



# THE ALBRIGHTIAN

ALBRIGHT COLLEGE

READING, PA 19612-5234

SEPTEMBER 26, 1986

## FERENCZ SPEAKS ON WORLD PEACE

by Kimberle Bruckno

The World Affairs Council of Berks County visited Albright on Thursday, September 18. Nelson Simonsen, the organization's president, established the groups prospects to be centered on strengthening the council so as to have a stronger voice in the community, and to help the public develop knowledge of foreign policy. All this, the council asserts, is dependent upon the efforts of the educational system. Such goals can be projected to the national level.

The World Affairs Council welcomed as their guest speaker, Dr. Benjamin Ferencz, an international lawyer. He addressed the audience with "A Common Sense

Approach to World Peace".

Dr. Ferencz's beginnings in international affairs came from his connection with World War II. During the war, he went into the concentration camps while they were being liberated. His purpose was to capture criminals and/or secure evidence to prosecute them. These criminals were the Nazi soldiers and the Jewish persecutors of Hitler's fascist regime.

While in Harvard Law School, Dr. Ferencz researched war crimes. Ironically, this was his first and only criminal case. He remembers that his concern was more for the survivors than the criminals, and he "asked the court to affirm by international penal action man's right to live regard-

less of race or creed." As did many others, Dr. Ferencz saw World War II as the setting for a crime committed against all of human kind.

From this, Dr. Ferencz described his life's purpose to be the building of a better world. In his efforts, he has written several volumes of literature concerning what it takes to create a peaceful world, the subject of aggression, crimes against humanity, and the enforcement of international law. He concluded that all his questions concerning world peace can be answered, in essence, by common sense.

As he saw it, any society is based on three things: laws, courts and instruments to enforce the laws. In his evaluation of

international society, Dr. Ferencz noted that it possessed none of these proponents. Thus, international peace, like societal peace, can be attained only when some system of government (surpassing anarchy) is internationally achieved.

Since World War II, Dr. Ferencz asserts that the world has made progress, especially with the establishment of the United Nations. Although "our structure of international society is in premature form", efforts are being made.

Perhaps what deters the development of international society, Dr. Ferencz added, is the lack of trust among and between nations - "fear is the hallmark of our time, not security". Yet the absence of

social justice further intensifies this fear.

"What can we do?" the audience asked. "Be informed... make up your own minds... [and] keep trying", answered Dr. Ferencz. Awareness of world affairs and problems is the first step to establishing international unity and subsequent peace. The emphasis here is on unity: "sovereignty is obsolete in a nuclear age". Domestically and internationally, people need to be educated on world peace, and the necessary components of an international society. Recommends Dr. Ferencz, "educate the children to act. If they see something that isn't true, they must learn to denounce it."



## LIQUOR LAW REVIEWED

Your chapter and its members are liable for any act injurious to the person or property of another (a "tort") which occurs when they are acting collectively in the prosecution of business for which they were organized. They may be responsible for the torts of individual members when committed in some endeavor by the chapter or the members collectively. They are also liable for torts committed by chapter officers in the scope of their duties and by chapter employees in the scope of their employment.

There are three basic actions from which chapter liability may accrue in connection with alcoholic beverages under most state

statutes:

1. furnishing liquor to a minor
2. being responsible for a minor's consuming alcohol in a public place
3. serving alcohol to any individual, regardless of age, who is already intoxicated.

The purchase of alcoholic beverages by a social chairman for a party at which minors may consume alcohol may be considered purchasing alcohol for a minor. To assure that this does not occur, purchases of alcoholic beverages should be made only on an individual basis by members of lawful age.

Unless the general public is invited to a chapter party, the fraternity house or the facility in which the party is held would probably not be considered a public place. For that reason serving liquor at such a function would not be considered doing so at a public place and in violation of the law. To be safe, it should be made clear that members of the general public are not invited to fraternity functions. Some safeguards should also be taken so that persons other than chapter members and their guests are barred from events where alcohol

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photo by Michael A. Zosa

## Delta Chi's get room

Some changes have occurred on the ground floor of Mohn Hall since last semester. Specifically, the Child Development center has moved to the right wing and a bigger room. Also the Delta Chi Upsilon sorority has been granted housing privileges in the left wing, as well as the use of the room connected to the lounge as office space.

The Child Development center is still using the lounge space in the morning for the children to exercise, but the majority of their activities take place in their new room and in the play area in back of the dormitory.

The moving is still in progress, however, and not until it is completed will there be furniture in the

lounge.

And why has the Delta Chi sorority been granted the housing/office privileges on ground floor Mohn, one may ask? 'Because Delta Chi was the only Greek organization without an office (aside from the all-new PiLamb's), says Stephanie Witthaut, the sorority's president. A fairly new Greek organization itself, the Delta Chi sorority was offered the housing in Mohn by Pam Brewer last April. The sorority enthusiastically accepted. And the housing/office privileges are a permanent arrangement, so long as no problems emerge. Said many sisters, 'It's nice to have a place we can call our own, and it gives us an even greater sense of unity!'



photo by Randy Blodgett

ON SATURDAY, September 20, Albright was defeated by Delaware Valley. The next Lions home game is tomorrow evening, against Upsala.

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P.O. BOX 15234  
Reading, Pa. 19612-5234

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# OPINION



I just heard something very interesting. Strange, odd, funny, and some may even say untrue, but still, very interesting.

The word *Albright* appeared in a Long Island newspaper, *Newsday*, in a spot pages and pages away from the football scores. It was in a list. No, not the list of the best colleges in the East; that list was headed by Villanova. No, it was part of a list of the twelve best college buys in Pennsylvania. And where was the word *Albright*? It was next to the number 1. (Granted, the list was in alphabetical order, but we were still there.)

*Albright*? A best college buy? Are you sure they were talking about *our* Albright? No mistake, folks. There is only one Albright, and it's right under your feet.

It really makes you stop and wonder. After hemming and hawking about our latest 6% tuition increase, that boosted Albright's price tag to \$11,000 a year, it's still cheap compared to the other colleges and universities in its class. That's astounding!

So, let's see. What makes Albright a best college buy? Well, it's small, so everyone knows everyone else, including who you were with last night. The faculty/student ratio is small, so that when you go to see

your professor, he's either in another class, chatting with his favorite students, or he left early because there was nothing to do. Sorry, but the two hours he *has* to be available are the two hours you're in other classes.

