

## Cultural feast entices parents, families

by Dana Vaccaro  
staff writer

The weekend is jam-packed with an array of activities. Improv at Bruno's, The Murder Mystery Dinner and the band Berlin Project are just a few events that will be taking place on campus this weekend. The special dinner that will kick off the fun-filled weekend is the 17<sup>th</sup> annual Harambee Dinner.

Harambee is Swahili for "let us all pull together." The term Harambee originated in Kenya, where it was used as a slogan for national unity. The MultiCultural Council (MCC) is proud to sponsor the dinner today at 5:30 p.m. in the McGarvey Commons. In order to attend the event, sign ups were at the RUB desk prior to the dinner.

Olga Nacalaban, vicepresident of the MCC, said that the Harambee Dinner is "an event to convey what diversity and unity is among people that can be spread throughout campus."

Nacalaban feels that having the event in conjunction with Parents and Families weekend will help display the unity of diversity on the Behrend campus.

The Harambee Dinner is a semi-formal gathering completed with a dinner, guest speaker Forrest Parker, and a performance of "Alma de la Tierra." The Irish-American society will be contributing the Irish invocation before the meal, while the executive board of the MCC will be speaking in between the performances throughout the night.

The mouth-watering meal consists of an assortment of food; tossed salad, honey Dijon chicken,

rice pilaf, vegetable medley, cheese lasagna, meatballs and dinner rolls complete the menu at the Harambee Dinner. To complement the meal, a marble sheet cake will also be available for the guests.

Following the dinner, guest speaker Forrest A. Parker will speak about "Team Work through Diversity."

According to the press release from the Jodi Solomon Speakers, Parker is a "President and Chief Executive Office of The Virginia Educational Council on Multi-Ethnic Concerns." He is also "founder and director of the annual and national Multi-Ethnic Perspectives Conference and was honored as a Virginia Hero by former Governor L. Douglas Wilder."

"Alma de la Tierra," which means "soul of the land", "is a magic-realistic journey in two acts referring to all of Latin-American, presented with elements of fantasy and myth, in a familiar and dreamlike world." The dance performance comes from the Tom and Susana Evert Dance Theatre located in the Cleveland area. According to the press release, "modern dance must usually be content to evoke, but the characters conceived and the terrific costumes bring one face-to-face with a view of different aspects of life and death that stand in profound contrast to Anglo culture."

Nacalaban feels that everyone should understand that "Harambee is not an event portraying one ethnicity; it is simply the gathering of all people to recognize the similarities that we all have instead of focusing on the differences that is usually done."

## 10 kilometers for hunger



Mrs. Cathy Sargent Mester's communication & civility class walked the Crop Walk at Presque Isle State Park.

by Lauren Packer  
editor in chief

The average walk from anywhere on campus to either Dobbins or Bruno's takes roughly five minutes. The average walk in a third world country to get food is roughly 6.2 miles.

That is how far members of Mrs. Cathy Mester's communications class walked on Saturday to raise money for the Erie County CROP Walk 2003. The members of Commu 297C were not required to participate in the event because it is religiously affiliated, but all of the students except a few participated.

"She told us we didn't have to participate, but it was something that I would have otherwise not done," said student Megan Brophy.

This year's walk was held at Presque Isle State Park. Approximately 1,000 people participated and had a choice between the 6.2 mile walk or the one mile walk to the finish line at the Perry

Monument. After the walk, participants were bused back to the parking lots to save tired legs.

"My legs hurt. I don't exercise," said class member Atheia Mobley.

"I think we did really well. It was awesome. I was surprised that people actually went out and fund raised," said Mobley. "I learned from this event and I really wasn't expecting to do anything but go there, walk and come back. It made me realize how far it is to walk for food."

With 23 students in the class, the total should have come to \$115. But the students went above and beyond the \$5 per student and raised \$507.86. That equals roughly \$22 per student, four times the required amount to individually raise.

"I didn't think that people would go out and fund raise," said class member Laura Spencer. "We broke a lot of stereotypes by raising more than they expected. But we care, we actually

care." "I'm happy we went so far above what we were expected to raise. It goes against the bad wrap that college students normally get. It shows that we care," said class member Brophy.

In 2002, the pledges totaled \$84,000. Three-quarters of what is raised goes to international organizations, while the remaining quarter of the funds stays in Erie. Some of the local organizations that benefit from the CROP Walk are: The Salvation Army, Second Harvest Food Bank, North East Community Food Pantry, City Mission, Summit Community Food Pantry and Sisters of St. Joseph Neighborhood Network.

