

Opinion

Clubhouse offers a welcoming program

by The staff and members of Opportunity Centre Clubhouse

May is Mental Health Awareness Month. In honor of our friends who have lost their struggle with mental illness and those working towards their recovery, Opportunity Centre Clubhouse (OCC) is holding our fifth annual candlelight vigil. It will be held Wednesday, May 26, from 5:30 to 6:30 p.m. at Talleyrand Park in Bellefonte. Our theme this year is "Building a Community of Recovery." With that in mind, we would like to share some information as to why mental health awareness matters to our community. In 2005 it was estimated that 24.6 million adults in the United States aged 18 or older were living with serious psychological disorders (SPD). One out of five persons aged 18-24 reports having a mental illness, with major depression and anxiety disorders being the highest experienced. Suicide is the third leading cause of death for those between the ages of 15 and 24 and the number of attempted suicides is even higher. The elderly male population has the highest suicide rate of all groups. Our veter-

People with mental illness can and do recover every day. Improved treatment options have helped people live fulfilling and productive lives.

ans are experiencing extremely high numbers of post traumatic stress disorder. At any given time, one in four individuals experiences some form of mental illness, so the odds are great that that one person is your family member, neighbor, co-worker or friend.

Now for some good news. People with mental illness can and do recover every day. Improved treatment options have helped people live fulfilling and productive lives. Even though some mental illnesses may be lifelong conditions, they can be treated like any other illness, such as diabetes or heart disease.

A factor effecting recovery is stigma. Many people are reluctant to receive help

because of stigma. That is where education becomes all important. OCC is willing to speak to your group or organization regarding mental illness and how recovery can and does happen, so please feel free to contact us any time at 814-353-1050. The Internet also has many sites that provide useful information. The Substance Abuse and Mental Health Services Administration (www.samhsa.gov) is the federal government site for information, services and the latest headlines regarding mental health issues. They sponsor a new information campaign titled "What a difference a friend makes" (whatadifference.samhsa.gov) that offers ideas on how to help a friend who has a mental illness. Another site worth visiting is www.bringchange2mind.org, where Glenn Close and others discuss how to remove stigma and help others through personal stories and facts. Opportunity Centre Clubhouse, a program of Skills of Central PA, Inc., is a psychiatric rehabilitation program that works with adults with serious mental illness in Centre County. OCC is one of over 300 Clubhouses worldwide. It is based on the "Clubhouse Model" developed at Fountain House in New York City,

which was established in 1948. OCC is a unique program where members are made to feel welcome every day. There is encouragement to strive forward while maintaining contact with supports in the mental health field, family and community. Members work at their own pace and the focus is always on abilities and opportunities. Some benefits of clubhouse participation are reduced need for services and hospitalization, increased self-esteem and confidence and involvement in the community through working and volunteering. OCC also offers support to our members for independent, supported and transitional employment in various types of jobs in the community. Contact us to see how our employment programs can benefit your business.

We invite members of the community to celebrate "Building a Community of Recovery" during our candlelight vigil on Wednesday, May 26 at Talleyrand Park in Bellefonte, between 5:30 and 6:30 p.m. There will be speakers, entertainment, snacks and a sense of hope and recovery. Come join your friends and neighbors to help fight stigma and build a stronger community for everyone.

West End planning shows myths never die

by Lou Hass

Is growth essential to the Centre Region's prosperity?

The problem with urban expansion is that most of us perceive it through myopic eyes. We recklessly barge ahead looking at tomorrow or next year or even the next decade without somehow sensing, or perhaps ignoring, the long-term consequences of our decisions. We fail to recognize that, barring natural catastrophes (droughts, earthquakes, hurricanes, floods, etc.), humankind has advanced to the point where, for the most part, it is capable of not only controlling its own environment, but that of the entire biosphere as well. This is indeed frightening because if we destroy the latter, we will surely obliterate ourselves.

Despite its sophistication, the human community, in general, still perceives itself

One of the most foreboding aspects of anthropocentrism is the realization that many of our influential leaders belong to a consortium of shortsighted, "progress-minded" individuals whose collective interests reside in aggressively promoting growth—not for the common good, but for purely personal gain.

as being totally separate from, rather than an integral part of, the biocentric norm. As a result, the archaic notion that anthropocentric growth represents progress stubbornly persists.

