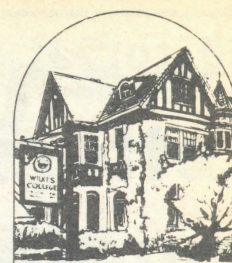




# The Beacon



Vol. XXVIII No. 9

Wilkes College Wilkes-Barre, PA 18766

November 7, 1985

## Nursing Department receives 8 year accreditation

by Brian Potoeski

The Wilkes College Department of Nursing has received accreditation for the next eight years from the National League for Nursing's Board of Review for Baccalaureate and Higher Degree Programs.

"We worked very hard for this," Dr. Virginia Nehring, Nursing Department Chairman said.

Although it is not mandatory for the College Nursing Department to receive accreditation from the NLN, it does have several

benefits for Wilkes.

The accreditation will have the biggest impact on nursing majors who wish to go on to graduate school.

"You can't go on to grad school unless you graduate from an NLN accredited undergraduate program," Nehring said.

For nursing majors who do not go on to grad school, graduating from an accredited school will improve their employment potential.

Having an NLN accredited nursing program will also draw more federal

and state financial aid for the College.

And accreditation will attract more potential nursing majors to Wilkes.

Finally, seeking accreditation promotes the building and maintenance of a quality program.

"If you have a rotten program, you wouldn't go up for accreditation," Nehring said.

The Wilkes Nursing Department has received accreditation since 1978.

Nehring explained that the procedure for acquiring accreditation requires the

investment of much time and work.

According to Nehring, the process involved several steps.

The entire Nursing Department and the administration had to get together to decide the feasibility of receiving accreditation.

Next, the department began an intensive self-study which identified the strengths and weaknesses of the program. And a goal was set to improve any weaknesses.

The final self-report study, totaling 454 pages, was submitted to the NLN in October, 1984.

The NLN then sent two experienced nursing educators to the campus to investigate the program in detail. They interviewed students and faculty, went through the program

## Blood drive being held today

by Mary Supey

A blood drive will be held on Thursday, November 7, in the college gym from 10 a.m. to 4 p.m.

A goal of 300 pints has been set by the local Red Cross. The Red Cross is facing a shortage this year, and it is hoped that the goal will not only be met but exceeded.

The following question and answer section will attempt to allay your misconceptions about donating blood.

Q. Who can give blood?

A. If you are in generally good health, 17 to 65 years old, weigh at least 110 pounds and have not given blood for the past 8 weeks, you can.

Q. When can I not give blood?

A. A prospective donor is deferred for the following conditions:

1. Colds and flu.
2. Newly tattooed

continued on page 4



## It's that time again...

Students once again face long lines at the Registrar's office.

## Inside this issue:

Amnicola wants more \$

'Escape and Invasion' can be fun and educational

The problem of child care

Beware! soap fans may become soap fiends

Hey fatso, have I got something for you!



## Editorial

# Letters? The burning question!

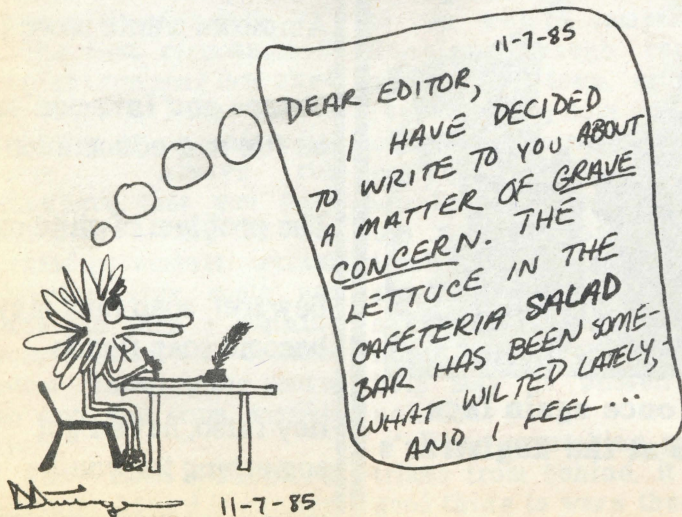
The burning question of the semester, as far as The Beacon goes, is "Why don't we get any communication from the campus?" And when I say communication, I mean everything from a letter to the editor to a crank call on our answering machine to mutilated and defiled Beacons hanging from trees.

They say that a newspaper should stimulate campus discussion. But thus far, we haven't discussed anything. So, I first questioned the importance and relevance of our news and features stories. In general, I consider them to be relevant if not of earth-shattering importance. And for the most part, sports is sports. (If you disagree, then write a letter.) And the question is thus far unanswered.

My second tactic was questioning the interest of my editorial topics, a subject I can certainly discuss at great length. Although I suspect that the great majority of students do not read the editorials, I would think that the remaining 10% of the campus could appreciate most of the editorials. Yet there is no response. Twice now, I have attacked Student Government. And when you consider that SG members are probably among those who read the editorials if for no other reason than self-defense, and that student leaders, in general, are expected to be more vocal than "regular" students, their silence is not warranted. They don't even sneer at me on campus. Ironically, I also wrote an editorial praising the value and worth of a dialogue between the campus and The Beacon. So much for that. But the most sobering reality came this past week when I actually advocated a dry campus and got no response! I thought that a discussion of alcohol, or the lack of same, would produce some sort of response from the students, if not the faculty or administration. And, typically, there was no response. Therefore, the only conclusion I could possibly make is that my editorials are written so concisely and with such overwhelming evidence in favor of my arguments, that no one dares to challenge them. By the way, if you disagree, write a letter.

But could it be that I'm simply not discussing the issues that Wilkes College wants to talk about? Well, I could lobby for weekly faculty meetings as an effective faculty morale boost. Or I could advocate the return of tuna croquettes to the Caf. Or better yet, I could officially invite the Cellar "spitters" to spread out their card game to the first floor of the Student Center.

So this brings me back to the still unanswered burning question, "Why don't we get any communication from the campus?" And my final response is to keep printing The Beacon and the editorials in the hope that one day I may hear a crank call on our answering machine, or better yet, receive a real, honest-to-God, letter to the editor.



## Wanted !!!

### Beacon Copy Editor

Basic knowledge of grammar and spelling required.

Come join The Beacon staff  
and have fun!

Anyone interested in applying for the position  
should pick up an application at

The Beacon Office,  
3rd Floor of the Student Center,  
and return by November 13.

## Beacon corrections

In the article entitled "Could put the College out of business" in the October 31st issue of The Beacon, it is possible that Dean Ralston's comment may have been misleading. The insurance company that insures Wilkes is not cancelling the College's liability policy. Instead, the insurance company is not renewing the liability insurance which insures the Board of Trustees. And although our alcohol policy may have affected this, according to Charles Abate, Business Manager, it is part of a nationwide insurance trend.

This, however, does not change the result reported in the article: if Wilkes were proven to be negligent in a lawsuit, the College's insurance would not cover any damages.

## Beacon Letter policy

All letters to the Editor must be signed to insure validity, although names will be withheld upon request.

