

# OPINION

## A minute with Mauti



By **LISA MAUTI**  
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Change. A huge concept for such a tiny little word. Around the holiday season you hear and see so much about change. New Year's resolutions bring about a good change, and, of course, the Scrooge type of change. But I have had a type of change on my mind that wasn't brought about by the holiday season; it's just a part of growing.

I am getting ready to graduate on the 22, and I'll be the first to admit that I am scared shitless. I don't have a job yet. (Although I feel like I have put my resume out there a million times.) I'm not scared of moving home with my parents, even though the thought of that is pretty damn scary. It's going to be this humongous change in my life, that even though I have strived to get here, I will no longer have the luxuries of a college student. And feeling this has made me look back at the past 3 and a half years and look at all the ways of how I have changed.

There, as a little freshman starting out at Shippensburg, I would have never guessed just how much my life would change. Gaining the freshman 15; partying like a wild child with my new freedom until the wee morning hours; doing extra work so that my GPA wouldn't hurt too bad; joining a sorority and learning the real meaning of friendship. Then dashing off to Europe to 'study,' but really exploring and finding out what living really means.

I applied for Penn State Harrisburg from Germany, because I realized then that Ship just wasn't doing it for me, and I needed a change. It was one of the best decisions that I ever made. So I came to PSH not knowing anybody, and on the first night of classes I met a friend that has stuck through it, thick and thin. It's crazy to think that I am going to be one of her bridesmaids here in a few months.

And there was the academic change as well. All of a sudden, I was in these classes where teachers were questioning everything that was said, not just saying you were right or wrong. They wanted to know why, and they were concerned more about you understanding and learning than with just giving you a grade.

It opened my world enormously and I can't thank my professors enough. The great Eton Churchill told me the first day that I came for orientation, that coming here would bring a great change. He was right on the money.

Starting my professional life as an intern was definitely a change. Have you seen "The Office?" Yeah, I feel like the group of interns that I worked with was like that at the beginning. We got pulled into the boss's office far more often than we wished. But after a few months we changed, and at the end, they wanted us to stay. I can honestly say that from my experiences, I am ready with confidence to go out into the workforce, be able to stand my own ground, and prove that I can do it.

When you're in college change is inevitable, but it is up to you to decide whether you want that change to be a good or bad. Even if you do go off course a little bit, it doesn't take that much to get back on. If you have learned nothing else from my columns these past couple of semesters, question everything, and if you have something to say, for heaven's sake say it, because you never know what tomorrow will bring.

Carpe Diem! Ciao Bella, I'm out of here!

## CULTURALLY INEPT

### A BI-MONTHLY PONTIFICATION

By **OSCAR BEISERT**  
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In 1842, the well-renowned P.T. Barnum began his exhibition, exploitation of the three-year-old "diminutive human"—modernly called Little Person (LP)—Charles Stratton, who would become famous as Tom Thumb.

Thumb's early career and international travel would lead him to a life of fame and eventual wealth. While we find some of these attributes to be appealing, it would be interesting to know just how wonderful Thumb felt after a life of adulation due to his innate "shortcomings."

Modernly, the showcasing of a little person and others subject to visible, genetically-produced, minority features would be greatly criticized and/or frowned upon, but what about those genetic minorities that don't create such visible features?

Americans—and, honestly, all human beings who succumb to social norms and societal pressures—have always had a strong interest in things that could be classified as exotic.

Modernly, the majority of society

would be unprepared to recognize this probability.

This intensifies even more so when attaching exoticism to human beings. Personally, as a male interested in the same sex, I would—in the context of this article—classify myself as a contemporary exotic. Now, I understand that Barnum—and what would now include Bailey—would probably not invite me to join the circus or tour the world as an exhibit, but what about the modern exploitation of humanity through other means?

For instance, many Americans enjoy the television series *Queer Eye for the Straight Guy*. However, do the queers in the series, or those watching it, consider the fact that they are a part of or witness to the exploitation of sexuality.

While it is possible for everything to be viewed as a form of exploitation, is it correct to exploit something that has not fully achieved social acceptance and equality in the form of civil rights?

Do all queers have a great knowledge of decorating and is the promotion of this stereotype through a modern television series really a step in the right direction?

Personally, my exploitation—

what could be a shallow form of it—is found in my relationships with straight men and women. Please understand that this reference does not allude to all, but only some of my personal relationships. Several of my female friends regard me as their "gay friend." While I am only happy to listen to their relationship problems and sexual issues, the same isn't always the case when the tables have turned.

And, regardless of our modes of discussion, there seems to be a contemporary obsession among straight women in pursuit of their gay friend, who, like the girls, can share with them much of femininity that could never be tolerated—or should I say allowed—by a straight man. However, is this evolving interest in the gay man merely a friendship vogue de jour or am I over reacting?

Society—or at least fashion—regards being thin as the ideal body type. Now, many people may think that such is the case because of their innate attractive to such body types; however, step back in time to look at Marilyn Monroe and even before that the Gibson Girl.

