



22 Days until  
Christmas  
6 Days until  
Hanukkah

Volume 1 Issue 14  
Dec. 3, 2012

# THE PSU Collegian

Where the NEWS is all about YOU

## Calendar of Events

TUESDAY, Dec. 4

Noon  
SGA Meeting  
(B103)

WEDNESDAY, Dec. 5

Noon  
L.E.A.D. Conflict  
Management  
(B103)

THURSDAY, Dec. 6

8 p.m.  
VIBES: Oxymorons  
Improv Comedy  
(Café)

FRIDAY, Dec. 7

CCSG Weekend  
Late Night Crafts  
(SHL)

SATURDAY, Dec. 8

CCSG Weekend

SUNDAY, Dec. 9

7 p.m.  
Club Run Fun: Allies  
Bingo Night  
(Café)



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## DRIVERS BEWARE!

### Campus parking is a danger to your vehicle and wallet

Casey Petty  
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What happens when your car is hit in the parking lot?

Matt Dilger, a sophomore on campus, knows this answer all too well. This semester, his truck was hit while attending class. Worse, when he called Police Services, they told him, "It was a non-reportable accident."

"The officer wouldn't come up to the lot to take down any information. I had to go out of my way to find the car that hit me," Dilger said.

Not only that, but the damage caused to his vehicle was excessive.

"Someone hit my truck causing \$2,500 worth of damage."

Lucky for Dilger, he happened to find the vehicle that hit him and made the owner pay.

But what if someone else's car gets hit? Would they be as lucky?

Chase Petty, a freshman from Idaho, wasn't as fortunate.

Chase saw who hit him and he reported it to Police Services. He filed a claim with his auto insurance. Yet, he's been left to pay for the damage himself.

According to Chase, the individual who hit his car denies ever hitting him. Police Services did nothing saying once

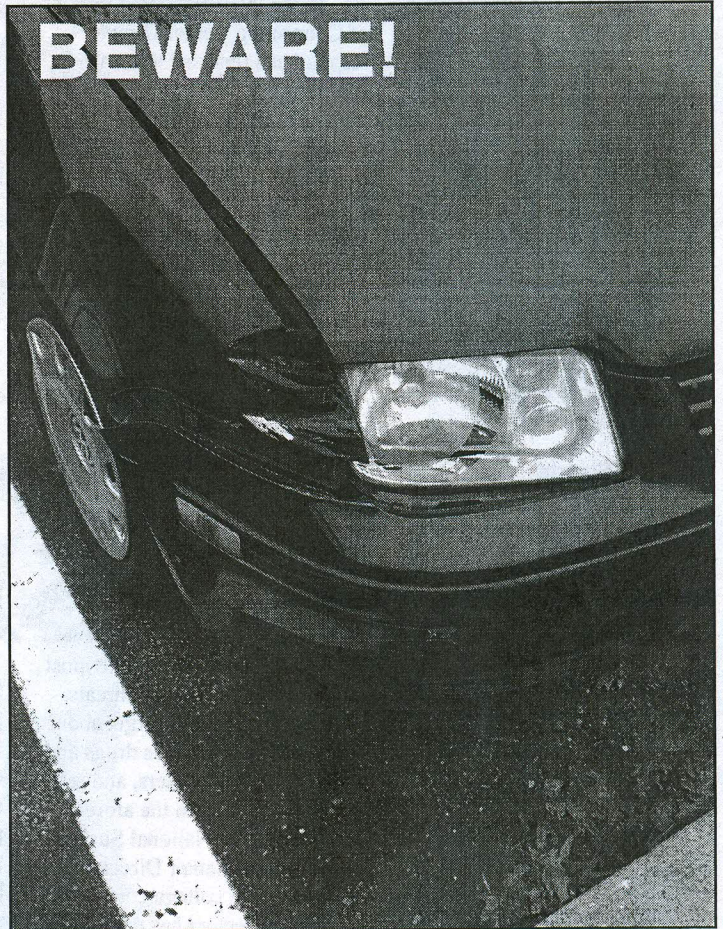


Photo by Krystin Baker

**Chase Petty's car was hit by someone who now denies they did it. Chase has to pay for the damages himself.**

again it is "a non-reportable accident."

Chase has no options now but to sue. Lawyers are expensive, not to mention, the hassle of going to court is downright unbearable.

Couldn't this have all been avoided?

Isn't there a way to make the Penn State Hazleton parking lots safer for students, staff and faculty?

Dilger believes the campus can do more.

"We need to make the parking spaces bigger, and install cameras in parking lots. Also,

Police Services could be more helpful when incidents happen," Dilger said.

At Penn State Hazleton, the sad truth is this – no vehicle is safe. With finals just around the corner, the minds should be focusing on the books, not the safety of the vehicles outside.

