke often at the North American Symposium of Bats, covering the United States and Canada.

Dr. Hall retired from Albright after the spring semester in 1996, and remained in Reading. He continued to teach a few courses including the Interim course in the Bahamas with Dr. Phillip Dougherty. Dr. Richard Hall passed away Tuesday, January 22 after a series of strokes. He will be very missed within the Albright family.

Have a...

Happy Valentine's Day!!



...from the staff of The Albrightian.

## THE ALBRIGHTIAN

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# FEATURES

## 'Braid' frontman breathes new life into 'Hey Mercedes'

**Matt Neatock**  
*Lion Reporter*

In September of 1999, the indie rock band Braid played its final show.

But less than one month later, front man Bob Nanna, bass player Todd Bell and drummer Damon Atkinson still wanted to play.

In fact, Nanna said the trio decided to form another band almost immediately after guitarist Chris Broach announced his departure from Braid.

"Braid played its last shows, we took a month or so off and then the three of us just started practicing," Nanna said. "We wrote some songs and then started trying out some people for another guitar player."

A few months later, Mark Dawursk joined the band in the studio and Hey Mercedes was formed.

While three of Braid's four members were still in the band, Nanna said he saw Hey Mercedes as a chance to start over and never considered playing under his old band's name.

"Braid was around for about six years and Chris was in it from the beginning," Nanna said. "He was such an integral part of the song writ-

ing process and going on without him just wouldn't be right."

"We were together for so long and had been through so much. We weren't just gonna kick him out, get another guitar player and stay Braid. We wanted to start over, write new songs and try out a new label. It's kind of rejuvenating."

After releasing an EP with help from Polyvinyl Records, Hey Mercedes met and signed with Vagrant Records, something Nanna said was an easy choice.

"Everyone is very nice, they were excited to have us on the label and made us feel very welcome," he said. "It's kind of coincidental that some of our friends' bands and some of our favorite bands are on Vagrant."

"They've really opened doors for us. It's been so much fun being on tour and we owe Vagrant for that. That's the main reason we wanted to be on Vagrant. We knew we wanted to tour a lot and they stepped in and helped us out. They work hard for their bands because they know their bands work hard for them."

With the release of the full length album "Everynight Fire Works" in late 2001, the band, whose members were headlining tours a year earlier,

got its fresh start on Vagrant.

Even before the album's release, Hey Mercedes opened numerous dates on the successful Vagrant America Tour, and by the end of 2001 completed a full tour with Saves The Day.

"Our main goal is to play to as many people as possible and to travel to as many places as possible and meet people," Nanna said. "The ultimate goal is for people to like our music and make being in this band the best job in the world."

But no matter how good the job gets, Nanna said he never wants the mainstream success enjoyed by today's major pop bands.

"I never ever want to be Creed," he said. "In five years I hope I'm still having fun playing music. If we put out our next album and it blows up and we do end up playing stadiums, great. It's not like we're going to do anything drastically different to try and trick people into liking us. Five years from now if we're still playing small clubs, great. As long as we're having a good time playing music and somebody likes to listen to it, I'll be as happy as I can possibly be."

*Matt Neatock is a sophomore and a special contributions reporter.*

## Anti-pop Newsletter

by Adrian Chesh and Eric Adair

A letter to my fellow droogs of the world: By popular demand the anti-pop newsletter is back in the Albrightian. This week's addition is quite a treat for all our fans out there. If you didn't know there was a local concert at Heister's Lanes Friday Feb. 1 and Adrian and I are here to tell all those who didn't go just what you missed. So sit back and enjoy because I know I will.

If you weren't at Heister's Lanes Friday Feb. 1, I truly feel sorry for you, because the stage was set for one of the best underground bands to come in and tear it down. That band was Gargantua Soul and the only word that comes to mind trying to describe their live performance is WOW! This six-piece band composed of Kris

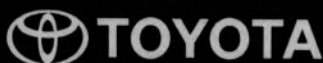
Keyes, lead vocals, Tommy Hetz, percussion and keyboard, Opus, drums, Jason Bozzi, lead guitar, Marc Amedola, rhythm guitar and David on bass. This is one of many stops on their journey in promoting their new album "Impact". First, to understand what Gargantua Soul is all about you have to know that anything can happen and try to have an open mind. The last time we saw them, the lead singer vacuumed the carpet we stood on, sat down in front of us, ate his dinner, meditated and then went into a wailing crazy man rage while his band was doing sound checks. This time we knew something unusual would happen and Kris did not disappoint us.

Continued on page 4.



Kris Keyes becomes one with the crowd at Heister's Lanes.

PHOTO BY ERIC ADAIR



## Celica— The Inside Story

On the outside, it's easy to see that Celica is race-track inspired. But the real excitement is on the inside...under the hood. Take the Celica GT-S...Toyota worked with Yamaha to build a 180 HP engine redlined at 7800 RPM...equipped it with Variable Valve Timing with intelligence...a computer that constantly monitors and retunes your engine for maximum performance...a cam with two sets of lobes to provide two ranges of valve lift and duration for more usable horsepower. There's direct ignition for greater reliability...iridium-tipped spark plugs for reduced maintenance...a stainless steel exhaust manifold...a water-cooled oil cooler. And mated with Toyota's 4-speed electronically-controlled automatic "Sportshift", you get transmission shift switches on the steering wheel...just like Formula 1 race cars. Sweet.



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### Job Openings!

The Albrightian is looking for students who are interested in journalism, writing, and/or photography to become news & sports reporters, features writers, and anyone else who is interested in helping. If interested, contact our office at x7558 for more information.

The Albrightian is in need of several photographers. Anyone who is completing the photography program, this is a great opportunity to have some hands-on experience. However, anyone is welcome to participate. Must have your own camera. If interested, please contact the Albrightian office at x7558. Thank you.

## February...a time to remember Black History

Erin Hayes  
*Lion Reporter*

Black History Month, it's an American thing! February is Black History Month and is more than just a reason to think about history. This month is a chance for every American to learn about the important influences that African Americans have made in this country. February does not belong to just African Americans, but to all Americans.

Black History Month was first created as a form of empowerment for black culture. Its creator, Carter Woodson, said that Black History Month was a way for African Americans to build up their self-esteem and to get rid of prejudice among whites. Without Black History Month, there would be many contributions and facts about African Americans that we would not know.

Before you write off February as being just one of those

history months that someone made up to make money, take a little time out to think about what it means. Even though Africans were brought here against their will as slaves to America, they made America their home. African Americans have contributed to this country more than most people think. So this February, check out a Black History Month program and learn about your fellow Americans.

### Anti-pop Con't. from page 3...

Covered in orange and green neon body paint, Keyes came from behind the bar, which is situated to the left of the stage, screaming like a mad man in heat. As soon as he jumped on stage you knew that the G-Soul was there to make an impact on everyone. They played many songs from the new album such as "Calling My America", "Isabella Madonna", and "Wolfvision". For the hardcore fans in the crowd they put in some older tracks such as "Drive", and "Prophet of the Fire". It was fun, it was scary,

but in the end it was rock and roll in its purist form. Not to be undermined, two other bands playing with G-Soul also caught our attention: a three-piece rap group with a band known as the Suburban Hoodz and a slightly dark metal band called Dead Leaves. Both bands were extremely talented and seemed to know exactly what they were doing. While it may seem cliché for white people to do rap music anymore, the Suburban Hoodz showed everyone there that they truly had mic skills. And while the Dead Leaves may not have been our favorite band that played, they sure did have a large fan base, made obvious by how many people were

singing along with them. And finally, the two openers were General Electric and Lumpy Balboa Condition. While General seemed to be on their way up musically, Lumpy Balboa thought it was a good idea to throw icy tea at people, including Eric. Their song sucked and they're musicians also sucked. If it were up to us, they would have never been born. If you'd like to check out any of the bands we talked about this week, then check out the web pages below. Peace.

[www.gsoul.com](http://www.gsoul.com)  
[www.deadleaves.com](http://www.deadleaves.com)  
[www.suburbanhoodz.com](http://www.suburbanhoodz.com)  
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## Be a mentor and change a life

Lela Hubbard  
*Lion Reporter*

Mentoring is the process in which a successful individual goes out of their way to help others establish goals and develop the skills to reach them. It can help you acquire skills, open doors, increase confidence, widen your perspective, and enhance your life along with someone else's.

Becky Eshbach '03 mentors at a daycare because she has lots of fun, knowing that the children enjoy being with her and that she is developing the skills she will eventually use with her own children. Most people agree that those who receive mentoring benefit enormously from their mentors. Taking the time to reach out to others, share your life's wisdom, and convey your respect for them is probably the least expensive and most powerful way to change the world, one life at a time. Ed Murray '03 mentors as an Assistant Scoutmaster and coaches high school sports.

Murray feels like he is on their level and has a captive audience for passing on his own

experiences, which they find interesting.

