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Campus News May 1, 1992

La Salle University

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CAMPUS NEWS

LA SALLE UNIVERSITY'S WEEKLY INFORMATION CIRCULAR

May 1, 1992

To: The Campus Community
From: Peter Wescott, Communications Analyst
Re: Telephone System Changes
Date: April 27, 1992

On Monday, May 11 the access code for an outside line on Class 2 telephone extensions will change from an "8" to a "9". This will allow all outgoing calls to take advantage of the "Most Economical Routing System" (MERS) on the telephone switch. Limited service will remain in effect on these phones.

In the near future, the battery backup for the telephone switch will be replaced. A modern, more efficient unit will be installed in its place. **This activity will require the telephone switch to be shut down for approximately one-half hour in the afternoon as the new batteries are being connected. We hope to accomplish this task at a time which will inconvenience as few people as possible. An announcement of the day and time will be forthcoming.**

If there are any questions please contact me at ext. 1858.

Thank you.

Campus News is distributed weekly to foster communication and encourage information sharing among University departments. Articles submitted are the responsibility of their authors alone and do not imply an opinion on the part of La Salle University or the Department of Mail and Duplicating Services.

JOIN IN THE FUN

NATIONAL EMPLOYEE HEALTH AND FITNESS DAY

MAY 13, 1992



SHAPING UP IS NO SWEAT!

Sponsored by:



Amy M. Scott, MS
Nutritionist
La Salle University

NATIONAL EMPLOYEE HEALTH/FITNESS DAY

Wednesday, May 13 thousands of employees across America will be participating in the nation's largest worksite health and fitness event. This year the following activities are being sponsored for the La Salle employee:

BRISK WALK: 20 minute quick paced walk around campus. Walk will begin at the stairs between Wister Hall and the Union Building. Wear your **WALKING** shoes.

LUNCH-N-LEARN: Bring your lunch and questions to this seminar on the **benefits of exercise**.
GUEST SPEAKER: Ed Lawless
Fitness Center Director
LOCATION: To Be Announced.

BASKETBALL GAME: Pick-up game on the basketball courts of Haymen Hall. Game begins at 2:30 pm.

SOFTBALL GAME: Pick-up game on the outfield end of Hank De Vincent field located across from East Stands. Game begins at 4:30 pm.

ALL PARTICIPANTS WILL RECEIVE A BLUE RIBBON FOR PARTICIPATING IN ANY OR ALL EVENTS.

CUT HERE

NAME: _____

CAMPUS ADDRESS: _____

EXT: _____

I intend to participate in (check as many as you wish to attend):

PLEASE CHECK WITH YOUR DEPARTMENT SUPERVISOR FOR APPROVAL OF PARTICIPATION BEFORE RETURNING FORM.

- | | | |
|--------------------------|-------|-----------------|
| <input type="checkbox"/> | 12:00 | Brisk Walk |
| <input type="checkbox"/> | 1:00 | Lunch-N-Learn |
| <input type="checkbox"/> | 2:00 | Brisk Walk |
| <input type="checkbox"/> | 2:30 | Basketball Game |
| <input type="checkbox"/> | 4:30 | Softball Game |

**PLEASE REGISTER TO
QUALIFY FOR DOOR
PRIZES**

RETURN BY 5/8/92 TO:

Amy M. Scott, Nutritionist
Box 812
Campus Mail





CONNELLY LIBRARY

M E M O

Office of the Director
215-951-1285

TO: Campus Library Users
FROM: Library Director
DATE: April 23, 1992
RE: Unscheduled closing of Library

Please be aware that the Connelly Library, contrary to previously published information, will be **CLOSED** on **Saturday, May 9, 1992** in order for the Department of Physical Facilities to undertake a major electrical upgrade of the building.

I hope this change will not cause anyone hardship, but we have planned it for a date and time which effects the fewest numbers of patrons.

Thanks for your cooperation.



CONNELLY LIBRARY

CONNELLY LIBRARY HOURS

Office of the Director
215-951-1285

Summer 1992

May 11 - August 13

REGULAR HOURS

Monday - Thursday	8:00 am - 10:00 pm
Friday	8:00 am - 6:00 pm
Saturday	10:00 am - 5:00 pm
Sunday	12:00 n - 8:00 pm

MEMORIAL DAY WEEKEND

Friday, May 22	8:00 am - 6:00 pm
Saturday, May 23	10:00 am - 5:00 pm
Sunday, May 24	CLOSED
Monday, May 25	CLOSED

JULY 4th WEEKEND

Friday, July 3	CLOSED
Saturday, July 4	CLOSED
Sunday, July 5	12:00 n - 6:00 pm

August 14 - September 3

Monday - Friday	8:00 am - 5:00 pm
Saturday	CLOSED
Sunday	CLOSED

LABOR DAY WEEKEND

Friday, September 4	CLOSED
Saturday, September 5	CLOSED
Sunday, September 6	CLOSED
Monday, September 7	CLOSED

■ Academic Activities:

1. "Cover for a prof"- When professors are away from class because of a conference/workshop, the Alcohol & Other Drug (AOD) Program will take the class. This can be done almost immediately by using "canned" programs previously developed. However, with some notice (1-2 weeks), research can be done to create a program that supplements the professor's syllabus.

