

MY VIEW

The Dobbins Effect



BY HEATHER MCGOVERN
News Editor

Out of all the lessons I learned at Penn State Behrend last year, one stands out more clearly than others I learned in my freshman year. This common lesson, often learned the hard way, involves eating at the on-campus Dobbins dining hall. As many students may al-

ready well know, food consumption at Dobbins, for some, leads to immediate stomach aches and/or other health-related issues.

However, what most students may not already know, is that the problem usually originates from students' food choices rather than the dining establishments food preparations. In other words, Dobbins serves a variety of satisfactory food ranging from unhealthy to healthy selections. It is only a matter of choosing the healthier options and/or consuming less food in order to avoid the usual post-Dobbins symptoms.

Although nutrition may not seem more important than the physical, mental, and physio-

logical well-being of a person, nutrition is an essential staple in supporting all three of these important states of being. Bad habits of skipping meals or overindulging can result in many negative effects for students.

A few of the consequences for skipping meals fall along the lines of decreased concentration, decreased energy, and increased irritability.

Overindulging on junk or even healthy food on a regular basis highly increases the chance of gaining weight, depending on the amount of physical activity partaken each day. Overeating, also, results in added stress to the body since it takes more energy to digest

larger portions of food. Added stress to the body often results in decreased concentration or "clouded" thinking. Either way with both bad habits, the negative consequences add up to equate to an unnecessarily difficult semester.

So before skipping breakfast or overindulging in between meals, ask yourself, "How well do I want to concentrate for that class, test, meeting, or game later today?" Sometimes extending the effort to eat more or less is as easy as grabbing a bag of cereal before class or storing food within the room out of plain eyesight. Take that extra initiative to eat healthier; your body will thank you for it.

OUR VIEW

Beacon Tweets

So far this year, the Beacon has introduced a brand new website at www.thebehrendbeacon.com, new graphic design ideas within the paper, and shortly, we will be introducing several evolving sections, including pages dedicated towards each area of study at Behrend and a page which will cover fraternity and sorority life, among others.

With these changes, though, comes an addition of new services through social media. While we realize that everyone has been using Twitter and Facebook long enough to not call it "new media" anymore, over the past few years the media industry has found out how to use these new services to their advantage.

We want to cover news, and we want to do it fast.

In 1880, the fastest way to break news was probably with the front page of the paper every morning. With the advent of radio, that became the quickest way to know. Television took more away from a newspaper's ability to break news; now that the internet connects the world, newspapers cannot cover news that breaks. They can break news, but when something crazy happens and you need to know, you're not going to wait until Friday morning.

While we plan to cover breaking news on our website immediately, we know that in many cases, it's not fast enough. The Beacon has created a Twitter account for each section of the newspaper - arts, news, sports, and opinion - and we will be updating them constantly for each section's news.

For opinion, we hope to offer an interesting opportunity: our opinion editor will post a subject on Twitter each week, and students can reply to it with their opinions on the subject - your responses will be posted in the

newspaper with minimal filtering. We truly want to know what you think.

As a base account, we have created "thebehrendbeacon," which will post Twitter accounts during breaking news situations. This account will be used for breaking news situations only; if you subscribe to this, it will only be used to let you know when something very important is happening on-campus.

Speaking to other social networking media, we've also created a Facebook page for the Beacon where we hope to get more feedback about how to run the newspaper. After all, it's not our newspaper, or the school's - it's yours.

Above all, this is pretty much an experiment. We've never embraced media like we have this year. If you think it works, let us know. If it doesn't work, we'll probably realize it eventually, and shift what we're doing. More is on the way - streaming video, short news clips summarizing the week's news on-campus, video tours of construction sites - but right now, we're focusing on the media that is readily available.

We hope you'll stick with us throughout the year, as we succeed and, more often, fail massively, at trying out new things to bring you your news.

Connor Sattely for the Beacon Editorial Board

NEW NEXT WEEK!

THE BEACON DISCUSSION PANEL

THIS WEEK'S QUESTION:

Is the process of selling All-U Day tickets in need of a serious overhaul?

