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Alcalá View

VOLUME 1
NUMBER 7

APRIL, 1980

Weckstein Spreads Cheer, Predictions as the Law School Celebrates 25th

Perhaps it was just a coincidence that the School of Law chose April 14 as the day to celebrate its 25th Anniversary. Coming just one day before the tax deadline, Dean Don Weckstein no doubt wanted to give the campus something to cheer about.

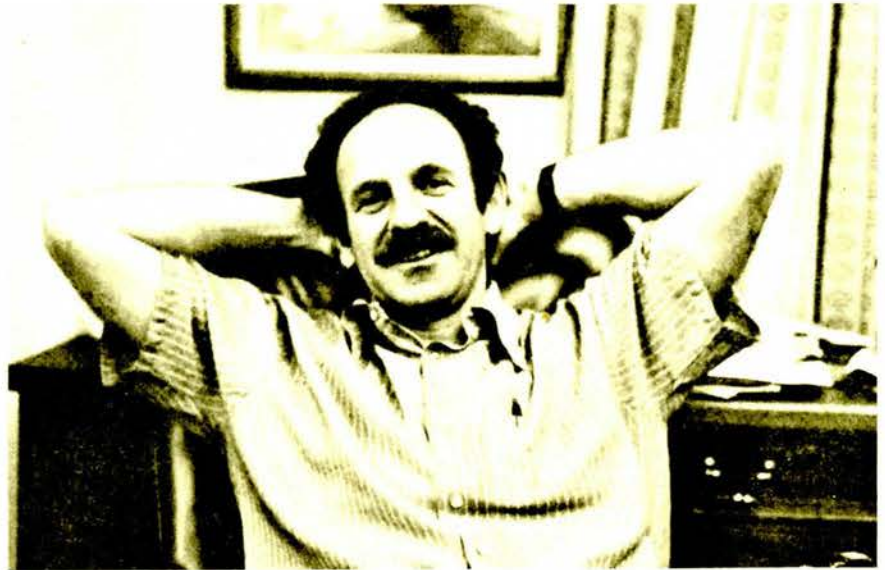
Regardless of intentions, the day will be filled with educational and social activities, beginning at 10:30 a.m., when California Supreme Court Justice Mathew Tobriner will speak on "Individual Rights and the Courts" in the Law School Courtroom. At 2 p.m. Tobriner and Jerre Williams, President of the Association of American Law Schools, will participate in an educational symposium titled "Developments in Legal Education and the Law." Then, at 4 p.m., USD law students and alumni will host a wine and hors d'oeuvres reception in the Greek Theatre.

The 25th anniversary of the Law School, coupled with the entry into a new decade, provided a good opportunity for Dean Weckstein to project just how the law will affect critical social, economic and political issues facing the country in the next ten years.

From busing to freedom of the press, from labor to abortion, the law will be the focal point of various viewpoints during the next decade. Weckstein, who has a J.D. from the University of Texas and a L.L.M. from Yale, has been at USD since 1972. His predictions for the '80:

**The inner workings of the court, and its personnel, will come under increasing scrutiny.

Photo by Bill Ritter



PUT ANOTHER CANDLE ON THE BIRTHDAY CAKE. . . A relaxed Don Weckstein, Dean of the USD School of Law, seems to feel that the School is getting better, not just older. On April 14, the Law School celebrates its 25th Anniversary.

**The basic conflict between the legal process and the public's right to know will heighten.

**The death penalty will continue to be controversial, but Weckstein predicts that no major shift will occur to abolish it.

**During the 1980's there will be a large turnover in the Supreme Court, with justices either retiring or passing on. The next President, therefore, will have a large impact on the future makeup of the court—and on controversial issues.

**The courts will be a central factor in deciding environmental issues, i.e., pollution, North City West, condominium conversions.

**The San Diego jail will continue to be a major issue.

**Labor issues will be fought in court, with special emphasis on public employees' right to strike, and on regulations allowing labor unions to organize.

