

Happy
Holidays

In this issue The Albitian

THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19604

DECEMBER 9, 1983

Return of the Pilfered Panther

by D. McCullough

The "Panther" is back! Sunday evening, November 27, the stolen figure, heisted from the Wyomissing Club the night of Albright's Homecoming dance, was returned, safe and sound.

Due to some thorough and speedy work by Albright Security, the help of an outside agency, and an informant, the panther statue which eluded searchers for so long has been rescued from its abductor.

Stolen the evening of October 15 Homecoming, circumstance pointed to the Albright community for its return. But substantiated evidence turned up and the statue was found—and *not* in the hands of an Albright

student.

Stratton Marmarou, head of Albright Security, commented, "We want to stress that it was not a student that was responsible." He went on to say though that it obviously was "someone who attended the (Homecoming) dance."

Linda Brown, alumni relations, stated, "The important thing is that the statue has been returned." She continued to stress the importance of this return to the credibility of Albright in the eyes of the Reading community.

Needless to say, members of the Wyomissing Club, to whom the panther was donated in 1907, are also extremely pleased. The hand-tooled figure was donated to the club by the same man that

built Stokesay Castle and carries great sentimental value with the members.

Late-breaking evidence has turned up since the search began for the panther. Ironically, the panther is not a panther at all, it's really a tiger, sources claim. Whether or not this breakthrough had aided Albright security's search is purely speculative.

The Albright community is certainly fortunate the tiger was returned. As Linda Brown added, "much of Reading was aware of the incident."

The reward has been claimed by the source that led to the tiger's acquisition and the figure has been returned to its owners.

Linda Brown and the alumni staff would like to



The "Panther" (actually a Tiger) which had been stolen from the Wyomissing Country Club has been returned to its rightful owners.

express their sincere thanks to everyone who worked diligently on the project.



A Painting Show Reflects Revival



"Digging Children" by Eric Fischl is one of the works currently on view in *A Painting Show* at the Freedman Art Gallery. The exhibition includes large-scale paintings by nine contemporary American and European artists: Jon Borofsky, Roger Brown, Louisa Chase, Fischl, Elizabeth Murray, Mimmo Paladino, Ed Paschke, A.R. Penck, and Susan Rothenberg. The paintings are on loan from a private collection in New York City.

The exhibition, which reflects the current revival of interest in figurative imagery and in Expressionism, will continue through January 8. On Tuesday, December 13, at 7:00 p.m., Mark Rosenthal, Curator of 20th Century Art at the Philadelphia Museum, will give a special gallery talk about the exhibition. Everyone is welcome to attend.

Hike affects student aid

by John H. Bowser

With the cost of a year at Albright going from \$8510 to \$9425 for tuition, room, and board, many students are concerned as to where they will get the additional \$915 to pay their bill. Sheila Angst, Director of Financial Aid, recommends that anyone with a particular problem see

her for help. She feels it would be unfortunate for those who have endured for three years to drop out or transfer.

Angst realizes the special situation of the "trapped junior." "Those who leave without first coming to see me, do so at their own choosing." She says that sometimes, unfortunately

not always, she may be able to direct students toward other sources of aid and make it possible to complete their last year here. She adds that many seniors this year who came in to see her last year could attest to the fact that Albright is committed to them.

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Problems brought out

by John Bowser

As usual, the student body turned out for yet another in the series of SGA sponsored Open Forums on Tuesday evening December sixth. With a good showing of administrators, faculty, and SGA members, the questioning began. Among the issues raised were the Alcohol Policy, gym policies, housing, tuition, food service, and Esterim. The meeting concluded before 8:00 after about an hour and a half of discussion.

One of the first issues discussed was modification in the Alcohol Policy, including permitting students to use alcoholic beverages other than beer and wine in their rooms; and the changing of some of the disciplinary actions previously outlined.

Of concern to some students was the decision to return for classes on January 2. As it now stands, the dorms will open at 12:00 on that Monday and only brief classes will be held in the afternoon that day so that most students will not have to travel to school on the first.

Several students requested information as to where their tuition increase was being spent. In general, many of the ways in which the college spends its money were brought into question. These issues included the seemingly

endless waste of paper used in sending out memos, the funding of certain organizations to go to conventions, and especially heated was the concern of some students over spending money to provide meals to a movie crew for several weeks in the dining hall.

Another policy of the school that was brought into question was the apparent lack of action on the issue of promoting minority enrollment and minority employment among faculty and administrators.

Other issues discussed included the gym requirements for students including the need of a uniform, the hours the Lifesports Center is open, the need for an evaluation of the food service practices, and dorms being given a specific budget for their own activities. SGA is planning to put out questionnaires by February.

Security was questioned as to why Dominoes is no longer permitted to deliver to student's rooms. The response was that girls coming out of bathrooms at night were upset by the presence of pizza men in the halls.

New in this issue

Nutrition Information
By the Home Economics
305C class
Yes, we didn't forget it!

LETTERS

All members of the Albright community are welcome and encouraged to submit responsible letters to the editor.

All opinions represented under the editorial, letters and commentary sections are those of the author and are not necessarily representative of the Albrightian staff and Albright College.

Dear Editor:

I receive *The Albrightian* by mail a week late. It was interesting, therefore, to read the "Commentary, Issue: U.S. Involved in Grenada" article in the November 4 issue after all those Democrat Senators and Congressmen went to Grenada to investigate whether President Reagan had been right in sending troops there and that concluded unanimously (though some reluctantly) that he had. Even Speaker Tip O'Neil had to reach the conclusion that indeed U.S. students had been in danger and were relieved to see the troops, the Grenadians indeed had welcomed the "invasion" and indeed the Cubans were building a military arsenal on the island.

After reading the one-sided commentary of Nick Gugie for several issues I realize that no matter how right President Reagan may be, his actions will be branded as "imperialism," "hypocritical," "political," "war mongering," "Reagan's Coup" by writers who draw conclusions before hearing all the facts (or in the event of Grenada, any of the facts) and obviously are at the far end of the political spectrum from the President.

Had Kennedy's Bay of Pigs fiasco been as successful as Reagan's Grenada actions, much of the present unrest in Central America agitated by the Communists would never have come to pass.

Your writer did not have to come to an imaginary comparable scenario of "the Soviets invading Pakistan

under the guise of protecting its sphere of influence." Has he forgotten the Soviet invasion of Afghanistan—with what justification? At least the Grenadians welcomed our troops and I am sure they will be out of Grenada much sooner than the Soviets will withdraw from Afghanistan.

My relief is that I know that the Albright students are smart enough to discount the validity of this constant stream of extreme biased commentary for what it is.

Very truly yours,
David H. Roland, Esq.
Mogel, Speidel & Roland, P.C.
Reading, PA

To Whom It May Concern:

I subscribe to and enjoy your publication. It keeps me posted on the latest doings.

I read with chagrin the article entitled, "Happy New Year?". I am an older parent and very paranoid about driving long distances on holidays. If classes are to resume January 2, it means that students and parents must be on the road on a holiday when many "happy" people are driving under the influence of alcohol. It is a dangerous time to be traveling any distance from home.

I would appreciate it if you can find a way to publicize my thoughts.

—A CONCERNED PARENT
(Name withheld by request)
I don't go in for any-

mous letters, but I know my offspring would have a fit about my writing this.

The referenced item was in your 11/18 edition which I just received.

Dear Editor,

I guess I'll start this letter off by criticizing your ability to choose writers and your lack of information. I read an article by Susan McDermott in the November 18, *Albrightian*. I could not believe what I was reading. The article was a review of the Beru Review/Robert Hazard concert. Susan, obviously you know nothing about music, concerts or the bands you reviewed.

First of all, Beru Review is not a "New Wave band." What is New Wave anyway? That term does not mean anything. Beru Review is a dance band. Susan McDermott says about them "Their sound was good, but the lead singer detracted from the music with his theatrics. He changed costumes for each and every song, and he pranced about the stage like Mick Jagger and a Radio City Rockette all in one."

