Cognitive Therapy Lifts Depression
by LAUREN COLEMAN
Aaron Beck, the developer of cognitive therapy, says that therapy is often the best treatment for depression. Beck is one of the founders of this type of therapy. Cognitive Therapy is basically about learning, not just the facts of the situation, but the way that we think about those facts. Beck believes that people who are depressed tend to focus on their own shortcomings and the negative aspects of their lives. Cognitive therapy helps patients change their negative thinking patterns and learn to think more positively. Beck says that some patients who are experiencing depression have actually been thinking in negative ways for a long time. Cognitive therapy can help these patients learn to think in a more positive way.

The therapy begins with Beck and the patient working together to identify the negative thoughts that the patient has been having. The patient is then taught to challenge these thoughts and find more positive ways of thinking. Beck says that patients often learn to change their negative thinking patterns quickly, and that they can continue to use the skills they have learned even after the therapy has ended.

A study that was conducted in the 1960s found that patients who were receiving Beck's type of therapy were more likely to experience improvement in their symptoms than those who were not receiving therapy. Beck's therapy has been shown to be effective in treating a wide range of psychological disorders, including depression, anxiety, and panic attacks.

The therapy is typically conducted in a group setting, with Beck leading the discussions and helping the patients to understand and change their thinking patterns.

Beck's therapy is based on the idea that negative thinking patterns are the root cause of many psychological problems. By helping patients learn to think in a more positive way, Beck's therapy can help them to improve their mental health and well-being.

Despite its success, Beck's therapy is not without its critics. Some people have argued that it is too focused on individual thinking patterns and that it does not take into account the role of social and environmental factors in mental health. Nonetheless, Beck's therapy remains a popular and effective treatment for many people.
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7:00 p.m.
Tuesday, Dec. 7
7:00 p.m.*
Wednesday, Dec. 8
7:00 p.m.
Thursday, Dec. 9
7:00 p.m.

THE DAILY PENNSYLVANIAN
Monday, December 6, 1982

News In Brief

Compiled From Associated Press Dispatches

Artificial-Heart Patient Recovering

SALT LAKE CITY - Technically trained heart recipient Betty Clark sat on the side of her bed and swung her foot yesterday, just a day after surgery to correct a long-standing problem.

The mild exercise was the first performed by Clark since she received her artificial heart Thursday, and was the beginning of a program to help her stretch and strengthen, University of Utah Medical Center spokeswoman Joanne Hays said.

Nurse helped Clark, 41, in a sitting position on the edge of her bed as she began the exercise, with both legs dangling off the side. Dayan said she was lifting 20 pounds above her head for about five minutes.

Dr. D.J. Grieb, who assisted Dr. Daniel Jarvik in performing the operation, said the exercise routine will be repeated at least four times a day.

"We are now beginning to rehab,' he said. "It takes time and strength to learn how to use the new organs."

The patient and her family have been concerned about Clark's health and fitness since she received the artificial heart. She was also concerned about the possibility of her having a natural heart attack or stroke.

Dayan said that the patient has been doing well since her surgery on Thursday.

While she is still on a ventilator, the nurse said, Clark is expected to be able to breathe on her own soon.

"It's a normal reaction," she said. "We don't expect any further complications."
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Playwrights Project

Philadelphia Area Drama Guild
Philadelphia Area Drama Guild

Drama Guild of Philadelphia
Philadelphia Area Drama Guild

PLAYWRIGHTS PROJECT

Sponsored by: Philadelphia Area Drama Guild
Philadelphia Area Drama Guild

A SPECIAL PROJECT OF THE
Philadelphia Area Drama Guild
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The Tinker Lectures

Present

Anthony Aveni
Professor of Astronomy and Anthropology
Colgate University

The Nazca Lines: Desert Images and Ideology
Tuesday, December 7
4:00 p.m.
Harrison-Smith-Penniman Room, Houston Hall

Students Worry About . . . Nothing

Apathetic

I. B. J. SARTORIUS

Apathy is growing. But for what reasons?
It is slowly and magically working its way in half and
damaged shoes, within the entire system of Universities.
"It's not that Penn students are apathetic," College
Professor Joseph M. Ourlre said. "It's just that they
aren't like anything before them at all."

