

## editorial opinion *Take advantage!*

I recently had the pleasure of viewing an event in Behrend's expansive Cultural Series.

On October 15, NORTH-WIND swept the Reed Lecture Hall with its blend of jazz, blues and folk music. The performance was exceptional.

Unfortunately, attendance was less than exceptional. The Lecture Hall was less than half full. And I must say that embarrassment overcame me since this ensemble, NORTH-WIND, sells out throughout the U.S.

I understand that not everyone on and around Behrend Campus enjoys jazz as much as I, but I simply cannot understand why people do not take advantage of cultural entertainment.

Behrend's Cultural Series offers diversified events each month--and usually they are free. What more can a college student ask for than entertainment to take them away from their trials and tribulations--not to mention FREE entertainment. Such events encourage a 'break-away' from the books and are vital in enriching a student's college experience.

I can't figure out what turns on college students. If you don't like the events offered, make a suggestion to Student Activities. No one hears a silent thought or suggestion.



I say support the arts. Let your appreciation for these events grow.

Paula Maus, Collegian Editor

## reader opinion: added stress

by Michael Eric Wimms  
 Collegian Staff Writer

We all have a common enemy that is associated with our everyday lives. Each of us may handle the situation differently, but sooner or later we all deal with stress.

Stress is an unfortunate and omnipresent reminder that things can either work for us or against us. We can never completely eliminate stress, but there are things that we can do to help us relieve much of the pressure that stress forces us to deal with.

I constantly hear people voicing their discontent with the stressful situations that they are forced to contend with. Many times the sources of their ill feelings arise from the pressure of school life. Tests, grades, club responsibilities and personal relationships are just a few of the many daily things that accumulate and build until

the boiling point is finally reached and most of us explode.

How many times have we heard a friend or even ourselves complain about a killer test that's coming up? This killer test usually turns out to be worth half your grade and is given two days after the late drop deadline. A situation such as this is enough to make you want to pull out all your hair, at the roots.

I am not about to go on and list the many things that promote stress. I am instead going to discuss ways in which we can relieve some of the pressures.

When my week has been particularly rough I like to take time out and converse with someone, anyone. Talking, to me, is the oldest and most effective form of communication. I am sure we can all find someone who will be willing to listen to what we have to say, but we have to make an effort to find them and be willing to tell them our troubles. I also like to listen to music, because it has the power to soothe the mind. Music allows ones mind to drift to some treasured memory that will make one feel extremely content. Not all music is good for this purpose, but I am sure we all have a song

we like that is appropriate. On Wednesday, October 16, the Behrend College Christian Association held an informal gathering called IMPACT. They dealt with the topic of stress and how to better deal with its effects. Among other things they outlined the use of prayer and the part God plays in helping us to better relate to stress. I am not saying religion is the best or worst way to deal with stress, but it is a very good option, one I would highly consider.

There are many ways to deal with stress but it's just a matter of "different strokes for different folks." No matter how you choose to treat the onset of stress you have to realize there is no escape. You can take a temporary vacation from society with alcohol or drugs, but they only cloud the issue and add to the problem. Escape is definitely not the answer, finding out how to cope is.

The main point is that there are outlets out there that can effectively help us to deal with "added stress"; all we have to do is to find the one that best suits us. There is no reason why we have to deal with stress alone.

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