

Smokeout less emphasized on campus this year

By Jerry Trently

There might be more smoke in our hallways during today's "Great American Smokeout" than there was during last year's observance.

Sherry Janis, Assistant to the Director of Campus Relations, said no student group has volunteered to sponsor or help with a program here at Capitol Campus to be held in conjunction with the national celebration.

Janis said a representative from her staff went around and asked clubs and organizations to supply volunteers to help with a program here, but that none indicated an interest.

Last year a small observance was held, but Janis was disappointed with the cooperation from organizers of the affair. When press came to cover what was billed a "mock funeral" service for cigarettes, the event turned out to be a last minute rush to garner enough activity for a newspaper photograph.

But not all is up in smoke. Capitol's Department of Food and Housing is making an attempt to take a bite out of the amount of cigarettes consumed today.

According to JoAnn Coleman, Food Service Supervisor, the Lion's Den will offer \$.20 off any regular cold turkey sandwich if the buyer turns in an unsmoked cigarette to signify the "stop cold turkey" approach.

Coleman said the same deal was offered last year, and it was found that "People are reluctant to give up their cigarettes."

Given that 85 per cent of the 55 million smokers in America would like to quit, more effort ought to be contrived at the campus level to at least offer advice or methodology on kicking the habit.

The school nurse does have several pamphlets on smoking and quitting in her office on the first floor of the Olmsted Building, but because of high demand, the nurse was unable to receive additional materials from the

American Cancer Society (ACS). The society offers materials to groups interested in participating in smokeout programs on a first-come, first-serve basis.

The ACS also offers the Youth Smoking Cessation Program, a nine-week course generally offered to high school students.

Pat Mensker, Field Representative for the Dauphin County Unit of the ACS, said the program could be adapted to a college level.

"The ACS takes an ex-smoker from the representative school, trains that person, who in turn, runs the program at the school," Mensker said.

On the national level, the 1982 campaign enjoyed some success.

"Nineteen million smokers attempted to quit last year," Mensker said, "And, within 24 hours,

4.5 million were still off cigarettes, and within one to 11 days, 2.3 million were successful in quitting."

Minsker said this year's goal is to get one in every five smokers to give up the habit.

In 1982, 41 per cent of females who smoke participated in the smokeout, while 31.8 per cent of the male smoking population did.

Mensker said more females smoke than do males and that the number of female smokers is on the rise.

As Janis indicated, hopefully some group will take an interest in sponsoring a program here next year. But if you are a smoker interested in quitting, look for information and lung test demonstrations at the health fair in Spring, or contact the ACS.

Semester change creates problems for professors and students

By Timothy K. Hagan

The 1983 Fall Semester will be remembered as the "Semester of transition." The transition in the academic sense was from the term to the semester system but there was also a period of transition for the students and faculty.

The Student Government Association formed a Semester Transition Committee to find out what the students' most common problems are in dealing with the semester transition.

The majority of the student body believes the basic problems include: the workload is overwhelming, the pace is too fast, tests seem to fall at the same time, tests are too long for a 50-minute period, professors are keeping students overtime, there is not enough time for course drop and credit drops should be extended to eight credits.

David G. Watkin, Assistant Professor of Management and Chairman of the Faculty Council believes the semester system transition problem is a serious matter and one that will be discussed at the next council meeting in December.

Watkin stated that at the start, there was no real consideration, no evaluation on how to do this system.

"Most of the problems are transition problems, adapting from 75 minutes to 50 minutes," said Watkin. "My own feeling and opinions expressed to me by other professors is that there is no feeling of continuity like the

Monday, Tuesday--Thursday, Friday term system. By the time you review or remember from the last lecture and start on something new the time seems to disappear."

"Ideally the semester system is supposed to cause less stress for the students," according to Dr. Marian Krieger, coordinator, counseling services at Capitol Campus.

"The 15-week semester, with a supposedly reduced credit load per course, will allow the student more time to absorb the material, with hopes of creating a more relaxed situation."

Unfortunately, the scenerio does not appear to be working. Krieger generally agreed that the statements she has been receiving from students support the findings of the SGA committee.

Krieger is studying the stress on students, caused by the semester transition during the 1983 Fall Semester and 1984 Spring Semester.

What can be done to alleviate stressful situations has already been started.

Watkin suggested that realistically, each faculty member has to honestly look at themselves individually and see if there is a problem. He believed that the solutions are going to have to be done division by division, because each division has different situations.

"I honestly believe that the transition has caused more of an adjustment problem for both the students and faculty than anyone expected," said Watkin.

Capitol Times

Thursday, November 17, 1983
Vol. 18, No. 3

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