Finding successful people to be mentors is getting harder, and many are not sure that they want to make time to serve as mentors. If you are debating playing this role, here are some of the most important reasons for investing at least two hours a month to mentor. You learn a great deal of information from the person you mentor. You enhance your people-skills, which can be used in your career and also with friends and family. You also learn more about yourself. You will feel satisfied, proud and other energizing emotions, knowing that you have a positive effect on others.

Gina Murray '02 enjoys mentoring children at Muhlenberg Elementary School because she feels good about herself when she sees the excited look on their faces when she teaches them something new.

There are numerous opportunities to mentor in the Reading area. If you think you would be interested in this, contact the Volunteer Center in the Alumni building.



## Leonid Sokov exhibition opens at the Freedman Gallery

Randi Harris  
Features Editor

The Freedman Gallery is featuring the works of artist Leonid Sokov for their new exhibit running from February 8th until March 22nd.

A Russian Refusenik artist, Sokov left Russia in 1980 to escape the strict censorship and restrictions propagated by the political regime at the time. The impact of his newfound creative freedom combined with the ideals forced upon him by the communist society he left behind gave birth to new art.

"Sokov is juxtaposing capitalist and communist images, but doing so in a playful way, like a political cartoon," said Chris Youngs, the Gallery Director.

His paintings have an air of humor, depicting scenes such as Stalin embracing Marilyn Monroe ("Moustache and Lips") and Stalin and a bear urinating ("Stalin and Bear pissing"), but they are also politically profound, demonstrating Sokov's protest against Soviet repression and its contrast to the American standard of freedom. In an ironic change of

perspective, Russia chose Sokov to represent them at the Venice Biennial in 2001, a prestigious honor and testament to his talent.

Sokov's work serves as a nice addition to the Freedman Gallery's collection, which primarily consists of contemporary art.

"We try to show a variety of what is going on in art right now," said Youngs. "We take pride in showing artists who deal with social issues."

The gallery acquired the collection through alumnist Alex Rosenberg, who arranged their donation through various New York City art collectors. A banquet was held on Friday,

February 8th in the gallery at which Sokov spoke on his work and gave students, faculty and guests the opportunity to meet the person behind the paintings.

"It makes the art more human," said Youngs, who introduced the exhibition.

Randi Harris is a sophomore and the Features Editor for The Albrightian.



## Sororities look for new members

Sheila Berninger  
Lion Reporter

sorority and watched them perform various skits.

"My favorite night was the skit night because it was relaxing and funny," freshman Molly O'Connor said.

Freshman Amy Eremita agreed. "Everyone let loose and it was a laid back night."

On Wednesday, Jan. 30, the eventful process of Sorority Rush began. That night, a total of more than sixty girls were divided into three groups led by Rho Chi's. The Rho Chi's (whose sorority status is unknown by those who are rushing) answered questions and led the girls to different locations on campus where the sororities had set up stations.

For a half an hour at each place, "rushees" met with girls representing Sigma Kappa in the Cafeteria, Phi Mu in the South Lounge, and Alpha Delta Pi in North Hall. The different sororities put on skits to introduce themselves and what they represent.

Thursday night was Philanthropy Night. "Rushees" spent 45 minutes with each sorority to see how they were involved in the community. With Phi Mu, the girls made boo-boo bunnies for the Children's Miracle Network. For Sigma Kappa, they made door hangers for the Calm Home to give out as bingo prizes. Also, puzzles were made for Alpha Delta Pi to give to children sponsored by the Ronald McDonald House.

On Friday, the "rushees" had a fairly relaxing night. They spent an hour with each

On Saturday night, Preference Night, "rushees" were required to dress formally. They visited with the sorority whose invitation they had accepted. Each "rushee" passed the night with one person from the sorority who sponsored them and individually introduced them to the entire sorority.

"My favorite night was the last night because you got to see what all the girls were like and it helped you make your decision (of which sorority to pledge)," freshman Jen Munley said.

Sunday was Bid Day. Between 9:00 and 10:00 a.m., Rho Chi's came to "rushees" rooms and presented them with bids. At brunch, each sorority officially introduced their pledges with energized cheers and songs. Not only did Sunday end rush, it signified the beginning two weeks of exciting pledging for many Albright females.

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# Real men and women ask for directions: counseling and personal growth

by Laura Fritts, MS, LMFT, *Staff Therapist* & Gary Lord, Ph.D., *Director Counseling and Personal Growth Center*

What is it about therapy? It conjures up images of being crazy, weird, somehow out of control or unable to manage one's affairs. The dreaded phrases "I'm seeing a therapist" or "You need counseling" are hardly things we'd admit to our friends and acquaintances, let alone to our families who probably contributed to our "craziness". When I was an undergrad, the last thing I wanted to share with people was that my major was Psychology. There was a stigma attached to it. I was one of those weird, eccentric people who could read minds or had unresolved "issues" to deal with. Frankly, it wasn't like that at all. At 18 years old, I had a very attractive psychology teacher whose attention mattered, and I liked his sense of adventure and enthusiasm for the human mind. All the girls took his class. Call me shallow, but it was like going on a field trip with Indiana Jones. I was hooked. The marvels of the mind are fascinating and we see ourselves in a new light all the time. Why not learn from these experiences and have some fun with them? Over the course of many years of practice following a degree in Psychology and graduate school, I learned to appreciate the nuances and subtleties of people. My clients have been and still are my best teachers. We learn so much from each other; mostly that we all experience joy and pain and it's all

right, even necessary, to seek assistance in those times of pain. Experiencing sadness, frustration, confusion, or loss of love in isolation is dooming oneself to misery. I don't know about you, but misery is not a fun thing for me to experience for any length of time. I want support, or just a friendly face who won't judge or criticize me for doing something dumb. I want someone who will listen to me without interruption and someone who thinks enough of me to tell me the truth. The most important help is listening. When I meet with clients I am amazed by how thankful they are that someone just listened. No one said "you're doing it wrong, do it like this instead." Or no one commented on what I'd said as if they heard me when they really didn't (Isn't that irritating?). One just has to listen. Dr. Lord and I look forward to the opportunity to meet you and to just visit. If you have a question, look us up. If you want an objective friend, give us a try. Therapy and counseling are not about fixing something that's broken or bizarre, it's about building relationships with others and yourself. It's about having clarity and peace of mind. One student walking through our hallway once sarcastically quipped: "I wonder if they can help me get girls." We can do that too. Check us out. Dr. Gary Lord, the new Director of the Counseling Center, and Laura Fritts, Staff Thera-

pist, invite you to come in and chat. You may be surprised with the resources available to you to help you adjust to college life and facilitate your success in this critical time in your life. Though we deal with many types of problems – adjusting to college life, living away from home, drugs, alcohol and other addiction problems, time and stress management, maturation and self discipline difficulties, sexual, relationship and family concerns, eating disorders, career confusion, coping with loss, self image and confidence issues – to name a few, **YOU DON'T HAVE TO BE CRAZY** to come into the Center. Please consider the Center – our offices (in Selwyn Hall adjacent to the Health Center) and the Wellness Center, a "drop-in anytime" place. Even if your visit is just to learn about what we have to offer, you are welcome! Gary Lord, Ph.D., Director Counseling and Personal Growth Center

So we can move past stranger status, as quickly as possible, here's a brief description of me. Relative to most of you, I'm an "old guy" (at 58 years) but, I believe, young in heart and perspective. A centerpiece of my being is a dedication to learning and facilitating the learning in others. Also key to who I am is "relationship." Always learning and being in vital, healthy relationships is critical to my (and

everyone's) well-being. I dedicate my life to helping others be the best they can be through relationships, especially in relationship to God and to self. My professional working perspective is biblical, cognitive-behavioral, and health psychological viewing everyone as an integrated being with interacting spiritual, cognitive, emotional and physiological dimensions. To me, each person with whom I interact is a treasure, has his (or her) own "story" and is a challenge to help in bringing out his best. Connecting with others energizes me!

I've had considerable training and experience to build credibility for helping. I have five universities – University of Washington, Seattle Pacific University, Central Washington State University, Johns Hopkins University and Temple University – the military, and about 20 years of clinical and consulting to help me learn. I taught research statistics, directed the Program Evaluations division of the Department of Mental Health Services at Hahnemann University in Philadelphia for 11 years, and most recently I worked in the full spectrum of clinical psychology and as an organizational consultant at Life Management Associates/LMA Consulting Group in the last 12 years. Probably my most challenging educators are my many clients through the years, my wife (Temmy) of 22 years, and our two children (Rachel, 30

years, Erik, 28 years- both in Seattle).

We look forward to meeting and working with many of you. Please call me at (610) 921-7640, or Laura at (610) 921-7555, or stop in. For appointments call x7532. May we prove worthy of your challenge!

## Announcing:

## The Albrightian Advice Column

Do you have problems that you just can't find the right answers to? Well, have I got news for you! The Albrightian has decided to put an advice column in the paper to help you solve those pesky little problems. If you are in need of answers to your problems, then this is for you. You can write in as yourself or anonymously. It's that simple.

Letters can be sent to Box 1150 or you can call me at ext. 6339. I'm here to help you with your problems.

This bracelet was a gift Amber Apollon received from the center where she helped teens with drug and alcohol problems. She was wearing it when an underage drunk driver took her life.

