

Cool additions for fall

By **STACY LAWRENCE**
Staff writer

As the buzz around the Delco campus begins to turn to talk of new classes, new schedule numbers and new faculty, it is evident to the average student that the new schedule of classes must have begun circulation. Well, it is that time of year again. When we sit down with our advisors and mull over what classes we can, and are willing to, fit into next semester's time constraints.

Here's a few important pointers to help you in the journey for the least painful way to get the classes you need when you need them. First, make sure you have picked up a copy of the Fall '01 schedule, which was available Wednesday, March 21. Next, schedule an appointment with your advisor as soon as possible to discuss your schedule. Students can begin registering as early as March 26, if you haven't already registered get to it! The earlier you schedule your classes, the better chance you have of getting all the classes you need.

"It is important to register as soon as possible," said Joyce Rigby of the registrar's office.

Also, this enables the registrar's office to facilitate the possible addition of another section of a particular class because the demand for that class is large.

"Students should not depend on courses being available when the fall semester begins," adds Rigby.

If there is a conflict between courses a student needs or wants, the registrar's office advises to schedule the most important classes first, such as a requirement for a specific major or a prerequisite for other required courses. Also, honors courses, internships and any courses notated "permission req" on the schedule of classes may only be scheduled in person in the registrar's office, 105 Main.

Here is a list of the classes that have been changed or altered, or are newly offered to the Delco campus.

ENGL 110 News Practicum instead of ENGL 215 (or 297) for writing for the Lion's Eye--this class fulfills two credits and can be taken up to three times.

Phil 7 Asian Philosophy--previously PHIL 111

PL SC 473 Constitutional Law: The Federal System--this is a new class offered for the Pre-law minor

FR 111 (French) will be the equivalent to FR 1 and first half of FR 2

SPAN 10 (Spanish) will be equivalent to SPAN 1 and first half of SPAN 2-- This change in foreign language is a result of the transition from the previous three 4 credit courses to two 6 credit courses to meet the 12 credit requirement.

SPAN 3 will be available Fall '01 for students who have finished SPAN 1 and need to complete the 12 credit sequence.

There are also courses that have been added to facilitate the phasing of newly

available four year baccalaureate programs:

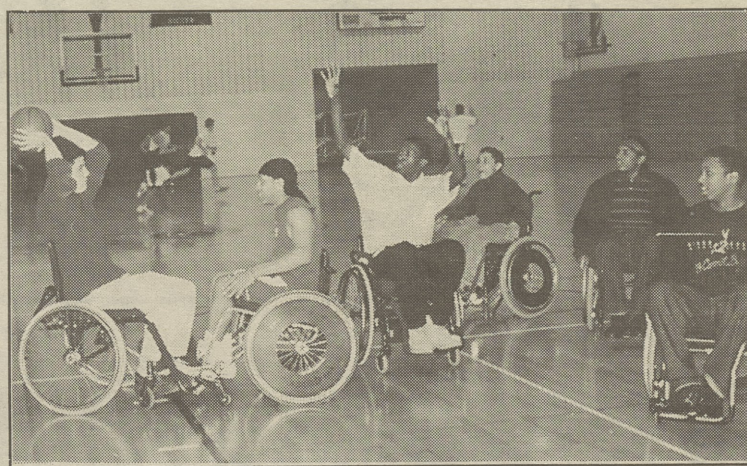
HFSCC (Human Development and Family Studies) major (fourth year) HD FS 401, 425, 445, 455

INFST (Information Sciences and Technology) major (third year) IST 321, 331

The courses that are being offered in conjunction with the trip to Paris December 28, 2001 to January 6 2002, which will be scheduled as fall classes 2001 rather than spring 2002 are as follows:

ART H 100/IN ART 001
Introduction to Art/The Arts Kirker
FR 139 France and The French
Speaking World Kelley
INART 299 Musical Cultures of
The French World Greene
SPCOM 150 Persuasion and
Propaganda Fredricks

Students may take one or more of the above classes for credit.



Anteia Consorto

A new way to play ball. Students play wheelchair basketball during disabilities week.

A new awareness

By **ANTEIA CONSORTO**
Editor-in-chief

For some, this was a totally new experience. Basketball can be hard enough to play normally, but imagine playing the game sitting down. This is just what some students experienced on March 19 as they participated in the wheelchair sports program.

