

The Old Gal Gazette

Number 15

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National News



DELTA OMICRON CHAPTER NEWEST OF ALPHA SIGS

April 9th was the official chartering date of Delta Omicron Chapter at Illinois State University. Alpha Sigma Phi is proud to welcome our 50 new brothers. With them come six affiliates from other chapters including **John Kim, Eta '86** and **Robert Cabello, Gamma Upsilon '70** who started the initial group called the Evin C. Varner Society, then colonized as Phi Eta Colony.

All of the chartering brothers were called to the front of the room by Grand Senior President, **Robert A. Sandercox, Bethany '51** as **Robert M. Sheehan, Westminster '76**, Executive Director helped with the presentation of the charter officially making them a chapter of Alpha Sigma Phi.

Other presentations included the passing of the Alpha Badge and Baby Blanket from Delta Xi HSP, **Adam Campbell, Plattsburgh '88** to the newest member of the family through HSP **Claude Howard, Illinois State '88**. Brother Howard presented a silver tray to Brother Cabello for all the work he has put into the chapter. A replica of the charter, hardbound copy of the chartering petition and engraved pen set to Brother Kim who was a guiding force to Delta Omicron. A hardbound edition of the petition was also presented to Grand Senior President Sandercox and Executive Director Sheehan for the Fraternity archives.

A special thanks is given to the brothers of Illinois and Illinois Tech for their assistance in the initiation of the new brothers as **Randall S. Lewis, Oregon State '81**, Director of Chapter Services and Chapter Leadership Consultants **David R. Claussen, Iowa State '84** and **Steven V. Zizzo, Illinois '84** organized the evening. A Province Leadership Conference was also held during the day Saturday.

WHAT ARE THEY DOING NOW?

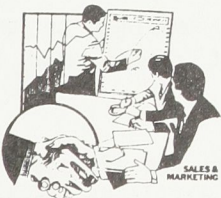
This is an update on the careers of recent past headquarters staff personnel:

Geoffrey Connell - Sales Representative for American Water Company.
Michigan '82 Also in the process of starting his own company in the water business.

Richard Kahler - Rental Representative, Enterprise Leasing in Virginia.
Radford '82

Tom Welsh - Manager of Micro Center in Columbus, Ohio.
Westminster '79

Jeff Schwind - Customer Services Manager of Continental Airlines
Toledo '75 Newark, New Jersey.





ACCENT

GOOD BUDDIES

Friendships between men can create self-esteem



GOOD BUDDIES: FRIENDSHIPS BETWEEN MEN CAN CREATE SELF-ESTEEM

Men have been known to express friendship in strange ways: playing football with pals in the dark; chasing each other in high-speed car-tag games; ceremoniously stacking empty beer cans during parties; comparing notes about girlfriends' hidden talents.

These male rites of fellowship are not the code of some secret society or the symptoms of latent schizophrenia. They are ways men express their liking for other men.

Men have been taught that it is best to show caring and affection for other men in a roundabout way. So they tease one another aggressively, play jokes on friends behind their backs or take part in parties their mothers would frown on. They show a lot of affection by engaging in verbal duels and repartee.

Why can't men be more direct about showing their love, appreciation and respect for one another? Most men fear that if they speak too openly about their affection for one another, they have fallen off their heterosexual rocker. This fear of enjoying other men constricts spontaneity and opportunities to build close friendships.

But men need serious relationships with each other to promote high levels of self-esteem. Male friendships also help them balance their relationships with women. They can add security during stressful times and help men celebrate their manhood in a fundamental way.

The need for strong male guidance doesn't cease when boyhood ends. Boys are reassured by the comforting rough touch of a father's hand. They sit proudly on their father's lap, listening carefully to the deep-voiced stories, refueling self-esteem. Most men wonder whether their inner experiences - those feelings they mask in fellowship rituals - match those of other "normal" men. Talking openly is the best way to determine if they are similar or different from peers.

Trouble starts when men assume they must be alone with their struggles to fit the male role. Staying silent and remaining isolated about such growth stages as first-time fatherhood, redirections in careers or midlife crises only causes unneeded stress. Men need to know it is OK to talk with other men about frustrations and life challenges, as they used to in the high school locker room.

Men should feel more freedom to take care of and help to emotionally sustain their fellow men. Here are some sound psychological reasons for forming alliances and friendships with other men:

- * Men can reassure one another they are performing as good-enough men. All people need affirmation that their goals are worthwhile when they stumble or feel broken down by unexpected failures. When men can disclose feelings to one another, they can vent frustrations and gain a much-needed second wind to continue.

