

From The Editor's Desk . . .

By Kimberly M. Anastas, editor in chief

Controversy.

Although overused, this word has been spoken and heard around Penn State Harrisburg more than any other in the past weeks.

Secord is the exception to that statement.

Why so much discussion over one man?

Many reasons have been uttered; many have been distorted through the grapevine.

Conservative or liberal; man or woman; Democrat or Republican; staff or student; we have all joined or listened to discussions when the above mentioned topics arose.

Personally, I found it stimulating.

The lecture series topic, "Controversy in Communication," stimulated just that. There was controversy in communication among students and faculty. There was controversy in communication in classrooms. There was controversy in communication between faculty and administration and there was controversy in communication among staff members of the *Capital Times*.

Although Secord barely touched on the subject (and I tend to agree that \$9,000 was a steep price to pay for a one-hour lecture), the end was justified by the means.

It's been said that controversy is good for the soul. I quite agree. Political convictions aside, controversy prompts one to choose one side over another.

In the case of Secord's visit to Penn State Harrisburg, I believe that controversies were sparked because of ethical, not political issues.

We were almost forced to form an opinion on Secord's actions and the value he could bring to this campus.

One may argue (and rightly so) that Secord's lecture and/or press conference were not very educational or informative. But no one can argue that he/she did not become educated as a result of the controversial discussions on campus last week.

Some scrambled to back issues of *Newsweek* or the *New York Times* to educate or re-educate themselves on the Iranian initiative or the Iran/contra affair. Others stimulated their minds by considering others' opinions.

The ultimate value of an education is to stimulate one's thought process and formulate ideas and opinions based on the information available to us.

It was nearly impossible not to have learned *something* from the past weeks' events.

Letters to the editor are always welcome and encouraged.
Address all mail to the editor, 216 Olmsted.

Capital Times

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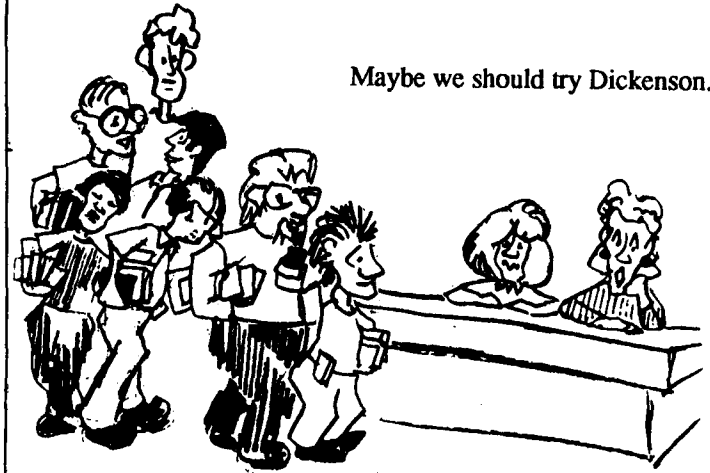
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Seven men to every woman, this is the college dream!



Maybe we should try Dickenson.



10/2/88

"College Dream" Proves To Be Nightmare For Those It Haunts

By Linda E. Meashey

The "college dream" is a phenomenon that is common to many people who have pursued a baccalaureate degree. It goes something like this --- In the dream you are walking across a campus, it seems much bigger than it has ever been and you wonder if you will ever arrive at your class. Suddenly you realize that it is Finals Week and you have been to the class only once. Your heart starts to pound and you wonder how you can possibly cope. You recognize the volume of work that you have missed -- the classes, the text, your notes, and you know that disaster is imminent. At this point the feeling of panic is so strong that you usually awaken and are grateful that it was only a dream.

What is rather surprising about this dream is that it is reported by people even twenty or thirty years after they have completed college and are successfully handling the demands of a professional career. Some research indicates that the dream is most frequent during periods of high stress, particularly during personal or career transitions.

The "college dream" is more than an interesting phenomenon; it is an indication of the complex psychological demands of college life. While the popular perception is that college is a relatively carefree time, the reality is that it can be a highly stressful experience. This is particularly true if you are balancing the demands of full-time studies, job, and community and family responsibilities, as are many students at Penn State Harrisburg.

During times of high stress, it may be comforting to remember the "college dream," that your predecessors in college were at times overwhelmed too. Feelings that you are unable to cope and face the demands of college are not unusual, and do not necessarily reflect incompetence on your part. The stress should be addressed however, so that you can effectively handle your various responsibilities.

Try some known stress reliever -- take a walk, talk to a good friend, go to a movie. Organize your time so that work time is productive and recreation time is free from thoughts of unfinished work. Make time for the people and activities that give you pleasure.

The staff of the Student Assistance Center (SAC) can also help. Stress Management workshops are held each semester, or individual appointments can be arranged with one of the counselors on staff. Call (948-6025), or stop by the SAC (W117) for more information on stress management.

Linda Meashey is the academic assistance counselor in the Student Assistance Center.