

Police deal with more than crime on the job

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Incident Stress Management deals with. The CISM team uses set scripted models as to how to deal with critical incidents and tries to intercede quickly and early. Critical Incident Stress Management deals with the first 30 days of a critical incident. The CISM team deals with symptoms that could potentially turn into Post Traumatic Stress Disorder. Critical Incident Stress Management is there to mitigate the effects of a traumatic incident said Malwitz.

The CISM team deals with Dauphin County and usually does not go outside of the county,

but has gone to Lancaster and York on occasions. The Critical Incident Stress Management team assembled a new state team which can effectively travel throughout the state.

On April 4, 2009 three police officers were shot in killed in the line of duty in Pittsburgh.

Malwitz and Gaspich spent two weeks in Pittsburgh with the PA State Lodge Response Team.

According to Malwitz, the first week the CISM team was in Pittsburgh there were a little over 20 officers and there were about 17 officers the second week. Officers from all over Eastern Pa., including Allentown, Reading, Berks County, and Dauphin

County made up the team. "The deal in Pittsburgh was the first time we actually put together everyone on that team. We had a pretty big response out there," said Malwitz

According to Malwitz, Critical Incident Stress Management does not deal with the traumatic incident; it deals with the reactions to the traumatic event. For example, in a police shooting the CISM responds to those who have reactions. "We don't do therapy. We do more listening than anything else. That's a big key," said Malwitz.

Every officer reacts differently. Some officers get stressed out because they do not feel a reaction

at all. In the officer shooting in Pittsburgh with an officer who asked Gaspich, "I don't know what's wrong with me. I don't feel anything. I'm not angry. I'm not upset. I go home and I sleep well. I don't know why."

"It's the officer that faces the daily, constant, stressful calls who may be also having some marital issues, financial problems, etc. and has no stress outlet who is at greatest risk," said Umstead.

According to Umstead, most of the officers who work at the Lancaster City Police have an outside activity they use as a stress reliever. There is a fitness room that is heavily used, and nearly every officer knows the importance of

keeping in shape because any officer may have to fight a criminal younger/faster/stronger than them making exercise the perfect stress reliever. Many officers are also involved in sports. The single most important way to prevent stress related illnesses is to have a healthy outlet.

A counselor is also available for the Lancaster City Police. All city employees have free, confidential access to professional counseling services. A Critical Incident Debriefing Team is also on site and activated immediately following major incidents. Dauphin County also has a program which enables officers to anonymously seek counseling.

A new way of life

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on the growing number of people utilizing the Internet instead of traditional news sources. "Newspapers are getting killed by this movement. I think the Internet is changing the way a lot of things are done and it will be interesting to see how things are in 10 years. I mean 10 years ago we were just really getting familiar with the net." ABC 27 director, Dennis Fisher, thinks the importance of connecting with viewers on a more personal level is necessary in finding what news appeals to the people. A couple weeks ago Fisher encouraged the news team to create personal SNS pages that will let users "talkback" about current events directly to the people who broadcast them. The interaction between the sender and the receiver has never been so personal, and social-networking sites are providing the opportunity for viewers to have their voices heard.

Utilizing Social Networking Sites Safely

Social-networking sites have quickly become a cultural phenomenon. The high traffic of MySpace and Facebook prove that loyal users cannot get enough of online socialization. The growing number of active social-networking site members continues to skyrocket. Forrester Research has concluded MySpace receives around 300,000 new registrants per day, while Facebook gains about 250,000 per day. Whether SNS's are used to connect with distant friends

and relatives, learn more about schools, promote a business, or advertise, it is clear that SNS's are the latest technological breakthrough in connecting and socializing with others. Along with the perks of the site, there are plenty of dangers and concerns that go along with SNS's as well.

The benefits of social-networking sites are practical, fun, and entertaining. If a member carefully posts his or her information and understands the difference between public and private information, then the use of an SNS can be safe and rewarding. By practicing the suggested safety tools and techniques when creating a page and displaying personal information, an SNS member can securely be an active site user, without worrying about the dangers of Internet. Agencies like the European Network and Information Security Agency provide users with tips and tools to use as preventative measures. Locally, Tom Corbett and the Attorney General's Child Sexual Exploitation Task Force work to disable the SNS pages of convicted sex offenders and predators, making the sites safer and friendlier to users of all ages. Playing it safe on the Internet is crucial, especially when logged on to any SNS.

Locally, schools and companies use SNS's to promote their products and to get a sense of consumer demands on a more personal level. Agencies also run MySpace and Facebook pages to connect with the younger generations who cannot seem to spend enough time on SNS's.

PARKING: Campus considers more lots for the students

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The campus chief of police, Chief Stoehr says the building of the new parking lots will not have any effect on the price of the vehicle registration. If the parking is not increased there will be no change in the number of students who are allowed to drive to campus. Stoehr also says that there are no designated parking lots for faculty and with new students attending; the campus will require more parking

Some students have mixed feelings about the new parking lots situation.

"This is not something that will affect us in the next couple years," says Brian Khoker a senior at Penn State Harrisburg.

Some students did not know that there was even a plan for new parking, "I did not know there was one," says Marty Santalucia.

Some students do not really think it will affect them since they are soon going to graduate, while others approve of the new parking spaces.

"Two thumbs way up," says Micah Victoria.

Good Things: Society of Design

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The third event takes place in February and will headline Chip Kidd, an author, editor and book designer. Kidd is also a PSU alumnus. This event is the one that both Stennett and Patsiopoulos are most looking forward to.

"He's the Brad Pitt of graphic design," said Stennett of Kidd.

The fourth event will bring Michael Strassburger and Robynne Raye from their firm, Modern Dog, in Seattle to the Central Pennsylvania area.

In addition to the speaker series, SOD will travel each semester. A trip to Fallingwater and the Warhol Museum in Pittsburgh is currently in the works.

To join SOD, students must pay a yearly fee of \$30. All speaker series events are included in this fee, however, trips may require additional travel expenses. Professional memberships will cost \$100 per year. Members will also agree to volunteer ten hours of community service as a part of their membership.

It is not necessary to be a member to attend events. Student admission will cost \$15 and professional admission will cost \$30.

No experience is necessary to join SOD. All that is required is an interest in any aspect of design.

"Anyone can join. It's not just communications majors.

We want people who have a perspective and have something that they want to contribute and kind of look at things in a different way," Stennett said.

The club was only in its early stages of conception a few months ago. Welsh and Stennett decided to form SOD over the summer. They looked into opening a student chapter of AIGA, a national design organization, but ultimately decided against it.

"AIGA's requirements for forming a student group didn't seem to be the ideal fit for students on our campus," Welsh said.

After discussing their options, Welsh and Stennett decided to create their own design group. "A number of different things seemed to intersect and ultimately led to the idea of creating a multi-disciplinary design organization that would try to embrace and promote "design" as a creative endeavor, way of thinking, and problem-solving method found within many different industries," Welsh said.

Ultimately, the Society of Design hopes to bring together all aspects of design and use it to benefit the community and campus.

"It's the beginning of something totally unique," Welsh said.

So don't stress about school, work and money. Just think of design and smile.