

The classes you never knew you took



Chew on This
Rob Wynne
wire service editor

Hooray! It's scheduling time once again. Pull out the guide, check the internet, and wait until your day comes to dial that magic phone number so you can have an in-depth conversation with the automated voice system. "Press 1 to add a course, press 2 to drop a course" will be in your mind all day. Oh yeah, don't forget to meet with your adviser for your semesterly meeting so you know what classes to take.

Here's where I have to make the buck stop. In discussing scheduling matters with my friends, I have come to the conclusion that they rely on their advisers too much for their class planning. "Nah, I'll let my adviser tell me what I need to take" is a common response to the age-old question "Ya schedule yet?" We're in college now folks! Aren't we supposed to be masters of our own destiny or something? Well, pick up a degree bulletin and hold on, because there are many classes that you haven't signed up for but already take, which should aid you in becoming a more street-smart person that is capable of doing things independently. The following classes will soon be added to your transcript:

*Time Management 401 (TMBD)
Instructor: Father Time, professor of clock studies. Meeting time: anytime. Course goals: experimentation in cramming 6 hours worth of homework into 2.5.

*Toilet Studies 001 (TSBD) Instructor: Dr. Al Cohol, professor of fluid studies (holds various degrees including an A.A. and a D.U.I.). Meeting time: generally early morning, but not limited to. Course goals: students will experiment with each other to see how much "fluid" can be put into a person's body before failure. Note: Cost of "materials" will be split amongst the class.

*Lame excuses 002 (LEBD) Instructor: Ms. Alotta (I didn't receive my PhD because my dog ate my dissertation) Fiction. Meeting time: only when needed, generally a few times a week. Course goals: Students will hopefully learn how to explain themselves better through a series of creative writing exercises.

*The Fine Art of BS 101 (BSBD)
Instructor: Mr. Ful Ofit, professor of mostly anything (holds a B.S. in BS from BSU). Meeting Time: usually after a big test, or when a paper is handed in late. Course goals: to master an ancient form of communication to better prepare students involved in any kind of writing course. Also, to learn how to "write" a 5 page paper in under an hour. Prerequisite: Lame Excuses 002.

*Motion Studies 230 (MSBD) Instructors: Dr. Walker Strut, professor of legs (distinguished walking award from Johns Hop'kins), and Dr. Katie Galley, lecturer in motion theory. Meeting time: Whenever needed. Course goals: to allow students to study the phenomenon behind randomly stopping in hallways, walking in front of other people, and what happens when two people collide when turning a corner. An in-depth study of "How many people can logically fit in Bruno's lunch lines" will be the final paper. Note: Students already enrolled in The Fine Art of BS may not schedule this course.

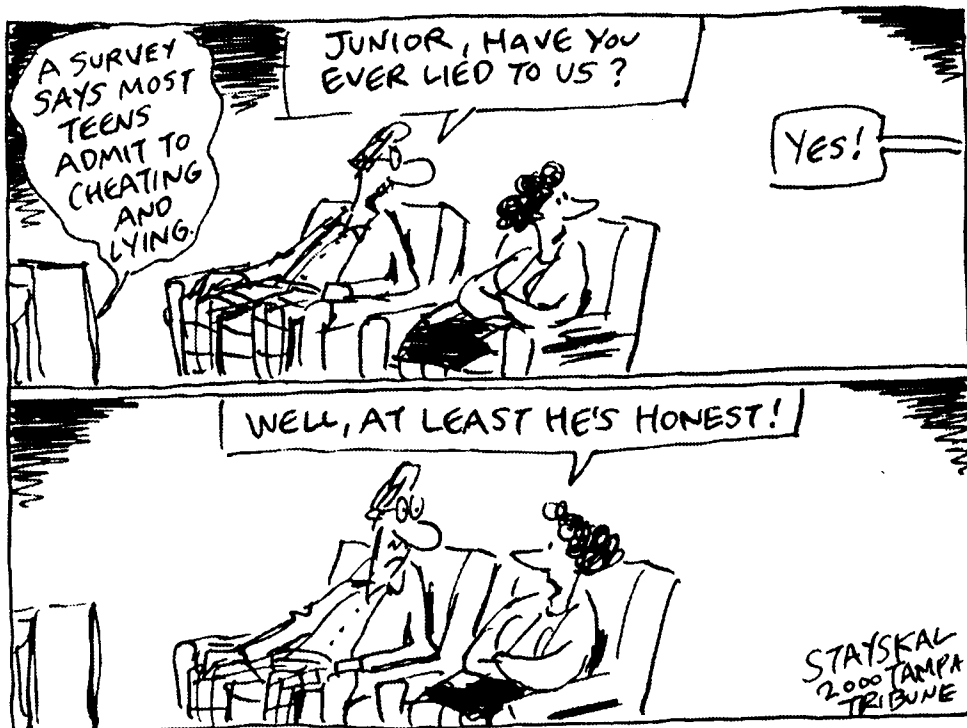
*Relationships 222 (REBD) This class broke up due to a general lack of interest.