- * Men need guidance from older men they admire to gain respect and affirmation in professional endeavors. Mentors serve as guides in difficult career decisions, and they can help their proteges believe in themselves.



GOOD BUDDIES (cont'd)

* Men can help each other better understand relationships with women. Blowing off steam about the opposite sex to your own sex can help put things back in perspective. Sex-role empathy helps men deal realistically with difficulties in relationships, before they become overblown.

* Men can offer each other blunt advice about any number of difficult topics, without sounding preachy or wishy-washy. Such verbal directness helps men trust that the advice is sound, and enables them to act on it more freely.

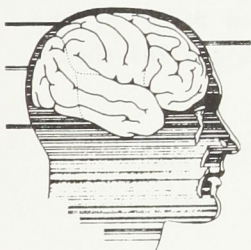
* Men offer a special kind of "funship" to other men. They can accept other men for what they are, not what they've achieved. Men have a basic way of celebrating the important aspects of life, without making life seem trivial; they get a special thrill from partying alongside other men.

Only 20 percent of the men I counsel say they have a close male friend. Fully 100 percent say they would like to have a good buddy to talk to about stressful events. However, most mistakenly believe that strongly needing male friendship must mean they are closet homosexuals. Nothing could be further from the truth.

Men need to talk over male issues with other men. Good friendships with other men make men better men. Men have the right to feel appreciation and love for other men.

**-Dennis O'Grady, Psychologist
Columbus Dispatch**

News You Can Use



IS PERSONALITY YOUR BEST CANCER DEFENSE?

Men who hide feelings are much more likely to get cancer than emotionally expressive men, a new study suggests.

The latest study to link cancer and personality even suggests that depression and anxiety might be healthy. But "it's not at all a clear picture," says psychologist Pirkko L. Graves.

She and colleague John W. Shaffer followed nearly 1,000 men who took personality tests as students at Johns Hopkins University School of Medicine in Baltimore from 1948-1964.

They divided the men into five personality types and checked their health records through 1987. Loners - those who felt lonely and were outwardly unemotional - were 16 times more likely to get cancer than the highly emotional men, who were the least cancer-prone.

Three other groups - including men with sunny outlooks but bottled-up anxiety also were more cancer-prone than the most outwardly emotional group. The emotional men were anxious, easily upset, prone to depression - and fewer than 1 percent developed cancer.

That contradicts some studies tying depression to higher cancer risk. But other studies do show loneliness and repressed emotion increase risk. Researchers need to sort out links between cancer, emotion and other factors, such as smoking and diet, Graves says. "There is some sort of complex relationship we don't understand yet between emotion and the immune system."

USA Today

BETA DELTA HOLDS ALPHA KAPPA PI WEEKEND

The undergraduate brothers of Beta Delta thought it high time we showed our appreciation for our oldest Alumni and so on March 25 and 26 held an Alpha Kappa Pi weekend.

Mu Chapter of Alpha Kappa Pi Fraternity was present on Marshall University's campus from 1929 until the consolidation into Alpha Sigma Phi Fraternity in 1947. Since that time the AKP letter had previously not been recognized.

The weekend was kicked off on Friday night, March 25 with a reception for the AKP Alumni at the chapter house. This was an ice breaker and was designed to create interaction between alumni and also between alumni and undergraduates. Saturday's events began with registration and a luncheon banquet at noon. After lunch alumni were entertained by a group of undergraduate brothers who performed original AKP songs.

The next segment of the program was a memorabilia/socialization time. Various papers, mementoes and paraphernalia were on display for alumni and undergraduates alike. The historical material as well as fraternity conversation was shared by all. The final event of the day was a presentation on the whole AKP era by Grand Senior President **Robert A. Sandercox** himself. Being initiated in '51 at Bethany, and having gone through both AKP and Alpha Sigma Phi rituals, Brother Sandercox is very schooled on the AKP heritage. He shared some very interesting and historical information with everyone. After Grand Senior President Sandercox's presentation, each AKP alumnus shared a little bit of his fraternity experience with us.

