

The Almanian

November 24, 1992

Serving Alma College since 1907

Issue 10

Names Project AIDS Memorial Quilt remembers victims

By William S. Hull
News Editor

Silence hung over the Finch Fieldhouse, at Central Michigan University (CMU), for the opening ceremonies of the AIDS quilt display last Thursday, Nov. 19.

Volunteers unfolded the sections of the AIDS quilt one by one, while speakers took turns reading the names of all the people who have died of AIDS and have squares included in the AIDS quilt. Volunteers finished unfolding the final section of the quilt and joined hands in a circle around the section for approximately a minute. They then dispersed themselves randomly around the edges of all the quilts and formed a circle with students and community members. Everyone stood in respect for all the people represented by the quilt.

"When all the people stood up, especially the people in the balcony, it was a really moving site to have witnessed," said Mark Minelli host committee member.

The circle remained intact for ap-

proximately five minutes. Volunteers then motioned for people to walk out so they could begin viewing the different sections of the quilt. The speakers continued reading names as the 600 plus in attendance remained quiet.

"It was like tombstones in fabric. If you didn't already know someone who died from AIDS, you do now. It personalized the whole idea of AIDS," said Alma resident and Alma College alumni Kathy Austin.

"The ceremony was beautiful as they (volunteers) unfolded the quilts. All the squares were beautiful and personal. The reading of the names was also very moving," said senior Maria Stephens.

Planning committee member and volunteer coordinator Ross Rapaport felt overwhelming happiness to finally get the display underway.

"I think it is just a very rewarding project in the long run," said Rapaport.

The planning committee began working with the project over a

year ago. The committee received a substantial amount of community support in the planning of the display. The help they provided was much needed according to Rapaport.

"The community has come together here for an important project," he said.

The committee's decision on where to house the display was extremely important.

"The number of sections was determined by the size of the building," said Minelli.

The CMU exhibition hosted only 36 squares, representing 288 victims.

"You can't just bring something like this together in a couple of months. It takes lots of planning and work to make the display run smoothly," said Minelli.

Family and friends of AIDS victims around the area brought in three feet by six feet sections to form new sections of the quilt. The quilt received five new sections Thursday, with more expected over the following three days.

"I would say we will probably

receive about ten," said Pat Kipfmüller, host committee member.

Pat Kipfmüller and her husband Leo, added a section to the quilt for their son John.

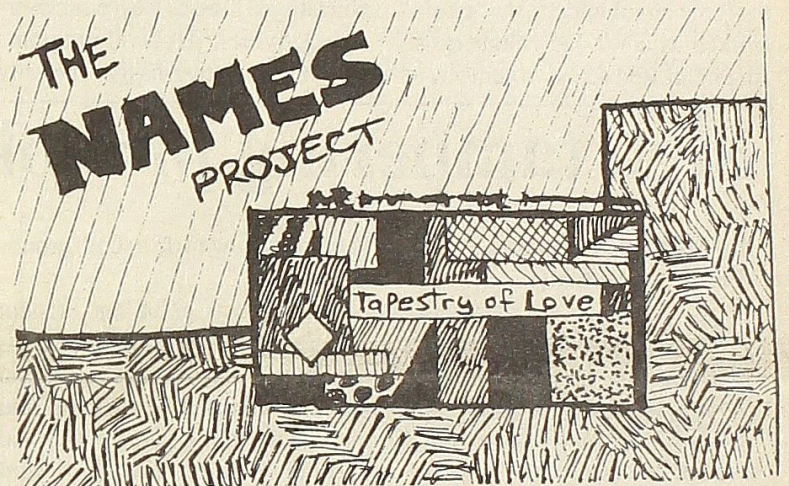
"We held it together until Paul read John's name. We knew he could, but didn't think he was going to. It was upsetting to hear his (John's) name, but it was also nice to know he is now a part of the quilt forever," said Pat Kipfmüller.

Cheryl and Ron Rodden also added a section to the quilt. They

added it for their friend Greg. The Kipfmüller's and the Rodden's quilts took about a year and a half to make. They have worked together for the last six months putting them together.

"I thought it would be a nice way to remember Greg. Something more living, more permanent," said Cheryl Rodden.

The evening slowly faded away as people began to disperse, leaving only the memories of their lost friends and loved ones behind in the darkness of the empty fieldhouse.



English faculty recite favorite poetry and prose at Faculty Forum

By Candy Basney
Freelance Writer

The English department sponsored a reading of faculty works last Friday with professors John Ottenhoff, Roseanne Hoefel, William Palmer and Ute Stargardt reading recent essays, stories and poems. Students and faculty gathered to hear the four read their works and talk about their inspirations.

"The purpose of the forum was to give the English department a chance to showcase their writing," said Hoefel, "I think it was nicely attended, the number of students present surprised me, with a nice variety of writings. I was moved in every case," said Hoefel.

Ottenhoff began the afternoon by reading a poem response he had written to E.B. White's "Once More To The Lake," entitled "Once More, Once More To The Lake." After reading the poem, Ottenhoff told the story behind the creation of the article. It started when he assigned an assignment to one of his English classes. The assignment was to read and interpret "Once More To The Lake." Ottenhoff tried to do what he was asking his students to do. His essay underwent some major revisions before he was finished with it. The end product was printed in *Christian Century*.

"It was quite a pleasure seeing it go into print," said Ottenhoff.

Intense feelings emanated from Ottenhoff as he recited the article. He expressed changes occurring in life, how things are replaced, what progress does, and how death affects everyone. The article centered on how time refuses to stand still and that death even comes from childhood memories.

Hoefel fascinated the audience with her reading of her poem "Thinking Back Through Our Mothers: The Indigo Girls Meet Virginia Woolf." She managed to liven the spirits of the audience when she played the song "Virginia Woolf" by The Indigo Girls. Hoefel's presentation centered on how The Indigo Girls acknowledged Woolf with their song. Hoefel's interpretation of the song showed that Woolf's revelations lead many in today's world to think. She also took it to be about women helping each other.

"I became interested in Virginia Woolf because of her writing style and feminist subject matter, and because I find the thought that women writers have foremothers fascinating," said Hoefel.

Reflection was the topic for the third speaker, Palmer. He recited several poems he had written. The first two poems, "Cadaver Talking To Students" and "Woman In The Tray," reflected what it was like to be a cadaver in the basement of the Swanson Academic Center. Each of these poems stressed the point

that even though the cadavers were being examined by the students, they weren't really known by the students.

Another poem centered on the poet Lucille Clifton, and what it would be like to be her with a closed valve in her heart. The last three poems had special significance for the College campus, as they dealt with the two men killed while working on

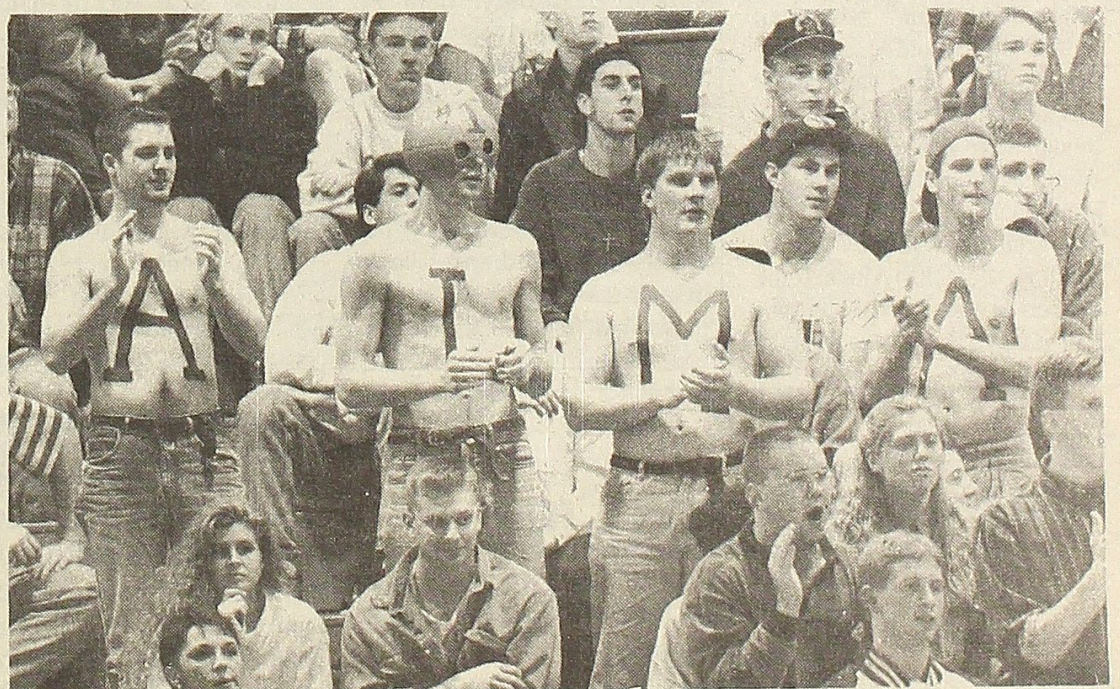
the Heritage Center.

"The key to writing a good poem, Lucille Clifton once said, 'was that you need to imagine yourself as in another person's place, to feel connected to them.' And that's what I did to write these poems," said Palmer.

Stargardt, the last speaker of the afternoon, read a story she had written. The story was only one of a

whole cycle she has worked on for years. It told the tale of an old man and woman who were viewing a Christmas pageant together and began speaking to one another. In her story she relates all the horrible things which happen during and after World War II. Stargardt, through her story, told the audience a personal tale of how people lived during that time period.

Shirts off to women's basketball



Seniors Ross Clay, John LaRue, Rob Orr and Darren Hill prove to the world that they are die-hard women's basketball fans. Photo by M. Stargardt

Nov. 24, 1992

College hires new Service-Learning coordinator

By Jane Brown
Staff Reporter

Karen Gross of Beale City has been selected to fill the Service-Learning coordinator position left vacant by Julie Miller-Hakken earlier this year. She has been organizing the service-learning activities since September with the help of the Service-Learning task force, a group of 12 professors.

Gross received a Master of Arts degree in educational administration with an emphasis in community leadership from Central Michigan University (CMU) in August. Gross also has her Bachelor of Science in psychology/management from CMU.

Gross has worked with higher and adult education, as well as working for a number of community based programs. As a strong believer of the force of volunteers, she has also worked as a VISTA volunteer, an American Red Cross volunteer, as

well as a member of her three children's school's School Advisory and Fund Raising committee. Gross has also been a member of the Gratiot County Reading Program's Advisory Board. Gross commented that in this new job, she is getting to see another side of volunteerism than she has known. Gross had previously participated as a volunteer. Now she has the chance to see what it takes to organize large numbers of people to volunteer.

Before accepting the job at the College, Gross worked at CMU as a Foreign Language Day director, where she recruited, trained and supervised student volunteers. Gross also worked at Central Michigan University as an intern for the Adult Learning Literacy, where she served as a program coordinator, constructing workshops and the like.

Now Gross is helping to organize educational classes with public service activities. All civic programs are on a volunteer basis. The only

payment the volunteers receive is a thank-you from the organizer.

"It is always hard because you feel that you can't do much," Gross said. "But I facilitate a lot of students to go out and help in the community."

Gross has helped initiate programs such as the Friends of the Pine River with Tracy Luke, religious studies dept. chair, and Biblical Ethics and Community Service with Joe Walser, religious studies professor, which explores the ways in which the lessons in the Bible's message can be instituted in every day life. The Bible Ethics and Community Service program allows students to work at the Community Cafe, as well as the Women's Shelter. Other programs include education dept. chair Sue Root's Human Growth and Development, which enables students to explore and investigate cases of child abuse.

Each year the Service-Learning board comes up with a new theme.

Last year it was the environment, and this year, aging.

Unfortunately the Kellogg Grant will only last until the end of next year, and at that time Gross says the program is going to try to keep

going and not lose the important contributions that it makes to the community.

"As long as the funding is still here, I hope to stay," said Gross.



Karen Gross. Photo by P. Sandberg

Sign tampering provokes concern

By Stacie L. Herriman
Co-Editor-in-Chief

Alma College Student Affairs officials are investigating last week's tampering of the Sigma Chi (ΣΧ) fraternity's fliers posted around campus. Signs advertising a gay/lesbian support group meeting at the ΣΧ house replaced their original signs for an "Around the World" pre-rush night scheduled for Wednesday, Nov. 18.

