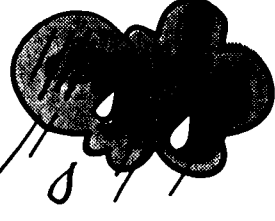

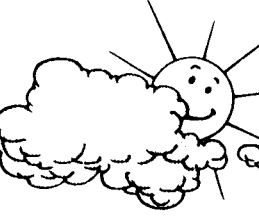


WEEKEND WEATHER

SATURDAY	SUNDAY	MONDAY
		
Shows High: 70° Low: 45°	Shows High: 58° Low: 40°	Partly Cloudy High: 58° Low: 35°

BEHREND BRIEFS

Kiosk added to Nittany Lion display

The Original Nittany Lion - a long-standing symbol of Penn State pride - found permanent residence in the mall entrance of Pattee Library in fall 2000, thanks to the fund-raising efforts of University Libraries' alumni and development specialist Shirley Davis.

But this new home was only part of what Davis envisioned for the Nittany Lion. Recently, a generous donation by John and Sara Varoscak helped complete the project with an interactive kiosk that now sits alongside The Original Nittany Lion.

The kiosk utilizes a touch-screen to bring its many informative sections to life. It includes a section on the Pennsylvania mountain lion and more specifically, The Original Nittany Lion, which became Penn State's mascot in 1907 and represents the only known mounted specimen of an eastern mountain lion. The kiosk also features sections on Penn State sports; the history of the Libraries; and quiz questions on Penn State, agricultural sciences and more.

'What's in the News' discusses camels

In the latest edition of "What's in the News," a current events series for school children produced by Penn State Public Broadcasting, viewers learned how, even before the first wave of Arab immigrants arrived in the United States, an unusual experiment brought a touch of the Middle East to the American southwest.

In 1855, Secretary of War Jefferson Davis advocated that camels be used for military transport as replacements for the Army's water-guzzling horses and mules. On their first expedition, a group of soldiers, about 75 camels and a Syrian caretaker -- one of the earliest Arab Muslims to settle in the United States -- successfully trekked from Texas to California. It wasn't long before the camel was outdone by the "Iron Horse." The expansion of the railroads gradually eliminated the need for animal caravans.

This week, "What's in the News" takes a look at American-Arab relations and the U.S. debate on invading Iraq.

ITS staff takes up bike-riding

They direct Internet traffic for millions of e-mails each week, pave the way for computer networking between buildings and campuses, and bridge great distances, with high-tech videoconferences. But getting to appointments on time over the crowded sidewalks and streets of the University Park campus has some of Penn State's "information superhighway" experts riding a low-tech solution.

Rather than get huffy about lost time en route to meetings and chores, managers with Information Technology Services (ITS) last month pedaled out a fleet of bicycles for its staff and student assistants to use on a voluntary basis.

State's economy reflects nation

As the nation goes, so goes Pennsylvania -- not in politics, but in the ups and downs of the business cycle. In 2001, after eight years of growth, both the U.S. and Pennsylvania economies slipped into recession. The tandem motion of economic fortunes during 1990-2001, from recession to growth to recession, shows how closely tied Pennsylvania is to the national economy, says a new report jointly produced by Penn State, Verizon and the Pennsylvania Economic Development Association (PEDA).

"Road to 2003: An Update on Pennsylvania," the fifteenth edition of this report, notes that if trends of 1990-2001 continue for the next few years, jobs and population will likely grow in the state, but at a slower tempo than in the nation. Also, statewide unemployment should hover around the U.S. average, the report notes.

Vote for the Nittany Lion

College football is in full swing in stadiums across America. As all fans know, sometimes there is just as much entertaining action on the sideline as there is on the field. For years, college mascots have been the backbone of school spirit. Now, these unsung heroes are being recognized for working their tails, feather and fur off -- and Penn State's very own Nittany Lion is among those considered the best of the best.

As part of a nationwide competition opened to all 238 NCAA Division I-A and I-AA school mascots representing football programs, 12 mascots -- including the Lion -- were chosen to the first-ever Capital One All-America Mascot Team. These dozen feathered, furry and lovable creatures are now competing in an online vote for the title of National Mascot of the Year. The winner will be announced during the Capital One Bowl on Jan. 1, 2003.

Each All-American will receive \$5,000 for use in scholarship and funding of the school's mascot program. The National Mascot of the Year will receive an additional \$5,000 -- for a total of \$10,000. To cast your vote for the Nittany Lion, go to http://www.capitalonebowl.com/mascot_vote.php.

POLICE AND SAFETY

- 10/2/02 02:30 An officer was dispatched to Perry Hall for a report of an ill student.
- 10/2/02 15:10 A student reported that a rented locker was broken into and two books were taken.
- 10/2/02 16:35 A complainant reported damage to his vehicle while it was parked on campus.
- 10/5/02 01:00 A complainant reported that two individuals were in Ohio Lot breaking tree limbs and throwing the limbs in the lot. Upon their arrival, Police and Safety Services could not locate the individuals. They talked with individuals in front and back of Ohio and they received no leads for use.

