

There's no 'butts' about it

By ANTEIA CONSORTO
Editor-in-chief

Las felicitaciones! Congratulations go to Professor Sandra Lawrence and her Spanish class for winning the Smoking Contest.

Nope, she didn't smoke 57 packs of Marlboro lights.

What she and her students did was try to combat the smoking problem on the Penn State Delco campus.

Campus CEO Dr. Edward Tomezsko

sponsored the \$250 contest in the hopes of getting rid of the 'butt' problem in front of campus buildings.

"You received the award for 'doing something' rather than 'having someone else' do something," Tomezsko e-mailed Lawrence.

"So, you have my heartfelt thanks for a project well conceived and well done."

Lawrence and 40 of her students spent Saturday, April 14 cleaning up the cigarette butts and trash all over the campus.

They collected more than 100 pounds of

trash, most of which were the cigarette butts Tomezsko saw as a problem.

"This is such a beautiful campus, I love it," said Lawrence. "I just think it's awful that it is covered in cigarette butts and trash."

"If the students would use the boxes for their cigarette butts we wouldn't have this problem."

Though widely advertised in the Lion's Eye, Lawrence's class never thought about the contest.

They came out to clean the campus for

class credit.

"We didn't do this for the prize money, it was a class project, we were not expecting this at all," said Lawrence, "I'm totally speechless!"

Lawrence said the clean-up plan will become an ongoing project. She said she intends to incorporate it into all of her classes.

She's already planning for the summer semester.

Anyone who would like to help should contact Lawrence at sml13@psu.edu.

Saving lives: One pint at a time

By DANIELLE ROSSI
Staff writer

How many times have you wanted to make a difference in the life of another, do something extraordinary, or even save someone's life? Well now you can and it's simple.

The American Red Cross and Penn State would like to thank the more than fifty Delco students that filled the second floor of the Commons building, April 12, to do just that: save lives. Students donated thirty pints of blood.

Last year the Red Cross received even more from our campus, eighty pints of blood. But the need for blood donors is always constant.

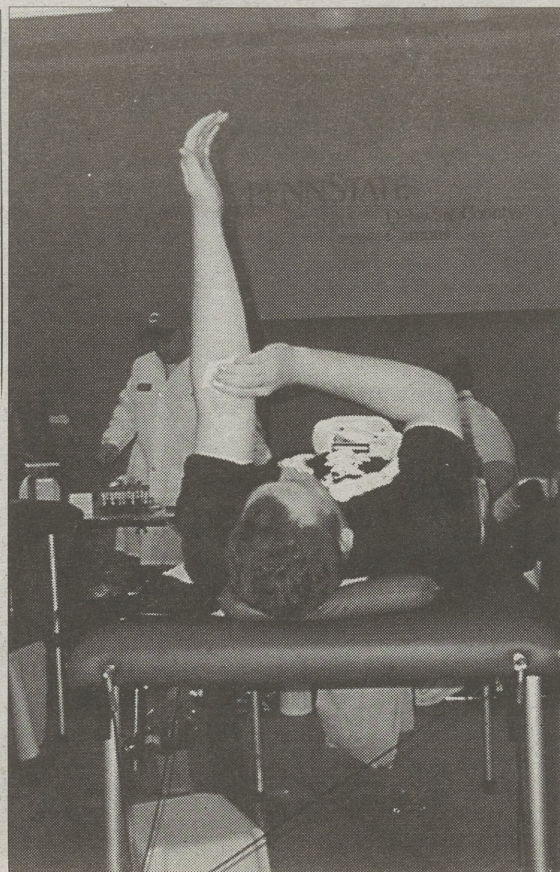
"We can never have enough," said Nancy Stang, registered nurse for the Red Cross.

Every two seconds someone is in need of blood. This includes cancer patients, accident victims, and those with chronic diseases. It's easy to see how your own contribution can make a difference. For every pint donated, up to three lives can be saved.

Donating blood is completely safe. There is no way to contract HIV because new needles and bags are used every time. The average healthy person can donate once every 56 days.