"Approximately 10-15 signs were put in place of our original ones, covering main rush areas, such as Mitchell and Bruske Halls," said senior ΣΧ member John Josephson. Anne Rathjen, Greek adviser, added, "The signs were placed all over campus; it was well-orchestrated."

The incident occurred sometime between last Monday night and early Tuesday morning when the signs were discovered.

Eddie Sample, assistant director of Student Development, when questioned on why an individual(s) would do something like this, said, "It is a way to anger people and cut them down. Although there was nothing threatening regarding the content, the individual may not have realized this behavior was offensive or anything more than a joke. If the tampering wasn't a malicious intent, it was a hurtful attack and a

harassing thing to do to both groups nonetheless."

No suspects exist, but Student Affairs is "looking into it as much as possible. This incident is stupid and won't be tolerated. We hope to find out who did it. If we do, we will deal with them appropriately," said Rathjen. Matters would be handled under the College's harassment policy.

Nothing indicates that the tampering is anything more than an isolated incident.

Rathjen voiced three concerns about this incident. "First of all, it is gay-bashing. This incident is not supportive of the people who choose alternative lifestyles. Secondly, the ΣΧ fraternity will now receive negative publicity as a group. Finally, this incident reflects on the Greek community as a whole, making them

look narrow-minded, immature and closed off. It makes both the Greek community and Alma College look non-accepting."

ΣΧ President Tyler Parent echoed Rathjen's sentiments in a formal statement to *The Almanian* below.

Samplesaid, "We need to teach people how to be an advocate for people for are different and to create a supportive environment for others. Tolerance is the first objective."

Despite this incident, the College hopes to continue the positive response this issue has seen in past weeks. Co-Curricular will bring in Joseph Steffan, a former naval officer discharged for being gay and author of *Honor Bound*, to address gay/lesbian/bisexual issues Jan. 27, 1993.

The Sigma Chi fraternity has no connection with the Gay and Lesbian Support Group. We are a fraternity like any other national fraternity. Like any other fraternity we are concerned about the ignorance, prejudice, and narrow mindedness which leads to homophobia and gay bashing. We are a community of educated college students. The insensitivity and intolerance demonstrated last week have no place at an institution of Alma's

caliber. Sigma Chi had nothing to do with those signs except being the intended target of this malicious attack. The damage to us was negligible. The damage to the support group and the damage to understanding and acceptance may be significant. We deeply regret that such prejudice and ignorance exists on this otherwise beautiful campus.

**Sincerely,
Tyler Parent
President, Sigma Chi**

Bruske R.A.'s discuss overseas adventures

By Cathy DeShano
Staff Reporter

Have you ever dreamed of travelling to far away places? Maybe you've wondered what it would feel like to sip wine under Parisian lights. The thought of visiting foreign countries interests many people who often never fulfill their dreams. But Alma College students need not shove their foreign experiences aside; Alma offers many programs for students to study abroad and experience foreign cultures. If you attended "Mike and Woody's Excellent Adventures" in Bruske Hall's Fireside Lounge on Oct. 19, you discovered the opportunities of studying abroad.

This past summer, resident assistants Mike Stargardt and Dave Woodruff travelled abroad to learn more about other cultures: Stargardt in El Salvador and Guatemala, Woodruff in Japan.

"I went overseas because I really wanted to finish up my language skills and the best way was to go over there and study," said Woodruff. "Besides, you can only get 16 credits of Japanese here on campus. I was in a small village about the same size as Alma. It's very westernized and modern, everyone has cars and televisions. I would recommend going overseas for everyone even if they don't have a language skill. It opens you up to new ideas and cultures. People too often are set in their ways and used to the Alma bubble. You get a whole new perspective on the world and how Americans are perceived and it's not always good. You really get an idea on how you feel to be an American because people are always asking you about it."

During the program, Woodruff

spoke first, teaching people expressions, such as good morning, in Japanese. He also talked about Japanese culture.

Stargardt's presentation included a slide show and discussion of the economic, political, and social conditions of people in El Salvador and Guatemala. Students discovered facts such as the high death rate for children and that the governments crushed political demonstrations until very recently.

"I didn't know about the conditions of the people in El Salvador and the way they're kept in bondage. It's a real eye opener. Everybody there works from the time they can walk, that is if they live long enough to work. The death rate is astronomical. After seeing Mike's presentation, it definitely opened my mind to studying overseas," said first-year student Chris Silkowski.

For those students already interested in studying abroad, the program augmented their desires as well as offered them several options to consider. "I've been thinking about studying overseas because I'm definitely going to major or minor in Spanish. I hope to learn about a different culture...It would help to learn about differences in people in other countries. Mike's presentation gave me another option of a Spanish area to study. Since I was originally given the chance to study in Spain, and Guatemala wasn't mentioned, I assumed I'd be studying in Spain. Some of the advantages of studying in Guatemala are definitely the fact that I'd be helping people, which would be good for my education major," said first-year student Elizabeth Garber.

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Keeping you informed

Thanksgiving break begins Nov. 25

All residence halls will be locked at 5 p.m. on Nov. 25 for security reasons over Thanksgiving break. They will be unlocked at noon on Nov. 29. All electrical appliances must be unplugged and refrigerators defrosted prior to leaving for break.

Clifton makes third and final visit to Alma

Alma's Lila Wallace-Reader's Digest Writing Fellow, Lucille Clifton, will come to campus from Nov. 30 until Dec. 4. Two readings are planned for her visit. The first is on Wednesday, Dec. 2, in the Chapel at 8 p.m. A reception in Tyler Rotunda will follow the reading. On Friday, Dec. 4, there is an informal reading by Clifton. She invites any who wish to bring a favorite poem to read and comment on to do so. Clifton will also attend several classes, conduct a poetry writing seminar, visit two elementary schools and hold a reading at a women's shelter while in Alma. All faculty, staff and students are invited to attend the activities.

Mid-term grade report normal for first-year students

First-years students earned a 2.70 GPA mid-term average for fall term in 1992. The mark is lower than the 2.77 earned by the current sophomore class at the same time last year. However, the mark is right on the average since 1987. Sixteen percent of the first-year class received an average lower than 2.00.

Sophomores earned a 2.81 mid-term average and only 13 percent fell below the 2.00 level.

First-year women earned a 2.83 average, compared to the 2.53 average by the men. Sophomore women earned a 3.06 average, compared to the 2.49 average earned by their male counterparts.

Newberry Hall earned the highest average of the residence halls with a 2.87 for first-year students and a 2.95 for sophomores. Bruske Hall followed close behind with 2.79 average for first-year residents and 2.93 average for sophomores. Gelston Hall ranked third, followed by Mitchell Hall. Gelston first-year residents earned a 2.77 average, while sophomores in Gelston Hall earned a 2.85 average. Mitchell Hall first-year students earned a 2.49 average and sophomores in Mitchell Hall earned a 2.33 average.

All of the averages fall within the average since 1987 for first-year and sophomore mid-term grades during fall term.

Phone-a-thon raises \$118,000

By Denise Vittitow
Freelance Writer

Alma College's annual fall phone-a-thon raised over \$118,000 from Oct. 11 to Nov. 12. Twenty students placed calls to alumni, friends of the college, parents of alumni, and parents of current students to ask for donations.

All money raised goes toward the annual fund. The fund contains unrestricted dollars that can be used to maintain facilities, purchase new equipment, start new academic programs, pay faculty and support undesignated scholarships.

The phone-a-thon is important not only because it raises money for the school, but because it allows for the participation of alumni. Last year among MIAA schools, Alma ranked last in alumni participation.

Past phone-a-thons have operated on a volunteer basis. This year students were hired to work the phone-a-thon. At registration the available positions were advertised. Students that applied were required to go through an interview process. If selected, they then had to participate in a mandatory training session.

"The phone-a-thon results were truly overwhelming, and we are very happy with our decision to hire students in place of previous volunteers," said Pam Eldridge, associate director of annual giving.

ing.

Because of the change, more time could be spent making calls instead of spending the first half-hour training new volunteers at the beginning of each session. Callers spent the full two and one half hours making calls each night.

Eight callers worked together at one time. They averaged between 70 and 80 calls a night, with a total of 8,600 phone calls over the five-week period.

Students took various approaches when asking for donations. If the potential donor had donated in the past, the caller asked for a new donation based on the amount of the previous one. New donors were typically asked to donate \$25.

Some novel approaches were also taken. Potential donors were sometimes asked to support Alma College for one minute (\$43), or they could pledge one cent per student (\$12.71).

This year brought a 52 percent increase in the donors, and a 39 percent increase in donations received. First time donors totalled 456.

A winter phone-a-thon will be held in February. The plan in the winter is to keep the phone-a-thon much smaller. Callers will focus mostly on parents of first-year students and those who did not donate in the fall.

Student Congress Minutes (Abridged from Tuesday, November 17)

Executive reports

George Chosky, associate professor and chairperson for the economics department discussed and asked for upperclassmen volunteers to help work on a new committee which he will head. The Outcome Assessment Task Committee will join with the provost office and the education policy committee to work on problems in the academic arena. The committee's work will be taken into account for the accreditation of the College, so Chosky asks only those deeply dedicated look into the positions.

Committee Reports

LRPC—Surveys were collected and a new survey was sent out. Make sure everyone fills out and returns their survey to their resident assistant or house manager. Also, on Dec. 10 at 8:00 p.m. President Stone, Provost Stuart, and John Seveland will be available for open questioning in Jones Auditorium.

Student Judicial—eight cases were heard with warnings, fines, probations, and community service issued.

Scotsman—Yearbooks are in and may be picked up on Wednesday and Thursday from 4 to 6 p.m.

Food Committee—There is a focus group that meets to discuss some different alternatives in all three dining areas. They will be sending out a survey sometime in the near future and the changes that are agreed upon will be instituted next fall.

New business

Next week we will discuss and vote on the different possibilities of financing the radio station. There is about \$30,000 that is needed to get the radio station off the ground and there are a few options that are available. WQAC will be a student owned, student operated business, similar to *The Almanian* and *The Scotsman*. If anyone is interested in participating in the discussion dealing with the financing of the radio station come to our next meeting.

Classifieds

Education

RUSSIA & THE BALTIC STRIP.

All students interested in taking the ST 012 travel/intercultural course to the former USSR and Finland should contact Mel Nyman, SAC 253 (#7264) or Bob Rozier CAC111 (#7287) for more information. Don't miss this exciting opportunity to see some of the worlds most interesting cities. This is your chance to experience the dramatic changes occurring there! See Moscow, ST. Petersburg, Riza, Tallinn, Helsinki, and more...

SUMMER INSTITUTE: The Institute on Political Journalism on Georgetown University offer opportunity to student to get accredited courses, internships, site briefing, and special events. This program run froms June 9 -July 24, 1993. Scholarships available. APPLICATION WILL BE ACCEPTED UNTIL MARCH 15, 1993. Contact *The Almanian* for more information.

Piont Park College's Master of Arts Program in Journalism and Communications offers an advanced degree in journalism and broadcast

media in Pittsburg. Contact *The Almanian* for more information.

EVENTS

THE MEDIA WORKSHOPS. The opportunity for students and faculty to go "behind the scenes" of the American mass media and to go "on location" to leading Hollywood movie studios, major T.V. networks, influential newspapers. During the summer of 1993 at UCLA campus. Contact *The Almanian* for more information.

CONTESTS

HEALTH PHYSICS RESEARCH AWARDS TO FACULTY MEMBERS. Faculty with interest in health physics—related areas may apply for the U.S. Department of Energy's health Physics Faculty Research Award. \$50,000 a year for three years. **DEADLINE IS FEB. 28, 1993.** For more information contact *The Almanian*.

The Michael Schwerner Activist Award, an annual honor created to recognize college students who

are providing themselves to be catalysts of social change. Award honoree will each receive \$1,000. Nominations may be submitted by a nominee's fellow students, campus faculty and staff, alumni, and others. **DEADLINE IS JANUARY 31, 1993.** Contact *The Almanian* for more information.

HANSON MEMORIAL

AWARD: The Alden W. Hanson Memorial Award is a \$1,000 cash award applicable to tuition. This award was established to acknowledge student achievement in creative thinking, the development of new recognize a new approach to an idea or a new way looking at a familiar problem - especially problems that might benefit a great number of people. Any student who has not achieved senior status is eligible. Application forms and further information are available in the Provost's Office. Deadline for submissions is **August 15, 1993.**

GLOBAL CHANGE FELLOWSHIPS AVAILABLE FOR SENIORS AND GRADUATE STUDENTS: must be a U.S. citizen and a first year graduate student in appropriate disciplines. Fellowships in-

clude full payment tuition and fees at Department of Energy universities, a \$1,200 stipend, and required collaborative research experience. **Deadline is Jan. 25, 1993.** Contact *The Alamian* for more information.