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# Your own winter olympics

**Gina Shaw**  
**WEB.MD**  
**On-Line Wire**

The Winter Olympics are just around the corner. And they may just inspire you to dust off those old skis or hit the sporting goods store for your very own snowboard. Both sports are great exercise—they burn around 400 calories an hour—as well as terrific ways to get outside in the fresh air. But watch out! The slam-bang crashes of these mountain sports—particularly when you're a beginner—are a lot more likely to make your orthopedist rich than would, say, a summer full of swimming and cycling. And that's especially true if you're a forever-young baby boomer who's decided to catch some air with the grunge crowd. How do you prevent injuries both before you get on the mountain and while you're speeding down it?

Before we talk about preventing injuries, let's talk about what injuries you're trying to prevent. Some reports say skiing and snowboarding have about the same risk of injury—between four and six injuries for every thousand visits to the slopes. But other studies, which do their

figuring according to "distance traveled," say that snowboarders get three to four times more injuries that require hospital treatment than skiers do. In any case, skiing and snowboarding have different injury patterns: Skiers are more likely to damage their knees and thumbs, while the most common snowboarding injuries attack the ankles, wrists, and shoulders. And skiing's a little more forgiving to beginners than snowboarding: Some 30% or more of those injured skiing are beginners, while beginners account for somewhere between 49% and 60% of snowboarding injuries. That's partly because of snowboarding's novelty and popularity: There are a lot of beginners out there to get hurt.

## "Air" Conditioning

Although skiing and snowboarding make for great workouts, you shouldn't use them to get into shape. If you hit the slopes without having walked farther than from TV to refrigerator in years, you'd better make sure your health insurance premiums are paid up. Whether you're a beginner or a pro, conditioning is key. If you don't work out much, plan your first trip to the

mountain at least a few weeks ahead of time, and get in some cardio and strength training in the meantime.

"The biggest reason for injury is lack of fitness," says Jonathan Chang, MD, a clinical assistant professor of orthopaedics at the University of Southern California and at Western University, and a member of the U.S. Olympic Committee's Olympic Sports Medicine Society. "Try to approach this with some preparation. You'll enjoy it more if you don't get hurt." In addition to regular cardiovascular exercise—walking, running, swimming, biking—Chang advises would-be skiers and boarders to focus on strengthening their leg muscles, particularly the quadriceps (on the front of the thigh), which will take a big beating on the slopes.

Orthopedic surgeon and avid skier Kyle Palmer, MD, offers a handy guide to strengthening exercises for mountain sports on his ski-health information Web site. "After you're on the mountain all day, riding your brakes down the hill, your knees are going to be screaming. The ones who'll be in real pain are the folks that don't have a lot of quad strength," he says.

## Gear Up

Okay, so you've been working out for a few weeks and now you're ready to go,

right? Not so fast. Either before you leave home or once you get to the lodge, arm yourself with some protective gear. Most lodges will rent you helmets and wrist guards. You can also ransack your rollerblading gear for those wrist guards, which are similar.

Like many other boarders, Palmer learned the wrist-guard lesson the hard way. After a lifetime of skiing, he took his first snowboard lesson this year. "At first I had on my wrist guards and my helmet, and I was falling all over: It was great. Then I decided, 'This is a pain.' I took my wrist guards off. Within five minutes, I ate it. I didn't break my wrist, but I really sprained it. I like wrist guards."

And helmets? Really? "I've never seen a skier wearing a helmet," you're probably saying. That's true. But Chang cites Sonny Bono and Michael Kennedy as just two of the most famous examples of skiers who might be alive today if they had been. "It's not yet a consensus, but it's rapidly going in that direction—that if skiers and snowboarders would wear helmets, it would eliminate many of the deaths that occur every year," he says. "Most deaths occur from collisions either with other people on the mountain or with trees, and they're often strictly preventable. I've seen helmets split down the middle, brought

to me by patients grinning and saying, 'I'm glad I was wearing this.'"

## Get Some Class

Some of the world's top snowboarders and skiers learned by messing around on the mountain and falling down until they got it right. But you're not an Olympic athlete. Take lessons. "Most injuries in skiing and snowboarding occur to beginners," says William O. Roberts, MD, a fellow of the American College of Sports Medicine in practice with MinnHealth Family Physicians of Minnesota. "If you take lessons, you'll get through that phase faster." Don't settle for just the basic half-day introduction, either. "You want a series of lessons to get the basic skills down to where you can advance to intermediate without spending a huge amount of time at the beginner level." Finally, when you're ready to hit the mountain, follow the skiers' (and snowboarders') credo: Be aware, ski aware. And don't try to do more than you're ready for. "Where most people run into trouble is if they try to do more than they're capable of doing," Chang says.

"For skiing and snowboarding, a lot of your safety equipment's in your brain," agrees Palmer. "Stay in control."

## Domino Players presents: 'Prelude To A Kiss'

**Danny Campos**  
**Lion Reporter**

"Will you still love me when I'm old and gray?" That's the famous question Rita asks Peter in this comic love story by Craig Lucas. Peter meets Rita at a co-workers party and instantly falls for her. Then, it is at Emerald City, the bar that Rita works at, where he meets her once again and asks for her hand in marriage. However, once she says "I do", something strange happens. To see what happens, you'll have to spend a night at the First Union theatre (formerly Meridian theatre).

Jeffrey Lentz, Artist in Residence, comes back to Albright to direct this production. "Prelude to a Kiss" has a great ensemble cast, but two incredible leading actors. Chris Davis (Peter) and Sally Wojcik (Rita) are no strangers to the Albright stage. This past fall they were seen in Brecht's Mother Courage and Her Chil-

dren. Chris portrayed the Chaplain and Sally was a peasant woman. Both are members and officers of the Domino Players.

So if you are looking for some comedy and romance accompanied by upbeat music, then come to the First Union theatre and see if Peter will keep all his promises and still love his dear Rita. The dates of the performances are February 15, 16, 22, 23 at 8:00 p.m., February 17 at 2:30 p.m., February 21 at 7:00 p.m. and a Luncheon Theatre on Sunday, February 17 at 1 p.m. Tickets prices are: Adult-\$9 in advance/\$12 at door, students with ID-\$4 all times, Albright Employee, Domino Alum, Parent-\$7 in advance/\$10 at door, Luncheon theatre-\$19 includes meal and ticket/\$12 meal only. This is an Experience Event!! Questions? Concerns? Call the box office at 610-921-7547.

*Danny Campos is a freshman and regular contributor to The Albrightian.*

## Love on Valentine's Day

by Jeanne Hopgood

St. Valentine's Day, the one day out of the year that is specifically designated for lovers around the world is finally upon us. How will you spend your Valentine's Day? Don't know? Well I figured I would come across some of you that still don't know what to get for that special someone. Here are a few pointers on some inexpensive ways to express how you feel to your honey:

Give your honey a personal message (sensual or regular); use oils and candles to help accentuate the mood.

Get an array of your honey's favorite flowers (not just roses because those are kind of played out!) and present them to him/her.

Write a nice poem (I know that everyone is not Shakespeare, but give it a try; almost anything that tells him/her how you feel will be greatly appreciated.) Write the poem on some nice stationary and

love it pretty so that it doesn't seem like something you just jotted down at the last minute (tip: the Dollar store is a great place to get glitter and stickers and stuff!).

Make something from scratch (again hit the Dollar store or A.C. Moore for tools) that expresses how you feel. It doesn't have to have a bunch of mushy writing on it, but let the person know what you thought about when you made it and what it means to you.

Dedicate a song along with a special message to your honey via the campus radio station or through the local station (or your favorite station), and make sure the person hears this.

Send an electronic message from a site like Passionup.com or some other card website. Another suggestion is to send a love dedication to your sweetie by going to [www.lovingyou.com](http://www.lovingyou.com).

Valentine's Day means

different things to different people and although extravagant gifts are nice, something that you give straight from the heart is worth more than almost any material thing given without love. I hope these inexpensive ideas for Valentine's Day help you guys figure out something to do if you still haven't figured it out yet. Don't let the day go by without doing something for that special someone.

