

ALBANY PROFESSOR OFFERS TREATMENT FOR SOCIAL PHOBICS

For people who are afraid to perform even the most mundane social activities--eating in public; speaking in classrooms or at staff meetings, making conversations, making contact with persons of the opposite sex, etc.--there's hope.

Dr. Richard Heimberg, psychologist at the University's Center for Stress and Anxiety Disorders, has a program which treats a variety of social phobias.

"Social phobia," said Heimberg, "is an intensely-heightened self-consciousness in which you worry that people will perceive you negatively."

For instance, some social phobics dread signing forms in front of other people; they fear that their minor physical quirks--the slight shaking of their writing hand, the way they hold a pen--will engender dislike in onlookers. And there are social phobics who avoid restaurants because they are terrified they will spill food on themselves in front of other people. Others may avoid the range of social or sexual situations we encounter in our lives. Social phobics magnify the conspicuousness of their idiosyncrasies to the point where they are convinced personal disaster will occur should they participate in social affairs. Thus the lives of social phobics may be dominated by seclusion and severe anxiety. Depression and alcohol abuse are common consequences.

At the Center, phobics are taught to face and overcome their fears. Since 1982, nearly 150 social phobics have been treated under Heimberg's group therapy program.

People suffering from social phobia are encouraged to call the Center at 459-6993.

Contact: Vince Sweeney (518) 442-3075

CHRISTIAN G. KERSTEN ASSUMES DUTIES AS
VICE PRESIDENT FOR DEVELOPMENT AND ALUMNI AFFAIRS
AT THE UNIVERSITY AT ALBANY

Christian G. Kersten, who established the most ambitious, expanded public university development effort of the decade at the University of California, Santa Barbara, has assumed the newly-created post of Vice President for Development and Alumni Affairs, at the University at Albany.

Kersten was Assistant Chancellor for University Development and Executive Director and Trustee of the CAL Santa Barbara Foundation, from 1983 to 1987 when annual gift totals increased fourfold----from \$3.2 million to \$12.6 million including funding for the university's first nine endowed chairs. The base of support broadened from 2,100 to 14,300 individual gifts per year during that period.

"As the University at Albany moves into the first rank of major research institutions nationally, it is necessary to give greater focus to its advancement efforts," Kersten said. "There is a quality and a range of work that will only attain its full potential through private support."

Kersten joined Albany on June 1 from the Norman Rockwell Museum at Stockbridge, Massachusetts, where he served as Director of Development for the past year.

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He has been a development officer since 1972 serving at Manhattan College and New York, Clark, and Tufts universities in progressively more responsible positions.

He received his bachelor's degree at Long Island University and has completed additional studies at the Graduate School of Public Administration of New York University and at the University of California Management Institute.

A native of Yonkers, New York, Kersten and his wife Mary Louise live in Hillsdale, Columbia County.

July 6, 1988

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Contact: Tricia Chambers (442-3098)

Adirondack Images Presented As Part of Summer Lecture Series

One of the Adirondack region's most accomplished pictorialists, Garry Randorf, will present a slide show of his work on Tuesday, July 19 at 8:00 p.m. in the Whiteface Mountain Field Station of the University at Albany.

Randorf's presentation, entitled **Interpreting the Adirondacks Through a Photographer's Eye**, will depict the color, highlights and natural images in the magnificent region. Participants will see how Randorf transforms his vision into striking photos.

This will be the second presentation in the annual Summer Lecture Series, sponsored by the University's Atmospheric Sciences Research Center. The talks are held on consecutive Tuesdays in the field station on Memorial Highway in Wilmington, New York. Beginning at 8:00 p.m., the lectures are free and open to the public.

A report on the latest weather, using colored projections, will be given before each lecture. The series is organized each year by well-known area meteorologist Ray Falconer.

July 7, 1988

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Contact: Tricia Chambers (442-3098)

Natural History Lecture Features Caribbean Islands, Venezuelan Rain Forest

The natural wonders of the Caribbean Islands and Venezuelan rain forest will be featured in a presentation by Dr. Margery Milne on Tuesday, July 26 at 8:00 p.m. in the Whiteface Mountain Field Station of the University at Albany.

Milne, of the University of New Hampshire, will share her experiences as she cruised the Caribbean Islands, encountering native plants and animals. Milne's presentation will include her adventures of cruising up the Orinoco River in Venezuela and flying above the jungle and Angel Falls, the highest in the world.

The presentation is the third of seven natural history lectures sponsored by the University's Atmospheric Sciences Research Center. The series is organized each year by well-known area meteorologist Ray Falconer.

The talks are held on consecutive Tuesdays during the summer in the field station on Memorial Highway in Wilmington, New York. Beginning at 8:00 p.m., the lectures are free and open to the public. A report on the latest weather, using colored projections, will be given before each lecture.

July 19, 1988

88-52

Contact: Tricia Chambers (442-3098)

Environmental Issues In 1990's Lecture At Whiteface Mountain

Environmental Issues in the 1990's will be the focus of a lecture by Volker Mohnen on Tuesday, August 2 at 8:00 p.m. in the Whiteface Mountain Field Station of the University at Albany.

Mohnen, a professor of atmospheric science at the University, will detail society's contemporary concerns of acid rain, the ozone hole, air toxics and similar subjects.

This will be the fourth presentation in the annual Summer Lecture Series, sponsored by the University's Atmospheric Sciences Research Center and organized each year by well-known area meteorologist Ray Falconer. The talks are held on consecutive Tuesdays in the field station on Memorial Highway in Wilmington, New York.

A report on the latest weather, using colored projections, will be given before each lecture. Beginning at 8:00 p.m., the talks are free and open to the public.

7/26/88

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