Susan, the Rockettes and Mick Jagger both seem to be doing well. Beru Review outclassed, and outperformed Robert Hazard, in my opinion, and, in the opinion of many of my friends. Beru Review is an up and coming band. I've seen both Hazard and Beru Review before. I've also grown up watching Philadelphia bands. Beru Review has a long career ahead of them, Hazard is nowhere. I agree with you that the crowd came to see Robert Hazard. I believe that crowd was disappointed with him and pleasantly surprised by Beru. Hazard is going nowhere. He can't sell albums

and after about five years, he is still playing at places like Albright College, in Reading . . . wherever that is.

Susan, I wish you would research a little before you go making untrue statements. The Heroes would be very upset if they found out you said they still played with Robert Hazard. The Heroes broke free of Hazard about a year ago. Hazard now plays with studio musicians. The Heroes got together with members of one of Philly's

finest bands, the Hooters, to form Youthcamp. Youthcamp then broke up and the base player, originally from the Heroes, is now playing with the re-grouped Hooters. Susan, next time try to get your information straight, and if I may say so, your taste in music is awful. I bet you have pictures of Saturday Night Fever and John Travolta on your wall, of course, next to your Robert Hazard poster.

Sincerely,
Jon Fiebach '86

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COMMENTARY

Nicaraguan priest expresses thoughts

The following poem, by Father Ernesto Cardenal, the Nicaraguan priest, writer, and Minister of Culture in the Sandinista government, expresses his feelings about the Nicaraguan revolution which brought down the U.S. supported dictatorship of Anastasio Somoza and the Somoza family, a 45 year dictatorship that cost Nicaragua an estimated 250,000 civilian casualties during its tyrannical rule.

The Parrots
by Ernesto Cardenal*

My friend Michel who's in charge of Somoto up near the Honduran border tells me they caught a shipment of parrots about to be smuggled to the United States where they'd learn to speak English. There were one hundred and eighty-six parrots, and forty-seven had already died in their cages. And Michel took the parrots home: Just as the truck approached Los Llanos, near the mountains where the parrots once lived they became wild and started to flap their wings, pushing against the bars of their cages. And when the cages were opened they all flew like arrows toward their mountains. That's what the revolution did for us, I think: took us out of the cages in which we were being carried off to learn English and sent us back to the land we were pulled from. Green as a parrot, Michel gave those parrots back their own green mountains. But forty-seven had died.

*Father Ernesto Cardenal, an ordained priest and one of the best-known living writers in Latin America, is Nicaragua's Minister of Culture.

Submitted by David L. Schwartz, Associate Professor of Economics

Warnings for winter joggers

Joggers are known for their perseverance. Neither rain, sleet or snow stop these "veterans" from pounding the pavement. But, in winter months, joggers should be aware of the extra strain cold weather places on the body, says Francis Naso, M.D., professor of rehabilitation medicine at Jefferson Medical College of Thomas Jefferson University. "Conditioned runners, those used to running for 30 to 45 minutes regularly, generate enormous amounts of body heat, and are probably safe most of the time if they are healthy, active and fit," says Dr. Naso.

"But, there is a need to

be cautious when out in the intense cold for prolonged periods," he said. The cardiovascular and pulmonary systems are most susceptible to injury in extreme cold. Any activity performed under these weather conditions increases the blood pressure and strains the heart by making it use more energy, Dr. Naso said.

In addition, when it is extremely cold outside, the air becomes very dry because the humidity is low. This affects the lining of the lungs adversely, Dr. Naso said, because the lungs require moisture to function properly. The result is that by breathing this cold, dry

air we become more susceptible to upper respiratory infections.

When dressing for winter jogging Dr. Naso advises people to wear multi-layers of loose-fitting clothing. "Pay special attention to those areas such as the fingers and toes that are far from the central part of the body," he advises. "Heat is lost more easily, and frostbite may occur." Dr. Naso believes it is a good idea to wear at least two pairs of socks and mittens or gloves. Since body heat escapes from the head, he advises wearing a hat.

COMMENTARY

Revealing reality

Now that the invasion of Grenada has sunk favorably into the minds of most Americans, one must wonder what will be next. Certainly, the people of Nicaragua are doing so. With several thousand American troops poised and ready in Honduras, nuclear ships and submarines floating in the neighboring waters, and constant rhetoric from Washington that the Sandinista government is "exporting revolution," the time might be ripe for an invasion of Nicaragua. With the Middle East looming as an ever-worsening hot spot and elections less than a year away, we should be mindful and watchful of further military moves in Central America.

The Sandinista government fears Ronald Reagan. It has made a variety of moves, some symbolic and some more substantial, to shore up relations with the United States. Cuban advisors and even social workers have been expelled; political prisoners have been released; and international organizations have been invited to examine the real economic progress that has been made, with great difficulty, in Nicaragua. Despite the hostility of its neighbors and a more than clear line of anti-communism spewing from Washington, the Sandinistas have gone out of their way to convince the American public that they wish to be left alone, to pursue a course of reconstruction necessitated by Somoza's dirty deeds.

It may come as a surprise to some, but the United States has many more military personnel in Central America than does Cuba or the Soviet Union. We also have several hundred thousand troops within two thousand miles of Russia, yet squabble endlessly when several thousand Soviet troops are within the proximity of our borders. This is obviously a double standard and although I am hardly criticizing the need for some military presence in Europe and Central America, ours is considerably more than some. The people of Nicaragua, accordingly, have a legitimate right to be worried, to prepare for war, and to seek assistance from wherever possible. But besides doing this, the Sandinistas have made sincere attempts to patch up relations with the United States—partly out of fear and partly out of the need to work with the rest of the Western Hemisphere in order to escape the rut created by Somoza and the American-backed Orwellian "freedom fighters." Instead of reacting to any semblance of socialism (Nicaragua's GNP is more than half-derived from private enterprise) with tough talk and military maneuvers, we should try, for a change, to be at least a little amicable. The Sandinista Revolution is unique and more successful than many other socialist movements; America has the ability and need to set a more positive course of foreign relations for the future by

dealing more humanely and positively with Nicaragua.

A brief word on history is needed here. The United States has invaded Central America and especially, Nicaragua, some 60 or so times since the Spanish-American War. It also went out of its way to install and maintain the most oppressive ruler in Central America since the Spanish, Anastasio Somoza. The United States has troops in Honduras, El Salvador, Guatemala, Panama, and Mexico—the most immediate of Nicaragua's neighbors. With this track record and current situation, the Sandinistas have every right to be vigilant. Even before Castro and the expanded power of the Soviet Union, the United States had interfered with the self-determination of the Latin peoples (this is a word we like to use in our self-oriented, freedom-conscious society). Although there is considerable evidence from international organizations that Nicaragua has made more human rights and economic progress than many U.S.-backed nations, we persist in viewing the Sandinistas as an expansionary Cuban puppet and a vicious dictatorship. This label might indeed apply to many other nations, both Leftist and Rightist, around the globe, but not in Nicaragua.

The United States has a golden opportunity to enter a progressive period

of relationships with its neighbors, semi-Marxian and otherwise. Nicaragua, out of either fear, genuine good will, or more likely both, has made significant overtones of forging an at least civil form of co-existence with the U.S. Yet Ronald Reagan continues to utter highly-charged verbosity about "creeping menaces," "freedom fighting," "requests from neighboring nations," etc. A serious miscalculation was made in Vietnam some twenty years ago, and the costs are still piling up—an error in judgment caused by a rigid Domino Effect doctrine. Well, the Monroe Doctrine is equally outdated and out of touch; there are plenty of nasty rulers, a handful of good ones, and a majority of "in-between" democracies and dictatorships. Nicaragua, for now, falls into this latter category. We should not waste precious resources and lives fighting governments that actively seek cooperation and mutual respect. Far too many hot spots exist in the world to create problems where they really don't exist.

(Note: I sincerely wish everyone a peaceful, warm, and bountiful holiday season. We need to appreciate family and friends now more than ever before.)