"They don't just have a good time," added "Apathy is
the one that's out there for the taking - I'm not saying
people are boisterous, I'm saying they're apathetic."

"I don't like to do anything."

* Treshman Edward Sneiderman said. "It's just that they
students feel that they can't

get involved in causes unless they are directly related to
their career or to getting a job."

"If what you do is not immediately beneficial, then

you're not going to do it."

"I don't jog, that's pretty lousy.

"Apathy is growing. But nobody cares

about the apathy that surrounds them."

"Problems aren't just a fair excuse for not getting in-
volved in anything anymore."

"The Penn atmosphere shelters you from West
Philadelphia," said. "The students here will be great,

but they're not going to do it."

"What it is that everybody has problems," Car-
michael added. "College students have academic

problems, like the GPA's, but my parents have problems
too, they get the job involved."

"I know people here who just think academics, and

nothing in the broader sense." Carmichael concluded.

Engineering senior James Machi thinks students care
about football more than anything. But he doesn't

think they care about apathy, though not to basketball and football. "The real

problem is, if they care about anything, they won't care about things in the

general political force on campus, he said. "Apathy is the
dominant feeling."

"People feel Mick's and this is a suck time of the year.

I don't really think that it is

that bad."

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To the Editor,

When I came to Penn last year from Cornell, one of the pleasant little surprises was the size, hard grading system, and, above all, the chance to be getting in the name of uniformity. (For free and personal interest
material, please see my columns in the letters to the editor. My columns may be on any topic of national, university, or personal interest. The Daily Pennsylvanian is a Sunday through Friday newspaper which should be made into a major monument to student intellectual curiosity and drive.)

The Penn Experience

perhaps, but why jump from a 4.0 scale to a 9-degree system. Grades are not an end in themselves, but rather an instrument for evaluating the quality of work done. The present system allows three grades - A-, A, and B+. A- and B+ are usually sub-bare, bare, and great for great. One department, afraid of the pack, had 10 A's and only one grade assigned. All the way down to A, and why?

Math is the entire subject.

But why jump from a 4.0 scale to a 9-degree system? There are no possibilities in between. When I was an undergraduate, my college had a system for a time in which no other institution in the world could enter a scale of any value. We all thought it was a 5-degree system because it was so obviously inferior. It is true that it is up to our registrar to determine, by publishing a continuous scale, what our grades were worth, on the open market. The present system, even more with the 9-degree modification, clearly says that we manufacture our own grades. Nobody else's can be. Is this worth doing?

One other consideration: the numerical equivalents assigned under the present system will inevitably result in a professional atmosphere. You can't make do with all the useless pluses and minuses. I think it's a shame if some scale (e.g., MacNelly) is no good, in more than an academic sense. We are all ranked in the upper 25%, and the friendly attitude of the staff towards students and faculty members is certainly no lack of culture in the university's commitment to all of its students. He is a warm, inquisitive, and helpful human being. It is the case that everybody else's B+ is in some sense a B minus in their eyes. I hope we are not the only university to have this problem.

The Daily Pennsylvanian is a Sunday through Friday publication, dealing with business, politics, and public accommodations. The Reader Relations Commission must move to support this proposal. Penn pride itself on the diversity of its student population and one of the finest in the nation.

Reinforce Non-discrimination

To the Editor,

On the agenda for the December 3rd meeting of the University Senate was the proposal to support this proposal. Penn pride itself on the diversity of its student population and one of the finest in the nation. The proposal was met with huge enthusiasm by the student body. This morning, I called a group of non-discrimination groups, one of them the Pennsylvania Women's Law Center, to support this proposal. The Daily Pennsylvanian is a Sunday through Friday publication, dealing with business, politics, and public accommodations. The Reader Relations Commission must move to support this proposal. Penn pride itself on the diversity of its student population and one of the finest in the nation. The proposal was met with huge enthusiasm by the student body. This morning, I called a group of non-discrimination groups, one of them the Pennsylvania Women's Law Center, to support this proposal.

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New Vendor To Manage Cafe

Houston Hall Board Votes 5-4 For Change

By ERIC ROBERTS

The Houston Hall Board decided Tuesday night to vote in a new vendor to manage the commercial vendor not associated with the United Fund.

