

The Old Gal Gazette

Number 6

November 20, 1987

National News



GAMMA CHI CHAPTER SOARS

Alpha Sigma Phi at Indiana University was recently awarded the Most Improved Chapter trophy among IU fraternities. **John Gibson '85**, HSP, also received the President's Award for the fraternity president most involved with the IFC.

Brother Gibson was directly responsible for the recent passing of a Joint Social Responsibility plan. The Interfraternity Council and Panhellenic Council supported John in his endeavors to help Indiana University Greeks to be socially responsible.

Gamma Chi Chapter along with the local chapters of BACCHUS/SADD and the IU Alcohol-Drug Information Center sponsored the National Alcohol Awareness Week program. The program included demonstrations on how alcohol affects reaction time, hand steadiness, balance, body sway and coordination (using volunteer resident assistants over 21); legal liabilities associated with parties; party planning; and "IU's Largest Non-Alcoholic Party."

All of the events were widely received. Alpha Sigma Phi once again has risen to make its mark on Indiana University's campus.

PHI ZETA COLONY, LOCK HAVEN UNIVERSITY

On November 21, 1987, Phi Zeta Colony at Lock Haven University is having its chartering banquet. It is to take place at the Clinton County Country Club in Lock Haven.

Invitations have been sent to all chapters. Approximately two hundred people are expected to attend this event. There will be a dinner, followed by the presentation of awards and a reception.

It should prove to be a most memorable occasion for all who plan to attend.

- **Brian Zielinski**
Editor



ON THE SPOT

PUBLIC SPEAKING IS AMERICA'S NUMBER ONE FEAR. SHY PEOPLE RATE IT EVEN HIGHER. Anyone who has ever asked for a raise, walked into a party full of strangers or gotten up to speak in front of an audience knows the discomfort of shyness: the eerie sense of self-consciousness, the moist palms and quavering voice, pounding heart and butterflies. So it should come as no surprise when Stanford University's Dr. Philip Zimbardo tells us, "Shyness is a universal experience." A leading expert in the field, Dr. Zimbardo's research indicates that four out of ten Americans are uncomfortably shy, and that 93 percent of us have experienced the feeling at one time or another.

The Book of Lists states that of the 14 greatest human fears, speaking before a group is ranked number one; death, by contrast comes in sixth. For the majority, then, public speaking is literally a "fate worse than death."

There's a simple explanation for the fear, according to Cal State Fresno's Dr. Vincent Bloom, next year's president of the Commission on Communications Apprehension and Avoidance. "People panic and lose confidence because it's a new situation and they don't know the rules." Here then are the "rules" guaranteed to help ease the pain.

1. Use positive reinforcement. Say, "I know I can do this; I'm going to be good at it," over and over again in your head.
2. Visualize yourself giving the speech--from the beginning to the finish--with great success.
3. Figure out what clothes look best on you. If you're not sure, ask a friend. When you dress assertively and comfortably, you will naturally feel more confident. At the very least, you are eliminating one source of apprehension.
4. Be prepared. The idea is to get as much control over the situation as possible. Organize your material beforehand and practice in front of a mirror or with a tape recorder. (Incidentally, speech experts tell us that the way your voice sounds on a tape recorder is the way you sound to others. Face it.) Rehearse with a friend.
5. Never memorize a talk word-for-word. If your ideas are clear, the words will come out naturally and unconsciously. If you try to memorize your talk, you will no doubt forget it when you come face-to-face with your listeners. And even if you don't forget, memorizing will make you sound mechanical and dull.
6. Don't tackle too much material.
7. Refer to an outline from time to time to keep yourself on course.
8. Use graphics and visual aids to divert attention from yourself.
9. Have a glass of water handy.
10. Use eye contact. Pick out one or two friendly faces in the audience and direct your comments to them.
11. Don't be afraid to pause to gather your thoughts. The audience isn't going anywhere.
12. Be yourself. Don't try to imitate others or sound authoritative. It just comes across as phony.
13. A certain amount of stage fright is useful. It's nature's way of preparing us to meet the challenges ahead. Don't concentrate on your heartbeat or your racing pulse. It's perfectly normal to be scared. Remember, no one ever died from giving a speech.

If you have a problem with shyness and would like to overcome it, you probably need look no further than your campus. Retidence classes are designed to help shy individuals conquer their fears. Through class projects and individual assignments, students learn to develop verbal skills, as well as improve their self-confidence and feelings of self-worth. Approximately 300 such programs exist from New York to California.



ON THE SPOT, (continued)

Overcoming shyness isn't easy. "The way we communicate is a direct reflection of who we are inside, which is why change is so difficult," says Bloom. Expectations for improvement must be realistic. The experts do not report any miracles but they agree that enormous strides are possible and, indeed likely.

- Denise Abbott
Moving Up

BANS ON SMOKING SPREAD

USA smokers are running out of places to light up as tobacco bans tighten in restaurants, offices and planes.

"It's kind of like being a kid in high school," says Stephen Porter, smoking with his boss in a restroom in the Louisville, KY, Federal Building. No ifs, ands, or butts:

- * Maine last month joined 20 states in restricting smoking in government buildings. The federal government also restricts smoking.