## The Beacon

VOL. XXXVIII

No. 9

November 7, 1985

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Published weekly during the fall and spring semesters excepting scheduled breaks and vacation periods. All views expressed are those of the individual writer and not of the publication or the College. Names may be withheld from letters to the editor, but all letters to the editor must be signed to insure validity.

SG rep

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for

by Mark S

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## SG report

Amnicola asks  
for \$26,000

by Mark Snyder

The major topic of discussion at Monday night's Student Government meeting was the budget of the Wilkes College yearbook, *Amnicola*.

Student Government President Eric Chase stated that out of the combined total of activity fees, \$24,000 goes to the *Amnicola*.

A representative from the *Amnicola* staff said that they have a contract with a printing company for \$27,000 and that they need at least \$26,000. According to the representative, if the staff doesn't get the money, a yearbook might not be published.

A suggestion was made that the *Amnicola* staff simply order fewer yearbooks.

Chase responded that the staff is already going through dorms and calling commuters to get a rough idea of how many students are interested in receiving a yearbook.

SG corresponding secretary Dawn Grabner stated that she attended an *Amnicola* meeting. She felt that the quality of the yearbook is much higher than it needs to be. Many of the improvements that are there don't really need to be, Grabner said.

Mike Kressler, junior class vice-president, said, "All other organizations on campus are being asked to watch their expenses, so why can't the yearbook?"

Chase said that members of the *Amnicola* staff told him that they won't lower the quality of the yearbook, but if the activity fee is raised they will be able to cover the cost.

Jacqui Kramer, senior class representative, suggested selling full-page ads to seniors for pictures of them and their families for around \$100 a page.

Chase asked for feedback from other *Amnicola* staffers or any student who has a solution to this problem.

The concern was also voiced that some students are unaware that they are supposed to receive a yearbook.

Chase stressed that the yearbooks will be available this Wednesday and that all students are entitled to one free.

Other issues were also discussed at Monday's meeting.

Chase reported that the total cost of the Carlin show was \$1,537.00. Student Government paid this amount.

Chase also announced that the athletic and admissions committees need student representatives. Anyone with a grade point average higher than a 2.0 is eligible. Interested students should contact Chase.

SG meetings are held in Weckesser Hall on Monday nights at 6:30 p.m. Interested students are urged to attend.

## Nursing: continued from page 1

outlines in the Bulletin, compared them to the actual program, and went through the files looking at tests, papers, and reports.

"The only thing they found that was under par was the salaries," Nehring said.

Then the NLN Board of Review met on October 24 to decide on accreditation. The board is made up of ten representatives. Only eight positive votes are needed to approve accreditation.

The Wilkes Nursing

Department received a unanimous vote in favor of accreditation. And this will accredit the department for 8 years, the maximum number of years a program can be accredited at one time.

Nehring was asked what her first reaction was after hearing the news. "You mean after I stopped grinning?" she answered.

"It was very nice to hear. We worked very hard on this," Nehring said.

Nehring said that the

Student says,  
'Look outside  
the Valley'

At a time when our campus seems wrapped up in a "to drink or not to drink" dilemma, I am going to take a dangerous step. I am going to ask you to look outside the Wyoming Valley to the rest of the civilized world.

"In general, President Reagan is very concerned over the unauthorized disclosure of intelligence and classified information."

At this time, Washington is in a state of anguish about security leaks of "alleged intelligence activities" concerning the attempted overthrow of the Libyan leader, Col. Muammar el-Qaddafi. Washington's eyes seemed to be pointed toward those who are "responsible for such disclosures and to take appropriate actions" as Mr. Bill Hart, a Reagan spokesman puts it.

Once again Washington's eyes are blind to its own deeds. To think that a government based on democracy could have come so far from its basic tenets as to actively and openly engage in covert actions!

Even more disturbing is the idea that such a government based on democracy could have come so far from its basic tenets as to actively and openly engage in covert actions! Even more disturbing is the idea that such a government would be employed in restructuring foreign governments to suit its own whim. What has become of the democracy of our dreams? Rather than coming closer to the ideas of democracy, we seem to be racing toward the time when government and the very people that give it credence are two separate, unrelated entities.

Granted, Washington is not dealing with other governments that respect the ideals as stated in our own Constitution. Nevertheless, what validity can our ideals have if the United States itself disregards them? What meaning does freedom have to me if I can't give freedom? What meaning does democracy hold when covert actions are sanctioned by law?

The present actions of Washington need to be put under some sort of scrutiny. Anytime the Executive Office is engaged in activities that may be construed as immoral, the Congress itself should play an active role in deciding the fate of such actions. The point of democratic form of Government is to insure the participation of citizens. Is it possible that an administration that seeks to hide its actions from Congress can truly understand the duties and responsibilities of a democratic government.

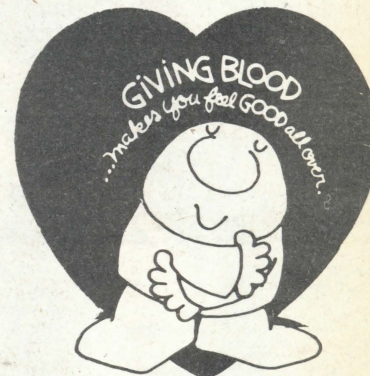
It is only by looking at and evaluating the actions of government that we may have any hope that the government will be responsible to its citizens. A government carrying out covert actions ought to be more concerned with its own duties and responsibilities to the world than with the unauthorized disclosure of information that most likely should be disclosed.

Thomas M. Mineo

The Beacon needs a  
typist. Interested? Stop by  
The Beacon office and see us.

 American  
Red Cross

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**SHARE A PINT WITH A FRIEND**  
**BLOOD DONOR DAY**  
**TODAY**  
**IN THE WILKES COLLEGE GYM**  
**10:00 a.m. - 4:00 p.m.**

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Criseyde L. Shallers

.....Brian Potoeski

.....Daniel Duttinger

.....William Buzza

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# Animal mutilations discovered at frat.

by Bruce Goldfarb

COLLEGE PARK, MD (CPS) -- Four present or former University of Maryland students were arrested earlier this month after police and animal shelter wardens discovered a grizzly cache of mutilated animals at their house near the campus.

The students, who may have been part of a bizarre cult, say they took the animal carcasses from university labs, but campus officials say there's no way to prove it.

Warden Mickey Shaul secured a search warrant after a neighbor reportedly saw a cat's head hanging from a tree in front of the house.

Police found 29 cat heads floating in a "foul smelling liquid" in a 55-gallon drum. Sources also say the pelts of cats, goats, rabbits and dogs

were found stapled to walls and floors in the house.

Police also found a vest made from cat and rabbit hide, and jars containing amputated legs and claws of a cat, a rabbit and its new born baby, rats and lizards.

Shaul said investigators found "satanic" paintings and devils' faces painted on the doorknobs.

Police arrested students Lauren McEleney 21, Paul R. Clark, 30, and Tania M. Scinto, 20, and charged them with cruelty to animals and possession of marijuana with intent to distribute.