Love, Peace, and Soul,  
L a d y J e a n a e  
([ladyjeanae@hotmail.com](mailto:ladyjeanae@hotmail.com))

*Jeanne Hopgood is a junior and a regular columnist for The Albrightian.*



## February Is Black History Month... Come Experience the History.

### Black Facts for February 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>John Rock became the first Black admitted to practice before the U.S. Supreme Court on this day in 1895.</i>	2 <i>Biologist Ernest E. Just receives the Spengemann medal for his pioneering in cell division in 1915.</i>
3 <i>Jack Johnson, the first Black heavyweight champion, wins the "Negro Heavyweight Title" in 1903.</i>	4 <i>Rosa Parks, Mother of the Civil Rights Movement, is born in 1913. She led the Montgomery bus boycott of 1955 and '56.</i>	5 <i>Barack Obama became the first Black named president of the Harvard Law Review in 1990.</i>	6 <i>The first organized emigration of U.S. Blacks back to Africa from New York to Sierra Leone takes place in 1820.</i>	7 <i>In 1926, Carter G. Woodson creates "Negro History Week." In 1976 it became Black History Month.</i>	8 <i>In 1980, Oprah Winfrey becomes the first Black woman to host a nationally syndicated talk show.</i>	9 <i>In 1971, Baseball Hall of Fame inducts Leroy "Satchel" Paige.</i>
10 <i>The Civil Rights Act of 1964 banned any state government or local facility from denying access because of race.</i>	11 <i>In 1990, Nelson Mandela, South Africa President and political activist, was released from prison after 27 years.</i>	12 <i>James Weldon Johnson wrote the lyrics for "Lift Every Voice and Sing." It became the Black National Anthem.</i>	13	14 <i>Morehouse College was founded as Agusta Institute in Augusta, Georgia. It was later moved to Atlanta.</i>	15 <i>On this day Henry Lewis became the first Black to lead a symphony orchestra in the United States.</i>	16 <i>Orator and activist Frederick Douglass was elected President of Freedman Bank and Trust in 1857.</i>
17 <i>Opera singer Marian Anderson was born in 1902 in Philadelphia, PA.</i>	18 <i>The historic "Germantown Protest" denounced slavery and the slave trade in 1688.</i>	19 <i>Activist W.E.B. Dubois organized the first Pan-African Congress.</i>	20 <i>Sidney Poitier was born in Miami, Fla. He was the first Black to win an Academy Award in a starring role.</i>	21	22 <i>Horace Pippin was born in 1888 in West Chester, PA. He is considered one of the greatest painters of his period.</i>	23 <i>Constance Baker Motley was elected Manhattan Borough president in 1965.</i>
24 <i>Rebecca Lee becomes the first Black woman to receive an M.D. Degree.</i>	25	26	27	28 <i>Michael Jackson wins 8 Grammy Awards. Thriller broke all sales records to date and is a top grossing album.</i>		

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# ALBRIGHT SPORTS

## Albright swimming has a banner year

In sports, winning streaks have a way of capturing the imagination. A few years ago, the world watched as Cal Ripkin, Jr. chased Lou Gehrig's record of consecutive games played. Regardless of the sport, there is something truly special about winning streaks.

Since opening the season with two first places at the MAC Relays, Albright's swimming teams have stormed through the regular season schedule. Both the men and women's teams have posted impressive win-loss records.

The men finished the regular season with an overall record of 10-2, including going 5-1 in the MAC Conference. The women finished with a 13-0 season (7-0 in the MAC Conference) by posting their 51st straight win in a dual meet against Drew.

The Drew meet demonstrated the dominance of both teams. The meet began with wins in the 200-yard medley relay for the men and the women. From that point on, Albright controlled the meet. Posting wins in the 200- and 500-yard freestyle, the 200-yard individual medley, the 100-yard butterfly, the 100-yard back-

stroke, and the 100-yard breaststroke, the women earned a decisive victory and ended the regular season on a



high note.

Despite wins in the

1000-yard freestyle, the 500-yard freestyle, the 200-yard freestyle, the 100-yard butterfly, the 100-yard breaststroke, and the 50-yard freestyle, the men were unable to defeat Drew. It was a hard-fought loss, however, as Albright won all but three of the meet's events. Still, the men completed an outstanding season despite being edged by

Drew.

With a dual meet winning streak of 51 and an undefeated season, the women's swim team seems to be rewriting the record books.

Consistently strong throughout the season, the men's team also looks to continue the tempo set during the regular season.

Both teams will get the opportunity to shine at the MAC Championships, held February 16-18. As last season's defending MAC champions, the men and the women will expect to make strong showings at this season's meet. Good luck to both teams!

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## Softball 2001 Recap

Jess Triboletti  
Lion Reporter

A recap of the Albright Lions' softball team from spring 2001: the team earned a record 25-15-1, placed second in the ECAC South Region Championship, and had a record of 7-7 in the MAC Championship.

In the fall season 2001, the team won five out of six games, losing to a Division 2 school. A look for the spring 2002 team puts a smile to the coach's faces. There are about ten new girls, mostly freshmen, bringing something special to the team. In everything from batting to the outfield, these girls have talent.

But we cannot forget about the girls who have been on the team. Liz Groves and Jeanne Scarborough, both seniors, bring leadership to the team, not only on the field but off the field as well. Groves has a batting average of .352, with Scarborough not far behind with a .325 average. These ladies show dedication to the game. They work hard at practices and it shows during the games.

With all these additions to the team, they are heading to have a better season, maybe even winning the ECAC's.

"We have a very re-

alistic chance of making the MAC playoffs," Terry Castro ('04) said with determination. "The freshmen who are on the team have outstanding batting averages, which can be threatening to the other teams."

Although it seems Albright can only hope for these people to keep their batting averages up, there is a whole other side to look at: defense.

"We have a very realistic chance of making the MAC playoffs."

Terry Castro ('04)

Shannon Kline, Natalie Cellucci, and Kelli Kaelber are the pitchers for Albright. Their

pitching skills are phenomenal. Kline's E.R.A. is 1.82, Kaelber's is 2.36 and Cellucci's is 3.87. Last season, Kline had a remarkable count of 65 strikeouts. These ladies are very important, key assets to the team.

Coach George must be pretty amazed with his teams. He made many improvements and the team adjusted quite nicely to them. Although nothing can be perfect, the Albright Lions' softball team is pretty close.

Good Luck ladies in the upcoming season!

Jess Triboletti is a sophomore sportswriter for the Albrightian.



# Ferry battles adversity in freshman season as coach

**Jim DeLuccia**  
*Lion Reporter*

After leading Juniata to its best record in ten years, men's basketball coach Rick Ferry saw an opportunity.

Albright's basketball coach Ken Tyler resigned and was headed back home to coach in West Virginia. Tyler built the Albright program into a success by winning 87 games in six seasons, including a 20 win season in 1999-00 and a 16 win season a year ago. Ferry felt he would step in and the team would keep the beat. However, the music is out of tune.

When Ferry was hired as Albright's new men's basketball coach in the spring of 2001, he expected the Lions to be in play-off contention in the 2001-02 season. Although he had little time to recruit, the core players from last season's playoff team were expected to return and continue the success.

As the season winds down, Ferry's club stands at 4-18 - a record he was all too familiar with during his tenure at Juniata. A mixture of injuries, sudden departures, and inexperience has led to the sudden demise of an upstart program.

Now Ferry has to start over, again.

"It's been a little more challenging than I thought it would be," Ferry said leaning back in his office chair. "But, it

shouldn't be a huge problem rebuilding.

Albright's program was bound to have a slight drop-off in wins this season after the graduation of Terence Skyrn and Mark Moritz. Skyrn and Moritz anchored arguably the MAC's best front-court for two years and, according to Tyler, are irreplaceable at the Division III level. Also, guard/forward Jarad Gruber, who was third all-time on Berks County's High School scoring list and had a promising freshman season, dropped out of school for personal reasons.

With those changes, the Lions would have to rely on senior Brendan Ferns to help an inexperienced front-court that included freshman Cole Copley and sophomore Steve Pidhirsky. However, a season-ending injury to Ferns and the sudden transfer of Copley left Ferry reeling again.

"When Brendan got hurt that adversely affected us," Ferry said. "We only have two people that have legitimate college experience. It could almost be a J.V. team."

Those two players are sophomore guards Terron Buchanan and Bob Broderick. Buchanan, a two-year starter, is having a sensational season, leading the Commonwealth in scoring. Broderick, who played sparingly a year ago, is now starting and playing a vital role

on the team.

Despite the obstacles he is encountered, Ferry claims he is handling the situation well. He exemplifies a positive and knowing attitude that he will dig himself out of a hole into which he was pushed.

"He understands how to handle the situation," said Greg Curley, Juniata's new men's basketball coach who coached under Ferry. "He had some bad luck and walked in and got sucker punched."

Rebuilding took some

getting used at first, but Ferry agrees with Curley's statement. "I didn't handle it [losing] well at Juniata," Ferry said.

"It hasn't been a problem at all here, other than a little sleep deprivation," he joked.

The atmosphere Ferry has created is a little different than what it used to be at Albright. He considers himself to be a player's coach and someone who is very approachable, something for which Tyler was not affectionately known.

"I like letting the players know where they stand," Ferry said. "I have an open door."

A few of the Lion players concur with his statement and appreciate the open mindset that he brings to the team.

"He's a good person on and off the court," said Broderick. "He brings new life to the program."

*Jim DeLuccia is a junior sports writer for the Albrightian.*

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# NHL Playoff Predictions

**Dan Penucci**  
Lion Reporter

As the NHL takes a hiatus while its stars represent their countries at the Salt Lake City Olympics, the time has come for the annual Sports Talk mid season NHL report. This NHL season has featured a more compact schedule due to the Olympic break, so most teams have played more than 50 games, some closer to 60. The torch of the scoring race has been passed from the usual names like Jagr, Sakic, and Bure to a rush of new blood. The likes of Iginla, Thornton, and Naslund now grace the Art Ross race. If the playoffs were to start today, some names that have become playoff staples would not be on the list; New Jersey, Washington, Pittsburgh, and Dallas, to name a few. This changing of the guard has produced some great hockey so far this season and with the way it is heading, the finish for the last few playoff spots should be tremendous.