To date, programs on alcohol have been developed for Human Genetics, Personnel Management, Economics, Literature, Global History, to name but a few. While creating an opportunity to present information to students in an academic arena (as opposed to a 'parental', lecture format), it demonstrates the AOD program's availability to support faculty and demonstrates the academic nature of that program and versatility of its staff.

2. "The AOD Resource Center"- To foster the availability of AOD related consulting services to the university community, the AOD Resource Center has been established and is available to students, staff, and faculty who wish to pursue an AOD topic. Located in the Counseling Center, first floor McShain, contacting the Resource Center is as easy as calling Robert Chapman at 951-1355 and setting an appointment to discuss the research question. This may be as simple as picking up an AOD brochure or other print material or opportunity to discuss a topic that can be developed into a paper to be presented in partial completion of a course syllabus. It may be as involved as the discussion of a term paper/research project and consideration of the resource materials, on and off campus, available to the individual.

The Resource Center is a member of several AOD computer networks and bulletin boards that allow for questions and research agendas to be discussed with other subscribers on an international basis. Coupled with the formidable research capacity of the Connelly Library and the opportunity to search other university libraries via computer networking, individuals have access to a rich and diverse network of information to assist them in realizing their research objectives.

As has been the policy of the Alcohol & Other Drug Program since its inception, new and innovative ways of conducting AOD programming continues to be a high priority activity. To this end, as additional areas of campus need are identified and the resources necessary to provide them located, new programs will be added to this compendium of services.

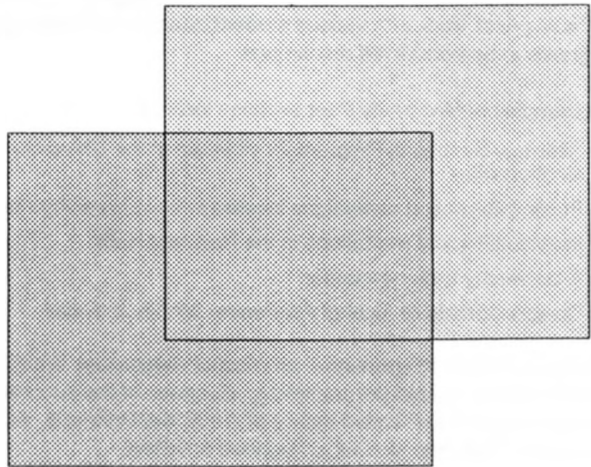
In order to better serve the entire La Salle community, the AOD Program is available to all members of La Salle for the purpose of expanding the University's network of service. Additional areas currently being considered include:

1. A university based employee assistance program (EAP). Various methods of providing EAP services are being considered as well as the available funding to support such a program.
2. Creation of an AOD course to be added to the curriculum as a special topics course in an existing academic department. Should such become a reality and meet with acceptance by those enrolling for courses at La Salle, a concentration in addiction studies could be considered as an undergraduate major.

Should there be additional areas in which you would like to see the AOD invest its efforts or should you have specific ideas about additional services that can be developed, please contact the coordinator of the AOD Program at 951-1355, Counseling Center, McShain Hall, Campus.

THE ALCOHOL & OTHER DRUG PROGRAM OF LA SALLE UNIVERSITY

Key services and programs



The Alcohol & Other Drug Program of La Salle University: Key services and programs

In the time since the beginning of the Alcohol & Other Drug (AOD) Program, numerous services and programs have been developed to serve the La Salle community. These resources, while primarily developed for the student population, are available to the entire community. What follows is a compendium of these services, catalogued according to the different areas that make up the AOD Program.

■ Clinical Program:

Individual counseling services are available upon referral or request. In order to explore one's personal use of alcohol and determine if a problem or potential for a problem exists, *personalized assessments* are conducted confidentially in the University's Counseling Center.

Each assessment will provide the individual with a clinical opinion on the status of his/her personal use. If risk or problem exists, suggestions are made as to options available to assertively address the finding.