All you have to do is give to be a hero.

"Giving blood is easy and priceless," said Robert Cummings, sophomore. "There's nothing like knowing you saved a life."



Photos by DANIELLE ROSSI
Simon Burns just finishes giving blood at Penn State Delco's life saving blood drive. He was one of many students to donate blood that day.

It's so simple, yet only 5 percent of Americans donate blood every year. If you are someone who donated Thursday, April 12, you are already a hero. If you could not make it, you can still help. Blood can be donated every day, all year round. Just call 1-800-give-life or pick up a brochure in Student Life, Commons building



Photos by DANIELLE ROSSI
Katy Heath gets her blood pressure checked before donating blood last month.

Smokers slowly decimate those around them

By DANIELLE ROSSI
Staff Writer

It's Not Fair!

How many of you smoke? How many of you don't smoke? Well if you think you don't smoke you may be surprised to here you really do. How cool is it to walk around holding a piece of trash in your hands? Not only is it not very attractive, it stinks and you're not just killing yourself but your killing me! How fair is that.

On April 11, 12:30-1:30, in room 103 in the classroom building, I attended a smoking cessation. Adrienne Fox-Miniman Ms. CRNP, of Media put on this program. She is a registered nurse, a survivor of cancer, and has lost a loved one to the effects of smoking. During her half hour speech I learned just how dangerous and disgusting smoking really is. For those who did attend would agree, her life story was compelling.

Fox-Miniman has been helping people for years. Quitting is possible. Fox-Miniman has been traveling to high schools and colleges for years giving out information about her program and the harmful deathly effects of smoking.

I don't have to sit here and tell you how dangerous smoking is or how much you are for doing it, because I am sure you already know that for yourself. How intelligent could one be to stand in a secluded corner sucking on 4,000 poisons, 43 that are known to cause cancer, wrapped in paper? Why not just skip the portable sized carbon monoxide bullets and go wrap your mouth around a muffler?

Ever hold someone's hand till they took their last breath because they wasted too many when they were alive inhaling? Smoking causes headaches, strokes, high blood pressure, defectiveness in birth control, chronic bronchitis, oh yeah and death. Sound like fun yet?

How about the fact that every time you light up a cigarette you or not only killing yourself, which is a fact, you are also killing the people around you. Thanks a lot! You want to waste your time doing something that can kill you that's fine. What about my choices? How about the children that are exposed to your smoke or the children you will leave behind when you die from cancer.

Every time someone walks in and out of the doors here at school they are exposed to your cigarette smoke. Passive smoke is even worse. Smokers are smoking those tantalizing chemicals through a filter; passive smokers get all the strongest effects of the chemicals because they do not have to option of a filter. Do I have to walk around with a mask on my face so I don't die too?

It's very simple; if you smoke trash what's that make you? Sorry, but I can't sympathize with people who are doing something that is not only going to kill themselves but eventually me. Smoking is very hard to quit; it is the most addictive substance in the world. But there is help.

"I would like to save just one life," said Adrienne Fox-Miniman when asked what she hopes to gain from her dedication to helping smokers.

If you smoke you need to stop! If you don't and you know someone who does they need to stop. The first step is to feel good about yourself and to stop doing harmful things to your body.

For those of you who didn't get the opportunity to attend the smoking cessation and would like to get help themselves Adrienne Fox-Miniman is available for individual counseling. If you and your friends smoke she is also available for group sessions as well. Fox-Miniman can be reached at 610-892-7280 or e-mail holistichealth@hotmail.com.

Some positive affirmations

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|---|--|
| 1. I like myself because ... | traits I have is ... |
| 2. I do ... very well. | 8. People often compliment me about ... |
| 3. My friends would tell you I have a great ... | 9. My friends respect me because ... |
| 4. I consider myself a good ... | 10. I have a good sense of ... |
| 5. I look good when ... | |
| 6. My goals for the future are ... | (Courtesy of 1999 Wellness Reproductions & Publishing, Inc.) |
| 7. One of the many positive | |