—Nick Gugie

TMI... Still a hot issue

The Day After is more than two weeks past and emotions have probably begun to settle back to their normal inactive states concerning issues of a nuclear holocaust. But we must not forget that this March marks the fifth anniversary of the nearly tragic accident at Three Mile Island.

Memories were recently stirred when Douglas H. Bedell, Manager of Communications Services at TMI, spoke to the PR/Advertising class on Three Mile Island: The Public Relations and Communications Breakdown. Mr. Bedell assured the class that the brunt of the problem was in the breakdown of communications, and not the severity of the near meltdown.

Bedell contends that the public was provided with "misinformation" that led to the "adverse image that was shaped in the throes of the accident."

Bedell maintains the concerns of the public, but relays that the General Public Utilities (GPU) Nuclear Corporation, the successor to Met-Ed as the operator of

TMI, has had to counter that initial loss of credibility.

New operators, engineers, and an experienced communications staff, trying to "communicate effectively and understandably with the public," will be upfront and straight forward with the public in assuring "accurate, timely information."

The problem (although TMI calls it a communications breakdown) still cannot be overlooked. An accident did occur—and a very serious one. Efforts are still being taken to find out how serious the problem really was.

Five years later, the facts are beginning to filter out and we are finding that it might not have been as serious as once thought, but who would have known this at the moment.

Would better communications have helped in a unique situation like the first nuclear accident? When scientists five years later are only beginning to understand the situation, who can tell us our

initial fears were unsubstantially brought on by faulty reporting.

GPU reports "The accident, while it was a serious one, should be recognized as a learning experience for nuclear power, not as its death knell."

It is understandable that new programs should need time to develop and grow, but is this development a positive one for our society?

TMI stresses their interests in providing the public with the information on all aspects of operation. They feel if the public understands and is aware it will eventually accept the operation.

Information about the clean-up of Reactor Two, eventual disposal of nuclear waste, release of radiation, and the restart of Unit One is geared to public acceptance of nuclear power.

It is hard to imagine that reports of such activities—especially truthful reports, will be readily accepted as good news.

We must give credit where credit is

due. GPU obviously understands that public concerns over operations at TMI are very real ones. And targeting communication failure as a problem of the former operations was probably very accurate but blaming shortcomings of the nuclear power industry on a lack of communications at one "unfortunate" plant is an overstatement.

As for Mr. Bedell and the new communications staff at TMI, they must be commended for a true attempt to relate the facts of the operations of TMI to the public; but not for their negative attitudes toward the very real fears of the public and toward the oppositions of anti-nuclear groups.

TMI seems to desire a "foolproof" image of operations—one of technological and communicative excellence; but nuclear power must be proven more stable before a conscientious, and intelligent public will accept it.

—Daryl McCullough

An appeal to keep achieving

As my presidency of the Albright College Organization of Nursing Students comes to a close, I would like to reflect upon this aspect of my college education. My term of office has given me more opportunities for personal and professional growth and achievement than I ever imagined. Indeed, we are not static beings but are constantly changing, adapting to, and growing with the environments and situations we encounter. Remember that there is always room to grow and maximize one's individual potential.

Providing leadership for the ACONS Executive Board as well as the general

membership has been an enriching, educative, and challenging experience. I have strived to work cooperatively with all members of ACONS in an effort to reach one of my primary goals of increasing ACONS' overall membership and active participation in the organization.

During my term of office, I was given the opportunity to represent ACONS at the 1983 National Student Nurses' Association Convention in Baltimore, Maryland. It was truly a learning experience as I was able to increase my awareness of the current issues facing the nursing profession. Legislation does play a significant

role in nursing, and I have been made acutely aware of my personal responsibility in taking a stand and making my voice heard.

I was able to meet and speak with well-known nursing leaders and educators as well as other nursing students from all over the country, and I gained insight into their ideas and opinions on various health issues. A special honor that ACONS received at the NSNA Convention was a third place award for our efforts in promoting and participating in the March of Dimes Walk America.

Another highlight of my term of

office was seeing the active participation of ACONS at the 1983 Student Nurses' Association of Pennsylvania Convention in Valley Forge. We must continue to support each other in our efforts to aid in the development of the whole person and his professional role and responsibility for the health care of people in all walks of life.

The 1984-85 term holds a potential for new breakthroughs in nursing. I encourage and challenge all of you who are to follow to stand up and participate. Get

continued on page 7

Albright College - next exit

by DeDe Meck

As visitors come to Albright they will notice a helpful change along the route. Right before the 11th Street exit on Route 222, there is a new sign that reads in bold letters: ALBRIGHT COLLEGE NEXT EXIT.

This sign, along with a few smaller ones scattered around town at strategic points, has been a major project for the past two years.

The Image Committee decided to pursue the possibility of posting the road signs, but didn't know all the problems that would arise.

One person in particular was responsible for the success of the project, committee

member Esther Krasevac. When complications arose she decided to take it on herself to "pursue it to the end."

The first kink in the plan developed from a misunderstanding between PennDOT officials and the committee. When the misunderstanding was straightened out, it was discovered that federal permission was needed to post the sign, as part of Route 222 was built with federal funds.

PennDOT then told the committee that the sign would have to be placed before the 11th Street exit, not before the 5th Street exit where much of the confusion originates. This had to be done this way because the federal

law specifically states that a sign can be placed only prior to the actual exit used.

When the "maze of red tape" was sorted by Mrs. Kraserac, the signs were erected and Albright's visitors found it much easier to locate the college.

After spending two years of building a good relationship with PennDOT and spending approximately \$2,000, Albright has the signs that it wanted. Everyone extends their appreciation to the Image Committee and especially to Esther Krasevac for her dedication to the project. She asks only that the signs remain in their proper place for all travellers of Route 222 to see our pride in Albright!

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Satellite dish: an innovative aid for learning a foreign language

by Kim Hodgson

Wouldn't it be exciting if we could watch broadcasts from other countries? The benefits of this opportunity would be endless. Foreign language students could hear their respective languages spoken in the actual culture and political science majors would be able to get an uncensored view of what's happening in other countries. The list goes on.

This may be a reality for Albright sometime next year. That satellite dish that was stationed in front of Masters Hall for four days was transmitting foreign broadcasts

into the foreign language department for students to experience the actual culture as well as increase their comprehension. The dish, much to my surprise, did not come from A.T. and T., but from Boscov's right here in Reading! It cost \$250 for the four days that it was in use.

During the four days the students watched programs from Canada and South America on a T.V. that was in the language lab. The programs varied from South American soap operas, to a Canadian French lesson to children's programs. Dr.

Myers, chairperson of the Modern Foreign Language department, who is playing a large part in this program, said that presently without the satellite the department must order short films without previewing them. They must pay for something that they don't know will be worth it.

The Modern Foreign Language department hopes to purchase one of these dishes with a grant that they just applied for. A three meter dish would cost under \$5000; However, the receivers for the lab and four classrooms plus possibly the

English Commons Room and also a Betamax to record special programs would run somewhere in the vicinity of \$20,000 (which includes the cost of the dish). The dish would be placed on top of Masters Hall or in front of the building where it was placed for its trial run. The only problem about being placed in front of the building is that it is in access of vandals so extra security precautions would have to be taken. However, "The benefits outweigh the problems," stated Dr. Myers.

Dr. Myers stated that this program would take learning

out of the classroom context. To emphasize this informal learning program one of the classrooms will have comfortable chairs. The University of Maryland has this program and it has proved very popular among the students. In fact, many students have become hooked on Hispanic soaps.

This proposed program will open up our view of the world and allow us to be more objective when drawing conclusions about international issues. It will prove to be an invaluable source of learning in the Albright community.



Alcohol: a burglar in disguise

by Linda Sartor

Remember the last frat party or Friday afternoon happy hour you went to, trying to forget the horrors of the past week? I'll bet you had fun, but how healthy was all that fun? I know, it was a good mental release, but... did you count your calories while you counted your beers? Or did you stop counting altogether?

