

The Old Gal Gazette

Number 11

February 24, 1989

NATIONAL NEWS



THREE BROTHERS DIE IN AUTO ACCIDENT

Three brothers of Delta Epsilon Chapter, Rio Grande College, died in a one car accident at 10:45 p.m. Tuesday, February 7, 1989. Another brother survived the accident, suffering a concussion and multiple contusions.

A memorial service was held at Rio Grande College, Rio Grande, Ohio on February 14th. The brotherhood performed the memorial service in our "Rituals for Life." Each of the three brothers, **Joseph H. Bitonte**, **Shane McCoy**, and **Richard Hanson** were remembered by a brief message of brotherly love that will always hold them close to the hearts of our Delta Epsilon brothers.

Many of the brothers also had attended the funeral service for each departed brother where they shared their grief of the loss with the family and loved ones. It was a devastating experience for all of our brothers, but they have pulled together through the brotherhood to find strength and love. Like the Phoenix, they are rising from the sorrow and tragedy to find understanding, success and continued love for each other.

Dr. **Larry Spees**, Grand Councilor and Grand Chapter Advisor for Delta Epsilon has helped the young men tremendously in this time of need. The tragedy stunned the entire campus as well as our brotherhood. Hundreds of friends attended the service where the school's minister and area priest spoke of God's love and consoled those who were grieving.

The ceremony performed by our brothers was done beautifully. The brothers gave a standing tribute to the excellence our brotherhood strives for and how much they deeply cared for the brothers who had gone onto Omega Chapter. The strength of brotherhood has pulled the chapter together. The support of the Grand Council, chapters, colonies, undergraduates and alumni has been appreciated.

Any correspondence to Delta Epsilon should be sent to:

Mr. Curtis Proffitt, HSP
Alpha Sigma Phi Fraternity
Box 10, Rio Grande College
Rio Grande, OH 45674

The ceremony ended with Brother Proffitt saying to the congregation, "CAUSA LATET" and the brothers responding "The Cause Is Hidden." He then said, "VIS EST NOTISSIMA" and the brothers responded "The Results Well Known."

The Black Lantern Processional at this summer's National Leadership Conference will be dedicated to these brothers as we remember all brothers who passed into Omega Chapter this year.

NATIONAL NEWS (Cont'd)

The following are the words to a song written by Brother **Craig Smith** a couple of weeks before the accident occurred to tell the brothers what he thought of them. This song was sung at the memorial service by Brother Smith and dedicated to the brothers of Delta Epsilon Chapter at Rio Grande College.

"I'll Be There For You"

I wish I could paint for you what words
sometimes can't say.

I'd hope to show you that I'm always here
when things don't go your way.

Come to me, I'll smile for you, and I'll
give you all my time.

I'll give you a hand when you demand, that
your goals aren't worth the climb.

I'll be there for you
I'll be there for you

Remember when you held me up, when inside
I knew I'd fall.

When it was three a.m., you wondered how I'd
been so you woke me with your call.

Now dust and time is sifting, the years will
soon pass away.

Though we will say goodbye and many miles
will divide us, I still just want to say

I'll be there for you
I'll be there for you

Every time I think back to you, oh I wonder,
Do you miss the things we used to do?

Our shoulders were strong enough to hold
back the tears, still sometimes I wonder,

If you remember that I'm always going to be
there for you.

I'll be there for you
I'll be there for you

A NOTE OF THANKS

We the brothers of Delta Epsilon Chapter would like to thank all of you for the beautiful bouquet of flowers you sent for Joe, Rick and Shane's memorial service. We would like also to thank you and other Alpha Sig Chapters for their support during this time. It has made things easier for us. I myself would personally like to thank everyone for their support. I feel much better knowing there will always be a brother there to help me. This is a tough time for all of us, and we are just happy and thankful that all of you are with us. Thanks again.

