

COLLEGE LIFE

Maple Syrup

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I am a freshman who was born and raised in the small and awesome state of Vermont. I enjoy video games, hanging out, Phish, hiking, swimming, and other Vermonter things. I am writing this column to show all you flat-landers how different and great things are back in the Green Mountain State.

It's dawn on a Saturday morning, and a five year-old version of you is waking up in the early hours to catch the first cartoons. You run downstairs to grab a bowl of Cocoa Krispies to eat while watching. Unknown to you, your mom got up early and made pancakes. French toast, or what have you, just for you and your siblings. You got up first though; brothers and sisters can eat whatever's left. She lays them all out on a platter, steam still rising. You plop four or five onto your plate but realize something is missing. You run off to the fridge and pull out the Aunt Jemima or Mrs. Butterworth or whatever you have. You scurry back to your plate and pop off the sticky, thick, crusty top. It slowly drips towards your warm, fresh plate of steamy goodness with the viscosity of thick spit. This is where I step in.

If I were there, I'd probably criticize you and your family. Want to know why? Mrs. Butterworth, Aunt Jemima. How can you claim you like food and eat processed imitation sugar like that? It's so low quality, US labeling laws have made it illegal to sell products such as Mrs. Butterworth as maple syrup because they only contain about 2-3% real maple syrup. The main ingredient in Aunt

Jemima pancake syrup is enriched bleached flour! Do you know what the main ingredient in Vermont grade-A 100% amber real maple syrup is? Maple syrup. That's to say, sugar. I know it wasn't your fault as a young child exclusively to have the crap brands, but that's still no excuse. Your parents could have ordered online or something. They probably don't love you. In Vermont, every food-carrying store larger than a convenience store (and even most of those) carries real maple syrup.

Because I was raised in Vermont, at least once per year in the first through sixth grades, we went to a sugarhouse and re-learned how to make maple syrup. In Vermont it's a pretty common practice to build a shack in the woods with a boiler in it, drill some holes in a few sugar maples, and make your own syrup. I have several friends who've done this.

Back home, you rarely see anything pre-processed, pre-bagged, or pre-anything else. Everything is locally grown, locally brewed, and locally picked. I (this is the truth) have never been to Dominos, I've been to Pizza Hut once, I've been to Wendy's once (in Indiana), I didn't know Little Caesars was an actual restaurant, I didn't know what a Hot and Ready was, and the closest Burger King is an hour away in Shelburne. (That's another thing about Vermont, people measure distance in time, not miles.)

Next time you're looking for a quality breakfast, don't settle for the imitation schlock. Go to <http://www.cbmaplefarm.com/> and order a pint of that.

Pat Sharbaugh: McGarvey Minstrel

By Emily Reichert
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The baby grand piano sitting inside the lobby of the Reed building is anything but lonely after dark. Students like sophomore Kyle Reilly and senior Patrick Sharbaugh come and dance their fingers across the keys effortlessly, creating flawless music that helps them to relax and clear their minds from daily stresses.

Reilly, who has been playing since he was seven years old, has experienced many emotional events throughout his life. One month after he started taking lessons his piano instructor informed him that he maintained no talent whatsoever. This opinion, as harsh and discouraging as it may seem, hardly slowed him down. Though he did stop taking lessons from the instructor, he continued to teach himself at home on an upright piano during his free time. He played songs such as Fur Elise and other classical pieces. This song proved particularly important to him. "That's something that I stayed up all night to learn," he stated.

Aside from the piano, Reilly's true passion lies with the violin. He said he wanted to audition for a position in teaching violin. Unfortunately, a heart complication called Brugada Syndrome interrupted his life, and sent him into an unexpected surgery.

According to Brugada Syndrome.com, a website dedicated to "promot[ing] research and teaching [to] provide compassionate care in the area of heart disease," Brugada syndrome is an inherited trait that can cause the heart to beat irregularly, causing blood circulation to be prevented, which will ultimately lead to fainting, and death if the heart cannot be reset soon enough.

Reilly was helped in time, and underwent surgery to help with his condition. Unfortunately,

with his surgery affecting the shoulder his violin rests on, he was unable to participate in the audition that year.