- * California will ban smoking on all in-state planes, buses and trains starting January 1.

- * Hundreds of communities and companies restrict smoking in public and work places.

"Laws are passed faster than anyone can keep track," said Julia Carol of Americans for Non-Smokers Rights.

The American Lung Association says 80 million workdays are lost annually to smoke-related ailments; absenteeism is more than a third higher for smokers. Cost: \$23 billion a year. The pro-smoking Tobacco Institute claims the statistics are exaggerated.

But Maine public improvements chief Dale Doughty, who implements that state's law, stopped smoking in his office. Result: he now smokes a pack a day--down from two.

- John Bacon
Bob Deitel
USA Today

FEDERAL LOANS AVAILABLE TO STUDENT COMPUTER BUYERS

Apple Computer, Inc., has announced an agreement with the Student Loan marketing Association and the First American Bank of Washington that makes federally insured loans available for students who want to buy computers.

Parents Loans for Undergraduate Students and Supplemental Loans for Students, programs providing loans for the payment of educational expenses of dependent and independent students respectively, have not been widely used by computer buyers, according to Susan J. Snyder, Apple's manager of financial marketing.

Apple's agreement insures that both types of loans will be available for computer buyers who are U.S. citizens, have no record of loan default, and are enrolled at least part time in institutions of higher education, she said.

Applications for the loans are being handled through college financial offices. The loan programs require a minimum principal of \$1,000 with a maximum



FEDERAL LOANS AVAILABLE (continued)

of \$4,000 annually and \$20,000 overall. The interest rate, which is guaranteed not to exceed 12 percent during the life of the loan, is currently 10.27 percent and will be adjusted in relation to the rate for one-year Treasury bills on July 1, 1988.

The maximum term for the loans is 10 years and borrowers can defer interest and principal payments until after the student has graduated.

PLUS and S.L.S. loans do not have origination fees, but there is an insurance fee equal to 1 percent of the principal.

- Thomas J. DeLoughry

SIX ARRAIGNED IN MASSACHUSETTS ON HAZING CHARGES

Six University of Lowell students will be the first people prosecuted under a new Massachusetts law that prohibits hazing.

The six were arraigned in state court in Lowell in connection with a fraternity-hazing incident in May in which a student was left in an attic with a sleeping bag over his head and several heaters were turned on. The student, whose temperature was reported to be 109 degrees when he was found in the attic, was hospitalized for a week with hyperthermia.

University officials closed the Pi Lambda Phi fraternity house after the incident. Under the 1985 hazing law, each of the six students could be sentenced up to 100 days in jail or fined up to \$1,000.

- Chronicle of Higher Education

U. OF MISSISSIPPI STUDENT DIES IN FRATERNITY MISHAP

The University of Mississippi is investigating the accidental death of a freshman who sustained fatal head injuries at a fraternity house party.

Harry Cline died from his injuries two days after he fell down a flight of stairs at the party. University officials said an unnamed witness maintained that Mr. Cline had been drinking alcohol before his accident at the Kappa Alpha house, although fraternity members insisted that no alcohol had been consumed at the party. Alcohol is banned at the university.

The fraternity had not received prior approval from the university for the "big brother/little brother" party.

- Chronicle of Higher Education

BREATHALYZER TEST DETERMINES WHETHER PARTYGOERS DRIVE HOME

People who attend parties sponsored by Delta Sigma Pi have to pass Breathalyzer tests before they can drive home.

Jim Spencer, the president of the professional fraternity at Indiana University-Purdue University at Indianapolis, said his group decided to impose the policy after a few members were charged with driving while intoxicated after leaving parties. A few also had been involved in alcohol-related traffic accidents.



DO YOU STILL
WANT TO BE A
FOLLOWER?



For Your Information

BREATHALYZER TEST, (continued)

Although Delta Sigma Pi is not a social fraternity, it has many social events where alcohol is served, Spencer said.

The fraternity bought a Breathalyzer device for \$119. Under the policy, partygoers are asked to give up their car keys when they arrive. To get the keys back, they must pass the breath tests when they are ready to leave. Spencer said he hopes other fraternities and social groups institute the same policy.

"No one really seemed to object to it," Spencer said. "I think they understood what we were doing was for their protection and for the protection of others on the road."

- Associated Press

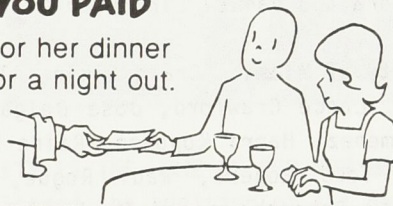
HUMAN DIGNITY

WHAT MEN SHOULD KNOW

You **DO NOT** have the right to pressure or force a woman to have sex, even if:

YOU PAID

for her dinner or a night out.



YOU'VE HAD SEX

with her before.



SHE AGREES

to have sex with you, then changes her mind.



SHE DRESSES PROVOCATIVELY,

flirts, or "comes on" to you.