With its popularity on college campuses, alcohol is something we are all exposed to yet often know little about. Oh, we know it makes us feel giggly or gives us the nerve to talk to that cute guy or girl. But... do we know what's really going on inside our bodies? Alcohol depletes one's supply of certain nutrients and contributes to those horrible words we all hate... yes, weight gain! "So that's why I have to jump off the top of my loft to get into my jeans," you exclaim. So it isn't all Vinnie's or Domino's fault after all.

Alcohol is broken down in

the body, providing 7 "empty calories" per gram. The body disposes of alcohol through the liver, where it breaks down to its simplest state and combines with fatty acids. These then form fats and cholesterol. With every sip of that Rum and Coke, or your other favorite drink, you're depleting some of your vitamins. Alcohol can cause a deficiency of the B vitamins, especially thiamine, B6 and B12. It also causes a decrease in folacin and other nutrients like iron, calcium and magnesium. That could be one reason you're tired all the time, aside from the fact that you have to deal with the pressures of your courses and minimal amounts of sleep!

Alcohol can also increase your blood sugar. This could mean real trouble for diabetics and hypoglycemics (those with high or low blood sugar).

To make sure you're not depriving yourself of important nutrients, try to eat well-balanced meals. Include milk, eggs, meat, vegetables, and whole grain breads. Just a little food, or should I say *drink*, for thought: next time you're embarrassed to wear those tight jeans, think about those last three beers you had at the Game Room (you know who you are) the other night. Then, glance over the chart below and see what you may be adding to your diet!

DRINK	CALORIES	CARBOHYDRATES	PROTEIN
Beer (12 oz.)	150	14 g	1 g
Wine (8 oz.)	194	8 g	
Mixed Drinks: (1½ jigger & 8 oz. mixer)			
Gin & Tonic	172	29 g	
Whiskey Sour	210	26 g	1 g
Rum & Coke	196	37 g	

Seasons Greetings

from the staff of
the Albrightian

Next Albrightian -
January 20th

Review:

Choir shows potential

by Eileen O'Donnell

Last Tuesday the Albright College Choir finally got to perform their Experience program, the "Pops" Concert, after having been delayed due to the illness of the choir's director, Dr. Williamson. The program featured songs that "had been popular somewhere in the world, at some time." The presentation was done in a unique style. Rather than being just entirely singing, each song was introduced and explained, either by guest speaker, Dr. James Reppert, or by a member of the choir.

Though somewhat long and drawn out, Dr. Reppert's introductions and analyses were injected with a lot of humor and several interesting facts, along with some advice for the choir on how to perform certain selections. The pieces sung

were quite varied, ranging from a few sixteenth century songs to the recent hit "Up Where We Belong." Most of the songs had some sort of accompaniment. Selections from *Man of La Mancha* featured twin pianos, while "It was a Lover and His Lass," an Elizabethan Madrigal adapted from William Shakespeare's "As You Like It," had two flutes for accompaniment.

While the choir started out rather slowly, not quite singing together on the first song, they did improve. Their sound is very melodious, and was enjoyable in several of their arrangements. Most of the soloists featured were quite good, especially those in the *Man of La Mancha* selections. The choir's version of "Up Where We Belong" was certainly not the best I've heard, although the soloists did try. They have fine voices, but I don't be-


lieve they were suited to the range and depth that the song required.

The performance ended with the choir singing "Down by the Riverside." An attempt was made to involve the audience in this one, Dr. Williamson leading an impromptu coaching session. But Dr. Williamson ran into one slight problem: the Class of '87 collectively has no rhythm. The only response he got was a lot of finger-snapping and hand-clapping, and they couldn't even get that right.

Overall, though, the Albright Choir's first performance of the year was very well presented. With a few minor adjustments I'm sure they could put on a faultless performance. Undoubtedly the choir's performance in the Candlelight Carol Service on December 18 will be just that.

C.C.B.'s

Campus Christmas Bash



Saturday, Dec. 10th
9:00 - 1:00

Music by "Courtney"
Pictures with Santa
Culinary Delights by
"Simply Scrumptious"

*Come Stag
or with Your Doe*

* Semi-Formal Attire Requested *

Student receives poetry award

by Sandy Pickup

Kim Laird, junior English/Education major from Lawrenceville, N.J., recently received a "Special Award" from International Publications as a result of her entrance in the National College Poetry Contest. International Publications will publish Kim's poem "Love and Friendship" in its *American Collegiate Poets Anthology*.

This honor follows five years of poetic endeavors on Kim's part. In addition, Kim has earned copyrights for words and music to her original songs. The following poem won the prize and publication for Kim:

Love and Friendship
As I look on the times past,
I see a girl reaching out to share love and
friendship.
As I look on the present,
I see a boy reaching out with his love and
friendship,
and the two sharing their love and friendship
with each other.
As I look toward the future,
I see a love and friendship grow until death
breaks the bond.

Security Advisory Committee meets

Members present. Stratton Marmarou, Dale Vandersall, Charlotte Haines, Chris Kuberiet, Diane Jacobsen, Greg Galtere.

1. Strat gave a review of problems we had last year. He was pleased to report problems discussed last year have improved tremendously. The committee was in agreement that it was true.
2. Chris brought up the problem of no parking signs that are visible in the Staff lot. The committee decided a sign should be put up there telling the students when they are allowed to park there. The committee, in general, also expressed concern over the lack of parking.
3. Charlotte brought up the problem of people running the stop signs around Kelchner Field. Strat will call the Reading Police about having someone come out and sit there in order to act as a deterrent.
4. Strat asked the committee if there were any other problems with the lighting. He said that all the new lights had been installed. Greg mentioned that around the Campus Center entrance and drive it was very dark.
5. Charlotte wondered when the new smoke detectors are going to be hooked up. Strat will check into this matter.
6. Charlotte mentioned a privacy problem. She feels that girls are reluctant to go to the Security office with problems. Greg agreed that this was

the case. Charlotte and Greg will go talk to President Ruffer about this problem.

7. Greg felt this committee needed more publicity so that students could be made aware of the fact that they could go to students on the Advisory Committee if they had complaints. He will try to get the minutes printed in the *Albrightian*.
8. Greg felt Albright students have forgotten about last year's incident. In addition, most freshmen have not even heard about it. He suggests the committee send a letter to students telling them where progress has been made, but also give them a warning.
9. Greg felt the committee should become a sub-committee of SGA. Diane felt representation had to be spread throughout the campus. It was decided that the committee would consist of representatives from RSA, DSA, and IFC. There would also be four students appointed by SGA. One must be from each of the following areas: Albright Court, South Hall, Albright Woods, and the rest of the dorms.
10. The committee felt more should be done about security during orientation. It was suggested that Strat have a campus security workshop during orientation to go over problems that have happened in the past.

Respectfully submitted,
Greg Galtere

Music Quiz

by Tony Shepps

Let's take a quiz while we wait for some new releases to settle in. I hope you were all paying attention so far.

1. What famous technical school did Tom Scholz go to, and what is the commercial name of his invention, used to help his group Boston skyrocket in popularity?
2. Before Asia, John Wetton was in several other bands; name two.
3. Who's REALLY responsible for U2's patented sound?
4. Is David Bowie really bisexual, or what?
5. Who was Joni Mitchell's song, "Free Man in Paris", written for?
6. What name did Jim Morrison originally publish his poetry under?
7. Do the members of KISS proclaim themselves to be good musicians?
8. What Wings tune sold more singles in England than ever before, but hardly sold at all in America?
9. Rush's *2112* was based on a philosophical novel; name the title and author.
10. Name three people who have played guitar for Fleetwood Mac, not including John McVie.

Send your answers to box 1470. The person who gets the most right will win a free chocolate chip cookie.



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**Alpha grant:
computer bought**

Albright College has received a grant of \$14,765 from the Pitcairn-Crabbe Foundation for the support of the Alpha Program. The funds will be used for special events and programs for Alpha students as well as the purchase of a computer based career information system for the Career Planning and Placement Office.

Alpha students, along with the rest of the student body, will have the opportunity to use SIGI (System of Interactive Guidance and Information) which is designed to assist students in making career decisions. The purposes of SIGI are to help students examine elements involved in their choice and improve their competence in the process of making informed and rational career decisions.