One of the most foreboding aspects of anthropocentrism is the realization that many of our influential leaders belong to a consortium of shortsighted, "progress-minded" individuals whose collective inter-

ests reside in aggressively promoting growth—not for the common good, but for purely personal gain. Without batting an eye, these are the individuals who would strip a mountain naked, blast its heart out and ultimately crush the pieces to make a roadbed. These are the "public benefactors" who would hack down an ancient, majestic oak simply because it is in the way and "has stood there long enough anyway." These are

the illustrious "patrons of progress" who would wittingly destroy the life of a stream to build a dam, a road or a bridge. They are the developers, clearcutters, contractors, bankers, architects, quarry owners, realtors and building suppliers who couldn't care less about the impact of growth on the welfare of the land. Moreover, they are masters of propaganda.

Consider, for example, the words of a well-known State College architect expressed during an address to a public forum on growth and sprawl in Centre County: "Growth is under way and we can't stop it, but I'd like to see the management of growth occur in a way that doesn't stop attracting people to this area."

To some, the above statement will sound

Letters to the editor

Voices contributes to fear of change

I read your article on the Marcellus drilling all over Pennsylvania, and I was quite taken back by the negative light that your paper has shed on it. You say that the Marcellus drilling threatens our environment and economy. The Natural Gas Companies are doing everything that they can to keep the environment safe. They leave as little a footprint as possible, and after they finish a well they bring the land back to almost pristine conditions. They replant, and the only thing that is left to show that there was a drilling rig there is a small well. They abide by the strictest water regulations in the country. Not all companies are drilling "shoddy" wells. The bigger companies are not seeing the problems that you have talked about. As for the economy, this boom in drilling is going to

create many jobs and much needed revenue for Pennsylvania, as you stated in your article. If you need proof, look at Ft. Worth, Texas and the impact that the Barnett Shale has had on it. When the rest of the country was hurting for jobs and the economy was bad. Ft. Worth was fine because of the jobs and the revenue brought in by the Barnett. This is something that we can expect from the Marcellus as well. Most people are afraid of a little change, and it is papers like yours that keep them that way. Instead of talking about the few bad apples, why don't you run an article on the positives that are coming out of it. Most of the negatives are due to people's ignorance anyway.

Matthew Dugan
State College

Sharing the Marcellus story

I very much appreciated your thorough article in the April issue of VOICES of Central Pa on the topic of Marcellus shale. I'd like to share the article with some friends and family, so I was wondering if you could send me an electronic copy? A

pdf file would be particularly helpful.

Thanks so much,
Hillel Brandes
State College

PDFs are available at voicesweb.org !

Voices sheds light on drilling risks

Thanks for the excellent article on gas drilling in your April issue. We rely on journalism like this to open people's eyes to the true risks and impacts of gas drilling. No disclosures are required of the gas company when signing up leases to put wells on the land. Hopefully, the knowledge will spread before the landman knocks at the door and waves money in exchange for a "temporary inconvenience." This article gives an excellent overview of the real issues that sur-

round this heavy industrial activity masquerading as family and farm friendly. Do you homework—research Dimock, PA (devastated) and Caddo Parish, LA (135 families evacuated in late April) before signing up. What's the rush? The gas isn't going anywhere and the industry, if held accountable, may improve its methods. Keep up the great work Voices!

Leslie Avakian
Greenfield

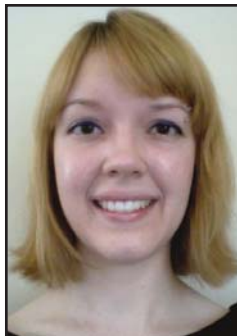
To be an astronaut or to be an elementary school teacher?

by Victoria Couch

In the United States, most forward-thinking people would agree that women should have the right to pursue whatever career path they choose. We applaud women in complex fields or positions of power. We heartily endorse programs that encourage girls to enter into the traditionally male-dominated field of science. What about when women choose a career path that has a tradition of being dominated by females? In 2008 the top career choices for women included secretary, schoolteacher, nurse and receptionist (U.S. Census Bureau, 2005). Many of these are hardly the careers we want young girls to aspire for. I do not imagine many parents being thrilled to hear that their daughter's dream is to become a secretary. What if that really is her dream though? I by no means disagree with inspiring girls to enter into the fields of science, business, management or any other weighty position that women have been historically barred from. I do disagree with the stigma I perceive when a woman decides to enter into a typically "feminized" career. We should applaud a woman's right to choose her own path, whether it is an astronaut for NASA or an elementary school teacher. If it

is truly what she wants, it should be celebrated.