**Abortion will continue to be a vocal issue, ". . . but the issue is more political than legal," says Weckstein. "How the government will react is a big question. Will those who can't afford to

pay for medical care—including abortion—be denied government funding?"

**Weckstein foresees no reason for optimism regarding passage of the Equal Rights Amendment. The complex legal question will be whether states can revoke their already-ratified decisions regarding the E.R.A. Regardless of the amendment, however, Weckstein predicts greater recognition of women and equal rights through the equal protection clauses of the 14th Amendment.

**The undocumented worker issue will be brought to the courts, although the answer, says Weckstein, is more political than legal.

**The law will be used as a mediator for dealing with such diverse issues as inflation, energy, housing and unemployment.

Weckstein asserts that the different philosophies concerning the role of the law in society will be debated in the '80's, including the issue of the law and the economy. "Some would say that the law is a necessary part of the economy. The debate will continue."

PROFILE

Stressing the Point

by Dan Trigoboff

"Men are disturbed," wrote the great Chinese philosopher Confucius, "not by things that happen, but by their opinion of things that happen."

USD's Dr. Philip Hwang considers this statement of a thousand years ago as a good starting point in evaluating current problems of stress. Dr. Hwang, a former USD Outstanding Teacher of the Year (1977), and currently an Associate Professor of Education and Director of the School of Education's Counselor Education Program, has been conducting workshops in stress reduction for nearly five years.

"There is enough research to show many disastrous effects of stress in peoples' lives," said Hwang. "It can even effect one's physical health; it can lead to high blood pressure and heart attacks."

Dr. Hwang has broken down years of research on stress into sub-groups identifying the problem, its causes, and how to deal with it.

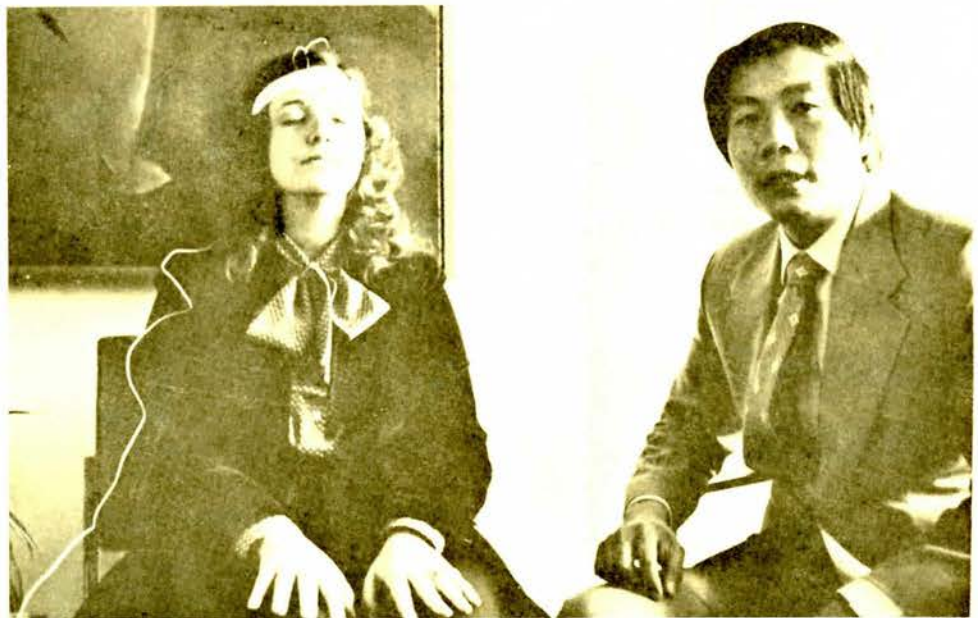
"There are many causes of stress. There is time urgency—the 'hurry up syndrome.' People don't always have to be moving so fast. It takes a toll on the person. Then there's the perfectionist syndrome. People should understand that they don't always have to be the best at everything. It's OK to be number two once in a while.

"There are other syndromes, like procrastination, paranoia, and Rat Race syndromes, where people are always worrying about keeping up with everybody else.