What else? Oh, they really spruced up the cafeteria so that it looks like the decor is from Wendy's and the cafeteria workers are from Beefsteak Charlie's. It looks great, don't get me wrong. But if some of the dishes looked that good on certain nights, we wouldn't have to go out to Wendy's. Well, one or two nights a week isn't so bad. Another point: you're guaranteed campus housing if you request it. You might end up living with two other guys on the first floor of a girls' dorm, but, hey, it's campus housing.

I guess what it comes down to is that, for the excellent liberal arts education you receive in your four years here, you're paying minimum cost. You have to learn at least something about everything in order to get your diploma, and you usually walk away knowing enough, if not more, about your major area to get you a decent job or a place in a halfway decent graduate or professional school. The best for the least.

Imagine: we're actually *lucky* to be here.

## "OFF THE RECORD"



Have you noticed the recent cartoon-character population explosion here on campus? For years I have noticed Snoopy and Woodstock cavorting on everyone's favorite Albright-wear, but there seems to be a second-generation of animated favorites arriving on the campus scene.

The first noticeable arrival was the world's most loveable glutton, Garfield. His sly looks and smug smile seem to attract a lot of buyers on this campus.

But the newest member of this furred-and-feathered fraternity is by far the elder statesman of the group. He has hundreds of shorts and a few feature films to his credit. Who else, but Tweety Bird. Yes, that Tweety Bird, that cute little yellow flightless bird with the speech impediment.

Sure, the way he talks is cute, but if I bought a jersey with his picture on it and wore it home to Philly for the weekend, I'd be sure to get more than a few puzzled looks as I walked down Bustleton Avenue. I can see it now. A college student walking down the street would stop my girlfriend and me and say, "That's cute, but what the hell is 'Albright'?" What should I say? "That's where I go to cowwege," and keep walking.

In a telephone interview, Tweety said that, "I'm pwoud to wewesent Albright. It's a nice pwace to be. I wike the people

and I wike the suwoundings. But the best pawt is, I never see that bad old puddy tat."

And what institution does that bad old puddy tat favor? A friend of mine who goes to Penn proudly wears Sylvester the Cat on his chest with "Pennntth,lvania" emblazoned across it. He might yet some funny looks, but at least people know where he goes to school.

I can see it now: I'll visit him at school one weekend, and we'll both be wearing our "school" shirts. We'll probably develop a mad compulsion to chase each other around with baseball bats or something.

I could go on to discuss why college students need to wear fictional characters on their bodies, but maybe I'll do that next week; I have a test to study for, and there's only one word to describe that: dettthpicable!

## ALBRIGHTIAN STAFF

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The *Albrightian* is published weekly by the students of Albright College except during vacation, holiday, and examination periods. This publication is printed by Windsor Press, Incorporated, Hamburg, Pennsylvania.

All submissions to the *Albrightian* become the property of the *Albrightian* and the Editors hold the copyright. All opinions expressed in the *Albrightian* reflect those of the author (columns, letters) or the editorial staff (editorials) or portions of the editorial staff (point-counterpoint) and not necessarily those of Albright College, its faculty, staff or administration.

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

Material for the *Opinion* page must be submitted by the Wednesday of the week before the issue desired, with the sole exclusion of *Letters to the Editor*. For example, something that will appear in the February 14, 1986 issue must be submitted by February 5, 1986. *Letters to the Editor* will be accepted until noon of the Tuesday before publication (February 11, 1986, following the above example).

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

1) *Editorials* are written by members of the *editorial* staff of *The Albrightian* and represent the majority opinion of the editorial staff. They do not necessarily represent the opinion of Albright College, its administration, faculty, or student body.  
 2) *Columns* are written by members of the general staff of *The Albrightian* (i.e. staff writers, photographers, etc.). They represent the opinion of the author(s) and not necessarily that of *The Albrightian*, Albright College, its administration, faculty, or student body.

3) *Letters to the Editor* are written by those who are not on the staff of *The Albrightian*. Opinions expressed in *Letters to the Editor* again represent the sole opinion of the author(s) and not that of *The Albrightian*, Albright College, its administration, faculty, or student body. *Letters* on any subject are welcome, although the Editors reserve the right to edit letters for clarity and decency. We also reserve the right to decide the fitness of any letter for publication. All letters must be signed and accompanied by a telephone number or a box number for verification purposes. The practice of withholding names is discouraged.

Material for the *Campus Information* page follows the same schedule as that for the *Opinion* page. Any campus organization is welcome to submit information for this page.

Any and all *Editorials*, *Columns*, *Letters*, general articles, photos, and any other material submitted to *The Albrightian* becomes the property of *The Albrightian* and the Editor-in-Chief (or Co-Editors-in-Chief) become(s) the copyright holder(s).

The Editors of *The Albrightian* hold regular office hours, which change on a semesterly basis. Check the window of the office or the Campus Center Desk for the current office hours schedule. We will be glad to discuss any problems during those hours.

**The Albrightian welcomes  
 "Letters to the Editor" each  
 week. Send them to  
 CC Box 107.**

# CAMPUS INFORMATION

## SUMMER SCHOOL IN AUSTRIA

The University of New Orleans will sponsor its 12th annual session of UNO-INNSBRUCK, an International Summer School program in Innsbruck, Austria. This educational/travel experience will involve over 250 students and some 30 faculty and staff for the summer of 1987.

"UNO's popular Alpine summer school attracted students from 35 different American universities and colleges and several foreign countries for the summer of '86," says Carl Wagner, Associate Director of the Office of International Study Programs at UNO. "As a result, UNO-INNSBRUCK is now one of the largest overseas summer schools offered by an American university."

Applicants are already lining up for the 1987 session. Part of the

secret may be that more than 70 courses in many different academic subject areas are offered in this magnificent and scenic Alpine Innsbruck setting in the "Heart of Central Europe". While participants can earn up to ten semester hours of credit, their classrooms are surrounded by the towering Tyrolean Alps, whose peaks are always snow-capped.

Naturally, courses offered with UNO-INNSBRUCK focus on the cultural, historic, social and economic issues of Europe. But, during the 1987 session, courses in business and science will also be taught. All instruction is in English, and faculty from the University of New Orleans, guest professors from other American universities and from the University of Innsbruck will participate. All

college credits earned are fully transferable. A very special feature of the 1987 program will be Governor Richard Lamm of Colorado, who will teach several history courses concerning the great issues of today that Western nations must face.

