



College of Business celebrates century mark

Centennial Open House exhibits past and present achievements of OSU College of Business

By Tara Pistoese
THE DAILY BAROMETER

"There is a business side to every occupation," said the original dean of OSU's College of Business, Dean John Andrew Bexell, in 1908. These were the words on which the college was founded.

One hundred years later, a celebration was held honoring the same idea as well as a number of changes that have been made in the last century in order to create the College of Business that Oregon State University recognizes today.

In the same vein of the founding words above, the college created a minor that can be added to any degree program at OSU. This development came after 1981.

Programs have been added, as well as internships, new minor options and the largest international exchange program across the Oregon University System.

OSU's College of Business Centennial Open House was held Wednesday in Bexell Hall.

The college now boasts 2,600 students. At its founding, it had only 105 students. A record was set in 1981 with 3,000 students.

The event was organized by the Director of Communications and Marketing Thuy Tran in an effort to do what Dean Ilene Kleinsorge called "blurring the lines between OSU and the business community... we are all in this together."

"We like to think of the centennial as demarcation of transformation and rebuilding," Kleinsorge said.

The event was held in hopes of reaching out to the local business community



JEFF WICK / THE DAILY BAROMETER

Ilene Kleinsorge, at left, Dean of the College of Business, speaks with attendants of the College of Business Centennial Celebration held Wednesday afternoon. The event celebrated and honored the changes and growth the College of Business has seen within the last century.

to show what OSU's College of Business has to offer, not only to students but to current business owners as well.

"If you can't reach out locally, why do you think you can change the world?" Kleinsorge said.

Offering workshops through pro-

grams creates an opportunity for further training to those who may already be entrepreneurs and/or small business owners but have a desire to learn more.

The Austin Small Business Program is one of the five oldest university-based family business programs in the world

and is what Tran called a "legacy of delivering business education."

Other prominent programs offered through OSU's College of Business include the "Close to the Customer" project, which is a program in market research designed to provide experi-

mental learning.

"Part of our transformation is that we too are being entrepreneurial," Kleinsorge said.

Another highly successful program is

See BUSINESS / page 3

Seasonal Affective Disorder

FACTS

- Disorder first identified in early 1980s by Dr. Norman Rosenthal
- Approximately 500,000 Americans suffer
- Northwest climate contributes to the problem
- The brain's pineal gland is suspected to play a role

SYMPTOMS

- Intense craving for sweets and carbohydrates
- Low energy and/or fatigue
- Oversleeping (up to 12 hours per day)
- Withdrawal from social contacts
- Weight gain

TREATMENTS

- Light therapy (daily exposure to special lights in 30 minute sessions)
- Exercise and/or social activities
- Cognitive-behavior therapy
- Anti-depressant medication

LEARN MORE

- www.apa.org
- www.psychologymatters.org
- www.wikipedia.org
- www.oregonstate.edu/counsel/

information from the American Psychological Association



Don't let the winter blues get you SAD

Seasonal Affective Disorder hits hardest in January, February due to shifts in biological clock

By Michelle Suffin
THE DAILY BAROMETER

Students at OSU may find themselves feeling a little blue this winter. Recent studies have shown that the shorter and darker days of winter can greatly affect the moods of young men and women, and possibly lead to Seasonal Affective Disorder.

"I hate winter term," said Nicole Kadau, a sophomore majoring in business. "When it's dark and cold I don't feel motivated to go to class or do anything."

The cold weather can prevent many students from getting out and participating in activities that can prevent depression and SAD.

"I find that winter term is harder for students," said Georgine Thompson,

a clinical social worker at the student counseling and psychological center.

"They don't get out and do fun activities with friends, and jogging outside may not sound like the best idea when it's pouring rain. The lack or decrease in exercise can greatly impact their mood."

Depression has become a major issue on many college campuses.

"The student health center has a greater number of men and women coming in with depression each year than with a common cold," Thompson said. "That's a pretty serious sign."

Depression is most common in men and women in their early 20s and affects one in every 10 people.

"We see an equal balance of men and women coming into the counseling center," Thompson said. "More men are coming forward and talking openly about their depression, and more students are made aware of depression's prominence. For example, look at all

the pharmaceutical ads on television for prescriptions like Zoloft and Prozac."

Although some students suffer from year-round depression, one thing to consider is the possibility of SAD.

It is a mood disorder associated with depression episodes typically related to variations of light.

January and February are the most common times for students to experience SAD, when the changes in sunlight patterns shift their biological internal clocks.

"Your body can go into a sort of hibernation," said Phillip Histan, interim director of Student Health Services. "Your body rhythm can be thrown off when it gets dark outside."

The brain increases production of the hormone melatonin when there is a decrease in light.

According to the National Institute of Mental Health, this resets the brain's central clock and helps the light/dark cycle

See DISORDER / page 3

MU Guest Services remodel nears completion

New reception design gets nod of approval from students and staff, more work set for this weekend

By Daniel Acee
THE DAILY BAROMETER

Students and staff may have noticed a change when walking through the MU concourse recently.

The OSU Guest Services office, which many students may not realize exists, has undergone a large remodel.

OSU sociology student Kaleena Tuffo, who interacts frequently with the guest services office, said that she

likes the new office very much.

The "bank teller" window that seemed out of place and uninviting, according to MU employee Jay-Lene Seeley and others, has been replaced by a glass-walled waiting area and a reception desk extending into the concourse.

The MU Guest Services office plays a key part in almost all of the large and small events at OSU. Also, the office is staffed to answer questions for visitors, students and staff.

Planning for this remodel began a year ago when a team of employees and students used a process called

"appreciative inquiry" to determine what problems the MU should address, said MU Director Michael Henthorne

They quickly ascertained that the area in most need was the Guest Services desk.

"[The desk] was not visible and did not give the student workers the connection to the public we needed," Henthorne said.

The team looked at many draft designs from different local architects. Last summer, they finally chose the one that best suited their needs.

The project was nearly completed over winter break, but it still needs a

few finishing touches. Marble countertops and windows for the front desk will be installed on Jan. 19 and 20.

Funding for the remodel came from the MU's annual operating budget.

"Feedback from our student workers and guests using the Information Desk indicate that the remodel was a hugely popular decision," Henthorne said.

"[This remodel] is our way of reaching our hand out and saying, 'Hi, we're here,'" Seeley said.

Daniel Acee, Staff Writer
news@dailybarometer.com, 737-2231

Winter term funds for Mealbox run dry

ASOSU encourages students to come in and discover other financial assistance options

By Dominique Smith
THE DAILY BAROMETER

Mealbox, the food assistance program which recently replaced the Escape Hunger program, is no longer able to accept applications for the remainder of winter term due to a

See MEALBOX / page 3