CLASSIFIED

"Kindness is the golden chain by which society is bound together."
- Goethe

Janet Neff Sample Center
for Manners & Civility



FOCAL POINT

Behold, the power of cheese

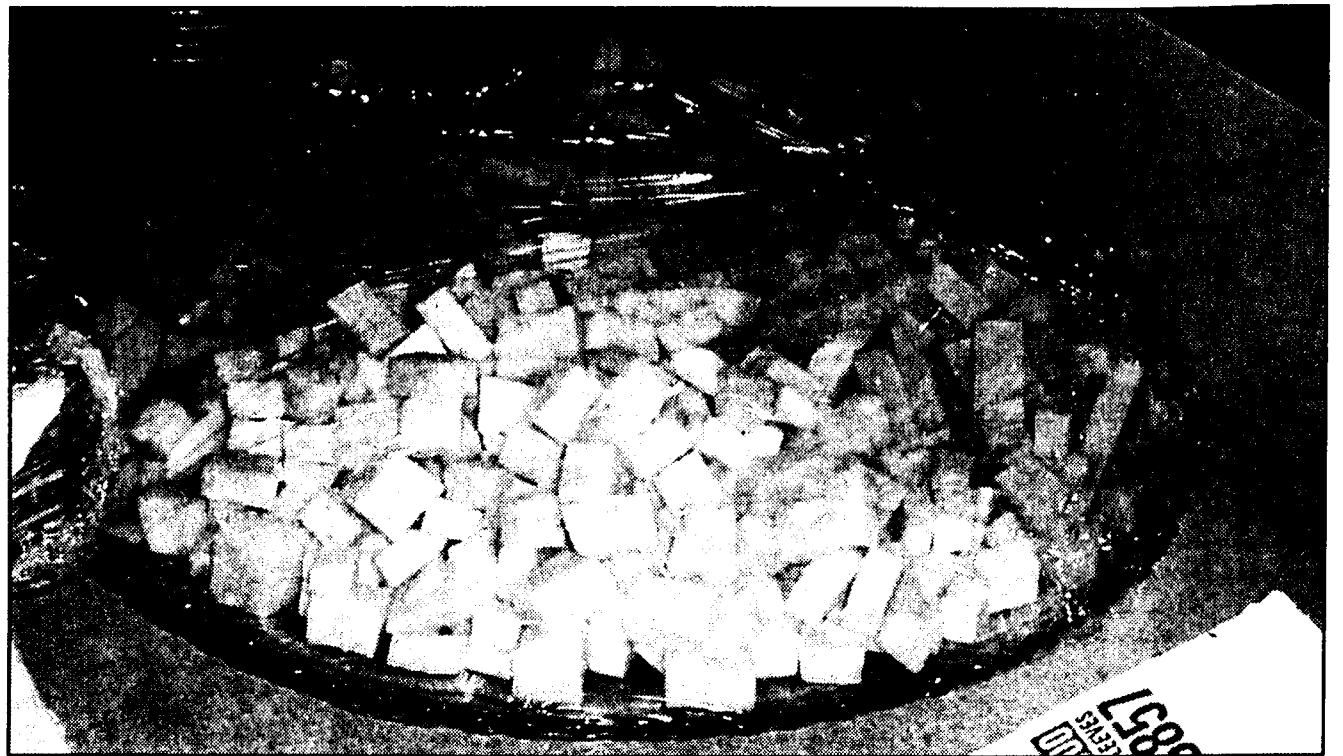


PHOTO BY REBECCA WEINDORF / BEHREND BEACON

We're hoping the distinguished guests who attended Thursday's reception for Joseph Benacci were as delighted by dairy as our caterers wanted them to be.

THON benefits children with cancer

by Jen Henderson
associate editor

THON was created 30 years ago in order to raise money for various charities. The event was formed by the Interfraternity Council (IFC) at Penn State University. THON is a dance marathon that started out being 30 hours long and has now grown to a 48-hour dance marathon. The event originated at the HUB at University Park. It still takes place in UP, but in order to provide room for the growing number of participants, it has moved to Rec Hall.

The IFC originally gave proceeds to a number of charities, including the Muscular Dystrophy Association of Central Pennsylvania and the local chapter of the Pennsylvania Association of Retarded Children. Now all of the proceeds go towards the Four Diamonds Fund to benefit children with cancer.

The Four Diamonds Fund was started by the Milliard family, who lost their son Christopher to cancer when he was 14. Christopher's battle with cancer was characterized by the following words: courage, wisdom, honesty, and strength. Charles and Irma Milliard wanted to find a way to help provide financial assistance to families whose children were receiving treatment at Penn State's Children's Hospital at the Milton S. Hershey Medical Center.

Year by year, THON has become more popular. Non-Greek students were eventually allowed to participate and the funds began to grow. THON's first donation was \$29,000. That sum has continued to increase and reached more than 3.5 million last year. THON got a new name in 1990 when it became also known as the Interfraternity Council/Panhellenic Dance Marathon.