Email us at njp5083 and tell us what you think

MY VIEW

Get involved



CHRISTINE NEWBY
Managing Editor

Getting involved on campus with an organization on campus is extremely important when you are in college. I highly recommend and encourage students to be part of one.

When you are forced to use time management skills and deal with your academic classes along with being part of an organization, you discover a new side to your personality that you never knew existed. This also can uncover how much you can handle both as a person and as a professional.

I am currently a sophomore and my involvement with the Behrend Beacon started in the beginning of my freshman year. Throughout my first year in college I learned how crucial it is to become engaged in something other than everyday classes, homework, and exams.

Of course, there are specific days and weeks that I am crazy busy and don't know how I am going to accomplish everything while juggling my schoolwork and the Beacon. Overall, getting involved with a club, specifically the Beacon for me, was the best decision I've ever made.

I've made a list of reasons why it is so essential to get involved in a club or organization.

- You learn how to manage time efficiently and effectively. You find out what forms of studying work when you are pressed for time, and what doesn't work. Additionally, you quickly find out that you cannot procrastinate.

- You gain valuable experience in something that interests you. Due to being part of the particular club, you will be able to take the experiences with you after college and you will be more prepared and ready to face the expectations and chal-

lenges in the work force.

- You find out more about yourself: how far you can go, how well you work with a group of people that want to accomplish goals, how you react under pressure, how you resolve problems so they don't come up again, and how you can make a positive impact on the organization and Behrend.

- You get a chance to get away from your everyday classes. Everyone needs a break and a place where they can go that feels like home.

- You can add the position(s) that you held in the club to your resume. This will help you in the long run when trying to find that first job out of college.

- Socially, you make and develop more friendships with your peers. My experience with the Beacon was an instant way to make friends and get to know different people as a freshman and now as a sophomore.

I don't think students are aware of the large number of clubs and organizations offered at Behrend. There are over 110. The different types of clubs and organizations include academic, arts, Greek life, service and honor, multicultural, recreation, and student life.

In the academic club, there are a diverse amount of different options ranging from accounting, chemistry, marketing, plastics engineering, and many more.

If you want or need a break from academic work there are recreation clubs. Examples are martial arts, hockey, and many more.

Can't find a club or organization that interests you? This year, make it a goal to find that one specific organization or start your own. To find a list of all the clubs and organizations visit the Behrend website and click the student life tab. Then, on the left sidebar, click student activities followed by clubs and organizations.

I've learned so much through my experience working with an organization already and I know that I will continue to learn every day with the Beacon.

Challenge yourself and get involved.

MY VIEW

New running club



DANIEL J. SMITH
Photo Editor

Some people say that running is a waste of time, or that it's just too hard to do; others say it's one of the best methods to get physically fit, and it's worth the time and pain to look physically fit. I agree with the positive aspect of running. I feel that running helps build character, not just muscle.

Over the past few years, many people who loved running like I do expressed a concern at the lack of a running club.

So, over this past summer, a few other runners and I discussed a plan to create one. It seemed simple at first, but planning out the basics took a while.

We came to the conclusion that the club would meet three times a week: Mondays, Wednesdays and Fridays. We would do a one-to-three mile run for starters with a short stretching period in the begin-