Stephanie Rondenell, a student participant in the 1986 UNO-INNSBRUCK program, had this to say about her European experience. "If someone were to ask me to name the most memorable experience of my life all I would have to say is 'Innsbruck'. When I think of my summer in Innsbruck, I think of the mountains that were outside my dorm window and how wonderful it was to wake up to them every morning. The people of Austria have to be some of the friendliest people I have ever met. Their will-

ingness to talk to you about their culture and history was extremely refreshing. The weekend travel opportunities while in Innsbruck are stupendous. Vienna, Munich and Venice were among my favorites. Overall, the program offered me many opportunities to enhance my educational experience - in the classroom as well as out of the classroom." In addition to college age students like Stephanie, the UNO-INNSBRUCK program is increasingly popular with adult learners who may enroll for either credit or audit.

During the session, students are housed in the Studentehaus at the 300 year-old University of Innsbruck. The school is a five-minute walk from the many inns, cafes, and beer gardens in the "Old Town" of Innsbruck. Three-

day weekends offer ample time for students to travel, hike in the Alps, or ski on the nearby glaciers.

UNO-INNSBRUCK-1987 will convene with gala opening ceremonies on June 28th and end on August 8th. An optional three-week tour of Western Europe and a one month work/study castle restoration program in Belgium are available to interested students.

Registration for UNO-INNSBRUCK is already underway. Enrollment in the program is limited, so interested applicants should apply as soon as possible. Information and a full color brochure describing the program in detail can be had by writing to UNO-INNSBRUCK-1987, c/o International Study Programs, Box 1315-UNO, New Orleans, LA 70148. Or, you can call (504) 286-7116. Don't delay!

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Excessive weight may take its toll on the body in the form of degenerative arthritis, especially in the knees, which carry the burden of excess pounds."

Before the second visit, participants keep a diary of their eating habits, noting the time and size of their meals and snacks, as well as the location in which they eat. Such information will be valuable later in planning behavioral modification.

"Today's society presents food in an exciting manner while, at the same time, it promotes the lithe figure," said Dr. Cohen. "Many obese people find self-appreciation to be difficult. Our program focuses not only on physical factors, but also on restoration of self-esteem."

During the second visit, participants are presented a specific dietary plan, tailored to

their personal habits and needs. Additional visits provide counseling with the staff members, who devise an individualized plan for each patient's lifelong nutritional care.

Many people, during multiple diets throughout life, have lost and regained hundreds of pounds, according to Ms. Clifford. "Recent research has shown that sporadic dieting can be detrimental," said Dr. Peikin. "When you stop dieting, your body automatically adjusts its 'set point' at a higher weight, thus causing a more rapid weight gain. If you re-institute the same diet, it will probably be more difficult to lose weight. People must realize that effective dieting calls for a lifelong commitment." With Dr. Peikin's new diet, the truth should be easier to swallow.

## Child Development Center Moves

Although moved just across the hall on the first floor of Mohn Hall, the Child Development Center has increased its space and added office space and an obser-

vation room. These added features help to make the Center better equipped for providing quality educational experiences for children, parents and Albright

students and staff.

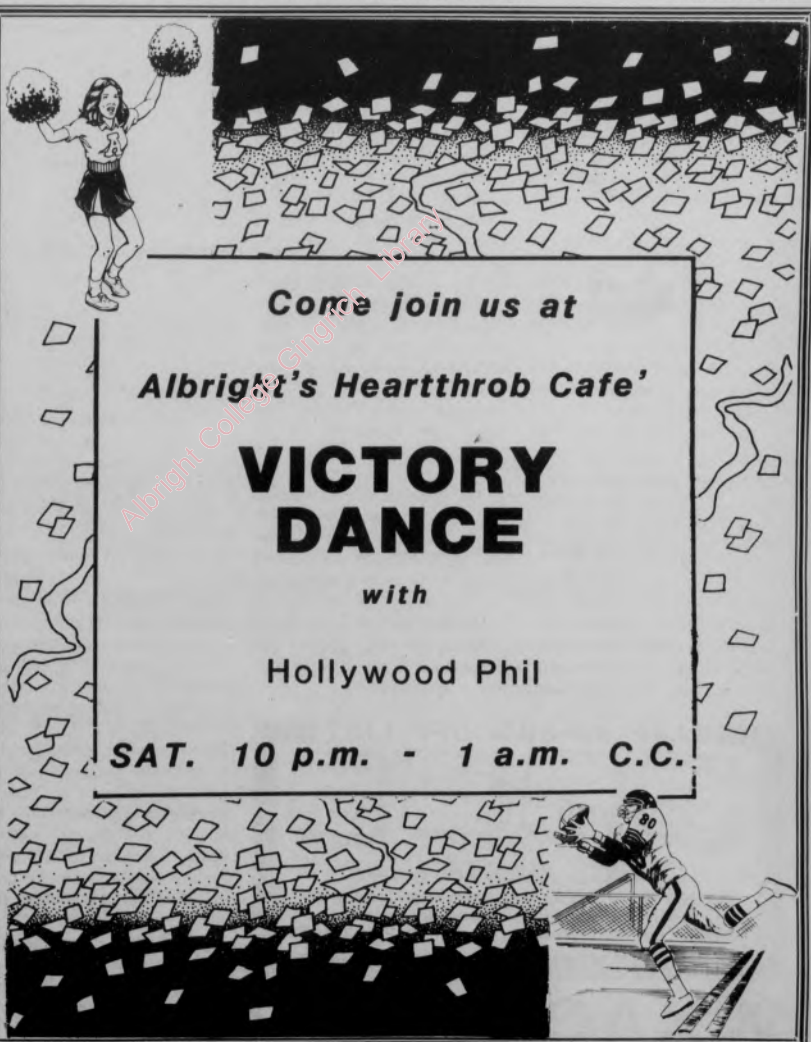
The Center is a private pre-school and kindergarten with day care services available. In addition

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## GRADUATE & PROFESSIONAL SCHOOL DAY

JUNIORS AND SENIORS, PLAN TO COME AND MEET REPRESENTATIVES TO LEARN ABOUT PROGRAMS AND REQUIREMENTS:

WED., OCTOBER 1, 1986  
SOUTH LOUNGE OF CAMPUS CENTER 10:30-1:30



Come join us at  
**Albright's Heartthrob Cafe'**  
**VICTORY DANCE**  
with  
Hollywood Phil  
SAT. 10 p.m. - 1 a.m. C.C.

## The "Invisible Force"

by Melody Honchar

PC3, the Peer Counsel Coordinating Committee, is the "invisible force" behind the peer counseling program which initiates each year during freshman orientation.