Sports Talk is prepared to make some April predictions right now. Call it vision or call it a hunch, but mark these words: 1. New Jersey, Montreal, and Pittsburgh will make the playoffs and the once Eastern Conference leading Rangers and Islanders will once again hit the links early. 2. Edmonton has a chance to go to the Stanley Cup Finals, but only if they do not play Dallas in the postseason. 3. Detroit will experience a repeat of 1996. That year the Wings posted 62 wins, yet bowed out to the Avs in the Western Conference Finals. Hence, do not be surprised if Detroit does not make the Finals. 4. The Flyers are clearly in the driver's seat in the East, yet, if the playoffs began today, they would face arch rival New Jersey in the first round, a situation with which no Flyers fan would be comfortable. They must also contend with Toronto. 5. Expect St. Louis and San Jose to underachieve as usual. 6. A Canadian team will make the Finals: Toronto is coming out of the East. They have been one of the best teams in hockey this season and have the experience and talent to make a Cup run. A Canadian team has not played for the Cup since Vancouver lost to the Rangers in 1994, and no Canadian team has won a Cup since 1993 when Montreal took down the LA Kings. Now, the envelope please.... Sports Talk's Midseason Awards.

**Hart Trophy (League MVP):** Nominees: Nikolai Khabibulin, G. Tampa Bay. Mats Sundin, C. Toronto. Jose Theodore, G. Montreal. Joe Thornton, C. Boston.

Khabibulin has been nothing short of spectacular since joining Tampa Bay. Posting a league best .929 save percentage, 2.21 Goals Against Avg., 7 shutouts and 17 wins,

most of which he has single handedly stolen for a young Tampa Bay Squad. Both Toronto's **Mats Sundin** and Boston's **Joe Thornton** have been the engines driving their respective teams to two of the best records in the East. Sundin has cracked the 30 goal mark and Joe Thornton is developing into the player that Boston hoped he would after taking him with the #1 pick in the 1997. Both of the centers have more than 50 points, (Sundin 54, 30 G 24 A, Thornton 59, 22 G 37 A) and have been inspirational leaders for their teams in play and in character.

**Jose Theodore** has flourished in virtual obscurity. Well, obscurity for Americans; Canadian fans know how great this kid is. He filled in for an injured Jeff Hackett and has 6 shutouts on the season while posting a .926 save percentage, 2.10 GAA, and 20 wins. Theodore has been the backbone of a Montreal squad that is looking to make the postseason for the first time in 4 years.

**Sports Talk Hart Trophy Winner: Mats Sundin.** Sundin has lead the Leafs all year and will continue the trend all the way to the Finals.

**The Best Player You've Somehow Never Heard Of:** Nominees: Markus Naslund, W. Vancouver. Jarome Iginla, W. Calgary. Eric Daze, W. Chicago. Roberto Luongo, G. Florida.

Vancouver's **Markus Naslund**, over the last two seasons, has been one of the league's top scorers. Naslund can be penciled in for 80 points before the season starts. He was on a 90-100 point pace last season before a broken leg sidelined him. This season Naslund is a tied with Thornton and Jarome Iginla for the league scoring lead with 59 points, (26 G, 33 A). He and D-man Ed Jovanovski are going to be stars in the Pacific Northwest for a long time. **Jarome Iginla**, after coming over to Calgary from Dallas for Joe Nieuwendyk several years ago, has come into his own this season. Iginla finished with 76 points last season, most of which in the second half. He is a tremendous power forward with great speed, skill, and great hands around the goal. Iginla is leading the league in goals with 32, and has 59 points. He is a new breed of power forward with the touch of Joe Sakic and the scoring of Brendan Shanahan.

**Eric Daze** may be the leader for this award, the man has notched 20+ goals in 4 consecutive seasons. He has sparked a revolution in Chicago, as the Hawks have already surpassed last season's win total. Daze has 28 goals and 53 points this season, and the scary thing is that he is a tremendous second half player.

**Roberto Luongo** has star written all over him. This young man has stolen many wins for Florida, while his GAA is a product of the Florida defense, his save percentage is well over .915. He has posted 4 shutouts and, along with the Bures, Sandis Ozolinsh, and new coach Mike Keenan, Luongo will make the Panthers a playoff team very soon.

**The Virtual Obscurity Award goes to....** Markus Naslund. This 26 year old is the leader of Vancouver and will be a star among the scoring leaders for years to come.

**Top Quick Skating Defenseman:** Brian Rafalski, NJ. Gary Suter, SJ. Ed Jovanovski, VAN. Kim Johnsson, PHI.

This award is a favorite among the editors of Sports Talk, as the skating defenseman is the key to the start of every attack. All of these defenseman are crucial parts to their team's respective power plays, penalty kills, and even strength hockey. All have very strong point totals, with only Suter failing to reach 30 by the Olympic break. It should also be mentioned that these 4 play tremendous defense in their own end.

**Brian Rafalski** came over to New Jersey three seasons ago after playing in the Finnish Elite League. He made an immediate impact on the Devils with his fast skating and great passing ability. In just three seasons he has already reached the 100 assist mark, and is well on pace to beat last season's 52 point total, (9 G 43 A) with 7 G and 30 A this season. **Gary Suter** has been healthy all season, which has spelled good news for San Jose's offense and their PP. Suter is a smooth passer and elusive skater that complements the finesse of C Vincent Damphousse and power of W Owen Nolan. Suter has anchored the point on the Sharks PP all season long, with 2 goals and 22 helpers, with 17 of those points coming on man advantage situations.

Who can be said about **Ed Jovanovski**? Power, speed, grit, skill, and a howitzer for a shot. Jovo Cop has it all. He is the anchor of the Vancouver defense and their power play. Jovo is developing into the player the Canucks hoped he would when they sent Pavel Bure to Florida for him 3 years ago. Jovo notched 45 points last season, and is among the league leaders in defenseman goals this season with 14. This young man is one of the best in the league.

The key to the Flyers trading Eric Lindros was to get an offensively minded defenseman that could control the tempo of play, and they got him in **Kim Johnsson**. Johnsson played in the shadow of Brian Leetch last season in the Big Apple and has been a stud since suiting up in the or-



Ed Jovanovski, (55) is one of the best young blue-liners in the NHL.

ange and black. Johnsson is the engine of the Flyers offense and top PP unit with his speed and passing vision. This young Swede, invaluable to the Flyers, has 10 goals and 28 assists with 17 power play points this season.

**The Winner is... Ed Jovanovski, Vancouver.** Jovo offers the most complete package of all these skaters. He is a runaway train on skates with the shot of Al Iafraite, the touch of Paul Coffey, and all the essential skills (speed, leadership, power) of a legendary NHL blueliner.

**Best Offensive/Power Play Defenseman.** Nominees: Sergei Gonchar, WAS. Chris Pronger, StL. Rob Blake, COL. Nicklas Lidstrom, DET.

We here at Sports Talk find defense to be very important to the success of a team. This list here is a veritable who's who of NHL blueliners. Norris Trophy winners, Hart Trophy winners, and the perennial leaders in defenseman points are just some of the accolades that decorate the nominees.

Washington's **Sergei Gonchar** is quite possibly the most dangerous blueliner on the power play in the NHL. The Caps PP has always been strong and Gonchar is an integral part of that unit. No defenseman has scored more goals in the last 5 years than has Sergei Gonchar. The trend is continuing as Gonchar is well on his way to 25 goals, as he hits the Olympic break with 17 goals and 44 points, 21 on the man advantage, 2nd amongst defenseman. St. Louis' **Chris Pronger** is recovering from a slow start this season and has turned into the Pronger of 2 years ago, when he won both the Hart Trophy and the Norris Trophy, as the league's top defenseman and most valuable player. He has 5 goals and 30 assists, with 21 points on the power play. It is scary how good this young man is, and even scarier is the fact that he is only 26 and getting better every game. Don't be surprised to see Pronger hit the 70 point mark in the near future.

**Rob Blake** is generally regarded as one of the hardest shooters from the blueline along with St. Louis' Al MacInnis. Blake has been tremendous since coming to the Avs from LA last season.

Blake is 2nd in defenseman scoring with 41 points and has 13 goals. He is a tremendous defender as well, giving him a combination as lethal as that of Chris Pronger. Blake leads all NHL defensemen with 22 power play points. **Nicklas Lidstrom** is quite possibly one of the best passers in the league, forward or defenseman. The Swede is the anchor of Detroit's power play and the key to their offense. He has unmatched poise and precision on the point and sets up one timers better than any defenseman in the league. He won his first Norris trophy last season.

**The winner is.... Chris Pronger.** Pronger's blend of goal scoring, passing, shooting and skating make him the point man after which every power play d-man should be modeled. Toss into the mould his all-around play and you could be looking at one of the NHL's best ever defenseman.