Former student Mark R. Belle, 25, James E. Burke, 25, and Louis M. Belle, 25, were also arrested on the same charges.

McEleney was quoted in a local newspaper as saying "all the cat things" were "were left over carcasses

from a zoology experiment" at the university.

In a recent interview, she confirmed the carcasses came from the school, adding there is "definitely another side to the story." She declined to elaborate.

UM zoology department chairman John Corliss says it is "possible" and "credible" the carcasses were "borrowed" from the university.

"Even if they turn out to be preserved specimens, you still couldn't prove that they were ours," Corliss says. "We don't put a stamp on them when we use them for teaching."

Police acknowledge it is possible the animals were dead when the students obtained them. If they were, the cruelty to animals charge will be dropped, they say.

# Blood: continued from page 1 Eng

3. Recent reception of a transfusion of blood or plasma.

4. Tooth extraction, oral surgery, root canal work.

5. Pregnancy or recent pregnancy.

6. Hepatitis.

7. Diabetes.

Q. What about medicine?

A. If you are taking maintenance dose of tetracycline or any other antibiotic, you must be medication-free for 48 hours before you can donate. If you are on accutane, you must be medication-free for one full month to be an acceptable donor.

Q. Can I donate if I am taking medication?

A. If you are taking aspirin, vitamins, tranquilizers, diet pills or birth control pills you may donate. Other medications require individual evaluation on blood donor day. If you were taking antibiotics for an illness, it must be two weeks after your last dose before you can donate.

Q. Can I get AIDS from donating blood?

A. No! AIDS can be transmitted only by sexual contact, needle sharing and sometimes from receiving an infected blood transfusion. Since those at the blood drive will utilize individual, sterilized needles, there is no possible way to contract any communicable disease.

Q. If I can't donate blood, is there any way that I can help alleviate the present blood shortage?

A. Yes. Be enthusiastic and energetic when you help recruit other donors. If you can't donate, replace your pint with a friend's. If you would like more of a commitment, become a volunteer with the American Red Cross. The Red Cross is a vital organization in northeastern Pennsylvania which relies a great deal on help from volunteers.

Remember, if you are planning to donate blood, get a good night's rest the night before and eat a sensible breakfast the next day.

## Christmas nearing



Just a walk through any department store will tell you that Christmas isn't too far away. Pictured above, one of the local stores displays its holiday spirit.

## Have some fun in the snow

Think snow - think winter - think Winter Weekend!

Winter Weekend is February 7, 8, & 9  
Applications for chairpeople are available at the following places:

Library, Residence Life Office,  
Dean's Office, Registrar's Office,  
and the Student Government Office

Deadline for applications is November 26

Get involved with one of the best events of the year!!



RIGGS DAY





# Engineering board discusses growth

about acne

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The Wilkes College Engineering Advisory Board held its annual meeting to exchange information and discuss plans for future programs in Engineering offered at Wilkes.

This year's meeting on October 11 began with a breakfast briefing session featuring presentations by Dr. Umid R. Nejib, chairman of the Department of Engineering, and President Christopher N. Breiseth.

Both Breiseth and Nejib

agreed that the input from concerned groups such as the Advisory Board contributed greatly to the college's reputation as the center for advanced science, engineering and technology in northeastern Pennsylvania.

In his remarks, Breiseth stated, "Higher education in the past sent a message to students that specialized education was the way to get the certificate that would make them marketable. This

message was especially strong in the field of engineering.

Then the feedback began to come in from industry that engineers were unprepared, not in their field, but in the overall educational process. With the suggestions and guidance from its Advisory Board, Wilkes' Engineering Department has been able to interface an accelerated engineering program with a liberal arts attitude, thereby

producing engineers today who are destined to be leaders in their field both now and in the future, no matter what the future brings."

Nejib cited the fact that the engineering program at Wilkes has been "firmly established for over 20 years. Nowhere in northeastern Pennsylvania can students get better hands-on experience with the state-of-the-art equipment that we offer here."

Following the morning's briefing, the Board convened in Stark Learning Center to cover the topics for the day: "Structure and Programs" and "Management and Policies."

Discussion was invited on departmental budgeting, laboratory expansion, the role of the humanities in engineering education and special degree programs, including the newly offered graduate programs in Engineering at Wilkes.

## Language lab named

by Brian Potoeski

At a ceremony on Tuesday, October 29, the Wilkes College Language Lab was renamed in honor of Edward Disque, Professor Emeritus.

"It is our way of saying thank you for the many years of dedicated service you gave to Wilkes," Dr. Thomas Kaska, chairman of the Department of Language and Literature, said in regard to Disque.

According to Dr. Hilda A. Marban, Disque deserves the honor. Marban explained that Disque came to Wilkes when it was first founded in

1935.

He taught German for a few years and then became the chairman of the Foreign Language department.

He retained the chairmanship for 20 years until he retired in 1975. Upon retirement, Disque moved to Fort Meyers Florida.

Disque said that he was not expecting the dedication.

"It was quite a surprise to me. It is an honor that I didn't expect at all," Disque said.

A plaque will be placed outside the Language Lab in honor of the dedication.

The Language Lab helps students who take foreign

language classes. Students also receive help in diction and pronunciation by listening to taped lessons in their language.

According to Sue Marino, a sophomore familiar with the language lab, the lab was recently modernized.

"Last year at this time we had the old type of reel-to-reel tape players. Now we have modern cassette players. It makes it a lot easier for students to use," Marino said.

According to Marban, the Language Lab may be expanding its services and facilities in the future.

## Darte-Darling families honored at annual John Wilkes Dinner

On Wednesday evening, October 23, Wilkes College President Christopher N. Breiseth, the Board of Trustees and their guests paid special tribute to the Darte-Darling families at the College's annual John Wilkes Club Dinner.

The entire program, which included a reception, a dinner and a recognition ceremony, was held this year in the Dorothy Dickson Darte Center for Performing Arts beginning with cocktails at 6:30 p.m.

In addition to honoring the memory of Dorothy Dickson Darte, whose generosity made the building of the Center a reality, the College and its Board of Trustees acknowledged the important contributions and continued support that Mrs. Darte's heirs have made since the

Center was dedicated in 1965.

The building, which has become the cultural hub of the community, was re-dedicated during a ceremony honoring the memory of Kitty Darling, Mrs. Darte's daughter, and Edward Darling, Mrs. Darte's grandson.