The PC3's are a group of students who not only select each years peer counselors, but also train and advise them during orientation. Dr. Ring meets with the students at various times throughout the year to oversee the entire program, and provide new suggestions and ideas. The PC3's, however, are the ones responsible for the programs overall organization.

To be a PC3, you must serve as a peer counselor for at least one year. In doing so, you gain first-hand knowledge as to how the program is run and its effectiveness on the peer counselors themselves. Then you are required to go through a formal interviewing process with former PC3's who in turn determine who are the most qualified persons

for the job.

Due to extensive planning by the PC3's, this years orientation included various workshops which the peer counselors were required to attend. They dealt with problems such as suicide, depression, and pressure, all of which may be faced by the "campers" (the counselees) at some point during their college career.

Maria LoCasale, a sophomore peer counselor, felt the PC3's were very effective in preparing her for her job. She said "the seven members of PC3 did an excellent job of getting this program together. There were a few rough spots, but that is only because the committee is so young. The relationships between the orientation leaders and the peer counselors were much improved."

The PC3's are now in the process of planning next years orientation program which they expect to be equally as successful as this year's.

## Experience The Experience!!

by Melody Honchar

One of the major highlights of Albright College is its stress on a well-rounded General Studies program. The Experience is an integrated part of this curriculum and exposes students to a wide variety of cultural events in which they may not otherwise show an interest.

As recently decided by a faculty vote, students are required to attend eighteen Experience events of their choice within the four years they attend Albright, as opposed to the former two-year deadline. In doing so, they receive a Q/NQ status and one credit toward graduation.

Dr. Dale Yoder, director of the Experience, is continuously bringing different subjects into the program to encompass students' many interests. He feels 'all programs come from some arm of campus and everything has a broad stamp of approval to identify its excellence.' When asked about students' eagerness to participate, he said, 'Seniors have told me after the fact that while they felt less than enthusiastic

when they look back, they saw its value.'

Daryl McCullough, a recent Albright graduate, found the Experience to be a favorable one. Looking back, he said, 'I enjoyed going to Experience events. Even though I completed my requirements within one semester to get them over with, I found I liked going, so I continued on with the program throughout my student career.'

Daryl also speculated that there should be a correlation between Experience events and the classroom. He said he was 'more inclined to go if one of (his) professors suggested it for discussion in class afterward' and found the Experience to be 'much more effective if designed for a course.'

The Experience is a culturally enriching program that is being copied by many other colleges. But all things aside, if you aren't interested in culture, you can go by the feelings of one Albright sophomore who says, 'I have a positive feeling about the Experience. It gets me away from my studies!'



## Family Weekend

September 27-28, 1986

### SATURDAY

- 9:30-10:30 Registration—Campus Center  
10:00 Junior's Program—"Almost Anything Goes"—Meet at Campus Center Desk—Presented by the Mu Sorority
- 10:15-11:30 Freshmen Parents—Chapel  
Dale Vandersall—Welcome  
President's Address—Dr. David Ruffer  
Music—Choir
- 10:30-11:30 Upperclass Parents—Theater  
Dr. Timothy Ring, Director of the Counseling Center  
The Upperclass Experience: "Challenges to Late Adolescence"  
Students give an inside look at their experiences
- 11:00 Soccer vs. Muhlenberg—Introduction of Senior Parents  
11:30-12:30 Lunch in Dining Hall  
1:30 Junior's Program—Ice Cream Social—Meet in the Sub—Presented by Chi Lambda Rho Sorority
- 1:30-2:30 WORKSHOPS  
Panel Discussion for freshmen parents—Dean of Students staff and upperclass students—Campus Center South Lounge  
Introduction of an insightful video on parents and their concerns as students leave for school.  
"Beyond the College Classroom"—Campus Center Theater—A student panel presentation and discussion centering on internships, study abroad, the Washington Semester, and other programs that expand the classroom experience—
- 2:30-5:00 Tours of the Outlets—Vanity Fair—Meet in front of Campus Center
- 2:30-3:30 Tours of the Campus—Meet at Campus Center Desk  
2:30-3:30 Reception in various residence halls—More information available at registration
- 3:00-4:00 "A Musical Revue"—Campus Center Theater  
Today Albright's Theater Co., the Domino Players, will present to the Albright parents the first complete production of a new revue of select musical numbers and scenes from the company's recent works which has been put together for traveling performances in the Reading community. The revue, directed, choreographed and performed by Albright students, includes favorites from 8 musicals and 5 plays. Special guest appearances by two Albright professors and college alumni.  
—An experience credit—
- 3:30-4:30 President's Reception—Also meet the new Gallery Director David Rubin—Freedman Art Gallery
- 4:00-5:00 Alumni Parent Reception—Faculty Club—Alumni Memorial Hall  
5:00-6:15 Dinner in Dining Hall  
7:00 Movie—"E.T."—Campus Center Theater  
7:30 Football vs. Upsala—Introduction of Senior Parents  
10:00 Albright's Heartbreak Cafe with Hollywood Phil—Campus Center—50's, 60's music and refreshments

### SUNDAY

- 8:30-9:00 Coffee and Donuts in Dining Hall  
9:30 Protestant Service—Chapel  
10:00 Catholic Mass—Campus Center Theater
- 11:30-1:00 Lunch in Dining Hall  
1:30-3:30 Family Activities—Meet 15 minutes prior to event  
Tennis Tournament—Tennis Courts  
Bowling Tournament—Campus Center Bowling Alley  
Reception in various residence halls—More information available at registration.

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holic beverages will be served.

The greatest possible potential liability occurs when one negligently or otherwise serves liquor to person already intoxicated and that intoxicated person then injures himself or a third party. If a reasonable person would not have served liquor to that individual considering his age, maturity and apparent sobriety, liability attaches to the server for any damage that such individual might do. The liability may attach not only to the server but also to the chapter and its members as well.

It is not normally the job of the collegiate chapter officer to deal with insurance for the chapter. Even though that

function is handled by the house corporation officers, it is a good idea for the chapter officer to be aware of the liability coverages in effect.

A normal liability policy would protect up to a certain specified amount for injuries to third persons and their property while they are guests on the house premises. But unless special provisions are written into the policy, the chapter is probably not covered for:

1. damage resulting from the use of any automobile, even if it is used by a chapter officer or employee in the scope of his job
2. contractual liability
3. liability from negligently serving alcohol

4. injuries to employees (Workers' Compensation usually covers this)
5. injuries to regular tenants (chapter members).