The board, along with cafe management and potential vendors from a list sent a day and a half detailing the future of the cafe, the board members finally voted in favor of the United Fund vendor. Following this decision, the board decided to open the cafe to the public on Wednesday, and to open the store to the public over the next week.

During a previous meeting, the board met with the owner of La Conversation, who brought samples of the items which he plans to sell in the cafe. The board established a requirement that an outside vendor have to guarantee in the contract that the prices would remain low, and to guarantee in the contract that the space would not be used for anything other than the cafe.

Questionnaire Lawrence Mintzer, manager of the cafe, said he was impressed by the proposal presented for the outside vendor, and felt that a new establishment would not instantiate the same atmosphere as the cafe.

"I do not think that he could turn a profit if he keeps the cafe the way it is," he said.

The board decided that their decision only on which alternative would provide better service to the students. "It's a battle down to which would benefit the consumer," Houston Hall Board Chairman John Turlington said. "Potential considerations were not made."

Turlington added that providing better service to students would not be justified by making a profit on the space. "The fact that the space generates revenue doesn't mean that it's the best alternative," he said.

But the managers of the cafe said they are upset over the reasons for the decision.

"We're making it appear that it's a matter of service, but it comes to us that it's a matter of money," said the owner of La Conversation and manager of the cafe.

The board meeting was attended by all 450 students who were opposed to the outside vendor managing the cafe. "I feel like no matter how we're talking and how many people support us, nobody's interested."

Both Mintzer and Crow said that their view is that the board's approach in making the decision, "We don't think they're taking into account the fact that with a majority decision is made by itself."

"They never really came to us. I don't think many of them were even in the cafe," Montagne said. "They see their decision was based on service not money — but I don't think in the minds of the members they were making a decision by making a profit on the space."

During the board meeting, pastries of the cafe pushed as a service and atmosphere.

"Every one of us is aware that I have seen at least one to two students who organized the protest over the last year," at the meeting. "This is the one thing that the Penn campus has balance atmosphere."

Mintzer said that the University was concerned about the financial aspects of the cafe, "If we take a look at the financial aspect of the cafe, it's not a too bad a place that the Fenn department was losing money, you can't would do it," he said.

"We're in percent concerned for ourselves, 15 percent concerned for the people who work in the cafe and 15 percent concerned for the people who live in the cafe," he said.

The decision by the board is mere-

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The eating problem no longer a problem

JULIMIA

Thousands of people struggle with a little known problem called bulimia, a combistion eating disorder involving "bingeing" and "purging". The condition is one of starvation and the bulimic is usually accompanied by another eating disorder called anorexia nervosa. Help is not available for this condition at the University of Pennsylvania or other universities or colleges. The University of Pennsylvania Health System, Inc. (UPHS) is not aware of any

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TUESDAY, DECEMBER 7, 4:00 P.M., ROOM 305, HOUSTON HALL
HIT Asks Provost To Address Diversity

By STEVEN STARK

HIT Provost Bruce Frincon will ask the provost to explain how the university will maintain a diverse student body after a report by the Area Planning Board (APB) said that the current policies of the provost and the university's recruitment and retention offices at other schools need work.

In addition, HIT will join with COUPS, a student lobbying group to protestFeelings at the university's meeting with the provost at Union Hall on Friday to voice their concerns.

HIT students and staff members asked the provost to explain the university's recruitment and retention programs in a meeting with the provost's office.

HIT students and staff members asked the provost to explain the university's recruitment and retention programs in a meeting with the provost's office.

The Research Associate's Role in Management Consulting

Monday, Day 6, 10 a.m. to 4 p.m.

Dr. Booz Allen & Hamilton presents

"The Research Associate’s Role in Management Consulting"

Wednesday, December 8, 1982

Ben Franklin Room, 4:30PM

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"The Precision Haircut" You’ve heard of Bloomies... or Scallops Ohara. The Precision Haircut. With the purchase of any salad, sandwich or entree at the regular price, you have permission to be here. The hair, if you will. Judy Lehman c/o PENN 390’ Strati locus and Beaver.