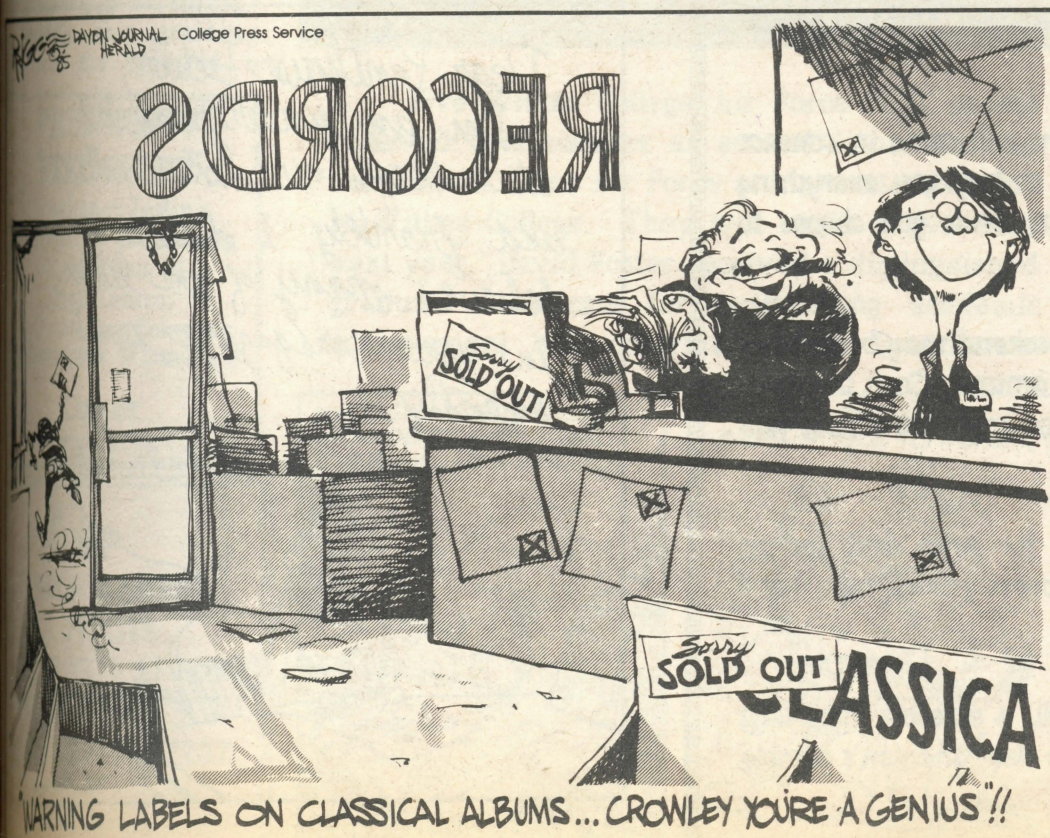
Mrs. Darling's daughter, Dorothy Darling Mangelsdorf, and her father, Edward Darling, Esq., accepted the plaque.

"Twenty years ago my grandmother had a dream—a place where presentations in all performing arts could be enjoyed by the community. She also had a great devotion to Wilkes College, through whom she made the dream a reality. Tonight we can celebrate the fulfillment of her dream," Mangelsdorf said.

### Just a reminder...

November 16 will be Parent's Day. Get your parents on the bandwagon, and have them spend the day at Wilkes.

A lot of activities have been planned, and a good time will be had by all.





# Critter's Weekend Forecast



**ARIES (March 21 - April 19):** Don't let peer pressure get in the way of having a good time this weekend. Tell your friends that you appreciate their concern, but you won't let them rule your life.

**TAURUS (April 20 - May 20):** Emphasis this weekend will be on family matters. Pay attention to a close family member who may be acting more strange than usual. He or she may have a very special problem, and you are the only one who can help.

**GEMINI (May 21 - June 22):** Avoid starting projects that you know will not get finished. Work on one thing at a time, and don't spread yourself too thin. It is better to do one or two things well than do many things poorly.

**CANCER (June 22 - July 22):** You will make important social contacts this weekend. Make a good first impression and you may make many friends. Avoid people who act insincere or arrogant.

**LEO (July 23 - August 22):** You will be called upon to voice your opinion on some very urgent matters. Plan what you are going to say ahead of time to avoid putting your foot in your mouth.

**VIRGO (August 23 - September 22):** Time is on your side. You will have plenty of time this weekend to catch up on some work or get a head start on that project you have been putting off. Don't waste time, though, because you may not get another chance.

**LIBRA (September 23 - October 23):** You will find yourself surrounded by people who want to use you for their own personal gain. Keep your eyes open for these people, and make it known to them that you will not allow yourself to be taken advantage of.

**SCORPIO (October 24 - November 21):** Beware of a birthday celebration that could lead to disaster. Guests should be screened carefully, and you should beware of anyone you don't know.

**SAGITTARIUS (November 22 - December 21):** You will come in contact with an extremely generous individual who will want to buy you everything under the sun. Take advantage, but use discretion in what you choose to purchase.

**CAPRICORN (December 22 - January 19):** This weekend may be the last chance that you will have to relax before final exams roll around. Soon the work will start piling up, so if I were you, I'd get out and enjoy myself the next few days.

**AQUARIUS (January 20 - February 18):** Watch for Aries and Scorpio persons who speak with forked tongue. Even your closest friend may have something up his or her sleeve.

**PISCES (February 19 - March 20):** The stars foretell a sizeable monetary loss in your future. Don't trust your money with anyone else, and don't gamble with any amount of cash for the next few days.

## CLASSIFIEDS

Desperately seeking Smella. Need to see you about a certain tweed coat. Your performance was wonderful! Moogly, moogly...

Love, Skeeter

Larry.

I wish I were the speaker you were dancing with last year.

J&J.

I can bring home the bacon, fry it up in the pan. How would you like to be my man?

Piggy

### LONG DISTANCE CLASSIFIED:

Three Musketeers.  
Who said I never write?  
See you at Spring Break.  
Trust me.

Goodyear girls.

Try floating over to Delaware for a change.

Dearest Vanya cast,

Break a leg. Remember what took you hours to create takes but a moment to screw up. Have fun, you non-entities.

Sincerely, Anton



## PERSONAL CLASSIFIEDS

Only \$.25 per 25 words

Just fill out our classified form available at the Beacon office and return with your \$.25 to

Personal Classifieds  
c/o the Beacon

FRANKLY SPEAKING

phil frank

Dear Penthouse Editor,  
I'm an undergraduate at a large midwestern college and, frankly, I didn't believe many of the letters in your magazine until recently..



© CREATIVE MEDIA SERVICES Box 5955 Berkeley, CA 94705



# AF ROTC 'escape and invasion' offers excitement and teaches valuable skills

by Sandy Platt

One of ROTC's latest activities was an "escape and invasion" exercise held at Fort Indiantown Gap. It was a training exercise in the form of a mock prisoner of war (POW) camp.

There were two groups at the camp: the OPfords and the Evaders. The OPfords represented the opposing forces. The exercise was designed to teach the Evaders about stress, fear, themselves, and the way to deal with the unknown.

The Evaders are sent out into the woods for two hours. They try to get to designated safety zones. After the two hours have elapsed, the Evaders are brought back to the camp even if they have not yet reached the safety zone.

It is at this point that the mock POW camp begins. Everyone is searched and his belongings are taken away. Everyone is put through a long series of vigorous exercises designed to break down their defenses. They are forced to stay awake 24 hours a day by doing pushups. Even though they are allowed to sleep at times, they are awakened at 10 minute intervals and are forced to continue training.

