

The Housing Lottery: luck of the draw

by Karl Benacci
staff writer

With the holiday season just around the corner, on-campus students will soon begin the housing contract submission process for the 2000-2001 academic year.

When students return from holiday break, their housing contract will be in their student mailbox. The contracts are to be filled out and returned to the Housing Office in Dobbins Hall between January 17 and 21. Anyone submitting a contract after January 21 will be placed on a waiting list.

Unlike previous years, a lottery system will be used this year. Lining up and camping out is unnecessary and prohibited.

It is recommended that students requesting a specific roommate submit their contracts at the same time as that person. Students are permitted to submit contracts for other students.

Current apartment residents who want to return to the apartments may submit a contract by the January 21 deadline. They will not be a

part of the housing lottery. They can claim an apartment space for the 2000-2001 year. However, if an apartment resident requests something other than an apartment space, they will be part of the lottery.

Apartments are reserved for juniors and seniors only. To be eligible, a student must meet one of the three following requirements: 1) have completed 60 credits by the end of the spring 2000 semester; 2) have completed four semesters by the end of the spring 2000 semester; or 3) be 21 years of age by September 1, 2000.

Students will be sent a contract for the same type of housing that they live in during spring semester. Eligible students who do not currently live in the apartments, but wish to apply, must pick up an apartment contract in the Housing Office. It is recommended that both contracts are submitted.

Unlike previous years, first year students will no longer be assigned to the suites — Tiffany, Tigress, or Porcupine Halls. There will be one Life House suite in each of these halls, with preference for these

Main Points to Remember

- On-campus students need to pick up their housing contract in their student mailbox when they return from break.

- It is recommended that students who wish to room with one another, submit their contracts together.

- Housing contracts are to be submitted to the Housing Office between January 17 and 21.

spaces going to Life House residents. There will also be Life House spaces in Lawrence Hall again.

The traditional residence halls (Perry, Niagara and Lawrence) will be primarily for first year students.

Returning students are encouraged to select the suites, Almy and Ohio Halls, and the apartments, where first year students will not be assigned.

Students who are not awarded

housing have recall rights to their current room and type of housing. If a student's first, second, or third choice is not available, they will be reassigned to their current housing type and be placed on a waiting list for their first choice.

Students who are not awarded housing will be notified within two weeks after contract submission ends.

Students living in the residence halls, suites, Almy, and Ohio Halls are not guaranteed housing for fall of 2000. Space availability depends on how many students submit housing contracts and it may be impossible to award housing to all students that submit a contract. If an on-campus student does not receive housing, they will be notified within two weeks after the contract submission period ends.

If anyone has any questions about housing contracts, they may call the Housing and Food Services office at 898-6161, or they may go to the Housing and Food Services Office in Dobbins Hall.

Body, Mind, and Spirit is jointly written by the personal counselors, health and wellness staff and campus ministry and will appear monthly

BODY*MIND*SPIRIT

From Health and Wellness... (x6217)



From Personal Counseling... (x6164)

It is not uncommon to feel stress, anger, frustration, sadness, loneliness, grief, lethargy, and even resentment as the season changes from autumn to winter and the holidays grow closer. The holiday blues, as the name implies, tend to be temporary and seasonal, as opposed to depression, which is longer lasting and may require treatment. Problems or emotions repressed during other months tend to surface during this time of year due to a myriad of reasons, most notably lack of sunlight and high expectations revolving around holiday festivities.

While many negative emotions can be felt leading up to and during the holiday season, there is equal opportunity and promise for positive emotions to be felt. By bringing your own meaning to this time of year and putting feelings, needs and fears into perspective, you can make a major first step toward enjoying your winter break.

Here are a few positive thoughts to help make the holidays better:

- Keep your expectations reasonable. Accept the fact that the holiday season isn't going to really change the lives of those around you. It won't make problems go away and won't be an answer to all that bothers you.
- Make a list of all the things and people that make you feel good and seek them out. Support from other people is probably the most effective intervention no matter what the stresser.
- Learn to say no. Don't get caught up in trying to be everything to everyone. Put on the brakes and say no to unreasonable demands on your time and money.
- No matter what one's religious affiliation, a time of giving can be uplifting! If Christmas is not your holiday, consider offering to cover a shift for a co-worker who would really appreciate the time off.
- Acknowledge your feelings — if you've recently had a loss in the family or are separated from loved ones, realize that it's normal to feel sadness and grief. It's okay now and then to take time just to cry or express your feelings. By repressing them, they'll only last longer.
- Set differences aside — try to accept family members as they are. Those perfect holiday gatherings portrayed in pictures and the media generally aren't representative of most families.

Wishing you inner peace and a quieting mind.
"Til we see you in 2000...

From Campus Ministry (x6171)

"We should not merely live, but we should live well."

"Living well" requires occasional time out in which to reflect and be spiritually open. When our lives are so busy, our minds always filled with thoughts, our feet always moving us from one place to the next, our hands forever engaged in endless tasks, our mouths continuously talking or eating, we become worn out! Socrates suggests making room for silence — the resting of body and mind. Allow for the discovery and inner calm. Without silence and rest the Spirit will die in us, and the creative energy of our life will float away and leave us alone, cold and tired. Without the time out we may lose our center and become victim of the many who constantly demand our efforts and attention.

