

Time to Complain Waz up now, Housing?

NATALIE GAGLIANO

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Now that the academic year is nearly drawing to a close, I have made several realizations concerning Behrend. Most of these pertain to Housing and Food Services, which, at this point, I am completely fed up with.

The first realization I have made is that Bruno's and Dobbins need major improvement (and this is making a total understatement). I cannot tell you how many different times I was eating a salad from Dobbins and discovered a bug in it. I cannot tell you how many times other people have informed me that ants were crawling by the cherry filling (for pancakes) in Dobbins. And then there's Bruno's. I could go on complaining forever about them. The cheese on their pizza is never fully cooked, and their fries and hamburgers are almost always cold. They also

have a poor selection of foods and drinks. For some ungodly reason, I had my faith in Bruno's and Dobbins that the food would become better.

The second realization I have made is that Housing and Food services is just plain ignorant. Aren't they aware of the bad food? I really cannot imagine how Ed Mulfinger can manage to eat Dobbins food every day for lunch, because I honestly cannot force myself to do it. And, on top of that, the manner in which they conducted the waiting line for housing contracts was ludicrous. What was Housing and Food services thinking? I was one of the first fifty people that arrived for the waiting line, and somehow I ended up with number 184 due to the fact that students cut in front of me. Due to this,

I was cheated out of getting a room in the suites; instead, I received a room assignment in Perry Hall, which is not where I want to be. Now, come on, did Housing and Food services really think that students would be responsible and honest and not cut in line? If they did think this, they need a reality check. If Housing and Food Services would have used their heads and formulated a reasonable method, such as by G.P.A. and/or semester standing, for the turning in of housing contracts, none of this would have happened. There would have been no mad, unruly students. Police and Safety would not have been called. It is as simple as that.

The third realization I have come to is that Behrend is filled with disrespectful, rude students. If you have

ever walked up the stairs through Dobbins you probably have noticed the various fruits strewn about the stairs. Oh yeah, and the beer cans that are found all over campus. Also, the restroom facilities are plain disgusting. Why can't we all clean up after ourselves? It is not a difficult thing to do. We are all adults. I am sure we would not want our future homes to look this bad.

Housing and Food Services and part of the student body need to wake up and smell the coffee. Being ignorant, rude, and irrational is not a solution to our problems.

Natalie Gagliano is the editorial page editor of the Beacon. Her column appeared every three weeks.

Miscellany, the Old Jalopy

KERRY HINKSON

Is peace your every step?

Are the stresses of the semester making you crazy? Does your mind feel cluttered? Perhaps meditation can help. I look at meditation as a way of cleaning the room in my head: throwing away the trash, putting things in the right places, and basically making it comfortable and better to live in. As my friend Kristi told me, "how easy things are when everything works." Meditation is one way of making yourself work.

Conscious breathing is one of the most important parts of meditation. "Breathe, you are alive!" says Thich Nhat Hanh. "Our breathing is the link between our body and our mind." Being mindful of breathing is simple: when you breathe in, know that you are breathing in, and when you breathe out, know that you are breathing out. If this sounds silly, think of all the things we take for granted. Breathing is often one of these things that often goes unnoticed because we don't usually have to think to do it; we breathe automatically. Conscious breathing is one way to make us more aware of life because breathing is one of the things that sustains life.

present moment. If you want to do a sitting meditation, here's a way of going about it: First, find a quiet place where you can be alone and undisturbed (if you can't find a completely silent place, just use the sounds around you in your meditation; that is, be aware of them, but don't let them take over your mind).

If candles or incense help you feel more meditative, feel free to use them. Sit upright. Crossing your legs is fine, but if this hurts your knees too much you may find that sitting on a chair or a cushion is more comfortable. Close your eyes and become conscious of your breathing. Clear your head of all thoughts. Many people find this hard to do because thoughts sometimes keep popping back into the mind. Be patient with yourself if you find this happening to you, and resist frustration. Be aware of your thoughts and acknowl-

edge them when they come into your head. Then, gently escort them out.

Concentrating on your breathing is a good way to center yourself and to help keep the thoughts out of your head. It is also a good way to take you deep into meditation. Try to stay this way for at least a half an hour. If you find this to be too much at first, start with ten or fifteen minutes and work your way up. You may (or may not) find this harder to do than you think, but the more you do it, the easier it becomes and the more peaceful and calm you'll discover yourself to be. And don't be surprised if things you've been thinking about suddenly become clear to you.

Kerry Hinkson is a seventh semester English major. Her column appeared every three weeks.