During this training, prisoners are required to

give their name, rank, and serial number. Camp leaders try to wear down their prisoners to get additional information (such as a girlfriend's name, address,

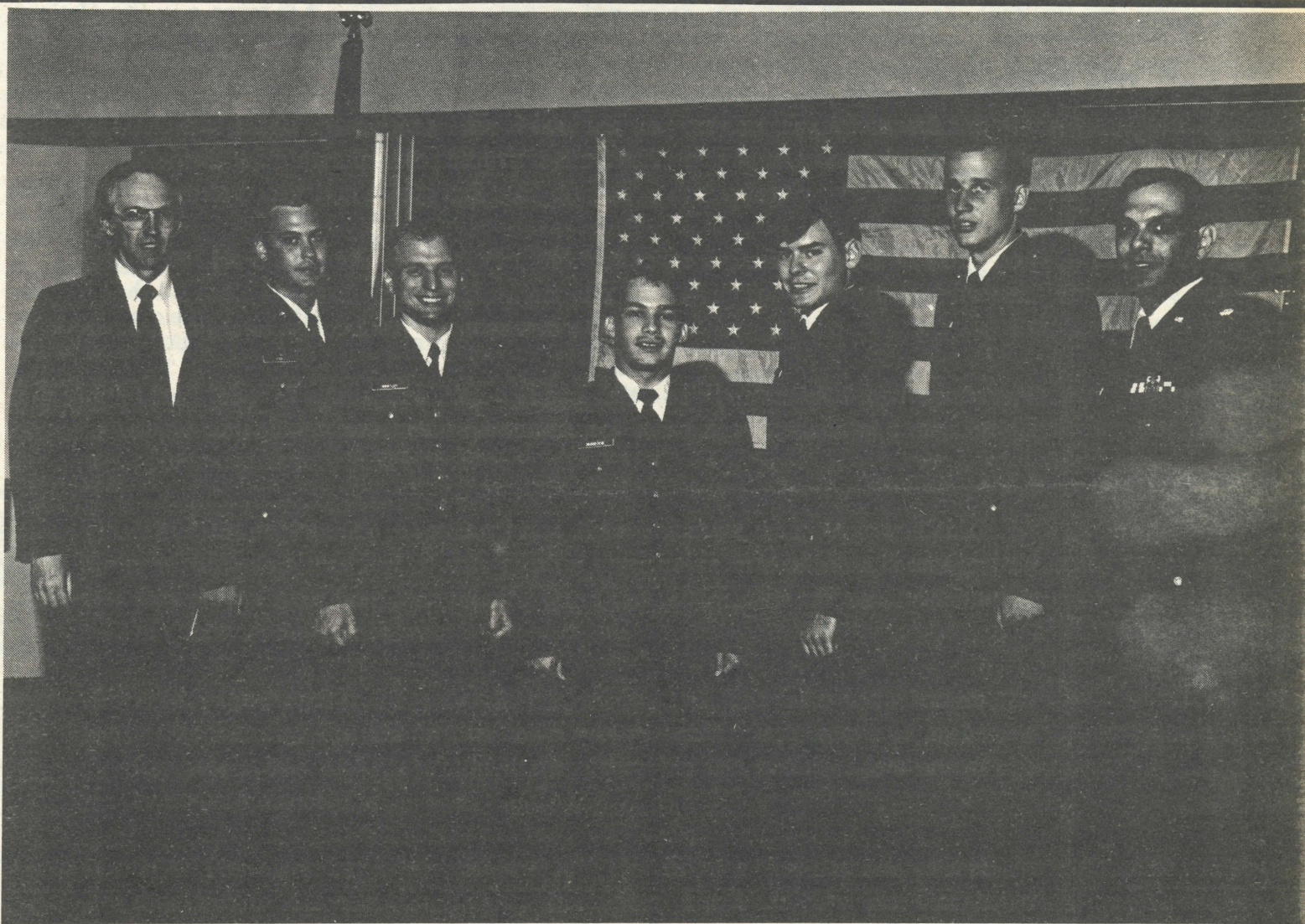
major, etc.). The prisoners are not supposed to reveal this information.

The entire exercise is done to introduce students to Air Force POW survival

training. The goal is for the student to learn about himself and other prisoners of war.

The training is run with the help of Dr. Harold Cox of

the History Department, who is a Command Sergeant-Major in the United States Army Reserve. Dr. Cox supervises the entire program.



Five Wilkes College Air Force ROTC cadets received commissions as second lieutenants in the United States Air Force at a recent ceremony at Wilkes College. They will begin active duty next year. David Foster received a distinguished graduate certificate for outstanding academic achievement and contributions to Detachment

752.

Shown are, from left: Dr. Christopher N. Breiseth, President of Wilkes College, Brian Spino, William Wertley, Michael Bernstein, David Foster, Christopher Pearson, and Lt. Col. Robert F. Cafazzo, Commander of Detachment 752.

## PREGNANT? NEED HELP?

Pregnancy Testing  
Confidential Counseling  
Abortion  
Birth Control  
Gynecological Services  
Allentown Women's

Center  
215-264-5657

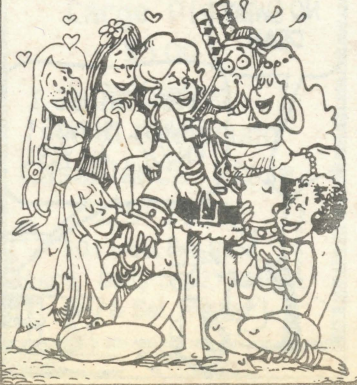
## HELP WANTED TYPISTS

\$500 WEEKLY AT HOME.  
write: P.O. BOX 975  
ELIZABETH, NJ 07207

WHO IS THE GREATEST,  
GRANDEST HERO WHO  
EVER SWUNG A SWORD?



...THE ONE MOST  
IRRESISTIBLE TO WOMEN?



...THE TRUE LEADER  
OF MEN?



WHOEVER IT IS, IT'S **NOT**  
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# Soap opera addiction now affects variety of people

by Jim Pyrah

Why are so many people addicted to soap operas? Once upon a time, it was thought that only middle-aged American housewives could be bitten by the soap opera bug. Now it is quite clear that this addiction has reached beyond the kitchen and into our schools, our offices, and our factories.

As a matter of fact, just about anywhere you look during the day where there is a television set, you will see someone sitting in front of it with his eyes glued to his favorite soap. And please, for your own safety, don't interrupt him. Hardcore soap fans get quite upset if they are disturbed while indulging in their favorite habit.

Phrases like "Did you watch so and so yesterday?" and "What do you think is going to happen on so and so today?" are rapidly gaining on "How 'bout this weather?" as America's number one conversation starter. I would even go so far as to say that we now can add soap operas to that sacred list of cherished American ideals: baseball, hot dogs, apple pie, Chevrolet, and soap operas.

I admit it. Even I enjoy following these daytime dramas. However, this was not always the case. There was a time in the not so distant past when I avoided soap operas like the plague. I would much rather watch some silly game show. I made fun of those people who were addicted to soaps and I bragged that it would never happen to me.

