

Leadership

SOC retreat teaches old leaders new tricks

by Dave Berger
The Collegian

Last weekend over 80 student leaders converged on the Reed Union Building Building to brush up on their old leadership skills and learn some new ones.

Sponsored by the Student Organization Council and the Office of Student Activities, the conference gave all different types of students, including new leaders, old leaders and Greek leaders, the chance to improve their leadership skills. "The purpose of the leadership conference," said Maureen Finn,

coordinator of Student Organizations and Program Development, "was to reach as many different people as we could and as many individual needs as we could."

The retreat was made up of five different sessions, with three different leadership tracks for each session. Also on the the agenda was a general question-and-answer session for all students with Dr. John Lilley, provost and dean. Lunch was provided, and the day came to a close with a dinner reception. Keynote speaker was Nelson Briles, former Pittsburgh

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Just the facts: David Shields, assistant dean of Student Services, explains Pennsylvania's drinking laws during the Risk Management workshop at this year's SOC leadership retreat.

Mark Owens/The Collegian



Diet no more: Susan Kano uses music in her "Never Diet Again" presentation, tonight at 8 p.m. in the Reed Lecture Hall.

Say goodbye to dieting

Whether you are a frustrated dieter or the friend of one, "never Diet Again" is a lecture and mini-concert not to be missed Thursday, September 19, at 8 p.m. in Penn State - Behrend's Reed Lecture Hall.

Susan Kano, author of the ground-breaking book "Making Peace With Food," addresses the frustrations and misconceptions about weight control. Kano blends together compelling information, personal stories, humor and song in an effort to stem the tide of chronic dieting and eating disorders on college campuses. She explains why weight-loss diets do not work physiologically, how dieting can make you fatter and the secrets of natural weight control, backing her claims with the latest research findings.

Kano, who suffered through years of yo-yo dieting followed by borderline anorexia nervosa, encourages dieters to develop a healthy lifestyle to avoid the dangers of weight-loss dieting.

Kano has appeared repeatedly on TV and radio and has lectured at eating disorder and nutritional conferences, hospitals, and for the Massachusetts Department of Public Health.

Musically inclined, Kano

often makes use of one or more songs during her lectures. Music therapy is included in the workshops she has been running for chronic dieters since 1980.

Kano's diet test

Are you (or someone you know) suffering from preoccupation with weight? Take the following self-test:

1. Do you weigh yourself more than once a month?
2. Have you repeatedly lost and gained weight?
3. Do you feel as if you boost your self-worth when you lose weight?
4. Do you feel guilty when you eat fattening foods?
5. Do you feel badly about yourself if you gain weight?
6. Do you often feel upset about your eating or weight?

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