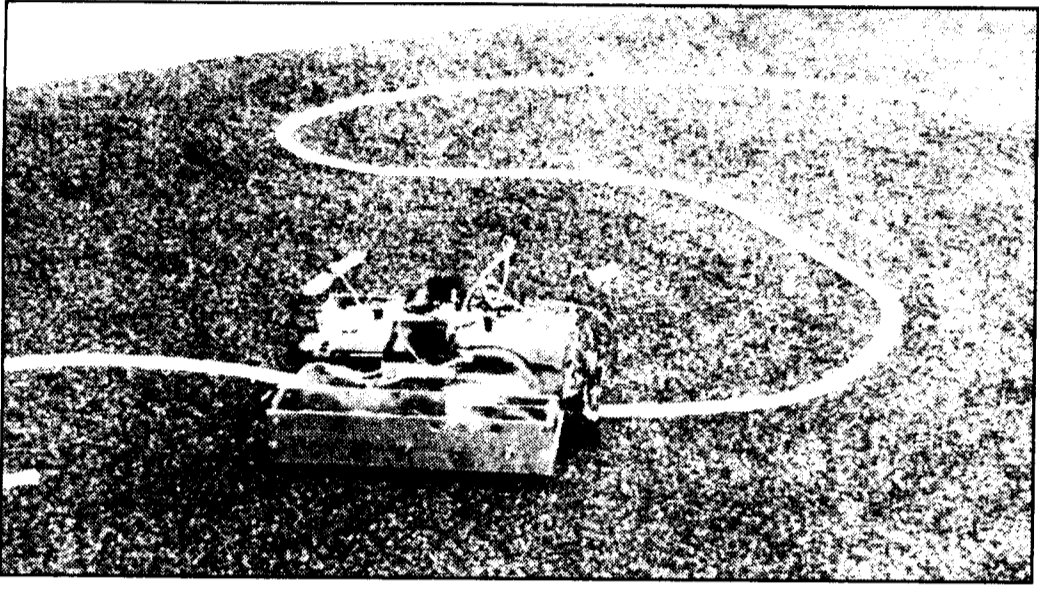


# STUDENT LIFE



KJ Margraff Jr./THE BEHREND BEACON

The Behrend Concert Band (pictured) and the Jazz Ensemble held their annual Winter Instrumental Concert in the McGarvey Commons. Dr. Gary Viebranz directs both groups.



Ken Morrison / CONTRIBUTED PHOTO

The Behrend Robotics club held a demonstration Tuesday afternoon in Eric Hall for the local high schools. Students were able to learn how robots function then later toured the campus.

## Concert band delights audience

By Jenna Gregory  
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Melodic musical masterpiece is the best way to describe Penn State Erie's Concert Band performance on Thursday night. Conductor Gary Viebranz directed 41 of Behrend's best musicians for the annual winter instrumental concert.

The evening's festivities began with a contemporary piece called "Chorale and Shaker Dance" by John Zdechlik. The piece resembled Simple Gifts. Following Zdechlik's composition was a three movement piece entitled "First Suite in Eb." This piece was composed by Gustav Holst. The three movements showcased particularly the woodwinds of the band. Next was Richard Strauss's composition (Arranged by A.O. Davis) "Allerseelen." Again, "Allerseelen" was a very different piece from the first two with a much more noticeable percussion and horn showcasing. Finally, Viebranz ended the concert band's performance with a very strong rendition of Henry Filmore's march entitled "Americans We."

Emily Docker, Jena Weaver and Jeff Barber were a few of the Behrend students who attended the concert in order to support their friend Elise Ventura, who plays the French horn. Emily, a first semester math education major, said that she particularly enjoyed the final number "Americans We," stating specifically that it was "very upbeat." Emily, Jena and Jeff agreed that the concert displayed a "variety of music" that sent them on an "emotional roller coaster." Jeff, a first semester marketing/pre-law major, said that the music made him "want to dance." Jena, a first semester English Literature major, said she had a good time but was "disappointed with the turnout" of audience members.

Elise Ventura, a first semester Secondary Education major, experienced her first perform-

ance with Behrend's Concert Band. Elise has enjoyed her experiences very much, and said that band has allowed her to "meet new people" and she plans to continue her involvement. Elise said she "enjoys playing music," especially the "diverse music" that they played at the concert. Elise has been participating in band since the fourth grade. She plays a total of eight instruments, including the guitar, piano, tuba, trumpet, bells and French horn.

Erica Smith, a seventh semester senior plastics major, participated in the concert as well. Erica has played the tuba for ten years. Erica, unlike Elise, is wrapping up her years at Behrend and has had a lot of concert experiences. One of Erica's most memorable is playing in pep band for Behrend. Erica is involved with the band because it is a "stress reliever. [I] don't think about homework or what I have to do the next day, it's just me and the music."

Dr. Gary Viebranz is the band director for the Concert Band. He based his music selection for this year's winter concert on the basis that the music has to be "high in quality and a unique experience for both the audience and performer." The most rewarding part of his job is the preparation, said Viebranz, "it is more rewarding than the performance itself." Viebranz provides a relaxed and carefree atmosphere to his band students. He claims "[I'm] not a tyrant! I expect people to work and prepare but in a stress free, no pressure kind of way." Viebranz jubilantly declares that "even though this is his job, [he] never really works. I get to play music for a living, it's kind of nice and refreshing to make music with people who enjoy it." Dr. Viebranz also wants to extend an invitation to any musicians out there, stating that "we are always looking for new members!" You can contact Dr. Viebranz by his extension 6289 or by emailing him at gav3@psu.edu.