Then it happened. It started slowly: an occasional *General Hospital* or a little *All My Children*. Eventually I was shocked to find myself rushing to the TV set every day and frantically flipping from one show to another. I even

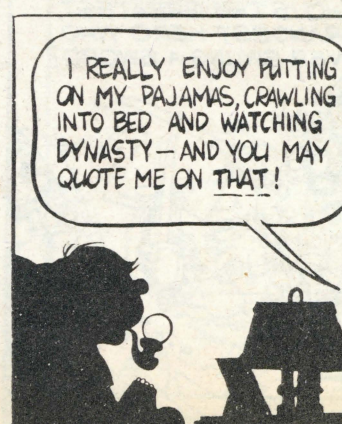
began watching two or even three shows during one time period. But I've curbed my appetite for soaps now, and I limit myself to maybe two or three shows a day.

Although soap watchers are a relatively soft-spoken group, they are definitely out there. My high school guidance counselor once told me of an incident in which a girl requested to drop an advanced class which was held after regular school hours because she would miss her "General Hospital." Being a die-hard soap fan himself, he granted the request.

Maybe soaps are so popular because they contain the glamour, romance, and adventure that so many of us feel we may be lacking in our own lives. Maybe soaps are so popular because we can identify with the characters and discover their strengths and weaknesses over a long period of time, the same way we do with a real life friend. Whatever the reason, soap operas have become a big part of many people's lives.

I'm sorry to have to end this article so abruptly, but "Days of Our Lives" is coming on, and I have to find out if Pete and Melissa found the final clue leading to the treasure.

## Kingston



# Alcohol: not a problem in itself

by Sandy Platt

Statistics show that three out of every four college students drink alcohol. Despite the fact that this figure is so high, many students are unaware of exactly what alcohol is and how it affects the body.

Alcohol is a drug. It is one of the most widely used drugs known to man, and it affects the body in many ways.

In the stomach, alcohol is absorbed into the bloodstream and distributed throughout the body. The rate that alcohol is absorbed depends upon the kind of alcohol and the contents of the stomach at the time the alcohol is consumed. For example, the more food in the stomach, the slower the rate of absorption will be.

Contrary to popular belief, drinking coffee, taking showers or doing vigorous exercise has no effect on the rate that alcohol is metabolized.

In the liver, alcohol changes to water, carbon dioxide and energy. In the brain, alcohol slows the thought processes by numbing brain cells. The more alcohol you consume, the more brain cells are affected.

The physical effects of drinking alcohol include an increased heart rate, higher skin temperature, loss of muscle control and hangover miseries (fatigue, nausea and headaches).

Alcohol also impairs judgment, affects one's ability to think and reason and causes poor concentration.

All of these effects depend upon the amount of alcohol consumed, the setting in which it is consumed, and the body size and tolerance of the drinker.

Intoxication itself has five stages. The first is the "happy" stage, in which the drinker becomes relaxed and talkative. During the second stage, the person's

behavior becomes even more uncontrollable and his reactions are slowed. This leads to the confused stage. The person becomes disoriented and uncoordinated and his speech is slurred. Stage four is the stage in which the person may vomit and possibly become semi-conscious. Finally, stage five is when unconsciousness occurs, with possible respiratory paralysis and death.

In addition to these short-term effects, alcohol does have some long-term consequences, including degeneration of muscles and bones, blackouts, hallucinations, delirium tremors and personality disorders. Also, a long-term alcohol user has twice the chance of premature death than the non-alcoholic person.

While all of these facts may sound gloomy, alcohol is not bad in itself. When used responsibly and in moderation, alcohol's dangers are greatly reduced.

According to Wyoming Valley Alcohol and Drug Services, Inc., there are 12 early warning signs of addictive behavior. They are:

1. Changes in personality, unpredictability and inconsistency in behaviors and mannerisms.
2. Deterioration in personal hygiene and appearance.
3. Outbursts in temper usually brought about because of lowered tolerance to pressure and stress.
4. Decreased attention and concentration span.
5. Loss of interest in activities which once were deemed important.
6. Impairment of reasoning and common sense.
7. Isolation from family and friends.
8. Difficulty in finishing required tasks.
9. Decline in school performance.
10. Decreased motivation and drive.
11. Impairment of memory and judgment.
12. Changes in sleep patterns usually characterized by sleep disturbances, restlessness, and nightmares.

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by Ellen C.

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## For many, child care poses problem

by Ellen Campbell

I have a problem. Next semester it looks as if I will be taking a course from 4:00 to 5:30 p.m. That may not seem to indicate a major difficulty for most people,

but in my case a problem will arise. I will have three children home from school at that time.

For the past three semesters, I have been able to juggle courses and fill my schedule between 8:00 a.m.

### The search committee for a Director of Admissions

is chaired by Dr. Norma Schulman. Other members are Dean Gerald Hartagen, Dr. Kenneth Klemow, Mr. Paul Adams, Dr. Mahmoud Fahmy, Mr. Eugene Manganello, and Mr. Daniel Duttinger. The committee welcomes constructive suggestions from all members of the campus community.

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—Gene Siskel, CHICAGO TRIBUNE

and 2:30 p.m. (while the kids are at school). But I knew that eventually a required course would be offered at an inopportune time and that I was only temporarily avoiding a conflict. That conflict has come, and I am wondering what to do with the children while I am at class.

Mentally, I work through my options. Our extended family is miles away, so the most preferable solution of Grandma or Aunt and Uncle is out of the question. I do have a wonderfully supportive network of friends and neighbors who have helped out when there have been early dismissals and school breaks, but asking even a good friend to look out for three kids for two hours twice a week for an entire semester is stretching even the best friendship a little too far.

It seems that my only solution is to hire a babysitter. At \$2 an hour, I tally class and travel time to

arrive at an estimate of \$50 per month. However, the problem still remains of how to work out the logistics of such an arrangement. There ought to be an easier solution.

I conducted an informal telephone survey of local colleges only to find that few local institutions have addressed this problem. Wilkes has an arrangement with the Child Development Council. This service is for pre-schoolers, and even with the college subsidy the program can become expensive for a mother who happens to be a college student. King's College and LCCC told me they have no provision for child care.

College Misericordia has what I consider to be the most innovative service in the area. Their "Kiddie Center" is offered on an "as needed" basis to Misericordia moms attending classes. I was told that these non-traditional students meet with the coordinator of

the service to discuss schedules and needs, and every attempt is made to meet each individual request. There is a fee on a per semester basis.

Eleanor Lenze, in *So You Want to Go Back to School*, comments, "For women who are mothers, child care may be the most crucial issue to resolve in going back to school. Unless they feel good about the care their children are receiving, it is virtually impossible for them to go to classes, let alone concentrate on their studies." Don't I know it.

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Casserole

Green Beans

### WEDNESDAY

Minestrone Soup

Roast Beef on a Roll

Corn

### THURSDAY

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Chicken Chou Mein

Mixed Vegetables

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# Uncle Vanya opens Thursday night

Wilkes College Theatre and King's College Theatre will present a joint production of Anton Chekhov's *Uncle Vanya* November 7 through 10 in the Dorothy Dickson Darte Center for the Performing Arts on the Wilkes campus.