*Chemistry 420 (CHEMBD) Instructor: Dr. Mary Janes, professor of plant studies, (U. of Mary.) Meeting time: Whenever you and your friends feel feisty. Course goals: students will "experiment" in growing certain types of plants that can be used for medicinal purposes; students will be expected to participate heavily in this class. Lots of "paper" will be needed.

*Music Studies 000 (DMXBD) Instructor: Dr. Dre, professor of communications. Course goals: Students will learn how to express themselves through rapid speech and incoherent sentence fragments. Special project will include students walking around campus and sitting through classes with Discman player on high volume. Students wearing puffy coat to class will receive 1 extra class credit.

So there it is. While all of these classes may not apply to your major, they do strengthen your decision making abilities, making it easier to handle such tasks like scheduling for next semester. If you have passed at least one of the classes above, you're well on your way to receiving that well rounded college degree.

Wynne's column appears every three weeks.



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Send a letter to the Editor!

Send all letters to: behrcoll2@aol.com

Stress: the unavoidable result of life!

How many of you out there are feeling the effects of stress this far into the semester? Yes, here starts the tail end of the semester. The time of year when every professor demands a research paper, a presentation, a performance, a lecture, or the last and most valuable test of the semester.

For many students, this time in the semester brings on much more stress than normal for many reasons. Recently students have been plagued with advising, scheduling, graduation plans, finding a major to declare next semester, interviews formed from job fairs, holiday break traveling arrangements, and the infamous insane holiday shopping crowds. For those students who have chosen to work in retail or services dealing with the crazy angry mobs of Christmas shoppers, much more stress is included trying to satisfy the customer when what you really feel are the effects of no sleep and little time for all the work needed to be completed before the semester is out.

Recently I watched a television program on the effects of stress on individuals in what were called "high test" jobs. These jobs consisted of



Coffee Talk
Kristin Rodgers
editorial columnist

doctors, lawyers, CEOs of companies, and most workers of jobs where high competition between companies can mean their job. I was fairly disappointed in the fact that students were not mentioned as being candidates for high stress. Granted, I've not entered the real world yet where mom and dad don't pay for my airfare home, but sometimes I feel stressed so I decided I would research the levels of stress experienced by college students.

What I found from my research was that students are included on "who's stressed" lists. In fact, students sometimes were listed first. In a few studies I looked at, students were ranked number one on the list. A few others listed "young adults" as the most stressed individuals. Of course there were many factors why people get

'The Hot Debate of The Week'

Where is my five bucks going?

Should there be a fee charged for Napster?

Now I know that no one wants to have to pay for Napster, me for one. I enjoyed countless hours of downloading my favorite music for free, but is this really fair?

First of all, the new Napster fee is not going to be too expensive, somewhere around \$10 a month. Hell, that will probably just about pay to operate the system. And Napster has said the music quality will be much better. I think that we all have had the fun of downloading a song that just didn't live up to the quality you thought it would. Under the new system, Napster will only be posting CD quality recordings.

Also, this new deal will put an end to the lawsuits by various artists that have paralyzed Napster and other services. With the way that people have been suing, it was only a matter of time before Napster was wiped off the Internet, and the other sites like Napster would soon be under assault. This seems like a way that a compromise can somewhat satisfy all people involved.

In a perfect world, it would be great to be able to get our music for free, but we all know that in our world today, nothing is free. We need to just accept the fact that the fun is over and it's time to accept reality.

Bertlesmann finally got Shawn Fanning, the creator of Napster, to agree to fees so that the popular trading service will no longer be free. Well you can imagine the reaction of college students around the nation when they heard the news. Many were shocked and basically thought Fanning had sold out.