- Todd Reigle, HC



FIVE WAYS WE COPE

When it comes to crisis, most of us know how to survive, says Julius Segal, Ph.D., psychologist and author of the recently published Winning Life's Toughest Battles (McGraw-Hill). In his book Segal observes that the following five strategies, which he calls the Five C's, have proved effective in coping with both tragedy and stress:

Communication. Whether it's through family, friends or support groups, "communication helps us recognize that our reactions to stress are not unnatural, and others who face similar problems manage to survive," says Segal.

Control. People regain a sense of control through rituals or by mastering at least one portion of their life. A prisoner of war Segal studied had nothing to control but his own daydreams, so he did just that, organizing them as a special daily event.

Conviction. People work hard to find a reason for their suffering. Segal offers the example of parents who have lost a child to leukemia or cystic fibrosis and find comfort in the belief that doctors have learned something in the treatment of their child that could save the lives of other children.

Clear Conscience. People who successfully deal with trauma in their lives move from thinking, "Somehow I must be to blame for what happened" to an attitude of hopefulness--believing they can do something to improve their situation.

Compassion. "Helping others is the best thing we can do for ourselves," says Segal. He describes a friend who recently lost her husband to cancer. "She began training for work in a hospice. She is filling the void in her life by helping others as her own husband was helped."

- Men's Health Magazine
Spring 1989

BRAWLERS ARRESTED ON TWO CAMPUSES

Windows of two adjacent fraternity houses at the University of Oregon were broken last week during an early-morning near-riot involving at least 30 students, many of whom were drunk.

A member of one of the fraternities was arrested for interfering with police and illegal possession of alcohol. Ten police officers wearing helmets were called in to stop the fight. Several students suffered injuries, some caused by flying beer bottles.

A university official said that the two fraternities had been bickering for some time, and that the melee was the latest in a series of recent fraternity incidents. He said a university student-conduct committee would hear the case, and would have the power to revoke the fraternities' charters.

Eight football players at the Colorado School of Mines were among ten people charged with a variety of felonies, including inciting a riot, criminal trespass, assault, and burglary following an attack on a fraternity house there.

- Chronicle of Higher Education
January 25, 1989



FRATERNITIES TOLD TO DROP 'LITTLE SISTER' PROGRAMS

Fraternalities at Northern Illinois University must end their controversial 'little sister' programs by the spring semester or risk losing university recognition.

The little sister programs, under which younger college women are "adopted" by fraternities, have raised concerns about the potential for sexual harassment and alcohol abuse. University officials cited a recent alleged sexual assault at one off-campus fraternity house in announcing the new policy.

About 300 women are involved in the little sister programs. Six of the university's 18 fraternities still have such programs.

- Chronicle of Higher Education
January 25, 1989

RAPID SMOKING: LEARNING TO HATE THE HABIT

"What it boils down to is learning to hate the habit," says David P. L. Sachs, M.D., director of the Smoking Cessation Research Institute at the Palo Alto Center for Pulmonary Disease Prevention.

In the presence of a doctor trained in the technique, you smoke so feverishly that you become borderline ill, thus distancing smoking as far as possible from its usual pleasure. After that, nicotine gum may be used to ease withdrawal.

"When done under proper medical supervision by people who really want to quit, success rates run as high as 70 percent," Dr. Sachs says.

Another surefire aid is talking to your family doctor, even if it's just for several minutes, about the sense it makes to quit smoking from a health standpoint. Dr. Sachs conducted a study that showed that such chats have the potential for increasing a smoker's chances of quitting by as much as 17-fold, no matter what method he tries.

And in case you have had trouble quitting, don't feel bad. "We're just now beginning to realize how addictive a substance nicotine is," Dr. Sach says. "Ounce for ounce, nicotine has a stronger effect on the body than any drug being sold illegally on the street today. Many more veterans of the Vietnam War have been able to get off drugs than off their cigarettes."

TEN WAYS TO QUIT SMOKING

With New York City's Clean Indoor Air Act freshly passed and similar laws destined to follow, motivations for getting off the butt are sure to be heating up nationwide.

What techniques for the Big Quit have had the best track records?

Here are the success rates currently boasted by ten leading smoking-cessation methods being used. Figures are based on data collected by Jerome L. Schwartz, Ph.D., in a report entitled "Review and Evaluation of Smoking Cessation Methods."

