

NEWS

Behrend to hold Open House

By Toni Charnock
staff writer

Penn State Behrend will hold one of the three annual Admissions Open Houses for undergraduate students this Saturday, Feb. 10. According to the Office of Admissions, 200 students and about 800 people total, including family members, are expected to attend.

Registration will begin at 10 a.m. in the Reed Union Building, leaving time for the prospective students and their families to gain useful information over the next four hours. There will be Behrend student representatives greeting the high school students and their families and giving resident housing tours.

The Lion Ambassadors will be conducting campus tours from 10 a.m. to 1:30 p.m. The Meningitis vaccine will also be available for paid and accepted students from 10 a.m. to 2 p.m. at the Health and Wellness Center, located in the Carriage House. Beginning at noon, there will be a 30 minute session on the college's newest Associate Nursing degree program.

Mary Ellen Madigan, Director of Admission and Financial Aid, stated that the open house proves to be a success every time. "Students are much more likely to enroll after making a visit to the campus. They fall in love with it," Madigan said. She also commented that this recruiting effort tends to steer

unsure students in the Behrend direction.

An ongoing student services fair will be held in McGarvey Commons of the Reed Union Building. The attending undergraduates will have the opportunity to meet with representatives from academic advising and the career development center, admissions, financial aid, registrar, residence life, athletics, and student activities, along with other student support staff that is available on the Behrend campus.

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**- Mary Ellen Madigan
Director of Admissions
and Financial Aid**

The four schools within the college; the Sam and Irene Black School of Business, the School of Engineering, the School of Humanities and Social Sciences, and the School of Science, will be giving presentations at different locations, allowing students to meet with faculty, tour labs, and view displays and demonstrations. By involving current Penn State students and faculty in the open house, this event gives a prospective student an idea of Behrend's college life.

"The open house works in a way that answers their questions," Madigan said. It is organized in a way that they can go where they choose and to what gets their attention and interest.

If any Behrend student is interested in volunteering to show his or her room for future residence tours, stop in or call the admissions office at (814) 898-6100. Each student who volunteers for this event is able to receive a LionCash Voucher for their participation.

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Ruth Pflueger, said that "After only one year at Penn State Behrend, Michael proved himself enough to be granted this prestigious scholarship. Not only has he worked diligently to succeed academically, but also to afford his college tuition."

Long has earned and been given the academic opportunity of a lifetime, and he has enjoyed it so far. With a semester left in China, there is still much more to be gained. He said that he would be "soaking up the knowledge like a sponge" while in China. Long also said that "My life goal is to become a social-culture scholar who helps to remove the cultural barriers that exist among different ethnicities in the world." His trip will definitely help him in reaching that goal.

Penn State Professor writes on nutrition

By Lenny Smith
assistant news editor

If you are one of the thousands of people that have resolved to lose weight in 2007, a Penn State professor from University Park may have just what you are looking for. Nutrition professor Dr. Barbara J. Rolls authored, "Ready to lose the weight in '07? Four steps to success." The article was first published on Dec. 29, 2006 on msnbc.com.

In her article, Rolls outlines a step-by-step process one must undergo. The first step is making sure that you are ready. You must understand that taking the steps to losing weight will not be a walk in the park. A great amount of effort must be used to change a person's eating habits and increase the amount of activity they have throughout the day. A way to help motivate you is to clearly identify a reason for your desire to lose weight. Some key questions that Rolls says to ask yourself, "Do you have a lot of stress in your life? If, for example, you are in the middle of a job change or a move, these may undermine your weight loss. Do you have the time to learn new eating habits and to fit physical activity into your day? Do you have the support of those around you?"

this, aim to lose about one to two pounds per week. Reducing the number of calories you intake each day and increasing your amount of physical activity is the only way to reach your goal.

The fourth and final step of weight loss is eating right and moving more. If you chose to hire a professional nutritionist or go to a commercial weight loss company, they will set up a specific food and fitness guide to meet your personality and needs. If you have chosen to do it on your own, Rolls says that the following items must be part of your plan,

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The second step is determining what type of "loser" you are. If you do not think that you can achieve your goals on your own, you can join a commercial weight-loss company. Rolls lists Jenny Craig, Weight Watchers, and TOPS (Take Off Pounds Sensibly). These programs will provide guidance, support and praise for your hard work. Another route to take is hiring a dietician. A dietician can help you make healthy choices when it comes to your food consumption, and also help you make behavioral changes.

Third, you need to set realistic goals. Find out what your weight and body mass are by weighing yourself. Be sure to track your progress by weighing yourself at least once a week. A realistic goal is to lose five to ten percent of your current weight. This will bring about a healthier body. To achieve

"When you are managing calories, it is more important than ever to eat nutritious foods. Focus on what you can eat, not on what you must give up. Teach yourself to make food choices that will help control hunger. Show how to fit your favorite foods into your diet. Reinforce eating and activity patterns that you can sustain for a lifetime of achieving your own healthy weight."

For more information on Rolls' four step plan, visit <http://www.msnbc.msn.com/id/16329150>. Rolls is also the author of "The Volumetrics Eating Plan," which offers tips on how to lower the calorie density of recipes. Make this year the year that you keep your New Year's resolution to lose weight.

Airplane request sparks controversy

By Scott Muska and Lenny Smith
assistant news editors

The battle and division of the Senate and House of Representatives has not yet declined. It has, in fact, escalated to the point of what some would call ridiculous. Earlier this week, Republicans lashed out at the newly appointed Speaker of the House, Nancy Pelosi, a Liberal Senator from California, over her alleged request for an airplane.

That's right, an airplane.

It was rumored that Pelosi had requested a special airplane that would transport her from meetings in Washington, DC back to her home in San Francisco and vice versa. Pelosi allegedly sought a military plane that could take her the entire cross country distance without having to stop to refuel. Republicans, namely Adam Putnam of Florida, felt that Pelosi's request was an unfair utilization of her newly acquired stance of power. Putnam said that her desire for a larger plane is "an extravagance of power that the taxpayers won't swallow."

This latest installment in the never-ending argument between the Republicans and Democrats fizzled rather quickly when the White House came to Pelosi's defense on Thursday. They maintained that the Air Force's sergeant-at-arms requested that Pelosi fly in a military plane for security reasons, since every speaker of the house had been granted access to a military plane

since the tragedies of Sept. 11, 2001. Bill Livingwood, the sergeant-at-arms, went as far as to comment on the political end of the issue. He said, "I regret that an issue that is exclusively considered and decided in a security context has evolved into a political issue."

Pelosi became rather defensive when she commented on the verbal attacks of the Conservatives when she spoke to the press on Wednesday night, citing many obscure reasons that she had been

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**- Bill Livingwood
Sergeant-at-Arms**

scrutinized that had nothing to do with an airplane. She seemed to have felt that she was being attacked because of her stance against the war and other subjects. "There are probably those in the Department of Defense who are not happy with my criticism of Secretary Rumsfeld, the war in Iraq, other waste, fraud and abuse in the Defense Department, and I guess this is their way of making their voices heard," said Pelosi.

The argument over the airplane issue has captured a large amount of attention from the press, exposing the inability of both parties to be bipartisan as they had previously promised. There is no agreement between the parties, and they continue to lock horns over a plethora of issues that include, but are not limited to, the war in Iraq, stem cell research, and Social Security benefits. The distribution of airplanes, apparently, can now also be added to this expansive list.

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