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Survival Guide Page 5

The Stony Brook

"Let Each Become Aware"

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Statesman

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A photograph of a modern university building with large windows and a flat roof. The building is surrounded by trees and a lawn. The text 'Getting Help' is overlaid on the image in a large, blue, serif font.

Getting Help

University Counseling Center Offers Free
Services to Students who are Depressed

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Accepting the Challenge

NYPIRG Helps Students Break Routine and Make a Difference Along the Way

By MEAGEN REEVE
Special to the Statesman

It's time to take back control of your days and do something to get out of that "automatic pilot rut." People get bored when they aren't challenged and students seem to be particularly prone to the day-in, day-out syndrome. "Challenge," some may ask, "aren't my classes challenge enough?" But there is a realm of learning outside the classroom that is fun and challenging in ways that classes cannot usually offer.

People learn best when they do hands-on activities. Here at Stony Brook, students have a great outlet for doing hands-on work on campus and community issues through NYPIRG. The New York Public Interest Research Group is New York's largest and most effective student run organization and is located on 19 college campuses across the state. The group offers students a chance to get involved and learn about organizing and activism on issues they are passionate about.

Unlike classes, this kind of learning does not involve memorizing and there are no written tests. So where is the challenge in all of this? The challenge comes when you begin to look outside the boundaries of the things you see every day, when you start hearing and reading things that don't seem right to you or that make you angry. If you found out that one of the 44 toxic or hazardous waste sites in Suffolk County was down the street from you, would you wonder what was in your water? If you read that Nike CEO Phil Knight has accumulated \$3.8 billion, wouldn't you be stunned that he claims he "can't afford" to pay workers in places like El Salvador and Indonesia enough to live on? Or that he does not provide a safe and non-threatening work

place for the people who make the shoes on your feet?

In addition to these environmental and anti sweatshop campaigns, this semester NYPIRG is tackling consumer protection issues, running the Small Claims Court Action Center and assessing campus recycling. We are also working with other student and community groups on hunger

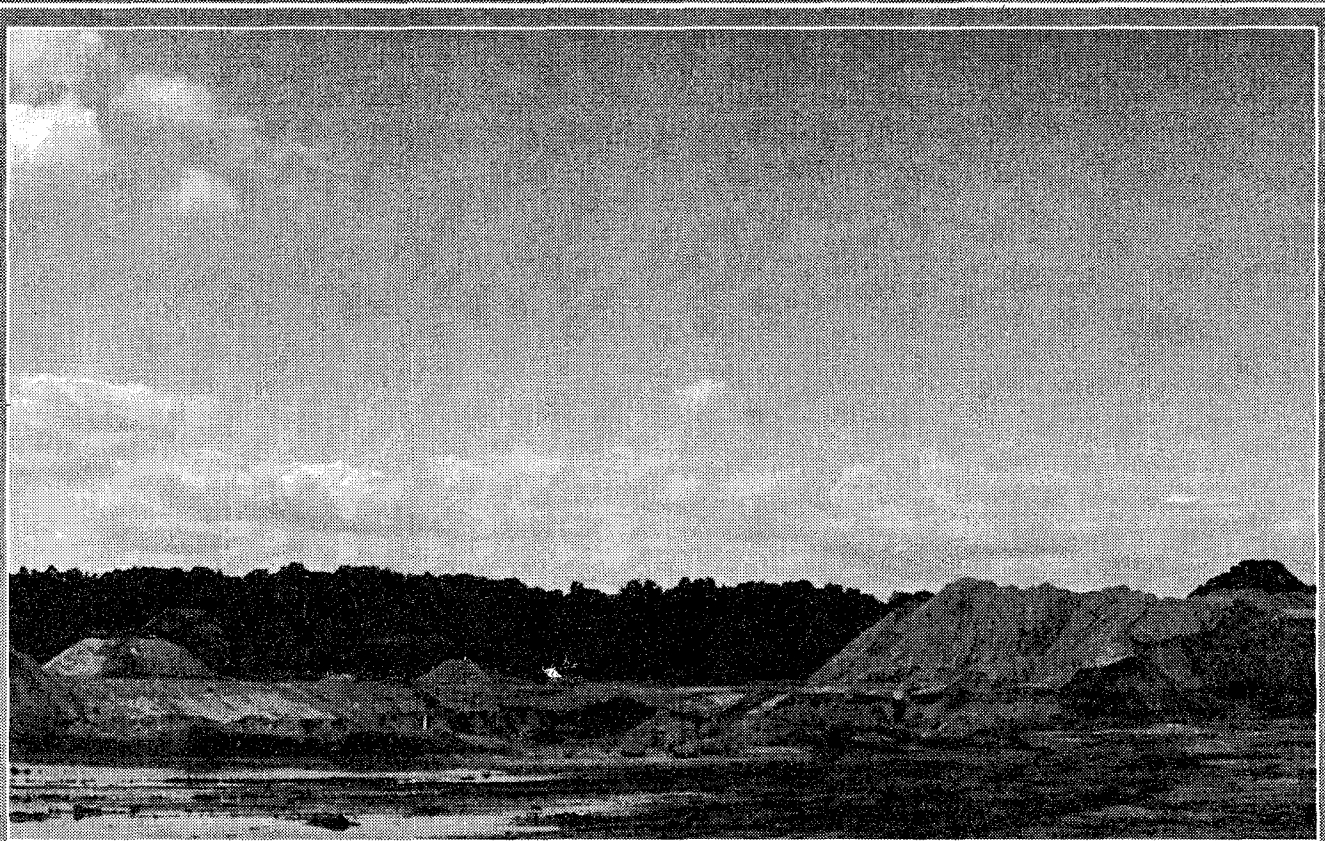
and homeless outreach projects. Furthermore, with the 2000 elections coming up, NYPIRG has launched one of its largest voter registration and Get-Out-the-Vote campaigns ever.