WRITING CONTEST open to all Alma College students. Three categories: Essay, Short Story, Poetry. Prizes \$75 First place (in each category), \$50 Second place, and \$25 Third place. Each contestant may enter only one essay, one short story, and three poems. Along with proof read submission, include a 3" x 5" index card with submission titles and the conterstnat's name, adress, and phone number on it. **Send submission and index card to Barb Tripp 3rd floor AC by 12 noon Friday January 15, 1993.**

SENIORS!!

We are asking you to join us and make our senior class gift a reality. We're proud of and excited about this project! Please support us. Any large or small amount will be appreciated.

REMEMBER:

"Participation is the key, to the gateway!"

Nov. 24, 1992

Practicums offer experience advantage

By Cathy DeShano
Staff Reporter

You've declared a major, but you're not really sure where it will lead you or what you can do with it. Perhaps you're frustrated because you can't possibly imagine that everything you've learned in college will be applicable to the real world. Maybe you're trying to determine just what can set you apart from everyone else when you're interviewing jobs. If any of these thoughts are racing through your mind and keeping you up at night, a practicum or internship may be just what you need.

Alma College currently has about 40 students involved in practicums and internships for college credit. Quite often these activities involve juniors and seniors although there are no restrictions prohibiting underclass students from taking part. Internships and practicums can be set up by department professors and staff at the Center for Student Development who encourage this type of participation for a variety of reasons.

"These experiences give students the number one element they didn't have — confidence. We speak of

skills in classes, but students often wonder 'Can I do it?' Practicums and internships provide students with the confidence that they know they can. You're also sometimes faced with something you've never done before, and knowing you can handle these challenges helps. In a

what they were taught in the classroom to the job setting, tricks of the trade. In addition, students feel their experiences will give them an edge over others in their fields who are searching for jobs.

"My internship was a little bit different," said senior Scott

want to hire people who they have to teach the least to. What they're looking for are people who can assess the problem, deal with it and analytically solve it."

Students currently involved in practicums and internships have found benefits, as well as areas in

kids and disabilities. I would like to have known more about their backgrounds. I feel I could have worked with them better if I'd known more about the history of their impediments. Having had the exposure to an actual work situation will help me. I learned so much about education theory."

Although the practicums often required tremendous amounts of time, students said it was time worth spending.

"It's difficult to say how much time my practicum takes up because it's a little bit here and a little there," said senior Amy Schuesselin. "The main purpose of my practicum is to conduct focus groups with high school students in selected regions of Michigan in order to determine the effectiveness of Alma College recruitment publications. The majority of my time right now is taken up at the focus groups."

She continued, "Before the focus groups, I was busy phoning and doing preliminary work...I can't even tell you how beneficial this experience is. What I have learned out of books and taking tests doesn't even compare with going out and doing these focus groups. I think it's extremely interesting and something like this is going to stand out on my resume."

Alma College currently has about 40 students involved in practicums and internships for college credit. Quite often these activities involve juniors and seniors although there are no restrictions prohibiting underclass students from taking part. Internships and practicums can be set up by department professors and staff at the Center for Student Development who encourage this type of participation for a variety of reasons.

professional setting, you can learn the politics of the office, what a supervisor wants," said Ginna Holmes, associate director of the Center for Student Development.

Students who have completed practicums and internships have found many areas in which their experiences have had positive effects on their lives. Some discovered aspects of their fields they didn't enjoy, most learned how to apply

Schoessel. "I worked for Sheila Sloan Public Relations, Inc. in Detroit. It was a big struggle because I was left on my own, but now I wouldn't have had it any other way. I did a little bit of everything: I wrote pitch letters for companies, answered phones and tried to organize non-profit events for companies to sponsor. I believe my experience will give me a huge advantage over other people. Companies

which they would like to have covered more ground.

"I work at an elementary school in Lansing with Physically or Otherwise Health Impaired (POHI) and Severely Multiply Impaired Students (SMIS) for my psychology major," said senior Melinda Judd. "I work one-on-one with a lot of the students because they need all the help they can get. I wanted to be able to get exposure to the different programs,

Coffeehouse rocks with The Three Guys



ACUB sponsored its annual Coffeehouse with music by The Three Guys. "I think it was definitely one of the best we've had... It was packed throughout the night," said senior Amy Jeschawitz, ACUB publicity co-chair. Photo by P. Sandberg

Weekend Comedy entertains audience

By Katie Novak
Feature Editor

A two-room cabin in a secluded area of upstate New York served as the setting for the 1992 Pub Theater performance *Weekend Comedy*. For the fifth consecutive year the Repertory Theater of America, Alpha Omega Players, graced the campus with an evening of quality acting.

Combining a lot of humor and a little romance, *Weekend Comedy* portrays the saga of two couples who mistakenly rent the same vacation cabin on the same weekend. The comedy results not only from the rental conflict, but from the age gap between the couples. Frank and Peggy, the first to arrive at the getaway spot, are a middle-aged couple married for 23 years. A few hours later, they are surprised by Jill and Tony, a twenty-something couple ready to celebrate three years of cohabitation.

Following the initial disbelief and bickering, Jill and Tony decide to seek other accommodations. Frank, however, suddenly insists they stay for dinner. After too much gourmet food and champagne, Frank extends the invitation for the weekend. A true battle of the generations ensues as the couples become acquainted and become aware of their dichotomous values and life styles.

Richard Sautter, a native of Eastern Pennsylvania and a graduate of

Bates College in Maine, gave an excellent performance as Frank, a forty-ish co-owner of an office supply store who becomes the focus of ridicule during the weekend. A man who values the modest comforts in his life—his family and business,

"I thought the performance was really different from the last two (dinner theaters)...The political humor was pertinent. Co-Curr did a good job planning the entire event."
--Noreen Lyall, junior

Frank is annoyed by Tony's determination to remain a rich spoiled-brat and to live the good (and easy) life.

Rebecca Byars complemented Sautter with her performance as his wife Peggy. Byars, a native of Texas and graduate of Lon Morris College in Jacksonville, mastered the sarcastic yet loving wife. A woman yearning for some excitement, especially in the romance department, Peggy

often chimed in with classic lines about Frank's staid personality.

David Taavon and Gayle Fennell, playing the yuppie-ish young couple, also entertained the audience. Taavon fit perfectly as Tony, an attractive, witty and classy real-estate mogul. Contributing hilarious lines about Frank's middle-aged, boring personality, Tony illuminated the very real generational differences. Fennell was also a perfect match in her role as the perky, young, bright Jill who always tried to smooth out the conflicts.

Written specifically for the dinner theater circuit, *Weekend Comedy* is the creation of Sam and Jeanne Bobrick. Sam Bobrick's other productions include *Norman, Is That You?*, *Mrs. Bartlett Is Engaged* and *No Hard Feelings*.

According to Taavon, "The Repertory Theater of America, Alpha-Omega Players, stages more performances annually than any similar touring group in the country."

Each of the three touring units that comprise the Players are able to perform three or four plays during any one tour. The nationally acclaimed group has presented over 12,000 productions throughout the U.S. and Canada.

Part of Alma's Performing Arts Series, the play was a pub-style performance. The audience enjoyed a wide selection of hors d'oeuvres and beverages, prepared by Marriott.

Movie review

Dracula delights movie-goers

By Brett Powers
Freelance Writer

Fountains of blood, exposed flesh, Keanu Reeves, vampires, Winona Ryder and a centuries-long love story. These make up the ingredients of a gourmet movie directed by the masterchef himself, Francis Ford Coppola. *Bram Stoker's Dracula* is a seven course film that will leave any movie-goer's appetite satisfied. For some, it may even be too much of a sensory meal.

Dracula is a love story. Granted an age-old, blood-drinking vampire is one half of the couple, but a love story nonetheless. Though horrifying at times, *Dracula* is beautiful and tender.

The cast is impressive. Coming in all shapes and sizes, Gary Oldman proves an interesting Dracula. The special effects done on Oldman to change his appearance are amazing. One minute he's a young Transylvanian count, the next a wild half-man/half-wolf—you'd swear it's not Memorex. In another scene he metamorphoses from a huge bat creature to a pack of rats that scurry away in escape. Special effects aside, Oldman does a good job making the master vampire believable.

Winona Ryder handles her confused character Mina well, but is

upstaged by Sadie Frost. Frost's character Lucy transforms from young English flirt to an undead, blood-sucking fiend with such mastery that one wonders whether maybe she should have had the lead.

Keanu Reeves gives us a convincing Harker, side burns and all. His part is not as large as some of his past roles, but he dismisses any Bill and Ted "high school dude" stereotype so often associated with his performances.

Spooky, eccentric and above all funny, Anthony Hopkins does a wonderful job as Professor Van Helsing. This former Hannibal the Cannibal is an absolute treat to watch; his humor gives the movie an added dimension that escapes past renditions of this tale.

Genius cinematography dominates the film: The different angles, perspectives and styles are a visual intoxication. At certain points the camera is put in the eyes of Dracula as he runs around Lucy's garden at night or walks among the throng of London's mortals. These scenes are always showed at fast-forward pace—you feel yourself racing along at the speed of a vampire and seeing through his eyes. In one scene, the camera takes the perspective of a bug in a lunatic's cell,

hanging on the wall looking down at the madman. The lunatic, a slave of Dracula, reaches up to the bug, pulls it down and eats, muttering devotion to his master the whole time.

The film does have its faults. A few train models look pretty fake though only shown for a few seconds. The movie's major flaw, an inability to flow, keeps it from becoming a divine piece of work. It jumps from one scene to the next without any transition, and sometimes without reason. To the unobservant watcher this may cause confusion and questions, but most everyone will be able to follow it, annoying roughness and all.

Even the most ardent horror movie fan will be holding his/her breath in this one: it's suspenseful as well as gruesome. In one scene near the beginning of the movie Harker (Reeves) cuts himself while shaving with a straight razor. Dracula grabs the razor and, when Harker is not looking, licks it clean with his tongue. But the gruesome scenes are not there just for the sake of being gory—they supplement the story.

Dracula is a powerful, frightening and mesmerizing movie. It contains much more than just fangs and fright, although it deserves its R rating. The experience is worth your \$5.

Lack of concern discourages SUN

By Theresa Miller
Freelance Writer

Students United for Nature (SUN) presented Environmental Awareness Week from Nov. 16-22, in hopes of increasing environmental awareness and concern on the Alma College campus. Unfortunately, the low turnout at many events squelched their efforts.

A faculty forum discussing NAFTA and GATT and their impacts on the U.S. kicked off the week's events. Faculty members involved included: Elizabeth Cameron, assistant professor of business administration, arguing the side of how large corporations are directly affected by these treaties; Murray Borrello, instructor of geology and astronomy, taking the environmental stance; Carl Mentley, foreign languages co-chair and assistant professor of Spanish, arguing for justice and defending the human rights factor; and Sandy Hulme, assistant professor of political science, presenting the "realist policy."

"All the professors argued their points very well. The discussion

"It is quite obvious that there is little concern for anything or anyone outside from oneself on this campus. We are not immune from the rest of the world. People will realize that one day; but by then it will be too late."

-Senior Mike Arnold

was somewhat heated and all arguments were convincing. It is hard to say who, if anyone, is right or wrong. SUN definitely appreciates the time the professors spent researching and presenting," said senior SUN member Christy DeBurton.

Poor turnout plagued three events later in the week—a presentation by students involved in the Pine River Project on Tuesday, Nov. 17, and a movie (*World in Chaos*) and campus-wide cleanup effort Thursday, Nov. 18. Though flyers (made from old campus mailings) publicized the cleanup event, only four people participated. "This was somewhat disheartening because it's everyone's campus and we should all care about what it looks like," DeBurton said.

In addition to the Environmental Awareness Week's events, SUN has been active in setting up recycling bins in the residence halls. They accept white and colored paper, clear glass, plastic and newspaper. There are still some collection problems to be worked out, but participation exists. "It's obvious people are making an effort to recycle because it's piled up to the ceiling in the halls!" said Daniellé Walsh, junior SUN member.

