

Campus speaks out against theft

Continued from page 1
explaining how this University will not tolerate this kind of activity. He stated depriving the students of their right to put out a student newspaper is something that will not be tolerated here at this campus.

Holtzman agreed saying the students have a right to voice their freedom of speech through their student newspaper and that keeping them from doing so by throwing it away is not the way for someone to show their discontent. He also shared his opinion that if the newspaper pleases everyone, it's probably not doing its job.

Gelgot explained that the police wanted to ensure the editors they are continuing to investigate the situation. "It is an active investigation," Gelgot said. "We have followed up on leads and will follow up on any further leads as well."

The newspaper's advisor and Assistant Professor of Humanities and Communications, Dr. Peter Kareithi, feels very strongly that anyone, whether a member of this campus community or not, who removes this amount of papers from the stands is performing an act of censorship.

Kareithi provided this statement on the matter: "The Capital Times is the voice of the students of this college. Removing copies and dumping them in the trash amounts to essentially shutting down that voice.

That kind of censorship is unacceptable anywhere. It is especially abhorrent in an institution of higher learning where the tolerance of divergent ideas should be the bedrock of what we do. Students on this campus should be particularly incensed at such an attempt to muzzle them, in or outside the classroom."

Dr. Samuel Winch, associate professor of Communications, said, "If someone doesn't agree with a story in the paper, they should write a letter to the editor. Most of us understand and appreciate the importance of free expression in a democracy. It's unfortunate that the person (or people) who did this don't understand it and instead want to try to silence or censor the paper. For me, this is a good opportunity to teach about the importance of our American freedoms."

Vice President of the SGA, Erin Moskalczak, sophomore Communications, said, "I think it's horrible that someone would steal the voice of the student body. Whoever did this is stealing a part of everyone on this campus. If the students cannot express their concerns to make this campus better, what good are we? We

are just trying to improve the campus life, but yet we are being robbed of one of our freedoms."

Other students also shared strong opinions about the papers being taken. Desiree Khouri, senior Communications, "A lot of hard work goes into putting the newspaper together so when someone steals them it takes away from students being able to receive information about their campus. It is a blatant attack to the right of freedom of speech."

James Elligson, senior Environmental Engineering, said, "Taking the papers is wasting students money provided by the SAF for them to have to reprint

additional copies. It is an immature way of handling things and if someone has a problem with something in the newspaper there are better ways to go about it."

The editorial staff of The Capital Times feels strongly that their right to free speech has been violated and that stealing the newspaper is an act of censorship, which is a crime. They also believe censorship of this publication is unjust to the entire campus community and the campus administration fully supports this idea. Therefore, a \$25 reward is being offered to anyone who aids the police in the discovery of anyone involved.

Weak student turnout for exceptional speaker

By STEPHANIE DURBOROW
Staff Reporter
SAD5012@PSU.EDU

There certainly was a presence in the room when Paul Rusesabagina visited campus Sunday, March 26. Rusesabagina, played by Don Cheale in the movie "Hotel Rwanda", spoke in front of a large audience of over 100 people about his true-life heroism. It was a once in a lifetime opportunity to be able to see Rusesabagina in person to hear his story. Paul Rusesabagina has been highlighted on shows such as Good Morning America for the nation to recognize his bravery and strength.

Rusesabagina was greeted with great applause as he walked in and began his speech. He modestly and briefly told his story of how he saved thousands of Rwanda civilians by sheltering them in the hotel he was managing at the time during the massacre in his country. He was much less concerned about sharing his achievements, as he was getting a point across that nothing like this should have ever happened and how we can change the future so it does not.

An audience member asked, "Where did you get the courage and strength?"

Rusesabagina answered with a smirk, and said, "It wasn't necessarily strength; I was the manager on duty, so helping, I felt, was my job."

He went on to tell how the country of Rwanda got to be in such turmoil after the president of Rwanda was assassinated. He began seeing his neighbors running around with guns and machetes, while families were

on the run and in hiding everywhere. This was not how his country was supposed to be, and he knew something appalling was going to happen.

Rusesabagina spoke much less about himself and the honorable things he did, but more about the fatal dispute between the Tutsi's and the Hutus, the two tribes that were in conflict. It was a modern day holocaust that cost millions of lives.

Rusesabagina is talking publicly to help send awareness about what his country went through, and why it should not happen again.

Another audience member asked later on in the discussion what his opinions were on how to resolve issues in the world such as the genocides in Rwanda.

