

# The Old Gal Gazette

Number 2

September 25, 1987

## National News

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### BEST AND BRIGHTEST

Down through the caverns of time, each generation has been convinced that the generation that came before it is headed for certain destruction. This, fortunately, is verifiably untrue.

According to a new survey of teen-agers' attitudes and opinions, the majority of high school students with good grades are staying away from sex and drugs. A poll of nearly 2,000 high school students with A and B averages found that illegal drug use and premarital sex are about as popular as acne.

It's possible, maybe even likely, that that's the way it has always been, but there is no file on this. It does seem to make sense, though, that youngsters who are serious about their schooling, and getting good grades, would be smart enough to stay away from drugs. And also have the character and patience not to dabble in sex until they are mature enough to deal with the consequences.

The cheering news is contained in a "Survey of High Achievers" compiled by Who's Who Among American High School Students. The survey was compiled from the responses of 1,985 high school students.

Survey results showed 82 percent said they had never tried marijuana, 95 percent had never tried cocaine or LSD. A total of 73 percent of the students said they have never had sexual intercourse and 61 percent said they don't believe sex is an expected part of a steady romance. Drinking apparantly is not considered as much of a no-no, with 69 percent saying they have tried alcohol and only 28 percent saying they don't use it now.

### SALK AIDS VACCINE CLOSER

Human tests of a vaccine for people already infected with AIDS - proposed by polio-fighter Dr. Jonas Salk - should not raise false hopes, researchers said Monday.

This is a very long shot," said Dr. Neil Flynn, of the University of California at Davis, after reports that human testing could start by January.

The researchers, now testing the virus on monkeys, haven't asked state officials or the Food and Drug Administration for permission to inject people with the AIDS vaccine - the first containing whole killed viruses.





## National News

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### **SALK (continued)**

Salk, whose polio vaccine in 1955 contained whole killed viruses, proposed in June that such virus vaccines be given to healthy AIDS carriers with mild symptoms. His theory: It might keep them from developing the disease and reduce their ability to spread it.

"It's an idea we would be testing with Dr. Salk," said UC's Don Martensen. "It's just as likely that putting the vaccine into people could hurt them more than help."

Monkeys seem unharmed by the vaccine; at least one's immune system improved.

### **AFRAID OF AIDS? WHAT YOU DON'T HAVE TO WORRY ABOUT**

More than 42,000 cases of AIDS have been reported in the USA, and more than 24,000 people have died. In addition to illness, disability, and death, AIDS has brought fear of the unknown. Here is what not to fear about contracting AIDS:

**Casual social contact:** AIDS is spread through sharing needles and through sexual contacts with infected persons, not by casual non-sexual contact, such as shaking hands or social kissing. You can't get AIDS from toilets, doorknobs, or telephones.

**Donating Blood:** You cannot get AIDS by donating blood.

**Receiving Blood:** Blood banks are as safe as current technology can make them. Every blood donor is screened to exclude high-risk persons, and every blood donation is tested for the presence of antibodies to the AIDS virus. Because antibodies do not form immediately after exposure to the virus, a newly infected person may unknowingly donate blood after becoming infected but before the antibody tests become positive. It is estimated that this might occur less than once in 100,000 donations.

**Hospital or dental visits:** AIDS cannot be transmitted non-sexually from an infected person through a health or service provider to another person. There is no danger in visiting or caring for an AIDS patient. Normal hygienic practices, like wiping of body-fluid spills with a solution of water and bleach, will provide full protection.

**Schoolchildren:** None of the identified cases of AIDS in the USA is known or suspected to have been transmitted from one child to another in school, day care, or foster care. Transmission would require exposure of open cuts to the blood or other body fluids of the infected child--highly unlikely.

**Insects:** There are no known cases of AIDS transmission by insects, such as mosquitoes.

**Tears and saliva:** Although the AIDS virus has been found in tears and saliva, no instance of transmission from these body fluids has been reported.



## News You Can Use

### THE NEW GREEK WAY

Students at Iowa State University have formed a "New Greek Way" committee to develop activities and special events in the fraternity and sorority systems as alternatives to "traditional alcohol-dependent social activities," according to Gregory T. Johnson, John Belter, and Christine Simpson, the group's co-chairmen.

