

# Campus Voice

How has the AIDS scare affected your views on your own sexuality?

by Vail Weller  
and Nan Quatchak



Dr. Colleen Kelley  
4 years  
Communications

"I think anybody that thinks about it for a minute thinks of discretion. Be very sure of who you go to bed with and if you're not sure then you shouldn't."

Jen Shelley  
3rd semester  
Chemistry

"You're careful, you're scared."



Erik Braho  
5th semester  
Psychology

"It hasn't with me. I've always been careful with my sex life, although at my stag party - no hookers allowed unless they pass the AIDS test."

Dana Williams  
7th semester  
DUS

"I've been fortunate to be with one person for a while. It hasn't really affected me, but I do put toilet paper down on the seat."



Julie Tibolla  
5th semester  
Communication

"You're more careful you take precautions, and you respect sex more."

photos by Audrey Acosta

## FEATURES

### The Sonnenberg

[In the ordinary sunlight]

*In the ordinary sunlight  
i could have said  
how perfect you are  
but i didn't;  
instead, i sat  
and whispered into  
a hole in an ordinary  
tree trunk  
saying  
"the moon is no match"  
then looked  
across a hill  
to wonder at  
the bigness of trees.*

-Kenneth Sonnenberg

by Rob Prindle  
Feature Editor

Kenneth Sonnenberg was born in Erie. He spent all but two years of his life here. In 1985 Sonnenberg graduated from Behrend with a B.A. in English. Shortly after graduation, he married and, with his new wife Arden, moved to Arizona.

Sonnenberg was to attend The University of Vermont in the fall of 1987. He had been accepted into the Masters of English program and awarded a Teaching Fellowship. Sonnenberg wanted to become a teacher at the university level. He died shortly before the semester began.

Sonnenberg was a poet. His poetry was published in "Sunrest Magazine," "Tempus," and "The Sandcutters."

He took his poetry from nature. The wilderness offered him an environment in which to create and explore his feelings. His book of poetry and photography "Moving the Dunes," published posthumously, exemplifies his feelings and perceptions.

Sonnenberg is being remembered by The Sonnenberg Poetry Award, an annual award given to a Penn State-Behrend student whose poetry demonstrates a high level of achievement. The award is a project of the Sonnenberg Memorial Fund.

In the introduction to "Moving the Dunes," the Editor, Dr. Diana Hume George, tells of her

relationship with her student:

"From the beginning, Ken Sonnenberg occupied my office as though he had a right to be there; and he did. His attitude toward professors was respectful enough, but he always made it clear that he was expecting to get something worth his while from the most casual exchange. He never said so. It was something about the way he carried himself, a sureness he projected even when he was (I would discover later) feeling most tentative."

Ken Sonnenberg is remembered.

### The Sonnenberg Poetry Award

The Kenneth Jonathan Sonnenberg Poetry Award will be given annually to a Penn State-Behrend student. The Award is a project of the Sonnenberg Memorial Fund, instituted in honor of Mr. Sonnenberg, a poet and a 1985 graduate of Penn State-Behrend who died in 1987.

The Sonnenberg Poetry Award deadline is December 8. Entrants are encouraged to submit three poems. Entries must be typed and double spaced, each being 40 lines or less. This year the judging will be done by Maxine Kumin, a widely published, Pulitzer Prize winning poet. The winner will receive \$100, a certificate, publication in "Tempus" (the College literary magazine), and a copy of "Moving the Dunes." For more information contact:

Dr. Diana Hume George  
Carriage House  
The Behrend College  
Erie, PA 16563

### Having Visions of Success

(CPS)--"Don't get nervous;" "Don't say this;" "Don't look at that...;" "Don't think about..." People often defeat themselves before they go into a pressure situation by thinking about what they don't want to do.

Thinking about what you don't want to do can actually make it happen. It's like the golfer at the water hole. As she prepares to swing, she thinks, "Don't hit it in the water." Where does it always go? Plunk -- like radar -- into the middle of the water.

Let me explain why that happens. The mind is an incredibly powerful tool. Research shows that when you picture something in your mind the same pathways of your nervous system are being excited as they would be if you were really doing that activity. The body can't distinguish between an actual experience and a very clearly held picture in the mind.

Thinking about "the don'ts" is actually rehearsing failure. It also causes enormous stress, and stress has become the plague of college campuses. In fact, the Nuprin Pain Report, the first national study on pain in America, documented that more people 18-24 are likely to suffer stress and pain than any older age group.

To overcome that don'ts, think about what you do want to do, rather than what you don't. In a pressure situation, visualize a win. How would it look? What would you be doing? How would you be feeling? Imagine it as clearly as possible.

