

Behrendstock '99 - Flood Report

Flood waters rage through Penn State Behrend

by Deanna Symoski
features editor

A raging stream of water rushed in and around the Hammermill Building Wednesday after a long day of torrential rain. The run-off converged at the foot of the complex and apparently began seeping into the building sometime during evening classes. Students leaving classes were met with leaking doorways and piping as they waded through puddles forming in Roche Hall. "There was this waterfall rushing down the ski slope and crashing into Roche," explained Liz Hayes, 05 COMBA.

Earlier that evening, Hammermill was temporarily closed down after a power-outage set off the fire alarm. Students and faculty were evacuated for forty-five minutes while authorities checked the building for any actual problems. Amber Foster, 03 Computer Engineering, said, "we were kicked out of the building and weren't allowed back in until six-thirty." While no fire-related problems were found, some students com-

plained of losing work they had not saved on the computers before the power went out. Most students sought shelter under overhangs and in nearby buildings as they waited out the storm.

Most classes were simply delayed, but some were moved into other rooms to keep from wasting time. Sopping students were forced to make their way between buildings as lightning and monsoon-like rain pummeled campus. "Police and Safety forced me to cross over the bridge behind Turnbull that was almost under water, rather than let me cross through the two inches of water on the sidewalk," said Kate Galley, 05 COMBA. The area between the Carriage Houses and Glenhill was eventually roped off to deter students from passing through the rapids that finally overtook the sidewalk.

At deadline, the Computer Center reported that cleanup efforts were still on-going. Though the water has receded, it seems to have left a lasting impression on those caught in its wrath.



ABOVE : Flood scene near Carriage House
BELOW : Body sliding outside of Perry

PHOTOS BY KEVIN BRUNER



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Depression Screening Day at Behrend

by Jennifer Primerano
staff writer

On Oct. 7, 1999, the Counseling and Advising Office will participate in National Depression Screening Day from 11a.m.- 1p.m. outside of Bruno's. "Our goal is to heighten awareness of depression and its symptoms," said Amy Hamilton, a first-year intern at the Personal Counseling Center and counseling/psychology graduate student at Gannon University.

Depression is a very common and serious mood disorder that affects both the body and mind. "It [Depression] is not a sign of weakness. It's something many people experience," said Hamilton. With so many deadlines, the high amount of stress and the lifestyle changes, college students are particularly at risk, according to Hamilton. "Your first time away from home can be very difficult," she added.

Along with many other universities across the country, the Penn State Behrend Counseling and Advising Of-

ice will have a table set up for National Depression Screening Day. There, students will have the opportunity to fill out a depression screening form, which will be scored and reviewed on a one-on-one basis with mental health professionals Sue Daley, Allison Parr-Plasha, or Hamilton, all from the Counseling and Advising Office.

After the questionnaire is scored and reviewed, "we can make recommendations on preventative measures," said Hamilton. "I think most people can benefit from a depression screening. Most people experience stress which can cause depression."

Additionally, students can fill out a suicide questionnaire if they are concerned about a friend, loved one, or even themselves. Furthermore, an educational video about depression will be playing, and a variety of informational pamphlets will be available.

All forms are anonymous and students will be identified numerically, not by name.

Do you have what it takes?

by Karl Benacci
staff writer

Residence Life is currently looking for leaders interested in becoming Resident Assistants (R.A.'s) for the 2000-2001 academic year.

Every floor of the residence halls and suites, and each student apartment building, has one R.A. who serves as the primary resource and aide for the residents of that floor or in that building.

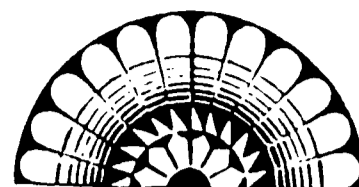
There are some requirements that a student must meet in order to be eligible for an R.A. position. The student must have a 2.50 cumulative GPA, have 24 earned credit hours upon the completion of spring 2000 semester, have good conduct standing with the University, and plan to attend classes at Penn State Behrend for at least one year following completion of the R.A. class. Some benefits an R.A. receives include free room and board, an excellent leadership opportunity, and money towards tuition.

When asked why she decided to become an R.A., Erin Baker, 05 MIS, said, "I like getting to know my residents and planning fun stuff for us to do as a floor. I don't like it when people look at me as a cop and not a student like they are." Jeff Conklin, 03 Education, added, "I became an R.A. to get more involved and to help me concentrate on my studies more."

Conklin offered advice for potential R.A.s. "Just be fair and friendly to everyone, and be consistent."

On the same subject, Erin Baker responded, "my advice to prospective R.A.'s would be to think about how much responsibility you want to have while you're in college. Think about how many weekends you want to have to yourself a month and think about your personality and how well you get along with other people. The job takes up a lot of time, but it is a great experience."

RA continued on p.4



Body, Mind, and Spirit is jointly written by the Personal Counselors and will appear monthly

BODY . MIND . SPIRIT

Welcome to a combined effort of your Personal Counselors, Health and Wellness Center staff, and Campus Ministry. This monthly column will feature messages for balancing your Physical, Emotional, and Spiritual Self throughout the year. This month's column will focus on the importance of Living in Balance and how to get there.

From Health and Wellness . . .
(x6217)

To stay balanced, we recommend: **Reduce your chance of illness.** Protect yourself with a meningitis and flu vaccine which are available on campus. **Strive for FIVE:** eat a combination of 5 servings of fruits and vegetables a day for well-balanced nutrition. This is essential to keep the immune system ready to ward off viruses that cause colds and flu. Drink that 2 liters of water a day. Your body needs the fluids; sometimes feelings of hunger are truly feelings of thirst, especially if your fluid intake is low or has excessive caffeine. **Feeling stressed, tense:** Exercise by taking a "stress walk," while physically exercising you can mentally exercise as you take note of the beautiful surroundings.

From Personal Counseling . . .
(x6164)

Almost every minute of your conscious life you are engaging in "self-talk," your internal thought of language. These are the statements with which you describe and interpret the world. Keeping your self-talk accurate and in touch with reality is one way of maintaining emotional balance. If it is irrational and untrue, then you experience stress and emotional disturbance. An example of irrational self-talk: "I feel so alone. I'm going to die if I don't make friends soon." Just because you **FEEL** a certain way, doesn't mean it's **TRUE** and no physically healthy person has ever died from merely being alone anyway. Being new on campus is challenging and frustrating, but not terminal. Stop making stuff up! Start working to change your irrational beliefs. Don't make assumptions about how others feel about you . . . go after some evidence. While you have only limited enormous control over your emotions. **REMEMBER, IT'S THE THOUGHT THAT COUNTS!**

From Campus Ministry . . .
(x6171)

Have you noticed how hard it is to have a well-balanced life as a college student? There are so many opportunities and not enough time. With academics, social opportunities, family and all of the many other demands put upon you it is hard to keep balanced. But, did you ever stop to think that having a lot to do can be a gift? That our many abilities are a spiritual blessing? That being "in the middle" of so much is a real sign of health? Having a lot to do can be a sign of our giftedness: the task to make sure we're not overwhelmed. We all know the old saying, "If you want to get something done, ask a busy person." Often, these are people who are awake to their own lives, their own creativity, and who can give thanks for the work they've been given. When it feels like there's too much to do, look closely at tasks. Can each one be an opportunity for growth? Can we be glad for the trust that others have placed on us to get things done? Busy people who are spiritually aware thrive on lots to do, maybe because they recognize the gifts and give them thanks for them.