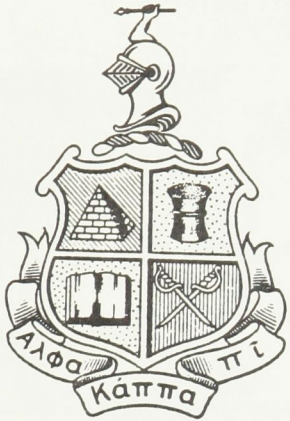
The weekend proved to be a huge success with knowledge and brotherhood being gained by all in attendance. Our AKP alumni felt much more a part of our chapter as we proved to them that they had not been forgotten. Sandercox's presence on this occasion was deeply appreciated and considered an unequalled honor by the brothers of Beta Delta. His commitment to the heritage of Alpha Sigma Phi should serve as an inspiration to all of us!

- John James Keller, HSP

BETA DELTA CHAPTER, Marshall University

In an interesting combination of brotherhood development, community service and fundraising, the brothers of Beta Delta took on Hurricane, West Virginia as a major project. April 8th was spent repairing and repainting a bridge for the city of Hurricane. The mayor was very grateful and brothers **Tim Hayslett** and **Brian Wilt** were interviewed on the local news. That evening many of the brothers camped "under the stars" while a few slept inside the houses of local brothers, resting up for the next day's event. Saturday was a fundraiser of clearing a parcel of land in a nearby valley. The chapter made a good deal of money and all of the brothers went away with the satisfaction of a job well done.

- Chad Mitchell, HA





BETA MU CHAPTER, Wake Forest University:

With regard to our pledges, **Vince Zwadyk** has followed up his outstanding work with Rush by being a top-notch pledge educator. All 15 pledges are doing a lot of work in preparation for their scheduled April 29th initiation date. **Rick Schroeder's** Special Services committee has held some successful service projects including a Children's Home Christmas dinner and basketball game versus the older kids at the home. (We won by ten points with help from three of our pledges who stand 6'7, 6'3 and 6'9 and who are definitely looking forward to next year's intramural season.)

On April 9th, we had a "Throw-Down" - Four Band gathering with four other fraternities on campus. The main attraction was "The Connell's" from Raleigh. For the brothers of Alpha Sigma Phi though, a major highlight was watching our own band, The Id's featuring **Doug Hall, Rick Schroeder** and **Lance Huthwaite**. All the proceeds went to a local children's home and inter-fraternity relations were greatly enhanced.

Our Talisman Ball is scheduled for the weekend of April 22nd at the Virginia Beach Resort. Some of the themes that we've had for our exchanges include "Come as your favorite drink" where brothers and Thymes Society sisters came as White Russians, kamakazes, pepe lopez, etc. (To our chagrin, though, no one came as a Hop, Skip and Go Naked). Other themes included a Ski-Lodge, a Rush Dance with Liquid Pleasure, an Olympic, and an Assassin. **John Barry** and **Jeff Lamb**, our social chairmen, have done an outstanding job coordinating these events and deserve a lot of credit.

- Dan Scannell, HSP

DELTA THETA CHAPTER, Radford University:

Recently the Delta Theta Chapter participated in the Sixth Annual Evening in Dedmon Center. Tri Sig was also hired to work this evening sponsored by R.U. student life. The attire was formal and activities included: Casino Games, Lazer Tag, music by The Boneshakers, and a lazer light video rock concert. Brothers and pledges took turns working shifts at different activities. Afterwards a small mixer was held at the house for Tri Sig and ourselves.

The Delta Theta Chapter here at Radford University has formed a committee to control unfraternal conduct. The committee consists of seven members, two of which must be the President and Vice President. There is also one alternate in case of absence of one of the committee members. The committee members are nominated and then voted on by a majority vote for the remaining five members. This committee sets guidelines for what is considered unfraternal conduct, and determines the punishment appropriate for each. Cases are brought in front of the committee in a trial like manner, guilt and sentence are determined by the committee. The sentence is then brought in front of the fraternity for a majority vote. This is successful for controlling in-fighting and other things.

- Craig A. Simpson

Pledged To The Seven Points



DELTA ALPHA CHAPTER, Loyola University:

Chris Jessen, Glenn Suacillo, Mark Holland, Stephen Loan, Frank Moy and John Hennessey on March 20, 1988.

DELTA ZETA CHAPTER, University of North Carolina Charlotte:

Damien J. Rainey, William C. Hall, Jon C. Michael, Richard S. Reeves, Todd I. Childers, Kurt D. Carpenter, Kenneth H. Terry and Michael S. Decker on February 12, 1988.

DELTA IOTA CHAPTER, Longwood College:

Stuart Wilkinson, David Sisson, John Godwin, Erwin E. Bork, Jr., Jimmy Bates, Damon Burd, Mark Wolcott, Mark Fishman, Kirk Rhinehart, David Land, Rob Hare, John Thomasson, Mark Sisterman, Scott Prickett, and Chris Mullins on February 9, 1988.

