

# You can get help - it's right around the corner

by Becky Weindorf  
staff writer

Many students, at this point in their college career, may be wondering, "What am I going to do for a major? I can't be a DUS forever." Luckily, freshmen and sophomores have several options laying before them, and one of the choices involve knowing which school to get into.

For those that may be having trouble choosing where to go, one of the schools is easily accessible, and information involves only a quick trip to the Academic Building: the School of Humanities and Social Sciences (HSS). With six different majors, and an array of minors, and plenty of credit options, the school of HSS just may be the place to start researching career opportunities.

Including the spring break trips to Washington D.C. and Spain in March, the school offers much more than just a promising classroom experience. Below are some facts about the school of HSS that may help you out with knowing what the school is about.

## DID YOU KNOW...?

### Little Known Facts on H&SS

- Behrend offers two options within the English major
- Psychology majors are now at an all time high (around 100 this year)
- Gen Ed Requirements do not change across any of the majors
- You can minor in Women's Studies/Gender Studies
- Psych options include the major, minor, and a business psychology certificate
- Almost all HSS majors culminate in a "senior thesis", an individual research project which is required for graduation
  - a.. International Studies include opportunities to study overseas (Spain, England...)
  - b.. Several credits of a language are required for HSS majors
  - c.. Many fellowships and scholarships are offered, especially in the English major (through Behrend)
  - d.. There is always more opportunity than just teaching after graduation for HSS majors!

## The Un-Scene TALENT

*Behind the scenes at the Studio Theatre*

by Adam H Costa  
staff writer

The theatre scouts from University Park have been saying good things about the Behrend theatre department's latest event, Teibele and Her Demon. They weren't talking about the actors, but rather the ground they walked on.

The Technical Theatre class (THEA 189), under the direction of instructor T.J. Laffan, has been impressing the theatre department at UP with the detail of its sets. Behrend's sets are actually more authentic than those at main campus. "They have to be," said Mr. Laffan. "Our audience is only fourteen feet from the back wall of the set, and they could tell if we faked things." In a traditional theatre, which has an elevated stage, the audience is usually far enough away that a clever paint job will do where only the real thing will work here at Behrend.

Another drawback to the size of the Studio Theatre is that it does not leave very much room to create the sets. For a production like the current one, the stage was created on two levels to symbolize the two different scenes of the play. Because the theatre was not built as a theatre, there is no permanent stage. The students in THEA 189 build every inch of stage from the concrete floor up.

A month ago, the class was given a basic concept for how the set should look. A basic concept was all

they would ever get, as no blueprints were made. That is the way it has to be, as there is little budget for the theatre department, and they have to use what materials they have on hand. Some new lumber is brought in, but most of it is old and has been used in a handful of other plays throughout the years. They even reuse the screws, which according to Laffan, "are better than nails, because we can take them out when we're done." Props and costumes are similarly recycled. "T.J. [Laffan] is a genius. He can take all this old junk from the basement, and turn it into a beautiful set," said one student.

They don't work in poverty, though, and are equipped with the latest DeWalt power tools. Sometimes, they even go shopping for much needed items. One such shopping trip included the purchase of three gargoyle statues, Xerxes, Scothmoore, and Phil. These statues have become the unofficial mascots of the Technical Theatre class, and all three are hidden in every set. (If you look closely at the background behind the well in the current set, you may find one.)

Not only does the class build the set, they also hang and wire the lights, as well as work stage crew during the performances. The work they do is exceptional, and definitely worth noticing. Even if you don't see the play, take a moment in passing to stop in and see what everyone is raving about.

# Insomniacs at Behrend

by Juliana Harper  
staff writer

Sleep is an essential part of one's health and is just as important as exercise and proper diet. But most college students do not recognize the importance of getting enough sleep. The average sleep requirement for people 18-24 is well over eight hours, plus or minus one hour. If this amount is not obtained, a sleep debt is created. All lost sleep accumulates progressively as a larger and larger sleep indebtedness.

Furthermore, your sleep debt does not go away or spontaneously decrease. The only way to reduce your individual sleep debt is by obtaining extra sleep over and above your daily requirement. It can be difficult for college students to get the amount of sleep they need. "The dorms are always loud at night and there's a lot of distractions and it's hard to get enough sleep," says Kimberly Miller, 01 Communications.

40 million Americans are chronically ill with various sleep disorders and an additional 20 to 30 million

experience sleep-related problems. The consequences of sleep disorders are diverse, serious, and often catastrophic. In the majority of cases, undergraduates who have specific sleep disorders do not receive proper diagnosis and treatment.

Few people are aware that sleep disorders exist at every age level from the sudden infant death syndrome to sundowning (a restlessness related to Alzheimer's disease) in the elderly. Children, adolescents, young adults, middle-aged adults, and especially the

elderly are afflicted with sleep disorders. Sleep deprivation can cause disastrous consequences. Falling asleep at the wheel is a devastating problem on American highways. Accidents in the workplace due to sleep deprivation are commonplace and damaging to industry. Students, asleep in classes, may miss opportunities. Every component of society is seriously impaired by sleep deprivation. For more information about sleep, visit the Sleep Well on the web at [www.stanford.edu/~dement/index.html](http://www.stanford.edu/~dement/index.html).

## Facts about sleep

- Alcohol does not cause sleepiness. Your homeostatic sleep drive (the powerful brain mechanism that regulates the daily amount of sleep) is the true force behind sleep. Alcohol simply unmasks already present sleepiness.
- Eating a big lunch cannot make you sleepy. One feels tired after lunch because of a natural, cyclic midday decrease in alertness.
- A "boring professor" doesn't make you sleepy. Although the professor may be boring, you fall asleep in class because you have an accumulated sleep debt.
- Snoring could be very dangerous. Loud snoring may be a symptom of Obstructive Sleep Apnea. Sleep apnea is a physical condition affecting the ability to breathe during periods of sleep. This disorder is defined by the interruption of normal breathing after a person who suffers from the condition falls asleep. Sleep apnea can be life threatening if untreated.
- You can't be tired because you slept too much. The only way one can fall asleep is if a sleep debt is present. Therefore, it is impossible to sleep too much.
- Playing your radio loudly will not necessarily keep you awake. If your sleep debt is large enough, even the loudest music will not keep you awake. If you are drowsy and driving, pull over and take a nap.
- No one can function normally with less sleep than they really need. With a lack of sleep, performance and alertness will always fall below normal levels.

## Martin Luther King, Jr. Celebration 2000 January 16-19, 2000

**"1968-2000: 32 Years after Dr. King - Have We Reached the Promise Land"**

The Martin Luther King planning committee will be creating a visual display of original works of art, poetry and essays from our faculty, staff and students. If you would like to submit an original work on the subject of Martin Luther King, Jr. and/or the causes he stood for, please return the attached form indicating what you would like to submit. All completed submissions will be due in the Dean of Students Office by Tuesday, January 11, 2000. We are very excited about this all-Behrend display. Won't you consider being a part of this year's celebration by submitting your original work?

### Martin Luther King Jr. Celebration 2000 January 16-19, 2000

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Name \_\_\_\_\_ Faculty, Staff or Student \_\_\_\_\_

Local Phone Number \_\_\_\_\_ Home Phone Number \_\_\_\_\_

I would like to submit and original work of art \_\_\_\_\_

I would like to submit an original work of poetry \_\_\_\_\_

I would like to submit an essay \_\_\_\_\_

**Please return this form to the Dean of Students Office in Reed 115.**

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