

When art imitates life: Photographer to display his work

By STACY LAWRENCE
Staff Writer

Have you ever wondered who takes the magnificent photographs of animals in nature that grace the covers of millions of magazines, posters and even CD covers?

Now you can actually meet and speak with a talented photographer, Jack Winfield Ross. Ross will speak at 12:30 Monday, April 23, at Penn State Delaware County.

Ross has been an inspirational speaker, nature photographer, and writer based in Nashville, TN for more than 30 years. He received a bachelor of science in speech from Indiana Wesleyan University and a master of business administration from Vanderbilt University.

Ross' photographs, speeches and writings are all positively affected by his commitment to give his audience the very best. His pictures and stories not only increase our knowl-

edge of the subject matter, but also tend to strike a chord of familiarity as Ross tries to relate to all his audience members.

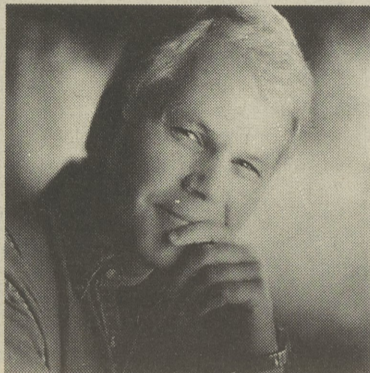
Ross has photographed the beautiful landscapes of North America from Alaska to Florida, from the Canadian Rockies to the Great Smoky Mountains, from Arizona to Nova Scotia.

"When I discovered nature photography, I found who I truly am and I discovered my true place in what the Sioux call the Great Mystery," Ross said.

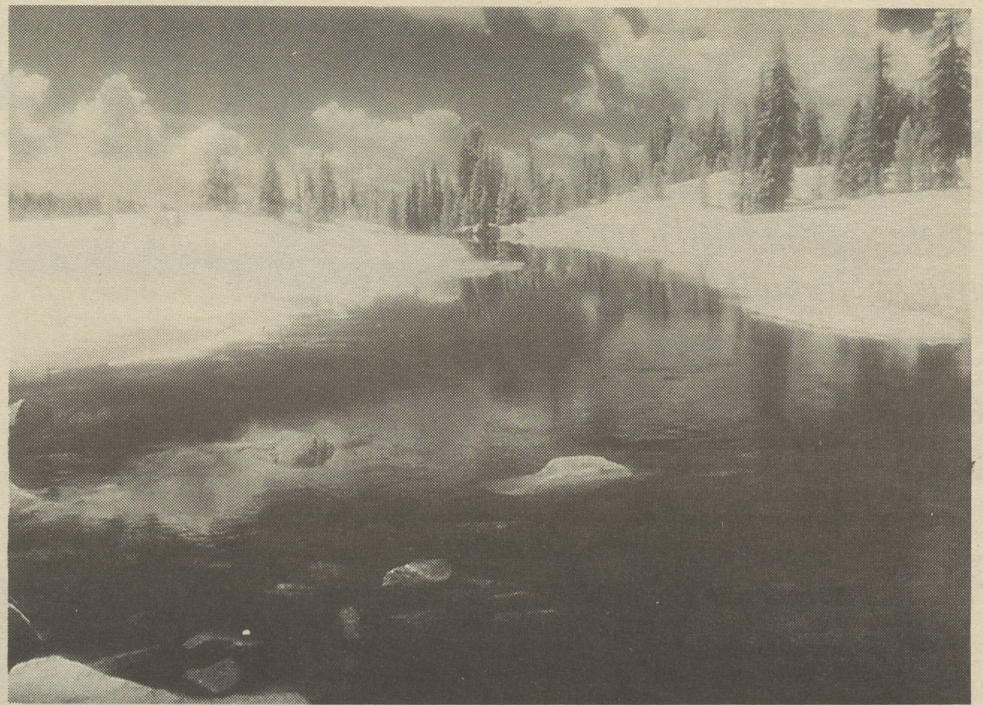
His most recent accomplishment is his photo of the "Red Wolf" appearing on the cover of The U.S. Fish and Wildlife Service Brochure in order to help this endangered

species survive.