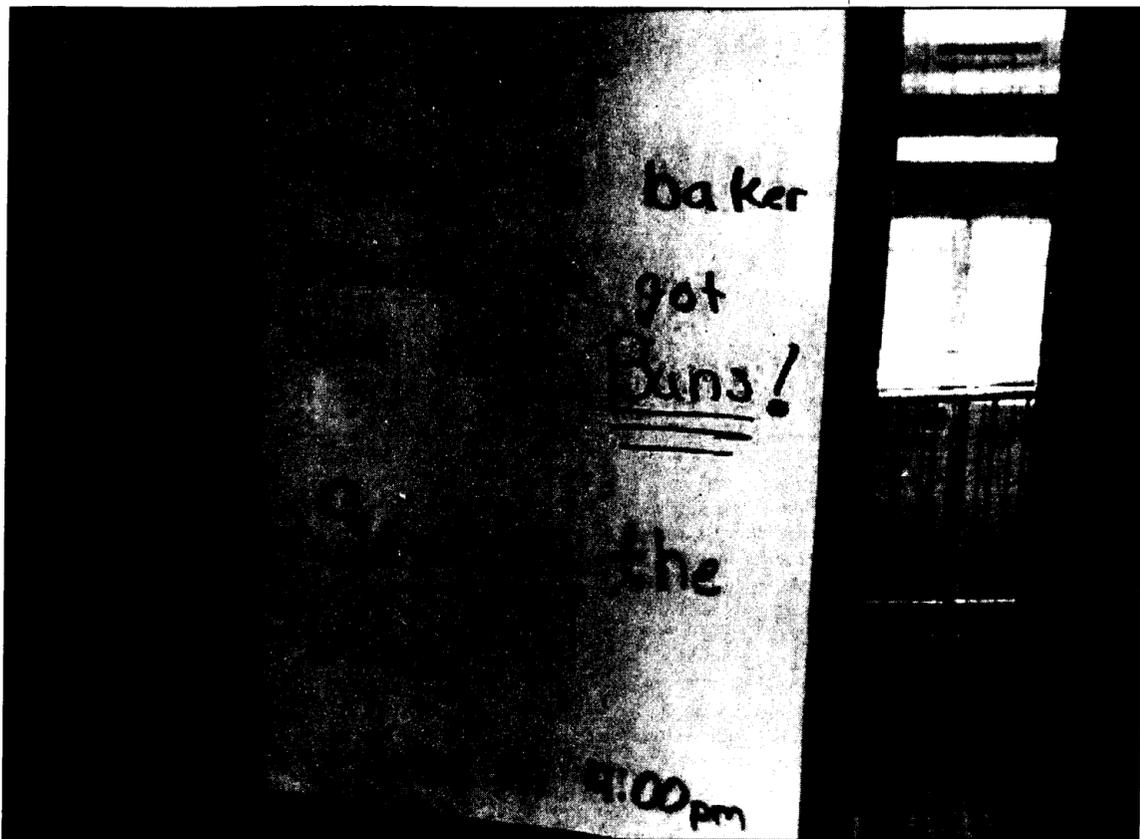
This setback, similar to his instructor's opinion, only put a small skip in his musical career. He continues to play his violin and piano relentlessly, now enjoying songs from video games like Zelda and Mario, and Josh Groban pieces.

Sharbaugh is an expert when it comes to the piano. He started playing at the age of five and hasn't stopped since. He said he previously played classical music, but now focuses on jazz. "I consider jazz to be the hardest to play," Sharbaugh stated while explaining his genre preferences.

He also enjoys singing, "only [of course] after around 11 p.m. when a lot of the people are gone," he said.

Sharbaugh said he would like to start teaching piano, but only after he finds a sturdy job and has extra time. Being a senior with a major in chemistry and a minor in math, he is looking very closely at his career options. With two summer internships at Allegheny Energy, he said he would like to go to graduate school, get a Ph.D., or find a job with similar chemistry/math related requirements. One thing he does not want to do is settle for a job specifically in chemistry. With all of the homework and exam stress surrounding him, Sharbaugh says the piano is an excellent way for him to clear his head when he needs to take a break.

Luckily for the students of Behrend, listening to Sharbaugh and Reilly's music has the same relaxing effect for listeners as it does for its creators. The piano is not limited to certain students. Anyone who has the desire to play their stress away is welcome to no matter what time of day.



Emily Reichert/THE BEHREND BEACON

A poster promoting the aptly named "Sex in the Lobby."

Students surprised by "Sex in the Lobby"

By Alyssa Weinstein
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How do you get every guy in your dorm into one area? You tell them there will be Sex in the Lobby. Good one right? Well it works.