Rusesabagina responded saying, "It is the people."

He told the audience, "We need to speak out to our world leaders."

He says that justice has yet to be served in his country. So it is the people who will make the difference and who will change the world.

"The world needs you, the world needs me," he added. "If you want, you can always make a difference."

Paul Rusesabagina gave a motivating and encouraging speech. He engaged in great discussion with the audience and made sure their questions were answered.

Surely, everyone left the room with something to think about. Rusesabagina was gracious for sharing his memorable story with us.

He left leaving the audience with the quote "The world is dancing to the same music, but it is the dancers that can change and move."

Voter turnout strong for 2006 SGA elections

Continued from page 1
simply fix the problems that I see." Augie Bravo, senior, Information Systems, was elected Vice President. Bravo ran with O'Malley and proved to have a successful campaign.

"Students should feel free to approach me with problems, concerns, and suggestions," said Bravo. "I want to increase student involvement throughout all campus events."

Voter turnout for the election exceeded last year's impressive numbers. 441 students voted altogether. The turnout was a ten percent increase over last year.

O'Malley captured 177 votes. Her competition, Andy Palacios and Paul Fogle, received 155 and 62 votes respectively.

O'Malley and Bravo now have the critical task of filling the remaining spots on the executive board. The Chief of Staff, Treasurer, Community Liaison, and Communications Director positions need to be filled. O'Malley has the final say on who she decides to appoint.

Two candidates won election by means of a write-in choice. These students were not screened by the official SGA election screening committee. They simply campaigned to get votes and put more effort into the election than some of the senators who had been screened.

Kenneth Trail, Business, and Mark Rosenstein, Humanities, each won by means of a write-in choice. They each received at least five percent of the vote within the cumulative total of votes, which is the amount of votes needed to gain a position in SGA.

Jeremy Kiehl, elections chair, oversaw the voting table in the lobby, which may have helped increase the student voter turnout. Three lap-top computers were available for voting between the

hours of noon and 6 p.m. each day. "The lobby voting presented tremendous advantages in producing voter turnout, but it also introduced some areas in need of improvement for next year," said Kiehl.

Students had mixed reactions on the voting process.

Steve O'Holla, 2005-06 Chief of Staff, believed there should have been a debate or some sort of question and answer period which would give students the chance to ask the candidates questions. Many students would only vote for candidates they knew.

"I did not know who was running. I did not want to vote for people I did not know," said Curtis Munoz, junior, Elementary Education.

Munoz did end up voting and was surprised that not many candidates were on the ballot.

Others believed the election was a decent success.

"220 people voted the first day, which was a great turnout," said Ben Adelman, freshman, undergraduate studies. "The student court did a great job promoting the election and it is definitely a step in the right direction."

No candidate or individual was permitted to electioneer within a 20 foot radius of polling areas. This included campaign posters and distribution of other campaign materials. Polling areas included the main lobby, the library, and computer labs.

This is the second year Penn State Harrisburg featured an online election. University Testing Services helped set up the site where students can vote. Students could only vote once and University Testing Services helped keep track of all voting records and write-in choices. However, it was the elections committee here at PSH that verified all write-in candidates.

To run for SGA office or position, a candidate must be a degree-

seeking student, either graduate (minimum 9 credits) per semester or undergraduate (minimum 12 credits) per semester, at Penn State Harrisburg. Exceptions to these requirements can be made by the campus Chief Student Affairs Officer.

All candidates must have met the minimum GPA requirement of 2.0 on a 4.0 scale, which was verified by the registrar.

The Candidate Petition Form was required to be accompanied by twenty-five signatures from currently enrolled students who support the campaign of the candidate.

Both the Candidate Petition Form and student signatures must have been submitted to the Student Activities Office no later than one week before the election was held. Any candidate's submission received after this deadline had to campaign as write-in candidates. The SGA Election Screening Board screened all non-write-in candidates. Screening was held during the second and third weeks in March.

Candidates who were screened definitely had an advantage because they had the opportunity to ask questions and speak one-on-one with the screening committee. They felt more comfortable about what was required of them in office and realized SGA is much more than just voting at a weekly meeting.

"The screening process helped me with my campaigning and helped me understand the election code," said Diane Kenney, who won the election for Senator of Humanities.

With her term beginning this week, O'Malley is ready to take on President and can still be found in the SGA office smiling.

"I am incredibly excited about all of the possibilities for the future of SGA," said O'Malley. "I look forward to working with Augie as well as the rest of student government."