Because of the scope of liability possible under Dram Shop Acts (negligently serving liquor) and from injuries caused by negligent use of automobiles, you should find out if your chapter's liabilities in those areas are covered. If there is no coverage, you may want to suggest to the house corporation that such coverage be obtained. As mentioned earlier, because of public policy and certain legal principles, one cannot purchase insurance protection for liability arising out of intentionally caused injuries.

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## Alcohol Alternatives

Drinking songs may be of the past. New statistics show that one-third of the nation's adults abstain from alcoholic consumption. Others are drinking less. People are becoming more responsible and more health conscious.

The Pennsylvania Chamber of Commerce is offering a 35-page booklet illustrating recipes for appetizing non-alcoholic drinks and snack trays. The "Non-Alcoholic Party Drinks" booklet not only contains innovative recipes, but also home and business hosting tips, pointers for parents, and tips for teens concerning the responsible use of alcohol. Single orders of the booklet are \$2.00; discounts for

bulk orders are provided on the order form.

Since alcohol is usually an intricate part of the college social scene, this booklet may be more useful than you realize. The state has been cracking down on everybody with their new drunk driving laws and having the hosts be liable for their drunken guests. Most colleges now are also getting very tight with their alcohol rules.

Some rules, from various schools, now being slapped on the colleges are: fraternity parties must provide an alternate beverage; fraternity beer taps must stop at 2:00 a.m.; no alcohol allowed to be consumed in the dorm by anyone under 21; no

open containers in public; huge fines and liabilities for the adult responsible for getting and serving alcohol to minors; and the list goes on.

Considering these rules, and the fact that many under-21 nights are popping up at the local bars, along with the respect one should always have for the person who chooses not to drink, providing non-alcoholic drinks in a pleasing and exotic manner may be the answer.

For more information contact Susan Smith, Director, Chamber Services, Pennsylvania Chamber of Commerce, 222 North Third Street, Harrisburg, PA 17101, (717) 255-3264.

## THINK THIN!!!

Ever since the first cacao bean sprouted and chocolate fudge was born, people who are prone to overeat have suffered insensitive jokes, discrimination in the job market and chastisement by society. People often assume that weight gain is the result of a lack of will power. Consequently, the obese are made to feel personally guilty and ashamed, which is cruel and unfair punishment, according to Steven R. Peikin, M.D., associate professor of medicine and pharmacology and acting director, division of gastroenterology, Jefferson Medical College of Thomas Jefferson University.

Dr. Peikin has both good and bad news for people who are overweight. First, the good news: Contrary to popular belief, your weight gain is probably not your fault. Now, the bad news: Your tendency to gain weight is probably with you for life.

Recent laboratory research by Dr. Peikin suggests that overeating has nothing to do with a shortage of willpower. Instead, the urge to overeat may be directly related to a biochemical condition in which a person does not feel full, or "satiated," until he ingests a large amount of food.

Many people may have inborn biochemical defects that affect their amount of food intake or their management of food at the cellular stage," said Dr. Peikin. "They must realize that obesity is a metabolic defect that they will face, much like a diabetic, for the rest of their life. Unless they are on a calorically restricted diet, they are going to gain weight."

Based on his research, Dr. Peikin has developed a diet plan and instituted the Jefferson Nutrition Program, open to anyone who wishes to lose weight or seeks assistance with a dietary problem. The program offers a calorically restricted, balanced diet that helps to maximize a feeling of "fullness" and nutritional satisfaction.

Dr. Peikin's diet features a pre-meal snack, which he terms the "satietyzer." Each satietyzer is rich in protein and fat, containing 100 to 150 calories. Eaten 30 minutes before a meal, the satietyzer is given time to digest and reach the intestines where it stimulates a release of the hormone cholecystinin (CCK). The hormone, in turn, stimulates a release of the hormone, in turn, stimulates a sense of satiety and decreases hunger.

Cheryl Clifford, R.D., clinical dietician, department of nutrition and dietetics at Jefferson, who instructs program participants, has developed recipes for 24 satietyzers, ranging from nachos to peanut butter balls. To provide a nutritious balance with the satietyzer, each main meal is enriched in fiber and carbohydrates.

"Our plan is not monotonous like a grapefruit diet," said Dr. Peikin, director of the Jefferson Nutrition Program. "We rearrange the usual timing of meals, but we eat standard American fare that has a pleasing appearance and provides a feeling of fullness. Hopefully, this will make it easier to maintain a long-term nutritional plan."

During the first visit to Jefferson, participants receive a comprehensive physical examination by Dr. Peikin or Stanley N. Cohen, M.D., clinical associate professor of medicine at Jefferson and co-director of the program. Then they complete a questionnaire that provides for a family history of obesity and reveals concomitant conditions such as diabetes, lipid disorders or hypertension, which call for dietary restrictions.

Blood is drawn for a laboratory study of triglycerides, cholesterol and blood sugar levels, which may indicate a need for further restrictions. In addition to the physical exam, participants are instructed in the causes of obesity as well as proper expectations of dieting.

"We find a special fulfillment in the program," said Dr. Cohen,

"because, as we treat obesity, we also help prevent medical complications. People who are overweight are at an increased risk of developing certain illnesses, from diabetes to hypertension. Some people may have elevated lipids and, as a result, are candidates for coronary heart disease.

*continued to page three*



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*continued from page three*

to these services for children, the Center also offers workshops for parents and professionals and special mini-courses for children.

Established twelve years ago, the primary purpose of the Center is to provide a laboratory for Albright students which exemplifies quality child care. It is staffed with professionals in child

care as well as students.

Students are welcome to use the Center as a laboratory in which to practice effective skills with young children or to conduct research with children and their

*continued on page six*

## LITTLE BAGGAMUSIC

by Mike Anthony

## Big Country-The Seer

Big Country's long awaited follow up to 1984's *Steeltown* packs more than the usual punch we have come to expect from Scotland's biggest export to the States. Stuart Adamson and the rest of the lads resurface with fresh material; not just rehashed "In Big Country" productions. This isn't so much a departure from their previous works as it is both a peek at the present and a look toward the future.

All of Big Country's trademarks make their return for *The Seer*: the bagpipe guitar chords, Adamson's bolsterous vocals, military intensity to wrap them all up into one collective appropriate package. Yet for all their past success with this approach, this album's dominant force does not involve any of the above Big Country characteristics. Perhaps the band sensed a change was necessary to attract a new following,

or to retain their present audience. In any case, it comes as no surprise to find a few modified Big Country ballads making their presence heard on *The Seer*. This departure from the basic anthem sound was alluded to with the inclusion of the somber "Come Back to Me" on *Steeltown*.