This year's THON will be held Feb. 21-23. Co-chairs of the event from our campus are Jen Sutter and Michelle Rizzo. THON kick-off week here at Behrend begins Sept. 21, and everyone is asked to participate. The "Just \$2 IT" campaign is asking every student to donate two dollars to help raise money for this worthy cause. The goal for the campaign is \$50,000.

"We really want to put Penn State Behrend on the map with our fundraising efforts for THON," said Brandi Hovis, SGA President. SGA will also hold a competition for two dancers to represent Penn State Behrend at this year's THON. Students interested either in fundraising or dancing can attend the informational meetings, which are held every Thursday at 5 p.m. in the SGA Office.

Personal Counseling Office offers depression screening

by Erin McCarty
news editor

On Oct. 17, the Personal Counseling Office will be holding a depression screening outside Bruno's as a part of a national initiative to help students recognize symptoms of depression and seek treatment.

"College students are an at-risk age group," said personal counselor Sue Daley. "The onset of depression is usually from 15 to 24 years old." One in ten college students suffers from depression.

"The number one issue at Behrend that students seek counseling for is depression," said personal counselor Allison Parr-Plasha. The screening is a way of taking a proactive approach to tackling this potentially deadly disease.

The screening, which lasts from 11 a.m. to 2 p.m., consists of a written test, which can also be taken online at www.mentalhealthscreening.org/screening with the keyword *feelgood*. In both cases, the test is free and anonymous, but those who take the test on Oct. 17 will also receive a list of community resources dealing with depression. In addition to Daley and Parr-Plasha, the Personal Counseling Office staff includes a consulting campus psychiatrist, Dr. Max Gottesman. Daley encourages students whose symptoms have persisted for several weeks or more to seek some sort of professional help.

"It has been proven that psychotherapy and medication together can lift depression faster than the self-help approach," said Daley. Nonetheless, there are methods by which students who are suffering from depression may help themselves. The most effective reducer of depression is exercise, which elevates the level of serotonin in the body and halts the components of depression.

There are several factors that may contribute to depression. Genetic predisposition and environmental stressors, including lack of sunlight, are major factors. Depression is also

associated with loss, and there are many types of loss that can come with starting college. Because this is a time of great stress, many students do not recognize their symptoms as being indicative of depression.

"Some students don't know they're depressed," said Parr-Plasha. "We're helping them recognize the symptoms. The reason we're doing this is to heighten awareness and help students identify that they're depressed." Even if they find that they themselves are not depressed, they may be alerted to those symptoms in someone close to them.

"We want to dispel the myth that this is a personal weakness," said Daley. "It's a big stigma to ask for help." Fortunately, mental health issues are now being discussed more openly. But many students are still reluctant to seek help. "One thing that happens to people with depression is that they become very self-critical," said Daley. "Therapy would be useful in helping them to see themselves more accurately."

"There is no reason for them to be

Signs of Stress:

- * Problems eating / sleeping
- * Increased use of alcohol or other drugs
- * Increased boredom and fatigue
- * Increased procrastination
- * Becoming anxious and confused over unimportant events
- * Inability to concentrate or pay attention
- * Inability to get organized
- * Weakness, dizziness, and shortness of breath; anxiety attacks
- * Persistent hostile or angry feelings; increased frustration with minor annoyances
- * Nightmares
- * Overpowering urges to cry or run and hide
- * Changes in exercise habits
- * Frequent aches or stomach tightness
- * Frequent colds and infections
- * Frequent accidents and minor injuries

suffering," said Parr-Plasha. Not only does depression affect mental health, it often causes the deterioration of physical health as well. The Personal Counseling Office recommends that students get a full physical once symptoms of depression have been identified.

In addition to depression, the screening will test for anxiety, manic-depression, and post-traumatic stress disorder (in relation to Sept. 11). Students, as well as Behrend faculty and staff, are invited to take the test and enjoy a cup of cider and some cookies. Last year, 141 people were tested. Of those, 38 screened positive for depression, 13 for manic-depression, and 12 for suicidal ideation. It is the students in this last category who particularly concern Daley and Parr-Plasha.

"Suicide is the second leading cause of death in this age group," said Daley. All students are encouraged to take advantage of the services available through the Personal Counseling Office. Those with questions may call the Office at x6504.

Signs of Depression:

- * Persistent sad, anxious, or "empty" mood
- * Feelings of hopelessness, pessimism, guilt, worthlessness, and helplessness
- * Loss of interest or pleasure in ordinary activities
- * Sleep disturbances (e.g. insomnia or oversleeping)
- * Eating disturbances (e.g. decreased or increased appetite and weight)
- * Decreased energy, fatigue, and feeling "slowed down"
- * Thoughts of death or suicide; suicide attempts
- * Increased restlessness and irritability
- * Difficulty concentrating, remembering, and making decisions
- * Physical symptoms -- such as headaches, digestive disorders, and chronic pain -- that don't respond to medical treatment

Courtesy of the Personal Counseling Office