

Career fair this Wednesday

By Alicia Raffensberger
staff writer

The Career Fair will be held this Wednesday at the Junker Center from noon until 4 p.m.

The Career Fair, which is organized by the Career Development Center, is an event for Behrend students, alumni and students from other area colleges of all majors. The event gives students the opportunity to meet with company recruiters who are looking to fill positions ranging from summer internships to full time employment.

Kevin Kearney, MIS 09, will be in attendance at the Career Fair. He hopes to find full time employment from the event for when he graduates this December.

"I hope to get at least a few interviews," Kearney said.

Andrew Watters, associate director of the Career Development Center said there are currently 76 companies that have committed to attend the fair, which is about the same number that attended last year.

"Approximately half of these companies are from the Erie area and the other half is from other parts of Pennsylvania and other parts of the country such as North Carolina, New Mexico and Wisconsin," Watters said.

Among the list of attendees are Sandia National Laboratories, Lancaster Labs, Erie Insur-

ance and Channel 35 WSEE, just to name a few.

"The companies that come here often come specifically for what Behrend has to offer. The fair gives Behrend students the opportunity to receive positions from the contacts they made at the fair," Watters said.

Watters urges students to look on the Career Development Center's website for a complete list of the companies attending and what types of positions they are looking to fill.

"Students should target companies of interest by doing some background research by looking at company websites," Watters said.

Pre-registration isn't required to attend the Career Fair. You can simply show up anytime between noon and 4 p.m. If you do decide to attend the fair make sure you are prepared by keeping a few things in mind:

- Dressy attire is expected of you by companies at the fair.

- Bring copies of your resume that you can hand out to companies you have an interest in.

- Approach recruiters by yourself, not with a group of other students.

- Ask questions about their specific job and the services of the company they are representing.

- After the fair make sure to send a follow up letter or thank you with a copy of your resume.

Remember, first impressions are often lasting impressions so make sure to give a good representation of yourself.

Lizzie Simon visits Behrend Bipolar speaker educates audience

By Kim McCray
Staff Writer

Lizzie Simon, a graduate of Columbia University, was here at Penn State Behrend Tuesday. Unlike other guest speakers she was not here to talk to students about college life, sex or drugs. Simon was here to discuss the issue of bipolar disorder, a disorder that she suffers herself.

Bipolar disorder, sometimes referred to as manic depression, is a chronic illness and life long mood disorder. One with such a disorder suffers from episodes of extreme mania and depression. It is a serious mood disorder that Simon believes everyone should be aware of.

Simon was diagnosed with the disorder at the young age of 17. She said that it was a humiliating time for her and thought that she would be in and out of hospitals for the remainder of her life. Simon wished that her life could just be over at that time. It took her time after her diagnoses, but she learned that her life wasn't over. "I realized that my diagnoses was a detour in my life, not a dead end," said Simon. "I couldn't imagine my life after 20. Now I am currently living way beyond my expectations of what a bipolar person could ever be."

Today there are many stigmas about bipolar people in the media and Simon was here to set those stigmas straight. She said the media typically stereotypes people suffering from mental illnesses one of two ways: as psychopathic freaks or people making up their disorders who really don't have them. Simon identifies these both as very wrong portrayals of people suffering from these types of disorders. "People with mental illnesses are way more than their diagnoses. I'm someone's daughter, someone's sister, someone's friend, a couple of people's ex-girlfriends; I'm many things before I am bipolar," she said. "When you hear something derogative about mental illness, it really nails you."

There was an eclectic group of people in attendance on Tuesday. In addition to the numerous psychology classes, there were also many bipolar people, families of those bipolar and people with other mental illnesses. Also present at Simon's talk was the Executive Director of the National Alliance for the Mentally Ill of Erie County, Janet Trychin.

"I think bringing people like this to the campus is a wonderful opportunity to reduce the stigmas of bipolar people. This gave students the opportunity to learn more about the subject, by bringing Lizzie Simon here, rather than requiring them to travel to see something like this, which most wouldn't have done," said Dr. Dawn Blasko. Dr. Blasko teaches several psychology classes here at Behrend.