In the past, SUN has relied on contingency requests and fundraisers for monetary support. This year marks the first year they received a budget from Student Congress. With the funds, they are sending out a monthly newsletter, planning "Nature Enjoyment Trips," such as skiing and camping, possibly adopting a highway and hopefully presenting another Environmental Awareness Week next term despite the discouraging fall term turnout.

Senior Mike Arnold, president of SUN, echoed the disappointment of other SUN members. "It is quite obvious that there is little concern for anything or anyone outside from oneself on this campus. We are not immune from the rest of the world. People will realize that one day; but by then it will be too late," he said.

Orchesis prepares for fall production

Orchesis, the Alma College Dance Company under the direction of Professor Carol Fike, prepares for their fall term production. Performances are on Friday and Saturday, Dec. 4 & 5 at 8 p.m. and Sunday, Dec. 6 at 3 p.m. at Alma High School Auditorium. Tickets may be reserved by calling 463-7130 beginning Nov. 30. Photo by Lisa Shoemaker

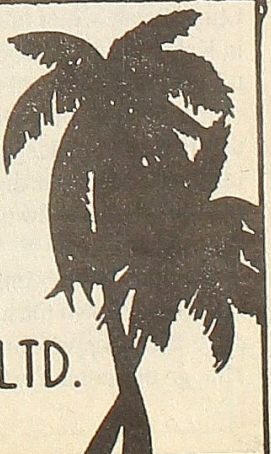
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Campus Survey Results

By Brian Haara
Investigative Coordinator

The questionnaire for students' sexual attitudes which was distributed with last week's *Almanian* has given us a general idea of campus-wide sexual attitudes. The survey results were tabulated by *Almanian* staff members and analyzed by staff members and Melissa Cubitt, a sophomore statistics tutor for Melvin Nyman, professor of math and computer science and Tincy Goggin, instructor of math. Additionally, a copy of the questionnaire was given to Nyman to be critiqued.

Over 350 questionnaires were completed and returned to *The Almanian*—which is more than 25 percent of the campus. 120 of the 428 first-year students replied, 70 of the 275 sophomores replied, 80 out of 242 juniors replied and 80 of the 312 seniors responded.

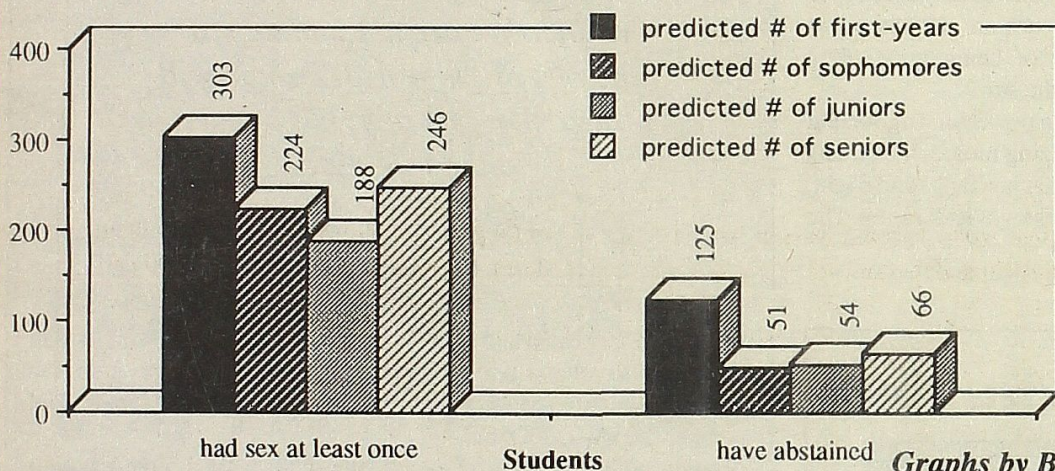
As in all research designs, this questionnaire had some minor problems. Cubitt commented that some ambiguities were found in several questions. For example, question eight is worded "Have you ever had sex with a person that you have just met or barely knew..." and gives several options. This is ambiguous due to the phrase "just met or barely knew."

Cubitt commented that questions 14 and 15 also contained an ambiguous phrase. The questions dealt with which forms of contraception the subject was "familiar" with—the word "familiar" may not necessarily be clear to the subject.

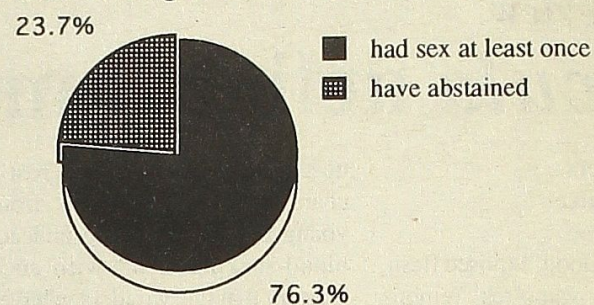
Nyman, in his critique of the questionnaire, agreed that the same ambiguities existed in the survey. However, he also added that the sample data could be applied to the entire student body because of its representative nature and sample size.

Cubitt said that "according to those questionnaires received, there was a representative sample of each class. Therefore, predictions can be made about the entire student body from the sample data."

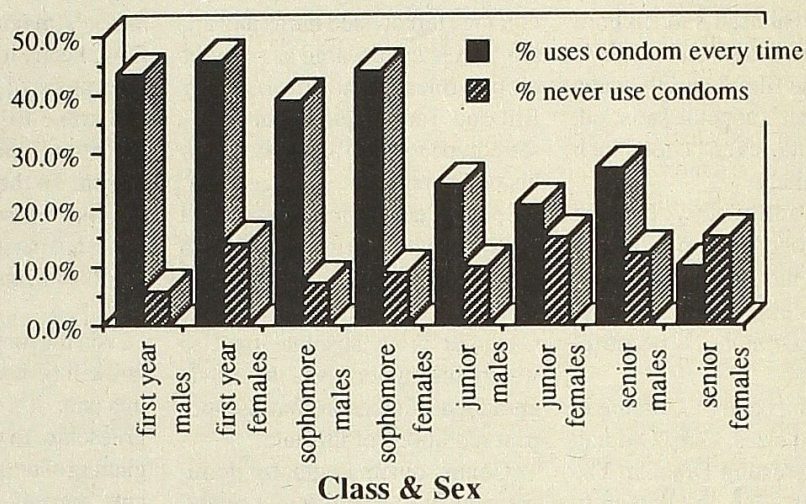
Predicted number of students in each class
who have had sex at least once or abstained



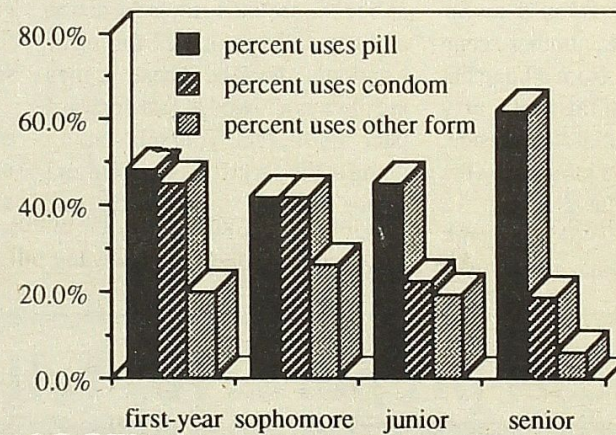
Predicted total percentages of students
either having sex or abstaining



percentages of students using condoms
every time vs. never using a condom



Percentages of sexually active
students who use contraception



Graphs by B.Haara and G.C.Wood

New forms of contraception create numerous Norplant offers long-term contraception Research ma

By Julie Kirchoff
Freelance Writer

Thirty-two years after the introduction of birth control pills, women have their first new major choice for contraception—Norplant. Approved in November of 1990, the surgically-implanted device has caused many to re-evaluate contraceptive decisions.

Norplant, marketed by Wyeth-Ayerst Laboratories, consists of six small stick-like capsules containing the female sex hormone progesterone which are inserted beneath the skin of the upper arm. The hormone is then slowly released through the blood stream. Eventually it travels to the pituitary gland in the brain, causing the gland to halt the production of hormones necessary for ovulation—luteinizing and follicle-stimulating hormones. Without these, the ovaries do not release an egg.

The implant device requires surgical insertion. "After the application of local anesthesia, a very small incision is made in the upper arm," said Gary Novak, Chief of Obstetrics and Gynecology at Borgess Hospital in Kalamazoo. "A tube is then placed in the incision. It is through this tube that the Norplant capsules are inserted."

Using a small plunger-shaped tool, the physician pushes the capsules into place and bandages the incision. According to Novak, "A recently instituted patterned diagram placed on the arm to mark incision and placement areas now allows the capsules to be distributed more easily and evenly."

Norplant offers women a contraceptive with many advantages. Research has shown the method to be 97.5-98.7 percent effective. With a price tag of approximately \$500, Norplant is also fairly reasonable. Though the amount may be a turn-off initially, it is cheaper than a five-

year supply of the widely-used oral contraceptives which run approximately \$700.

Gynecologists suggest Norplant to various women. "Patients with a history of inconsistency with birth control, young women at a high risk for pregnancy who do not wish to rely on their partners, those who do not want to utilize barrier methods, and women with only one sexual partner are all good candidates for the implant method," said Novak.

However, physicians caution that Norplant does have disadvantages and will not be suitable for everyone. Possible side effects include menstrual irregularity in the form of intramenstrual (breakthrough) bleeding and even prolonged menstrual cycles. Like the pill, Norplant may cause headaches, dizziness and nausea. "Because Norplant involves the insertion of a foreign body, some patients may develop reactions, including scar tissue and pain in the upper arm region... Being a progestenal agent, the method may also cause irritability," said Novak. "A few women may even develop androgenic effects such as increased male-like hair growth or oily skin, but that is rare."

Additionally, women should be aware that the method does not protect them against sexually transmitted diseases, and, therefore, Norplant would not be suitable for women in non-monogamous relationships.

Though many researchers believed Norplant would become the contraceptive of choice, the recent approval of Depo-Provera—a method based on injections of the drug at three-month intervals—seems to have curbed its success. "Currently we are receiving more inquiries about the Depo-Provera versus Norplant... This may be attributed to the fact that the newer method does not require a surgical procedure," Novak said. Depo-Provera, formerly used as a cancer treatment, also stops ovulation and decreases women's estrogen levels.

By Maria Stephens
Freelance Writer

Forms of male contraception other than those for females. However, new research could provide another option for couples seeking to avoid pregnancy. Myths that contraception is primarily a female responsibility are being challenged.

Efforts to develop a male pill have long been hindered by testosterone, the male hormone that spurs sperm production and an erection. However, new research has produced a combination which has been shown to be effective without interfering with other sexual functions.

Science News reported in July, 1991, on a study by researchers at UCLA that used a drug which blocks the action of gonadotropin-releasing hormone (GnRH) from binding to receptors, thus preventing the release of luteinizing hormone. The study was given daily injections of the GnRH antagonist every two weeks.

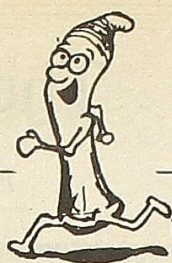
This UCLA study and others provide evidence that reversible male contraception is possible.

The only remaining necessary development is a method so that it could be taken less often or orally. Scientists at the University of Tennessee in Nashville, predicted in 1991 that a reversible contraceptive within the next ten years.

Other forms of male contraception include permanent contraception by injection, a vasectomy, a plug, and temporary injectable contraception. The first temporary injectable was approved in 1992.

Also listed in *Ms.* are more controversial methods where testes are bathed in hot water every day.

And Beyond



Birth control pill offers relatively safe option for women

By Lisa Wegienka
Staff Editor

Look like tiny tic-tacs in a cute little box. There are 28 of them arranged in a row that resembles a powder compact. People know what they are, but very few really understand how they work or what potential side effects. Just one of these pills can alter the human body and a woman's fate. Just about any person can obtain them. What are these powerful little pills? They are birth control pills.

Birth control pills, or simply "the pill," are oral contraceptives taken by women to prevent pregnancy or to help regulate their menstrual cycle. The pill must be taken every day at the same time to ensure effectiveness. A woman can begin taking the pill as early as the first or third period. According to the University of Medical Center, when taken correctly, the pill as a contraceptive is 99 percent effective. Large numbers of women who take the pill correctly and incorrectly, the pill still is 97 percent effective as a contraceptive.

