



Jonathan McClain (graduate-counseling psychology), left, spins the wheel to win a prize at the UHS Student Health Fair Wednesday afternoon.

Health, wellness issues highlighted at UHS fair

By Matt Scorzafave and Kristin Stoller
COLLEGIAN STAFF WRITERS

Tiana Lukas sat at a table strewn with condoms and plastic bananas Wednesday — part of this fall's student health fair at University Health Services (UHS).

The station was one of 11 themed tables throughout the Student Health Center aimed at promoting a healthy lifestyle and increasing awareness for health-related issues.

Lukas (junior-health policy and administration), a volunteer for HealthWorks, said the group was in charge of three different stations that provided information on sexual health, responsible drinking and nutrition.

HealthWorks is a peer education outreach program that focuses on sex health, stress, physical activity and nutrition, she said.

The program offered interactive stations at the fair, which ran from 9 a.m. to 4 p.m. Wednesday.

The stations specifically targeted freshmen and first-year students, Lukas said.

The fair was sponsored by UHS and the Center for Counseling and Psychological Services (CAPS), said Beth Collitt, marketing manager at UHS.

"Our main goal is to increase awareness of what we offer," she said.

Collitt said the fair has been occurring every fall for the last few years, with the exception of last year, due to the H1N1 epidemic.

This year's fair included a number of

prizes and giveaways to increase student participation.

Students were required to visit at least seven of the 11 stations in order to be eligible to win Wii Fit and Wii Sport.

Other prizes available were a yoga mat, wellness basket and massage gift certificate, among others.

Collitt said another focus of the fair was to promote prevention in regard to illnesses such as the flu and HPV virus.

Consequently, the fair featured a prevention station aimed at making students aware of healthy habits such as hand washing and overall hygiene.

Students said they were excited to see what UHS and its sub-programs had to offer.

Carli Menzel (sophomore-kinesiology) attended the fair and said it was very helpful.

Menzel said she was impressed with the stations that offered physical demonstrations of health-related topics — specifically the sex health and responsible drinking tables.

"I haven't had much experience with UHS, but I think it's a good idea for everyone to see what they have to offer," she said.

Collitt said she hopes the fair showed students an idea of what UHS has to offer.

"We want to provide students with school," she said.

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PSU to promote safety month

By Paul McMullen
COLLEGIAN STAFF WRITER

In honor of the sixth anniversary of National Campus Safety Awareness Month (NCSAM), Penn State will host a variety of events in an effort to increase the sense of security on campus.

This year's theme — "Coming Together to Strengthen Campus Communities" — hopes to embody the vision of NCSAM and Penn State, which involves addressing the challenges affecting safety on campus, according to the event proclamation signed by the Penn State Police.

The programming, provided through a collaborative effort from Penn State Police and student groups, includes a drug and alcohol awareness event, sexual assault prevention programs and Campus Night Out, hosted by the University Park Undergraduate Association (UPUA).

The primary goal of the events is to show students that safety is something to always be cognizant of, Penn State Police Deputy Chief Tyrone Parham said.

"Our chief for the month is to provide learning opportunities which will put safety in front of their face," Parham said.

Through the programs highlight a variety of different situations, Parham said common sense can go a long way in reducing the rate of victimization at the university.

"Most crimes that take place are crimes of opportunity, which means the criminals

do not go out with the intent to act illegally," he said. "They take the easy opportunities, and students need to eliminate any of these possible opportunities."

Parham said he urges students to take simple measures, such as locking doors and windows in apartments and cars, staying in large groups when going out and eliminating heavy alcohol use.

Taking such measures can reduce the number of criminal events that happen, but it does not eliminate crime altogether, he said. In the event that students do become the victim of a crime of any kind, it is important to call the police, he said.

Besides the programming offered to students, university spokeswoman Jill Shockey said she presses students to "familiarize themselves with and utilize the many safety features available at Penn State."

Some of these features include the 50 armed and trained university police officers, 200 illuminated emergency phones scattered around campus and maps online which highlight the most well-lit and safest routes around campus, which can be found on Penn State's website.

"Students pay top dollar to attend this university, and a huge part of that cost goes into students feeling safe on campus," UPUA President Christian Ragland (senior-political science) said.

