

# FEATURES

## Website of the Week

by Christine Kleck  
staff writer

You've heard, or rather smelled it sweep across the nation. From coast to coast you've read about this "de-stressor" that will make any amount of English papers, Calculus tests, or head colds disappear. But do you really know what Aromatherapy is all about?

It's defined on [www.aromaweb.com/default.asp](http://www.aromaweb.com/default.asp), as the use of volatile plant oils, including essential oils for psychological and physical well-being. A nice scent in the air is personally and scientifically proven to motivate all the senses and to stimulate brain activ-

ity.

By entering these web pages, you can learn all about essential oil ingredients, aromatherapy magazines and even "de-stressor" books. You can get your hands on recipes for invigorating shampoos, tantalizing bug sprays, and relaxing body oils by just clicking the mouse. This site also includes a history of aromatherapy, a glossary of all-natural oils, and even links to buy aromatherapy products.

This multi-award-winning website has everything you need to develop a fun and very "relaxing" hobby. It provides you with the step-by-step instructions to make, and create virtually "aromatherapy everything." There is even a beginner's guide to

the correct usage of all essential oils.

This is, without a doubt, a site for everyone to enjoy. You don't have to be a chemistry major to create these easy step-by-step concoctions. All it takes is a little time, a lot of fun, and a few key ingredients, such as oils, unscented body washes, and soaps. Aromatherapy is easy and fun to create for a gift, or enjoy yourself while you relax.

Just a word to the wise, and to those who like to plan ahead, this is a great website for making birthday and even Christmas gifts for those who are impossible to buy for. Hey, who wouldn't want to get a "de-stressor" lotion in their Christmas stocking?



## Stigmata questions reality

by Kristin Grudowski  
staff writer

The new movie, *Stigmata*, a 90's version of the *Exorcist*, is definitely worth the trip to Tinseltown. This movie makes you jump in your seat and stare at the screen in disbelief as your jaw drops to the floor and you begin to question everything you've ever believed in.

The story begins in Brazil, where an elderly priest has died, leaving behind a church full of parishioners and a statue of Mary that is crying tears of warm, human blood.

The deceased priest's rosary finds its way into the hands of Patricia Arquette's character, Frankie Paige. She's a self-proclaimed atheist and hairdresser from Pittsburgh, but after receiving the gift, she begins to have flashbacks of the tribulations of

Jesus Christ. Finally, wounds appear on Paige's body, bleeding profusely and terrifying everyone around her.

Andrew Kearnin, played by Gabriel Byrne, is an investigator for the Vatican sent to investigate Frankie's story. He is surprised when he learns of her nonexistent religious beliefs, because what she is experiencing are the traits of a stigmatic, a deeply religious person.

And as if this isn't enough for Paige, the spirit of the deceased Brazilian priest possesses her body and enables her to finish writing a lost gospel. Its new existence, however, becomes a source of conflict for the Catholic Church, as it vows to save face in the midst of the chaos.

This movie is not the greatest thing to watch if you have a low tolerance for gruesome images. The flashbacks Frankie experiences are very graphic,

depicting violent scenes full of extreme images and lots of blood. I was a little nervous prior to seeing this movie, in fear that it, like *The Blair Witch Project*, would keep me up at night. However, it just made me think a whole lot.

*Stigmata* prompts the audience to ask themselves what is really true and also questions the beliefs we presently hold. It focuses on a true topic, the gospel of Jesus Christ and the Catholic Church's defense of calling this gospel a fake. By combining such a concrete story with actual fact, the writers push the audience to have an open mind. The story line is a bit disjointed, forcing the viewer to pay great attention to detail. However, *Stigmata* is a worthwhile movie, leaving its audience dumbfounded, questioning society and the world as we know it.

## The Beacon's New Advice Column

Advice Etc.