**Wheelchair Award:**

**Best Player(s) over 35 Years old.** Nominees: Al MacInnis, 38, D, StL. Phil Housely, 37, D, CHI. Patrick Roy, 35, G, COL. The Detroit Red Wings!!! (Hasek, Chelios, Larionov, Yzerman, Robitaille, and Hull) use an abacus to get the average age of these guys, and Adam Oates, 39, C, WAS.

Like an older man with gray hair, this list is very distinguished. 37 year old **Phil Housely** is the top American point getter in NHL history, and has been part of a revival in Chicago, with 10 G and 29 points. He continues to keep chugging. Is **Al MacInnis** ageless?? One might think so. The hard shot champion misses a few games here and there to minor, nagging injuries, but still is a threat on the Blues power play. In 45 games, 38 year old Big Mac, has 35 points on 9 G and 26 helpers, making him a strong candidate for this award.

Isn't age supposed to slow one down?? Someone forgot to tell that to **Patrick Roy**. St. Patrick is in the midst of one of his best seasons ever, posting a 1.96 Goals Against Avg., .924 save percentage and 22 wins. This man is the backstop on the Colorado Avalanche. He has won 4 Stanley Cups and 2 Conn Smythe Trophies. **Adam Oates** is taking his customary place on the top of the NHL assist list, with 44 on the campaign, 17 of which on the PP. Oates, year in

...cont on pg. 16



# COMICS



## Personals Are Back!!!

Starting in the February 28th issue, personals will be displayed in The Albrightian again!!! If you would like to place a personal, submit your written, appropriate message, and place it in either the Albrightian door, or in box #107. If you wish us to print your message, please include your name and phone number. We will print messages without signed names upon consideration.

The Albrightian will not print personals containing foul language or content, or any libelous or slanderous statements.

So be creative, be fun!!

## Personals

SMK:

If ever two were one,  
then surely we.  
If ever man were loved by  
wife, then thee.  
If ever wife was happy in  
a man,  
compare with me,  
women, if you can.  
I prize thy love more  
than whole Mines of gold  
Or all the riches that the  
East doth hold.  
My love is such that Rivers  
can not quench, Nor  
ought but love from thee  
give recompence.  
Thy love is such I can no  
way repay.  
Te heavens reward thee  
manifold, I pray.  
Then while we live, in  
love let's so persevere  
That when we live no  
more, we may live ever.

-PJM

## Seniors! Juniors! Prospective Interns!

Tired of seeing job announcements requiring years of experience?  
Come interview with employers who are seeking NEW COLLEGE GRADUATES!  
Reach 100 Lehigh Valley and Pennsylvania employers under one roof!



Wednesday, March 13, 2002

10:00 a.m. - 6:00 p.m.

The Holiday Inn, Fogelsville, PA (Junction Route 100 & 22/1-78)

This is a **FREE EVENT**, one copy of your resume required at the door.

Sponsored by the Lehigh Valley Association of Independent Colleges (LVAIC)  
Albright College, Allentown Business School, Alvernia College, Cedar Crest College,  
DeSales University, East Stroudsburg University, Kutztown University,  
Lehigh Carbon Community College, Lehigh University,  
Moravian College, Muhlenberg College, Northampton Community College,  
PSU-Berks-Lehigh, Reading Area Community College  
Ben Franklin Technology Partners and Secretcareers.com.

PROFESSIONAL INTERVIEW ATTIRE IS REQUIRED  
BRING 30-50 COPIES OF YOUR RESUME

Log on to [www.secretcareers.com](http://www.secretcareers.com) for more info and job postings  
Contact your Career Services office for resume/interview advice.





# STUDENT LIFE

## Scholarship Corner

### BRIDGE TO TOMORROW GRANT PROGRAM

The Jack Kent Cooke Foundation has established a \$1 million scholarship fund for the dependent children and spouses of persons killed, missing, or permanently disabled in the terrorist attacks of September 11. Eligibility has recently been extended to include students who have experienced a loss of a parent or spouse as a result of anthrax exposure.

Eligible students can find the application materials at the foundation website:

[www.jackkentcookefoundation.org](http://www.jackkentcookefoundation.org)

For more information, students may contact the foundation at:

1-800-498-6478 or email [jkc@act.org](mailto:jkc@act.org)



Families of Freedom  
SCHOLARSHIP FUND

The Families of Freedom Scholarship Fund was established to provide education assistance for postsecondary study to members of families impacted by events of September 11. Contributors to the Fund want to ensure that the children and spouses of those who died or were permanently disabled will have the opportunity to continue their education.

Qualifying students who need financial assistance to pay expenses for the current academic year 2001-2002 should visit the Albright College Financial Aid Office immediately and request the application.

Qualifying students enrolling in subsequent terms need to call the Families of Freedom Scholarship Fund program manager at 877-862-0136.

Students with any questions may contact Lyn Dauffenbach, Program Manager, at:

Families of Freedom Scholarship Fund  
Citizens' Scholarship Foundation of America, Inc.  
1505 Riverview Road, P.O. Box 297  
St. Peter, MN 56082

Phone: 1-877-862-0136  
E-mail: [freedom@csfa.org](mailto:freedom@csfa.org)  
Fax #: 507-931-8924

## SONS OF ITALY FOUNDATION

### 2002 National Leadership Grant Competition

Eligibility: American citizens of Italian descent enrolled in an undergraduate or graduate program at a four-year, accredited academic institution for the Fall 2002 term are eligible.

Deadline for applications: February 28, 2002

Applications available in the Financial Aid Office located on the Lower Level of the Library / Administration Building.

National Condom Week  
February 11-16

Don't let unsafe sex crash your system//

**Planned Parenthood**  
of North East Pennsylvania

48 S. 4th St.  
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610-376-8061  
1-800-230-PLAN

## Attention All Students

### Do You...

Believe a good public education is a right for all kids?

Think that every kid in Pennsylvania gets the same education?

Know there is a \$227,600 gap between the wealthiest and poorest school district classrooms of 25 kids in Pennsylvania?

If you answered YES to any of the questions, then we want you to...

**Enter a contest and win prizes!**

### Good Schools Pennsylvania announces the Jonathan Kozol Student Essay Contest

Good Schools Pennsylvania announces the establishment of the Jonathan Kozol Essay Contest for excellence in writing on the crisis on public education in Pennsylvania. Essays must dramatize the impact of the crisis by comparing/contrasting the opportunities available to students in specific school districts in Pennsylvania. Entries must be published in a school or local newspaper and are due March 1, 2002.

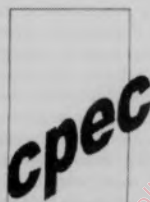
Winners will be presented with a citation and cash prize by Jonathan Kozol in Harrisburg in April 2002.

See

for more details or log onto

[www.goodschoolspa.org](http://www.goodschoolspa.org).

The 15<sup>th</sup> Annual



## Job & Internship Fair

Wednesday,  
February 20, 2002  
Lebanon Valley Expo Center  
Lebanon, PA  
10:00 am to 3:00 pm

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Pennsylvania  
Employment  
Consortium

- Explore opportunities for all majors!
- Interview with 100 organizations!
- Start your career here!

<http://www.collegecentral.com/cpec>

Open to students and alumni of sponsoring colleges and universities:

Albright College • Alvernia College • Bloomsburg University •  
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Lebanon Valley College • Messiah College • Millersville University •  
Penn State Berks-Lehigh • Penn State Harrisburg • Penn State York •  
Shippensburg University • Susquehanna University • Wilson College •  
York College of PA

Register through the Career Center on your campus!



# Spinning out of control - the Sport Utility Vehicle

by Dan Ruedy

Over the break, I was working in a yuppie grocery store and overheard a particularly excited customer talking to herself (or her cell phone) about how she was going to buy the biggest Sport Utility Vehicle on the market, Ford's 7,200 pound Excursion, because - according to her - "[they are] safe and sporty!" What concerned me in this instance, was that she had somehow been misled by clever marketing and a disturbing trend in today's automotive industry. According to The Washington Post, the number of Sport Utility Vehicles on the road has increased from 15% to 25% in the past three years. All trends come and go, just like Ska Music and Hula Hoops, but the Sport Utility Onslaught will have wrought some serious damage by the time it goes into remission. Originally designed and engineered for off-road or agricultural use, SUVs have found a new home flaunting their girth on our fine nation's otherwise pristine highways.

Their primary flaw is their weight, due to a poorly thought out structural design. Most SUVs are built on a ladder frame, just as their pick-up truck counterparts are, but more cab is slapped where the bed would have been. Passenger cars can rely instead on a unibody - the strength of the formed sheet metal alone - for structural stiffness and occasionally a reinforced inner cage. The ladder frame of the SUV, couple with the additional weight of the extra cab results in an incredibly stiff, overbuilt, and obscenely heavy box on wheels. Additionally, the very high ground clearance on most SUVs, though practical for off road use, creates significant turbulence and drag at average highway speeds. This might be why the aforementioned Ford Excursion behemoth gets a puny 11.2 miles per gallon on the highway, and a ridiculous

3.7 in the city. For comparison, Honda's 2002 model of the Accord can crank out a full 30 miles a gallon on the highway and a reasonable 22 mpg in the city. In an era when global warming and fossil fuel exhaus-

tance of Canada) courtesy of that one Mr. Andrew Jackson.

