

Peek-n-Peak Champagne Brunch Well Worth the Price

By Roger Burlingame
staff writer

This Sunday I visited the Peek-n-Peak for their champagne brunch. Every week the brunch has a special theme, and this week it was the "Oceans of the World." Along with the normal brunch dishes traditionally served, there were many specialty seafood dishes, all which were great.

First of all the atmosphere at the Peek is wonderful; it is a beautiful resort located in scenic Clymer, New York, just over the state line, about thirty minutes away from Behrend. High vaulted ceilings, beautiful grand staircases, and 300-year old chandeliers brought over from Europe make for an unforgettable experience. The presentation of the brunch itself was very tastefully done with a wonderful ice sculpture of a dolphin in the center of a table full of my favorite appetizers.

Our waiter, Jeff Grice, Management, 09 is a fellow Behrend student. He was the best server I've had since I started doing these reviews. I

suggest you request him if you get the chance. All the staff, from the busboys to the cooks who were carving the prime rib, were very attentive and made sure everything was perfect.

When one is first seated and the champagne has been poured, the patron can begin by giving the waiter his omelet order, and start with the traditional breakfast items. On the other hand, one can start with dessert. But if he's like me, he can start with seafood. I hit the appetizer table with reckless abandon: my first course consisted of clams casino, mussels in saffron, oysters in the half shell, and king crab legs. Oh my God, it was so great I did it all again. Everything was perfect.

My date had some waffles, eggs benedict and some other breakfast items, which were also very good. Then I had the seafood newberg: the scallops were done to perfection, which so many chefs find hard to do, and the shrimp was wonderfully crisp. The stuffed swordfish was great, but the seafood stuffing they used was kept a secret. It's probably a good

thing, too, because the flavors blended together so well that I wouldn't let the secret out either. The coq au vin was very good, and was the only fowl dish that was served. I then sampled had some more king crab legs. My date had the prime rib which was a little over done, but it was seasoned very nicely. She also had a slice of the cherry crumb pie, which she loved. The butter lime swordfish was excellent, as were the last round of crab legs I had.

Well, I was done: I couldn't possibly eat any more, but our waiter insisted we try the Bananas Foster. This dessert consisted of bananas, butter, cinnamon, nutmeg, banana liquor, and Myers dark rum, heated and served over ice cream. It was superb, the perfect end to a perfect meal.

For just under twenty dollars, the Peek-n-Peak's Sunday brunch is a great deal; I plan to go again as soon as I can. I recommend making reservations as soon as possible. I guarantee that it will be a great meal and a great time.

★★★★



Sue Daly, Behrend's personal counselor

photo by Ayodele Jones

Awareness Week to focus on variety of topics

By Dave Young
staff writer

By the time you are done reading this paragraph, chances are that a woman has been battered, a woman has been raped, a violent crime has been committed, and someone else has been a victim of an aggravated assault. You can also bet that someone has just died in an alcohol-related traffic crash.

November 16 through the 20 is Awareness Week here at Behrend. Consider it an all-star awareness week. Awareness week is devoted to awareness about things like sex, AIDS, alcohol, body image, and date rape. It is a week concentrating on bringing your brain and heart together, "making that body mind connection," as personal counselor Susan Daly puts it.

Before blowing this off and paying no regard to all the statistics that you have already heard and know about, know that college students are the most vulnerable to many of these problems. Realize that these are problems deserving and in need

of attention. Next week is the time to show support.

Along with Daly, the other creators and driving forces behind Awareness Week are personal counselor Allison Parr-Plasha, and acting associate dean, Linda Lombardi. Also coming to help out with the cause is Bill DeLozier from the comedy troupe All Seriousness. All Seriousness has been around since 1983 and has performed in 48 states. All Seriousness delivers customized comedy to get a certain message across. DeLozier will be performing sometime next week on campus.