The New Greek Way's first project, a party celebrating Rush Week, was attended by some 3,000 students. The committee attempted to make the party attractive, despite the absence of alcohol, in two ways; first, by persuading the Interfraternity and Panhellenic Councils to allow no other parties that night; second, by featuring entertainment that included two acts--a comedian named Marty Bear and a midwestern band called the Verandas--popular among Iowa State students. Food and non-alcoholic beverages were supplied by local restaurants and a beverage company.

"With the recent change in the national drinking age and the changing attitudes towards alcohol, it was felt that something needed to be done to encourage students to find other forms of entertainment," says Mr. Johnson. He notes that this fall some 62 percent of the students at Iowa State are younger than 21, the legal drinking age.

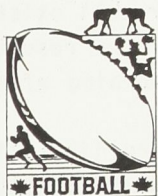
"This party showed students that they could have fun without alcohol," he says.

Fraternities and sororities supported the party--and events like it--because they have become increasingly aware of their legal drinking liability in serving minors or drunks, Mr. Johnson says.

The committee's faculty adviser, Mary E. Kacmarcik, says she is particularly pleased with its efforts because the students initiated them. "They formed the group on their own, and then asked me to be their advisor," she says. Past efforts to "mainstream" non-alcoholic events have failed, she adds, primarily because "the Greeks are pretty much the trend-setters on our campus."

She points out that next year about 78 percent of the students at Iowa State will be under-age. "All colleges have to consider alternatives like this," she says, "since we're all probably looking at something like that 78 percent mark."

- The Chronicle of Higher Education  
September 2, 1987



### HEISMAN TROPHY WATCH: HOW THE TROPHY FAVORITES AND OTHERS OF NOTE FARED SATURDAY:

#### **KERWIN BELL, Florida** (Quarterback, Sr.)

Last Saturday: Took a backseat to freshman RB Emmitt Smith, but completed eight of 17 passes for 130 yards to lead Florida to a Southeastern Conference opening upset of Alabama.

Season: 34 of 64 for 446 yards, 1 TD, 5 Int. Next, Mississippi State.

#### **TIM BROWN, Notre Dame** (Flanker, Sr.)

Last Saturday: Nearly sank Michigan State single-handedly with back-to-back touchdowns of 71 and 66 yards on punt returns in the first quarter. Averages 13.7 yards every time he touches the ball (357 total).

Season: Receiving seven catches, 112 yards, one TD; rushing: seven carries, one yard; punt returns: nine for 165 yards, two TD's; kickoff returns: three for 79 yards. Next at Purdue.



## HEISMAN TROPHY WATCH (continued)

### **GASTON GREEN, UCLA** (Running back, Sr.)

Last Saturday: Carried 22 times for 115 yards and one TD in a 17-0 victory against Fresno State.

Season: 60 carries for 296 yards, five TD's, two fumbles. Next, Arizona.

### **BOBBY HUMPHREY, Alabama** (Tailback, Jr.)

Last Saturday: 19 carries for 73 yards in a 23-14 loss to Florida.

Season: 72 carries, 377 yards, three TD's. Next at Vanderbilt.

### **GORDIE LOCKBAUM, Holy Cross** (RB, DB, Sr.)

Last Saturday: Played only on offense in a 40-11 win against Lafayette; scored three TD's, two rushing, one receiving.

Season: Rushing: 19 carries, 100 yards, two TD's; receiving: eight catches, 99 yards, one TD, kickoff returns: one for 23 yards; tackles: 10. Next at Lehigh.

### **JAMIE MORRIS, Michigan** (Tailback, Sr.)

Last Saturday: Carried 22 times for 98 yards and two TD's in a 44-18 win against Washington State.

Season: 41 carries, 226 yards, two TD's, two fumbles. Next, Long Beach State.

### **CHRIS SPIELMAN, Ohio State** (Linebacker, Sr.)

Last Saturday: Had 15 tackles, including one for a 5-yard loss in a 24-14 victory against Oregon.

Season: 34 tackles, two interceptions, one fumble caused. Next at LSU.

### **STEVE TAYLOR, Nebraska** (Quarterback, Jr.)

Last Saturday: Did not play.

Season: Passing 15 of 29 for 286 yards, five TD's. Rushing: 21 carries for 184 yards. Next at Arizona State.