Initiated Into The Mystic Circle



IOTA CHAPTER, Cornell University:

Mark Alan Adams, Hong Keun Choi, Joseph Francis Cullon, Scott Mitchell Deutchman, Scott Michael Dubowsky, James Ashton Dulfer, Thomas Charles Easley, Steven Elliot Feinleib, Louis Stuart Gimbel, IV, Daniel Lawrence Herman, Rodrigo Hernan Levy, William Martin McCall, Gregory Stephen Munsell, Lawrence Charles Soboleski, Jr., Timothy Stadel Steenstrup, Won-Suk Warren Suh, Samuel VanKesteren Tankard, Gregory Scott Wolmart and Phillip Seung Pil Yang on April 23, 1988.

MU CHAPTER, University of Washington:

Dean B. Vergillo on April 1, 1988.

PHI CHAPTER, Iowa State University:

Matthew Dennis Baumann, Christopher James Beisner, Russel Lawrence Dunn, David Michael Faoro, Dennis Ray Hasenbank, Jr., Terry Scott Luedtke, Lyman Wallace Ross, Christopher Roy Silver, Troy Charles Townsend and Anthony John Weisshaar on April 8, 1988.

PSI CHAPTER, Oregon State University:

Thomas Nelson Redmon, Mark Robert Winston, Joel Penalver Caldera, Daniel James Dumler, Cory Patrick Griffin, Todd Allen Wiedemann, Michael Dana Glenn, Matthew Blake LaRock, and Jeffry David Freeman on April 9, 1988.

ALPHA THETA CHAPTER, University of Missouri, Columbia:

Sean Casey, Steve Tidwell, Matt Distelrath, Jim Williams and Bob Pinkerton on April 16, 1988.

BETA THETA CHAPTER, Rutgers University:

Kevin Robert Kick, Joseph Robert Iacona, Howard Gerald Wollerton, Joseph Heinrich Gurth, Danzan Schowgurow, Alfred William Lordi, Carl Christian Carlson, III, Sharad Saini and Sean Patrick Hackney on November 21, 1987.

GAMMA CHI CHAPTER, Indiana University:

Andrew R. Borske, Thomas Willets Ardizzone, Joseph Fredrick Becker, Mark Hasson Clark, Mark E. Clauss, Jonathan R. Gettleman and Jonathan Samuel Miner on April 16, 1988.

Initiated Into The Mystic Circle



GAMMA PSI CHAPTER, Lawrence Institute of Technology:

Dennis Demara, Thomas Fahey, Michael Lehman and Timothy Wilson on January 10, 1988.

DELTA EPSILON CHAPTER, Rio Grande College:

Jay Andrew Wallace, Michael Troy Miller, Garry Lee Thompson, Curtis Kyle Proffitt and Jason Paul Schwebach on October 29, 1987.

DELTA OMICRON CHAPTER, Illinois State University:

Johnathan B. Godfrey, Martin A. Pataky, Thomas A. Jacobs, Claude O. Howard, III, Paul D. Slavich, Robert S. Kern, Erik H. Bucklitzsch, Frank A. Phillips, Robert E. Cote, Jr., Thomas Buckley, Eric J. Judy, Steven M. Cerza, Paul W. Loewer, Jason R. Ortiz, Leander P. Portokalis, Giovanni D. Macatangay, Brian L. Roseman, Kenneth A. Gray, Donald W. Lang, William C. Bietsch, John W. Drummond, III, Bruce R. Burns, Michael W. Dooley, Michael W. Cacioppo, Robert W. Spranger, Mark A. Hutchinson, Anthony W. Tosello, Stephan S. Martone, Todd E. Petty, Kevin W. Turner, Marc J. Gasik, David E. Mueller, Raimond H. Ranne, Richard M. Oria, William G. Nottke, Scott A. Woodrum, Brian G. Prater, Marc A. Rice, Bryan A. Thompson, Michael P. Donnellan, William E. Higgins, Douglas A. Jones, Anthony S. Payne, Craig S. Richter, Robert C. Strle and James A. Pohlman on April 8, 1988.

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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.

PLAN TO ATTEND!

**COMMITMENT TO
EXCELLENCE**

ΑΣΦ



1988 NATIONAL LEADERSHIP CONFERENCE & CONVENTION
The Ohio State University
August 10 - 14, 1988