In his book *Peace Is Every Step: The Path of Mindfulness in Everyday Life* (New York: Bantam Books, 1991), Thich Nhat Hanh writes that "peace is present right here and now, in ourselves and in everything we do and see. The question is whether or not we are in touch with it." The key is knowing that life exists in the present moment. The past is gone, the future is not yet here; now is the only time we have to really live.

Meditation can be practiced while you do almost anything. Walking, playing sports, and even driving can be turned into meditations just by being mindful and living in the

A view from the lighthouse Change of venue

Spring Fever, which has been scheduled for Friday, April 23, has been moved from its original location last year in the apartments to the area between Reed and Perry Hall. Student Affairs has decided that the affair last year was unsafe due to the fact that underage students were drinking with people from the apartments who were over the legal age. Many students, as well as S.G.A., have complained to Student Affairs. Ken Miller has stated that if no illegal activities will occur at the upcoming event, the location may be moved. However, the location has not been changed, even though many people are complaining.

are the hands supposed to play? Students pay for a student activity fee every year, and part of this student activity fee is being used to pay for Spring Fever. Why can't the students have a say in where the event is held? In essence, they are paying for the event. If students agree to be responsible, there is no reason why Spring Fever cannot be moved back to the apartments.

Student Affairs should resolve this problem as soon as possible, before students become even more angered and decide to resort to a more drastic measure.



The issue is that the students and S.G.A. have been complaining about this location change for a long time and have had petitions drawn up and signed, and Student Affairs has failed to address the students' grievances. Thus far, Student Affairs has failed to find a reasonable solution. Instead, they have placed the event on an area with nothing but rolling hills and steps. There is almost no flat ground. Where

What You Talkin' Bout Willis

WILL JORDAN

Welcome to the Multi-Cultural Council

What's the deal with discrimination? All of the views in this column are mine and I'm sorry if my views don't agree with those who read this. I have been talking with a few of my friends about this topic recently and I feel that it is worth discussing. To discriminate is to observe a difference or to treat someone or something with partiality.

against group in the world. Women are looked at as the weaker of the two sexes. So in general men can lift more than women can. Show me a man that could go through childbirth. Women don't get the same salaries that men get even though in some cases they are doing the same job. Why is it that women are expected to have careers and still run a household and raise children? There are very many women that can juggle all of these tasks and they are in a word, super-women.

Black people have been oppressed for hundreds of years. There was slavery, then the overt racism of the South, the covert racism of the North and so on. Even though racism towards blacks isn't as prominent as it once was, it still exists.

As this country grew in the early 1900s, many different kinds of people came here to get a new start, to make money, to start families, or to live the

American dream. Italians, as well as the Irish, were looked upon as thieves and thugs trying to take over the land. They were looked upon as an infestation. Even now, when you think Italian, most people don't think of it as being one of the great European cultures. Most people automatically think Mafia or pasta, or even pizza. Pizza isn't even Italian. I don't even know what most people think about the Irish culture. I've never really experienced that culture but I do know that they were at one time one of the most discriminated against groups.

Native Americans used to own the lands that we now call home. The European settlers pillaged, lied to, killed, and wreaked havoc on the people that lived here. Native Americans were then forced to live on small reservations and give up their ways of life. This had to be one of the greatest crimes in the history of man.

Homosexuality has existed for

centuries. The term homosexual was supposedly first used by Karoly M. Kertbeny in private correspondence in 1868. It first appeared publicly in two anonymous German pamphlets published in 1869, which opposed extending a Prussian anti-sodomy law throughout all of the German Confederation. Then there is the debate that whether or not homosexuality is a choice or a fixed orientation. Regardless, it exists and people should not be discriminated against because of it.

In talking to several of people from different races and genders, I hear about all of the different stereotypes about black people and white people. It seems like a lot of misunderstandings, misconceptions, and lack of knowledge. There are ways to get past this lack of knowledge however.

An example of an organization that tries to help diversify this campus in particular is the Multi Cultural Council.

Although I haven't been as active with the Multi Cultural Council as I have been in the past, I still know what it is and what it stands for. Contrary to popular belief, blacks and homosexuals are not the only people allowed in that office and it is not the lounge for the commuting black students. Everyone is welcome to go into that office and become more diverse. I'm tired of people speculating what that office is actually for and not going to investigate what actually happens in there. Too often have I been asked what that office is for. In fact, I'm surprised at the number of people that walked past that office daily to check their mail that don't even know what the office is.

Diversity is a part of life. More often than not, when we get jobs, we will be working along side someone that isn't exactly like we are. There is no reason to discriminate against anyone who is different. We as a people,

the human race, should be able to evolve and get past everyone's differences. When Generation X takes over the country and the world, we should stop these trends that have plagued the human race. I always hear the old cliché, life isn't fair. Well I think that we can make it a lot fairer than it is right now.