### **LORENZO WHITE, Michigan State** (Running back, Sr.)

Last Saturday: 19 carries, 51 yards in a 31-8 loss to Notre Dame.

Season: 40 carries, 162 yards, one TD. Next, Florida State.



## HOW TO CRAM (AS A LAST RESORT)

It doesn't take a psychologist to explain why cramming often fails. "You throw things into your mind, knowing that you're going to spit them out in a couple of hours and forget them. It's not a good way to learn at all," says NYU journalism senior David Reilly.

No quick-and-dirty detours to long term retention and instant recall exist. But if you're forced into a late-night, last minute study session, the results don't have to be disastrous. Here's some advice to help make the morning after less anxious than the night before:

**\*Find out what kind of test you're in for.** If you cram, you're likely to fare better on multiple choice and fill-in-the-blank tests because they jog your memory with cues, Cermak says.

**\*Find a quiet place to study.** When one crams, they should seek out a small room at the library that's devoid of distractions.

If you like to study with music in the background, go for something without lyrics and keep the volume down low. Classical music such as Bach can have a soothing effect if your nerves are impeding your studies, says Danielle Lapp, a memory researcher at Stanford University and the author of Don't Forget! Easy Exercises for a Better Memory at Any Age (McGraw-Hill, 1987).



## *News You Can Use*

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### **HOW TO CRAM (continued)**

**\*Compose a scene that you can recreate during the exam.** If you can, study at the desk or in the room where you'll take the test, or do something while you study that you can do again when you take the test. For example, Dansereau suggests that you chew grape gum. "The flavor acts as a cueing device," he explains.

**\*Build your concentration.** Spend 10 minutes warming up with a novel or magazine before you tackle a tough chapter. Says Cermak, "It helps you block out whatever else is going on."

**\*Watch what you eat and drink.** Avoid heavy meals and alcohol. Both could make you drowsy, cautions Lapp. If you need a cup of coffee to perk up, fine. But putting too much caffeine in your system can make you jittery and break your concentration.

**\*Mark your book.** Even if you only have time to read the chapter once, it helps to highlight important terms and sections. Identifying the key words and passages requires you to be mentally alert and forces you to be an active rather than a passive reader.

**\*Spend time repeating or discussing facts out loud.** Recitation promotes faster learning because it's more active than reading or listening. (Try it out when you study for your next foreign language vocabulary quiz.) Discussion groups are helpful for this reason.

**\*Take short breaks at least every few hours.** They'll help you beat fatigue, which takes a heavy toll on learning. Two hourlong sittings separated by a 15 minute break are more productive than one two-hour session in which your mind wanders throughout the second half. It doesn't matter what you do during those breaks; just take them.

**\*Experiment with memory techniques.** They impose structure on new information, making it easier to remember at test time. The "house" method is one of the oldest. Let's say you want to remember a list of sequential events for a history exam. Try to imagine the events taking place in separate rooms of your house. When the test asks you to recall the events, take a mental amble through the rooms.

Another simple technique involves acronyms. You may have learned the names of the Great Lakes (Huron, Ontario, Michigan, Erie and Superior) with this one: HOMES.

**\*Try some proven learning strategies.** Richard Yates, a counselor and time-management expert at Cleveland State University, recommends the SQ3R method: survey, question, read, recite, review. Survey the material to formulate a general impression; rephrase titles and headings into questions; read through the material quickly to find the main points and the answers to your questions; recite those main ideas, taking brief notes; and review. Even when you're pressed for time, the strategy can help. "It may take a little longer," says Yates, "but it's worth the effort."

**\*Get some sleep.** UF's Schank quit all-nighters after his freshman year. "I'd go into a final and be so wired from staying up all night that I'd lose my concentration," he says. "I'd miss questions that I knew I wouldn't miss if I were in a good frame of mind." Now he crams until 3 a.m. sleeps for about four hours, and hits the books again at 8 a.m.

Psychologists and memory researchers can't specify how much sleep you need--everyone has his or her own threshold--but they do stress its importance. Says Lapp, "You're better off getting some sleep so that your mind is rested for the exam than you are cramming the whole night." Just don't forget to set that alarm clock before you go to bed.



