Campus encourages use of “Safe Spring” strategy

By Allison Krampf
News Editor

A correlation between warmer weather and an increase of crime in the student community has moved the Office of Student Affairs to begin a campaign enlightening students of this trend.

“Safe Spring” is a project combining the efforts of student groups, UPD, The Albany Police Dept., and The Offices of Residential Life and Student Affairs to let students know they are “responsible to help themselves.... Collectively, we can make a significant impact on the quality of life” for students living off campus, said Dr. Mitch Livingston, vice president of Student Affairs.

“Locking doors, pinning windows and being “safety conscious” is the most important effort, said Henry Kirchner, associate vice president of Student Affairs.

According to UPD Officer John Hennigan, almost every burglary and sexual assault is through an unlocked door or window, whether the crime happens on campus or off.

“The only thing that changes is the date, time and location,” Hennigan said.

UPD has three options in regards to crime: prevent it, catch the person responsible, or investigate, but it is ultimately the responsibility of the “individual to prevent (himself) from being a victim,” Hennigan said, adding it is sometimes hard to reach people because the campus population changes every three to four years.

Livingston said the UPD bike patrols, introduced in the fall, have been “very effective” because of the “curiosity factor” students have toward it.

“Bikes are more personal...they attract students, and get police more involved,” because officers are able to cover more ground than on foot, Hennigan said.

The campaign will start Sunday in Alumni Quad’s Brubacher Hall and will involve giving out “safety tips” fliers, buttons, and posters to Pine Hills residents. Quad based town meetings about safety issues will also be involved, Livingston said.

Other avenues might also be taken, such as getting crime victims to tell their stories, local media involvement and possibly starting a column on Safety Tips in the ASP, he said.

Off-Campus Housing Director Tom Gebhardt will be soliciting various student groups to help with the campaign, in addition to continuing work with The Albany Police Dept. on safety issues.

Livingston said he believes student apathy on issues such as safety comes from “not seeing the results of effort,” but, he likes “students to think they’ve gone out into the community and supported the population and local police. Were it not for these initiatives, (they) wouldn’t see results,” Livingston said.

A pamphlet released by the School of Criminal Justice’s Consortium for Higher Education Campus research (a national committee for collection and analysis of data on campus crime) states: “With the exception of automobile theft, the rate of crime on campus has been declining for the last ten years...on average a college campus is safer than the city that houses it” with colleges having about 1/5 the level of violent crime as their cities and about 2/3 of property crime.

Wellness Center offers healthy opportunities

By Allison Krampf
News Editor

The long awaited Wellness Center opened Wed. on Colonial Quad in the U-lounge of the basement in Livingston Tower.

The two room center consists of one room “designed and constructed by the University’s Physical Plant Department and consists of rowing machines, bikes and other aerobic equipment, with the second room to be completed as a weight room,” states a press release from University Relations.

The funding for this project came through the Office of Residential Life and Housing, which set aside money for equipment.

Director of the Wellness Center and Associate Director of Athletics, Pat Rogers “bought the best equipment she could with a limited amount of money,” said Louis Smith, co-chair of the Wellness Committee.

“I’m happy this is one of many dreams that didn’t have to be deferred,” said Geneva Walker-Johnson, assistant vice president of Residential Life.

Depending on student response, a center such as this on every quad would “be the ideal down the road,” Walker-Johnson said.

“The gym is just one sector of the center,” because Wellness also encompasses physical and spiritual elements, Smith said.

The Center will teach health wellness and stress management courses, Rogers said.

Although the center is small, there shouldn’t be problems with waiting because of the limits on machines, and the center will “probably grow,” said Lisa Yesko, of Johnson Hall, which is the special interest “wellness” hall.

Although Johnson Hall has Johnson Gym, residents were the first advocates of the hall.

“Students (there) are very motivated,” Yesko said.

“This is the newest, most wonderful project on campus,” Rogers said.

SUNYA President H. Patrick Swygert called the center a “marvelous facility...this is what all facilities should look like.”

Swygert added he hopes to work out there soon.

A large mural depicting different aspects of wellness is featured near the entrance of the Center. The mural was painted by seven students and completed by Marcie Pompeii and Ian Pasetsky, who pulled several all nights in the past few weeks completing the mural, which was finally finished at 6:00 a.m. Wednesday morning.

Students and administrators celebrate debut of Wellness Center.

Photo Courtesy University Relations

Former President of the New York State College for Teachers, Dr. Evan Collins, died Friday at age 81.

Collins led the State College to its current status as the State University of New York at Albany during his 20 year stay at the institution.

The teacher's college had 1500 students on a downtown Albany campus. By his retirement in 1969, Collins had aided in the school's growth to one of four doctoral-granting university centers of the SUNY system with 10,000 undergraduate students.

Collins was born in Brooklyn, N.Y. and attended Dartmouth College and Harvard University. After his retirement, Dr. Collins taught education administration at Boston College.

A memorial service for Dr. Collins is scheduled for a later date.

Evan Collins, Jr. of Phoenix, AZ., a daughter, Marta Cahn, of Syracuse, Collins was born in Brooklyn, N.Y. and attended Dartmouth College and Harvard University.

A纪念 service for Dr. Collins is scheduled for a later date.
NEWS BRIEFS

U.N. monitors Haiti

The arrival of the first international human rights monitors in Haitian towns is helping to calm political tensions between the military and the public, a U.N. official said Tuesday.

About 105 civilian observers, mostly from the Organization of American States, will be in place by Sunday, said Michael Moller, in charge of the U.N. part of the mission.

The U.N.'s O.A.S. mission is based in the capital, Port-au-Prince, and now has teams in the three southern provincial capitols of Jacmel, Les Cayes and Jeremie, and in Hinche in the central plateau.

The deployment has been especially effective in Jeremie, where observers arrived 10 days ago, Moller said.

"There has been no harassment of the observers and relations with the civilian and military authorities are correct," he said.

Are Commies back?

Warning that Russia's democratic reforms are in grave danger, President Boris Yeltsin charged Tuesday that the hard-line parliament is trying to "restore the communist regime" and appealed for greater Western aid.

In his first public appearance since storming out of a humiliating session of Congress of People's Deputies last Friday, Yeltsin said he had not decided how to respond to the growing political crisis.

"The results of the Congress give us serious grounds for alarm. The Congress did not solve, rather it deepened, the constitutional crisis," Yeltsin said at a Kremlin news conference with French President Francois Mitterrand.

Mitterrand made a one-day visit to show Western support for Yeltsin.

Abdel-Rahman, who sometimes preaches at the Al-Salam mosque in Jersey City, has not been accused in the bombing, and has condemned it as un-Islamic. Two suspects in the bombing have attended services at the mosque.

AUTHORITIES DISCLOSED

The U.S. Immigration and Naturalization Service said Monday that the cleric had not disclosed in 1991 that he was a politician and that he was convicted of falsifying a check in Egypt in 1987. Both are grounds for exclusion from the United States.

James Pomeroy, director of the INS' office in Newark, said Abdel-Rahman would have 10 days to appeal Meisner's decision, dated Tuesday.

Poisoned family dies

A 12-year-old boy became the fifth member of his family to die from carbon monoxide poisoning that authorities believe was caused by a van left running in a closed garage.

Edward Ferguson Jr. of Greeley was declared brain dead Monday at Presbyterian-St. Lakes Hospital, a hospital spokesman said.