"Some of the answers are obvious," Dr. Hwang continues. "When a person spends time worrying about what other people are saying, what does it accomplish? He or she should just accept that there's nothing they can do to control what other people say, and not worry about it."

Unchecked stress can lead to many severe problems including sexual dysfunction, allergic and digestive diseases, and generally lower resistance to sickness. Dr. Hwang suggests a balance in general lifestyle as the best alternative to stress.

"We should concentrate our lives in five areas: work, social life, intimacy,



EVEN PERSONNEL DIRECTORS GET THE BLUES . . . but, fortunately, Dr. Phil Hwang, USD Associate Professor of Education, has some helpful hints via his "biofeedback machine." The machine measures muscle tension in the forehead area, and, with proper instructions, can help people learn how to relax and cope with stress. Lorraine Watson, USD Personnel Director, has obviously learned her lesson well. Photo by Bill Ritter

growth and health. Too many people take up too much of their time with work. They should realize that intimacy and social life can provide important support systems for them. In the area of health, people should set aside time each day to exercise—not competitively, but something like jogging or swimming, even walking. This can be very important in reducing stress.

"By growth, I mean intellectual and emotional growth. We shouldn't stop

growing just because we graduate from school, or have good jobs. People should continue to read, take courses, meet new people, and study new things."

Dr. Hwang, along with the Personnel Department, has planned a workshop on stress and stress management for USD faculty, staff and administrators on Monday, April 21, 11 a.m. to 1 p.m., in the De Sales Board Room. All employees are invited to attend at no charge.

STRESS CHECKLIST:

Are you suffering from stress? Here are some things to watch for.

DO YOU SUFFER FROM: A quickened heartbeat? Sweaty palms? Headaches? Indigestion? Sleeplessness?

DO YOU FIND YOURSELF: Forgetful? Disorganized? Unable to concentrate? Making simple mistakes or errors in judgement?

HAVE YOU BEEN: Moody? Easily irritated? Depressed? Anxious?

If you answer yes to more than a couple of these questions, then the stress in your life might be affecting you negatively. To help head off these problems, you can learn how to cope and handle stress by attending Dr. Hwang's stress reduction workshop on Monday, April 21, 11 a.m. to 1 p.m., in the De Sales Board Room.

All of us have stress in our lives. Understanding it and knowing how to cope can mean the difference between being healthy and unhealthy.

They See the Light

by Betsy Myers

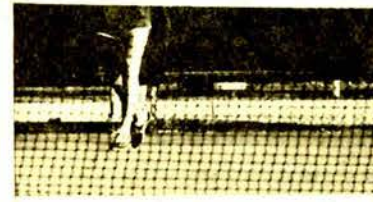
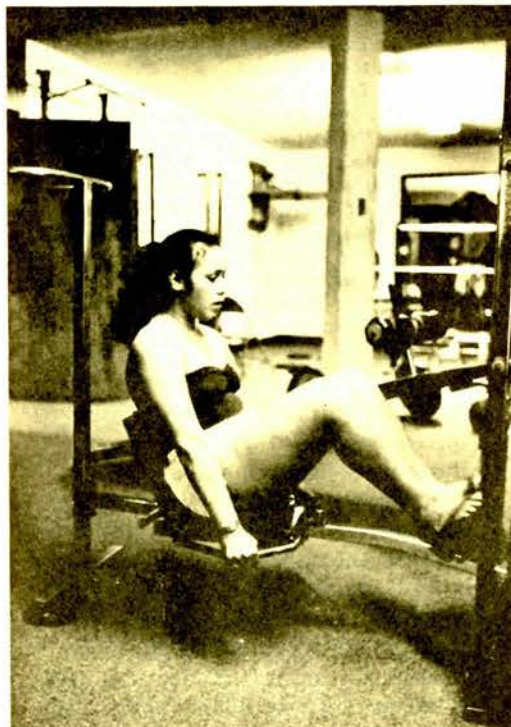
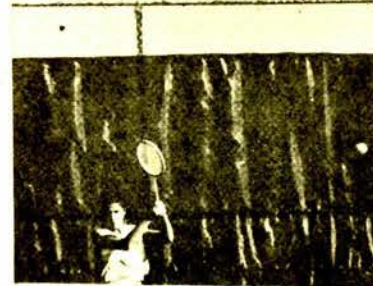
If USD were to maximize its energy usage and minimize its energy waste, between \$20,000 and \$40,000 could be saved per year in energy costs,

according to Roger Manion, Assistant Director of Physical Plant.

