



Healthy living

in college and for life



Male student plays vital role at Health and Wellness Center

by Sarah Orr
staff writer

Although he is a very busy student, you may have seen him diligently working behind the desk or elsewhere at the Penn State Behrend Health and Wellness Center.

His name is Jerod Bollard, a 5th semester Management and Information Systems major, who holds a work study position at Health and Wellness. He brings a male presence to the otherwise female staff, not including the Health and Wellness peer educators.

Jerod has not always been a dedicated Health and Wellness worker. He had been working with the Theater Set Design, but unfortunately due to class scheduling conflicts last semester, Jerod was forced to look for employment elsewhere. So, after searching

for employment elsewhere, he did. He has been employed with the Health and Wellness Center for two semesters.

Jerod comments that some of the benefits of working there are the nice people, the unpredictability, and enough work to keep him fairly busy. He works very closely with another employee of the Health and Wellness Center, Melanie Smail.

He says that 95 percent of the work that flows his way comes from Melanie. Jerod fills his mornings by filing paper work, answering telephones, and running errands. He is the general "go to" guy. Jerod is also extremely sensitive to the needs and situations of all of the callers that phone the Health and Wellness Center. Jerod sums up his experience working there by saying, "I enjoy the challenge of

helping each person that calls or comes through the door." He emphatically endorses the efforts of any student who would be considering a work study position with Health and Wellness, recommending the job to anyone.

In addition to this work, Jerod stays active through a list of possible options, Jerod decided that the Health and Wellness center was a good choice. Part of his attraction to the job was the fact that he was hoping to find a job that involved some deskwork. Much to his ex-



PHOTO BY BECKY WEINDORF

While working at the Health and Wellness Center, Jerod Bollard helps to keep the reception area tidy and organized.

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by participating as a member of the MIS club and as a pledge of Delta Sigma Pi, Behrend's Professional Business Fraternity.

Behrend remembers those with AIDS

by Sarah Orr
staff writer

During the holiday season, one's thoughts may turn to those who are less fortunate or who are in need of love and care. It seems appropriate then that an artificial tree has been placed outside of Bruno's for students, faculty, and staff to decorate with ribbons to remember the people who are suffering or who have died from AIDS.

Peer educators have been manning the table that has been set up not only to hand out information about the AIDS virus, but also to give ribbons to people to put upon the tree. The sign placed upon the table reads, "Place a ribbon on the tree with your message, thoughts or name of a loved one or friend for World AIDS Day." You may also place a ribbon upon the tree in memory of someone that has died of AIDS or is HIV positive. World AIDS Day will be taking place on December 1, 2000.

Over 34 million people worldwide have been diagnosed with HIV/AIDS. This is a staggering number, but you can show your support for the cause to end the AIDS epidemic by wearing a red ribbon, the symbol of the cause, donating your time or money, or educating yourself about the disease and ways to prevent its spread. Behrend has provided an opportunity to support AIDS awareness by passing out informative pamphlets and giving you the chance to decorate a tree with the symbolic red ribbons.



PHOTO BY NEIL MAKADIA

Kim Burkey hangs a ribbon on the Tree of Life to represent someone who has died or is living with AIDS. The tree is outside of Bruno's and is set up by The Health and Wellness Center.

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On The Lighter Side

Katie Galley

health page editor

Food, family and the holidays...surviving the stress

The actual holiday of Christmas may only be two days in length, but the 'Sparkle Season,' as it is called in Pittsburgh, runs from mid-November until January. That's close to two months of food, fun, spirits, family craziness and general insanity in the shopping malls. It's enough to give anyone a heart attack.

And being a student at this time isn't much better. On top of everything else we have to do to get ready for Christmas, Chanukah, and Kwanzaa, we have to worry about finals and the end of the semester. If that's not stress, then I don't know what is. And it's the stress of the season that really gets people down. Last year at this time my level of holiday cheer was at an all time low. I didn't even put up our family Christmas tree until two days before Santa came.

This year is much better; I am feeling festive, but still stressed. And I want to talk briefly about an incident that happened a week before Thanksgiving break that put the words 'stress relief' into a new perspective for me.

I was standing in Dobbins on a Sunday afternoon, about to get my brunch time

omelet with cheese, when all of a sudden my vision got blurry and I went blind. I couldn't see or hear anything and I completely freaked out my friend that was standing in line with me, not to mention the omelet guy.

I somehow made it back to my table and was feeling better and had my vision back within twenty minutes, however the scare that it gave me was enough to send me to Saint Vincent's Medical Center the next day. At the hospital, after about five hours in the ER, it was determined that I had a fainting spell, and since all my blood tests came back fine, it was said to probably be from stress.

And even though the doctors were fine with this diagnosis, it still scared the crap out of me. I didn't particularly FEEL stressed out, but after I got back from the hospital and I had time to let it all sink in, and I thought it through, I guess I had been stressed.

I figured out that between school, a new job, family, the newspaper and about a hundred other things that I was not only a Type A personality, but under a great deal of stress. And the two don't combine well. Now throw the holidays in that mix. How do I pay for presents for the family and friends when I work nine hours a week? When do I go shopping for all the presents

when I don't even have time to sleep these next two weeks? It all adds up to make a very stressed out student.

So what can be done to relieve the stress so you don't end up fainting in your omelet or eggnog? There are several things that while may seem like common sense, they are very practical and will help get you through until the New Year.

Eat sensibly. I know that this is the absolute hardest thing to do during the holidays, and I am a huge culprit of improper nutrition in December due to the fact that my aunt makes the best Christmas cookies in the world and my grandparents make the best stuffed cabbage in the universe. But I might try something different this year, moderation. And not only moderation, but choosing the best foods for my body. Instead of three helpings of the stuffed cabbage, I'll only have one and then have some of the roast turkey that usually goes untouched until the midnight cravings. I'll have the s'mashed potatoes and corn without butter and just a little salt, and I'll eat the pumpkin pie rather than the apple or chocolate.

Believe it or not, pumpkin puree is actually very low in fat and calories when prepared properly, as are the potatoes and the turkey that I mentioned above. Other foods that will fill you up while keeping you

healthy are sweet potatoes and eggnog, as long as you stick to the low fat kind. Just be sure to use the spiced rum in it sparingly.

Take time for yourself. This is extremely hard for me during the holidays. I am only home for a limited amount of time and everyone that I haven't seen while I have been away at school crawls out of the woodwork and wants to 'hang out' which usually involves spending money that I do not have. Not to mention that after I get back from break, between work, 'hanging out' and general holiday festivities, I feel like I need another break. I am usually so tired when I get back here on campus that it seems detrimental to even have gone home. So say 'no thank you' when you feel overwhelmed, and don't feel bad about doing it.

Get enough sleep. Another obvious statement, but the week before I almost did a header into my omelet, I had about five hours less of

sleep per night than I normally got. I just kept saying that I would catch up over break, and look where that got me. Another five hours in the ER, and we have just determined that we all have too much to do on breaks to worry about sleep. So when you feel tired, go to sleep! Don't stay up partying every night like it's 1999. Save it all for the night it turns into 2001. The REAL Y2K. But that's a whole other story.

The holidays can be a great time, as long as you remember to kick back and actually enjoy the free time. Don't stress too much these next couple of weeks of classes and have a great Sparkle Season!

Websites for further information

www.leaves.com

A fun site where you can buy all kinds of teas that help relieve stress. You can also get recipes and articles

http://home.neo.rr.com/physicsisphun/stress_relief.htm

A hysterical site that provides hours of stress relief with virtual bubble wrap, 'fling a cow', the hamper dance and some other really great links.