His brother, Patrick Ferguson, 11, remained in critical but stable condition and was in a coma.

Authorities discovered the poisoning after a medical alert device worn by one of the victims went off the night of March 10.

Also killed were Edward Ferguson, 29, his wife, Maria Erinta, 29, Nathan Ferguson, 8, and Jessenia Ferguson, the boys' paternal grandmother.

Their bodies were found in different parts of their house, which was connected to the garage.

The boys customarily started the van for their father, neighbors said, and may have left it running. Investigators found the van with the ignition on, but the engine had stopped.

STATE

LUX. HOTEL TAX BLASTED

Albany

Public officials joined with tourism industry groups Tuesday to call for a repeal of New York's luxury hotel tax and an increase in tourist promotions.

New York City Comptroller, Elizabeth Holtzman, and others told a legislative hearing that a 5 percent state tax on hotel rooms enacted in 1990 is driving visitors and revenue from the state.

"New York cannot afford to put up roadblocks when other cities are paying wide roads making it easy for conventions and tourists to come their way," Holtzman told a joint committee of the state Senate and Assembly. Gov. Mario Cuomo has said he would consider repealing the tax, worth about $70 million annually, as part of the next state budget.

Legislation to repeal the tax has been proposed by Sen. John Sheffer and Assemblyman Joseph Pittille, both of Buffalo.

The state tax contributes to a national-high 21.5 percent hotel tax in New York City, Holtzman said, adding that the city should reduce its share of room taxes as well.

James Gifford of the New York Chamber of Commerce and Industry said city hotel taxes are so high that "visitors can have one entire day in the city at the cost of five days of hotel taxes."

MURDER FOR HIRE JAILED

Buffalo

A man charged with killing a 13-year-old girl has been accused of trying to arrange the murder of an informant who led police to the teens body.

Anthony Gugino, 35, of Buffalo, was charged in the murder-for-hire plot Tuesday. Also charged was his father, Peter Gugino of Buffalo, who was accused of paying an undercover state trooper who posed as a hitman.

Anthony Gugino has been jailed at the Erie County Holding Center since Dec. 2, when he was charged with raping and murdering Jennifer Dominick. The girl had been missing for a month before the informant led police to her body.

Erie County District Attorney Kevin Dillon said Anthony Gugino had been soliciting a hitman "for the killing of a witness in the Dominick case."

An undercover state trooper approached Gugino and agreed to kill the witness for $1,500. Dillon said the murder was supposed to take place Tuesday night, he said.

FREE LISTINGS

FRI., MARCH 19

The Jewish Student Coalition will be sponsoring a Shabbat Dinner in the Chapel House following 6p.m. services. A speaker is scheduled.

SAT., MARCH 20

ASUBA will be hosting a forum called Black Male and Female Relationship: Who's the Enemy? in CC 375 from 3p.m. to 6p.m.

PREVIEW OF EVENTS

WCDB and Alumni Quad Board present Club 91 in the Brubacher Ballroom. The event starts at 8p.m. Tickets are $5.50 w/student ID, $4.50 w/ and, and $3.00 w/ a tax sticker.

The Chinese Student Association presents China Night, a fashion extravaganza, at 7p.m. in the PAC Recital Hall. For more information call 442-3646.

SUN., MARCH 21

There will be a Student Recital in the PAC recital hall at 3p.m.

MON., MARCH 22

NYPIRG will be holding a second lobby day from 10:45-3:30 at the Legislative Office Building. Lobby against the proposed TAP reductions and great student TAP elimination. Lobby for the restoration of the SUNY budget.

The University Democrats will be holding meetings every Monday in CC 361 at 8:30p.m. All are welcome to attend.

Pan Caribbean Association has rescheduled auditions for CARIBFEST for tonight at 8:30p.m. in SS256. All talents are welcome including male and female models.

TUES., MARCH 23

Omega Nu Epsilon, the coed environmental service organization, will be holding a General interest meeting today and Thursday from 7:30-9:30p.m. in the CC West Lounge.

LINK will be holding an interest meeting in the West Lounge at 7:30p.m. All those interested in applying for the fall semester should pick up an application in CC110 and attend.

The ASP News Dep't will be holding its writers meetings every Sun. and Wed. at 8 p.m.
SUNY VAX policy causes user outrage

By Pam Renick
News Editor

A revised policy for all VAX computer users has caused an uproar within the SUNY computer science community.

The new set of restrictions "apply between ten in the morning through six in the evening, Monday through Friday," said Ben Chi, Director of Computer Services.

"The restriction is that the VAX can be used during that time only by people that are enrolled in courses using the VAX or by students who have a waiver signed by a faculty member," Chi said, "...all other hours are unrestricted."

Kenneth Weingold, sophomore, said "where they (the computer services center) see it as system response improvement, I see it as a suppression of facilities we, as students, were promised upon admission to this school."

Chi said, "The primary reason we got the machines was for graduate students and faculty to do research and to support students doing homework."

"The load was becoming too heavy," Chi said, "that it became impossible for students to get their homework done." An anonymous worker from the Computing Services Center said, "The VAX system has been overloaded for more than three semesters. An upgrade should have been in the works for at least a year. I still have yet to hear that anything will be done to fix the problem, or that anyone has even taken notice."

Chi said a computer upgrade, which would enable the system to carry all of the users, would be approximately $75,000.

"Next year there will be enough money coming in to start an upgrade," Chi said. The anonymous worker said, "It's my understanding that outside organizations are paying money to use VAX computer

Continued on page 13

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Continued on page 13

New birth control injects

By Karen Stein
Associate News Editor

A controversial new form of injectable birth control has been made available to U.S. women by the Upjohn Company.

Depo-Provera Contraceptive Injection, a prescription medication, provides protection for three months and is more than 99 percent effective, stated a news release from the company.

The company also stated it is now the most reliable form of birth control available.

SUNY students will have to wait for Depo-Provera because it will not be available through the Health Center, said Laurie Davis, a Physician's Assistant at the Health Center who works with the GYN clinic.

Planned Parenthood in downtown Albany does, however, present the injection as an option for birth control.

"Depo-Provera fulfills an important need in birth control options available to American women, especially those who find it difficult to take a daily pill or use other methods," said Andrew M. Kauzit, M.D., associate professor of Obstetrics and Gynecology and director of Family Planning at the University of Florida Health Science Center in Jacksonville, who has extensive clinical experience using Depo-Provera.

"It is a mainstream contracep- tive choice for a wide variety of appropriately counseled women," he said.

"Every three months for birth control sounds wonderful...The medical community favors any thing that will make birth control easier."

Depo-Provera only has to be administered every three months and there is a two to three week lapse that allows for missed injections.

"[Depo-Provera] is attractive...because it doesn't require daily attention," said Karen Goldwater, who is responsible for

Continued on page 12

Solution to the Quest

It's Friday, March 12. Fifty-four groups of SUNYA students are scowering the city for answers to twenty-one clues.

Although no one won the $1000 prize, pictured right is the group who came closest to solving the almost unanswerable questions.

Dave Weiser, John Kaplan, Rob Rasko and Bill Ryan received a case of Coca-Cola for their effort.

The Quest was coordinated by the Student Association Programming Office.
Crime Blotter

Aggravated Harassment
3/13 Brubacher - Threatening phone call.
3/11 Humanities - Obscene phone calls to three different office phones.

