


WEEKLY WEATHER FORECAST


SATURDAY



HIGH: 16 LOW: 7

50 percent hance of snow showers.  
Wind: SW 12-20


SUNDAY



HIGH: 24 LOW: 22

Cloudy, with little chance of precipitation.  
Wind: SW 14-22


MONDAY



HIGH: 32 LOW: 28

Wintry mix of snow and ice.  
Wind: SSE 9


TUESDAY



HIGH: 28 LOW: 12

65 percent of snow showers.  
Wind: W 11


WEDNESDAY



HIGH: 19 LOW: 16

Snow showers.  
Wind: NW12-20


THURSDAY



HIGH: 26 LOW: 19

Cloudy, with no chance of precipitation.  
Wind: NNE 12-20

FRIDAY



HIGH: 32 LOW: 15

Little chance of snow showers.  
Wind: SW 10

PENN STATE NEWS

courtesy of the Penn State NewsWire for the week of Jan. 26, 2004

Dieters decrease heart risk  
on moderate fat program

Although low-fat diets are recommended for heart health, a moderate-fat weight-loss diet reduced dieters' cardiovascular risk better than a low-fat diet in a study conducted at Penn State. The moderate-fat diet, in which half the fat was monounsaturated fat from peanuts and peanut oil, produced a 14 percent reduction in cardiovascular disease risk. The low-fat group experienced a 9 percent improvement. Both the moderate- and low-fat diets were controlled so that all participants lost about the same amount of weight -- approximately 2.4 to 2.7 pounds a week on average.

Concerts will celebrate  
African American spirituals

The annual Celebration of African American Spirituals will be held on Penn State's University Park campus Feb. 6 through Feb. 8. The celebration features choral and solo performances of African American spirituals by choirs and soloists from the Penn State School of Music, seven high school choirs from Pennsylvania and Maryland, and guest artists. Concerts will be held at 2:30 p.m. and 8 p.m. Feb. 6 in Esber Recital Hall, Music Building 1; at 8 p.m. Feb. 7 in the Pasquirella Spiritual Center (with the Festival Choir of High School and Collegiate Singers); and at 2 p.m. Feb. 8 in Esber Recital Hall (with Essence of Joy). Tickets are \$2 for students and \$4 for general admission at the door.

Alumni cool career: Organizing  
the unorganized

While some perpetually disorganized people can look at the clutter of their office or home and say, "It may look like chaos, but I've got a system," Deirdra Makowiecki views such thinking as an enemy of productivity and profit. To help businesses and individuals in need of some major time management and reorganizational skills development, the 1992 graduate in psychology from the Penn State Beaver campus founded MAKK Strategies, based in Martins Ferry, Ohio, in 1999. "What I do is really an up and coming industry that more and more people are making their career," she says of her workshops and one-on-one training programs to change the unfocused behaviors that can sap people of time and energy.


POLICE AND SAFETY

1/2/2004	2:18 p.m. College Drive	Motorist reported a vehicle accident at the west end of College Drive.
1/2/2004	10:05 p.m. Reed Lot	Reported kids in the Reed lot with a knife and video camera.
1/22/04	6 p.m. S-Lot	Complainant reported items missing from her car.

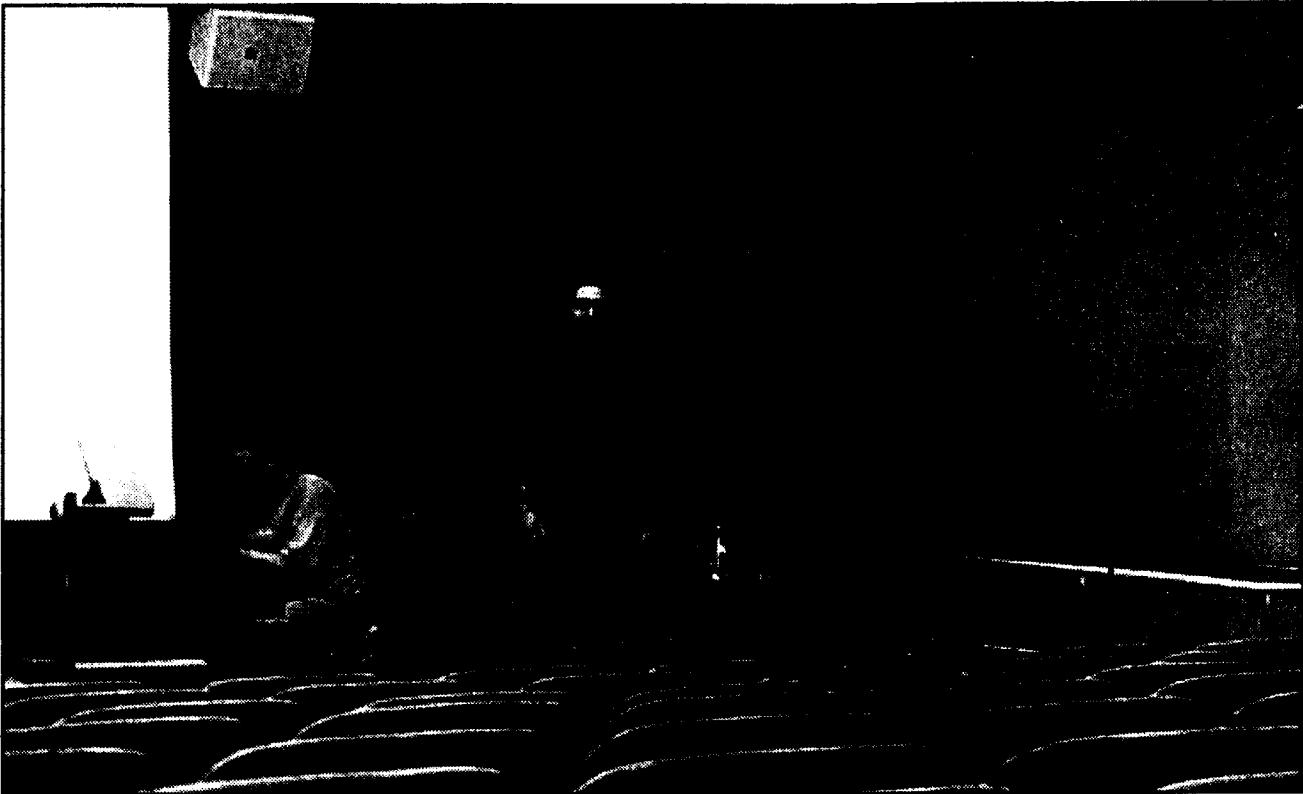
CLASSIFIED

"To prefer evil to good is not in human nature." - Plato

Janet Neff Sample Center  
for Manners & Civility



FOCAL POINTS



The IVCF band practices for another weekly worship session. Meetings are every Thursday at 7 p.m. in Reed 117.



Sophia Coruso, AG 02, takes a break from her real work to do a bit of Internet browsing on the computers in Lilley Library.



Pat Ganje, EE BD 06, spends an evening in Zurn with a calculator, a book and liquid caffeine. Luckily, there's only 13 weeks until the end of the semester.



Concerned students have made sure a stump in front of Science stays warm despite the frigid temperatures.