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## STUDENT CLUB OF THE WEEK

### Behrend Paintball Club

by Adam Costa  
staff writer

Whether you know it or not, Behrend had a paintball club last year, and would still, if the club president, who was the key organizer of most events, had not transferred to University Park, where he now heads its paintball club. After a brief dormant period, Penn State Behrend may once again embrace the sport of paintball, due to the desire of two freshmen, Nick Carlisle and Brett Barron.

Carlisle and Barron have been trying to reinstate the paintball club here on campus. They expect to have the club up and running in the spring of 2000. Why wait until spring? "A lot of new players would be turned off by the cold and weather conditions of playing in the winter,"

said Carlisle. Carlisle also mentioned that he would be very busy this fall between trying to get the club approved and organizing scrimmages against other schools. They are also thinking of getting a team together to compete against other schools that have teams.

Carlisle and Barron became interested in paintball three years ago when Barron used birthday money to buy an inexpensive plastic paintgun. At his birthday party that year, they took turns "messing around shooting trees," said Barron. A fad caught on, and soon every kid in the neighborhood had a paintgun.

As their skill level increased, they went through various types of guns, slowly learning the art of paintball. Last August, they entered the Zap International Open, held in Cranberry, PA, their home town. They

placed sixth in the amateur division with their five-man team, The Regulatorz. Since then, they have competed in a total of seven tournaments, taking two firsts and placing in all but two. This upcoming February, they are playing at Skyball, a paintball event held in the Toronto Skydome.

Though they have not yet been given permission to reopen the club, they have learned that Behrend has saved forty-five thousand dollars for the starting of new clubs and organizations. With a little luck, and a lot of support from people who play, the club may be eligible for some of that money. Barron and Carlisle encourage anyone who is interested in the club to contact them at 898-6518. Reinstating the club will take a lot of work, and any help would be greatly appreciated.

H



**Aries** (March 21-April 19). Study extra hard this week, ignore distractions.

R

**Taurus** (April 20-May 20). Look into buying a new car...maybe a Ford?

O

**Gemini** (May 21-June 21). Relax a little, it's not as bad as it seems.

S

**Cancer** (June 22-July 22). Be wary of people trying to sell you things.

C

**Leo** (July 23-Aug. 22). Watch the temper this week!

O

**Virgo** (Aug. 23-Sept. 22). Get together with old friends, don't lose touch.

P

**Libra** (Sept. 23-Oct. 23). Take others' opinions into consideration.

E

**Scorpio** (Oct. 24-Nov. 21). Do something special for someone you care about.

**Sagittarius** (Nov. 22-Dec. 21). Try something new...watch a porn!

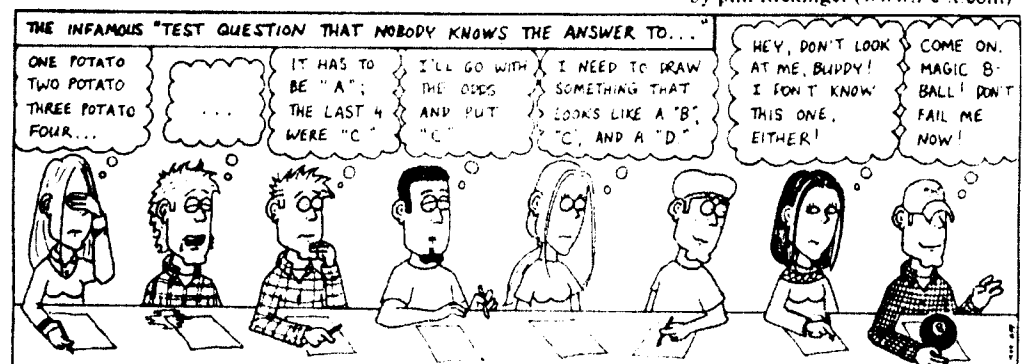
**Capricorn** (Dec. 22-Jan. 19). Your significant other needs special attention this week...be a hero!