Stuart Adamson conveys painful yearning rather than his typical lust for life on standout ballads, "Eiledon" and "Hold the Heart." In the former, he displays unprecedented compassion. A song overflowing with warmth, "Eiledon" has Adamson passing his ways on to the next generation for besting future years. Romanticism prevails on "Hold the Heart," as a broken lover sketches his past ("The sun beats hard on an empty beach/Where I tried so hard/But couldn't reach the stars/In your eyes.")

The obvious first release from *The Seer* is the catchy "Look Away," but not too far behind are a pair of hopefuls destined for air-

play. "I Walk the Hill" and "One Great Thing" expose Adamson's talent for writing pop hooks. Both have been college radio mainstay over the summer.

The album's title track has Bruce Watson crunching his guitar into overtime alongside a prophesizing tale told to Adamson by a mysterious woman. The most pleasant surprise on this track is the backing vocals. Behind Adamson's banshee-like wails are heard equally potent sounds from England's premiere songbird, Kate Bush.

*The Seer* is a bold move for Big Country to make. Only one track here ("Remembrance Day") resembles the mediocrity of their previous effort *Steeltown*. Decisiveness is what *The Seer* is all about; whether it be a ballad or a well-crafted anthem. Perhaps that is why *The Seer* rivals *The Crossing* for Big Country's best work to date.

## The Nails-Dangerous Dreams

San Francisco's biker-rock cult heroes attempt to follow up their successful debut, containing the novelty number, "88 Lines>About 44 Women." *Dangerous Dreams* is centered around the successor to "88 Lines," dubbed "Things You Left Behind." Utilizing the same lyrical list approach as its predecessor "Things You Left Behind" recounts the remaining possessions of a former live-in girlfriend to the singer. Vocalist Marc Campbell itemizes everything from "a bottle of cheap, Italian wine" to "a pack of rusty razor blades." Although it aspires to duplicate the ingenuity of "88 Lines," it simply runs out of ideas and falls short. By the end of the tune, Campbell is groping for possible left-behinds ("fishing line," "a button saying 'make my day?'" ). Finally, the song is killed off with a note tacked up on the door "containing one word, GOODBYE!"

The remainder of the LP is hard-hitting with 70's guitar and

forceful vocals. "The First Time" and "Save Me" are high-powered attacks proving the Nails aren't hammering away at empty space. "Dig Myself A Hole" builds up with tension, then releases with an exploding chorus.

A certain gloominess hangs over *Dangerous Dreams*. Add that to the fact that the band's love of violence is ever-present in their music. Check out the title, "Darkness Grows Uncivilized." Or listen to the lyrics of "Voices," containing various accounts of supposed "divinely-inspired" slayings. ("I am sorry sir/ But I did not have a choice/God told me to do it/I heard his voice.")

One modder, and effectively spooky cut, "Hello Janine" deserves praise; although it resembles an excerpt from Dire Straits' *Making Movies* LP.

I would say the Nail have used up their novelty act (If not completely dry). Now it's time for the band to concentrate on what they do best; raise hell.

## Classifieds

**BUSINESS OPPORTUNITIES**  
LEARN—Gold, Silver, scrap recycling business. \$50,000 year possible. Free information: RECYCLING BOX 11216 RENO, NV. 89510

**CORRESPONDENCE**  
WANTED—Correspondence from sincere individuals, for white incarcerated college student. Will answer all. Write to: Mr. Bert Murphy 85-A-5290 P.O. BOX 149 Exchange St. Attica, NY. 14011-0149

WANTED—I am a white male age 32, I am serving a 5 yr. sentence at Az. State Prison! I wish short and long term correspondence with male and female students to exchange lifes experiences. Will answer all letters. Gary Mathews #58060 A.S.P.C.-P San Juan P.O. Box. 3300 Goodyear, Arizona, 85338

WANTED—Correspondence with either male or female college students to Death Row prisoner, caucasian male,

age 40. Wants to form friendly relationship and exchange ideas. Will answer letters and exchange pictures. Please write: Jim Jeffers BOX B-38604

Florence, AZ, 85232  
WANTED—White male in mid 30's in need of meaningful communication with outside world from medium security correctional facility. Please write: Bill Milan 85-A-2608 P.O. BOX AG Fallsburgh, NY 12733

## EMPLOYMENT

EARN—some extra money in your free time. Pizza Hut needs delivery drivers for the new location in Shillington. You can make \$5 - \$9 per hour including tips and reimbursements. Apply at 204 West Lancaster Ave. Shillington, PA. or call 777-1121.

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## National College Poetry Contest

## Fall Concours 1986

## CONTEST RULES AND RESTRICTIONS:

- Any student is eligible to submit his or her verse.
- All entries must be original and unpublished.
- All entries must be typed, double-spaced, on one side of the page only. Each poem must be on a separate sheet and must bear, in the upper left hand corner, the NAME and ADDRESS of the student as well as the COLLEGE attended. Put name and address on envelope also!
- There are no restrictions on form or theme. Length of poems up to fourteen lines. Each poem must have a separate title. (Avoid "Untitled"! Small black and white illustrations welcome.
- The judges' decision will be final. No info by phone!
- Entrants should keep a copy of all entries as they cannot be returned. Prize winners and all authors awarded free publication will be notified immediately after deadline. I.P. will retain first publication rights for accepted poems. Foreign language poems welcome.
- There is an initial one dollar registration fee for the first entry and a fee of fifty cents for each additional poem. It is requested to submit no more than ten poems per entrant.
- All entries must be postmarked not later than the above deadline and fees be paid, cash, check or money order, to:

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## MBA Forums

Six thousand persons are expected to attend MBA Forums this fall. They will receive first-hand information about Master of Business Administration (MBA) degrees from representatives of 160 national and international schools.

Sponsored by the Graduate Management Admission Council (GMAC), the MBA Forums have the twofold purpose of helping individuals to determine whether the MBA degree would be useful to them and, if so, to identify the schools that will best fit their needs.

Workshops on admissions procedures, curricula, career planning and job search strategies will be presented. Each one is staffed with educational and career experts. Attendees are encouraged to participate in these workshops.

Hours for all Forums are Fridays 2-8 Saturdays 10-4. The daily registration fee, which covers all events, is \$5.00.

For further information about individual Forums, write to National Coordinator of Forums, CN 6106, Princeton, NJ 08541-6106 or call 800-843-8557, in New Jersey call 609-734-1539.

continued from page 116

families. Students gain invaluable experience in working with young children at the Center through work-study or self-help as well as observing in the Center for a variety of courses.

