

Editorial

Holiday Blues?

The holidays are just around the corner and for many that means parties, food, singing and generally having a good time. However, not everyone enjoys this time of year. For many, the holidays are a time of stress, depression and even suicide.

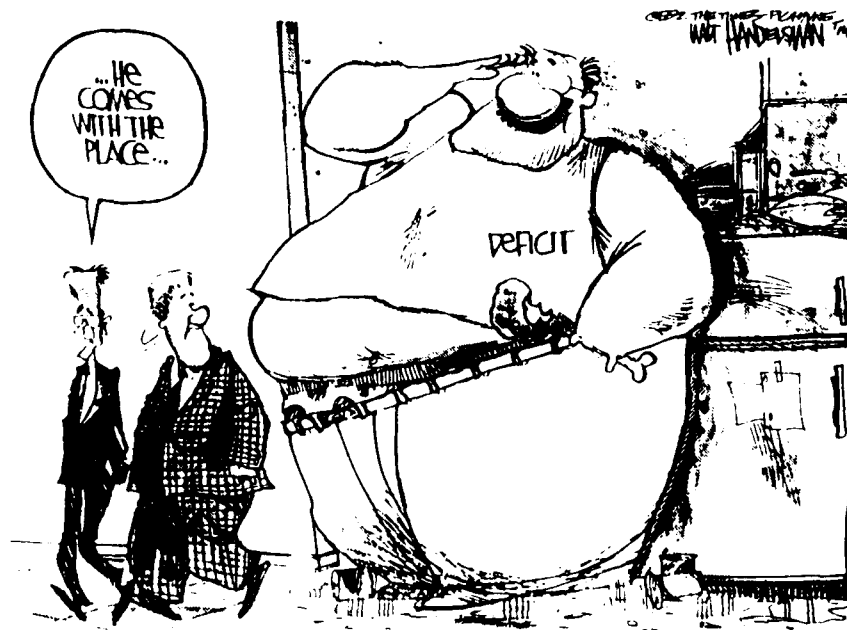
According to the National Center for Health Statistics, about 5,000 young people commit suicide each year and between 300,000 and 500,000 other people attempt to take their lives. Suicide is listed as the third leading cause of death among teenagers.

So, what can we do about it? What if we think a friend is suicidal? Perhaps the single most important thing we can do, is listen. Listen intently and try to understand what the person is going through. However, you must always remember that you can offer your support, but you may not be able to save your friend's life. That choice is ultimately theirs.

A suicide fact sheet put out by Saint Vincent's Health Center, suggests that you immediately encourage the person to seek help from either parents, counselors, social workers or someone they may be especially close to. If this doesn't work, the fact sheet suggests you call a crisis line to find out what to do next.

At Behrend, a counselor is available to give advice and listen. Her name is Sue Daley and she can be reached at 898-6164.

Let's make the best of the season by opening our hearts and ears. Watching out for each other and giving each other hope is the best possible gift we could give this holiday season.



Letters to the Editor

Compliments of Housing and Food Services

Lunchtime - lunch. My food, once ingested as a prescribed dosage - a constant torture - is now consumed in a social, robotic reflex. Some days the ritual is more tolerable. Today a full table of us sat chattering about last night's adventures and weekend plans. Tolerable - until its small voice seized me. I couldn't help but read it - a guide "Compliments of Housing and Food Services" dictating the caloric contents of our meals AND the amount of exercise needed to purge the ingested energy from each digested particle. Thank you, I needed to know this. Within five seconds the impact of five years of anorexia hit me: pain, paranoia, anger, aggression, lies, fears I cannot explain to you. I closed my eyes and felt icy cold hands frantically counting each protruding rib, arm, and leg bone, heard the lying scale and the vicious mirror screaming, "this thinness is not yet enough." I saw the hospital rooms, the I.V.'s, the N.G. tubes and the two summers - last summer - that I spent there. I saw the tall, gaunt young woman from class, the girl who "cannot eat in the Gorge because it is too fattening," and the girl who always "MUST go to the gym." I saw the smirk on his face as he said "better too skinny than too fat."

Do you realize, DO YOU REALIZE what kind of hell it is to live like this: to be frantic, obsessed, afraid to trust anyone or anything, too hungry to eat, to be consumed by not consuming? Do you know that

one in every five college persons has an "eating disorder." Granted a cheerful packet of information from Housing and Food Services won't induce such illnesses, but it can exacerbate the diseases and serves to support society's destructive "health" obsessions. It is difficult to escape an entire society's comments and criticisms. There are MANY people on this campus who are experiencing either the illnesses (anorexia, bulimia, obesity) or the seemingly insurmountable task of recovery. Leave the calorie packets on the tables. Enjoy your lunch. Tamalynn Press
3rd. Semester
Elementary Education Major

doing so next year's Student Government will have a flying start on the process.

