

Random Acts of Kindness Week

Brad Park
Collegian Staff

Next week, April 9 through April 14, the Behrend Catholic and Protestant Campus Ministries, Newman Association and Knights of Columbus will be sponsoring Random Acts of Kindness Week.

The goals of this week include changing the focus from the violence, fear, bigotry and hatred which divide our nation to a focus on individual acts of kindness which can bridge all hearts. Another goal involves raising awareness of the tremendous effects random acts of kindness can have on others.

Sister Ann Mae Kuzma O.S.F., head of Behrend's Catholic Ministries, explained how the week came about. "The Bishops of the United States

decided to write a pastoral...They decided that they wanted to promote nonviolence and attack violence because it is really pulling on society."

She continued, "The Bishops had asked that we create models in parishes that promote non-violence awareness. I decided that we should create a model on campus."

Next week is Holy Week. Christians across the world recognize the events leading up to the death of Jesus Christ during Holy Week. Easter, the resurrection of Christ, is celebrated on Sunday. Random Acts of Kindness Week is planned in conjunction with Holy Week.

Sr. Kuzma revealed how Holy Week and Random Acts of Kindness will be tied together. "We decided that if we could do

one thing every day of that week, it would be good." She followed, "What we're trying to do is get into the spirit of this week in preparation for Easter."

On Sunday, April 9 at 9:00 p.m. a candlelight march will be taken from the Activities Commons to the Wilson Picnic Grove. An Ecumenical service will be held at the grove. Sr. Kuzma commented on the march. "The whole idea is to reflect on ways that we as individuals can have a change of heart in altering violence."

On Monday, April 10, an Ecumenical Tenebrae service will be held in the Reed Lecture Hall at 9:00 p.m. Fr. Larry Richards, Chaplain, will be leading the service which involves readings by students, and "props and effects" that promote awareness of celebrating nonviolence.

On Tuesday, the 11, a graffiti board will be placed in front of the Nittany Lion outside the Reed Lecture Hall. The title of the board is: "Contagious Ways to Make a Difference Towards Nonviolence and Kindness." It will be presented between 11:00 a.m. and 2:00 p.m., and students are encouraged to add to the graffiti.

Wednesday, April 12, in the Wintergreen and Dobbins dining facilities, table tents will be on display. A variety of famous quotes will be on rainbow colored tents which may initiate discussion.

Thursday, April 13, at 12:15 p.m., marks a Solidarity Fast in the Wintergreen Cafe. Students will be drinking orange juice and discussing alternatives to violence and cruel behavior. Sr. Kuzma revealed what this event

will mean to the Erie community, "The money that they [the students participating] would have spent on their lunch that day will go to the Emmaus Soup Kitchen."

Next Friday is known as Good Friday to Christians. Students will be giving "kindness" coupons to students engaging in unkind acts. Students will also be involved in distributing famous quotes that promote nonviolence. There will also be time to reflect on historical events of the past 2000 years.

Sr. Kuzma discussed what she would like to see happen to this event. "What I'd like to happen is that this be a start, a launching of an on-going, yearly week-long nonviolence awareness week that involves more people than just the four groups who organized the events."

Rape awareness program

by **Joneatra Henry and Danielle M. Murphy**
Collegian Staff

One in four women will be raped during her lifetime. Of college women who have been raped, 90% knew their attacker and 12% of college men in a University of California survey, admitted to committing rape. Rape victims are never at fault, but there are precautions that may be taken to reduce the chances of being raped.

"Power Plays," an interactive rape awareness program was held Thursday, March 30 in the Reed Lecture Hall. "Power Plays" was presented by the Women's Center in Bloomsburg, PA to educate the audience about date violence and relationships. A program was also held for Resident Assistants as a training session for dealing with acquaintance rape.

Nancy Spriggs, Coordinator of Student Union Programs, commented on the program's success at Behrend, "Overall, I feel it was a success. The audience was really pulled into the skits. The skits seemed very real."

"Power Plays" consisted of two main skits, with audience participation playing a vital role. The first skit involved mind games in a relationship and mental abuse. According to Spriggs, "In relationships, communication can get confusing, or mixed-up."

The second skit dealt with violence in relationships. Three parts of the skit were designed to build up to the final act which included a beating. Between scenes, audience members were asked to comment on what was occurring and problems in the scene. "It was so realistic, it was frightening," said Spriggs. "The

male actor was very convincing. Audience members seemed to be pulled into it."

The Women's Center is a non-profit organization that provides free services for victims of domestic violence and sexual assault. The Center presents "Power Plays" throughout the school year at several colleges along the east coast including most of the Penn State campuses.

Whether or not "Power Plays" will return to Behrend next year remains undecided.

"We're talking about it," said Spriggs. "A lot of people seem to want it back."

"Power Plays" was sponsored at Behrend by Student Activities, Residence Life, Housing and Food Services, Health and Wellness Center, Women Today, Panhellenic Council, and the Joint Residence Council.

Dr. Keeling speaks on sex, alcohol, and self-esteem

BEHREND--Despite recent stories outlining a return to sexual abstinence on the part of young people, sexual experimentation in high school and college is greater than ever--and so is the incidence of sexually transmitted disease. Richard Keeling, M.D., has been studying the phenomenon through the last decade and will offer his expertise when he speaks on "Sex, Alcohol, and Self-Esteem: Health and Community on Campus" at Penn State Erie, The Behrend College, Wednesday, April 12, at 7:30 p.m. in the Reed Lecture Hall.

An in-depth article in the March issue of Rolling Stone magazine quotes Dr. Keeling extensively and offers the following sobering statistics: 75 percent of freshmen are sexually active before college and that number rises to 90 percent upon graduation. One out of four adolescents will be infected with an STD by the age of 19. Only one-fifth of students say they wear a condom every time they have sex.

The use of alcohol and its connection to sex is a cultural norm in our society, points out Dr. Keeling, director of University Health Services and professor of medicine at the University of Wisconsin-Madison, in a recent editorial. "The distance between the legitimate beer advertisement that visually connects drinking to sex,

on the one hand, and the shocking, but popular campus posters that picture an attractive, scantily dressed young woman with the caption 'If she still says no, give her another beer' is not great," he writes.

Dr. Keeling will look at the difference between acknowledging the problems created by college alcohol abuse and promiscuity and doing something about them. He will host a call-in show the day of his speech at 4 p.m. on WPSE AM 1450. The station will also broadcast his evening lecture live.

"In the language of rights, yes, drinking is a problem, but there's no problem, because everyone should take care of himself or herself," he says. "In the languages of caring and community, on the other hand, drinking is a problem, because we all--through the norms we establish and the values we live--influence each other's choices. In that case, we can't just shrug and sigh about drinking problems."

Dr. Keeling's lecture, free and open to the public, is sponsored by the Penn State-Behrend Office of Student Affairs. Partial funding for the series is provided by the John Nesbit Rees and Sarah Henne Rees Charitable foundation and the First National Bank of Pennsylvania. For more information call 898-6159.



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