Burglary
3/12 Campus Center Tunnel - Door to bookstore storage area kicked in.

Criminal Mischief
3/15 Stay Vanessa Tower - Soda machine vandalized.
3/10 Onondaga - Window broken.

Criminal Possession Stolen Property
3/12 Podium - Three students putting up unauthorized campus posters. One intoxicated, uncooperative arrested for possession of stolen stapler. Judicial referrals of all three for the posters.

False Report
3/13 Stay Vanessa - Fire alarm pulled.
3/14 Mahicans - Fire alarm pulled.
3/14 Eastman - Fire alarm pulled.

Harassment
3/4 Library - Unknown male staring at females; not reported until 3/9.
3/13 Dutch Cafeteria - Student verbally harassed and pushed by known student. Judicial referral.
3/13 Dutch Cafeteria - Second student verbally harassed by same student as above. Judicial referral.

Petit Larceny
3/8 Administration - Bulletin board missing.
3/10 Fitness Room - Coat left outside room stolen.
3/11 Chemistry - Case of toilet paper missing.
3/11 Brubacher - Snow blower missing.
3/12-13 Indian Pay Lot - Back pack stolen from car.
3/12-14 Dutch Quad - Car window broken, tape player and radar detector stolen.
3/12-15 Pierce - Light bulbs removed.
3/14 Colonial Quad - Keys missing.

Reckless Endangerment
3/12 Stay Vanessa - Smoke detector knocked off wall causing fire evacuation.

Health center offers pelvic exams and workshops

WHY A PELVIC EXAM?

Since a woman’s reproductive organs are on the inside of the body, a pelvic exam is done to check the uterus, ovaries and fallopian tubes.

WHAT ARE YOUR FEELINGS?

If you have never had a pelvic exam before, you are probably nervous and scared because you don’t know what to expect. That’s normal. If you have an exam before, you may still be a little nervous and uncomfortable and that’s normal too. Most women don’t have this kind of exam until their teens or even later so it’s normal to feel a little edgy. To help you feel more comfortable and confident with your decision to have a pelvic exam, we offer the students the opportunity to attend a workshop prior to the day of your pelvic exam. At the workshop you will have the time and privacy to discuss any questions and concerns you may have about reproductive health, pelvic exams and Pap smears, and methods of birth control, including abstinence.

These questions are answered in a supportive, non-judgmental atmosphere. If this is your first pelvic exam, the student health service requires your attendance at a workshop, if you have had a pelvic exam previously, you are not required to attend, but you are more than welcome to if you choose.

WHAT TO EXPECT AT YOUR PELVIC EXAM

You will be asked to undress and will be given a sheet or paper gown to wear. The Physicians Assistant will ask you to lie down on the exam table and push yourself all the way down to the end of the table so your buttocks are just at the edge.

With your knees bent, your feet will be placed into metal stirrups at the foot of the table. Many women находятся in this position, but just try to remember that this is the easiest and quickest way to have this exam done.

ABDOMINAL PALPATION

The Physicians Assistant will press down on your abdomen (stomach area) and will be feeling for any tenderness or unusual growths.

SPECULUM EXAM

Since the wall of the vagina are close together, the Physicians Assistant will use a metal speculum to hold them apart. This allows the Physicians Assistant to see inside the vagina and examine the cervix (bottom part of the uterus). The speculum, looking similar to a dough stick, can be uncomfortable, especially if you are tense. If you take a few deep breaths, let your knees fall out to the sides and try to relax your muscles, the exam will be a lot easier because the muscles around the vagina will be relaxed.

WHAT IS A PAP SMEAR?

The Pap smear is a test which checks for precancerous conditions. It is taken by gently removing some cells from the cervix with a popcicle-like stick. This test is recommended for any woman having sexual intercourse, regardless of age, or for any woman 18 years or older. The Pap smear tests for abnormal cell growth which is called dysplasia. As well as dysplasia, Pap smears may also indicate an infection. It is important that Pap smear results, which indicate an infection or abnormality, be followed up with the Physicians Assistant to further evaluate and provide treatment if indicated.

BE-MANUAL EXAM

After the speculum is removed, the Physicians Assistant will gently insert 1 or 2 gloved fingers into the vagina while pressing down on the lower abdomen with the other hand. This is to check the size, shape and position of the uterus, ovaries and fallopian tubes as well as tenderness.

BREAST EXAM

A breast exam is often done at this time to check for early signs of breast cancer and/or any other abnormalities. You will be taught and encouraged to do regular self-breast exams on your own.

QUESTIONS YOU MAY WANT TO ASK

Does everything look normal? Is there any unusual discharge? Is there anything I need to have checked?

Is it possible for me to see my own cervix during the exam? Are there any unusual growths? Is there any irritation around the cervix? Call Student Health Services at 442-5454 for your workshop and pelvic exam today.

GREAT OPPORTUNITY!

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PhD STUDIOS

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10 visits - $28.00

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CHECK US OUT!

March 30, 31, & April 1
Blacks are suspended more often

BY DAVID BADER
Albany, NY
(AP) Teachers may need more racial sensitivity training in schools, said a member of the Board of Regents.

The State Education Department, released Wednesday, said the racial differences in suspension rates are more pronounced among girls and away from big cities.

"It suggests at least racial insensitivity and misunderstanding," said J. Edward Meyer, a regent from Westchester county. "It would suggest that we need to do more training for teachers to make sure that they don't make decisions that are based on race."

The study, officials said, shows that black students are more likely than whites to be suspended, girls to be suspended, and away from big cities, the survey found that black males are suspended at nearly twice the rate as white males for disciplinary purposes, according to the state Education Department study. The department looked at the 103,100 students who were suspended during the 1991-92 school year.

Black females are almost three times as likely as white girls to be suspended, the report said.

Outside of the five biggest cities, the survey found that black males were suspended at a rate three times greater than whites and black females five times greater, the report said.

But the study said the suspensions are forced by inappropriate behaviors that are "symptoms" related to economic stresses, dysfunctional families and language problems.

Students of Ben-Gurion University of the Negev, in Southern Israel, chained the school closed in protest of a recent sanction on their grades.

The Student Association of Ben-Gurion organized an unprecedented strike, in which all entrances into the school were chained and locked. This action is a response to the latest, in a series of attempts by the faculty to increase their salaries.

The faculty have refused to release the final grades of the students until the University agrees to pay the same wages earned by the faculty of Hebrew University in Jerusalem. The students claim that the school will remain under siege until their final grades are released.

Although this seems like a hostile action, the students are taking every precaution to make sure that the situation stays under control. Armed student security with assault rifles and walkie-talkies roam the perimeter and campus to make sure that people aren't hopping over the fences surrounding the campus, and to keep the peace within the mobs of people outside of the campus.

"This has never been done before, but we hope it works," says Tsila Harel, Student of Economics at Ben-Gurion University.

"Most other demonstrations take place on the doorstep of the Knesset in Jerusalem, but that never gets anything solved."

According to Avi Ben-Gigi, an engineering student, "the reason why the faculty have made these sanctions is because they have tried everything else to get their wages raised. Anything that they do will, in some way, hurt the students. But we don't have to stand for it."