Did you know that when you have sex with someone who has an STD you can catch it from them? (For those of you who didn't know that you probably don't know what STDs are either, they are sexually transmitted diseases.) Well, I didn't, but when I went to Sex in the Lobby I learned all about it. I also learned how to put on a condom, how to obtain the morning after pill, and how many different kinds of herpes there are. The answer is eight, by the way.

By the time I got to college I was totally unaware that con-

doms are an essential part of sex, well, at least the kind of sex that doesn't care to result in a baby. I did learn, however, that condoms are less expensive than infants, so I would recommend that everyone stock up. I believe they call it "Plan A." Another thing to keep in mind, a condom won't work unless you "pinch an inch," cute right?

Birth control is another option, but that is a choice to be made by an individual. It is more expensive than condoms, but it always helps to have an extra back up in case you find yourself in a heart pounding situation.

The truth of the matter is, college students will probably have sex while they are here. The whole point of Sex in the Lobby

was to teach us how to be safe. It was a really good plan. Many people aren't aware of the dangers that come with sex. No friends, orgasm isn't the only thing you could get out of it or potentially get out of it, there are a lot of different STDs, some curable but a lot aren't. STDs like AIDS are more than just incurable, they are lethal.

One of the most interesting parts of Sex in the Lobby would have to be learning that you can get the morning after pill in the health suite for just \$25. But hey, if you don't have \$25, charge it to your student account, let your parents pay for it. It isn't an itemized bill so they will really never know. Yes, I do believe that that tidbit of information ranked right up there with all of the blown up condoms that were being hit around the room. Condoms do

actually double as pretty nice balloons.

So, next time you are in your room with your partner, remember a few things: first, use a condom. They are inexpensive, come in a variety of sizes, colors, and flavors. Second, if you do find yourself in a difficult situation the next morning, engaging in "Plan B" is totally confidential, no one will know unless you tell them. Third, don't tell them. Finally, just be careful. College is a place for fun, but more importantly it is a place to enhance your future, and we wouldn't want anything to get in the way of that now would we?

Date The Editors

Because you know you want to...

and you know we need it.



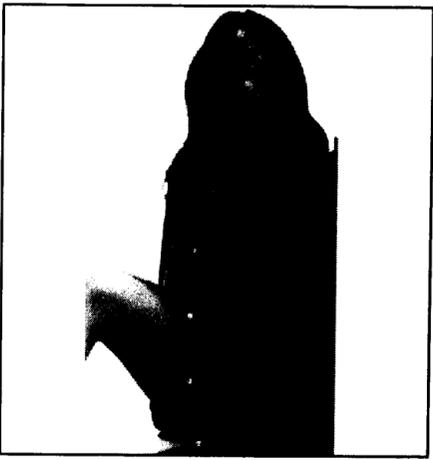
Matt Schwabenbauer - mjs5387@psu.edu

Matt enjoys philanthropic work and donating his time to various local charities. His previous work includes time spent at daycares, nursing homes and training litters of seeing-eye-dog puppies. This summer, Matt plans to travel to the Pacific coast to aid in the care of mentally-disabled dolphins.



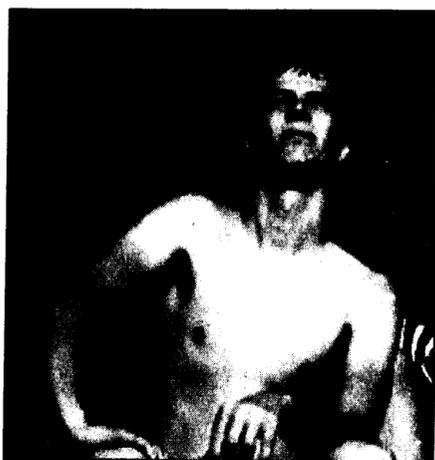
Emily Reichert - ecr5068@psu.edu

If stealing hearts were an Olympic sport, Emily would be Michael Phelps. Emily likes her men like she likes her dice game, nothing less than a seven.



Jenn Juncosa - jdj5061@psu.edu

As a former diver, Jenn is ready to make a splash in your life. Unfortunately, Jenn won't go off the high dive just yet, send her an e-mail to see if she'd like to meet you.



Evan Koser - emk5110@psu.edu

Evan likes his women to be on top... of their studies. He enjoys long walks on the beach as a means to an end... the end being your heart. We know what you are thinking when you see that picture, but no worries, Evan doesn't kiss and tell. Be careful when contacting Evan, it may be the first e-mail of the rest of your life.