The most current pill form is called the low-dose contraceptive. When compared to the pills used in the past, the Phasic contraceptive has very low dose contraceptives designed to provide adequate hormone levels to a woman at every stage in her menstrual cycle. Things in a woman's body are taken into account when the pill is working to prevent pregnancy, summarized as follows:

1. The estrogen from the pill stops the

mutation of the egg in the ovary.

2. In the cervix, the progesterone changes the mucus and tries to prevent the sperm from reaching the egg.

3. The pill prevents the lining of the uterus from fully developing so that even if an egg does become fertilized, it will not be able to attach itself to the underdeveloped lining.

Many rumors are floating around about the side effects of the pill. According to the insert included in each packet of pills (provided by Ortho Pharmaceutical Corp.), there are three general types of side effects: not serious, serious and non-contraceptive benefits.

Most side effects which are not serious will usually disappear within the first three months. These effects include nausea, vomiting, weight gain, breast tenderness, bleeding between menstrual periods and difficulty wearing contact lenses.

Serious side effects do occur, though infrequently. If a woman is in good health and young, chances of serious side effects are seriously reduced. Blood clots in the legs and lungs, stoppage or rupture of blood vessels in the brain or heart, liver tumors and high blood pressure have been associated to use of the pill.

If a woman develops a cancerous tumor in her breast while she is on the pill, the pill will accelerate the rate of growth of the tumor. Also, if a woman smokes and takes the pill, the risk of serious cardiovascular side effects is greatly increased.

Taking the pill can bring several non-contraceptive benefits. Such benefits include less painful menstruation, less menstrual blood

loss and anemia, fewer pelvic infections and fewer cancers of the ovary and the lining of the uterus.

With these scientifically proven side effects come some unconfirmed ideas. No scientific evidence exists to confirm or deny the suspicion that the pill causes breast, cervical or any other type of cancer.

Several warnings must be made to those on the pill. Certain drugs such as rifampin, some anti-convulsants and some antibiotics have the ability to decrease the effectiveness of the pill. A woman simultaneously on the pill and a prescription from a medical doctor should ask if it will affect the pill's effectiveness. The pill is very safe for women under the age of 35; older women should make sure that their doctor fully informs them of all of the pill's effects. Sexually active people must remember the pill offers no protection against sexually transmitted diseases. Also, when a woman stops taking the pill, ovulation will return, thus increasing risk of pregnancy.

When a woman decides to go on the pill, she must first have a pelvic exam. During the exam the doctor examines her genitalia and takes a Pap smear to detect precancerous cells. After the exam, a brief consultation should occur. At this time, a woman can discuss her plans with her doctor. By suggestion from Wilcox Medical Center, it is imperative that women taking the pill have a yearly physical and Pap smear.

A woman can contact her gynecologist, family doctor, Wilcox Medical Center or her local office of Planned Parenthood for more information, to set up an appointment for consultation or to schedule an exam.

is options for women and men may lead to new contraceptives for men

the condom are not as widely publicized as suggests that development of a male "Pill" for male contraception, and could help debunk male responsibility.

been thwarted by the fact that deprivation of sperm production, causes inability to achieve a new hormone-blocker with testosterone to shut down sperm production without

on a University of California-Los Angeles blocks the gonadotropin-releasing hormone preventing sperm production. The men in the "RH-antagonist" and injections of testosterone

evidence that testosterone injections could be effective with minimal side effects.

ent is to make the drug in long-acting form, says Paviou, endocrinologist at Vanderbilt that, "GnRH-antagonists will be the male

clude vasectomy, nonsurgical vasectomy, initially reversible contraception by injectable hormone, as reported by *Ms.* magazine in February

and less reliable forms: the wet-heat method, which might last for three weeks, providing six months

of contraception; artificial cryptorchidism, or wearing special jockey shorts during the day to hold the testes close to the body, thereby achieving the heat effect; and ultrasound method, where ultra-short sound waves are applied to the testes for five to ten minutes once every six months, efficiently achieving the heat effect.

Most of the latter methods have not been sufficiently researched to determine their efficacy, and are thus not recommended by most physicians as reliable forms of birth control. Gary Novak, Chief of Obstetrics and Gynecology at Borgess Hospital in Kalamazoo, stated that, "Any male who uses one of these methods (wet-heat, ultra-sound, artificial cryptorchidism) is not well educated at all in contraception... There is only one method for men that has been proven to be effective—condoms."

Novak also pointed out that none of these methods can protect against sexually transmitted diseases. He stated that sexually active, non-monogamous people in the 90's are "neglecting their own health if they don't use a condom."

Aside from the issues of STDs, the development of male forms of birth control could provide another contraceptive alternative for monogamous couples.

Some, however, are skeptical about whether these methods will be investigated and then utilized by the male population.

Ms. magazine stated that the lack of research into these methods is due to "male researchers' reluctance to tinker with the male body."

In a similar vein, Joseph Alper, in a 1989 article in *Health* magazine, bemoaned the lack of male involvement in the responsibility for contraception, especially since the introduction of the female Pill. He stated that, "Maybe...men are reluctant to take responsibility for birth control because it threatens some primal maleness, some deep-seated urge to procreate."

He continued, "Most men have a hard time understanding what it means to have life forming inside their body as a result of the physical act we call sex."

Alper adds, however, that the threat of AIDS has forced men to take responsibility for condom use.

RU-486 adds new dimensions to women's options

By Jane Brown
Staff Reporter

Though still illegal in the United States, RU-486—or "the abortion pill"—is still considered by some to be a safe alternative to surgical abortion. A recent study also shows that it may have potential as a "morning-after" contraceptive. When President-elect Bill Clinton takes office, he will probably rethink the ban on RU-486 and perhaps allow the FDA to test it.

RU-486 is a steroid developed in 1980 by French doctor Etienne-Emile Baulieu. The drug, under examination by a number of countries, was approved immediately for use by France and China.

RU-486 works by blocking fertilized egg attachment to the uterine lining. This pill counter-acts progesterone, thereby causing the lining of the uterus to break up and the egg to abort, by acting as a decoy to the progesterone hormone receptors which attach to the steroid.

According to *USA Today* magazine, the RU-486 pill, if taken in the first nine weeks of pregnancy (followed by a prostaglandin dose), has a success rate of nearly 100 percent. Prostaglandin is a hormone which affects the progesterone in the same way that the pill does, except it is much weaker. After the tenth week, the effectiveness of the pill decreases sharply.

In America today, more than half of all abortions take place before the tenth week. If approved by the government, RU-486 abortions could take the place of many surgical abortions presently performed. The pill, believed to be relatively safe for most women, is suggested to be taken in a physician's care since some women experience nausea and cramps and, in some cases, heavy bleeding.

Since RU-486 is relatively new, no long term effects have been monitored yet. However, most researchers feel that RU-486 would be a safe contraceptive drug in comparison to the adverse long term effects of the birth control pill which is already widely used in the United States.

RU-486 offers other benefits as well. RU-486 will not cause infection or injury that can be received through the physician's instruments in surgical abortion. In April of 1991, RU-486 was altered by its inventor so that no additional hormone pills need to be taken after the initial dosage. It is also thought that this pill might be able to treat breast and ovarian cancer.

Despite these advantages, the pill is not allowed in the United States. This past July, Leona Benton returned from overseas after obtaining RU-486, and upon re-entry, her pill was confiscated. Benton took her case to the United States Supreme Court in order to get her pill back, but was defeated by a 7-2 vote. Benton then had a surgical abortion. Because of protest from pro-lifers, tests on RU-486 have come to a virtual standstill.

RU-486 may offer not only a safe alternative to surgical abortion, but also offers a safe and viable alternative to traditional contraception.

Nov. 24, 1992

Health beat

Effects of caffeine call for moderation

By Katie Novak
Feature Editor

Mountain Dew, Diet Coke, coffee, tea, No Doz... Yes, these are the caffeinated substances that often help us stay up a little later to finish studying for exams or writing papers. They even keep us semi-alert during early morning classes. But are they safe?

Physicians and medical researchers have focused heavily on the effects of caffeine consumption in the past few years. Though many studies have been inconsistent and some inconclusive, recent research does show that we should be informed about and pay attention to the effects of caffeine intake. The following questions-and-answers will help you do so:

Is caffeine a drug?

Physicians agree that caffeine should be considered a drug. "Caffeine is definitely a drug, and it affects the body in many ways, primarily as a stimulant. In beverages such as coffee and tea, it is the most

commonly used drug in the world," said Dr. Carol Otis, a physician at UCLA's Student Health Service (*Women's Sports and Fitness*).

Are there benefits to caffeine use?

According to Otis, small amounts of the drug (typically 25-200 mg) help increase alertness and induce quicker reaction times. Additionally, caffeine may provide users with "an overall sense of well-being."

What are the effects of caffeine?

Caffeine affects four main parts of the body: the nervous system, heart, muscles and kidneys. When consumed in excessive amounts, caffeine can cause anxiety, restlessness, jittery movements, increased blood pressure, dehydration, ringing in the ears, muscle pains, muscle twitches and heartburn.

Why are some people affected differently by caffeine?

Studies prove that the effects of caffeine depend on the individual. Specifically, heavy caffeine users most often develop a tolerance to

the effects of the drug and, therefore, may not feel the restlessness, anxiety or high blood pressure, or at least not until they decrease consumption. To test your reaction to the drug, lower daily intake for a short period of time and note any changes in adverse symptoms you may have previously experienced.

How does caffeine affect athletic performance?

Many athletes increase sugar or caffeine consumption immediately prior to competition or workouts because they feel it benefits their performance; however, other athletes practice the opposite—avoiding these substances.

The related research is controversial. According to Nancy Clark, a nutritionist at SportsMedicine Brookline in Boston, "Caffeine was originally thought to increase stamina in endurance athletes. But a more recent study challenges this claim and proposes that when an athlete is well fueled and well rested...caffeine has no beneficial effect upon performance" (*The Phys-*

sician and Sportsmedicine).

While, in some studies, caffeine has been linked to increased workout input, the drug's tendency to dehydrate users and increase acidic components in the stomach outweigh any benefits. Experts caution athletes to determine their personal sensitivity to caffeine and use it accordingly.

Is caffeine consumption linked to premenstrual syndrome (PMS) in women?

Early studies showed a relationship between caffeine and PMS. Though some believe PMS may be due more to total fluid consumption versus caffeine intake, a study published in *American Family Physician* found "a strong association between caffeine intake and the prevalence of premenstrual symptoms." Physicians often suggest that women eliminate or decrease caffeine consumption to decrease symptoms.

Do heavy users experience withdrawal when decreasing or elimi-

nating caffeine intake?

Withdrawal accompanies the decrease or elimination of caffeine in both moderate and heavy users. The October 15 *New England Journal of Medicine* reported that "headaches, depression, anxiety and flu-like symptoms have been shown consistently in studies of caffeine withdrawal." Going "cold turkey" can also cause increased lethargy, drowsiness, nausea, irritability, a watery nasal discharge and general incapacitation in terms of daily activities. Consequently, physicians strongly recommend a gradual reduction of caffeine-consumption over a period of a few days.

Effects of Excessive Caffeine Use:

- *anxiety
- *restlessness
- *muscle pain, twitches
- *ringing in ears
- *disrupted sleep
- *dehydration
- *the jitters
- *increased blood pressure and heart rate

Calendar of events December 2-7

CAMPUS:

Wednesday, Dec. 2

Poetry Reading by Lucille Clifton—Alma's Lila Wallace-Reader's Digest Writing Fellow

8 p.m., Dunning Memorial Chapel Reception to follow in Tyler Rotunda

Friday, Dec. 4

Poetry of Connection—Lucille Clifton

A sharing of poetry that connects to the heart.

Everyone is invited to attend and participate.

3 p.m., Louanna Baker Jones Auditorium

Orchesis Fall Dance Concert

A varied show with ballet, modern, jazz, tap and Highland dancing

8 p.m., Alma High School Auditorium

Saturday, Dec. 5

Orchesis Fall Dance Concert

8 p.m., Alma High School Auditorium

Sunday, Dec. 6

Alma Symphony Orchestra

Featuring Ravel's *Le Tombeau de Couperin* and other seasonal music

4 p.m., Dunning Memorial Chapel

Insights from the African Fellow Nigerian teachers use force to educate

(Editor's note: This is the second of a series of letters from senior Cara Sell, Alma's current African Fellow in Nigeria.)

I've been able to adjust to most parts of life in Nigeria. I've acquired a taste for the food; the weather is bearable; and I enjoy the thrill of fighting for fair prices at the markets. I've pretty much adapted to the daily school routine. However, there is one part of it I don't think I will ever accept—teachers abusing the students.