There are several other groups that have been discriminated against, and it is ridiculous that the people in this day and age can't get past differences and see people for who they really are. There is a need for change, and I think that we can make that change.

Will Jordan is the editor-in-chief of the Beacon. His column appeared every three weeks.

Bitchin' by Mike

MIKE FRAWLEY

Response to Mike DeSantis :Defending the Beacon

After reading the letter to the editor that was printed in last week's issue of *The Beacon*, I feel the need to speak up and defend the paper and its staff. While Mike DeSantis has all the right in the world to state his opinion in the form of a letter to the editor, maybe he should have looked into the facts before beginning to rant and rave about the internal workings of the paper. While we do encourage constructive comments about how the paper could be made better, out and out attacks are uncalled for. I would now like to take the time to respond to Mr. DeSantis' letter and the points he feebly attempts to make.

The entire beginning of Mr. DeSantis' letter was given over to the topic of change. I understand that he served as a member of the newspaper staff, and if he felt that he was run off the newspaper for trying to make changes. He is entitled to his own opinion. But as a member of the current staff I can say that change is welcome on *The Beacon*. And

contrary to his opinion the advisors do not override any changes that we feel are necessary to make. Our advisors serve one purpose; they advise the staff. This is a student run newspaper. We on the staff have no problems with the advisors. The staff is in no way afraid to go against their ideas if we feel that in doing so we will create a better end product. I am sure that Mr. DeSantis was not "removed" from the staff by last year's student editor for suggesting changes, being obnoxious maybe, but not for just making suggestions.

While the staff might not agree on every issue that comes up over how the paper is run, we do discuss all ideas in an intelligent fashion. The minority opinion is always respected and listened to. While this might not have been true when Mike DeSantis was on the staff, it is very different now. While it might be hard to believe, the paper has changed since Mr. DeSantis was on the staff (in case you didn't notice the name

has even changed). Times change. After reading that Mr. DeSantis was a past member of the staff, I decided to go back into the newspaper archives and see what the paper was like when he served on it. The changes that have been made in the paper between then and now, without Mr. DeSantis' input, have created a much more professional, and all around better, end product.

The second point that he points out in his letter upset me to no end. For some reason he is complaining about the strong attacks on housing that have been printed as of late. Unless I missed my guess about the purpose of a editorial, it is to express the views of the students and try to get changes made in the policy of the administration to reflect these views. The best way for these views to be made known to the administration is by an editorial that can let the feelings of the students be known. Now I know that for the Spring Break housing issue, a simple call placed to housing would have given the author the administration's reason for the students

to be out of the dorms, but that was not the point of the editorial. The point, which I felt was painfully obvious, was that making the students leave the dorms that early was ridiculous no matter what the reason. We at the newspaper understand that the administration always has a reason for what it does, but the point is that things need to be changed. In the words of Mr. DeSantis, we do bitch, but we bitch to get things changed, not because we don't have the answers.

As for putting a name on "A view from the lighthouse," all I have to say is why? Most people who I asked understood that the View was a staff editorial. Every week at the editorial board meeting we decide on a topic for the staff editorial and agree on our opinion about the topic. Then one person writes the editorial to express the views of the entire staff. No name needs to be attached to this, and attacking the paper on something that petty is completely asinine. In case you didn't notice, we are not the USA

Today, so we do things our own way. Maybe one day, just to make you feel special, we will place a little notice at the end of a view from the lighthouse, but only after the staff as a whole decides that it is the best thing to do.

And in response to his nonsense about putting his name on an article about hazing during rush week last year, all I can say is, who cares? I wrote an editorial about Greeks this year, and I put my name on it, can I have a cookie now too? Writing an article and putting your name on it does not make you special or important, it is just a reporter doing their job.

If anyone who reads the paper has any suggestions for making the paper better, we are all ears. Any change that the staff, as a whole, decides is good for the paper will be made. While one person's idea will be listened to and considered, if the rest of the staff does not agree with it then it will be put aside in favor of something we all agree upon. In case you don't

understand this concept, Mr. DeSantis, it's called a democracy. We at *The Beacon* take pride in our work, and put a lot of time and effort into putting out a newspaper which the entire student body can be proud of. I am proud of this paper, that is why my name appears on it every week.

In closing, Mr. DeSantis, if you have any questions about my editorial, please don't write about it for the paper, just take the time and call us. We will gladly give you the answer to your questions, as Housing or the Computer Center would have for our questions. Oops, wait a second, then you wouldn't have anything to write about, now would you?

Mike Frawley is the assistant editor of the Beacon. His column appeared every time he felt the urge to bitch.