Materials have been ordered for this exciting addition to the career planning services. SIGI is expected to be installed and operative early in the spring semester. More information on the procedures for its use will be available when the installation has taken place.

Baby Miller
Kelsy Maureen
November 20
Jason Lloyd
November 28
Baby Brewer

CONGRATULATIONS

Snack-sneakers of Albright, unite!

by Danette Sacco

No, not a NIKE, PUMA, nor ADIDAS. Are you one who sneaks... particularly one who sneaks snacks? Do you wait until your roommate is out so you can take the TWINKIES out from behind the wash in your closet? Do you set your alarm for 2 A.M. to make sure that you can raid the candy machine in private? If you do any of these things or perform similar acts of deviousness, you may be a compulsive sneaker.

You may have guessed that what I'm really talking about is snacking—a favorite college student pastime. I think it should be referred to as "sneaking" because anyone who is a compulsive snacker realizes that, sooner or later, he or she must master this skill of sneaking in order to avoid harrassment from peers. If you can identify with this behavior, don't even give up snacking! Just try to modify your snacking habits.

The toughest thing of all to do is not to eat any of those foods that you only eat when no one is watching! Yes, you must rely on your own will power. If you decide that you absolutely can't live without a TASTYKAKE or MILKYWAY, at least eat it when two or three of your friends are around. This way you can offer them some and hope that they'll take you up on the offer. I call this "calorie sharing." If there is one thing you

don't want to horde—it's calories!

The most obvious way to turn your devious sneaking into healthful snacking is to replace the foods you snack on now with more nutritious ones. Have you ever heard of anyone sneaking in the middle of the night to munch on some celery or carrot sticks? Neither have I! Some foods good for nutritious snacking are fruits and vegetables. Now you are probably thinking, "Oh God, is this person crazy? These are foods my mother had to force feed me!" Well if this is the case, perhaps start yourself out by putting peanut butter on apples, bananas, or celery. Dip the raw "veggie" of your choice in a favorite dip. Realize, though, that these extras are high in calories and that you should try to wean yourself from them. Your goal is to be able to say that you crave some raw cauliflower! Don't forget popcorn. It is low in calories and even provides some fiber. Remember that if you are watching your weight, go lightly on the butter.

One final obstacle to overcome is snacking at the wrong times. A compulsive snacker may or may not eat a lot at meals, but will be ready to munch soon after the dining hall doors close. Unless you are an active person, snacking throughout the whole day can cause trouble. You'll probably be taking in more calories than you need, unless your snacks are very small. Also, snacking late

at night is not ideal because these calories are less likely to be burned off before you go to bed.

So now you ask, "When can I snack?" Start by snacking only when others are around. You and your friends can keep an eye on each other. Snack if you are going to be extra active that day because it will provide the energy to keep you going. (Be realistic

though. This doesn't include playing golf in gym class!) Lastly, try to snack early in the evening, up to 7 P.M., in order to give your body a chance to burn off some calories. If you do eat past this time, avoid eating a whole meal. Sorry to say it, but three pieces of pizza is not a snack!

I realize that this is a rough battle to win. I, too, am fighting the odds, bat-

ting the bulge, in hopes of becoming a reformed sneaker. You can be reformed too—just close the door on the man from Domino's and get your roommate to hide your extra change. Good luck!

NOTE: Anyone interested in forming a Sneakers Anonymous (SA) support group, contact box 1425.

by Lois A. Wisser

Your heart is beating. Your pulse is racing. You feel the rush of blood through your veins. You are pumping iron... or are you?

A man's daily requirement for iron is 10 mg. If your diet includes a balance of the basic four food groups, chances are your blood is carrying plenty of iron through your system and your storage areas are well stocked. Unless you have lost a great deal of blood through injury or illness, your diet is probably providing you with more than enough iron.

On the other hand, if you are a woman, your iron requirements are higher, 18 mg. per day. It may be difficult for you to take in this amount of iron in your diet and still remain at your best calorie level. Iron deficiency anemia is a real possibility for you. Now, before you start chewing nails (which aren't good sources of iron, after all)

Pumping Iron

you may want to check these areas for tell-tale paleness:

the underside of your eyelids

the inside of your mouth the pink area you can see through your fingernails

Also, take note if you seem to tire easily, are more prone to infections, develop soreness in your mouth, or experience palpitations after exercise, these may be signs of anemia.

If your condition fits these descriptions, you should see a physician for advice. A supplement may be prescribed. Avoid stomach irritation by taking it during or after meals. Milk or antacids should not accompany the supplements. They decrease iron absorp-

tion. Also, ferrous sulfate is the most effective supplement. After good iron nutrition has been restored, supplements are not necessary or worthwhile if you eat a balanced diet and pay attention to your iron status.

Proper eating habits can help prevent as well as cure anemia. Liver is the richest iron source, though not the most favorite menu choice. Other red meats are sources of easily absorbed iron. Vegetable iron, from sources such as peas, soybeans, potatoes, and asparagus, is absorbed best when eaten along with a vitamin C source or animal protein. The iron in eggs and milk

continued on page 7

Choking Prevention

Choking is the sixth leading cause of accidental death in the United States. Airway obstruction is most commonly caused by food lodged in the airway. Factors that may precipitate airway obstruction are laughing and talking while chewing and swallowing, excessive alcohol intake and dislodgement of upper or lower dentures.

Would you know what to do or what not to do if someone was choking?

If the victim is able to make some sort of noise, his airway is only partially obstructed and some air is getting through the passageway. It is best in this situation to let the individual try to dislodge the obstruction himself. Slaps or blows on the back may lodge the object and totally obstruct the airway. In other words—if the victim can make noise and seems to be getting some air, let him try to clear the airway alone.

If the victim cannot

make any sort of sounds (or only a wheezing or high pitched cry) and grasps his neck, his airway is probably occluded enough that intervention is indicated. The most commonly used procedure for upper airway obstruction is the Heimlich Maneuver.

If the victim is standing:

Step 1. Stand behind the victim and wrap your arms around his waist. Your arms should be just above the beltline. Let the victim's head and arms hang forward.

Step 2. Make a fist with one hand and grasp the fist with your other hand. Place the thumb of your fist against the person's abdomen slightly above the navel and below the rib cage.

Step 3. Now grasp your fist with the other hand and press the fist into the abdomen with a quick upward thrust. This should dislodge the foreign object from the airway due to the sharp and sudden rise in intrathoracic pressure the thrust causes.

If possible have someone visually check the oral cavity for removal of the foreign body.

If the victim is sitting, stand behind the chair and perform the maneuver in the same manner.

If the victim is lying on his back:

Step 1. Sit astride of the victim's hips—facing his head. Put one hand on top of the other and place the heel of the bottom hand between the navel and ribcage.

Step 2. Now thrust upwards quickly—several times if necessary.

Step 3. If the patient begins to vomit roll him on his side.

*Have victim examined after any form of this emergency maneuver is performed—do not just assume the individual is all right.

Now that you have heard about the maneuver—think about it. Be ready to perform this maneuver the next time you're at a party or in the cafeteria. Someone may need your help!

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The final hour cometh

Finals are now only one week away. With the freshmen in mind, these tips for surviving and making the best effort possible were compiled. However upperclassmen may find them useful.

Remember that everyone is different, and what works for one person may not work for another. The only thing important about the method, whatever it is, is that it works for you.

1.) Health is extremely important, if you neglect your health it will be at least twice as difficult to go into exams. If a cold is beginning now, take care of it before it gets worse.

2.) Do not ignore habits that are in your daily routine. If you jog every day, do it. If you never miss *General Hospital* don't miss it. It is more likely that you will blow off more time later because you missed it, than the 50 minutes you spend watching. You can always outline notes, write out Christmas cards or anything else that doesn't require undivided attention. These breaks will serve as badly needed relaxation time in a very hectic week.

3.) If you haven't begun to think or prepare yourself for finals now is the time to start. Sunday night of finals week is not the time to begin.