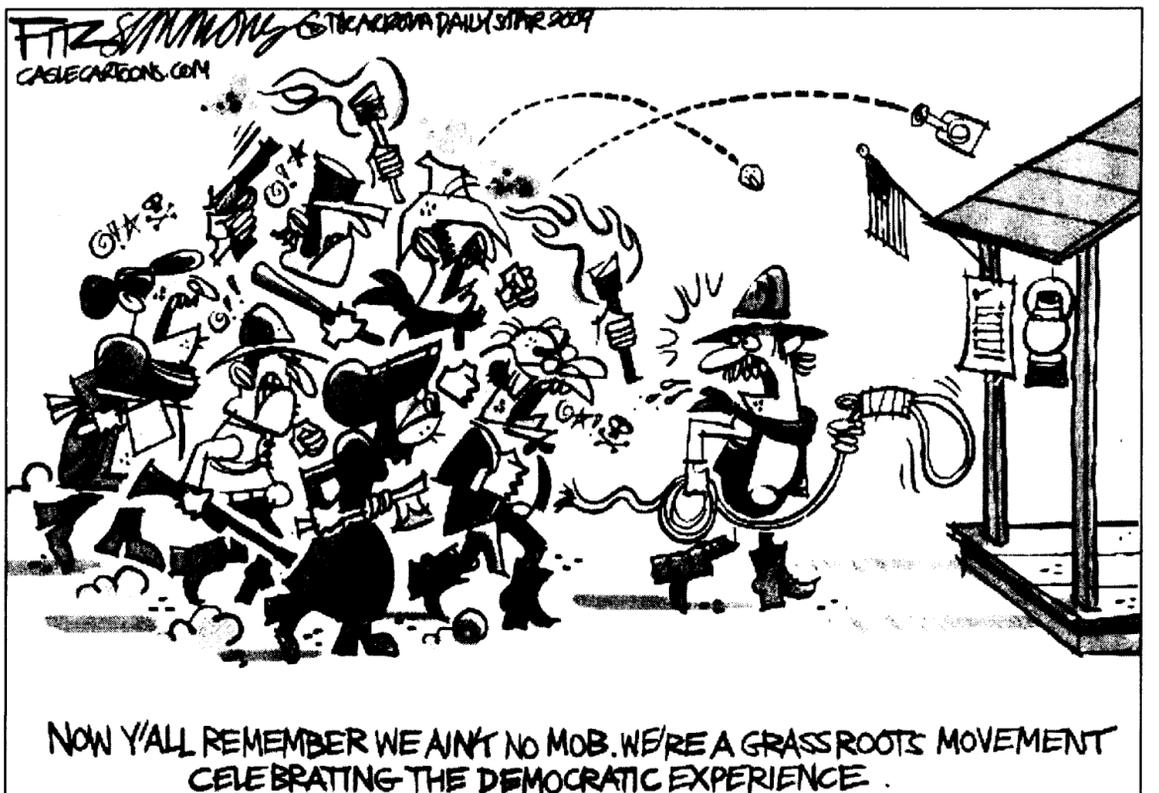
ning, then slowly have the runner's progress in distance as their leg muscles develop.

The club will continue throughout the academic year. Students, faculty, and staff will have the opportunity to be a part of this club. Each member will receive a club t-shirt, plus given opportunities to run in competitive road races and fun runs as a group in the regional area of northwestern Pennsylvania.

I think this club will be a great opportunity in many ways. It organizes people to keep a constant schedule of running and building stamina. It brings runners together on campus as one community. It also builds friendships and confidence of those who are looking for support with increasing their skill of running.

We also have a group on Facebook titled Penn State Behrend Running Club and we already have a rapidly growing membership. This group will allow the group officers and I to communicate with our club's members as well as coordinate activities that will positively impact the organization.

If you're interested in participating or becoming a member of the club, contact myself, the creator of the club, djs5223@psu.edu, for further information and to sign-up.



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Any letters intended for publication must be addressed to the editor, be no more than 250 words, and include the writer's name and phone number. Letters may be edited for content at the editor in chief's discretion.

The Behrend Beacon does not publish anonymous letters to the editor. If students want their letters to be published, they must include their name. The Behrend Beacon intends for its Opinion page to be a forum for discussion, not a screen to hide behind. Occasionally, The Behrend Beacon may request responses to online queries in which responders will be identified by their username.

The Behrend Beacon is editorially independent from the Penn State system. The Behrend Beacon operates partially on Student Activity Fee, and partially on advertising revenue. It is published every Friday during the school year except for before and during scheduled vacations, with exceptions for special issues.

The editor-in-chief has the final authority on editorial decisions, including, but not limited to, all columns, editorials, and letters to the editor. Complaints regarding Beacon coverage of school events should be directed to the editor at editor@psu.edu.