For individuals who may be at risk of developing a problem with alcohol or other drugs, special *'pre-treatment' counseling* is available. This counseling service is designed to assist the individual in better understanding the potential risk of addiction or help confront the denial that may be making it difficult for the individual to accept the treatment services which are available to him/her. As with the assessment service, pre-treatment is strictly confidential.

Additionally, *group counseling* is available to the community should there be special interest groups. To date, support groups have been conducted for Adult Children of Dysfunctional Families.

■ Community Education:

A key delivery vehicle for all campus based educational programming is the peer education program. This program is coordinated by a Senior Peer Educator who is a La Salle graduate student and is advised by the Alcohol & Other Drug Program Coordinator. The Senior Peer Educator supervises the training and activities of a group of 12 peer educators, the University Peers. These peers work with various student and administrative groups to design specific AOD programs to be conducted on campus.

To date, examples of University Peer services include:

1. Alternate Sanctions Program for violators of the University alcohol policy
2. Public information campaigns located in key University sites
3. Individual topical workshops in the Resident Halls
4. A University wide newsletter
5. Co-sponsorship of Alcohol Awareness Month activities

Traditionally, La Salle had sponsored an Alcohol Awareness Week (AAW) in order to showcase specific alcohol related programming. Because of the success of such programming and the decision to expand the limited nature of AAW, the University AOD Program now sponsors an entire month of specific alcohol awareness activities.

In response to the suggestions of our student body, a conscious effort has been made to develop and implement a series of experiential (i.e. hands-on) programs to foster student, staff, and faculty awareness of alcohol related information. It was the intention of professional staff and student peer educators to design a program that did more than simply alert individuals to facts. Rather, the focus of the program has been expanded to include opportunities to interact with information (or at least consider it) via different approaches.

1. "Non-alcohol beer tasting"- La Salle operates a non-alcoholic night club on campus. In conjunction with food services and co-sponsored by Greek organizations, students were introduced to the plethora of non-alcoholic beers available via a 'taste test' format. The winning beer was added to the menu and non-alcoholic beer 'drink specials' were instituted during a month long alcohol awareness campaign.

This program allows students to realize there are some 'good' tasting non-alcoholic beers while introducing them to reducing alcohol intake without cramping their personal socializing style. In short, students can reduce alcohol intake by 1/2 by alternating their favorite regular beer with their favorite non-alcoholic beer.

Note, it is important to alert the campus that those recovering from a drinking problem are advised to avoid even non-alcoholic beers as state laws permit beer up to 1% alcohol content to be sold as 'non-alcoholic'.

2. "Dear Jon" campaign- A series of 8 1/2 x 11 posters (actual pictures taken from pamphlets or magazines) were selected. These were then posted on the inside of every bathroom stall door in the resident halls. The program was so successful that RAs reported that the posters were being 'stolen' and turning up on the walls of individual rooms. Granted, this is more a function of the posters selected than the program, however, the program became the vehicle for putting the posters in the hands of the students (I wonder how many posters would be placed on student walls if they were distributed with the exhortation to post them on their room walls!).
3. "Breath test"- On the traditional La Salle party night (Thursday), a breathalyzer was set up at the entrance to a resident hall complex. Staffed by a representative from a local treatment center and co-sponsored by Greeks, students were offered to partake of a no risk (i.e. sanction) opportunity to test their blood alcohol level. This afforded the opportunity to talk about/distribute literature about the fact that how one feels after drinking may not be an accurate way to predict intoxication.

Again, this was well received as it was a non-conventional approach to delivering info about BAL and drinking/driving issues.

4. "Experiential role play"- Role plays have always been effective vehicles for campus distribution of information. La Salle has taken this a step further by involving the audience in the role play. A situation, say one room mate confronting another about his/her drinking is staged. At a crucial point, the action is frozen, the role players *stay in character* and the facilitator asks the audience to ask questions of the role players (actual students not professional imports) about how they feel being confronted or confronting, what do they perceive the other students intent to be, etc. This allows the audience to become involved in the dynamics and increases the likelihood that individual members of the audience will at least relate to if not identify with the information being presented.
5. "Alternate Sanctions Program"- As an alternative to the traditional disciplinary response to violations of the university alcohol policy, students are afforded the opportunity to participate in a four part alcohol awareness seminar. Conducted by the University Peers, this program informs participants about alcohol and its impact on the consumer.

Topics dealing with alcohol and behavior, relationships, physical functioning, mental and physical acuity, among others are presented in a non-judgmental and relaxed atmosphere. To date, student feedback has been positive, speaking to the programs ability to present information in an open and straight forward manner.