These body types are much different than what is seen as the stereotype of attractive today. So,

when we buy into the stereotype of being thin as the only mode of being attractive, are we promoting or buying into the exploitation of our contemporary supermodels who, most likely, won't always maintain their current appearance. And when the idea of what is attractive changes or such supermodels find themselves far from their original physique, what is to happen to their sense of self worth?

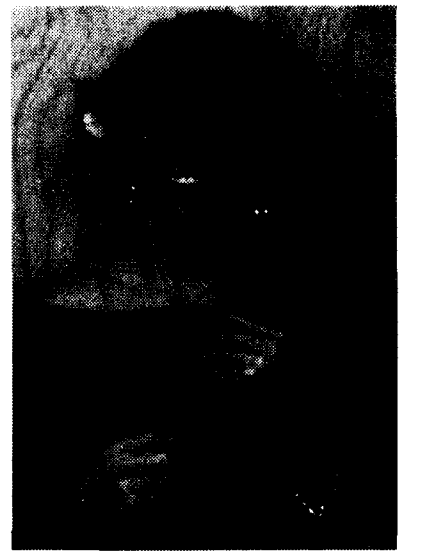
This effort is not an attempt to make anyone feel sorry for Carson Kressley or Heidi Klum because neither of these individuals—nor their contemporaries—will probably ever suffer from the social consequences of their success.

Success due to mere ability, rather than consequences of genetics, is a form of achievement most worthy of praise. Without paying heed to this issue, we are ignoring a topic that greatly affects society.

So, I ask you, are all queers effeminate and inclined to dress and decorate well? Are all women who look beautiful tall and thin?

And, finally, does the above-referenced evidence only reach a conclusion that we are a society that continuously fails to look at the true issues at hand and, even more so, at all that leads to their creation?

## President's Corner



By **ARIEL O'MALLEY**  
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I hope you all had a wonderful break and are well rested and ready to dig your heels in for the last three weeks of class and some finals.

I don't know about the rest of you, but to me, this semester has been incredibly draining.

I feel as though the list of homework and projects has been never ending, and I just never seem to have the time to get everything that I would like to get done, done.

With a constant stream of classes, meetings, and campus functions, I was beginning to feel as though I had completely lost myself within Penn State until someone reminded me of the simple things in life. He reminded me of the fact that if I look past being President of SGA and look past being a college student, I am simply a normal person who is trying to do the best they can and needs a break (thank you).

I think that with so much going on around us in this modern age that we live in, we forget to notice the little things in life.

When did we all suddenly grow up and stop noticing the enchanting butterflies floating around in the spring, the leaves turning vivid shades of red and yellow in the fall, or the way the sun hits the icicles hanging on frosted tress to make them look like crystals in the winter?

What happened that made us all grow up and leave behind the younger versions of ourselves that noticed all the little details of the world?

Those simple things that used to make us smile and laugh, that we no longer notice or pay attention to because our lives are now filled with constant stress, worries, work, projects, and so much more.

As I look around the crowded hallways here at Penn State I see the stressed out, burned out faces of all of the students, faculty, and administration, and I know that you are all feeling the weight of this semester as much as I am.

Noticing this weight and strain is only half of the problem.

I now challenge you all to take a mere five minutes out of your day today to realize the simple things in life. Sit in your favorite place and put on your favorite song of all time.

Close your eyes and look deep down within yourself to find your inner child that we all too quickly left behind. Once you find your inner child try and remember all of those little things that used to make you smile and laugh, the things you used to appreciate and admire but have left behind as years went by.

After you remember all those simple things don't just walk away and forget them again. Keep them somewhere in the back of your mind to pull out later when your having a rough day or cramming for all of those treacherous finals.

And when you get the chance, take the time to "enjoy the little things in life, for one day you make look back and realize they were the big things" (Antonio Smith).

## Don't be afraid to ask Zack

By **ZACK PICCOLO**  
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Hey Zack,

*I have been smoking cigarettes for about four years now. I have tried to quit several times but failed miserably. I know there are a number of treatment options out there, but I am not sure which one is best. Honestly it sort of feels impossible to quit. My girlfriend has been pushing me to stop, but she just does not understand how hard it is. Any advice on how to attempt to kick the habit and do it with success?*

— Trying to Quit

Dear Trying to Quit,

First off, you can give yourself a pat on the back! It is not easy to stop smoking and the fact that you want to get serious about it, is awesome! Second, quitting may feel impossible now but you are on your way to making it a reality!

We have a registered nurse here at Penn State Harrisburg, Marylou Martz in W-102 Olmsted, who would be more than happy to answer your questions about specific treatments. There is no charge to meet with her, so I encourage you to take advantage

of that service.

After consulting the nurse or a health professional about quitting, the next thing I recommend doing is setting a quit plan; decide on what date you want to officially stop. You need to be realistic in setting this goal, do not set yourself up for failure.

What I mean is, do not make it like a week or two from now, because for most people that is not within reality. Give yourself enough time to slowly decrease the number of cigarettes you have daily until you hit ZERO.