So what can a student or anyone else do?

Students should talk to their SGA representatives about this issue.

Let them know you want your vehicle to be safe and accident-free this holiday season and thereafter at PSU-HN.

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# The stress that is college life

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The state of mental health on college campuses is a growing crisis. In the 2010 National Survey of Counseling Center Directors, respondents reported that 44 percent of their clients had severe psychological problems, a sharp increase from 16 percent in 2000.

The most common of these disorders are depression, anxiety, suicidal ideation, alcohol abuse, eating disorders, and self-injury. In a 2010 survey of students by the American College Health Association, 45.6 percent of students surveyed reported feeling that things were hopeless and 30.7 percent reported feeling so depressed that it was difficult to function during the past 12 months.

Although depression and anxiety disorders are the most common campus mental threats, many people seem to forget about substance abuse such as drugs and alcohol, eating disorders, and self-injury. According to the aforementioned 2010 National Survey of Counseling Center Directors, 24.3 percent of college counseling center directors has noticed an increased number of clients with eating disorders and 45.7 percent have reported an increased number of clients struggling with alcohol abuse.

Students are faced with being in one of the most stressful positions a person can be in: college. They have to make sure they prioritize, study until all hours of the night for their desired grade, and be able to understand concepts that are completely new to them.

Money is also an issue.

In 2010 71% of college students used financial loans to pay for their undergraduate degree. Some students are lucky to have their parents pay for their studies but still students feel guilty for leaving such a burden on their parent's shoulders.

Students rely on alcohol/drugs

While some students might have an easier time adjusting to the transition, others may begin to feel overwhelmed, often relying on individual coping tactics, such as controlling food consumption, to account for the change.

About 17% of college students (20% of women and 14% of men) report that they have cut, burned, carved or harmed themselves in other ways, reports a new survey by Cornell and Princeton University researchers, the largest study on self-injurious behavior (SIB) in the United States to date. Janis Whitlock, director of the Cornell Research Program on Self-Injurious Behaviors in the Family Life

Development Center says, "Self-injurious behavior is defined as inflicting harm to one's body without the obvious intent of committing

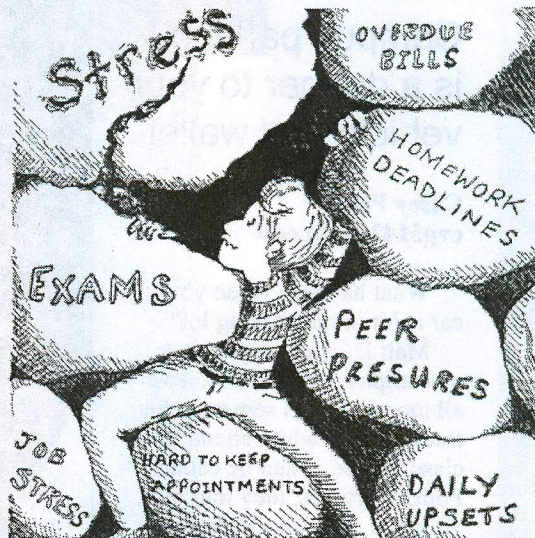


photo courtesy of un-dependent.org

to make their problems disappear, although after sobering up they realize their problems have only been lifted for several hours and they either have to face the problem or drink it away. Most students feel there isn't any choice but to drink their problems to the point where they seem like small bumps on the road.

Eating disorders are also extremely dangerous on college campuses. Not only are college students forced to face a physical transition from living at home to experiencing the dorm-room culture, they are also expected to balance their personal and social needs with academic responsibilities, all without help from their guardian. The combination of responsibilities often leaves students with feelings of anxiety.

suicide." Students who do mutilate themselves say they do it because they wanted to punish themselves for a mistake they have made and simply because they felt worthless.

If you or someone you know may be dealing with one of these problems or just need someone to talk to about hard times please got to Debra Jemo-Kobialka, Ed.M., Counselor in 105C of the Butler Building or call (570)-450-3027 or even email her at duj2@psu.edu. You don't have to feel alone in a time of need.

"What you thought before has led to every choice you have made, and this adds up to you at this moment. If you want to change who you are physically, mentally, and spiritually, you will have to change what you think," said Dr. Patrick Gentempo.

**SGA**

serves students at Hazleton. CCSG is a great way to make student voices heard to a wider audience

**Heart Association**

SGA welcomed the AHA to their open meeting last Tuesday

**CCSG**

This coming weekend, Dec. 7-8, CCSG will be convening in University Park to discuss legislation and SGA happenings.

These meetings shape SGA

to discuss issues of awareness and to encourage students to volunteer at an event they are modeling after "The Amazing Race" to be held this spring. Interested students should contact SGA for more information.