## HOW TO CRAM (continued)

For an early-morning exam, it's best to do heavy-duty studying right before you go to sleep. In other words, unless you've got back-to-back exams, don't cram and then do something else for a few hours before a test. Freshly learned material is remembered much better after a period of sleep than after an equal period of daytime activity.

**Relax.** It may sound simplistic, but it's key to good test performance. "Anxiety is enemy number one of memory," Lapp explains. She compares a student taking a test to a singer performing onstage. "There's no way a completely anxious singer can utter a sound," she says.

Cramming is like going to the dentist; if you have to do it, you want it to be as painless and as productive as it can be. After all, no one goes to college to take a semester-long class and promptly forget all the new information that's been taught.

by Jill Young Miller  
- Campus Voice



## TO YOUR HEALTH

What you eat before an exam can either rob you of your wits or settle jagged nerves.

"I can't promise that the right snack will make you more intelligent," says Judith Wurtman, a research scientist at the Massachusetts Institute of Technology and the author of Managing Your Mind and Mood through Food (Rawson Associates, 1986). "But it will prevent you from inadvertently hampering your mental abilities."

Wurtman researched the eating habits of students and found that certain foods trigger chemicals in the body that promote sluggishness; others increase alertness. Following these tips before tests, she says, may help improve your grades:

- Eat low-fat foods that are high in carbohydrates, such as crackers, popcorn, and muffins, and drink herb tea with sugar to reduce stress. Carbohydrates are digested quickly and spur the production of serotonin, the calming chemical in the brain.
- Choose high protein snacks such as shellfish, chicken (without the skin), low-fat cottage cheese, and yogurt to increase mental energy. These foods stimulate dopamine and norepinephrine, chemicals that make you more alert.
- Eat proteins with as few carbohydrates as possible, and vice versa, for the chemicals to have their maximum effect.
- Avoid fatty, high-protein foods like salami and cheese, which make you feel sluggish.
- Eat slowly and in relaxed surroundings so brain chemicals can work.

- Norman Brown

## *Consultant Information*

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### **David Claussen**

September	23-30	Lock Haven University
	30-10/3	Westminster College
October	4-7	Radford University
	7-10	University of North Carolina-Charlotte
	11-13	North Carolina State University
	13-15	East Carolina University
	15-17	Atlantic Christian College
	18-21	Presbyterian College

### **Lyndon Payne**

September	23-26	Hartwick College
	27-30	Lycoming College
October	1-2	Headquarters
	4-7	Rutgers University
	7-10	Stevens Institute of Technology
	11-14	William Paterson College
	14-17	Stockton State College
	18-21	The Ohio State University
	21-23	Ohio Northern University

## *Deadlines! Deadlines!*

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- \* October 1, 1987      1987-88 Insurance payments are due.  
Undergraduate Membership Report
- \* November 1, 1987      Chapter fee and Undergraduate dues payment
- \* December 1, 1987      Winter Tomahawk Report (Photographs welcomed)
- \* Always due      Pledge fees - 7 days after pledging  
Initiation fees - 10 days prior to initiation
- \* Newsletter Timeline:      Contracts due now  
Fall Newsletter due between September 15-November 15
- \* Old Gal Gazette      Reports are due through out the year. Make sure to send  
these in so your ideas are spread across to the National  
Brotherhood.



## *Pledged To The Seven Points*

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**ALPHA XI CHAPTER, Illinois Institute of Technology:** Dean Bleess, Donald Chmielewski, Nitin D'souza, Joel Espano, Tom Griffin, Jamison Hill, Odin Jurkowski, Adam Kozlowski, Michael Lukich, Nelson Ogimoto, John Pound, Alexander Rigopoulos, Donovan Smith, Steven Thompson, Rhoel Tierra and Michael Wargel on August 26, 1987.

## *Initiated Into The Mystic Circle*

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**DELTA CHAPTER, Marietta College:** Dave Beny, Brent Miczenko, Jeff Kush, James Cua, Bob Crone, Tim Farren, Chip Mable, Dave Spear, Kent Feazell and Steve Borello on February 2, 1987; Brian Allen, Ted Huhn, Dan Vukovich, Scott Whetzel and Ty Woodford on April 25, 1987.

**GAMMA ZETA CHAPTER, Bowling Green State University:** James Alfred Colaneri and Timothy Carl Voellger on September 11, 1987.



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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.