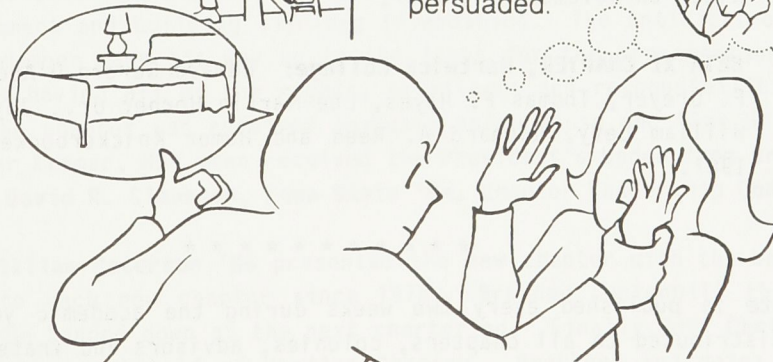
YOU MET HER AT A BAR

or picked her up hitchhiking.



YOU THINK WOMEN ENJOY

being forced to have sex or want to be persuaded.



Pledged To The Seven Points



PSI CHAPTER, Oregon State University: Daniel J. Dumler, Jeffrey D. Freeman, Jack Y.J. Hwang, Michael D. Glenn, Duke K. Shanaman, Steven R. Reese, Douglas W.M. Sosnovske, Glen A. Farris, Eric F. Cornett, Tom N. Redmon, Joel P. Caldera, Mark R. Winston, Matthew B. LaRock, Daniel R. Bolsinger, Scott Kelly and Cory Griffin on October 13, 1987.

BETA IOTA COLONY, Tufts University: Ted Willson and Ian Goldsmith on September 11, 1987. Mike Schultz, Bruce Perelman, Jon Goldman, Mark Treitel, Matt Borkner, Ken Ankiewicz, Avram Dorfman and Peter Garglianos on October 17, 1987.

DELTA MU CHAPTER, William Paterson College: Terry Whalen, Dave Balsamo, Don Wall, Mark Eastmead, Gil Menieses, Rob Sangiamo, Fred Williams, Steven Sweig, Sean Alberti, Keith Skinner, Craig Kovacs, Al Traverso, Jim Tumminelli, Tom Hill and Glen Blekicki on October 26, 1987.

DELTA THETA CHAPTER, Radford University: Tom Campbell, Mike Carney, Scott Deusbio, Lane Dezan, David Humphries, Kenneth Jamerson, James Lawson, Steve Linkous, Jay McKelvey, Ted Murphee, David Noblin and Maurice Pruneau, Allan Riley, Richie Rosenberry, Jeff Saunders, Larry Vallario, Todd Walker and Craig Simpson on October 7, 1987.

GAMMA ALPHA, Ohio Northern University: Albert Antonini, Randy Behnfeldt, Andrew Benson, Gregory Channel, Joe Cowman, Timothy Drocy, Mark Gerst, Stephen Glaze, Michael Holland, Brian Jablonski, Brian James, Chris Kiehl, Patrick Landolph, Jeffrey Lusk, Joseph McFadden, Brian Messerly, Ken Miller, James Rutkowksi, Peter Schram, Joe Selogy, Gene Wiewiora and Daniel Zirkle on October 15, 1987.

GAMMA THETA CHAPTER, University of Miami: Craig Alkin, Ale Auais, Jason Arnold, Will Bahamundi, Larry Chidsey, Lance Crawford, Jose Delgado, David Diaz, Steve Dickson, Brian Hamwey, Rey Jimenez, Harri Koponen, Raine Lahtinen, Alberto Lao, Jim Lawson, Nick Octaviano, Todd Rogers, Raul Rogue, Charles Rule, Brett Sandquist, Mario Sariol, Andrew Schonebaum and Craig Waldman on September 27, 1987.

GAMMA CHI CHAPTER, Indiana University: Kurt Andrew Ball, Scott Douglass Barrick, Eric Jonathan Buls, David Charles Cartwright, Joel Patrick Gladden, Jonathan Scott Grabill, Jeffrey Alan Keen, John Donald Marson, David Anthony Pickett, Stephen Eric Pitts, Erin Craig Prus, Joseph Michael Salvatore and William Brian Whittle on September 27, 1987.

Initiated Into The Mystic Circle



PSI CHAPTER, Oregon State University: Douglas William Hamilton and Michael Lynn Kloch on November 14, 1987.

BETA XI CHAPTER, Hartwick College: Edward Gerard D'Addio, Thomas Donnelly, Kevin F. Dreyer, Thomas F. Hayes, Lee Martin Horner Jr., Jay Robert Kolbrener, Daniel William Levy, Richard A. Reed and Homer Knickerbocker Staley III on April 16, 1987.

The Old Gal Gazette is published every two weeks during the academic year by the National Headquarters. It is distributed to all chapters, colonies, advisors and fraternity volunteers in an effort to keep all informed of their Fraternity's activities, plans and progress.

News items for **The Gazette** can be sent to: Alpha Sigma Phi National Headquarters, 24 West William Street, Delaware, OH 43015.