

PSH program targets healthy weight loss

Michael Stone
Capital Times Staff

When you hear the word "diet," do you picture yourself starving for weeks and losing a few pounds, only to gain them back again?

Now there's a program on campus to help you lose those extra pounds and develop good eating habits that will keep them off--permanently.

"My New Weigh of Life," a weight-management program offered by Health Services, is the first step to healthy weight loss.

According to Marylou Martz, coordinator of Penn State Harrisburg's Health Services, the program focuses on permanent solutions to weight problems.

"It's not just for 12 weeks," Martz said. "It's for the rest of your life."

Unlike most programs, Martz said "New Weigh" focuses on building self-esteem, the key to any successful weight loss program. It is designed to re-educate you to a new way of eating by making healthy choices--without starving or missing your favorite foods.

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Photo by Darrell Peterson

A Penn State Harrisburg senior expresses her sentiments about receiving her diploma. The student was one of 263 fall semester graduates from the university.

New campus club educates PSH citizens about the world

Sharon Barris
Capital Times Staff

International students, faculty and staff make up an important part of Penn State Harrisburg.

They not only have a fresh perspective of our nation, but they have the knowledge and experience of a different nation.

This semester, The Citizens of the World Club will bring out these

perspectives and experiences and offer them to anyone with an interest in world affairs.

The club was created at the end of the fall 1991 semester when Joan Swetz, International Student Advisor, and a number of Penn State Harrisburg students attended a workshop at Gettysburg College.

Gettysburg's active international club sparked an interest in Swetz and the students for our Harrisburg campus.

Swetz's main goal for the club is to

provide an open forum for the campus and to provide an understanding of different worlds.

All students, faculty and staff are encouraged to join in at the club meetings. Each meeting will explore a new country. South America is the next topic of discussion.

Music and films will also be

incorporated into the discussion to find similarities and differences in the cultures.

International students tend to stick together at our campus. Swetz hopes that this club will break down some of the barriers that isolate the international students and will create new friendships.

Anyone interested in joining the club may contact Joan Swetz in Room W-117.

Russia, from page 1

"I don't think I could afford school [in such a situation]," Ogwal added. Ogwal grew up in the African nation of Uganda, where some items cost up to 10 times more than here. "I can relate to what's happening in Russia," she said.

Like most Americans, students at PSH have a hard time imagining what it would be like to live with the conditions in Russia and the other states. Some said if food prices were double or triple what they are now, they would have a hard time affording things like rent, car payments and insurance because their budget would be dictated by the cost of food.

"Who could afford paying \$9 for a sub and still be able to pay tuition?" said Brian Campbell, a senior accounting major.

Some students will get to experience the lifestyle for themselves. Carol Nechemias, associate professor of public policy, will be leading a Penn State

Harrisburg-sponsored trip to Russia from March 6-19. She said the mammoth price increases have only resulted in a \$40-\$50 hike, to the cost of \$1975 per person.

"This is the first time there has been an increase," Nechemias said. She has been on four previous trips to what was formerly called the Soviet Union.

Nechemias spoke of what the situation in the country must be like today with the recent price increases.

"People's energies are being spent on surviving and coping," she said.

"This is the first time in history that anyone has tried to create a market economy from a socialist system," she added, saying that perhaps "too much is trying to be accomplished at once," and that a slower process of change would have been preferable.

Nechemias said she can remember asking people during a recent trip to Russia, "What do you think will happen in six months?"

"They sort of looked at me and smiled," she recalls. "We don't know what's going to happen tomorrow," was the response.

Lioudmila Kouznetsova, a graduate student from St. Petersburg who arrived last August and is currently earning a master's degree in health education here, expects to return to St. Petersburg in June upon earning her degree. Kouznetsova is concerned about the future.

"People have become very angry," she said. "They're even fighting in the food lines."

Kouznetsova, who was an assistant principal in the Soviet Union, said, "I'm an optimist, but I think the people have lost hope."

She said many, like her parents, are living on a fixed retirement income.

"My mother receives a pension of 250 rubles per month," she said. Her concern becomes understandable when it is revealed that two pounds of sausage costs 150

rubles instead of the three that was charged 18 months ago.

Although she is able to care for a 12-year-old daughter who accompanied her to Middletown, Kouznetsova said she is worried about her 19-year-old daughter Elizabeth, an accounting student who lives alone, and has pleaded for her mother to send canned food or money to buy basic staples.

Terry Heffelfinger, humanities/business senior, summed up the situation by saying, "Food is the most important item in a budget because you obviously need it to survive. Most people spend about a third of their budget on food. You couldn't afford to buy much more if prices increased here by 300 percent."

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