For the past year, the teacher's union of Ben-Gurion University have fought to receive the same pay as Hebrew University in Jerusalem. Sigalit Mokamel, faculty member of Ben-Gurion University, claims that the governmental committee under the Ministry of Education, which controls the funding for all of Israel's universities is to blame for the problem.

"The committee says that if Ben-Gurion raises the salaries of the faculty members, they will cut off all funding for the school."

This funding amounts to six million shekels (about two million dollars) a year. "The president simply cannot afford to lose that much money in order to raise the salaries of the faculty," says Mokamel.

So far, the students have only allowed the arab construction workers that commute from the 

Continued on page 12

WHERE ARE YOU HEADING AFTER COLLEGE?

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TIAA-CREF
75 years of ensuring the future for those who shape it.
By Norreida Reyes

Swaying in a tropical rainstorm, tossing brilliant pale green, pink, or red leaves to a humid world, bearing flowers and fruit through the year's long heat on the west coast of Africa, mother of one of the most demanded for foods in the world, stands the cacao tree.

Every brownie, chocolate cake, bit of fudge or candy bar is born from the tiny cocoa bean of the cacao tree. The beans grow in rows inside a 10 to 12 inch pod. Each pod grows directly out of the trunk and limbs of the tree rather than the branches.

The pods are ripe, men gather around the trees swinging bamboo poles with sharp knives on one end of them. The first pod falls into the ground with a loud thud. The rest soon follow after each whack of the farmer's blade. The next whack causes the firm pods to lay open in the sun. The cream-colored cocoa beans inside are embedded in a white pulpy mass, and as the air hits them they change to lavender and then purple. At this point, the fresh harvest is extremely acrid and bitter. Before being sent to chocolate manufacturers, the bitterness and the white pulp must be removed. A fermentation process does both.

In the most primitive process, the pulp and beans are piled on one side of the pod, the beans their brown color. Their nuts, in order to separate the inner cocoa nib from its hull. Plain, roasted cocoa beans can be cracked and eaten as nuts. They are sold that way, as a snack, in Mexico.

Cocoa nibs are very high in fat. When they are ground and heated, the fat, or cocoa butter, is liquefied and released. The result is a thick, dark paste known as chocolate liquor.

Different companies add different ingredients to the chocolate liquor to produce a wide variety of chocolate syrups, candies, beverages and other products.

The Food and Drug Administration established a standard of identity for some food products, including chocolate. A chocolate manufacturer sticks to the standard chocolate recipe, he does not have to write the ingredients on the wrapper.

Extra ingredients, of course, must be printed. Among these are flavorings, spices, and colors, both natural and artificial. The FDA does not require that these be listed by name, only by category. The wrapper on Godiva's bitter-sweet chocolate bar, for example, lists natural flavorings.

If you want to give yourself an ultimate chocolate reward, plan a trip to Sweden for spring break. There is a chocolate factory there that involve everything from truffles to chocolate liquor. Should that be out of your budget, and the traditional Cancun spring break also unaffordable, the chocolateholic might treat him/herself to a weekend in nearby Hershey, Pennsylvania. The Hershey Hold is within walking distance from the factory, and promises a heavenly, chocolatey vacation away from mid-term madness. Call your travel agent today.

By Kenya McCullum, Associate Features Editor

Not a day goes by that I don't fantasize about you at least a million times. You're in my thoughts, my dreams, my soul. The idea of you makes me explode because sometimes the passion is too much to contain. I have to let it out. No one can understand what it is about you that excites me so much. They wonder how something so sinful can be so desirable? I have been warned by many to just stay away from you. They tell me that if I consume too much of you, my body might be adulterated by blemishes. Some even say that devouring you will make my heart stop. But I don't care, they don't understand you and me. No matter what anyone says, I have only saccharine sentiments of you.

I begin to melt into the fervor and flame and my longing for you intensifies. I am completely stimulated by the hope that I will soon have an encounter with you. When we're alone, I would almost swear that you were in my mouth.

There's an agenda that I have for our next rendezvous. I want to hold you for a while and then carefully cup you over to my kitchen table where I will hungrily remove your restrictive covering. I want to tick you from top to bottom and drink your nectar, I want to suck on you and swallow until nothing is left.

There's nothing in the world like eating a chocolate bar.

Just for the Chocolateholic

By Norreida Reyes

They are out there. Lurking behind a harried expression. Slinking along vending machines. Standing next to you in the bookstore. Is it your classmate? Your best friend? Or is it, could it possibly be - You?

Chocoholics abound. The evidence lies in every foil wrapper that weave around the podium. "I crave it! I binge on it!" exclaimed Deb Crute, a SUNYA junior majoring in Sociology. She says she nutrition's more chocolate while under stress, such as during mid-terms and finals. "I help to relieve caffeine and sugar high, plus I use it as a reward to myself for staying up late to finish a paper," Crute added.

If you are shopping for your reward, Godiva Chocolatier at Crossgates Mall is one place that should be considered by the serious chocolate lover. Although there are plenty of candy machines on campus and a few candy stores in the area, nothing is more rewarding than the selection and confection this store offers. They have some of the prettiest chocolates in the world. And look very sculptured with exquisite attention paid to detail.

However, no matter where you get your chocolate "fix," if you're planning on spending a mint on chocolates (no pun intended), there are a few things you should look for.

First, the chocolates should look very glossy. If they are not, this usually indicates that they have been heated and cooled during shipping which affects their freshness. Second, they should have a healthy, chocolate smell. If it is not very strong, or you can smell the fillings, then it is probably not very fresh.

All in all, the chocolate lover will not be too discriminating, especially when struggling over a textbook or term paper. Some students look for chocolate's rewards are almost better than sex. English major and senior Kazim Ali points out, "You can get it when you want it, when you want it, and how you want it...a little kiss or a whole chocolate bar.

If you want to give yourself an ultimate chocolate reward, plan a trip to Sweden for spring break. There are tours and taste-tests available there that involve everything from truffles to chocolate liquor. Should that be out of your budget, and the traditional Cancun spring break also unaffordable, the chocolateholic might treat him/herself to a weekend in nearby Hershey, Pennsylvania. The Hershey Hold is within walking distance from the factory, and promises a heavenly, chocolatey vacation away from mid-term madness. Call your travel agent today.

Meanwhile, it's that time of year, so grab your quarters and stock up on whatever the vending machine has to offer. A midnight date with a textbook awaits you.
The woman rips open a tiny packet and a fine white substance spills out onto the table. She pushes the powdery crystals into a pile and dabs it into her tiny mouth, then again when she dabs it into the little tongue and smiles devilishly.

She knows it's not good for her. She's been told since she was a little girl. Stay away from it. It's not healthy. But she loves how it makes her feel.

She has some everyday. She does it to help it. The first thing she craves in the morning is her fix. She has some with her breakfast. She sniffs in a little on her coffee break at work and again when she goes for lunch. “You’re quick pick-me-up,” she says. Her doctors know about it but she doesn’t listen to their warnings.

She spends way too much money on her habit. Like millions of others, she says she can handle it.

We see this picture a lot now. It’s on the news, in magazines, and even extensively in countless brochures and pamphlets published by the government. Kids are taught early how to avoid it, but yet so many of us fall into its grasp.

Yes, the substance I’m referring to comes from Latin America and yes, it can give you a temporary rush, but no - it’s not sniffed out by dogs and caught by the DEA officials. As a matter of fact, they don’t even arrest you for possession of it in most states. It’s cheap and easily accessible. We’re talking here about sugar.