Just about every teacher I have observed with his students has abused them in some way. It is not uncommon for a teacher to whack a student on the back or head. Students are also often told to hold out their hands, which are then rapped by a small branch or the edge of a ruler. I have noticed a few children with bruises on their ears as a result of the hard pinching.

A few teachers refrain from actually beating students, but instead they assault them verbally. Unfortunately, the teachers who do beat students also make use of this form of punishment. The words may be as simple as, "You are so stupid" or as severe as "I will kill you if you do that again."

I find it very hard to accept teachers abusing students, not only because they are hurting the kids, but because I do not believe their reasons are always justifiable. I am not quite sure where anyone got the idea that information can be beaten into students, but I've seen so many teachers attempt to do this. Even four-year-olds are beaten repeatedly until they give the desired response to a question. Of course, not all teachers will beat students for this particular reason, but most will in some way at least threaten or embarrass their already confused students.

The effect of this abuse on the children is obvious—they are terrified of most teachers. Students appear very reluctant to answer questions aloud due to the fear of what will result from an incorrect answer. They are upset easily by teachers' threats or apparent readiness to use physical force. Overall, school is rarely a positive experience for students.

I refuse to beat my students, and I try to keep the threats I make to a minimum. I hope I can show these children that learning is not scary and does not hurt. Right now, though, about half of them are not too sure about this.

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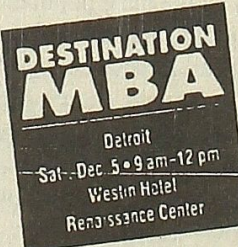
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Women's basketball loses thriller to Capital

By Danielle Salgat
Freelance Writer

High expectations and disappointment often go hand in hand. The women's basketball team fell in a tough season opener to fourth-ranked Capital University of Ohio Saturday night, but will anyone dare judge it less than worthy of its No. 1 national ranking?

"We are a little disappointed," said Coach Charlie Goffnett, "but we're not discouraged."

As fans entered Cappaert Gymnasium ready to watch the start of yet another exciting season of Scots' basketball, they had a special reason to look up. The raising of the 1992 National Championship banner sent a wave of applause through the stands as the women entered the gym to a standing ovation. The hyped non-conference match-up proved to be all the battle that was expected.

The Scots set the tempo early, trying to avoid first game jitters. The first half produced a number of lead changes as every possession hinged on taking control. The Scots' quick defense strengthened by their trapping press initially created some problems for Capital. But it was not until late in the half that Alma was able to surge ahead with 12 unanswered points, mostly off the transition game created by the guard tandem of Lauri LaBeau and Colleen Wruble. Alma was able to head to the locker room at half with a pleasing but not comfortable 34-30 advantage.

The second half was just as highly contested. Alma was able to mount a nine point lead at one stage with the score 51-42, but turnovers quickly allowed Capital back in the game. Capital took command in the late stages of the contest by posting

as much as a four point advantage.

Alma was not able to get back in serious contention until junior Kelly Jaster sank a three pointer with just 1:25 left to tie the score at 63-63. Capital's three-time All-American Sandy Buddelmeyer then sealed the fate for her Ohio team with a three-point play with 48 seconds to go that gave Capital a 66-63 edge. After a time-out, Alma had a chance to tie with 15 seconds remaining, but the three-point attempt of sophomore Michele VanDamme clanked off the back of the rim. Junior center Katie Mans was unable to get off a shot on the rebound as time ran out and the final score stood at 66-63.

"Starting out is always hard," said Jaster. "We played a good game, and we are still going to take it one game at a time."

"I am disappointed, of course," said Mans. "But this takes the pressure off of us. We lost our first game last year as well. It is too early in the season to be concerned about wins and losses. Capital was a good team ... We aren't upset about losing such a tough ballgame, because we know where our potential can take us."

Jaster was Alma's leading scorer with 20 points, including two three-pointers. Mans followed with 17 points and a game-high 13 rebounds. LaBeau also reached double digits with 13 points and four assists, and Wruble chipped in with eight points. Laura Schmelzer led Capital's offense with 21 points.

The Scots were impressive in attacking the boards. They out-rebounded a larger Capital team 47-38. They also led in field goal percentage on 26 of 59 (44 percent) shooting to Capital's 26 of 65 (40 percent). The Scots did have trouble at the foul line, however, converting only 9 of 17 for 53 percent.

VanDamme said, "We had to start

somewhere, and it's only going to get better from here."

The Scots resume their schedule on Sunday, Nov. 29, when they travel to Marquette to face Northern Michigan University.

WOMEN'S BASKETBALL

Capital 66, Alma 63

CAPITAL (2-0)

Vandenbark 0-23-53, Kelly 0-10-00, Mattox 3-11-23 10, Swenda 3-11-0-07, Rauch 2-3 1-1 5, Schmelzer 8-16 5-7 21, Buddelmeyer 7-14 1-1 15, Mang 2-6 0-0 5. Totals 26-65 12-17 66.

ALMA (0-1)

McCallister 0-1 0-0 0, Doucette 0-20-00, LaBeau 6-10 1-1 13, Hogan 0-0 0-0 0, Kieffer 0-0 0-0 0, Sherman 0-4 1-4 1, Wruble 4-13 0-2 8, VanDamme 2-6 0-0 4, Mans 7-13 3-6 17, Jaster 7-12 4-4 20. Totals 26-59 9-17 63.

Halftime score - Alma 34, Capital 30.

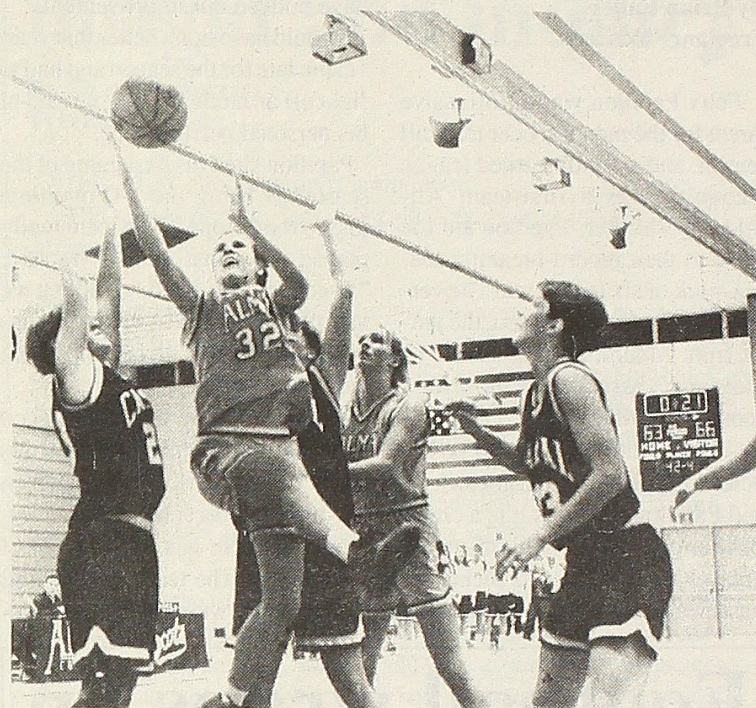
Three-point field goals - Capital 4-17 (Mattox 2-6, Swenda 1-7,

Mang 1-4), Alma 2-10 (VanDamme 0-3, Jaster 2-7).

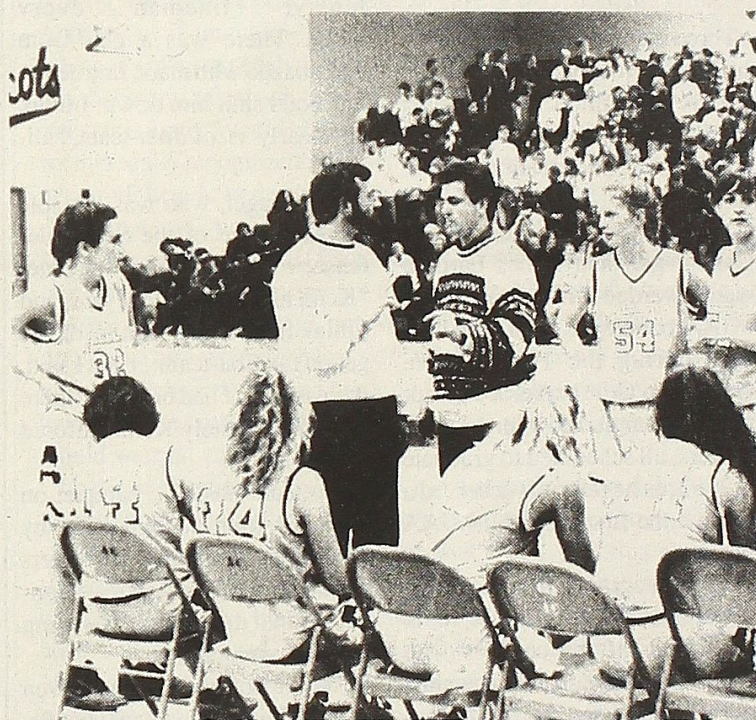
Rebounds - Capital 38 (Buddelmeyer 9), Alma 47 (Mans 13).

Total fouls - Capital 17, Alma 19.

Fouled out - none. Technical fouls - none.



Senior Colleen Wruble goes up for two as junior Katie Mans looks to rebound, (top) and (below) Coach Charlie Goffnett goes over the game plan with the Scots. Photos by M. Stargardt



Senior Profile

Farnum makes mark in senior year

By Lisa Shoemaker
Sports Editor

Senior split-end James Farnum, who led the MIAA in receptions (22) and receiving yards (299) was selected in voting by league coaches to the All-MIAA second-team, much to the disappointment of the Alma faithful.

"I was very disappointed," said Farnum. "Because we didn't have a winning record (3-6), I don't think the other coaches respected us. I also don't think they like how our team plays because we get so emotional and 'talk' out on the field."

Farnum, from Vassar, was a mainstay on the perimeter for the Scots. On the year, he grabbed a total of 39 catches for 603 yards and four touchdowns. His longest reception was a 48 yard touchdown strike from quarterback Matt Snyder in the Scots 42-6 win over Bluffton.

"Bluffton was probably my best

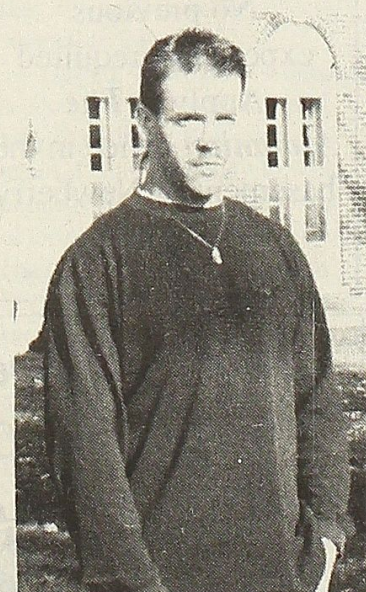
game this year," said Farnum, who had six catches for 139 yards and two touchdowns in the victory. "Also, I played well during the first half of the Kalamazoo game, when I had six catches in the first half, including two right before half to set up a field goal."

"I am more of a possession receiver. I am not really a big-play threat, but I feel I can beat any D-back on a pattern," said Farnum. "I always believe that I shouldn't drop a pass, but when it happens I just try to concentrate harder for the next time."

Farnum said that this was a very disappointing season for the team. "We lost our confidence in the IBC game," he said referring to the Scots 47-26 defeat. "We started out so well, but that loss shocked us and brought us down to earth... The Hope loss also took the wind out of our sails."

Farnum emphasized that Coach Jim Cole is really making an effort to turn the program around. "He

started a weight program and that is good... We just need to recruit more quality athletes and develop more team discipline," he said. "If enthusiasm on the team is contagious, then discipline will also be contagious."



James Farnum. Photo by T. Campbell

gious."

This is the first season that Farnum has gotten the starting nod for the Scots and been relied on for a consistent number of minutes. "Last year I rotated in with Kevin Pike," he said. "This year Kevin and I both started and it was good because we push each other to be better."

Farnum says that playing football has taught him how to be disciplined. "I play with a relaxed intensity. I work hard, but I take a light point of view," he said.

Farnum is a business major, but he does not plan on entering corporate America any time soon. Instead, he wants to return to school next year at either Central Michigan or Saginaw Valley State University to get his teaching certificate. "I really want to teach and coach," he said. "I love sports and I want to coach sports and stay involved. I would want to teach business classes at the secondary level."

