

Eye On Campus

Brandy(WIN)e Against Cancer

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This fall semester launches the beginning of a new year for THON, a student-run organization throughout Penn State University that raises money for children with pediatric cancer.

With the start of a new semester and a new season, comes also the start of a new year for many clubs and organizations. THON is no exception. But what exactly is THON? Well that cannot be simply answered. THON, short for dance marathon, is made up of nineteen commonwealth campuses, University Park, and many fraternities and other organizations. It is inspiration for many children and their parents who need hope, as well as a fighting force that strives to defeat cancer while still active. THON's overall mission is to "conquer pediatric cancer by providing outstanding emotional and financial support to the children, families, researchers, and staff of The Four Diamonds Fund."

As of last year, the organization has raised \$6,615,318.04 and does not aim to stop there. Each year THON has progressively gained momentum in its fundraising efforts, which includes a dance marathon that is held in the Bryce Jordan Center at University Park as the final fundraising event. But what part does Brandywine have in this?

For THON 2008, Penn State Brandywine raised \$12,779.44 with the help of students who assisted in raising money through canning and on-campus events. This year, the Overall THON Chair for Brandywine is Amy McCaffrey. Amy, who was previously an Overall at Penn State Abington, comes to this campus with a wealth of experience and new ideas. She aims to work well with her Executive Board to raise awareness of the issue at hand, children with cancer.

Although, Amy wants to raise more money this year than last, she emphasized that it cannot be accomplished without members. She stated that, "getting more people involved and keeping the membership up is important." This year members can expect a variety of events such as future dances, canning, etc.

So it is vital that THON has participants. Without student involvement on campus, the grand total raised last year would be \$12,779.44 short of a possible cure. So remember, FTK, for the kids, THON 2009.

Post-Bac Program Offers Info Session

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The innovative Postbaccalaureate Medical Sciences Certificate program that was started in March 2008 here at Penn State Brandywine will be holding an information session on September 25 from 7-8 pm in the lower level of the Vairo Library.

Developed to accommodate to working adults, the accelerated program takes no more than a year to complete. The majority of coursework for the 13 required classes is completed online. Students utilize Brandywine's ANGEL course management system to complete interactive lessons and testing making regular class meetings a thing of the past. Participants are required to come to campus only twice a month for lab work. The program is intense but very rewarding. Obtaining the certificate will prepare students without prior background in science to enter medical school. Dr. Elizabeth Dudkin(Biology), Dr. Timothy Niiler(Physics), and Dr. John Tierney(Chemistry) are currently the program's chief instructors.

Currently, there are nine students enrolled. Sue Currie of Continuing Education describes the participants as a cohesive and highly motivated group. No doubt, the groundbreaking program is expected to grow steadily. Seven applications have already been received for next year and Sue is hopeful that the number of participants will soon rise to the 15-20 range.

Student Christie Mulholland is a student in the program and feels this experience helps her in more ways than one.

"By choosing this program, I am able to complete my prerequisites for medical school while working full time and gaining valuable experience for a career in medicine," says Mulholland.

Prospective students must have a bachelor's degree in nonlife sciences, graduating with a GPA of 3.0 or above. Applicants must have successfully completed algebra II and trigonometry in college. To be selected for this program, the applicant must display a strong drive to pursue medicine by listing prior volunteer experience in health care during the enrollment process.

Applications are collected from August to February and the program runs from April to March. Early application is suggested because only twenty-five maximum participants can be enrolled yearly.

If you want to learn more or enroll in this exciting new program, visit brandywine.psu.edu/postbac today!



PSU Brandywine student Christine Mulholland does labwork for a course in the Post-Baccalaureate Medical Sciences Certificate. Mulholland is currently enrolled in the program and working toward an eventual degree in medicine. (photo courtesy of Penn State Brandywine)

Ebony & Ivory

Dealing with Loss Isn't Easy

Dear Ebony and Ivory,

I was told to write you. A few month's ago a friend of mine died of heroin overdose; I just found out a few weeks ago that it was of heroin. Lately I have been feeling very depressed, and in a matter of a few weeks has lost a lot of people I thought were friends. I have know one else to talk to except the one who told me to write to you guys. Now he has basically told me he is done with me because I have been thinking things I shouldn't be thinking. I would never kill myself, but you know how you get when you're upset and depressed you say things and sometimes wish they'd happen. This friend I care for a lot, more than just a friend and sometimes he just really hurts me. I HAVE so many things to say right now that it is all just a rambling email.

The last few months I have been thinking about my friend nick who died in February and of my dad who died a few years ago. It's getting harder as I get older; I put a smile on my face and walk around like nothing bothers me, but things get to me and I don't know how to not let them bother me. Nick's death was the finally blow, he was there for me all the time just a phone call away no matter what time it was, and now I don't have him as my sanity. This person who referred me to you has hurt me badly in the past, and I can't get over that, but I don't want to lose him because he is basically all I have left in a friendship. He doesn't realize he hurts me, or least I don't think he does but then he'll put blame on me. I am not going to lie sometimes I make him feel guilty that if he lost me he's regret it just to get a reaction out of him. I don't even know what I am supposed to be writing to you guys. Not saying my life is so bad, but I feel so alone sometimes.

I don't know how you can help me or if this is just a thing that I write to rant to and get some type of feed back. I have a lot of personal issues, I do not want to go seek professional help, because these are things I can easily get over if someone would just listen to me and actually care and not yell or judge me for the way I think sometimes. Again no I am not going to kill myself, yes sometimes I do think it, but people ALWAYS have thoughts especially when they are upset.

Thanks-
Melissa

Hey Melissa, First off, it is a good thing to vent and express your feelings. Writing to us will allow you to open up and not feel like you are alone. You friend was right to have you write this email. Having to deal with death is not easy. We have six steps that you should follow to help cope with death.

Step 1: Allow your self the time to grieve. Talk openly and honestly. Do not be afraid to let your feelings show. The worst thing one can do is to keep grieving feelings inside.

Step2: Cry whenever you feel like it. It is okay to cry. You have lost someone very dear to you. Crying shows how much you love and miss them. Crying will help you feel better.

Step3: Let time pass. It takes time to go through the grieving process. You will never forget the person who died, and you will always have some degree of hurt in your heart. However, it will get easier to cope with over time.

Step4: Explore feelings and experiences about death. Discuss feelings such as loneliness, anger and sadness openly and honestly with other family and friends. Join a death and grieving support group.

Step5: Take good care of yourself. Eat well-balanced meals and get plenty of rest. Your health is very important during this time. You may want to see a doctor and discuss the feelings and depression you are feeling.

Step6: Be patient. It takes time to heal. Some days will be better than others.

These tips should help you somewhat. As for your friend, he hasn't abandoned you; this must be a strain on him having to cope with what you are going through. In his own way he is trying to give you the independence you need to grow as a person and go head on with solving your own inner demons.

A thought of killing one is not healthy. Seeking assistance from a professional is a good idea. There are hotlines and people you can talk to.

For more information:
Bucks & Delaware Counties
CONTACT Greater Philadelphia
24 Hour Helpline
Lower Bucks
(215) 355-6000
(215) 547-1889
Central Bucks
(215) 340-1998
Upper Bucks
(215) 536-0911
Mainline & Delaware County
(610) 649-5250
Philadelphia Area
1-888-855-5525

Do you have relationship problems? Going through a tough time in your life? Questions that need to be answered? If you answered yes to any of these questions, never fear, Ebony and Ivory are here! Please send your questions to eandihelp@yahoo.com