

The Penn State Harrisburg Humanities Club is presenting a new "How It's Done" series.

The scheduled presentations will feature instructional workshops on the following:

Bobbin Lace Making
With Daneen Kemple
Tues., Mar. 24 - Noon
Gallery Lounge

Violin Making Demonstration
With Andrew Weaver
Wed., Mar. 25 - 12:30
Black Cultural Arts Center

Yoga Workshop
With Maureen Arnold
Thurs., Mar. 26 - Noon
Gallery Lounge

O'Brian challenges views of depression

by Cheyanne Morris

Sharon O'Brian, the John Hope Caldwell Professor Of American Culture at Dickinson College, launched The Graduate of Humanities Lecture Series on Feb. 26, in the Capital Union Building.

Her lecture, *A Certain Slant Of Light: Reflections on Depression in America*, addressed cultural perceptions of depression. She criticized America's tendency to seek quick solutions instead of dealing with the intricacies of this illness. She explained that much of the societal anxiety derives from American culture's adulation of the work ethic - value is judged only by visible accomplishments.

This ideal puts an inordinate amount of stress on the average person, often perpetu-

ating depression. O'Brian used advertisements for antidepressants to suggest that American culture avoids facing chronic disorders such as depression.

She described medications as "Band Aid solutions." These measures mask the fact that society bears some culpability for the creation and continuation of the disease.

O'Brian also reminded the audience that in addition to psychology, depression is constructed by various, more subtle factors including: culture; genetics; biochemistry and spirituality. Depression then, is an interdisciplinary topic because acknowledging multiple causes such as these exposes the need for multiple solutions.

O'Brian used her personal solution, a memoir, to illustrate her experiences with the illness. Through her writing O'Brian came to

the conclusion that America stigmatizes mental illness. Those suffering from the illness challenge the culture's delusion of its own indestructibility.

The message was well received by the audience of about 70 Humanities students, alumni, and faculty. Following the presentation O'Brian elaborated on her ideas during as discussion and reception. The ideas she presented and later discussed with the audience will be published in her memoirs due out in 1999.

Commonly
Unbearable.

Dangerously
Believable.

Subsequently
Fatal.

UNTREATED
DEPRESSION

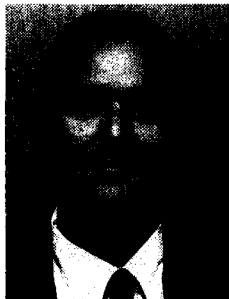
<http://www.save.org>

Community oriented policing about unity

Kevin Stoehr, director of Police and Safety Services, urges the PSH community to be proactive

For some time now, a popular buzz-word among law enforcement has been "community oriented policing". If you ask a law enforcement professional to give you a definition of the term, you usually end up with many different thoughts. However, one idea that is always mentioned is the partnership that police must forge with the community to be more successful in preventing crime. This police-community unity is really the essence of what community-oriented policing is all about.

We here at Penn State Harrisburg are no different. We need to work together in the area of crime prevention so none of us become the victim of criminal activity. By taking a proactive approach to crime, we will



limit opportunities for crime to occur.

In many ways, this is a simple thing. It could be something as easy as locking your car doors or dorm room. Another example may be for each of us to be ob-

servers in the campus community. If something seems unusual or suspicious, a call to Police Services is warranted. I would much rather have our Police Service Officers respond to a call for service and discover that everything is in order than the alternative of taking a report from a victim of crime after the fact.

We all must think along proactive lines. We are fortunate that our campus community is a very safe place. However, we must not ac-

cept the mindset that crime does not occur here. It does and may increase if given the chance. Each of us must make a commitment to ourselves and to each other that we all will work together to keep our campus community safe and crime-free for everyone.

We at Police Services are committed to this ideal and welcome you to join us as partners in this belief.

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