We say that women are free to choose whatever career they desire, but are they really free from judgment with their choices? The workplace in the United States has become increasingly open to women. In 2003, 60 percent of women 16 and over were a part of the workforce (U.S. Census Bureau, 2005). In terms of higher education, women are actually outpacing men. 31 percent of women ages 25 to 29 had attained a bachelor's degree or higher in 2003 compared to only 26 percent of men (U.S. Census Bureau, 2004). In the 1940s and 1950s, the percentage of households where only the husband held a job and the wife stayed at home was 66 percent (DPE Research Department, 2006). Today, that percentage has gone down to 18 percent (DPE Research Department, 2006). This is a far cry from less than a century ago when women were expected to simply marry off and produce children. While I am proud of the progress women have made in



the workforce, I fear in certain ways it has led to a sort of reverse discrimination in terms of career choice for women. In the past, a woman would have been scorned for holding a high power job. Today, it feels as though women who do not opt for high power jobs are looked down upon to a certain extent for their supposed

lack of ambition.

When I started at Penn State as a freshman last year, my major was Hotel, Restaurant and Institutional Management. I

see Choices, pg. 29

Instructions:
Fill in the grid so every row, every column and every three-by-three box contains the digits 1 through 9. There is no math involved. You solve the puzzle with reason and logic.

Thanks to Peter Morris for contributing this puzzle.

The solution to this month's puzzle can be found on page 31 of this issue.

Sudoku

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		5		4	7		1	
7	9	1						
4				1			2	8

from Choices, pg. 28

was proud to think of my future self managing a successful restaurant or maybe even starting my own. I was invigorated by the notion that I was going to be a woman manager, something that would have been almost unheard of just two generations ago. Don't get me wrong though; I didn't choose the major based strictly on its gender connotations. I genuinely thought that it was the career I wanted to dedicate my life to. After a year in the major though, I realized it was not the right fit for me. After a lot of consideration, I decided that being an elementary school teacher was my true calling. I took the necessary steps to switch majors and I am now a proud Elementary Education major in my sophomore year. I know I have truly found the career for me, something that I do want to dedicate my life to. I couldn't help but feel a small twinge of regret though, considering my switch was

First and foremost though, we should encourage girls to follow their dreams no matter how big or small they may seem. Becoming an elementary school teacher might not seem like a big deal to most, but it's a big deal for me.

to a stereotypical "woman's job." As of 2004, there were 6.2 million teachers in the U.S., 72 percent of were women (U.S. Census Bureau, 2004). I regretted that I no longer felt like a trailblazer with my chosen career. I felt like I was conforming to a role. I subconsciously felt as though I was selling out by not becoming a successful manager or a rocket scientist or president of the United States.

It's important to encourage girls to aim high with their aspirations and to celebrate women in male-dominated fields. First and foremost though, we should encourage girls to follow their dreams no matter how big or small they may seem. Becoming an elementary school teacher might not seem like a big deal to most, but it's a big deal for me. I have no doubt that I share the same fervor for teaching that an astronaut has for exploring the universe. I would like my career choice and all career choices to be celebrated equally. No woman should feel guilty for following her dreams. So to answer the question, "Which is greater: the female astronaut or the female elementary school teacher," neither is greater. They are both careers that a woman, or any person for that matter, can choose for themselves. The celebration lays not in the choice itself, but in the freedom in making it.

Victoria Couch is a sophomore Elementary Education major at Penn State.

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from West End, pg. 27

benignly compromising when, in reality, it is a simplistic, cyclic expression for the perpetuation of urban metastasis. People, such as our architect, are the engines that power the "Urban Growth Machine." These people tend to be wealthy, organized and politically influential: They're to be regarded with a wary eye.