This is not the time to look the other way. This is the time to take action. Students involved in these issues are making changes across New York by being active and vocal.

So can you. You make thousands of choices a day. Challenge yourself to do something different.

Reeve is the Project Coordinator for the Stony Brook chapter of NYPIRG.

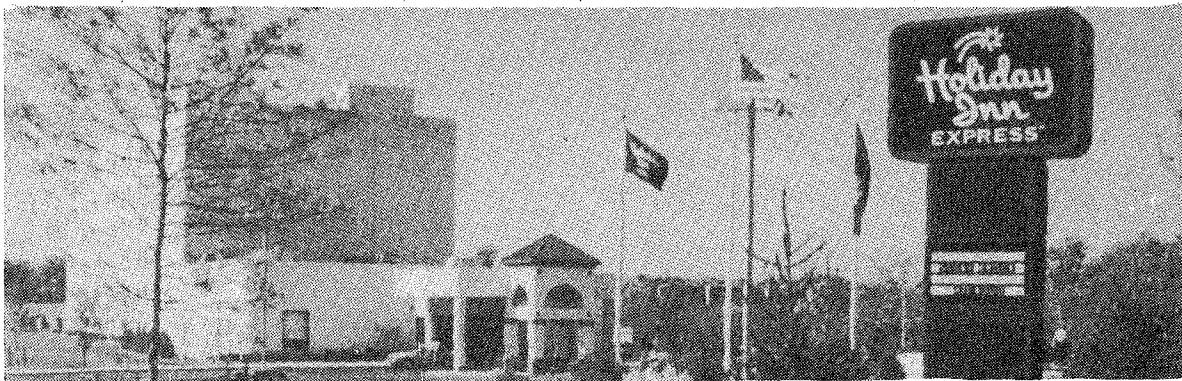
Wednesday September 27 at 5 pm in SAC room 302, NYPIRG is holding its general interest meeting for interested students. Pizza will be served.



The Hills Are Alive: By Fall 2001, these mountains of dirt, located behind the Pritchard gym, will give way to the 7500-seat stadium being built to accommodate Stony Brook's move to Division 1. USB teamed up with Coca Cola to fund the \$14 million stadium.