For example: let's say you smoke 15 cigarettes per day. Every week, drop a couple and that way your body gets used to not having as many, and you do not shock it. Remember your body does not like surprises so stopping cold turkey is a real bad idea! So with my example, it should take you about one and a half to two months on average to hit the big Zero. It may seem long, but it's a good obtainable goal.

I do not know how many cigarettes you smoke daily but if you follow my example that should be a doable goal for you. Now, we need to talk about support. Support is the key to your success. You need to let your family and friends know you plan

to quit and ask them to please not smoke around you or tempt you.

I also recommend getting an accountability partner; someone who will basically hold you accountable to keep your goal. This person can not be afraid to tell you how it is and make you stick to your plan, so choose someone who can dish out tough love!

Many times smoking is a reaction to nerves and stress, so you can almost pinpoint when you are going to need a cigarette which can be a huge advantage in quitting.

Try your best to reduce stressful things in your life and carry a replacement for cigarettes, like gum or candy, everywhere you go!

Keep yourself busy and try to keep your mind off smoking. The more balance you have in your life the less stress you will have; it will not kill you to relax and take "you" time.

Many people feel they do not have the will power to do certain things, but as you practice and decrease the number of cigarettes each day your will power grows.

Remember once you hit ZERO, DO NOT GO BACK, NO "JUST ONE PUFF," NOTHING! When dealing with addictions, no matter which one it is, it only takes one mistake and

all your success and hard work is gone. If you think you are going to fall, call your accountability partner or someone you know who can talk you out of it. Talking to a counselor is also a good idea and they are free here at school and more than willing to help.

Lastly and probably most importantly you need to do this for "you". Do not do it for your girlfriend or anyone else, you have to want it yourself or it will never happen! For the non-smokers out there, be patient and remember nicotine is one of the most addicting substances. The best thing you can do is be understanding and give them the support they are going to need.

Here is a link for more good information and tips: <http://www.cdc.gov/tobacco/news/QuitSmoking.htm#1>. The following website has a link for a support group in the Harrisburg area: [www.dcdat.org](http://www.dcdat.org); once you are on the site, click tobacco and then click on the programs tab.

The Pennsylvania Quit line is open for calls 24 hours a day, 7 days a week and can be reached at 1-800-QUITNOW. Good luck and in a month or so let me know how you are doing.

## Osman's view on the world today

By **OSMAN ABDALLA**  
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When discussing the United Nations reform the first issue to surface is the veto power. It is one of many features in the U.N. structure that creates a huge obstacle in achieving international peace. The discussion of proposing a realistic or radical solution to this problem is built on what we call realistic and radical.

Reality is what is happening. And what is happening is that the five permanent members of the Security Council, who hold the veto power, are the most arrogant abusive states.

The reality is that China is occupying Tibet; Russia oppresses Chechnya; the United States is occupying Iraq; and France and the United Kingdom, if not supporting, then watching these injustices and blessing them. Any reform that doesn't account for these realities will be unrealistic.

Therefore, removing veto power is

not a radical solution; it is actually the most realistic solution. All states should be equal under the rule of law. If this basic morality is not fulfilled then we are living in an unjust world, can never achieve international peace, and the U.N. objective will be turned around.

Let us look at the veto with respect to the most eminent threats that face humanity today. The top two threats I can count are the nuclear weapons and global warming. They rank the highest because they can cause humanity's extinction.

The veto powers are nuclear power states, therefore, none of these states will move for international disarmament. And that on its own makes total disarmament impossible.

Consequently, the eminent threat of nuclear weapons will never be eliminated without removing veto powers.

In the contrary, the U.S. administration just granted India permission to develop nuclear weapons, raising the

number of nuclear power states to nine: United States; Russia; United Kingdom; France; China; Israel; India; Pakistan; and, allegedly, North Korea.

The second eminent threat to examine with respect to the veto power is global warming. The US is the only state not to sign the Kyoto protocol that restricts emission of green house gases. Simply, because the current and previous US administrations opted not to give up the US industrial capabilities for the well being of the succeeding generations.

The United States holds power to veto any resolution forcing the signing of the Kyoto protocol, ignoring the fact that if global warming reaches dangerous levels, the United States will not be exempt from the effects.

In the last veto exercised by U.S. Ambassador to the United Nations, John Bolton, he vetoed a resolution to condemn Israel for its atrocities committed against Lebanon during this past summer. Due to his veto the world cannot condemn Israel for its

attacks and the killing and displacing of Lebanese. If one examines every case of the veto power usage, one can quickly determine there is an immoral behavior taking place. A behavior that does not comply with the universality and the basic morale, that a crime is a crime, regardless of who commits it.

Those who speak about a realistic solution to this problem argue that removing the veto power will result in abstinence of the five states from participating in the UN which may hurt the UN especially if the funding of the UN is cut.

The test: do we want the support of the five states and continue to have a dysfunctional UN? I say we don't.

The UN will struggle if the funding is cut but that will be the beginning of standing up to what's right and continue progress as opposed to the current situation. Because the current situation predicts that the UN will dissolve completely due to its long time dysfunctionality, built on injustice and that cannot create international peace.