**Aquarius** (Jan. 20-Feb 18). Spend more time outside this week, you may see something interesting.

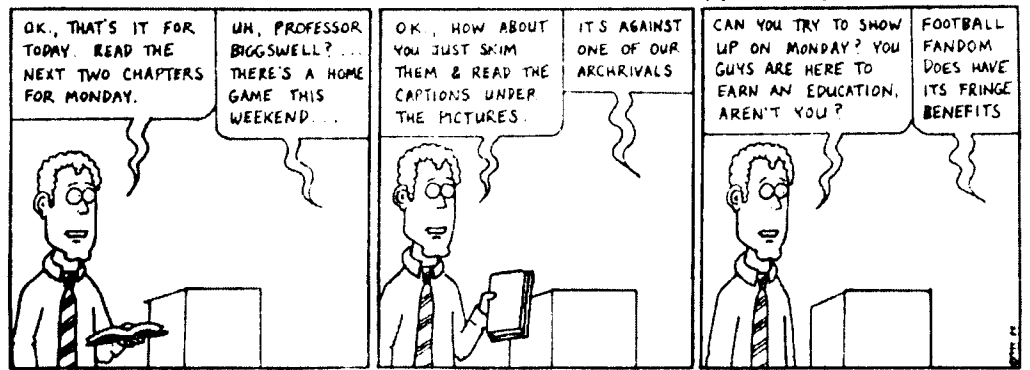
**Pisces** (Feb. 19-March 20). Ask for favors now, you won't be denied.



LEX



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## Freezing at 98 Degrees

by Mike Frawley  
managing editor

I should have known that things were not going to turn out good when my fiancée started a sentence with, "Guess where we're going?" And I was right, 98 Degrees has to be the absolute worst concert I have ever been to.

First of all, whose bright idea was it to have an outdoor concert in Erie? Jerry Uht Park is a nice place for a baseball game, but a horrible place for a concert. Erie has the worst luck with weather in the world. The promoters should have expected it to rain no matter what day they picked to have it. And of course, Erie came through. It rained all day long, alternating between a light drizzle and heavy downpours all throughout the show. Yet some idiots were in line at 8:00 a.m. in shorts and tank tops. And because of the way they let people into line and into the gates, they still ended up with horrible seats. I was in line at 5:00 p.m. and I ended up with seats where I could see

the show perfectly...damn.

While watching the stage crew try to squeeze all of the water off of the stage, the audience should have known that this was going to be a very short show. It was scheduled to start at 7:00 p.m., but of course it didn't. No Authority finally came out at 7:20 p.m. Oh boy, what a thrill. No Authority. Just what I want to hear, four suburban white guys trying, and I do mean trying, to sing some kind of pop/rap hybrid. To sum it up, they sucked.

Next was Jessica Simpson. She is just your typical, run of the mill Britney Spears wannabe. She sang all of three songs, with breaks in between where she talked about how great 98 Degrees was going to be when they finally came out. God, somebody please gag me with a spoon. By this point, I was thanking God that the beer concession stand was open. Praise be to Labatt Blue. Finally, Ms. Simpson decided that it was too cold for her, and ended her set.

Finally, the event everybody in the

stadium but me was waiting for, 98 Degrees. I am not going to say much about their performance, because by now you must understand that I felt that they sucked. What amazed me was that they have two albums out, but most of the songs that they sang were covers of other bands. And they were horrible covers to boot. Who wants to hear 98 Degrees sing 1999, *Pretty Fly For a White Guy*, or a Temptations melody? And when one of the guys (and please don't ask me which one -- if I ever learn their names it'll be time to check myself into the asylum) took off his jacket to reveal his five sizes too small tank top, you would have thought it was the Second Coming with all the screaming that went on. The only other interesting part was seeing a 6'9" 350lb. brick wall of a security guard get overpowered by a rush of twelve year old girls.

This was a horrible show. There is no other way to describe it. I just loved spending my Monday night missing football to freeze at 98 degrees!

by Bongo the three legged monkey