Especially befuddling to me is that a popular criterion for choosing an SUV is their safety. They are most certainly safer - for the persons (though usually

senger car bodies that are designed to give on impact and absorb much of this shock. This is why teenage drivers are able to wrap their dads' sedans around telephone poles and walk away unscathed to drive

than cars and vans. For those of us who are not Chemistry Majors, these are noxious gasses that cause dizziness and headaches, and are precursors to ground-level Ozone that cause asthma and lung damage. When

a Sport Utility is used as a car, for transporting a single commuting passenger, it is a car. We can all agree that SUVs have features that make them perfectly suited for off-road applications and backcountry trekking, but only an approximated 5% of them ever get to leave the asphalt. Passenger cars and light trucks can do the job of the other 95% - and with two to three times the efficiency.

The Sport Utility industry is thriving. As long as Baby Boomers and deep-pocketed young urban professionals are willing to fight over who gets to own the biggest and most expensive rigs, automakers will have no reason to change their ways. Politicians and lawmakers who have the power to yank back on the reigns of regulation never will, either because they are lazy or are getting big payoffs to keep their mouths shut. It is up to consumers to get the point across that Americans demand better, not just bigger. If you already own an SUV, crash it and sell the parts, or try to refrain from operating it unless absolutely necessary. You can still be yo' bad a-- self and own that big expensive SUV, just don't drive it. If you're still thinking about buying one, change your mind or at least consider the cost of everyday operation, both to the environment and to you, even if your parents still pay for your gas.

Dan Ruedy is a freshman columnist for The Albrightian.



The Ford Excursion will produce over 134 tons of Carbon Dioxide in its lifetime.

tion are no longer theories, it might be prudent to give a little more attention to these details. To put it into perspective, consider the traditional college road trip: four friends, a case of full refreshing beverages in the trunk, and \$20 between all of you for gas. If you piled into the Excursion's spacious interior, ignoring gross weight and weather conditions, you would be lucky to get 186 miles away from Reading, PA, before the dough runs out and you're drinking that case of full-bodied ambers on the side of the road. Take the Honda Accord under the same conditions, however (albeit a little more cozy), and you could get up to 460 miles (within striking dis-

it is a single business suit-clas commuter) inside the SUV. The rigidity from the overbuilt ladder frame, coupled with the strength of the cabin's unibody, would undoubtedly shred through most any passenger car. Unfortunately, in a collision with a more formidable opponent, say a concrete barrier or steel girder, the vehicle would not be able to absorb much shock. Consequently, almost all G forces from the subsequent instantaneous deceleration would be transferred to the delicate internal organs of the passengers inside their expensive steel box - wearing seatbelts or not. In recent years, intelligent car manufacturers have implemented crumple zones into pas-

another day. In my opinion, a truly safe automobile should be as conducive to avoiding accidents as it is at surviving them. The sheer weight and crappy suspensions on most SUVs make them about as graceful and nimble as a three-legged dog.

Opponents argue that "SUVs are not cars, and therefore should not be held to the same standards of fuel economy or safety." At the moment that is the case. According to the American Automobile Manufacturers Association, heavy SUVs such as the Excursion and Toyota's Sequoia are permitted to emit 30% more Carbon Dioxide and Hydrocarbons and 75% more Nitrogen Oxides

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needs your help!**

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**'The Voice of Albright College!'**

**Call Kristen or Sally,  
at x 7558**



# COMMENTARY

## Recycling Update

by Jen Levy

Just a quick update on recycling – I promise! The program is going great! Volume has increased and pick-ups are now being made twice a week. Unfortunately the dorms and Albright Woods are still not running. Several people have inquired about when this would occur and I sincerely apologize for the delay. With any luck I'll be able to have them up by the end of the semester, but aim for definitely next year. If anyone is interested in collecting stuff from their apartments/rooms bins for commingled materials (aluminum, tin, plastic and glass only!! This does not include styrofoam, plastic wrap, baggies, or candy wrappers!) are located behind the gym, near the dumpsters at the rear of the weight room parking lot. Paper goes to the red shed located inside the stadium at the right side when you walk in the main entrance near the practice football field. Individuals are more than welcome to drop off their materials until I can get sufficient sized bins available.

I would also like to thank Dr. Campbell and her biology classes for their offers of

help over the interim. Again, I sincerely apologize for not contacting anyone. I have been extremely busy and haven't made time to come up with a workable schedule with anyone. I will be contacting people this weekend and if anyone else is interested in helping out please contact me! I can be reached (occasionally) at home at (610) 370-2392 or you can email me with the times you are available at [euphoria201@aol.com](mailto:euphoria201@aol.com). Pick-ups must be completed by 4pm, as the grounds crew leaves at that time and the pick-up truck(s) are no longer available. Also, if anyone knows of an area on the academic campus where bins are not available and should be please contact myself at the number or email listed above or call facilities to leave me a message. The same goes for those bins that are that are full to capacity. Again thank you all for the support and effort, and keep up the good work – but please NO TRASH!!!

Jen Levy is a senior and a regular contributor to *The Albrightian*.

## Jake's Q & A

I have been given the opportunity to speak to all students who frequent Jakes Place, although some more than others stop by or one of our delicious grilled subs.

I will be a monthly contributor to the Albrightian so I can answer any questions or concerns, and maybe receive some enlightenment how you as students perceive Jakes. This is by no means an open invitation for a lynching, but it is an invitation for me to hear legitimate concerns you

may have. I will try my best to answer your questions, or find someone who can.

So here is your chance to speak out! My hours are 3:30-11:30, Sunday through Thursday, I will be looking forward to answering your concerns or questions that you may have. Please put all questions in writing and turn them in at Jakes during our business hours.

Sincerely, Diane

## SGA Column

by Mike DeFelice, SGA President

Dear Albrightians,

Hello and welcome to a new semester! Allocations were held on Sunday, February the 10th. A finalized budget will be sent to the student body detailing our allocations.

Currently we are revising our constitution. There are many parts that need revision and clarification. Upon approval by the SGA and administration, there will be a Student Body voting on it in March.

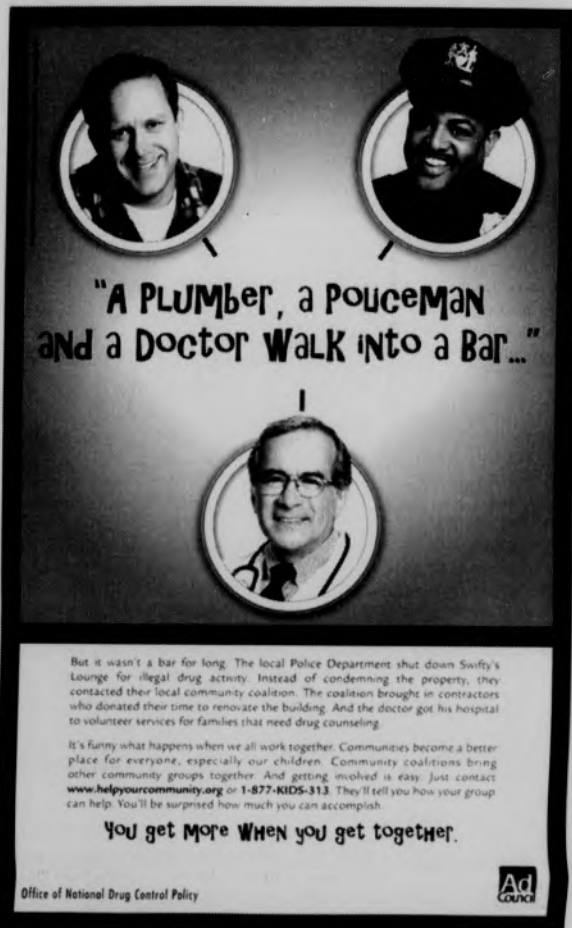
As for the rest of the se-

master, elections for class officers and SGA officers will occur in April. Our Student Senate dates are as follows: February 24, March 10, April 7, and May 5. These will be at 3:30 in the South Lounge.

Best of luck to everyone this semester.

Sincerely,

Michael G. DiFelice  
SGA President



"A PLUMBER, a POUCEMAN  
and a DOCTOR WALK INTO a Bar..."

But it wasn't a bar for long. The local Police Department shut down Swifty's Lounge for illegal drug activity. Instead of condemning the property, they contacted their local community coalition. The coalition brought in contractors who donated their time to renovate the building. And the doctor got his hospital to volunteer services for families that need drug counseling.

It's funny what happens when we all work together. Communities become a better place for everyone, especially our children. Community coalitions bring other community groups together. And getting involved is easy. Just contact [www.helpyourcommunity.org](http://www.helpyourcommunity.org) or 1-877-KIDS-313. They'll tell you how your group can help. You'll be surprised how much you can accomplish.