Their would be no point in leaving any sort of records if we were not confident that we had developed the best workable system for routinely creating phone directories. For the first time, this year's directory is partially funded with outside advertising dollars, saving our money for other activities. We also set up tables in the Reed Building inviting students to stop and confirm the accuracy of their information. Finally, reminders for students to update their addresses in the registrar's office were posted around campus.

See, in order to correct the outdated information listed, we need your help. If you move I am certain that you would notify the publishers of any magazines you subscribe to so they would send your new issues to your new home. Well similarly, we can not call in excess of 3000 students to confirm their numbers are correct (imagine how long the directories would take then!), so we get all of our housing information from the most recent updates available in the registrar's office. If you have not updated your official address with the registrar after moving, there is simply no way we can have 100% accurate information.

If you have any suggestions for further improvements to the directories, or anything on campus, please let us know. We have meetings every Wednesday at 5:15 in the Reed Seminar Room, and encourage voices like yours to attend.

Gregory P. Farrell
Student Government
Association, Vice President

Errors Not SGA's Fault

Mr. Greg Kristen expressed some concerns in his recent letter to the editor, and I hope that I am able to ease his mind. Kristen expressed discontent with the Student Phone Directories published by the Student Government Association, implying the directories were late and inaccurate.

Well Mr. Kristen, I too would have liked our directories published earlier, and I would also prefer them error free. Again this year, Student Government was faced with creating a phone book from scratch, with absolutely no records of how previous administrations handled the task. In an effort to improve on the system, our staff researched various methods of assembling the phone directory instead of just haphazardly slapping together a list of numbers. We are still documenting all of the steps necessary in producing the directory, but by

The Collegian

Published weekly by the students of
The Pennsylvania State University at Erie, The Behrend College

Editor
Vicky Snyder

Business Manager
Karen Major

The Collegian's editorial opinion is determined by the editorial staff, with the editor holding final responsibility. Opinions expressed in *The Collegian* are not necessarily those of *The Collegian* or The Pennsylvania State University.

News Editor
Loretta Russ

Entertainment Editor
Craig Campbell

Asst. Entertainment Editor
Rick Kastan

Sports Editor
Matt Cissne

Copy Editor
Keith McFall

Advertising Manager
David M. Mahoney

Collegian Staff: April Bogdanski, Hal Coffey, Julie Coughenour, Abby Greenberg, Amy Herb, Gary Johnson, Sue Kass, Rick Kastan, Calandra Matthews, Sue Moreno, Joe Mottillo, Liam O'Mahony, Danette Parrett, Melissa Sabo, Tim Schweitzer, Jen Toubakar, Teresa Turley

Typists: Pamela Baccus, Dylan Sousa, Iris Spinler

Photographers: Amel Balcita, Tim Barr, Steve Binder, Craig Breter, Andrew Festa, Kristie Guldner, Dan Jaecks, Darren Schilberg

Advisor: Cathy Mester

Columnists: Andrew Festa, Alicia Hartman, George Hiegel

Letter Policy: *The Collegian* encourages letters on news coverage, editorial content and university affairs. Letters should be typewritten, double-spaced and signed by no more than two persons. Letters should be no longer than 400 words. Letters should include the semester standing and major of the writer. All letters should provide the address and phone number of the writer for verification of the letter. *The Collegian* reserves the right to edit letters for length and to reject letters. Letters should be submitted to *The Collegian* office no later than noon on the Tuesday prior to the desired publication date. Letters submitted to *The Collegian* become property of the newspaper. *The Collegian* is published every Thursday during the academic year on recycled paper.

Postal Information: *The Collegian* is published weekly by the students of The Pennsylvania State University at Erie, The Behrend College; First Floor, The J. Elmer Reed Union Building, Station Road, Erie, PA 16563. 814-898-6488 or 814-898-6019 fax.

Interested in taking over *The Collegian*?

Applications are now being accepted for the position of editor of *The Collegian* beginning in the Spring of 1993

If you are a registered student in good standing with the College, you are eligible to apply.

If you are interested in applying, you must submit a statement of your journalistic qualifications, your editorial philosophy, and assessments of the current strengths and weaknesses of *The Collegian*, and your plans for the organization of the staff. Your application must be submitted to *The Collegian* office no later than Friday, December 4, 1992. If you have any questions about applying, call *The Collegian* office at 898-6488 or Cathy Mester at 898-6207.