TEN WAYS TO QUIT SMOKING (Cont'd)

Method	Success Rate
1. Smokers (800-828-4357)	40 percent
2. Rapid smoking	34 percent (when combined with discussion)
3. Cold turkey	33 percent
4. Five-day plan (films, discussion, "buddy system")	33 percent
5. Fresh Start (offered by the American Cancer Society) and Freedom From Smoking (offered by the American Lung Association) — call your local chapters	10 to 30 percent
6. Nicotine chewing gum	23 percent
7. Graduated filters (e.g., Teledyne Water Pik's One Step at a Time)	22 percent
8. Hypnosis	18 percent
9. Acupuncture	16 percent
10. Nicotine fading (progressively switching to lower-nicotine brands)	10 percent

- Men's Health Newsletter
July 1988

BEER BOMBS AS A THIRST QUENCHER

Beer inhibits the release of a hormone responsible for water retention, the result being frequent urination leading to fluid loss rather than fluid replacement, explains nutritionist Nancy Clark, M.S., R.D., in Sports Injury Forum. "First drink two or three glasses of water to replace sweat losses, then enjoy a few beers," Clark says. Beer also fizzles as a carbohydrate source for those looking to "load up" on carbs for energy: 12 ounces offer only 16 grams compared with 39 for orange juice.

- Men's Health Newsletter
July 1988

COCAINE BLOWS ENDURANCE

Contrary to rumors that cocaine provides an athletic boost, the drug dramatically reduced exercise performance in a recent rat study done at Brigham Young University. Rats given cocaine 20 minutes prior to running on a treadmill quit due to exhaustion after only 29 minutes, while rats that were "straight" lasted 74.9 minutes. The rate of glycogen (blood-sugar) breakdown was four times faster in the fast-twitch muscle fibers of the drugged animals--a situation that "could create a dangerous set of metabolic circumstances...especially if such changes were also occurring in the heart muscle," the researchers said (Journal of Applied Physiology, vol. 64, 1988).

- Men's Health Newsletter
July 1988

CHAPTER NEWS

ALPHA XI CHAPTER, Illinois Institute of Technology

We have had some house improvements that we're proud of: A new ceiling in the basement, new blinds for the first floor, and new furniture. Future plans include installing a security system and planning for a big screen TV.

December 4th the Parent's Club had its annual Christmas party. Parents were requested to bring a main dish and a dessert or salad. More than 50 parents came forcing us to go over to a neighboring house to get extra tables and chairs! We had enough food for lunch the next day! The money raised went for getting a microwave and vacuum cleaner for the house.

Alpha Xi has also been busy in the intramural department. We received first place in Interfraternity Volleyball, and Winter-fest Candlelight Bowling while receiving second place honors in Interfraternity football and Winter-fest College Bowl-Team Jeopardy!

BETA DELTA CHAPTER, Marshall University

Recently Beta Delta started a new brotherhood development program. Marshall University allows campus organizations to reserve university facilities, so we have taken advantage of this and reserved the auxiliary gym one night a week for the entire semester to bring us closer together. It's also a great break from studying!

At the moment Province VI is planning the Province Leadership Weekend, to be held the first weekend in March. We've planned several great workshops for our brothers to attend and several others yet to be finalized--anything from finances, chapter/university relations to a possible resume workshop for the graduating seniors.

- Tim Hayslett, Province President

DELTA LAMBDA CHAPTER, Stockton State College

Delta Lambda is proud to announce that Brother John H. Luckenbill was the recipient of the Delta Beta Xi Award on December 9, 1989. Grand Treasurer Charles Vohs, Penn State '75 was present at our Founder's Day dinner to present the award.

Congratulations Brother John on another job well done!

- Darren M. Caffrey, HSP

"No one ever attains every eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction."

Charles Kendall Adams

PLEDGED TO THE SEVEN POINTS



DELTA CHAPTER, Marietta College: Scott Anderson, Steve Baldwin, Pete Casale, Layne Harpine, Kane Henderson, Matt Hulver, Paul Loub, Karl Mendenhall, Brent Petrencsik, Kris Twomey, Matt Wandstrat and Larry Watson on October 30, 1988.