Curtain time is 8 p.m. on Friday, November 8 and Saturday, November 9, and 2 p.m. on Sunday, November 10.

A special preview of *Uncle Vanya* will be presented at 7 p.m. on Thursday, November 7. The preview will be followed by a panel discussion, "Anton Chekhov and His Theatre." Panelists will include Dr. Patricia Heaman of Wilkes, Dr. Michael A. Church, chairperson of the psychology department at King's, and Mr. Michael

Downend, an actor and playwright.

*Uncle Vanya* centers on the upheavals that occur when a rural farming family is visited by a professor and his wife. According to Dr. Michael O'Neill, assistant professor of Theatre Arts at Wilkes and director of the production, the play features brilliant character studies and a unique brand of humor.

O'Neill explains, "Although Anton Chekhov is thought of as a serious playwright, he considered many of his works, especially *Uncle Vanya*, to be funny. In this production, I am trying to bring out the humor that Chekhov found in the frustration and boredom that are a part of living in areas where nothing happens."

The Wilkes/King's production of *Uncle Vanya* is a non-traditional interpretation of Chekhov's work. O'Neill describes it as a less realistic, more ethereal presentation of a theatre classic.

Scenery for the play was created by Michael Gallagher; lighting was designed by Klaus Holm.

Following its run at the Dorothy Dickson Darte Center, *Uncle Vanya* will be presented at the American College Theater Festival. Final competition for the festival is held at the John F. Kennedy Center, Washington, D.C.

Reservations for the production can be made by contacting the Wilkes College box office at 829-9144 or 824-4651, ext. 416.

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Refreshments will be served!

The Manuscript Society  
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Coffeehouse!

Thursday, November 14  
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Take 2-1  
Wilkes

by Frank Wa  
Mark Tobino

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by Bill Kern

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by Scott Hippenstee

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ake 2-1 victory

# Wilkes upsets tenth ranked team

by Frank Wanzor and  
Mark Tobino

Over the weekend, the Wilkes College Booters improved their record to 1-4 with a 2-1 victory over tenth-ranked Spring Garden.

As the game started, the Colonels were looking to score early and they controlled much of the play. However, even with numerous good scoring opportunities it was Spring Garden who placed the ball in the back of the net. The

score came at the 31:00 mark with a penalty kick awarded to them inside the box. Colonel keeper Don Shaw made a valiant effort at the shot, but the Garden player beat him to the lower left corner. Unfortunately for Spring Garden, they ridiculed and heckled Don for his miss, resulting in getting the 6'7" keeper furious; as well as the rest of the Colonels and a yellow card for the Spring Garden player. As the first ended, the momentum was in Wilkes' favor but not the score.

The momentum was obviously still in the Booters' favor as they came out in the second half. Wilkes wasted no time in tying the score at 1-1. At the 10:00 mark, Gerard Piazza sent the ball across the goal mouth to the far post where Frank Wanzor headed it back across to the near post. As the Spring Garden keeper's head was spinning, Roy Delay was waiting at the near post to head the ball into the goal.

The Booters controlled much of the second half, yet they could not score. And Spring Garden was not able

to capitalize on the few opportunities they did have.

With the threat of rain and the possibility of the game being called on account of darkness, the Colonels could wait no longer. With 2:00 left in the game, Frank Wanzor gave Gerard Piazza the ball 20 yards out. He touched it once to his right and beat the keeper with a low shot to the left corner of the goal, to win the game.

The Booters ended their season on Wednesday, but no results were available.



## Widener nips Colonels

by Bill Kern

The Wilkes College Colonels traveled to Widener University Saturday and gave the Pioneers all they could handle before succumbing to a tough 14-7 defeat.

With no points scored in the first three quarters of play, senior quarterback Randy Rice hit Jon Smith with a 25 yard touchdown strike. Dan Kolar's kick was good and Wilkes had a 7-0 lead.

But Widener took the

ensuing kickoff and marched 20 yards with Glenn Bennett hitting fullback Steve Forward for a 17 yard scoring pass. Mark Monera's kick was good and the score was tied 7-7.

After a Wilkes punt, Widener took over at their own 14 yard line. Bennett marched the Pioneers down to the Wilkes 30 yard line where he hit Kim Harris for the "go ahead" touchdown. Monera's second kick was good and Widener had a 14-7 lead with less than a minute to play.

The Colonels refused to give up. Led by quarterback Randy Rice, who threw for 227 yards, the Colonels drove to the Widener 8 yard line when time expired. Rice did a commendable job filling in for Brad Scarborough who suffered an injury last week in the Colonels' victory over Albright. Jon Smith also had a great game catching 7 passes for 109 yards. Wilkes will be on the road as they travel to FDU Madison for a Friday night game.

## Intramural Action

Standings:

	W	L	T	Pts.
Nads	5	1	0	16
Mooseheads	5	1	0	16
Roosevelt	4	2	0	14
Warriors	4	2	0	14
Rapid Fire	3	3	0	12
Wooddogs	3	3	0	12
ROTC	0	6	0	05
Warner	0	6	0	03

Results from November 3:

Nads 32	Mooseheads 12
Roosevelt 2	ROTC (forfeit)
Warriors 16	Rapid Fire 14
Wooddogs 2	Warner (forfeit)

This week's schedule: (Final games of the regular season)

<b>Field #1:</b>	
1:00 PM	Rapid Fire vs. Roosevelt
2:00 PM	Wooddogs vs. Mooseheads

<b>Field #2:</b>	
1:00 PM	Nads vs. Warriors
2:00 PM	ROTC vs. Warner

November 17:

<b>Field #1</b>	
1:00 PM	*1 vs. *4
2:00 PM	winner of *1 vs. *4 and *2 vs. *3. Championship Game

<b>Field #2</b>	
1:00 PM	*2 vs. *3
2:00 PM	Loser of *1 vs. *4 and loser of *2 vs. *3. Consolation Game.

**Note:** Next Sunday marks the playoffs. The top four teams (based on their total points) will square off for the playoff championship. If there is a tie on points, head to head competition will determine who advances into the playoffs.

## Intramural Football

### Nads surprise Mooseheads

by Scott Hippensteel

In intramural action last Sunday at Ralston Field, there was a battle of the titans as the Nads went head to head with the Mooseheads.

The Mooseheads were undefeated going into the game while the Nads had but a single blemish. The game had been brewing for sometime since both teams had been disposing of their respective opponents all year long.

Much to the Nads surprise, only eight of the Moosehead's horde made the game. With many of their key players absent, the Mooseheads knew that they would have a tough game on their hands. The Nads, on the other hand, knew that they would have to take advantage of the

Moosehead's absenteeism and come through with a win.

The Nads and Mooseheads played a very nip-and-tuck game for the first half. As the whistle blew, to end the first half, the score read 13-6 in favor of the Nads. But the second half turned into a one-sided affair as the Nads turned on their offensive guns. The Nads scored three touchdowns while the Mooseheads could only manage one score as the Nads went on to win 32-12.