4.) If all through the semester your minimum daily requirement for sleep is eight hours, you will not be able to magically be alleviated of this need just because it's finals week. You can however break it into different time periods, sleeping about five hours at night and taking one or two naps during the day.

5.) Reward yourself. Promise yourself some-

thing as you complete each exam, a shopping trip to the mall, an extra hour of sleep, burn your book, anything reasonable that will serve as motivation.

6.) Don't skip meals, especially if your caffeine intake has drastically increased. Passing out, chills, or the shakes do not lend well to the study atmosphere. To the other extreme it is definitely unhealthy to overeat. Munchie attacks are natural occurrences, but remember that a pizza, bag of chips and a gallon of Pepsi is not a normal snack. Drink a lot of fluid, juices and water especially, if nothing else, at least the trips down the hall to the bathroom will keep you awake.

7.) Your bed is not the *best* place to study, especially not when you're studying something like philosophy, or the history of the telephone.

8.) Be sure to get outside and breathe, other than walking to your exam or the library. Even a quick five-minute walk around the block will help to wake you up and unuddle your mind.

9.) Give yourself time to walk to your exam location, to get used to the room, gather your thoughts, etc. Cramming until the last possible minute so that you have to rush to the exam will not do you any good. Two minutes of calm before you begin will help.

10.) Remember that it will all be over soon, you are going home, and Interim is on its way.

If panic does set in, try to work it out; run, dance, scream, call a friend, whatever it takes to return to a state of calm. There is no magic trick to surviving final exams. Just be prepared and stay healthy and you can't lose.

Volunteers wanted!

1. Want to help find a treatment for the common cold?
2. Want to make \$125?
3. Want to spend a free weekend at the Sheraton Berkshire Inn?

Burroughs-Wellcome Company, a pharmaceutical company is conducting a study beginning in January for the treatment of the common cold. Interested men 18 and over with colds should call 373-3380.

Iron

continued from page 6

is not well absorbed; and, therefore, these are not significant sources.

So, say good-bye to

iron poor blood. Don't be a part of the Geritol generation. Do your body a favor, eat a balanced diet and pump some iron!

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ACONS

continued from page 3

involved in nursing on the local, state, and national levels, and make any contribution that you can—no matter how large or small. The rewards are invaluable and will remain with you for a long time to come. Truly, it will be a challenge for all of you, but I am confident that ACONS will continue to grow both in number and professionalism.

Although I am somewhat saddened with the termination of my term of office, I am excited to face the new challenges of my nursing career. With the knowledge and experience I have gained,

I leave ACONS to readily face the adventure of nursing. I will cherish the friendships that have been formed and optimistically look forward to participating with some of you again in our professional nursing organizations.

In closing, I want to thank each of you for these fulfilling and invaluable learning experiences. I have been honored to serve as the 1983-84 president of ACONS, and I have found the feeling of accomplishment in working with peers for a common goal and the satisfaction of seeing a job well-done.

—Sue Ann Adams



Financial aid

continued from page one

freshmen class received grants worth an average of \$1700. She explained that the school intends to continue to aiding this portion of the student body. This can be seen through the increase of money from 1 million to 2 million dollars to help students through grants, scholarships and jobs over the past four years. Although this may not be visible to everyone, the commitment is there, she says.

Miss Angst continued by explaining some of Albright's financial aid policy. Albright does not look at the financial needs of students before it decides to accept them. Rather it accepts qualified stu-

dents and tries to present them with the best financial aid package possible.

This is unlike other schools, that determine a percentage of students they can help and let a student's financial standing play a role in acceptance. Concerning scholarships, Albright's policy stands in the middle of the road concerning rewarding students. Some schools will offer promising students full scholarships regardless of the financial need. Others will give no money to even their most brilliant students if they don't need it.

Albright has settled into a procedure where 35 incoming freshmen will be awarded \$1000 a year through Walton Scholarships for their

academic achievement. As it turns out only eight to ten of these students do not need the money.

The money to pay for financial aid comes from three places: annual gifts, endowed money, and unfunded money. Endowed money is interest from the principle of large gifts and unfunded money is that which comes out of the college's funds (i.e. raised through tuition and fees).

The unfunded money presently makes up the bulk of the financial aid, but part of Heritage... Albright is to increase the size of the endowment and further Albright's commitment to financial aid.

Issues clouded in mists of evasion

by Kim Hodgson

Covering the White House for NBC news is not as easy or as glamorous a task as it may appear to be. Andrea Mitchell, NBC White House correspondent, gave honest insight into the realities of reporting accurately on a sometimes not so accurate administration.

Bettina Gregory had originally been scheduled to speak, but a death in her family forced her to cancel the engagement. Friday, Andrea Mitchell was announced as Gregory's replacement.

Appearing before a packed chapel audience on the evening of December 5 for the second of the Albright Subscription Series, Ms. Mitchell discussed the way the White House can manipulate the issues, making it difficult for a reporter to discern the true facts. Right now, for example, the Reagan administration is playing a game of, "Will President Reagan run for re-election or not?" The answer to that, Mitchell confirmed, is yes; he will run.

A politician's idea of news coverage differs radically from the journalist's idea and the public's idea. Much of present political news coverage is free

publicity for politicians. The politician's idea of "fair coverage" is favorable coverage. Since Watergate, news coverage has "gone sour." There has been a serious antagonism between the press and the White House, with one side out to get the other. For example, the Reagan administration had precise control over the release of pertinent information regarding the military takeover of Grenada. This proved to be unpopular among the media.

Reagan's aides are "masters of manipulation" of the press, since they know the media's desire for good pictures and meeting deadlines. "The Reagan administration stages news coverage more than they like to admit," commented Ms. Mitchell. However, this "Manipulation" is not new. In fact, this form of adversity, according to Ms. Mitchell, is healthy in the institutional sense. It's deeply rooted in our history, going back to the 18th century, and probably beyond.

It is, however, difficult for reporters to handle the White House scrutiny. Reagan enjoys talking to reporters, when his aides let him. This precaution is due not only to security reasons, but also to possible faux

pas that Reagan is so well noted for. As a result, the administration has enforced new guidelines for its employees when they are working with the press. All administration members are required to keep a log of conversations with the press and all press members must be cleared through security. This new policy has slowed down the press, thus making it harder to meet deadlines.

One definite reality is that the reporters to the White House remain puppets to the administration. If they want a story, they do what the administration wants them to.

It is apparent that the President has beliefs and goals that he holds dearly. He's great at public relations, but his policy has proved inconsistent. For example, at one engagement he denounced Moscow, but at another one following that he emphasized how the U.S. hopes to build bridges to Moscow. He must develop a more coherent message. His mistakes have been serious and threatening. Mitchell finally stated that if we hold Reagan to public standard, it must be in our best interests.

When asked what she thought



about Reagan, Ms. Mitchell replied he is a nice person who cares about arms control and getting our armed forces back alive. However, he doesn't have the best people working for him. Despite this, he does have profound ideas for the future.

When questioned about the quality of news today, Ms. Mitchell said that there is too much public relations and not enough information being transmitted to the public. The average newscast lasts for 22 minutes, which is not nearly enough time to give the public substantial insight into the issues and events occurring around them.

When questioned about the problem of sexual discrimination

and the future of the ERA, Mitchell stated that the ERA does not have a chance with this administration. However, discrimination against women is becoming less frequent than it was, particularly when she started in journalism around 1966. She did point out that women must work harder than men to succeed in journalism as well as any form of career.

In answer to a question dealing with journalistic ethics, Ms. Mitchell stated that in order to succeed in her field one must hold high ethics, since contacts must trust the reporter. She did once go against ethical standards when she called Bill Green, a close personal friend of Bobby Kennedy, in the middle of the night to get his reaction to the assassination of Kennedy. Green had not been notified of the assassination and Mitchell swore that she would never do that again.

She discussed the tradeoffs of being a Washington correspondent stating the intellectual and financial rewards were invaluable; but her personal life has suffered immensely. Her responsibilities involve following the President around all over the world, which involves a lot of travelling.