Sugar has been around for a long time now and over the years it has developed quite a reputation. People say it’s junk, empty calories, promotes tooth decay, leads to a dependency on sweets, offers emotional satisfaction, and that it sleeps around.

Despite that this is true, Americans consume an average about 126 pounds of it a year. What if I told you that sugar, you probably think of the little white packets with a tiny red label and a notice that read, “Use as much to get the same sweetness.”

Sugar is a white substance that comes in almost infinite forms and the only chemical substance to be consumed globally as practically a staple food. This doesn’t mean people just sit down and eat a bag of sugar, but we ingest, either for flavoring, as a preservative, a bulking agent or as a stabilizer, whatever that means.

Sucrose is actually a combination of two sugars: glucose (the brain’s fuel) and fructose (fruit sugar). Other natural sugars include lactose (found in milk), and maltose. Some sugars, like sorbitol (found in chewing gum), mannitol, maltitol, and xylitol (found where knowing how to produce either naturally or commercially. Brown sugar is sugar that’s brown. No really, it is just white sugar with molasses or caramel coloring added and it does wonders for oatmeal.

Most of the sugar we consume is from either sugar cane or sugar beets. Since I don’t like beets, I am going to focus primarily on sugar cane.

Sugar cane is a domesticated grass which takes eight to nine months to grow and usually reaches a height of ten to fifteen feet. It is thought to have been cultivated for the first time thousands of years ago as a garden plant for chewing. Around the year 325 B.C., it was grown as a field crop in India where it was used in the manufacturing of Sugar Frosted Flakes.

In order to produce the sugar, the cane has to be cut (it is rarely blow-dried or stewed). After being cut, it is squeezed in order to extract the juice. Once the juice is separated, it is boiled in order to evaporate the excess liquid and to create “raw sugar” crystals. Early on, it became customary for the yellow-brown sugar crystals to go through a refining process, and then they were bleached in order to meet the European’s standards of “whiteness.” (I’m not kidding on this one).

Christopher Columbus brought sugar to the New World in the second voyage he forgot his camera so he had to go back after his first trip in 1493. Unfortunately, due to a lack of manual labor, the industry petered out. Years later, the cane was reintroduced and by the middle of the sixteenth century, sugar had become a valuable commodity. Tragically enough, the success of the sugar industry depended on African slaves who were imported to do the heavy labor. Current research indicates that the Caribbean island plantations did not operate under the “Principles of a New Commonwealth.”

Sugar consumption increased dramatically in the eighteenth century because of the growing popularity of coffee, tea and fried chicken, all of which can be sweetened with sugar (I recommend doing so to the fried chicken at your own risk). Its marketing and trade brought material wealth to people all over the world, and as their economic standards improved, they could afford to add more sugar to their diet. The response of sugar consumption to rising income has been greater than that of almost all other foods (aside from “Where’s Waldo?” pasta in a can, whose record show an outstanding increase in sales when the economy is looking up).

Today we consume sugar in a variety of forms both directly (as in coffee and tea) and indirectly through soft drinks, alcohol, candy, baked goods, cereals, jellies and bumper stickers.

We are constantly trying to limit our intake of the condiment, but we often crave it and find ourselves going way over the USDA recommended (what do they know anyway?) daily allowance of it. There are even some people who claim that they’re addicted to the substance.

Why this supposed addiction to a food we come into contact with every day? There are those who say that sugar causes a “rush” similar to, but not as powerful as that which a drug may provide. This “rush” is caused by sugar’s rapid rate of absorption into the bloodstream and a quick energy boost. This absorption, though, can cause an overreaction of the pancreas which eventually causes an overproduction of insulin (a hormone necessary to allow the body to utilize glucose). I know you could care less about all this biochemistry stuff so I’ll get right to the point. Your body rapidly clears this“rush” by causing a delay in the bloodstream of the glucose, and then you get that shaky, weak feeling that sometimes comes after you’ve had a few too many blowouts.

Sugars like fructose are absorbed more slowly and don’t require insulin for metabolism. For this reason, fruit juices are often substituted for sucrose in “healthy snacks” like “Frooties” (Yuck).

There isn’t a whole lot that can be said in favor of sugar as a nutrient, except that it is a source of energy useful in emergencies. For dieters with a sweet tooth this is a moot point that I know, it is probably a better choice than a candy bar since it has no fat. I still wouldn’t recommend a low-fat dinner of jelly beans and coke, although I must admit to having eaten this combination from time to time (but only in the past, of course).

Honey is often used as a substitute for table sugar and as a sappy nickname for those who use it. It is not necessarily any better for you, although women seem to prefer it over “babe.” A teaspoonful of honey weighs more. It is also sweeter than sugar so you don’t have to use as much to get the same sweetness.

Saccharin, an artificial sweetener about three hundred million times sweeter than sugar, was first discovered by John Hopkins University in the year the great grand-mother’s dog died. Since then, its production has increased and it has become a replacement for sugar in a variety of foods. Although at first glance sweeteners like Saccharin may seem to be ideal foods for health-conscious Americans (and Angolians for that matter), one must question whether it is really better to eat a petroleum based substance (Saccharin) or L-Aspartic acid combined with L-Phenylalanine (NutraSweet) over an all natural product like sugar.

Note: Sugar doesn’t come with a little warning label on the packet that reads, “Use of this product may be hazardous to your health.” This product contains saccharin which has been determined to cause cancer in laboratory animals. In other words, if you are a laboratory animal, you had better watch out.

For those of us who are “addicted” to sugar, there is help. Don’t ask me what or where it is, but I’m sure it’s out there somewhere. I’d check down the hall, then up the stairs - the first door on your left.
EDITORIAL

Dedication

Few could miss the blizzard last weekend. Just when it seemed that Albany’s winter might have ended, the city got socked with another 100 feet of snow. This was joined with the normal temperature drop, causing Albany to feel like the inside of a Ben and Jerry’s cooler.

While various major league teams continued spring training across Arizona and Florida, the city of Albany became paralyzed as the first flakes of snow showered onto the city streets. The bus service for SUNYA soon closed as over 25 inches of snow fell through the night, effectively paralyzing transportation through the city and reportedly drawing National Guard Humvees onto Washington Ave.

Yet did the students at SUNYA lose any of the vital services that kept their life from being miserable?

The SUNYA buses did stop running, but this was due more to the County of Albany’s declaration of a state of emergency and clearing of the roads then any SUNYA decision. For the most part, unnecessary academic services that entail bringing SUNYA workers to work from a distance were the only services temporarily interrupted. Still though, there were groans, complaints that the library was closed, the campus center inaccessible and the RACC locked up.

The fact of the matter, though, is that while students at SUNYA often complain that services are substandard, last weekend UAS, UPD and the rest of the campus put in an extra effort to see that people weren’t inconvenienced.

Though the UPD’s crime blotter there was little out of the ordinary on campus, at least not anything that got reported.

At Colonial Quad, staff members for the university auxiliary service stayed overnight on the quad. Norbert Zahm of UAS said this was because several staff members felt the temperature in their homes would be dangerous, and the staffers felt that “students would need their breakfast.” Besides these staffers, dozens of students went to work at UAS Sunday morning when they weren’t generally scheduled. They knew they would be needed.