Here's to an inspirational time out!

ATTENTION HUNTERS

Protect yourself from Lyme disease

by Jennifer Primerano
staff writer

With hunting season in full swing, it is important to safeguard yourself against tick bites. Ticks, especially deer ticks, transmit Lyme disease to humans. Lyme disease is the second fastest growing disease in the United States. Pennsylvania, along with the neighboring states of New York and New Jersey, is listed among the top nine states as an infectious area.

In the early stages of Lyme disease, a rash may appear. The rash will most likely be circular, oval or bullseye shaped. It is not found in all Lyme disease patients, but it is

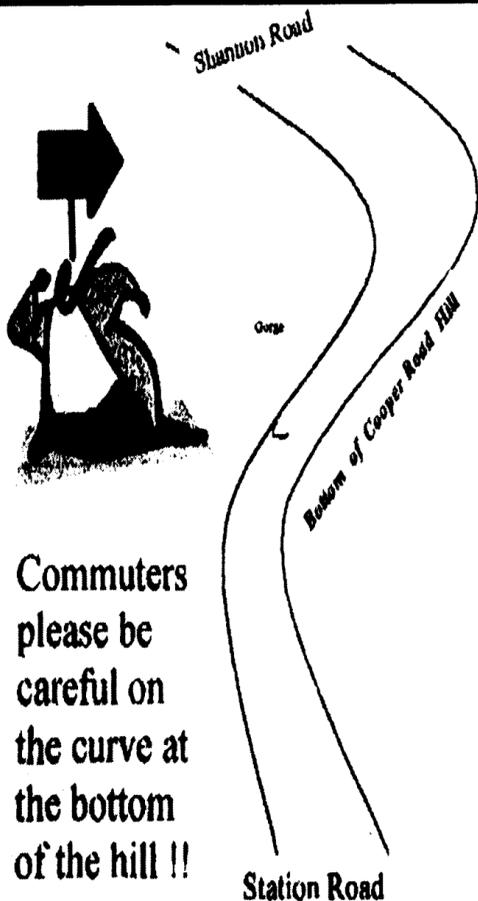
easy to overlook. Additionally, people may experience muscle and joint pain, fever, headache and fatigue.

Deer ticks are most often found in wooded areas, and although only one percent of them are infected with Lyme disease, preventing a bite is a smart idea before venturing out on a hunting expedition. Be sure to wear clothing that covers the entire body and fits tightly around wrists and ankles. Also, spraying clothing with the insecticide permethrin can repel ticks. This spray is commonly found in lawn and garden stores.

Additionally, it is important to check for ticks after returning from the outdoors. Detecting a tick bite is

very difficult. Some ticks are no larger than the period at the end of a sentence and can be easily mistaken as a freckle or speck of dirt. Ticks often bite in hairy regions of the body, so closely inspect hairlines. Furthermore, all clothing worn in a woody area should be washed before worn again.

If a tick is noticed attached to the skin, it should be carefully removed using tweezers. However, do not squeeze the tick's body. Research suggests that a tick must be in the skin for many hours to transmit the Lyme disease bacterium, so immediate removal is an effective way to prevent contracting the disease.



Commuters please be careful on the curve at the bottom of the hill !!

Cooper Road

residents are concerned about the number of accidents occurring on Cooper Road Hill.

PLEASE BE CAREFUL AND REMEMBER THE SPEED LIMIT IS 15 MPH AT THE CURVE.

ATC cont from front

well over a year to help in the development of the metals option for the degree.

The School of Engineering and Engineering Technology is also working to help with these new degree options. They have just submitted a grant proposal to the National Science Foundation to get \$1.4 million for the development of the metals option on the degree at Behrend and two other Penn State locations.

The National Science Foundation's National Nanofabrication Users Network is helping Behrend to develop the nanofabrication option for the new degree in conjunction with the Nanofabrication Facility at Penn

State's University Park campus. Nanofabrication is used in a wide variety of industries, including: miniature sensor arrays for medical uses, miniature valves and turbines for fluids, flat panel displays for televisions and computers, and integrated circuit microchips for computers.

This new degree and its options will qualify for many different job positions throughout the manufacturing technology industry, and the degree can be expanded into a four year engineering technology degree for those who choose to continue their education.

RASO cont from front

or older, married, a parent or a veteran. However, estimating the number of those students is difficult due to the fact that there is no box to mark on the application for admission at Behrend. RASO is currently working to target this large group.

With the help of RASO's advisor Chris Rizzo, the group has been able to get a lot done already to educate adult students about the problems at

Behrend. "We've gotten a lot done," said Atkinson. Continued growth in the organization is hopeful. Officers have already been selected. Atkinson is joined by Vice President Demian Blair and Secretary/Treasurer Greg Frodelius.

Meetings are held every first Tuesday of every month at 5:30 in the MCC Suite.

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