AN INVITATION FOR ALL TO PARTAKE OF SOME FINE SEASONAL BAND MUSIC:

The Concert Band of Albright College has been preparing a short concert treat of music for the season on Tuesday evening, December 13th. The concert will follow the Dining Hall evening meal and will start at 6:15 in the South Lounge of the Campus Center. Along with some beautiful arrangements for concert band of Christmas and Hannukah musical favorites, traditional carols will be played for the singing and listening pleasure of those present. The program is under the joint direction of Roy Hinkle and Robert Trout of the Music Department. Don't miss dropping by to listen!

Weather forecast

by John A. Mazza

Today there will be a high of 60 under sunny skies, to be followed by a sharp drop in temperature Saturday with a high of only 32. On Sunday expect seven inches of snow to be followed by a clearing on Monday with a high of 40. On Tuesday there will be sleet with a high of 33.



Class sets record

Members of the Class of 1984 have thus far pledged a record-breaking \$13,655 to their class Scholarship Fund chairman Greg Galtner reported recently.

The sum has been pledged over a five-year period following graduation by 189 members of the class for slightly more than 57% participation. Assistant Galtner with the recruiting of class leadership and fund progress reports were cochairpersons: Alisyn Stoffel and Ernest Galtner.

The total surpassed by more than \$3,000 the initial Mark Miller Memorial Scholarship Fund established by the Class of 1980 in a precedent-setting effort by more than 56.5% of the class members.

The funds will be made avail-

able to sophomore, junior, or senior students who demonstrate academic achievement, are actively involved in two or more leadership positions in campus student organizations, and require exceptional scholarship consideration.

At a "victory celebration" at the President's home, Dr. David G. Ruffer commended the seniors on their achievement and pointed out its significance to the college. "Your support of this particular student need will endow a scholarship fund which will provide vital financial aid for students who will follow you, serve as a precedent for other senior classes, and encourage continuing support from alumni, parents, and other friends of the college."



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Sports Spotlight

Carey follows in family's footsteps

by Thomas Chaves

It's hard to believe, but basketball season is well on its way. It is no surprise to see Chip Carey out on the court, leading the Lions in the point guard position. Chip, a senior from Aberdeen New Jersey, was chosen co-captain for the second consecutive year, serving with fellow senior Rick Duney.

Chip comes from a large family, with seven sisters and one brother. Basketball is in the Carey blood as all of the family members know the game pretty well, with most participating. Mom and dad played when they were young and just "passed" the tradition to their children.

Chip admits that it was his older brother, Bill Carey, who graduated from Albright in 1980, who gave him inspiration to play basketball and to work hard at the game. Bill had a successful basketball career at Albright, and was drafted by a pro team when he graduated.

Chip feels he was expected to follow in the footsteps of his brother as he arrived on

campus the fall term following his brothers graduation. Chip feels that he has "fallen short of those footsteps" because they were "pretty big steps to follow." Chip attributes this to the fact that he and his brother are two different types of players.

Chip has high expectations for the 1983-84 varsity basketball team. One of the main characteristics of the team this year is depth. There are eight or nine men that Coach Renken should feel free to use at any time without lacking size, speed, height, or talent at any position. This is an aspect that has not been true in the recent past.

The team is young, with only three seniors. Many players who did not play last year, plus a "good crop of freshmen" will all contribute their efforts to the team.

The 1980-84 season got underway a little to early, according to Chip. "We weren't ready mentally or physically," says Chip after the outcome of the S. Woodrow Sponaugle Tournament at Franklin & Marshall. The

Lions took a whipping at the hands of F & M, but got themselves together and played a much better game against Western Maryland, only losing by six. Right now, the Lions are 2-2, not including the league opener against E-town Wednesday, beating Ursinus and Western Maryland.

Beyond basketball, Chip is



preparing for law school, applying to graduate schools at University of Richmond, Villanova, Seton Hall, and St. John's.

The common cold

Your Life, Your Health
With Su Carroll Kenderdine,
M.D., Thomas Jefferson University

Because people are indoors more and in closer proximity so that viruses are easily transmitted, there are more colds in the winter than at any other time of the year, according to a Thomas Jefferson University physician.

"A cold is really any one of a number of viral infections, the specific agent of an infectious disease," says Su Carroll Kenderdine, M.D., clinical assistant professor of family medicine and instructor in medicine at Jefferson Medical College of Thomas Jefferson University.

Although only viruses can cause colds, individuals in lowered states of resistance are more susceptible; and stress and fatigue lower resistances far more than does exposure to people who have colds.

"We just don't know why some people have more resistance than others," says Dr. Kenderdine. "Some people always seem to have colds while others never do. Most people have fewer colds as they get older because they have built up immunities.

"The best way to avoid colds is: get enough sleep, eat a balanced diet including breakfast, learn to deal with stress effectively, maintain a positive attitude toward life and stay in tune with the

needs of your body," according to Dr. Kenderdine.

The first symptoms of a cold vary from a sore throat or sneezing to a cough or headache and may be accompanied by achiness, fever and fatigue.

By coating the breathing surface with mucus, the body tries to fight the virus, explains Dr. Kenderdine. Coughing is the body's way of breaking up the mucus and removing it from the lungs.

Old remedies are still the best for treating the common cold, she continues. Most important of these is bed rest, although many people who work are reluctant to stay home to rest. Other remedies include drinking lots of fluids like fruit juice, ginger ale and soup to replace those lost through secretions as well as the salt and potassium lost along with them.

Some people find that high doses of Vitamin C help to relieve fever and fight muscle aching, she says. If food intake is lower due to loss of appetite, it is wise to concentrate on high protein foods.

A cold usually takes three to five days to improve and ten days to two weeks to clear up completely. But if the cold is getting worse instead of better, if there is ear or throat pain, or if at any point the fever is high, then you should see a physician doctor, concludes Dr. Kenderdine.

"It's a big decision whether to go out into real world right away and start making a living, or spend another three years preparing for it." This is certainly true, and a major point to consider at graduation time. Chip feels that he has been well prepared at Albright as a history-political science major to continue in law school if he so chooses.

Chip is a member of a special task force for the recruitment of minorities at Albright, set up as a response to the Middle States evaluation performed at Albright last spring. Also on the committee are administrators, faculty, and other students.

Through my short, but impressive interview with Chip, I believe that he is a "clutch" person: one who is there when needed. This opinion is reinforced looking back over last year's close games in the final seconds—Chip Carey had the ball.

Albright will miss Chip Carey after he graduates in the spring, but will not forget the hard work he has dedicated to the enrichment of Albright College.

Classifieds

BABYSITTER WANTED:

Needed 3 nights/week
10:30 p.m.-3:15 a.m.
Must be reliable & mature
Car Preferred!

CALL Amy & Greg Barber at:
779-5546

WANTED: Used ski equipment for this season.

Skis: 160-170
Boots: 8-8½
Bindings & Poles
Contact Box 1230

K-

Trumpet players do it with jazz!

Love, Your Roomies

SOUGHT: one (1) trumpet player (Kazoo player) capable of human sentimentality, intelligence, don't worry Ricky, you're not all that bad!! —D.P.C.

Ackley, gimme back my g—m cigarettes.

Holden Clauffield

Howdy! Are you from Skokie? I'm from Skokie...

I don't have to do this, you know. I'm a fully qualified brain surgeon.

Nnnnobody expects the Spanish Inquisition!!!

Whine! Whine! Whine! whine, whine, whine...

Edward Platt?

Hey, dude, y'know her feet is on backwards...

Taglang. (def.)—pickup any-thingus, white male (?) 5'11¾", sought for ScienceHall laboratory experiments in XXY chromosomal cell structure. —Experience as model— for "nerd poster". Last seen escorting frosh "squirrel monkies" to theatrical social events.

What am I doing typing classifieds at 3:21.40 a.m.?

Ricardo... how dare you! HOW DARE YOU!

signed, Lisa M.

Don't hold your breath, Dave. —K.

Roommate exterminator still wanted! (This is a serious ad, I want a 4.0 this semester!)

Basketball

continued from page 10

the freshman Jeff Batturs, who had 18 points and 11 rebounds and Rich Duney who had 14 points and five rebounds. The Lions got plenty of help from their bench as

they held off a late second half rally.