One can reasonably argue that because the Centre Region is part of an unusually attractive area and the seat of a large, prestigious university, expansive growth is inevitable. Undeniably, Penn State, with its 43,000 plus students and its 10,400 staff, has been the prime mover for such growth over the past five decades.

The amazing irony of the Penn State scenario, however, is that instead of encouraging growth, the University puts the Centre Region in an incredibly unique position to experience immense prosperity without extensive proliferation. How is that possible? The answer lies with the less than arcane concept of inviting visitors to the area and subsequently encouraging them to depart after a moderate sojourn. Some refer to this as tourism, but with the University's extensive cultural and athletic programs in place, it is indeed that and more. For example, Penn State football alone attracts hundreds of thousands of spectators who, in turn, contribute tens of millions in revenue to the local economy each year. Multiply this by the dozens of other money-generating campus events and one is forced to acknowledge the enormity of a regional, academically-spawned affluence—an affluence whereby the indigenous ambience remains in a dynamic steady state; that is, neither expanding nor contracting, but sustaining a continuous ingress and egress of people.

"The steady-state principle" is equally applicable to the university's circumambience as well. The region's all-encompassing panorama of hills, streams, forests, meadows and farms is poetry without words...to be enjoyed by all, and especially by big-city dwellers who claim the monolithic concrete jungle as home. Uncorrupted areas such as ours will always be pursued by individuals who wish to experience nature's solace through activities such as hunting, fishing, birding, hiking, camping, kayaking, skiing, bicycling or, for that matter, simply touring. But one of the most fascinating aspects of our locale is that, over the years, it has generated a plethora of places and events that are particularly enticing to leisure-seeking people (e.g., arts festivals, farmers markets, museums, state parks, antique villages, golf courses, historic sites, summer playhouses, ski areas, winter festivals, gourmet restaurants, grange fairs, etc.). From experience, we know that tourist participation in all of these attractions contributes immensely to the local coffers (over \$500 million yearly). But, without growth-delimiting regulations in place, the area eventually will fall prey to urban proliferation. When that occurs, many attractions will be subsumed, leaving some coffers devastatingly bare. We will have begun to destroy the eco-tourism that we have worked so long and so hard to develop.

Before it is too late, now is the time to emulate other conservation-minded communities across the nation and adopt the prosaic philosophy so often expressed on their road signs, "Welcome! Enjoy our beautiful area, and when you're finished, go home."

Lou Hass is an emeritus professor of Biological Chemistry at the M.S. Hershey Medical Center.



File photo
Conflict over the direction of "regional academically-spawned affluence" can already be found in the West End. Should it remain in a "dynamic steady state" or be allowed to "extensively proliferate?"

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ASK Cosmo



Dear Cosmo,
Did you know that May is Mental Health Month? How will you be celebrating it?
Signed, High-End Head Case

Dear Turbo-turban,
You humans crack me up. You think paying lip service to emotional accountability one month a year can actually get you off the hook for your other eleven months of wackadoo antics?! Talk about setting the bar way too low—that comes to like 8.3 percent. It averages out to like two hours per day. And why May? With proms, graduations and the onset of motorcycle and bikini season, it's a really crazy time! Where do you think they got the idea for the term "mayday?" Certainly not from the Soviet missile parade on Red Square, although that's a pretty obvious Freudian cry for help. Talk about an industrial military complex!

Perhaps we should observe Mental Health Month by issuing a commemorative postage stamp? How about a woodcut of Tom Cruise doing his anti-antidepressant dance on Oprah's couch? Maybe a poster of Ernest Hemingway, with the caption, "Bite the mental health bullet." After all, he died doing something he loved...shooting guns... Or how about this: "Drink responsibly in State College? What, are you totally crazy?"

It's too bad you said mental health and not Dental Health Month. That's something I could sink my teeth into. Be part of the molar majority. Put the fangs back into psy-

chic feng shui. Chew on ponderous thoughts, like "In tooth there is booty, and in booty, tooth." Wouldn't that literally be a bite in the ass?!