This event was the kickoff for the Disability Awareness Week. This is the second time this week has been celebrated on this campus. "A Day in my Wheels" was

another event that took place during this week. This event was supposed to raise awareness in students and faculty. Some students were put in wheelchairs, others were blind, and one person was on crutches. The students found it hard to get around with their new disabilities.

"The event went very well, feedback was quite positive. Everyone came in and told me their problems," said Dory Shea, organizer of the event.

The major goal for the week was to increase awareness, but also to get the students to realize the problems disabled students face every day.



Anteia Consorto

Student looks for a pass during wheelchair basketball.

Learning Center finally goes high-tech

By **KATHY SMITH**
Staff Writer

We all could use something to make our lives run smoother and easier. With so many faculty and students stressed out with homework, exams and reports we can definitely use all the help we can get. Well, here's some good news for you.

Recently at Penn State, a computerized check in process was created to make student's lives easier in the Learning Center. Previously, logging in at the Learning Center was something many dreaded.

Not only was it time consuming, but stu-

dent's ID's were also written down and anyone could get their hands on them.

Len Costello, a senior business major, designed the system with help from Jim Morgan, in the campus Computer Services Department. Len contacted the Learning Center and asked if they would like him to create a computer ACCESS program in which students can sign-in directly on the computer.

He had witnessed the difficulty the Center had been having with students not signing in and in gathering records for reports, and wanted to do something to help. An additional problem was that students did not want to sign in such a way that their social security numbers were available for public view.

The system allows students to put in their Penn State ID, identify the services they are using and then have the information saved in the computer. ID's are now privately registered. Before, student's social security numbers were written down on paper, where anyone could find them.

With this new computerized check in process the records are private and efficiently stored. And on top of that, students can gather information for various reports quickly and easily.

Sounds like a pretty used appropriately. By the students logging in on the computers, records are kept, and the Learning Center has proof that people are indeed using the system.

The Learning Center is extremely proud

of the fantastic peer and professional tutors who work in the Center. They're dedicated to making sure that each student receives the best academic support, and having this new system allows that.

The availability of computers and support for the usage of them also draws students and study groups that meet daily. In addition, faculty makes use of their testing accommodation services. Having the records that they can easily access, makes their own records more reliable and dependable. So as you can see, it benefits many on campus.

If you need to do a report or just want to look at this new check in process, stop into the Learning Center, room 201 in the Main Building.

**Wanna
Drink?**



**First
think!**

94.3%
**of Penn State
Delco students**

NEVER

**Taken advantage of another sexually
due to alcohol consumption.**

HAVE YOU?

Some food for the soul

By **JOSEPH
CRISAFULLI IV**
Staff Writer

March is national nutrition month. Wonderful. How many people know about it? Not too many. Not surprising considering that the United States is the fattest nation in the world. What is it that Americans do wrong?

For starters, our portions are just too big. From burgers to salads, everything these days is Super Sized.

But then again, so what? So what if our portions are too big?

Statistics from the USDA show that the portion of the average American has climbed from 1,854 calories to 2,002 calories.

"Theoretically, [this increase] works out to

an extra 15 lbs every year," writes David Kennedy, science editor of Muscle Media Magazine.

He and many others, such as Melanie Polk of the American Institute for Cancer Research, suggest using the size of your clenched fist or the palm of your hand to gauge the size of a portion of food.

Another problem with Americans' eating habits is that many don't eat consistently. When you go more than a couple of hours without eating, your metabolism slows, making you feel lethargic. The slowing of the metabolism also occurs, although to a greater extent due to a physiological defense mechanism, when not eating at all.

Way back when humans were dirty cave dwellers, food was

nowhere near as abundant as it is today. When the body went a long period of time without food, the metabolism slowed in order to conserve energy and preserve life. These days, your body doesn't know that there's a WaWa around the corner.

Americans' diets are also nutrient and mineral deficient. This deficiency comes from a lack of vegetables. The most consumed veggie in the U.S. is the potato, which appears in the form of French fries.

So to improve your diet, eat more frequently using appropriate portions of food and eat plenty of veggies; you'll be doing your part in removing the United States from the top of the fattest country list but more importantly, you'll be preserving your health.