"No one in my family has a mental illness, but going to this presentation I learned that if this ever comes up, family support is one of the most helpful things to have," said Hillary Yohe, a student from one of Dr. Blasko's psychology classes.

Simon has devoted most of her 20's to bipolar studies and awareness. She was 23 when she decided to quit her job as a successful theatrical producer to write a book and interview young people with the disorder for the book, "Detour: My Bipolar Road Trip in 4-D," a biography and autobiography by Simon, is an inquiry into the treatment and nature of hers as well as other's manic depressions. She wrote the book to demonstrate how it is to be young and bipolar and to show how people can survive the illness. Simon has shared her story with many to spread awareness of bipolar disorder. She was the creative producer of the Obie Award-winning Flea Theater in Manhattan. She frequently guest speaks and she is also a free lance writer.

"Detour" has been featured on CNN, The Connie Chung Show, The Judith Regan Show, NPR, Time Magazine, The Saturday Evening Post, The New York Post, Nylon Magazine, Rhode Island Magazine, and many other radio, television, web and print outlets. Her book inspired a special on MTV called "True Life: I'm Bipolar" and she was a consultant and field producer for the project. HBO is currently working on a film version of *Detour*.

At the age of 28, Simon is starting a new project called "Detour to Wellness." She hopes to be able to support and inspire bipolar people and their families by traveling the country and sharing her story with them. Simon is hitting the road to share her inspirational story and urge people with bipolar disorder to take control of their illness. To learn more about this project visit <http://www.detourtowellness.com/>. Also, to learn more about Simon and her disorder visit her web site at <http://www.lizziesimon.com/>.

Hurricane aftermath hits home

By Jenna O'Block
staff writer

Hurricanes have affected many people in the past six weeks but not just the people in Florida. There are students here at Behrend who are from the southern states whose families were affected by the hurricanes. Rachel Kessler, KINES 03, is from northwest Florida, Fort Walton Beach. It is a little east of where the eye of hurricane Ivan landed.

"My family and house are ok; I think the only damage to our personal property was that we lost our storage shed in the back of our house. We were lucky," said Kessler.

Kessler's family was without power for a little over a week.

"Destin Fla. was damaged worse than my town, but Destin is literally only 7-10 minutes away from my house," said Kessler.

Hurricanes Jeanne and Frances did some major damage to Orlando Florida, and Albert Braugher, BIO 01, lives right outside of Orlando.

"My dad's house sustained roughly \$200,000 of damage" said Braugher. "But on the upside my dad owns a large landscape company and he is expecting twice his annual income for this year due to tree removal and clean-up services."

Margaret Blair Fulford, BIO 01, lives in Stone Mountain Ga. and her neighborhood experienced many uprooted trees and lots of debris.

"Trees fell on several houses and cars just down the street from my house" said Fulford.

Fulford's grandmother lives in Cocoa Beach, Florida, right where the eye of Francis hit.

"My parents drove down to inspect and repair any damage that might have existed and when they got there, both were in shock" said Fulford. "My parents spent about a week down there trying to fix everything up, and also received help from the neighbors."

Fulford has lots of other family who live in Fla. who were affected by the hurricanes.

"I was just so relieved to hear that none of my friends and family were harmed" said Fulford.

The hurricane affected more of Florida and parts of Georgia; however, other students who are from the south were not as greatly affected. Jason Della Sala, BIO 02, has lived in Houston his whole life and knows very well what damages a hurricane can do.

"My family in Houston has not been affected by any hurricane THIS year, but my grandparents live just outside of Tampa and have had a pretty bad blow from each hurricane" said Sala.

"The weather didn't affect my family too much except the fact that bad weather made it difficult to drive and my mom had a hurricane alert at work and everyone had to go to the basement" said Karina Semiletova, who lives in the suburbs of Atlanta.

The combined effects of hurricanes Charley, Frances, Ivan and Jeanne were the kind of worse case scenario that came around once every 200 years. Bush declared 26 Florida counties disaster areas. Florida has suffered from four hurricanes in the past six weeks, and there are still two more months in the hurricane season.

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