World Church Service started CROP Walk in 1947 to give Europe's war-ravaged country the overflow of America's food bounty. For the past 26 years, Erie County has participated in the CROP Walk and has raised over one million dollars. Over \$250,000 has been raised for Erie charities.

## Behrend kicks off United Way campaign

by Courtney Straub  
news editor

The United Way Campaign is the official charity of the entire Penn State System.

For the past four years, Behrend has been involved in the campaign. The Behrend contribution to the United Way Campaign supports the United Way of Erie.

The United Way in Erie County is many agencies rolled into one. Instead of 38 separate agencies conducting 38 separate fund-raising campaigns, the United Way ties them all together. In addition, the United Way helps in the coordination of services among those agencies, thus reducing redundancy and additional cost.

On campus, the campaign is coordinated by Catherine Hanhauser and Peggy Shupenko. Both Hanhauser and Shupenko work in the Dean's Office.

Within the campaign individual committees exist. Dr. Jim Kurre chairs the faculty committee, Ms. Brenda Bane chairs the tech service committee and Ken Miller chairs the staff/student committee. All of these committees have the "immense help of Jill Forsman and Jill Parker," said Miller.

Forsman and Parker both work in the Student Affairs office. Part of their involvement in the campaign has been working with the student body. Students in the residence halls will be independently raising money to donate to the United Way.

The important thing for students to understand is that there are a good number of students, and in some cases faculty and staff, who have benefited from services provided by United Way agencies," said Miller.

Some of the services include The Gertrude Barber Center, the Crime Victim Center, Safenet. The centers have directly helped students at Behrend.

"By supporting the United Way, students support one another and those less fortunate," said Miller.

## National Depression Screening Day is Tuesday

by Amy Wilczynski  
calendar page editor

For the fourth consecutive year, Penn State Behrend will be taking part in National Depression Screening Day. On Thursday from 11 am til 1 pm, three of Behrend's personal counselors will be outside Bruno's. Depression screening forms will be available. This is a completely confidential service and screening evaluations may be done that day. Others may make appointments at the Personal Counseling office to be further evaluated.

An online option is available for depression screening via the Penn State-Erie website. (Click on "Student Life", "Services For Student" "Personal Counseling" then "National Depression Screening").

Last year at Behrend, 267 students filled out depression screening forms. Of those screened, 46 percent tested positive for depression, and 34 percent tested positive for anxiety. During the 2002-2003 school year, 26 percent of Behrend students had a history of being treated for a psychological problem.

So why do we have a day dedicated especially for depression? According to Sue Daley, Director of Personal Counseling at Behrend, "It's an easy and effective way to diagnose students who are walking around with undiagnosed depression and (who may) be at risk for suicide."

The screening forms, which will be used during the event, include screening for depression, anxiety, and post-traumatic stress disorder (PTSD). After the 9/11 attacks, anxiety and PTSD were added to depression screening forms. "This country is scared", says Daley.

Fourteen million Americans have a mental illness. That's one in five people. Less than half of them will ask for help. The U.S. Surgeon General David Satcher plans on spending \$3 million within the next three years on marketing. He hopes to raise awareness of mental health in entire communities. People need to know where to go for help in their area and that mental disorders are very common.

So how can college students cope with depression? "Exercise is an excellent remedy during a depressed mood...also eating properly," suggests Daley.

The Personal Counseling office has many resources that are free to currently enrolled Behrend students. These include free and confidential counseling, strategies and coping skills and self-help tips. Dr. Max Gottesman, a consulting psychiatrist from St. Vincents Health Center, is on hand to conduct personal interviews with students.

Many people suffer from psychological disorders and it is nothing to be ashamed of. The counselors at the personal counseling office want to help. If you have any questions or concerns, contact Sue Daley, [sxd21@psu.edu](mailto:sxd21@psu.edu), or Allison Parr-Plasha, [alp9@psu.edu](mailto:alp9@psu.edu). You may also call them at 898-6504 or 898-6164. They are located on the 1<sup>st</sup> floor of the Reed Union Building.



PHOTO BY SCOTT SOLTIS / BEHREND BEACON  
The screening forms, which will be used during the Tuesday event, include screening for depression, anxiety and post-traumatic stress disorder (PTSD).

### What can you do? 6 tips to help a student in distress

1. Talk to the student in distress: Help them figure out where the problem lies.
2. Listen to what the student has to say. Make sure to give them your undivided attention.
3. Give the student hope. Reassure them that you are there for them.
4. Avoid judging the student. Make sure the student knows that you care about them and that is why you are trying to help.
5. Refer the student to services that could help them such as the Personal Counseling Office or Health and Wellness.
6. Follow-up on the student. Provide support as long as the student needs it.