The Lion's biggest strength appears to be their balanced attack. They're an exciting team to watch because everyone is involved in the scoring.

Chip has enjoyed his time at Albright as he believes one can find what he wants here. "The environment makes for a lot of fun and happiness. I've enjoyed it here, I think it's great!"

One thing Chip has learned, especially during the basketball season, is to budget his time. He realizes that there is a proper balance between academics and athletics, and knows and demonstrates that it can be achieved, with successful results in both areas, if disciplined.

Through my short, but impressive interview with Chip, I believe that he is a "clutch" person: one who is there when needed. This opinion is reinforced looking back over last year's close games in the final seconds—Chip Carey had the ball.

Albright will miss Chip Carey after he graduates in the spring, but will not forget the hard work he has dedicated to the enrichment of Albright College.

Answer to the last trivia

question Gladys the Orangutang won the honor of "Miss Castaway."

Thanks to Box 328!

This week's trivia question

Who played "Kato" and who was the person who played "The Green Hornet"?

Splendid,

You know that I love you! Look for my other message today!

To all those who were guessing: You're right! But there's NO WAY I'm going in the pond!

DON'T FORGET!!!

Submit your classifieds to Box 107. NEXT ISSUE: Jan. 27

Ft. Lauderdale Spring Break

FROM \$135 TRIP INCLUDES:

SEVEN NIGHTS ACCOMODATION AT PRIME LOCATION
Welcome party with FREE BEER, and complimentary travel bag
AMTRAK ONLY \$155
AIR ONLY \$220
COLLEGE REPRESENTATIVE NEEDED

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Men's basketball looks promising

by Jamie Kane

The Albright Men's Basketball team is looking forward to another successful season. Under the guidance of Coach Will Renken, the Lions should finish well above .500 and challenge for the MAC title. The Lions will feature a balanced attack with a nice mixture of experience and youth. Coach Renken will have the luxury of a very deep and talented bench, but have the difficult task of distributing playing time.

The Lions will be led by two experienced performers, senior co-captains Chip Carey and Rich Duney. Carey is a four-year starter at point guard and displays outstanding ball-handling ability and a long-range jumpshot. Duney at 6-6, will be the big man and should again lead the team in rebounding as well as in-

crease his scoring average. Jeff Batturs and Dave Horneberger will start at the forwards. Batturs is only a freshman, but displays a very strong inside game and should complement Duney very well. Horneberger is a fundamentally sound performer, with a fine jumpshot and solid inside game. Sophomore John Schultz will start at the other guard; he is very versatile and at 6-4, can play inside and also come outside and handle the ball.

The Lions will have plenty of support from their bench. Roger Yow, last year's leading scorer, will supply plenty of excitement as the sixth man. Gary Swavely, a sophomore guard, will also see plenty of action. Filling out the varsity will be five capable performers: Greg Chelak, Sam Marrella, Emil Washko, Joe Dowling, and Mike Chiofolo.



Men's JV shares Varsity promise

by Jamie Kane

The Albright Men's Junior Varsity Team is looking forward to a successful season. The junior varsity is not as deep as the varsity, but they feature several outstanding players. The J.V. will display a run and gun style for scoring a lot of points and providing plenty of excitement.

Leading the J.V. will be two talented sophomores. Mike Chiofolo, a 6-3 leaper, with great athletic ability, and Joe Dowling, a 5-9 guard, with

good speed and quick hands. Chiofolo will be a very exciting performer, one of the best one-on-one performers on the team; he should score plenty of points. Dowling will score a lot of points too, but mostly from the outside with a steady jumpshot. Rounding out the starting five will be three freshmen: Chris Norton, Steve Groff, and Greg Wheatley. Norton will score a lot of points, possessing a fine jumpshot and good moves to the hoop. Groff is a 6-4 banger who will fill the middle for

the Lions while collecting a lot of rebounds. Wheatley is a very versatile performer; he is a 6-4 guard who can rebound, pass, and score.

The Lions do have a capable bench. Rugged Bob Fatovic should see a lot of action and will definitely challenge for a starting spot. Al Motter is 6-6 and should supply some intimidation. Scott Cooper will also see duty in the backcourt. Filling out the J.V. will be Dan Fick, Dave Bargannier, Bruce Vakiener, and Dave Musleman.



Lions break even

by Jamie Kane

The Albright Lions Basketball Team was a perfect 2-0 this week, defeating Ursinus and Western Maryland. The two victories followed two tough defeats last week and brought the team's record up to 2-2. The Lions soundly defeated Ursinus Wednesday night 96-82. On Thursday night, the Lions opened their home season and defeated Western Maryland 76-67.

The Lions got off to a slow start Wednesday night against Ursinus, but opened things up at the end of the first half with eight con-

secutive points. The Lions shot a sizzling 66 percent from the floor, mostly on transition baskets. Roger Yow had an excellent game with 24 points. Dave Horneberger had 18 and Chip Carey had 17 as the Lions had five players in double figures.

The Lions defeated Western Maryland on Thursday night behind a very balanced attack. The Lions again placed five of their players, Rich Duney, Jeff Batturs, Chip Carey, Roger Yow, and Dave Horneberger, in double figures. Leading the way was

Women's B-ball has poor start

by Tracey McCuen

It has been a slow start for the women's basketball team this year as they find themselves 0-2 thus far. Both varsity and J.V. fell victims to the Dickinson and Ursinus.

The women's varsity team opened the 1983-84 season by losing to Dickinson 71-55. The game started out fairly even with neither team really dominating the other. However, Dickinson held the edge concerning rebounds. By the half, Albright trailed 29-26. Unfortunately, they never got closer than that again. Dickinson shot tremendously from the floor. It seemed as though all of their shots were good while the Lions had trouble converting. As a result, Dickinson continued to increase their lead, and when it was all over, Albright had lost 71-55. Barb Stubenrauch was high scorer for Albright with 23 points, nine of them coming from the foul line. Sheryl Davis had 18.

Albright then moved on from a romp to a heartbreaking loss to Ursinus, 61-60. The Lions began very determined and built an early lead. They led throughout most of the first half. It's un-

fortunate that they happened to play another team that couldn't miss from the floor. The Lions managed to build a 29-33 halftime lead, but Ursinus came out fired up to start the second half. The Lion lead quickly dwindled down until it no longer existed. From that point on, the two teams simply exchanged baskets. Albright converted on several fast break opportunities, but gave up some as well. With 12 seconds remaining, Ursinus held a one point lead. After inbounding the ball, Albright tried a shot from around the foul line area, but it hit the rim and bounced out into the arms of an awaiting Ursinus player. It was a game that the Lions could have won. Once again, Barb Stubenrauch led the scoring with 21. Becky Batdorf had 17 points and Sheryl Davis tallied 14. Davis also had 11 rebounds.

It is somewhat of a rebuilding year for the Lions, as they have lost Beckie Yoder and Monique Cousin, two very valuable players. They are also under a new head coach. Joanne Moore has taken over the coaching duties in the absence of Sally Miller. Albright still has the

potential of a good team. It's simply a matter of finding the right combination. There is a lot of talent to choose from. The 1983-84 team consists of Barb Stubenrauch, Sheryl Davis, Lorraine Bobo, Lori Freeland, Becky Batdorf, Marianne Rockey, Carolyn Gilbert, Terry O'Boyle, Andrea Woeckenberg, and one freshman, Liz Davis.

The junior varsity is also 0-0-2, beaten by Dickinson and Ursinus. However, there are some promising freshmen on the team. Center Cathy Steneck does a good job on the boards and has been in double figures both games. Guard Diana Rossi is the scrapper on the team. She is constantly hustling and diving for balls. With a little more experience, she will be a tremendous help to Albright's teams of the future. Cheryl Fine is another one that gives 100 percent in a game. She has averaged 12 points in the first two games. The other members of the team are Leslie Kutz, Di Bauer, M.B. Dodds, Jenny Albury, Anna Donohue and Debbie Tyler.

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