

FROM FRONT PAGE

SHOPPING

As for boyfriends and girlfriends, the gift of perfume or cologne is lovely. Find out a concert or event schedule, and purchase tickets to see their favorite band, sports team, or theatrical performance. For the party-goers, the new Bar Master from excaliburelectronics.com is a must. For only \$29.95, it offers recipes, how-to tips, drinking games, bar tricks, terminology, and serving suggestions. It also features a tool on how

to calculate a person's blood-alcohol content based on their size and how much and what they drank.

Despite holiday budgets, hard-to-shop-for people, and shopping hassles, solutions. Be thrifty, prepared, and creative while surviving the shopping season. Also, remember that shopping around never hurts, and use all available resources to shop wisely.

FRIDAY

how strong the market will become. It just measures the start of the shopping season will be.

Black Friday is ranked by the National Retail Federation as the fifth best shopping day of the year. Also, the NRF reports that Black Friday is the only top-10 shopping day to fall outside of the month of December.

The biggest and busiest shopping day of the year is traditionally the Saturday before Christmas. Last-minute shoppers and returns account for a large portion of the holiday shopping traffic on this day.

What does all of this mean for the average consumer?

Prices will be slashed to after-Christmas bargains

to accommodate for the dragging economy. The lower prices may entice more buyers, but consumers say they don't plan to spend more this shopping season, reports MSNBC. The longer the prices remain at bargain basement prices, the more the companies will be losing profits.

And with the economy hurting, jobless rates rising, and a possible war on the way, many consumers will be more conservative when it comes to opening their wallets.

For retailers, it could turn out to be a blue Christmas if consumers don't spend the green.

Janitorial foreman Walk reflects on 25 years at Behrend

by Lori DeFabio
staff writer

Gordon H. Walk, Behrend's Janitorial Foreman II and Recycling Coordinator, recently celebrated his 25th anniversary at Behrend.

Two days after graduating from Erie Technical Memorial High School, which is now Central, Walk moved to Florida and worked as a laborer for a drywall contractor. After the summer, Walk moved back to Erie and worked at General Electric and Erie Insurance Exchange. He then decided to leave Erie again and head back to Florida, where he worked in construction, set up his own landscape business, and helped a colleague set up a restaurant. Five years later, he moved back to Erie and received the job as janitor at Behrend. He carries 30 college credits from Penn State.

Walk's office is located in the Reed Union Building next to the RUB desk. His staff is responsible for cleaning all of the campus, except the Housing and Food Services buildings. His staff does clean Bruno's during closed hours, some offices, and the psychology labs in Lawrence.

Behrend must have something great if Walk has stayed here 25 years.

"I like the exhilarating natural beauty of the campus," he said. "I like being associated with Penn

State excellence. It's a great feeling to provide customer service that's a step above the best of our competition. I feel like one never gets old working for a University. There is so much energy here with the constant turnover of youth. It's great knowing I take part in making a difference in young people's lives, lives that will determine the future of our world and nation."

Jokingly, Walk commented on how he dislikes Erie weather.

"I don't care for Erie winters which sometimes seem to take up two seasons," he said.

When asked about his favorite memories at Behrend, Walk had a very general answer.

"[I enjoy] having had so many wonderful people to work with and for me," he said. Walk would like if there were more employees here on campus. "[I don't like] having to wear so many hats. It's a lot like a circus juggling act when I do my best and know that it would really take two to three people working full time to achieve the results I'm looking for."

When Walk is not busy making sure the campus is clean, he enjoys playing billiards, building rock gardens, working with wood, hiking, camping, canoeing, boating, fishing, hunting, cooking, surfing the Net, and reading. He added jokingly "Despite Mom's repeated warnings, [I enjoy] gambling."

Behrend's adult students learn about stress

by Aimee Pappas
staff writer

Most students at Behrend decided to come to college while they were in high school. After they graduated, they simply switched schools and continued with their education, a somewhat easy transition.

But what if college was never a part of your plan, but because of unemployment or an injury it suddenly became necessary to go back to school?

This is the case for several adult students attending Behrend. For some, changing from employee to student can be a hard transition. The Returning Adult Student Organization (RASO), addressed this issue by holding a stress management workshop on Nov. 23.

The workshop featured Peggy Puleo as the speaker. A former adult student herself, Puleo used her own life as an example of why a person might go back to school. She began by explaining how she never planned on going to college. She just wanted to train her horses and dogs on the farm. After a terrible car accident none of that was possible anymore.

It was suggested that she go to college, but she was unsure at first. After some time though, she realized that she loved learning and referred to it as her new addiction.

Throughout the workshop, students identified their stressors and discussed possible solutions. One of the biggest problems for returning students is money. They find it hard to know that they are depending on someone else to help pay for their

tuition. It is also hard for them to know that while they once helped to support the family, they are no longer doing so.

Going from a job to college can also result in a student being unsure of who they really are. For years, they have held a certain job and have come to see it as part of their identity. When a person quits or loses a job and enters college, they are often left wondering what their identity really is and what they are going to do next. In response to this problem, Puleo emphasized the fact that even though a person may go through many jobs, they are still the same person.

She also talked about the many "hats" that returning students balance. Most of them balance the role of parent, husband or wife, student employee, and even housekeeper. A concern that came up many times was how hard it is to keep the house clean.

Socially, it can be hard for a returning student to adjust. They say that the students at Behrend are friendly, but sometimes they feel like they have more in common with their professors simply because of their similar age. They enjoy the way college opens them up to new ideas and they feel like they appreciate things more now. They also explained that they don't think younger students appreciate college enough.

The workshop also addressed the nature of stress, the health risks associated with stress, the causes of burnout, and how stress and burnout can be dealt with. Puleo also gave some tips for time management and dealing with holiday stress. Above all, she emphasized the power of laughter.

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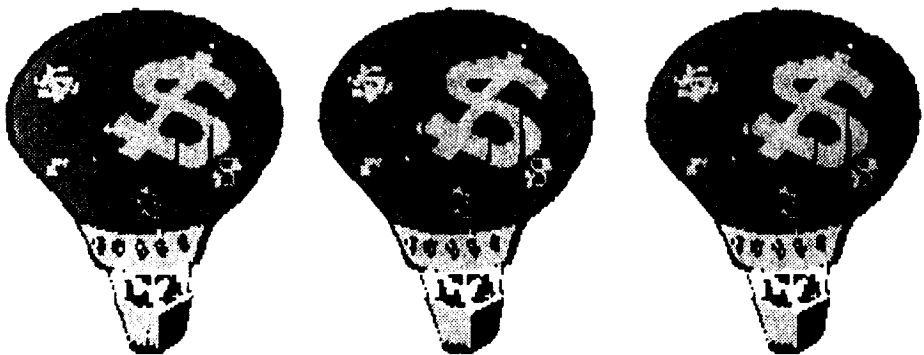
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