There have been many experiments indicating positive effects of visualization. One study involved three groups of students shooting basketball foul shots. One group physically practiced foul shots for 30 minutes a day. The second group did nothing. The third group visualized themselves

shooting foul shots for 20 minutes a day.

At the end of 20 days, the group that actually practiced every day improved 24 percent. The group that did nothing showed no improvement. The group that only visualized themselves shooting fouls improved 23 percent.

Jack Nicklaus, one of the greatest golfers ever, attributes 10 percent of his success to his setup, 40 percent to his stance and 50 percent to the mental imagery he does before he takes each stroke.

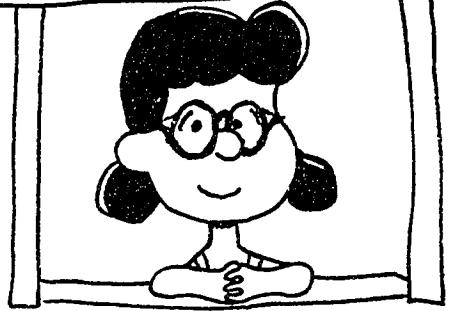
Picturing what you do rather than what you don't want to have happen works for more than sports. It is effective for increasing confidence and preparing for any type of situation, mental, or physical. Time, Inc. Chairman Dick Munro told me that as part of his preparation for an important speech he imagines the whole environment. "I will see it in my mind, what it looks like, who will be there, how they will be seated." Then he "sees" how he will come across, how he will look, what he will be saying and the positive result.

Many peak performers that I have interviewed in business, politics, medicine, law, the arts as well as in school use mental imagery to prepare for pressure situations. You can too.

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## Ask Louanne

Dear Louanne,

Last week you wrote a response to the "Last Man" letter. You gave him the advice of picking up condoms so that when "the time is right", he'll be prepared. The question I pose to you, "Is waiting until your wedding night to lose your virginity an antiquated idea?" Some guys, and I stress SOME not ALL guys, I know say what happens if they wait until their wedding night, and then they find out that "she's no good in bed, what then?" Why are some guys only interested in their hormones? Why is it when some people find out your a virgin they act like you are the one who is doing something wrong...or not with the times? Is it old fashion and obsolete to wait for Prince Charming to sweep you off your feet and into the bed for the 1st time on your wedding night?

Signed, Snow White

Dear Snow White,

Thank you for having the courage to write. Sounds like you feel pretty strongly about this. About four years ago I administered questionnaires to groups of students at Gannon and Behrend. I was surprised to find out how many men and women still hold traditional values. Our Puritan background still has an influence on many of us, and believe it or not, the double standard still exists. There's a difference between "girls you play with" and "girls you stay with". Girls who were not virgins felt they had to lie and say they were. Guys were ashamed of being virgins. From one male student, "It's tough to be a virgin....CRAZY!"

My opinion: Healthy sexuality means feeling good about yourself, not guilty, ashamed, anxious, or angry. Sexuality should be expressed in sharing, enhancing, non-exploitive ways. Choose what's right for you freely without worrying about what others think. Consider the feelings of your partner. Three words sum it up for me:

RESPECT, HONESTY, and AUTHENTICITY.

Please! If you're still out there, Prince Charming, won't you write?

Dear Louanne,

Help! When mid-terms roll around, I can't sleep. I toss and turn, then by morning I'm in no shape to take my exam. I'd like to get a handle on this before finals.

Signed, Sleepless

Dear Sleepless,

Sleep disturbance is often a symptom of anxiety. Here are some suggestions: Try not to get too upset about it. You can lose quit a bit of sleep when you're young and still get by. If you wake up in the middle of the night, don't lay there and brood or worry. After 10-15 minutes get up, get a drink of water or something hot (without stimulants such as caffeine or sugar). You can try reading or studying something that's not too challenging or stimulating. (NOT material for the exam the next day). Take a walk. Listen to relaxing music. Engage in some boring physical task. Try a relaxation exercise such as progressive muscle relaxation which will occupy your mind. (I have tapes you can borrow if you like.) If you have trouble keeping disturbing thoughts out of your mind, it might help to write them down, keep a journal or make a list and put it away til morning.

Try to exercise during the day. Don't do anything too exciting just before going to bed. Try not to nap during the day. Limit caffeine and sugar particularly in the evening. Alcohol may seem to relax you, but when it wears off during the night it results in agitation of the nervous system. If sleep disturbance persists over longer periods of time inspite of your efforts, you may need to seek help for anxiety or depression. However, remember, some sleep loss won't hurt, but worrying about sleep loss doesn't help.

Address Letters to:  
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