Though the snow did stack up on campus, university snow crews put in double shifts to clear open walks, roads, and parking lots. Many students offered cups of cocoa and soup to workers to keep them warm.

Students like to joke about dedication at SUNYA, especially when it comes to studying or drinking during finals week and trying to figure out how much effort the administration puts into figuring out which class sections get cut.

It’s clear though that when the chips are down most people at SUNYA are dedicated, perhaps not to the university, not to their studies, not even to themselves...but to each other.

Now if only mother nature could get her act together...


**LETTERS**

**Just One Vax**

**Respect Is In Order**

To the Editor:

If the library had a policy that only psychology majors could check out Freud, only English majors could check out Milton, and so on, it would make research easier. But a policy like that would prevent students from learning material outside of their academic programs, blocking attempts to become one’s horizon. It seems the Computing Center has enacted a policy like this. Unless a student is enrolled in a class that requires a Computing Center user, users have a choice of field of study.

I seriously object to this restriction. Anyone who can have any faculty member sign a form allowing day use, this just creates unnecessary paperwork for the staff. To such a valuable networking resource without all the hassle and issues involved, there are oranges stuck in the vent and scattered all over the floor (everyday). What possesses someone to do such things? This library, this only happens a few minutes after the workers have finished cleaning the corridor. Mind you, they clean this corridor as often as needed. There are no babies here! Why should the workers have to go unannounced to clean up a mess created by the stupidity of some people. These workers are shown no respect for the way the work they do.

We spoke to a gentleman who cleans up “the mess” on the Quads and we suggest that you speak to some of the workers to get their opinions. Maybe then you’ll phrase your complaints differently.

Cynthia encouraged her fellow students to speak out and we have SPOKEN! If we want a change, we have to do the work. The, our request to ensuring our safety and well being “in the Quad and we suggest that you speak to some of the workers to get their opinions. Maybe then you’ll phrase your complaints differently.”

Beverly Butler, Kristin Coppola

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Gays and Lesbians Demand Equality

**An Open Letter to Residential Life:**

This letter is being sent to you to express my deepest frustration both personally and with the Department of Residential Life.

Recently, a request for Special Interest Housing was applied for by Lesbian, Gay, Bisexual and Heterosexual Activist students. I am writing this letter based on the prejudice and harassment we experienced last semester by the “not so heterosexual” population here at SUNY Albany.

Your rejection was based on the idea that Residential Life “is not ready for such housing.” Well, Ms. Walker-Johnson, welcome to 1993. What is Residential Life ready for? Are you telling me and my fellow students that you and your staff are not ready to fight bigotry and hatred? Are you saying to me, Ms. Walker-Johnson, that you are not ready to support the academic achievement of an oppressed group of students here at the University at Albany?

We spoke to a gentleman who cleans up “the mess” on the Quads and we suggest that you speak to some of the workers to get their opinions. Maybe then you’ll phrase your complaints differently.

Beverly Butler, Kristin Coppola

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**Students In Solidarity**

To the Editor:

I am responding to your editorial on SASU where you pointed out the problems that SASU has experienced in the past could very well re-arise. But while you view this as problematic, this is the beauty of having a student run organization. The problems only arise when student government allow and encourage them to arise. SASU’s Board of Directors and membership, via the campus Delegates, have to provide accountability over the organization and state-wide officers.

Further, you advocated SUNYA pulling out of SASU, both in membership and dues, if inflating re-occurs. We would agree: if there were no time then SASU was not working for the students, or more concerned with petty political games and personal relations, then of course, a campus should withdraw, this would be the correct action. However, it is up to you - the students and more specifically the membership of SUNYA - who have to insure that this does not occur.

SASU is only as strong as its members. We are not a “rent-an-activist” organization. We will lobby and inform the Governor, Assembly Members and State Senators of the students’ concerns, and we will mobilize the students of how your legislators vote. However, students need to be involved. In order for us to win the fight to cut massive TAP and SUNY budget cuts or to uphold the freeze on tuition, students must be active. We cannot do it by ourselves. But together, WE CAN WIN!

Glen D. Maguana
DEADLINES: TUESDAY AT 3 P.M. FOR FRIDAY'S ISSUE. TUESDAY AT 3 P.M. FOR TUESDAY'S ISSUE.

RATES: $1.75 for the first 10 words. $0.10 each additional word. $2 extra for a box. Minimum charge is $1.75.

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If you have any questions or problems concerning classified advertising, please feel free to call or stop by the business office.

JOBS

HAIR MODELS NEEDED The Creative Designers at Sutton 74 are looking for men and women who want a new cut, color or perm service at NO CHARGE FOR OUR STYLE SHOW, APRIL 21. Call for details. 783-5400.

Looking for student to publish Island Mail on campus & to manage concert series. We finance start-up costs. Earn $200 - $500 WEEKLY for marketing or selling advertising. Call 708-665-5800.

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SPRING BREAK '83 SAVE BIG JAPAN, HONG KONG, BAHAMAS FROM $459 FLOREDON FROM $149 THE BEST TRIPS AT THE LOWEST PRICES BE SURE TO BE IN SPACE LEFT! CALL ROBERT @ 463-0614 ON SATURDAY OR 460-2770.

Heading for EUROPE this summer? Only $1,000! Get there for only $100 with ARBITCH (As reported in Let's Go & NY Times). CARIBBEAN, $169 R/T. Take any time this summer. Also, CALIFORNIA $129-sage, AIRPORT 1-800-777-7000.

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Attention Bahaus/Love and Rockas Fans! Send for a Free Daniel Ash Zine. Guaranteed. Quantities are limited. Send your address with a postcard to: Address Giveaways, Madison Avenue, Suite 804, N.Y.C., 10016.

Georgia Spring Break 7 nights Beachfront $119-142 Deadline soon. RESERVE rooms today! Call CM 1-404-423-5824.

You do want a full-time, part-time or you can get with that-you can get with this. You can get with this-

Florida Spring Break 7 flights Beachfront $119-142 Deadline soon. RESERVE rooms today! Call CM 1-404-423-5824.

Looking for a full-time, part-time or you can get with that-you can get with this.

To you, to you, to you.

If you need any food I'll lend a hand.

Law, Tigger.

To my big sis, Scarlet

Jen K.,

To my big sister Kerri,

Love, Deidre

We can't wait to have some fun!

To my big sis Erin,

Love, Christine

Dear Naomi,

I'm so happy to have you as my big sister. I know we will have lots of great times together. Thank you for everything.

Love, Denise

 kale.

You can get with this

and AZ where it's at.