I think Mental Health Month is a great idea, so hopefully somebody who actually has some will eventually show up. Like the Arab proverb says, "It is wise to bring some water, when one goes out to look for water." Otherwise, it's likely to be like Diogenes, wandering the earth in broad daylight, using his lantern to look for an honest man, an informed voter, or a handful of folks with most of their marbles.

Mental Health Month began in 1949. This year's theme is "Live Your Life Well." I mean, why put it off? You can't smoke like a fish and drink like a chimney forever. The month's mission is to promote health and wellness in homes, communities, schools and cajole those who don't believe it's attainable into thinking it is as we deal with life's stresses and demands. Mental Health America devised some guidelines for living well. The group used to be known as the National Mental Health Association, but it apparently had a patriotic identity crisis. Here are their ten tips: 1) Connect with others—strengthen old bonds or build new ones. 2) Stay positive, and take steps to increase your optimism. 3) Get physically

Campus and Culture from the Canine Perspective

active. 4) Help others. 5) Get enough sleep. Being tired can hurt your health and your relationships. 6. Create joy and satisfaction. Have a laugh, find a hobby or just kick back. 7) Eat well, fuel your mind, boost your mood and fight disease. 8) Take care of your spirit through prayer, meditation or connecting with your deepest self. 9) Deal better with hard times with coping tools. 10) Get professional help if you need it with therapy or medication.

To these I would add don't lie, don't cheat, don't steal, don't drink the Kool-Aid and don't watch Fox News, except for your recommended daily allotment of satire, or basic attempts to keep up with the Jim Joneses.

Dear Cosmo,

There's a movement afoot to ratify a 28th Amendment to the Constitution which reads, "Congress shall make no law that applies to the citizens of the United States that does not apply equally to the senators and/or representatives; and, Congress shall make no law that applies to the senators and/or representatives that does not apply equally to the citizens of the United States."

Members of Congress can retire with the same pay after only one term, they don't pay into Social Security, and they're exempt from a lot of laws they have passed, like sexual harassment, that ordinary citizens must live under. We're not supposed to have an elite that is above the law. Regardless of party, this self serving must stop. What do you think of this initiative?

Signed, No Laws Fur Paws

Dear Lawless and Mawless,

This law seems to be a barking dog with no teeth. And its intent is so shrill, a dog can barely hear it. Sonic profile aside, it still seems like an idea whose time has come. Good luck getting it ratified, though. Even if it were passed, I don't know how much attention anyone would pay to a new amendment. We're still having trouble with the original ones. Some of us are still kinda worried about the health of the First Amendment. Others are freakin' that the second is under siege and Big Brother is gonna swipe their guns (with or without due process). And it just goes downhill from there. The upshot of the proposed law is that Congress doesn't follow the rules. So what, exactly, is another rule gonna do? It might just make them happier, since, as they say, "ignorin' is bliss."

Dear Cosmo,

Does the early bird really catch the worm?

Signed, Waitin' for Bait

Dear Pause for Jaws,

Not always. It was a few years between the allegations by early-bird Securities and Exchange Commission agents and the actual arrest of Bernie Madoff. Early birds catching worms are actually just simplistic clichés with no relationship to reality. Can you imagine a bird catching worms, and then scooting its butt across the living room carpet? Then the early worm catches the barber. That'd be a parasite for sore eyes.

Whitey Blue says global warming isn't true

by David M. Silverman

I was talking the other day to Whitey Blue, longtime Centre Region resident and hard-nose.

Whitey, what do you think about the new fuel economy standards that the Obama administration has adopted?

"Thirty-five and a-half miles per gallon for cars, SUVs and even minivans. I think is

ridiculous!"

They are trying to lower greenhouse gas emissions.

"That whole greenhouse gas emissions rhetoric is a bunch of hokum! It's being put out by the super-liberals that want to put down our entrepreneurs."

But there really is global warming that is traceable, in part, to gas emissions!

"Global Warming is another screen the

Left has put out in an attempt to curtail the entrepreneurship of the oil companies."

You don't think global warming is happening?

"Of course not. The super-liberals latch on to every melting iceberg as proof that there is global warming. I don't know why they think they can fool people after the severe and early snow storm some parts of the country had last fall!"

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