With the arrival of Earth day on April 22, Ross will be an interesting addition to the celebration on our campus. If you are interested in contacting Ross, write to: P.O. Box 150771 Nashville, TN 37215 or call (615) 385-4641. His speech is funded by The Student Activity Fee.



Jack Winfield Ross is an inspirational speaker, nature photographer and writer based in Nashville, TN.



The Bear Tooth Wilderness, located in the Shoshone National Forest, is one of the most awe-inspiring landscapes under the big Montana sky.



This adolescent male grizzly bear was photographed in the foothills of the Rockies near Glacier National Park. Grizzly bears are now only found in Wyoming, Montana, Idaho and Washington.

Most college students aren't drinking alcohol!
Research shows that 70 percent of people 12-23
haven't had a drink in the past month.

"No Thanks"

"I don't drink"

How Can I Say NO?

"I'd rather not"

"Binge" drinking
means having five or more
drinks on one occasion.

About 15 percent of students are binge drinkers in any given month.

Drinking large amounts of alcohol can lead to coma or even death. Also, in 1998, 35.8 percent of traffic deaths of 15- to 20-year-olds were alcohol-related.

Students learn by teaching

By KATHY SMITH
Staff Writer

Most of us here at Penn State could use a few extra credits, right? Well here is your chance to not only score three extra credits, but also to participate in a rewarding activity as well. If you enjoy making new friends and helping people in need, this class is definitely for you. Or even if you just want to earn three extra credits in an exciting new way, check out this class. Adult Literacy: Focus on Volunteers, (CI297B), is the perfect class to take for many reasons.

"This class introduces students to problems related to society and also teaches them how to tutor adults in literacy skills, such as reading and writing. In this class you will develop competence to exercise influence in the community and gain a clearer understanding of and appreciation for multiculturalism and diversity," said Norma Notzold of the Learning Center.

"Taking this class will increase your ability to articulate personal beliefs and recognize the impact of experience and reflection on personal growth," adds Notzold.

And besides, volunteering is good for you.

"It looks great on your resume and you learn something about yourself, while helping others," said Danielle Rossi, a senior here at Delco, who took the class Spring 2000.

According to researchers at the Institute for the Advancement of Health, doing regular volunteer work increases life expectancy. The research suggests that the feeling of "warmth" that results from helping others can be attributed to the release of endorphins in the brain. Since nerve cells are connected to parts of the body that fight infection, doing nice rewarding things can help your immune system.

Another study conducted at the University of California Medical School in San Francisco, found that volunteering "seems to increase self esteem, foster a sense of competence and fight off stress and depression," (Michigan Literacy, Inc.)

Pretty interesting huh? Since many of us are constantly stressed, here is your opportunity

to take it off and do something good for yourself and others.

Adult Literacy: Focus on Volunteers, (CNI297B), is a result of a grant by the PA Department of Education, which is designed to address the real problems of adults in our commonwealth who cannot read. This particular grant involves a partnership between Penn State Delaware County and the Indo-Chinese-American

Council located in North Philadelphia. Students from the Penn State Delaware County campus work at various sites in Philadelphia, which serve adults who have English as a second language. Sites include opportunities for students to work with a family literacy project in which they work with parents and children, young adults who are working on their GED and with adults who have recently immigrated to the U.S. and are learning to speak and read English.

"I taught someone to remember how to spell their last name, how much more rewarding could something be," adds Danielle Rossi.

As part of the CI297B, all students are required to complete 40 hours of community service with reflective journals completed at the end of each session. The Council will assist in identifying the sites you will go to, so no need to worry about where to go. Students will be assigned to a site supervisor, who will assist students at their service.

This type of course is by far a win-win situation. The students provide a valuable, respected service to the community and come away feeling rewarded.

"The volunteers also tend to connect closely to their students (whether their adults or youth) and some continue to tutor after the class is completed," says Deborah Seifried.

Unfortunately, classes have already started for this year, but that gives you plenty of time to think about joining next semester and to gather more information if needed. Norma Notzold will teach the fall class, and the spring class will be taught by Deborah Seifried. If this sounds like something of interest or just plain fun, and you would like some more information, contact Seifried at d_seifried@hotmail.com or Notzold at non1@psu.edu.