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Nov.24,1992

Papillon, Albery, Snell earn league honors for Scots

By Brian Fuller
Freelance Writer

Felix Papillon was an offensive threat for the men's soccer team all season, and recently earned league recognition as a first-team All-MIAA performer. Papillon led the Scots to their record-breaking season mark of six league and 10 overall victories. On the season, the junior from Miami, Florida tallied 11 goals and 3 assists—the most for a Scot since 1981.

"I really didn't expect to be selected to the first-team...I got lucky," said Papillon. "I guess it is a credit to the improvement of this team that a player from Alma was picked. It must mean coaches from other teams

have noticed our improvement."

"I could have done better this year. I came late for the season and had to fight off an ankle injury," he said of his personal performance.

Papillon cited his best game of the season as being the 1-0 overtime loss to rival Hope. "The team really played great that game," he said. "Even though we lost, we all felt we had put out our best effort. It was probably the best all-around game we played this year."

Papillon said he was encouraged by the improvement of the team this year. "Coach [Carlos Toro] has been the driving force behind our improvement. He has put in a lot of extra effort. The team played well together. We were much more uni-

fied and were able to work together on the field," he said. "It will be important for us to have a good recruiting year, hopefully our success this year will help coach bring in some more good players."

"We'll miss the seniors, but we are really excited about next year," said Toro.

Senior Todd Albery and junior Dustin Snell also earned league recognition as second-team selections.

At the team's awards dinner, Albery was voted the Most Valuable Player and also was presented with the Sportsmanship Award. Snell was named the Most Improved Player in 1992. Other award winners included: senior Scott Schoessel as the Most Valuable Defensive

Player, Kevin Sanchez as recipient of the Freshman of the Year Award, junior Marty Schneble for the team's

Scholar Award, and first-year player Lyle Simmons with the Coach's Award.



Junior Felix Papillon. Photo by M. Stargardt

Football wraps up

By Bill Ballenger
Freelance Writer

Three members of Alma's football squad received second-team MIAA recognition, and a number of other Scots received post-season accolades for team contribution.

Seniors Todd Butorac, Keith Christnagel, and James Farnum were awarded with second-team MIAA honors for their excellent play during the 1992 season. Coach Jim Cole expressed disappointment and sorrow for the three players, all scheduled to graduate in 1993, as he felt each deserved a spot on the first-team All-MIAA lineup.

"I do not agree with some of the selections," Cole said. "I think that many of the coaches who voted for the award held it against our guys that we did not have a winning record."

Should that be the case, wide receiver Farnum, in particular, leads the victimized list. He led all MIAA receivers in two of the three categories associated with the position: number of receptions (39) and number of receiving yards (603), yet he was overlooked by most of the MIAA coaches.

"I really feel badly for James," remarked Cole. "He had such a good senior year, and he should have made the first team. It is really sad to know that a player who had as good a year as he did does not get rewarded."

"I was really disappointed," said a dejected Farnum. "I really thought I should have gotten on the first team." Farnum mentioned that off-the-field factors may have influenced the coaches' decisions. "I think that there are a lot of politics involved in the stuff. A lot of coaches do not like us, and do not respect us as a team," he said.

According to Cole, offensive tackle Butorac, who will attempt a shot at the National Football League, also deserved to make the first-team.

"Todd played what we call the

strong tackle," said Cole. "He had to block the other team's best defensive lineman every week...There was a guy from Kalamazoo who made first-team, but Todd shut him down. I think he clearly is of first-team caliber."

Christnagel, who was the sole representative of the Scots' defense, was also praised by Cole: "Keith had an excellent year, and I think it's a shame that he didn't get on the first-team...Like I said, there is a lot of bad blood out there and unfortunately Keith suffered from it."

The team hosted a banquet on Nov. 8. After an invocation by President Alan Stone, 12 players were rewarded for their team contributions during the ensuing awards ceremony.

The Al Borgman award, given to the offensive lineman who displays dedication, academic excellence, and hard work, was awarded to Butorac. He also won the Offensive MVP Award. Junior Calvin Woodard received the Claymore Award as the top offensive perimeter player.

Christnagel earned the Dwight Adams W.I.T. award to the top defensive interior player, and the Defensive MVP Award. Aaron Munderloh captured the Hammer Award, given to the top defensive perimeter.

The Chris O'Conner Award, which goes to the special teams player who displays exceptional emotion and intensity, went to sophomore Chad Rojas. First-year student Heath Dutton received the Coaches' Award, given to a non-starter who unselfishly contributes to the team.

Tim Hall earned the Offensive Rookie of the Year Award, while Thomas Allen captured the Defensive Rookie of the Year Award.

The Most Improved Offensive Player Award was awarded to junior Brad Engel. Junior Joe Bungart won the Most Improved Defensive Player Award.

Swimmers start season strong

By Jennifer Cosbey
Freelance Writer

Alma's swim team made a big splash as they took to the water the first time this season on Saturday in the MIAA Relays at Kalamazoo.

"They didn't keep any team scores," commented third season Coach Greg Baadte. "It was more of a fun get together where the teams get to see what the competition is and who they are going to be competing against. . . It was Alma's best showing since I've been here though, and probably ever."

The meet got off to an exciting start for Alma when they nearly broke two records in the first two races. The men's 200 medley relay team, consisting of first-year students Christian Betz and Adam Neuman, and sophomores Edward Davis and Paul Schmidt, and the women's 200 medley team, consisting of first-year student Jen

Bondy, sophomores Jen Turnbull and Shelly Wasko, and senior Julie Boltman both came within seconds of setting new school records. "These races really set the tone for the whole day," stated Baadte.

The excitement continued in the women's 300 backstroke relay. Turnbull, Bondy, and first-year student Melissa Wuchte swam this in the fastest time ever for Alma, and missed placing first by a mere two-tenths of a second.

One of the most interesting races for the Scots was the Co-ed Crescendo Diminuendo. This involved a total of seven swimmers alternating men and women for the 50-100-150-200-150-100-50 meter legs. Alma's strategy to alternate four women and three men really paid off, and they placed second, less than one second behind Hope. Turnbull, first-year student Marc Richardson, Bondy, Betz, junior Selena Williams, Schmidt, and Wasko swam a combined 7:35:22.

"It was a great team effort!" stated Baadte.

Individually, many swimmers made excellent personal showings. Sophomore and first-year swimmer Karie Bergin got the best womens split with 26.9. Sandra Hansen set a new personal record in the 200-free relay and also made a good showing in the backstroke relay.

Baadte commented "We got a lot of really good positive feedback from other teams and parents. Everyone knows that we are really going to be a contender this season."

Tonite they meet with Grand Rapids and Grand Valley in Alma waters in their first official dual meet. "It should be very competitive for both men and women. We plan on meeting at least one of our two individual meets." Diving is due to start at 4:45 and swimming as close to 6:00 as possible.

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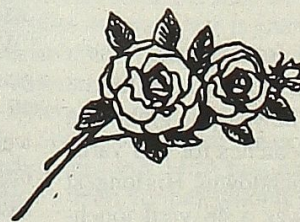
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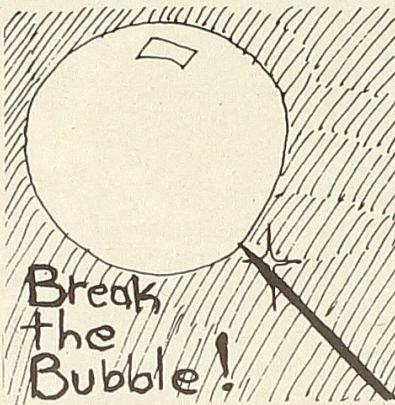
By Heather S. Laird
Co-editor-in-chief

Do you remember the wind brushing your hair back in long thin strands as you delightedly blew iridescent soap bubbles, which floated almost as if by magic before settling to the thick green grass and disappearing in a soundless small hiccup? Do you remember those days of innocence, of not worrying about money, or tests or political elections—the pure sheltered glory of being a child?

Now, as students at Alma College, we are caught within those bubbles of our youth. Anyone who has attended Alma College for even a dozen weeks senses it. Campus living and lifestyle seem peculiarly isolated from the surrounding community. It's as if the world spins gently but surely on its axis while we are stationary in both time and space. And this shelter is not innocuous, not the splendid freedom and innocence of our childhood. Instead, it is a barrier which blocks us from reality. How many of us stress so much over a test or a paper that that one goal is all we can see? How many of us have to worry about surviving from a day-to-day basis? I am sure that the ratio of these two responses is much greater than one. We lack perspective living here.

Bubbles are delicate, shimmering

films encircling air—or, in this case, the College campus. But delicacy is the key here. There is absolutely no reason why this bubble must exist. While it may lend a certain serenity to campus living, it shelters to the point that it is actually detrimental to the students here. Where is the opportunity for growth through contact with ordinary day-to-day life?



We will all, at some point, have to live in a city like Alma, or Lansing, or even metropolitan Detroit. We will have to interact on a daily basis, not only with our peers and superiors, but with blue-collar workers or others who have not enjoyed the benefits of a liberal arts education. Will we really be able to deal with them effectively? Or are we going to end up like George Bush, so out of touch with the "real world" that we are shocked and delighted by electronic scanners in grocery stores?

How can we burst this bubble?

Reading papers or watching the news just won't do it. It takes involvement and time to strengthen community ties. It requires open-mindedness and acceptance.

Groups like Students Offering Service (SOS) have already started outreach programs, focusing on volunteer work with the women's aid shelter, area nursing facilities, a soup kitchen at the Presbyterian church and other projects. More academic projects are available as well, through programs like Service-Learning. Literacy tutoring is encouraged through the English department; some classes may even participate in this program for practicum credits or in place of a term paper. Three pre-medical students, myself included, are working on research projects at the Michigan Masonic Home, in conjunction with Dr. Larry Lawhorne, the medical director. Opportunities abound, if students just look for them.

Contact with influential community figures provides students with role models, almost like the mentor program to provide first-year students with support, and a new perspective of the world at large. No, not all of the United States is Alma College, and neither is Michigan, for that matter. For better or worse, there are realities out in the working world that most of us have never had to face. So take a few hours out of your week to get out there, to meet people who do face those realities.

Alma students prove their ignorance

Vandals destroy posters inviting students on a trip to view *Malcolm X*

By Jason Ricks
Assistant Copy Editor

A new movie opened this past weekend at many theaters around the country. The movie is called *Malcolm X*. It is more or less a documentary on the adult life of the slain controversial black nationalist. Whether it is the movie's purpose or not, awareness of Malcolm X and human rights will be heightened as a result of its release. Unfortunately, much of the attention the movie, the man and the issues are all receiving is probably just a fad, as are all the T-shirts and hats with the mysteriously dramatic "X" emblem; a trend, it's hip to be sociologically aware—to be an activist.

On the flip side, the movie will propagate a (hopefully) passing trend of heightened racism, in fact the trend has already begun. Insecure bigots are rallying among themselves, hating blacks more than ever. Evidence of this, once again, has graced our pathetically conservative and immature campus.

The SOC 241 class (Racial and Ethnic Minorities) sponsored a trip to Saginaw last Thursday to see a preview of the movie. This trip was publicized by posters

around campus; posters, no doubt, that few on this campus ever saw, save the one on the doors of the library, due to the childish vandalism of someone on this campus.

Quite an impressive form of protest, don't you think? Were these people trying to make some sort of statement about something? Were they trying to perhaps show the world that sneaky vandalism can really prove a point? Was the goal to keep people from viewing a movie that might make them more tolerant to diversity? These people are obviously very proud of their beliefs to stand behind them so whole-heartedly by making such an outstanding public statement. To actually run up to a sign and tear it down while no one else is looking takes wondrous courage. Kudos to the racist Alma College students...a job well done. They nearly negated publicity of a field trip to watch a movie, could there be a worthier cause. Maybe their next action, to halt the practice of Judaism, will be to let the air out of a rabbi's tires so he can't make it to the synagogue for Saturday worship.

Hopefully these vandals were first-year students who are not yet accustomed to living the life of an adult citizen. If so, I welcome them to college and invite them to begin thinking about life, what it is all

about and how they can get one.

The fact of the matter, sarcasm aside, is that there is simply no place for this kind of activity, no matter what the motivation, on this campus. To think that these students, these close-minded, immature students, may one day be doctors, judges, politicians, professional business people or any kind of public leaders is terribly frightening. I sincerely hope that these types of people will grow and mature the more educated they become and will eventually develop attitudes and behaviors that are conducive to peaceful societal living.