NU CHAPTER, University of California at Berkeley: Gary H. Heller, Sigifredo Saenz and Rendell R. Torres on February 8, 1989.

ALPHA MU CHAPTER, Baldwin Wallace College: David F. Vaughan, Paul E. Hammond, David S. Liatti, Erik S. Johnsen, Vance T. Lunn, James C. Burgess, Michael E. Bouck, Christopher J. Noga, Jay R. Carson and Richard M. Jones on January 15, 1989.

BETA DELTA CHAPTER, Marshall University: Michael Allen Barb, Brian Douglas Baumgard, James Howard Crona, Todd William Diuguid, Douglas Gesner, Jason D. Koontz, Eric Davis Lewis, Kevin Lee Meadows, Thomas M. Miller, III, Matthew Franklin Moore, Lance Edward Pruett, Roderick L. Smith, Melvin Samuel Wenmoth and Thomas Ezekiel White on February 10, 1989.

GAMMA ALPHA CHAPTER, Ohio Northern University: Brian Cobb, Jamie Cree, Chris Deighton, Steve Fox, Eric Horstman, Rick Kates, Chris Gibson, Jim Procinos, Norm Scarazzo and Steve Vale on November 22, 1988.

DELTA THETA CHAPTER, Radford University: Samuel Issac Brothers, Craig Lawrence Sarner, Mike Anthony Tambellini, Peter Thomas Churchbourne, Jason Scott Carmack, Gary Lee Booth, John William Viar, Robert Joseph Schoene, Christopher John Perkins and Jeff Alan Finn on February 9, 1989.

INITIATED INTO THE MYSTIC CIRCLE



NU CHAPTER, University of California at Berkeley: Darren John Devlin on February 6, 1989.

PSI CHAPTER, Oregon State University: Thomas Joseph Sheridan, David Andrew Stewart, Steven Robert Nokleby, Christopher Robert Leno, Byron Tatsumi, Tyler Dean Storer, Christopher James Stout, Marc James Schuette, Craig Anthony Roberts, Matthew Massey, Anthony Lee Johnson and Robert Allen Rue on January 21, 1989.

ALPHA NU CHAPTER, Westminster College: Paul Remick, John Ryan, William Wells and David Groetsch on December 11, 1988.

ALPHA PSI CHAPTER, Presbyterian College: Andrew Walter Cembor, Thomas Coleman Craig, Wayne Kent Gehrhadt and Brian Philip Koehler on February 14, 1989.

DELTA IOTA CHAPTER, Longwood College: Andrew Cole Hatch, Marcus Elliot Greene and Robert Joseph Costa on January 13, 1989.

GAMMA LAMBDA CHAPTER, Atlantic Christian College: Robert M. Stakely, John F. Horn, Brett K. Wright, Alton L. Ellis and Teddie S. Whitley on December 11, 1988.

DELTA MU CHAPTER, William Paterson College: Paul M. Peters, Michael Dayton, Kevin Patrick O'Neill, Jeffrey Brian Taylor, David Frederick Longman, Thomas W. Stroffolino and Seth F. Waller on February 14, 1989.

INITIATED INTO THE MYSTIC CIRCLE (Cont'd)

DELTA NU CHAPTER, Lock Haven University: Frank Bartoli, Neal Emory, Lonnie Hillegass, Peter Saint John, Jay Kumar, Mike Metzgar, Tim Moore, Chris Parana, Ryan Plaza, Sam Stichter, Mike Walters, Jim Wright, Steve Wyant, James D. Messenger on April 30, 1988. Daniel Gales and Joseph Miller on September 30, 1988.

DELTA XI CHAPTER, State University of New York at Plattsburgh: William W. Britton, Erik K. Buckstad, Larry L. Haynes, Jr., James J. Lambert and Ronald C. Reiersen on November 11, 1988.



* * * * *

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 may be sent to: Alpha Sigma Phi National Headquarters, 24 West William Street, Delaware, OH 43015.