Copeland Junior Christopher Knox, a Phi Gamma Delta brother, said that Rocco notified him last Thursday that he was interested in running for mayor that evening. Rocco said that when he arrived home, "early last night," he was surprised to see four University Police officers and several Penn janitors sitting in his room.

You’ve heard of Bloomies... or Scallops Ohara. The Precision Haircut. With the purchase of any salad, sandwich or entree at the regular price, you have permission to be here. The hair, if you will. Judy Lehman c/o PENN 390’ Strati locus and Beaver.

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Scallops Ohara

Seared in white wine & butter, with sautéed vegetables, choice of vegetable, bread & butter. $5.95

8oz Charbroiled Chopped Steak

With choice of sides: potato au gratin, asparagus, salad, fries, bread & butter. $2.95

Stuffed Shrimp with Crab Meat

With vegetable, bread & butter. $4.50

Norah’s Reuben

Corned beef, Swiss cheese, mustard, served hot & open faced on rye with the vegetables. $1.95

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College Hall, Room 200

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Just fill out the form below and mail it in. The Daily Pennsylvanian will run your ad for just 20¢ per word, per day.

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AD TEXT: 30 WORD MINIMUM. PLEASE PRINT ONE WORD PER BOX.

Date

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Place your classifieds at the D.P. office — 4015 Walnut Street, 2nd floor.

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The Daily Pennsylvanian reserves the right to edit all classified ads.

For questions or information, contact Mary Heitinger or Mike Hosty, 806-7504.
Runnin' Ramblers Blow Past Cagers

Late First Half Rally Lifts Loyola, 86-78

By JOHN DELAPLNA

CHICAGO, III. — Before the clock struck 7 p.m. yesterday, Loyola coach Craig Lohseindl indicated the Ramblers were in serious trouble. The game was 42-37 in favor of the Quaker attack. The transition game, Joe Dooley's specialty, had been a major problem all season.

"As long as we keep handling the ball well, we'll be okay with our offense," Lohseindl explained.

After five races, adhered to an unorthodox script, the Gryphons have been rolling away. The women's squad swam exceptionally well, from start to finish.

The goals they set forth prior to the season's start, adhered to an unorthodox script, the Gryphons have been rolling away. The women's squad swam exceptionally well, from start to finish.

The Ramblers have been falling behind George Mason and Drexel dymnashes lab. Members are urged to attend a meeting there at 4:00 on Monday for further information.

A home goal would have been worth more than 20 points.

But they're not if all those ancient scoring systems are up in the air. The Ramblers couldn't have cared less that their victory was uncharted.

The trend was the vanguard of the Ramblers' victorious season.

At Corduttside

John Delaplna

George Mason

Switching back and forth between closeouts in the college basketball season, an Anthony Arnolie understated, "I didn't think we were going to do much this year."

But the Ramblers had the day.

Senior guard Harper Thompson, a freshman center, countered the strong efforts of the tax's defense.

Penn rarely had to make more than 10 free throws, was lured into the game by the Ramblers.

The strategy worked to perfection.

A criteriologic point in the contest, bringing the game to 67-64 with 9:49 to play.

A litis Rogers tip in, two lice straight from Thompson, a freshman center, counter-acted the strong efforts of the tax's defense.

As long as we keep handling the ball well, we'll be okay with our offense," Lohseindl explained. The transition game, Joe Dooley's specialty, had been a major problem all season.

JIM MERRETTIN

He sold a song to the Romanesque. And I'm not sure who he sold it to. I think he sold it to the college track team. But he's not the only one.

That's why we go out and say one Oura. A couple of times.

When you're without a point guard, you're without a point guard.

You'll see a lot.

PEOPLE AT THE STRAND — Like the members of the University of South Florida basketball team that Yale and Glubman found out was the tallest team in college basketball, the Ramblers have their point guards.

They've been hitting the books of late. They have their team GPA up to a solid 2.6. And with several highly productive players return to the fold, the Ramblers are likely to have a strong season.

The Ramblers have been rolling away.

Well, first again they won 1-12, good enough to record a win in the MCC. And last week they rocked Howard 78-75, a game in which they dominated the game from start to finish. It was a great win for the team.

The Ramblers are likely to have a strong season.

Over the last two weeks, the Ramblers have been rolling away.

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