The Center will be holding an Open House on September 29

from 6-8 PM to which Albright students, faculty and staff are welcome. Staff will be available to answer questions about the Center and to orient visitors to the facility and materials available. If you would like further information about the Center you can call between 7:30 and 5:30 PM at 929-0946.

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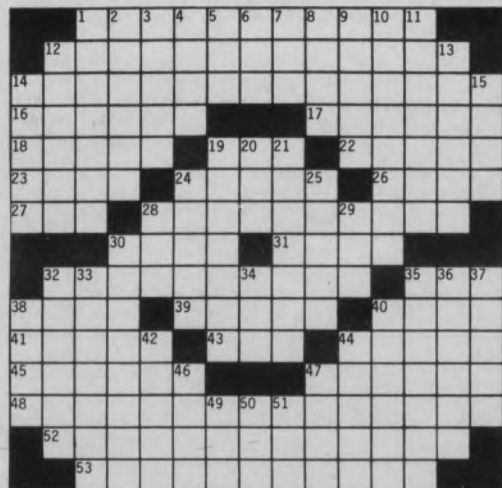
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PATRONS: BE OUR GUESTS AT A RECEPTION AT THE SYNAGOGUE

collegiate crossword



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ACROSS

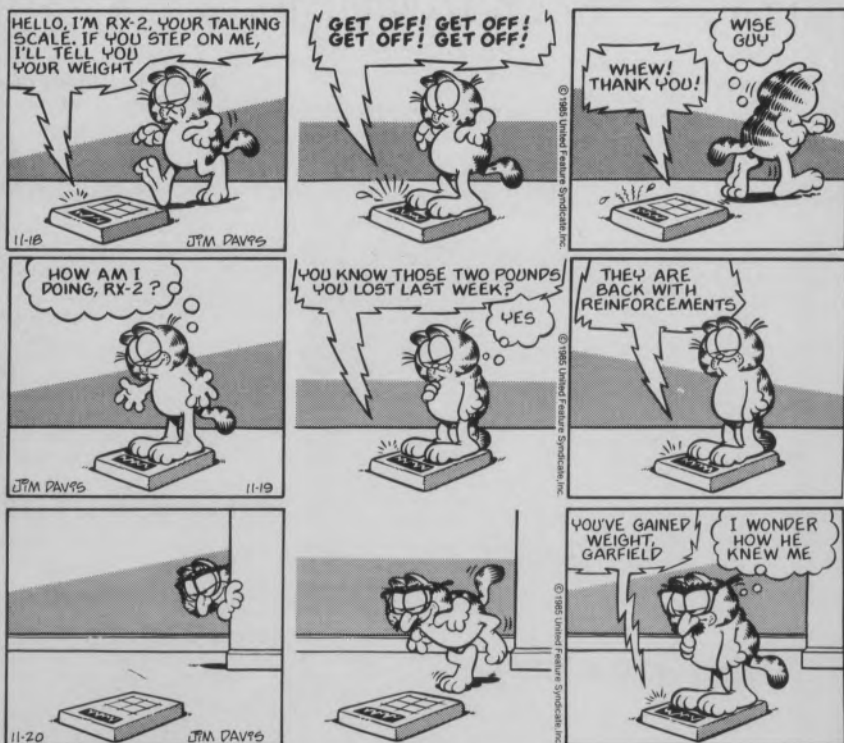
- 1 Where one might study Andy Warhol's works (3 wds.)
- 12 Enrollment into college
- 14 "Calculus Made Simple," e.g. (2 wds.)
- 16 Evaluate
- 17 Extremely small
- 18 Follows a recipe direction
- 19 Belonging to Mr. Pacino
- 22 Of land measure
- 23 Meets a poker bet
- 24 — Gay (WW II plane)
- 26 Capri, e.g.
- 27 Belonging to Mayor Koch
- 28 Irritate or embitter
- 30 Train for a boxing match
- 31 — and the Belmonts
- 32 Processions
- 35 Diet supplement (abbr.)
- 37 Scottish historian and philosopher
- 39 College in Greenville, Pa.
- 40 The Venerable —

- 41 "...not with — but a whimper."
- 43 Return on investment (abbr.)
- 44 Pondered
- 45 Belonging to Mr. Starr
- 47 Part of the classifieds (2 wds.)
- 48 Possible place to study abroad (2 wds.)
- 52 Small school in Canton, Ohio (2 wds.)
- 53 Orson Welles film classic (2 wds.)

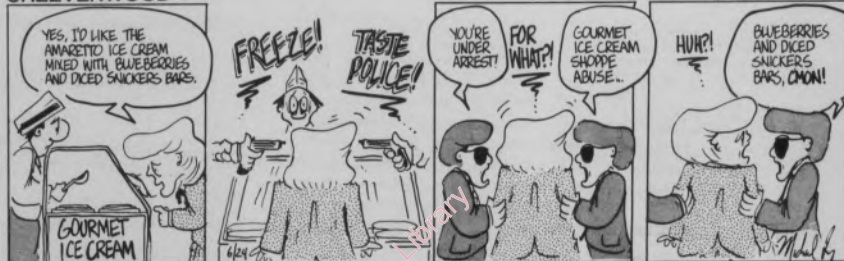
DOWN

- 1 Those who are duped
- 2 "Do unto —..."
- 3 Fourth estate
- 4 Goals
- 5 Well-known record label
- 6 Well-known king
- 7 151 to Caesar
- 8 Prefix meaning milk
- 9 Confused (2 wds.)
- 10 — husky
- 11 Most immediate
- 12 Like a sailboat
- 13 Cash register key (2 wds.)
- 14 En — (as a whole)
- 15 Auto racing son of Richard Petty
- 19 Political disorder
- 20 — cit. (footnote abbreviation)
- 21 Traveled on a Flexible Flyer
- 24 Glorify
- 25 Prospero's servant in "The Tempest"
- 28 Well-known government agency
- 29 American league team (abbr.)
- 30 Fictional hypnotist
- 32 Style exemplified by Picasso
- 33 "She's —..." (from "Flashdance")
- 34 Be unwell
- 35 Visible trace
- 36 Think
- 37 Woman's undergarment
- 38 Comment — kiri
- 40 — burner
- 42 "...for if I — away..."
- 44 Actress Gibbs
- 46 African antelope
- 47 Well-known TV band-leader
- 49 Pince —
- 50 (eyeglass type)
- 51 1968 film, "Station Zebra"
- 52 1965 film, "Ryan's Express"

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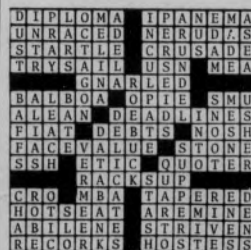
by Berke Breathed

Can you find the hidden legal terms?