Each day next week focuses on a certain issue. Every day will have a color to represent that issue. On Monday wear red for aids awareness. On Tuesday wear green for safe sex. Wednesday wear blue to represent those suffering from eating disorders. Wear yellow on Thursday for violence awareness. Wear your tie die on Friday for moderation or abstinence.

You can also show your support for Awareness Week by wearing red ribbons that can be picked up out-

side of the dining halls. Another part of awareness week will be 75 messages hanging in Dobbins. Each message will be hung by a colored ribbon that represents the day the message pertains to. Messages will range from "when I'm sober I use safe sex, when I'm drunk everything seems safe," to simple questions like "how is your commitment to taking care of yourself?" Look for other activities next week to occur on campus for awareness week also.

Although you or someone you know hasn't been the victim of dating violence, or isn't suffering from an eating disorder, is no reason to not care about Awareness Week. The scary truth is that there is a good chance you will, especially as college students. Doing something as simple as wearing a red ribbon to acknowledge awareness week, just might save yourself from an unwanted pregnancy, or having to explain why you got drunk and hit your girlfriend.

Dangers of date rape drugs

Kristie Vitron
staff writer

"Cases of substance related rapes and sexual assaults are present in Erie and even here at Behrend," according to Patty Pasky McMahon of Health and Wellness. There are over 20 different substances associated with these crimes. Three common drugs are Rohypnol (flunitrazepam), GHB (gamma hydroxybutyrate), and ketamine. Rohypnol is a sleep disorder drug which is not sold in the United States, but it is sold in over 80 other countries and is easily attained in the U.S. GHB can be bought over the internet, and is manufactured illegally in the U.S. Ketamine is a veterinary anesthetic, and it is often used recreationally by people calling it "special K."

By numbing the nervous system, these drugs create drowsiness, impaired motor coordination, confusion, and an impaired ability to remember details. Depending on a person's metabolism, the drug can also be lethal. If one has been given too high a dose or if these tranquilizers are mixed with alcohol the result can be death. These substances are usually combined with alcohol, but they can also be effective if mixed with water or soft drinks. They are often secretly put into the drink of a victim, who is later raped

or assaulted.

Situations such as these are especially dangerous to college students because socializing often involves drinking. However, there are some things that people can do to prevent these crimes from happening. By never leaving a drink unattended and never accepting an open container from anyone, people can reduce the risk of something being put in their drink. Also, people should be aware of their friends' behavior, and always make plans to leave with the people they came with.

Hoffman-La Roche, the manufacturer of Rohypnol, is also making efforts to prevent this drug from being used inappropriately. They have come up with a new formulation which turns a drink blue as the tablet dissolves. However, the new formulation is not yet available.

Students that have become the victims of substance related rape should call the Health and Wellness Center or Police and Safety immediately so they can receive medical treatment. Medical treatment is necessary to test for physical injury, sexually transmitted diseases, and pregnancy. Also, physical evidence can be collected during this exam, therefore victims should not shower or change clothes before the exam. Penn State students can receive this exam at any of the four local hospi-

tals.

The initial exam, transportation, and routine tests are paid for by the University to ensure privacy. Follow-up tests are also provided free by the Health and Wellness Center. Someone from Health and Wellness, such as Patty Pasky McMahon, is always available to the student at the time of reporting an assault. McMahon feels that she "would like to help anyone who has been assaulted to become a survivor rather than a victim." Students can also contact one of the on-campus personal counselors or the Rape Crisis Center of Erie for psychological support.

Concerning the date rape drugs, Amy Vay, 03 Communications, said, "I think that we all take for granted that the drugs aren't as popular here because we are a small campus, but it is something that we all need to be aware of."

Maggie Barth, 03 Psychology, remarked, "I'm not worried about being drugged because I only socialize with people I trust."

Socializing only with people one trusts is a good idea. However, when students are out with people whom they don't know very well, following the above-mentioned guidelines can help prevent them from becoming a victim of sexual assault.

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