Hatred, however, is deep-seeded and my hopes are probably unrealistic. However, once again, I'll ask anybody to write about or discuss the justification of intolerance, prejudice, racism, chauvinism, or any other '-ism'. Perhaps there is someone out there who has rational, legitimate arguments for his/her beliefs. I'm sure there are many people here who would like to hear the basis of such an argument.

I just think it is inherently and obviously wrong to dislike someone because of physical differences. If anything it is simply not feasible in today's society.

Quilt offers both insight and inquiry

By Shannon Garrett
Freelance Writer

"This AIDS project thing is pretty cool."

"The names project, dear. It's called the Names Project AIDS Memorial Quilt."

"What's the difference?"

The difference is immense. The Names Project AIDS memorial quilt is, in its entirety, made of over 20,000 quilted panels dedicated to people who have died of AIDS. And the project embodies just that—the people, not the virus. To refer to the patchwork as simply "the AIDS quilt" misses the point. It is not about the AIDS disease, the HIV virus or the statistics. It is about the humanity surrounding the disease—the women and men, the individuals and the families. It is about the lives that the AIDS virus touches and transforms.

The quilt personifies every model of human life. There are panels for gays, straights and bisexuals; there are panels for African-Americans, Hispanics, Orientals and Caucasians; there are panels for Atheists, Jews, Catholics and Protestants; and there are panels for infants, school-children, adults and the elderly community. The project is proof that AIDS knows no boundaries of class, race, age, religion or sexual orientation. AIDS is truly the only unprejudiced, non-discriminatory condition in existence. NO amount of money, influence or belief in God can cure or even treat the virus. And no one is immune—the quilt testifies to this fact.

As you walk past each of the panels, the emotion is overwhelming. So many questions torment the mind: How can one virus affect this many lives? How can we let this many people die before we nationally recognize the epidemic? Who were these people and what did they do to deserve such a tortuous disease?

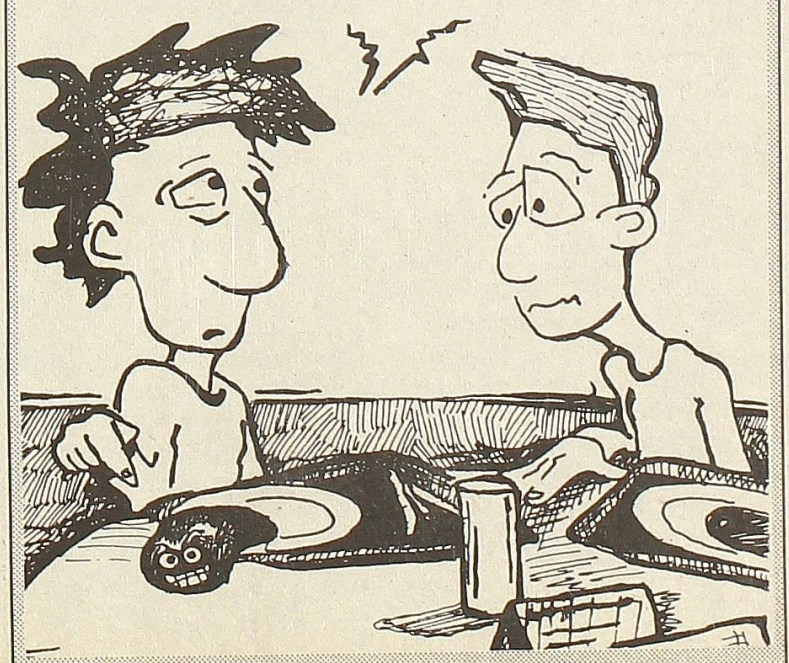
I heard it said once, "There is a hell, that is why we have AIDS." Is that the answer? Is AIDS some sort of punishment these people received for some immoral act in their lives? From the immense diversity of victims, I think not. What did the young Christian man do to have his God punish him so? Did the 85-year-old woman not put enough hard work into her long life? And the children. What heinous crime could a little girl not even a year-old commit that would warrant such suffering?

I believe anyone that feels AIDS is a just punishment doled out to only homosexuals and drug-users is dreadfully ignorant. One stroll past even the simplest patchwork will prove that theory superficial and inept. The Names Project AIDS Quilt is an overpowering reminder that there is an epidemic in this country that MUST be recognized. It is a disease that WILL effect ALL of us, whether we realize it yet or not. Seeing the quilt is an experience everyone should feel. Maybe then we will realize the impact of AIDS and will take more precautions toward saving ourselves, our families, our lovers and our friends from the universal assassin.

Weird in a serious way

By Dan Baker

Did we just jump into a 'Calvin and Hobbes' cartoon, or did my turkey cutlet try to walk off my plate?



Nov. 24, 1992

Staff editorial

Sex requires careful decision-making

College provides students with more than classroom learning experiences; it provides them with social opportunities and skills, which some argue is where the true learning of life takes place. College then has become a time for experimentation, in which students take advantage of their new-found freedom in being away from home and the watchful eyes of protective parents.

Chief among these areas of experimentation involves an individual's decision whether or not to have sex. As survey results indicate, over three-fourths of the Alma College student body has made that decision and had sex at least once. Although becoming sexually active is an individual decision and preference, we believe that choice should be made with the utmost care and in relation to the larger issues surrounding and emanating from it.

First of all, everyone needs to keep an open-mind with regard to this issue, especially when it comes to sexual orientation and preference. Not everyone is a heterosexual or wants to be one for that matter. So just because someone has a different preference does not make him/her any less human; s/he has the same real feelings and emotions as other individuals except s/he choose to express them in alternative manners. Therefore, we must firmly oppose discrimination based on sexual orientation, and we must prevent the persecution, through ignorance or malice, of our fellow citizens because of this orientation.

Secondly, safer sex means being smart and staying healthy. It means showing love, concern and respect for your partner and yourself. It also means enjoying sex to the fullest without transmitting, or acquiring sexually-related infections.

Choosing to be sexually active requires that we take precautions to protect ourselves and our partners from

pregnancy, AIDS and other Sexually Transmitted Diseases (STDs). Always take precautions whenever you have sex.

If you choose to be sexually active, protect yourself! Use a latex condom in conjunction with the spermicide nonoxynol 9 every time you have intercourse. Using a condom not only helps protect you from the risk of pregnancy, but also helps reduce the contraction of AIDS and other STDs. Contraceptives other than condoms do NOT protect you against these diseases so make sure you have some on hand if you are thinking about having sex.

Furthermore—and probably more important than remembering to use a condom—communicate assertively with your sexual partner beforehand. Talking about your concerns, fears, desires and choices is essential to making sex safer. Negotiate for safer sexual practices by considering in advance what you would say and do in particular situations.

Know your sex partners. Ask questions about their past sexual history, health and drug use, and be honest about your own past. Honesty on your part communicates that you care and promotes honesty from your partner, allowing you both to make informed choices. But remember—it's up to YOU to protect yourself in every sexual relationship; don't rely on the other individual to take care of it!

Although we know students will continue to experiment with sex, we urge them to practice sex with safety and be smart about it. Precautions cannot eliminate all risks, but individuals can make sex much safer, especially if they think first before pursuing sexual activity. We need to join with our fellow Americans in making a commitment to do all we can to protect ourselves, protect those we love and stop the spread of disease and unwanted pregnancies. To quote Benjamin Franklin, "An ounce of prevention is worth a pound of cure."

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Opinions expressed weekly in the "Staff Editorial" reflect the views of the *Almanian* Editorial Board, which includes section editors, copy editors, and the editor-in-chief. These views in no way reflect the views of the entire Alma College community.

The Almanian Letter Policy

All Letters to the Editor must meet the following standards for publication: must be signed, include the author's phone number and address, and pertain to the Alma College community. Letters are published on a first come, first serve basis, up to three per week. We reserve the right to condense letters for layout purposes. Deadline for publication is 5 p.m. the Friday before requested publication. Address letters to: The Editorial Board, The Almanian, Newberry Hall, Alma College, Alma, MI 48801.

Letters to the Editor

Dear editor,

Years ago, as a student at Alma, I rode a bus back to school from Lansing. Behind me sat two guys about my age, headed further north, sarcastically calling every town we stopped in, a "thriving metropolis." They didn't seem to like small towns.

That past echoes in Anthony and Travis Cochran's letter in the Nov. 17 *Almanian*, from "the bustling town of the only true university in Michigan."

Now, I don't write "to judge and condemn," I appreciate the warmth and hospitality of Michigan State and of my faculty colleagues there, even as I respect the competence of my Michigan-State-trained colleagues at Alma, as I hope and trust they respect my University of Michigan training.

But, to respond to the Cochrans' perturbations:

(1) "Hang outs" are coming to Alma; see page 5 of the Nov. 17 issue. Still, to suppose "the (Alma) administration" would or could prevent off-campus "hangouts" if those spots could be made to pay in our apparently not "bustling town," is as absurd as my alumnus fraternity brother saying the College could rebuild our burned fraternity house "with tuition money." That does not, and did not, happen.

(2) That Alma College is repressive about "its image" is not shown when the Provost supports the theater company's refusal to suppress

the word "fuck" in *Rumors*. Twenty-five years ago we couldn't get close to that word in *The Almanian*; administrators even disliked the satirical use of the word "crap" in a cartoon. We have come a long way since then, but youthful Cochrans couldn't know that.

(3) If Greeks at State had to "jump through" a few more "hoops to have social engagements," some large fraternity chapters there might not be falling apart within five years of being chartered. All freedom and no responsibly makes Jack a dead Deke!

(4) Sexual assault is a repugnant and reprehensible affront to human dignity. Its individual perpetrators have no place in an academic community. But administrators at other institutions may "clue in" to the severity of the assault issue" because they have to deal with so many more assaults than "we" do. One reason, lately, that state schools are gaining them, is that people do not believe state campuses are safe.

(5) Of course, if you work for a state school's admissions office, you may not want to admit that. Or other contrasts, either: one of my students is the first in his family not to attend State, because he could never get the same face-to-face small-group contact with professors there as he has here.

But you make your choice. Thank you, Cochrans, for enlightening us. We're glad if you look forward to going back to "the bustling town." Both our communities will be better for it.

Eugene H. Pattison, '56
Professor of English

Dear Editor,

Not long ago, I did an independent study to determine the species and locations of the vast variety of trees we have on campus. One of the things that really impressed me was the way visiting students admired the beauty of Alma College. This beauty came from the environment around us.

Every spring term you can see people basking in the sun sitting beside trees reading books and minding their own business. Not too many people would care if they sat next to a massive walnut, like the one by Superior Street or under a silver or red maple on the Chapel lawn. There simply is no concern over whether a tree is significant or not. I admit, most trees serve the same function. They only keep us alive.

The area where the Heritage Performing Arts Center is under construction was perhaps the most diverse area. I found firs, white pines, basswoods, willows, hickories and others that were never identified. And now with the construction, they will never be identified, they are gone. I suppose that one should give the Physical Plant crews who transplanted some trees a hand, but I refuse to. It is simply impossible to pluck a tree out of the ground, drop it in a hole and hope that it grows back. As they found out, that's like cutting off someone's arm and then duct-taping it back on, hoping it will reattach. Massive cables were used to suspend the trees, so that the wind would not blow them down. During the summer a beautiful white pine blew over and took another tree with it because they were tied together.

Perhaps there are those of you who are not concerned with the tree population on

the campus, since they do not make you rich and don't give out free beer. Yet, they are essential to this campus. If we had no trees, we'd have no squirrels to study in ecology class, no birds to watch and no shade to sit under during the spring. Think about it.

Today, Thursday, as I walked past the construction site, some workers were putting something on the roof. As the crane moved around, it bumped a red maple about fifteen feet tall. The sound that came from behind me, as I walked by, was similar to the sound of cracking bones. That sound just eats into your marrow and chills you. Have you ever seen a broken bone, let alone heard one break? It's not a pretty sight, and neither was this.

President Stone has told the biology department that he plans on replanting trees on the campus in order to make the grounds into a sort of arboretum (a place for trees of different species). No matter what the incentive, whether financial or ecological, Stone has an obligation to live up to. I don't want to see more prissy crabapple willows. Like I said before, perhaps trees aren't a big deal to anyone on campus now, but remember them when you go hunting the next time, when you go camping or when it's 100 degrees out. Then be thankful for these beautiful giants.

Michael Arnold
Class of '93