**You get more When you get together.**

Office of National Drug Control Policy

Ad Council

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# Sports Talk: NBA action

by Dan Penucci

The Winter sports season is upon us, and with it comes the Salt Lake City Olympics and the stretch runs of the NHL and NBA seasons.

The winter season got off to a tremendous start with the NFL playoffs and the Super Bowl. The Pats thrilling, yet controversial victory over the Raiders in the blizzard. Their win over Pittsburgh in the AFC Championship game, a game that stunned the Steel City. The Pats walked into each game as underdogs, the odds against them because writers and critics felt that the Pats were simply happy with making the playoffs. Right, just like Canada will be happy with getting to and losing in the Gold Medal Game in the Olympics.

The Pats were a team of destiny, and they produced one of the greatest Super Bowls ever. Sports Talk has to rate this Super Bowl at the #2 greatest Super Bowl slot, (with ones that Sports Talk has been alive for) trailing only behind the New York Giants' victory in Super Bowl XXV over Buffalo in 1991.

This game is more commonly referred to as the last known sighting of Bills place kicker Scott Norwood, as he missed a game winning 49 yard field goal as time expired.

The showdown in New Orleans saw the Rams, favored by 14, basically implode under the pressure. The Pats took the Rams offense and turned it into a game of short passes, limiting the yards after catch that the Rams fleet footed receivers covet so.

Pats cornerback Ty Law set the tempo of the game as he picked off a Kurt Warner pass in the second quarter and took it back for the opening score. Turnovers once again killed the Rams late in the second half as an interception set up a late touchdown pass from the Pats Tom Brady to WR David Patten. The Pats took a 17-3 lead into the half, ironically enough, that was the spread by which the Rams were favored.

The second half started with the Rams unable to do anything against the Pats defense. The Rams eventually scored, but only after a Pats 95 yard fumble return TD was called back for a blatantly obvious holding penalty where Pats LB Willie McGinest bear-hugged Rams RB Marshall Faulk on a critical 4th down play. The Rams then tied up the game late in the 4th with a Warner TD pass to Ricky Proehl.

The stage was set for the NFL's new golden boy to rise to the occasion. Tom Brady marched onto the field with under 2 minutes to play. Brady used every weapon he had, WR Troy Brown, WR David Patten, even 3rd down RB Kevin Faulk and clutch TE Jermaine Wiggins. The crucial play was

a third down play inside the Pats own 40. Brady hit Troy Brown underneath for a 25 yard gain, putting the Pats in field goal range.

One more short pass to Wiggins and Adam Vinatieri took the stage. Vinatieri sent a 47 yarder straight through the uprights for the 2nd biggest upset, (point spread wise), in Super Bowl history. (Broadway Joe Namath and the Jets were 18 point dogs in 1969 against the Baltimore Colts.)

This game was not an upset, the Pats took it to the Rams and beat them straight up, they had the talent and they played the game the way they walked into the arena: as a team.

To anyone who happened to view the Winter Olympic Opening Ceremonies, here is a piece of news: There actually are other countries participating in the Olympics, not just the USA.

These are not the USA Olympics, they just happened to be held in America. The Olympics are a global celebration of sport, yet the opening ceremonies were used to honor America, basically forgetting other countries.

The Olympics are about sports and athletes from across the globe.

Now if you tune in and check out NBC's coverage, the only thing you will see, besides figure skating, are Americans and the 3 people who will win medals, regardless of the sport.

The United States does not fare too well in the Winter Games, and one must wonder if the ratings for NBC's coverage will fare much better. Now, we sports culture starved Americans do not want to watch people from other countries winning medals, most Americans can't appreciate a sport if we are not the best.

I, for one, truly enjoy the winter games as it affords me the chance to see sports that, while commonplace in the rest of the world, never crack the surface of American television. Expect to see NBC fail to realize their fault from Sydney, as they once again broadcast the USA Olympics, not the whole Olympics, completely missing the target, again. There is only one difference from their coverage in Sydney two years ago: This year it will be live. On a side note, the much anticipated hockey coverage can be seen on their cable news network, CNBC.

We shift our focus to basketball now, both college, and for the first time in Sports Talk history, the NBA. Once again, the Duke Blue Devils are

the team to beat in the NCAA.

Now, Sports Talk has been critical of Duke's Jason Williams in the past for his turnovers, poor shot selection, and lackluster defense, but the kid is a good player.

He still needs improvement on defense and making smarter decisions. Basically he needs to stay for his senior year of college.

Williams gets constant praise from ESPN's Dick Vitale, sometimes too much. Vitale believes that Williams is the second best point guard in the

offseason. The trade in which Elton Brand was involved really has to question the NBA and what it values in regards with teenagers jumping to the pros.

Do they choose to take a chance on an immature high school kid with the hope of him developing into Kevin Garnett or do they go for immediate impact?

The NBA would suggest the answer is the former. Kwame Brown, remember him? Brand was sent from the abysmal Chicago Bulls to the LA Clippers for the #2 pick in the draft.

a winning record and has the Clips in a situation to make the playoffs for the first time in a very long while. The Bulls are still the laughing stock of the NBA.

The Sacramento Kings, owners of the best record in the league, have fallen drastically short of expectations in the playoffs the last 2 seasons. They made a very shrewd move this offseason, as they traded highlights for results.

They shipped flashy liability Jason Williams to the Grizzlies for Mike Bibby. Bibby, while less flashy, is a more effective defender and team leader. The result?

The Kings have the best record in the NBA.

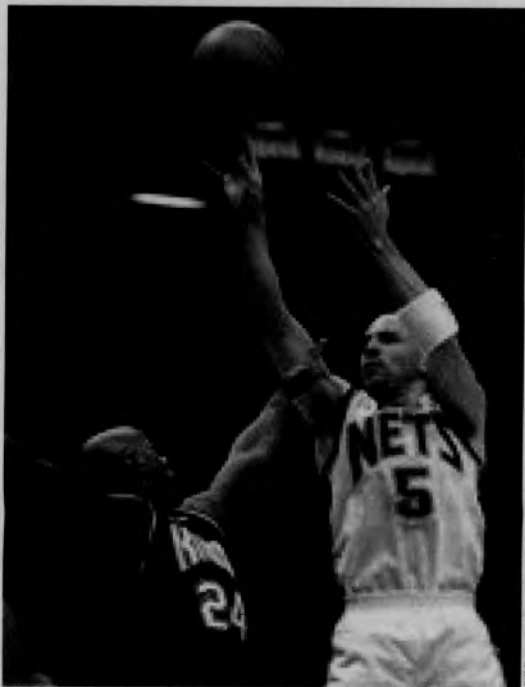
Now to the best trade of the year, in any sport. The Nets sent Stephon Marbury to Phoenix for Jason Kidd.

The result?

The Nets are on top of the Eastern Conference and playing a team game revolving around Kidd, who makes everyone around him better.

Kenyon Martin, Kerry Kittles, and Keith Van Horn have all benefitted from the departure of Marbury, an immature, selfish, and disruptive player. Marbury was a cancer in the clubhouse, and the Nets simply didn't need it.

Kidd has been spectacular for New Jersey, while the Suns are floundering near the bottom of the West. As for Marbury you might ask? He was arrested for driving under the influence last week.



Jason Kidd (5) has led the Nets to the best record in the East.

world, behind only Jason Kidd of the New Jersey Nets. (Before he said this statement, Vitale claimed Williams was the best point guard on any level. Ludicrous.) So next season, while Williams is on one of the NBA practice teams like Chicago or Golden State, we can expect too see him out-playing the likes of Gary Payton, Andre Miller, Steve Francis, Baron Davis, and Sam Cassell, because he is better than everyone except Jason Kidd.

Williams will be taken to school by every one of those players. To imply that this kid is even close to the talent level of a Gary Payton or Sam Cassell is ridiculous. Expect Duke to be the tournament favorite for the 4th straight year. They've only won once, so pick with caution.

Now to the NBA. Sports Talk will examine possibly three of the best trades in any sport over recent years, but they have all taken place this season in the NBA.

Three players: Jason Kidd, Elton Brand, and Mike Bibby have all been beneficiaries of terrific personnel moves this

The Bulls selected Tyson Chandler, some high schooler. Has the NBA draft become more like hockey and baseball, where teams draft a player and must wait several years for him to develop?

Gone are the days of most rookies making an immediate impact. Yet, look at Shane Battier and Jamaal Tinsley.

Both players stayed 4 years at Duke and Iowa State, respectively, and both are starting and having much success on Memphis and Indiana respectively. Brand has lead the Clippers to

## NHL cont from p.

11...

and year out, is one of the best passers in the league. Of course passing to Jaromir Jagr, Peter Bondra, and Sergei Gonchar helps too. He has been one of few bright spots in the Capitals disappointing season.

This award, hands down goes to the ageless wonders of the Detroit Red Wings. These grandfathers have set the NHL on fire this season. Chris Chelios, 40, is the NHL's leader in plus/minus rat-

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ing. Igor Larionov, 42, is still one of the smoothest skaters and passers in the league.

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