Offensively, the Nads were led by Dennis Dommerstand, who threw for two touchdowns and ran for two. And Ed Mann, who caught seven Dommerstand balls, two of which were touchdowns.

Also contributing to the victory was Craig Covell with one

rushing touchdown and a strong performance from the offensive line.

Defensively, the Nads shut down the potent Moosehead offensive. The defensive backfield, led by Scott Hippensteel, controlled the Moosehead passing game while the defensive line, led by the versatile Jeff Meyer put of a strong passing rush while blocking numerous attempted passes. Coach Rob Habeeb was reported to be pleased with his squad and is looking forward to the playoffs.







## Fun and Fitness

# The myths and facts about fat

by Bill Buzza

Are you constantly the brunt of fat jokes? Do people ridicule you because your waist size exceeds your I.Q.? Well, nobody likes to be fat, especially these days. We cannot escape the fact that we discriminate against overweight people. Try getting the choice job if you have trouble fitting into your interview chair. Or worse yet getting stuck in it and having to be cut out! You are seeing fewer fat executives these days. Gluttony is out, slim is in. Everyone is adapting to the fitness lifestyle. Countless executive fitness journals lay down guidelines for the welfare of our business and civic leaders. For example, President Reagan regularly trains with weights. So does Gary Hart. And former President Carter jogs daily. It seems that to be successful, one must be slim.

It isn't that we do not like fat people, it just seems that they do not fit in with America's passion for slimness. For this reason, fat people are constantly being condemned. Come on, don't tell me you never yelled "Whale on the beach!" when walking past a fat person trying to tan. And with

almost 100 million Americans being overweight, you had better believe that there are a lot of fat jokes flying around!

There is still hope for those of you who "sit around" the house. Obesity does not have to be permanent, although the typical diet track record would make you think so. But it seems that people are slowly beginning to lick the fat problem.

In this article I would like to show you some of the myths and facts about fat. So, throw away that candy bar and read on!

The first myth that I will shed some light on is that fat is not a metabolic problem. Your metabolism is the speed at which your body burns up calories. It is a totally physiological process. Fat people have different metabolisms than thin people. You all know of people who can eat an entire cow and not gain an ounce, while others just look at food and gain 40 pounds. This can be due to the amount of active "brown fat" that the body contains. There is a greater amount of this active brown fat in thin people than in fat people. Only about one percent of the body's fat is brown fat. The rest is yellow fat which is

relatively inert, metabolically speaking.

Secondly, hormones that direct energy consumption are more active in thin people. Fat people seem to always be hungry. This can be attributed to the fact that certain hormones carry faulty appetite messages to the brain. One must also remember that fat people store calories easily and burn them sparingly.

Thirdly, the sodium-potassium pump works more efficiently in thin people. This pump is what helps regulate proper muscle contractions. Each body cell has its own pump and works continually to maintain a sodium-potassium balance. This is a very important process and consumes many calories. This pump works less efficiently in fat people and results in more stored calories.

All in all, being fat establishes metabolic functions that keep you fat. On the brighter side, there is undeniable evidence now that exercise and proper nutrition can help reverse these functions.

Another myth is blaming your obesity on family tendencies as an excuse. The

fact is, that if your parents are fat, you have up to an 80 percent chance of becoming fat yourself. But, I am not saying that this is an inherited trait. This can easily be attributed to your environment. Many of your eating and activity patterns can be developed by your parents.

Also, any rapid weight gain causes an increase in the number of fat cells, which, once formed, stay with you for life. A weight-loss regimen may reduce them, but they secrete an enzyme called protein lipase that tells your body to restore them to full size. Staying thin after reducing is not easy, because millions of extra fat cells are demanding their former status. For this reason, it is extremely important to stick to your diet and fitness schedule even after you have reached your goal.

Another myth is that the emotional and psychological make-up of fat people causes them to eat more. The fact is that there has been no difference found between thin and fat people psychologically and emotionally. It is clear that overeating and inactivity keep you fat and getting fatter. So remember if you

like to eat a lot, you had better work out awfully hard or start looking for a new wardrobe!

The last myth that we shall look at is frequently used: fat people have no will power. On the contrary, many fat people diet religiously over long periods of time. Some lose weight and others do not, even at near-starvation levels.

Like I said before, exercise remains the single most effective stabilizing factor in losing and maintaining body weight. If you increase your exercise time and reduce your calorie intake comfortably, weight can be lost slowly, but permanently. Never, never depend on diet alone. Get your sodium-potassium pump in good working order and establish a self-image that is essential both physically and socially. Just

remember, if you start now maybe you can be turning heads at the beach next summer. Rome wasn't built in a day. Give your body a chance to adjust and keep with it. You will love yourself for it, I guarantee it! I can talk from experience. Enjoy your workouts!

by Brian P

With the 1985 Wilkes College Annicola, a hidden treasure has been discovered. Certain parts of the Annicola, which, when read to the winners, lead to the cash prizes. The cash prize is \$100, \$50, and the \$25.

Yost explained there are six clues in the yearbook. The clues are designed in paragraphs, two clues in one paragraph.

The ease of the clue can be varied according to the clue attached to it.

"The harder the figure out," Yost said.

A safeguard built in to the yearbook is that someone presiding over the clues to insure they have a clue to insure they didn't just study the yearbook.

Yost explained the idea for the yearbook was inspired by Masquerade. "The book is a fortune hidden in the world. When you put it together, you put up with a theme, our theme."

Yost explained the Annicola is the treasure hidden in the yearbook students' eyes.

The plans for the yearbook are making, but what theme Annicola will be. We're going to the Ages. (

## Stickers end season on a sweet note

by Stacey Baldwin

Last Tuesday ended the Lady Stickers season. They hosted College Misericordia and shut them out 4-0.

Both teams played hard for the first half of the game, leaving an even 0-0 score at halftime. As soon as the whistle blew for the second half to start, it was the Colonels' game. Yvonne Pierman scored on a hard cross from Kyle Oakley. This started the momentum as the

Colonels dominated offensively for the remainder of the game.

The second goal of the game came minutes later when Stacey Baldwin passed the ball to Pierman for the shot, making the score 2-0.

Alysse Croft and Sharon Domzalski contributed to the next goal with their consistent passing. And it was Susan Diction this time scoring an unassisted goal after an offensive corner. Diction got Wilkes on the

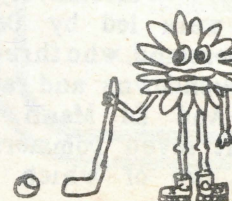
scoreboard again ending the game at 4-0.

Jane Zeller, Debbie Marquart, Nadine Weider, Kim Cooper, Debbie Decesare, Maria Soracino, and Nicki Saporito did fine jobs on the field. Margo Serafini recorded another shutout.

The game concluded the Lady Colonels' season. Many thanks go to Coach Sharp and Coach Hrimcheck for everything they did for the Stickers this fall!

The field hockey team is

losing four seniors: Co-captain Alysse Croft, Lisa Thomas, Kyle Oakley, and Nadine Weider. Best wishes and good luck to you.



## Support

## The

## Colonels