40 winks required for max. health benefits

Continued from page 1

They note that, "People who get too little sleep may have higher levels of stress, anxiety and depression, and may take unnecessary risks."

Studies are also indicating that sleep deprivation can have an effect on obesity.

According to an article on the Scientific American website, lack of sleep can alter the hormones leptin and ghrelin which stimulate appetite. The fewer hours of sleep a person receives, the more there levels of these hormones decrease.

Sleep deprivation could also result from a number of sleep disorders. One of these disorders is insomnia. Insomnia is a sleeping disorder in which the person has difficulty falling and staying asleep.

It causes problems during the day, such as sleepiness, fatigue, difficulty concentrating, and irritability. About 60 million Americans suffer from insomnia, and the likelihood of developing it increases with age.

There are two types of insomnia. Primary insomnia means that a person is having sleep problems that are not associated with any other health problems.

Secondary insomnia means that a person is experiencing insomnia because of an outside cause, such as depression, arthritis, asthma, or cancer.

Another sleep disorder is narcolepsy. It is as much a sleeping disorder as it is a neurological disorder. Narcolepsy affects 1 in 2,000 Americans and is the second leading cause of daytime sleepiness.

It can begin at any age and continues throughout life. It normally becomes noticeable during the teen years and early twenties.

Narcolepsy has three major side

effects which are sleep paralysis, cataplexy, and hypnagogic hallucinations. Sleep paralysis is a temporary inability to move.

The sleeper is actually paralyzed for a short period of time. Cataplexy is the sudden loss of voluntary muscle control, meaning the sleeper will involuntarily convulse. Hypnagogic hallucinations are vivid, realistic, and often frightening dreams.

A third sleep disorder is sleepwalking, which is a common sleep disorder affecting 17-20% of children. This disorder is more frequently seen in boys. It is less common in adults, usually affecting only 10%.

Sleepwalking occurs when sleepers, in a partially conscious state, perform daily tasks or act out their dreams without any recollection of what they are doing.

Common actions of sleepwalkers include walking outside, eating, getting into automobiles, using the telephone, and washing clothes. Although rare, sleepwalkers may injure themselves or others.

For instance, night terrors, associated with sleepwalking, are episodes in which people experience extreme fright and violence. Sleepwalking is partially genetic, but it can also be triggered by fever, alcohol and emotional stress, all of which affect the nervous system.

Hormonal changes during puberty and pregnancy can cause sleepwalking as well.

In order to get a good nights rest, there are some foods that can help. Many know that what is eaten in the evening effects ones sleeping habits and there's a lot of truth behind that.

Some foods naturally contain chemicals that are known for keeping one awake. "We call them sleepers and wakers,"

says Bill Sears on his website, askdrsears.com.

"Sleepers are tryptophan-containing foods, because tryptophan is the amino acid that the body uses to make serotonin, the neurotransmitter that slows down nerve traffic so your brain isn't so busy. Wakers are foods that stimulate neurochemicals that perk up the brain."

The chemicals serotonin and melatonin help the brain create neurotransmitters, which relax the thoughts and energy in the brain, that so often keep one awake.

Foods containing these chemicals are, for example, dairy and soy products, eggs, rice, poultry, certain meats, and seafood. Turkey is one of the most famous foods for putting one to rest, which makes sense when everyone wants to take a nap after a big Thanksgiving meal.

There are certain foods to avoid in the evening. Foods containing the amino acid tyramine, commonly found in ham, cheese, tomatoes, fish, and chocolate can all keep one awake at night.

And caffeine is one of the leading reasons why it's so tough to fall asleep. Caffeine is classified as a drug and is addictive, which is why so many people often crave their morning cup of coffee and get a strong headache if they are unable to have it.

The reason why caffeine affects sleep so much is because the mechanisms employed by caffeine are close to blood vessels in the brain.

This causes the release of adrenaline into the body, which keeps the body and mind awake and alert.

Sleep refreshes the body and has many, many beneficial effects so, as finals week approaches, take heed and take a nap!

Wood Street Campus Apartments

Pick and choose who you live with!

4 people or more:
\$200 a month/person

3 people:
\$250 a month/person

Utilities split equally

All apartments come with:

- Satellite TV
- Kitchen Appliances
- Off-street parking
- Secure on-site storage at no extra cost
- Park-like back yard & partyroom

Call John for Showing
645-0098

Other properties also available