- ABATE
- ACT OF GOD
- AGENCY
- ARBITRATION
- BAILMENT
- CAVEAT EMPTOR
- CONSIDERATION
- DAMAGES
- DEED
- DURESS
- EASEMENT
- ESCROW
- ESTOPPEL
- FELON
- FRANCHISE
- LIEN
- MARTIAL LAW
- NOVATION
- PATENT
- PRIVITY
- PROBATE
- PROOF
- PROXY
- REMEDY
- SUBPOENA
- SUMMONS
- TORT
- TRUST

Last Week's

Answer



# FOOTBALL SUFFERS AGGRAVATING LOSS

by Eddie Becker

The Albright Lions committed a whopping seven turnovers as they were beaten 31-0 by Delaware Valley. Both teams' records now stand at 1-1.

The Lions failed to mount any serious drives in the first half, due largely to turnovers and penalties. Albright's defense played aggressively, but the Aggies managed to take a 10-0 lead at halftime.

It looked as though the Lions would get on the scoreboard following freshman Nick Yarussi's fumble recovery of the second-half kickoff. But the Lions were stopped on three running plays after having second-and-1 at the Aggies' 14.

Albright received another golden opportunity on the next series. Senior defensive tackle, Jim Dee, recovered a Walt Kobrynski fumble at the Aggies'

13. Once again, Delaware Valley held, and Dave Grosch missed a 40-yard field goal.

The Aggies put the game away with a touchdown in the third quarter and two in the fourth, one of which was a 96 yard touchdown pass. The Lions had one last chance to avoid being shut out, but freshman quarterback Matt Asplundh fumbled at Delaware Valley's 1 late in the fourth quarter.

Albright's next game will be this Saturday night against Upsala at Shirk Stadium. Upsala dropped to 2-1 after suffering a 17-10 loss at the hands of Wilkes.

### Extra Points

The Lions' potent rushing attack was held to 50 yards on 11 carries... Albright had 11 touchdowns to Delaware Valley's 11... Dan Poruban caught 3 passes for 61 yards... The Lions defeated Upsala last year 22-16...



photo by Randy Blodgett

FRESHMAN Mark Rockovich tries to find an opening in the line.

## Field Hockey

By Zulfi Tyebjee

teams had ample opportunities to score.

The women's field hockey team played their first home game Monday, September 22, against Dickinson College.

Dickinson scored the first goal off a corner in the first half. Albright came back with a goal assisted by freshman Lora Rouse and scored by senior, left inner Liz Davis (co-captain with senior Donna Krouse). The scoreboard at the half read 1-1.

Seventeen minutes into the second half Dickinson scored another and then again with five minutes to go, increased their margin 3-1.

In spite of the final score, the game seemed evenly played. Both

The Dickinson goalkeeper and Albright's goalie, junior Nadra Nabulsi, blocked several attempts skillfully.

Freshman Lora Rouse, Sandy Hoshall, and Colleen Albright displayed potential which may prove for an optimistic season.

Coach Sally Miller commented on the game; "We had several opportunities and some nice plays. It is only the second game of the season which doesn't count for the league play offs".

Wednesday, September 24, Albright starts their league games at Haverford College. Friday, the Lions take on Swarthmore College at 3:30, home.

## Intramural Football Begins

Team	Wins/losses
1. Alpha Chi Rho Crows	1-1
2. Pi Tau Beta Raiders	1-1
3. Sigma Phi Epsilon	2-0
4. Pi Lambda Phi	0-2
5. Alpha Phi Omega	2-0
6. Cogs	0-2
7. Elroy Inc.	2-0
8. Sparky's Golf Tourn.	0-2



Date	Team/Score	Wins/losses	Notes
9/17	Sigma Phi Epsilon 13	Sparky's Golf Tourn.	7 (overtime)
9/17	Pi Tau Beta Raiders 22	Alpha Chi Rho Crows	12
9/18	Elroy Inc. 14	Pi Lambda Phi	0
9/18	Alpha Phi Omega 23	Cogs	6
9/22	Elroy Inc. 26	Pi Tau Beta Raiders	0
9/22	Alpha Chi Rho Crows 20	Sparky's Golf Tourn.	2
9/23	Sigma Phi Epsilon 6	Cogs	0 (Overtime)
9/23	Alpha Phi Omega 13	Pi Lambda Phi	0

## VOLLEYBALL SOCCER FALLS SHORT

by Craig Johnson

by Eric Schwilke

Last weekend the volleyball team traveled to Fairleigh Dickinson University to compete in an eight team tournament. Albright conquered St. Elizabeth's College twice and lost to Marywood College twice. The top four team's made the semifinals and Albright's 2-2 record was enough to propel the team into semifinal action. Albright was pitted against the New Jersey Institute of Technology's talented squad. Albright battled NJIT in a best of three series and lost 2-0.

The volleyball team traveled to Haverford on Monday but could not surmount any attack and lost. Junior Kristen Curtis sighted team injuries and lack of rest to Albright's lackluster performance. "Several players received injuries during the FDU tournament and we were physically drained Monday. Nothing clicked against Haverford," commented Curtis.

The Albright volleyball team meets Delaware Valley next Tuesday at 6:30.

On Saturday, Sept. 20, at 2:00, the Albright soccer team visited Swarthmore College to begin their 1986 season.

Albright has been training to avenge last season's opening loss to Swarthmore of 5-0.

On Saturday, the pace was set by Albright, when Greg King almost caught the Swarthmore defense napping but came up empty when his shot just missed to the left. Swarthmore's short quick passing attack quickly regressed and came close to finding the back of the net on several occasions.

Keeper Greg Clark and the rest of the defense stayed tough, and kept the score tied at 0-0 for the first half.

Todd Adams and Fred Behney broke through the Swarthmore defense frequently, but were turned away each time. The lion defense was adequate, but a perfectly executed headball by Swarthmore

connected and thus the score became 1-0. Neither team managed to score after the initial goal.

Albright plays their first home game on Wednesday, Sept. 23, against Ursinus College.



photo by Randy Blodgett

SOPHOMORE, Phyllis Cocci attempts to clear the zone against a Dickinson player.