These conservation measures, says Manion, would involve cutting back to comfortable usages of energy, involving little or no discomfort to USD personnel.

(CONTINUED ON PAGE 4)

Photos by BILL RITTER



Ya say you're getting a little chubby around the middle? Is climbing out of bed a test of endurance? Is there a little spark missing from your life? Is that what's bothering ya, Spunky?

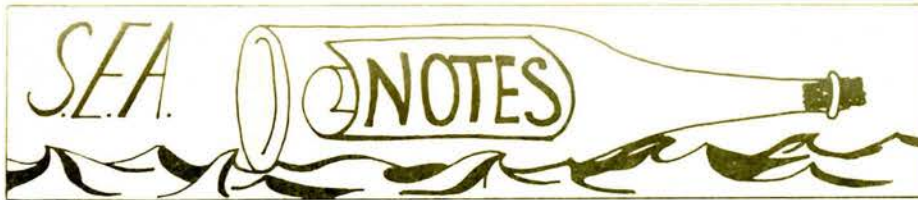
Well, then, step right up to the USD Sports Center. Chances are, there is an activity at the complex which just might solve your problems, and get you into shape

for the upcoming summer months.

Whether it's basketball, softball, tennis, swimming, weight training, racquetball, getting some sun, or letting the dog fetch a ball, the Sports Center is open to all USD faculty, staff or administrators—and two guests. Simply present your identification card at the front gate of the Sports Center and enter a world guaranteed to help you

shed those unwanted pounds, trim your figure, and improve your health.

It is a good idea to call the Sports Center—extension 4272—and check the schedule of events before making plans for the day. And, when the facilities aren't reserved for a class or team, the magic that is the USD Sports Center is all yours.



WELCOME ABOARD:

CARMEN COWARD, Housekeeper
 ANTHONY DEANGELO, Food Service
 SAMUEL HAMPTON, Physical Plant
 RICHARD KULLBERG, Security
 CELYA LINDBERG, Law School
 ANTHONY MENDOZA, Bookstore

PATRICIA PRISBY, Print Shop
 RUTH RUBINSTEIN, Food Service

CONGRATULATIONS to Shirley Taylor, who had an 8 lb., 14 oz. girl, Erin Suzanne, on 3-17-80.

CALENDAR OF EVENTS

- *Through Stacklick-Avery Duo Exhibition, weekdays, 10 a.m. to 4 p.m. in Founder's Gallery.
April 16: Featuring the works of last year's all-student competition.
- ***April 9:** **Noontime Concert**, featuring Uli Burgin on Cello and Loie Wheeler on Piano. 12:15 p.m. in the French Parlor.
- ***April 12:** **National History Day**, sponsored by USD Graduate School. Program will feature all-San Diego student history presentations/projects/papers competition. Theme is "The Individual in History." To be held in various campus locations.
- ***April 13:** **Sr. Rossi Scholarship Concert**, featuring the USD Orchestra under the direction of Dr. Henry Kolar. 4 p.m. in Camino Theatre.
- ***April 14:** **25th Anniversary of USD Law School.** California Supreme Court Justice Mathew Tobriner featured speaker at 10:30. Educational Symposium at 2 p.m. with Tobriner and Jerre Williams, President of the American Association of Law Schools. All in Law School Courtroom. 4 p.m., wine reception in Greek Theatre.
- ***April 16:** **Noontime Concert** featuring violinist Ken Jerahian. 12:15 p.m. in the French Parlor.
- ***April 18:** **Multi-media show on Gaslamp Quarter**, produced by USD student Sarah Tucker. 11:30, Media Center, Room 108.
- ***April 20:** **Beethoven Cycle**, 4 p.m. in Camino Theatre.
- ***April 21:** **Stress Reduction Seminar** with Prof. Phil Hwang for USD employees. 11 a.m. to 1 p.m. in De Sales Board Room. Call Ext. 4594 for information and registration.
- ***April 23:** **Noontime Concert**, featuring soprano Jean K. Von Metzke. 12:15 p.m. in the French Parlor.
- ***April 28 through** **Eighth Annual Student All-Media Competitive Exhibition.** Weekdays, 10 a.m. to 4 p.m. in Founder's Gallery. Featuring the works of USD students of Ceramics, Drawing, Weaving, Painting and Print-Making.
- ***April 30:** **Noontime Concert:** Brigadoon Preview by the USD Opera Workshop and Theatre Arts Dept. 12:15 p.m. in the French Parlor.