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Skit shows college 'Pitfalls'

By Emily Battaglia
FOR THE COLLEGIAN

Everything that can go wrong in college will go wrong tonight during "Pitfalls of PSU," a skit performed by Penn State students to help freshmen navigate the ins-and-outs of their first year.

Students from the Gamma Nu chapter of Alpha Phi Alpha fraternity, the mentoring group S-Plan and University Health Services officials will host the event tonight at 6:30 in the Paul Robeson Cultural Center's Heritage Hall.

Gamma Nu President Mark Farquharson (senior-human development and family studies) said the skit is about two roommates who are completely opposite from one another.

"One does his work, one doesn't. One passes his classes and the other fails. One makes good decisions and the other gets into trouble," Farquharson said. "The skit will pretty much cover everything that could go wrong during college."

Topics to be covered during the event include getting caught drinking alcohol in the dorms, catching a sexually transmitted disease, bad budgeting, drug abuse and schoolwork.

Rondell Jordan (senior-communication arts and sciences), who will play one of the roommates in the skit, said students will be provided with actual statistics and facts that are presented in a funny manner.

In addition to comedy, the event

If you go

What: "Pitfalls of PSU" skit
When: 6:30 p.m. tonight
Where: HUB Heritage Hall
Details: The skit is open to all students and followed by a forum discussion.

will also inform students of Penn State policy.

"We hope to show students the procedures that will happen if they get caught with alcohol or if they catch an STD," Jordan said.

A goal of the event is to clear up any confusion about important college issues.

"There are a lot of misconceptions about college life regarding issues such as sexual activities and drug abuse," Jordan said. "We want students to leave knowing how other people deal with those issues."

Ryan Brown (sophomore-architecture) said he hopes students will leave the event with a sense of understanding of college expectations.

"It is OK to party and live your life, but at the same time, you need to maintain the overall focus that the purpose of college is to learn," Brown said.

Farquharson said many freshmen are unprepared for college life, and the skit will help them learn to manage unfamiliar situations.

Greeks ready to sing out

By Vera Greene
COLLEGIAN STAFF WRITER

After practicing dance moves everyday last week, Stephen Kaczowka said it paid off.

The members of Beta Theta Pi and Phi Kappa Theta fraternities and Alpha Xi Delta sorority earned themselves a "long performance" in this year's Greek Sing.

An annual event for sororities and fraternities to showcase their talents in music and script, Greek Sing will be held on Nov. 14 this year in Eisenhower Auditorium.

But earning a long performance just means more time to practice, said Kaczowka, Beta Theta Pi Greek Sing chairman.

"We want to win because of pride, obviously, and bragging rights," Kaczowka (sophomore-finance) said. "But we're putting in all the time and effort in order to win the competition."

Becky Murdy, the public relations overall chairwoman for Greek Sing, said Sunday was the first dress rehearsal for those participating, where it was decided whether the groups would have "long performances" of eight minutes or "short performances" of four minutes. If his group hadn't gotten the long show, Kaczowka said they would have had to change their performance pieces and shorten what they had already practiced. That, he said, would have made it harder to win.

Ariel Sealing, Greek Sing overall chairwoman, said this year's difficulty level in performance has greatly improved on previous years.

"From what I've seen, and if people continue to put the work and effort into their practices, this will be the best show yet," Sealing (senior-hotel, restaurant and institutional management) said.

Since Beta Theta Pi is paired up with Alpha Xi Delta and Phi Kappa Theta, Kaczowka said this ultimately means more spirit points.

At Monday's Rita's Day Out, he made sure to bring some of his fellow fraternity members to ensure they got as many points as they could.

"We got our mango water ice and went over to the overall chairpersons sitting in the corner and told them which fraternity we're in," Kaczowka said. "Then, they'd just mark us down."

Murdy said there was a good turnout at Rita's Water Ice, 119 E. Beaver Ave., and hopes the energy will continue throughout the entire competition.

"This year we're trying to amp it up a bit," Murdy (senior-public relations) said.

Kaczowka said his triad is really excited for what's going to happen in the upcoming weeks. Going off a "Copacabana" theme, he said everyone should look forward to some "good dancing."

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