Assemble products at home. Easy! No two people will have the same order. Easy, low start-up cost. $200 - $500 WEEKLY

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Authors seeking an exception to this policy, must receive permission from the Editor in Chief of the Albany Student Press.
Column
Continued from page 8
videos. So what gives? The NWROC newsletter, which I was fortunate enough to get my hands on, calls for "No Free Speech for Fascists." Right-wingers are unjustly portrayed as vicious Nazis or members of the Klan, when in fact, this is just a leftist tactic to make themselves look good and everyone else look bad. And it seems to work, and the people that NWROC recruits feel so justified in stomping on Christianity. Don't be fooled by NWROC's slogans. NWROC is very much in cahoots with the International Socialist Organization (a quite radical bunch of anti-American Communists). Both student organizations have torn down and/or posted over more a hundred signs prepared by Albany Students for Life. These people spit on the ideologies of freedom of speech and assembly and are an utter disgrace to even a loose interpretation of a "Just Community."
I was hoping to publicly debate the abortion issue with NWROC, but "Susan from NWROC" and the rest of NWROC have proven themselves too uncivil. But who am I kidding, these people have not only disrupted our meetings, they have also disrupted ASUBA's. These people are so unprejudiced and open-minded, yet they can't seem to scrounge up enough maturity to lay their cards on the table. Speaking with a few pro-choicers, many agree that it would be interesting or at least fair that a non-radical pro-life side be represented on this campus. Yet NWROC will stop at nothing to see that Albany Students for Life ceases to exist. So, I'll probably have to scrap the debate idea with NWROC. Quite frankly, I'm not surprised.

Attention Seniors:
Senior packets will be available at the information desk beginning March 22nd.

Hand-held alarms can scare would-be attackers

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Quorum Personal Attack Alarm System Pull the pin if you sense danger... It blasts 110dB alarm... send your would-be attacker running! Wear it on your belt or purse, attach it to your door knob-Carry it with you always!!!

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Monday & Tuesday March 22 & 23
OUTSIDE CAMPUS CENTER
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• jean jackets, flannels, vests, overalls, shirts, wool suit jackets...
• will also buy used jeans
coming back April 26-28

LSAT LSAT LSAT LSAT LSAT
The Pre-Law Association Proudly Presents
"Law School Admissions and the LSAT"
Tuesday March 23 at 8pm in ED 120.
You are invited to attend this open meeting of your Pre-Law Association where valuable information on the often confusing Law School Admissions process will be explained. There will be a detailed discussion of the Law School Admission test and how it affects you.

ALL STUDENTS ARE INVITED TO ATTEND.
For more information, please call 800/443-7737.
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Sound Protection For Everyone You Love!
The department suggested a requirement that all suspensions be immediately reported to school superintendents.

**Student protest**

Continued from page 3

Community and public relations for the Albany Planned Parenthood. Planned Parenthood has just started using the injection.

Davis said she does not see any controversy because it has a 30 year history and it is the most widely tested contraceptive.

**Contraceptives**

Continued from page 3

Community and public relations for the Albany Planned Parenthood. Planned Parenthood has just started using the injection.

Davis said she does not see any controversy because it has a 30 year history and it is the most widely tested contraceptive.

Contraceptive Technology 1990-1992 states Depo-Provera causes menstrual cycle irregularities for most users. Other effects include potential weight gain and headaches.

Davis said the increased chance of missed periods will only make students worry and increase anxiety about pregnancy.

"Depo Provera is an exciting new drug that's in the country now, but I don't think it's for SUNY... Someday... " Davis said.

Davis said the University will not be using it because the pill is a better choice for sexually active young women. She explained the difference in the effect the pill has as opposed to the injection regarding estrogen and progesterone levels. The pill, supplying both estrogen and progesterone, prevents both conception and implantation while the progesterone based injection only prevents implantation which can be harmful to the fetus.

The injection has not caught the market yet and cost factors have not yet been explored by the university. Davis said. Depo-Provera is available in more than 90 countries, including Germany, Norway, Sweden, Belgium, France, the United Kingdom and New Zealand and has been used by millions of women around the world since 1969, states the company's release.

The Federal Drug Administration did not approve the drug until October 29, 1992 and stated the March 1993 FDA Medical Bulletin.

According to Goldwater, the FDA never approved it because of earlier animal studies regarding breast and other cancers.

Long-term controlled clinical studies in other countries have shown the risk of breast cancer but no increased risk for ovarian, liver, or cervical cancer, the FDA bulletin stated. The studies also showed a reduced risk of endometrial cancer for injection users.

Both Goldwater and Davis stressed that although Depo-Provera is a conception contraceptive, it offers no protection.

*Continued on page 13*
Contraceptives
Continued from page 12
against sexually transmitted diseases. A condom, they said, is the only defense against STDs. AHRP said. He also said AHRP designed the program to make sure the materials reach most of the women who see healthcare providers for contraception. "AHRP believes women need to have more information concerning their contraceptive options," he added.

"In the past, women have not had sufficient access to information about their birth control choices." The Upjohn Company is a worldwide, research-based provider of human and animal healthcare products, agronomic and vegetable seeds and specialty chemicals and has been dedicated to improving health and nutrition.

VAX policy
Continued from page 3

"The goal of this educational effort is to increase understanding and awareness of contraceptive options among women and their partners," Dennis J. Bie, president of AHRP said. He also said AHRP had stated that it was necessary for more people to be out at night on and off campus."

The ASCW worker said, "The department is called the Computing SERVICES Center. They are supposed to be there to serve us. Taking away a service we like and telling us to go use another is no way to serve the University Community."

This worker and many others have sent a letter to the students to sign and pass on to President H. Patrick Swygert in protest of the restrictions. A portion of the letter states: "The Undergraduate Bulletin says that "Three obligations guide the university: teaching, research, and community service." We doubt any of the three are represented in the curtailing of modem computer access. We respectfully ask that you investigate this situation and see if those in charge of the Computing "Services" Center are truly helping the department live up to its middle name."

The Upjohn Company is a worldwide, research-based provider of human and animal healthcare products, agronomic and vegetable seeds and specialty chemicals and has been dedicated to improving health and nutrition. The Upjohn Company is a worldwide, research-based provider of human and animal healthcare products, agronomic and vegetable seeds and specialty chemicals and has been dedicated to improving health and nutrition.
The National Honor Society in Business and Accounting

Congratulations the following students who are eligible for induction:

John Gadsby
Megan Griesbach
Benjamin Johnson
Rachel Kim
dev
Karina Lee
Matthew Liu
Alyssa Martinez
Sarah Mitchell
Alex Norman

College Basketball

AP Writers Poll Record Pts Pct

1. Indiana (IN) 30-2 1589 4
2. Kentucky (KY) 26-3 1518 4
3. Michigan (MI) 26-4 1504 3
4. North Carolina (NC) 28-6 1408 6
5. Arizona 24-5 1309 6
6. Seton Hall (NJ) 27-6 1325 9
7. Cincinnati 24-5 1193 11
8. Vanderbilt 26-2 1143 5
9. Kansas 22-5 1073 7
10. Duke 23-7 1052 8
11. Florida St. 22-9 1005 10
12. Arkansas 20-8 759 14
13. Iowa 22-7 726 15
14. Massachusetts 13-6 716 16
15. Louisville 20-8 716 16
16. Seton Hall 20-12 66
17. Cape Breton 22-9 73
18. Hofstra 25-9 59
19. New Mexico St. 25-7 54
20. New Mexico 23-9 54
21. Purdue 19-9 18
22. Georgia Tech 24-5 132
23. New Mexico 24-5 130

LA Lakers at Milwaukee, 7:30 p.m.
San Antonio at New York, 9 p.m.
Utah at Boston, 7:30 p.m.
Florida at Charlotte, 7:30 p.m.
Continued from back page

The Lady Danes needed a lift and got it, defeating defending New York State Champion William Smith College, 97-81, in a thrilling double overtime contest. Franklin was unstoppable in the second overtime as she recorded 27 points and 19 rebounds in an unbelievable performance. The game was the inaugural contest at the brand new Recreation and Convocation Center (RACC), Albany's multi-million dollar sports facility.