## Good hygiene for good health

By Allison Gray  
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December is here and with it comes the anticipated holiday season and the dreaded cold and flu season. The semester is almost over and many Behrend students are looking forward to returning home for a much needed winter break. An unexpected illness is the last thing anyone wants to deal with during vacation. During these last few days of school, take care of yourself; don't get so caught up in finals preparation that you forget to eat well and exercise. Keep your body healthy so that it can continue fighting off illnesses as you study.

Good hygiene is key to keeping healthy. One of the best habits you can get into is washing your hands. Just think about all of the bacteria-ridden objects you touch throughout your day. Always wash your hands after using the restroom; it's unsanitary not to. If you don't want to make routine trips to the bathroom to wash your hands throughout the day, purchase a small bottle of hand sanitizer.

They're cheap, and they really come in handy. Another time you should always wash your hands is after using the campus computers. Those computers are used by everyone. That means every student who might be carrying an illness who happened to use that computer left their germs all over the keyboard and mouse. You can avoid catching that illness simply by washing or sanitizing your hands.

Hygiene isn't as simple as washing your hands, though. Neglecting cleanliness is unhealthy. So, while you're pulling an all-nighter this weekend, don't forget to shower. Studying, while undeniably important, is not an excuse to skip out on a hot shower. As a matter of fact, taking a break from studying to wash up is a great idea for more than one reason. The weather is cold, so taking a hot shower will feel great and will stimulate your body, waking you up much more effectively than a cup of coffee. It's always a good idea to take a break from a session of intense studying and what better way? You can mull over your

trig functions while lathering your loofah. Besides, you don't want to go to your finals looking grungy and feeling dirty. Plus, not showering is just gross! So do yourself and your health a favor; take a break from cramming and keep clean.

Showering is really pointless if you're just going to throw on dirty clothes afterward. This past month students have been struggling to meet deadlines, living off of coffee and the prospect of winter break. Many students have found spare moments few and far between. While I understand that finding the time for a few hour's sleep is next to impossible, let alone getting the chance to wash a load of laundry, it can't be avoided. Wearing the same clothes week after week is disgusting. Believe it or not, if you don't wash your clothes, you begin to stink, no matter how much perfume or cologne you wear. Besides, clean clothes fit a lot better and feel nicer—especially if you use fabric softener. Clothes are not the only dirty laundry that needs washed, though. Don't forget about your sheets! Neglecting to wash

your sheets means that you're wallowing in your own filth every night. Gross! Think about this: at night, you sweat. You shed millions of dead skin cells and you lose hundreds of hairs and eyelashes. Your skin's natural oils are soaked into your sheets. Not to mention, some of you (don't deny it) drool in your sleep. Do you really want to sleep in that stuff night after night? So when you do your laundry, don't forget to wash your sheets.

Last, but not least, make sure you brush your teeth at least twice a day. You don't want people to mistakenly assume you have halitosis. Brushing your teeth isn't strictly about bad breath, though. Clean teeth are a mark of good hygiene and, as I stated earlier, good hygiene is a key element in good health. So don't neglect caring for your body. If you don't want to rely on DayQuil for an adequate holiday, eat healthy, exercise regularly, sleep as much as possible and practice good hygiene to fight off diseases.

## NIN comes to Erie

By Jerry Pohl  
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The popular band Nine Inch Nails will be performing at the Erie Civic Center on March 7, 2006. The supporting talent is yet to be announced, as is the date tickets will go on sale. Readers wishing to attend can check nin.com for updates on when tickets will be available. The performance follows a show in London, Ontario. After Erie, the band will next perform in Rochester, N.Y. on March 9.

With no show on March 8, Trent Reznor, Nine Inch Nails frontman, might use the time to visit his hometown of Mercer, PA, a little over an hour south of Erie. Trent grew up there, and many people in the area know him personally. He attended Allegheny College for a short time before putting all efforts into his music career.

Before finding much success with Nine Inch Nails, Reznor was in several other bands during the '80s, most notably Option 30. Option 30's work is not widely known outside of Nine Inch Nails fans, and his other early work is even more obscure.

Nine Inch Nails has grown in popularity throughout the 1990s, spending ample time at the top of many charts. The most popular work to date is arguably Closer, from the album The Downward Spiral. With each album the sound of Nine Inch Nails has changed and evolved, garnering many new fans.

The newest album, *With Teeth*, does not fail to impress long time listeners and will likely add new ones to Nine Inch Nails' growing fan base. Tickets may go on sale during winter break and, if previous concerts are any indicator, will be sold out fast. Attendance by Behrend students may be large among locals with the concert falling on the Tuesday of Spring Break week.

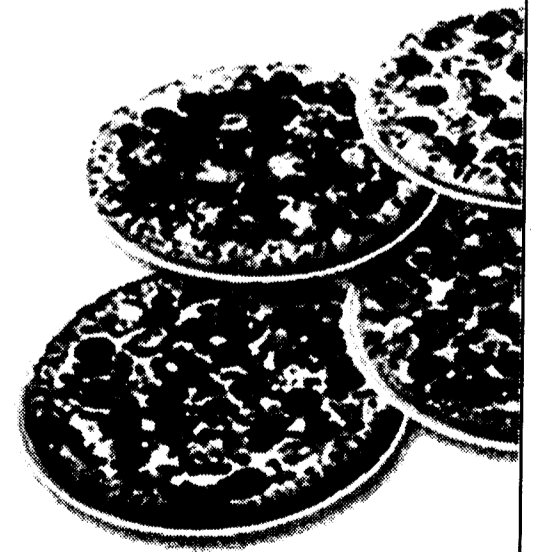
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