Napster should always remain free of charge. Many statistics show that programs like Napster did not really hurt the record industry. Ask N'Sync. They released songs prior to the release of their last album, *No Strings Attached*, and somehow those songs ended up on Napster. Still the album shot straight to the top of the charts and stayed there for weeks on end. Not to mention the entire recording industry does not necessarily agree with making Napster a paid service. Limp Bizkit, who used Napster for a free tour over the summer and continues to make large sums of money off of album sales and the popular Anger Management Tour, freely puts its songs on Napster.

What the recording industry doesn't understand is that not everyone that has Napster has a burner to make the so-called pirated CDs. CD burners are rather expensive, and some brands are prone to be failures. On top of that, there are many other programs that allow the free swapping of music over the Internet. There are way too many for the recording industry to attack, so everyone that had Napster can easily find a way around the fee.

Every week, two editors from the staff will debate a topic that is hot. Students, faculty and staff are encouraged to email suggestions for the hot topic. Send ideas to behrcoll2@aol.com

What's up with diversity representation?

What's up Behrend? And when I ask what's up, I really want to know what's up. If you read this newspaper regularly, especially the editorial section, then you probably picked up on the recent controversy concerning the representation of minority groups on campus, in campus programs and various campus media such as the *Beacon*. And being a minority student myself, I am asking, "what's up?"

I am asking what's up for a number of reasons. For one, I am asking what's up because the *Beacon* has been facing a lot of opposition lately from many who feel that the paper does not reflect all genders, races, and sexual orientations on campus.

As one of the only minority journalists for the *Beacon*, I feel that I can safely say that the *Beacon* does attempt to be a publication that is not biased. If it were biased, then the controversy at hand actually wouldn't be a controversy because writers like myself and concerned readers, who write letters to



My Society
Jermaine Hardy
features co-editor

the editor, would not have been able to address this controversy. Yet and still, I do acknowledge this campus's need for a more diverse representation of its students in programs as well as in the various media. While I don't believe the *Beacon* has intentions to produce a biased newspaper, I do believe that we are not perfect.

When we came up with the idea for the boy/girl column for example, we honestly didn't think it would be offensive to gay and lesbian readers. Thus, as we are open-minded to our reader's points of view, we would also like the same open-mindedness in return from our readers. While we

stressed, but the reason we experience stress is the result of actions against a threat. What students may find threatening to them is why they commonly "stress out." For example, the threat could be failing a course due to a huge exam tomorrow. Having this exam means how your course grade will appear on your transcripts, affect your chances of a job or entrance to graduate schools. Living and looking at life from a long-term perspective can be dangerous.

So what physically happens to our bodies when we are stressed? Physically, our bodies react to meet the demands of stress. When stressed, our heart, lungs, and circulation speed up tremendously. In times of stress, we are likely to experience dry mouth, clammy skin, or even digestive problems. Remember that cramping stomach ten minutes before a presentation? More than likely, you were stressed about the results.

Psychological effects may actually be more harmful to our bodies than physical effects. Some common psychological effects that may occur

over a long period of a stressful lifestyle are depression, relationship problems, loneliness, and tendencies toward substance abuse, including smoking. Many more studies are currently being researched to find a link between stress and heart disease, sudden death, obesity, and cancer.

From studies, the most accurate removal of stress from one's lifestyle is the cognitive-behavioral method. This is the idea of recognizing what stresses us out, reorganizing our priorities, and finding approaches to reducing this stress. It becomes very important for us as students to remember that stress is not healthy and that trying to remain relaxed gives our minds more of a chance to think clearly.

One study left me with words I felt were appropriate to try and tackle stress: "Grant me the courage to change the things I can change, the serenity to accept the things I can't change, and the wisdom to know the difference." Reinhold Niebuhr

Rodgers' column appears every three weeks.

the next step in getting involved. And if you're not interested in being a part of the *Beacon*, this is perfectly fine, but there is still opportunity to make that change you want by taking part in more serious efforts to increase minority representation. The first step you can take in doing so is attending a forum, which will be co-sponsored by the *Behrend Beacon* and The National Society of Black Engineers.

The forum will address the issue of representing diversity on campus. I encourage everyone to attend the up and coming Representing Diversity Forum and take part in a discussion between students of all races, genders, and sexual orientations, which will attempt to get to the bottom of this controversy and make a change that will best suit everyone. Students should look out for ads and more information about this forum to be held within the coming weeks.

Hardy's column appears every three weeks