Just eight months earlier, the Lady Danes had pulled off a huge 61-50 win over William Smith in the opening round of the NCAA Tournament at University Gym.

Always-tough New York University visited the RACC next, handing Albany a 64-56 loss. The Lady Danes reversed their fortune on the road at Ithaca College's Ben Light Gymnasium, nipping the Lady Bombers by three, 66-63.

Warner was quick to point out that the team's next game, a 67-63 loss to Plattsburg State in Plattsburg, was one the Lady Danes should have won. This and an ugly 70-56 loss at R.P.I. four games later were games which she'd like to have back.

There is no question that those two losses hurt," Warner said. Sandwiched in the middle was one of the Lady Danes' most memorable wins of the season, a 73-66 triumph over formidable Buffalo State Team on the road in Buffalo.

Junior Lynda Nealis hit for 18 points and Franklin handled the glass with 17 boards to complete the Albany upset. Albany rebounded after the R.P.I. loss, won nine out of its last 12 games, starting with the championship in the Lady Dane Tournament, where it routed Staten Island College, 74-38, and held off Norwich University, 66-64, in overtime to claim the title.

The Lady Danes then routed Union College, 80-50, and Cortland State, 77-48, before beating Stony Brook State on the road, 70-63.

While it was still in the mood to rout teams, Albany demolished Utica College, 85-38, at the RACC.

Western Connecticut State, an annual NCAA Tournament qualifier, withstood a valiant Albany effort to beat the Lady Danes, 60-53, snapping their four game win streak.

Keuka College was no match for Albany as the Lady Danes topped the century mark, 103-85, at Keuka.

Hamilton College toyed with the Lady Danes, winning 65-51, but Albany finished the season on a high note with wins over Nazareth College (76-69) and Skidmore (53-43) at the RACC.

Franklin was Albany's leading scorer and rebounder, dropping in 15 points a game and grabbing 11 rebounds a game to pace the team. She also led the team in blocks with 45, making her the Lady Danes' all-time leading shot blocker with 99.

Her 929 career points are fifth all-time in Albany history and her 7.6 career rebounds average is second. Franklin's biggest achievement is her 251 rebounds season, this most ever by a Lady Dane.

Nealis had a solid all-around year, averaging 12.4 points and six rebounds a game. She was second on the team with 62 steals and third with 63 assists. She led the team in turnovers (83), however.

Stanley closed out her Albany career with 12.2 points and eight rebounds a game for the season. She led the team in steals with 82 (fifth all-time for a season) and was fourth in assists (53). Her 404 career rebounds are sixth all-
time and 182 steals are fifth in Albany history. She also had a 78.4 free-throw percentage, second best ever by a Lady Dane.

Senior Tanya Johnson had 8.6 points per game this season and was second in assists (64) and turnovers (74).

Johnson's 802 career points is sixth all-
time while her 305 career assists is third on the Albany all-time list.

Sophomore Mickey Smith led the team in assists (72) and her 35 percent mark from three-point range this season was the best ever by a Lady Dane.

Other Lady Dane totals of note were: freshman Erica Witham (4.6 points, 4.0 rebounds, 19 blocks), senior Sue Jackey (4.5 points, 4.2 rebounds, 39 assists), freshman Margaret Feerick (2.9 points, 19 assists, 16 steals in only 146 minutes), freshman Maura Quinn (2.3 points, 15 assists, 14 steals), and junior Noelle DeLuca (2.0 points, 18 assists, 23 steals).

Women's Track

Continued from back page

The NCAA Championships mark the end of the indoor season, which showed some impressive performances and results from this young team. Mary Walinski set a school record in the twenty-pound weight throw, as did the shuttle hurdlers relay team of Niki McClord, Corina McEwen, and Sones. Albany had a fifth place team finish at the CTCs, and a blowout win at the Capital District Championships.

Albany also had many women setting personal bests in their individual events.

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Albany track excels at Nationals

Jay Nixon and Howie Sellers earn All-American honors

BY EDWIL FONTANILLA

Albany seniors Jay Nixon and Howie Sellers earned the coveted All-American award in their respective events as they competed in the NCAA Division III Nationals, held this past weekend at Bowdoin College in Maine.

To be an All-American, an athlete has to place in the top six spots in their event.

In the finals of the pole vault, Nixon vaulted to a height of 15', 11 3/4". He tied for third place with Doug Clary from the University of Wisconsin at LaCrosse. In addition to earning third, Nixon set new school and Division III New York State records.

The first time All-American was surprised he performed so well this season because he usually does better during the outdoor season rather than the indoor season.

There were six other members from the men's team, two from the women's team, and the coaches in attendance. Nixon credited his performance to this "cheering section."

"The support was a major factor to how well I did," Nixon said. Nixon also felt that the team was ready for the higher level of competition.

"Coach [Roberto] Vives did an incredible job taking us to quality meets," Nixon said. "He competed in meets where we were the only Division III school."

Sellers earned All-American honors in the 400-meters. In the semi-finals, he ran a time of 48.87, which set a new school record.

Sellers ran into fourth place in the finals with a time of 48.98. This marks the sixth time he has earned All-American honors.

"Seller's performance has really been outstanding and the 400 meters is not even his specialty," men's coach Roberto Vives said.

"I believe that he's the best 800 meter runner ([Division III] in the country," Vives said.

In the finals of the triple jump, sophomore Oscar Almendarez finished a disappointing ninth with a distance of 44', 11".

Shawn Condell, a sophomore, ran a time of 8.01 seconds which earned him seventh in the semi-finals of the 55 meter hurdles.

Misfortune befell the 4x400 meter relay team. Sellers opened up with a time of 50.3. In the next split, freshman Zamafa Chickwendu ran a personal best of 50.9.

He handed off to junior David White, who ran a split of 51.4 seconds. At this point, the relay team was in third place.

"Injuries happen in sports," said Vives. "I'm happy with the team finish," White said. "She had one top-notch season, considering all the injuries she's been plagued with." White said. "She had one top-notch season, considering all the injuries she’s been plagued with."

A top-notch season is also the perfect way to describe the year that Boyette has had. She broke the school record for the triple jump five times this indoor year, including a victory in this event at the Capital District Championships.

Without a doubt, the highlight for her had to be this past weekend's performance.

With most of the team and jumping coach Paul Mance at Bowdoin to support her, Boyette came out on fire in the preliminaries, hitting a distance of 36', 11 3/4" on her first jump.

"This fired her up and set the stage for the rest of the competition," White said.

On her next two preliminary jumps, she hit 35' and 36', 3' moving her from eleventh place to fourth going into the finals.

Boyette said that she did not feel any different before hitting the record-setting jump.

"I just wanted to be an All-American," she said. "I would have been happy with sixth place."

"I think that the difference was that everyone was supporting me, and my jumping coach was there, which he hasn’t been in the past few weeks," she continued.

Elena Zelozov of Brandeis University, the defending champion, won the event with a jump of 39'.

Boyette will be going for the Olympic trials and a shot at competing in the 1996 games being held in Atlanta, Georgia.

With two seasons of eligibility left in indoor track and four seasons in outdoor, it would be hard to bet against her.

Mance is currently in the process of finding out what the qualifying standards mean. Continued on page 15