They See the Light (Continued from page 2)

Manion, along with Building Maintenance Manager Jerry Webb, and Energy Auditor Dave Fuhrer, is coordinating a campus-wide energy audit to examine electric, gas and water consumption at the University.

Only a lighting and equipment audit on the first two floors of De Sales has been completed to date. The three-member team is analyzing this audit before auditing the other buildings on campus. Preliminary figures show a possible \$5,600 yearly savings on lighting alone from these two floors, should conservation measures be implemented. So, when someone comes into your office with a small light meter, or sticks her or his head near your gas heater, fear not. Their work could save the University money

and, more importantly, help conserve energy.

The Department of Energy last year demanded an energy audit of all state buildings, including schools and hospitals. Although USD is not under this regulation, Physical Plant decided to go through with its own audit, a process which will take six months to complete. Hopefully, an operational and maintenance program will be the result of a successful audit. Physical Plant is looking for an immediate financial payback, which the University will see within one year. There will be no costs incurred in this program.

To complete the audit, Physical Plant staff have taken classes in auditing procedures. The auditing process itself is fairly simple. Considered in the light audit are such things as the

TRADING POST

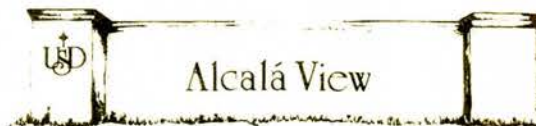
A column where USD employees can share information about services, bargain shopping, places to go, good restaurants, etc. Send your ideas to Sandra Edelman, De Sales 260.

Inclusion of services, businesses, or ideas in no way represents endorsement by the Alcalá View; contributions are from USD employees whose names appear in parentheses as sources of information.

RESTAURANTS: Baci's - good Italian cuisine at moderate prices; 1955 Morena Blvd. (Sara Finn)

FUN PLACES TO GO: For an enjoyable, quiet afternoon, try the historic **Bernardo Winery** (picnic areas available) in Rancho Bernardo, 13330 Paseo Del Verano Norte. Wine tasting room open to the public daily. (Shirley Taylor)

DOLLAR-STRETCHERS: United California Bank has a free booklet entitled "Inflation: You Can Fight Back," covering everything from entertainment to doctor bills. (Barbara Carlson)



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 Editorial Board: Sara Finn, Sue Howell, DeForest Strunk, and Fran Swank.
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location of office windows, and window space compared to wall space. From this, natural light can be analyzed.

So far, the audit has shown that optimum use of British Thermal Units (BTU's)—the standard measure of heat—is not being observed by the University. Simple cut-backs by employees, such as making sure the various machines are turned off at night, or taking advantage of the natural light within an office, can be the difference of thousands of dollars in a year's time.

An estimated \$20,000 to \$40,000 worth of waste by the University should not be taken lightly in an era when energy supplies are in a critical situation. The primary purpose of the energy audit, says Manion, "Is not to save money, but to save energy. Although they go hand-in-hand, saving energy is the main concern."