Statesman/Erin Rosenking

The Stony Brook Statesman Monday, September 25, 2000



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A Thought From Rabbi Adam



Rosh Hashanah, which begins this Friday night, is called the "Day of Judgement". As such, Rosh Hashanah marks the beginning of a 10 day period known as the "Days of Repentance" culminating with Yom Kippur, the "Day of Atonement". Thus, these days are some pretty heavy times, for they are truly days of repentance. Repentance is a 3 step process: recognizing where one has gone astray, feeling regretful about it, and being inspired to make resolutions to put oneself back on track. We start this process on Rosh Hashanah and end with Yom Kippur- the day in which G-d matches the culmination of our personal resolutions to be better with His mighty stamp of approval: blessings for a sweet new year. However, where during the days of repentance, we call out in prayer, "Our Father, our King, (forgive us for) we have sinned, (we have gone astray)", on Rosh Hashanah this prayer is omitted. In fact, there is not one reference to repentance in the entire Rosh Hashanah prayer book. Instead, the Rosh Hashanah machzor is full of the most beautiful prayers likening G-d to a king who rules with the ultimate kindness and love. Furthermore, instead of the somber fast day of Yom Kippur, we eat 4 festive meals and even toast "L'chaim"! So what kind of day of repentance is this? Well, before one starts the repentance process- i.e. step 1: recognizing where one has gone astray- one has to have a clear picture of the path from which one has strayed. This is the path of G-d, the path of one's Jewish identity. Therefore, we celebrate on Rosh Hashanah with food, drink and blessings for a sweet new year because there's no better feeling than finally finding one's path.

www.ChabadUSB.com

You Are Not Alone

University Counseling Center Offers Students Help with Depression and Related Ailments

By ERIN ROSENKING
Statesman Editor

With depression and anxiety common ailments among university students, the University Counseling Center at Stony Brook, located in the Infirmary, offers a wide range of free services that can help in dealing with the stress of college life. In addition to both individual and group therapy, stress management workshops and psychiatric treatment, the UCC offers RESPONSE, a telephone counseling and crisis intervention service that operates twenty-four hours a day year round.

According to Anne Byrnes, director of the Center, close to 1000 students a year seek help from the Center. "The most common problem is depression," Byrnes said. "It's important to remember that depression is normal."

The Counseling Center defines depression as a disturbance in mood characterized by varying degrees of sadness, disappointment, hopelessness, self doubt and guilt. Byrnes said that these feelings can be long standing and caused by biological factors, or temporary. "Temporary depression can stem from a break up with a boyfriend or girlfriend or trouble in school," Byrnes said. While these feelings are usually brief and eventually pass in most people, others do require help.

Long standing depression can be the result of biochemical and other physical factors. This type of severe depression can result in complete withdrawal from both the outside world and daily routines which is sometimes accompanied by extreme fluctuations in mood. Byrnes explained that this type of depression is known as bi polar. "If a person is bi polar they can go from being euphoric to irritated, exhausted and depressed," she said. "Feelings about self become very complicated in these cases," she said. "They might have no idea why they feel badly." According to Byrnes, the Center sees nearly 250 students a year suffering from bi-polar depression.

When a student goes to the UCC in search of counseling, Byrnes explained that they meet with a counselor who asks them questions in an attempt to get to the root of the bad feelings. "The student meets once a week with their counselor and together you try to figure out what makes you feel that way," Byrnes said. Out of all the students who seek help, 25

percent decide to try medication.

The counseling sessions are free for enrolled students and can last from one to three months depending on the specific situation. Contact with the UCC is confidential and does not become a part of the student's academic record. Working within the guidelines of privacy laws on both the state and federal level, counseling records remain private except in some cases. These can include the abuse of an elderly person or a child under the age of eighteen or if the person under counseling poses harm to their self or others. Information is released only under written permission of the patient.

To further protect confidentiality, the Center offers a counseling phone line called RESPONSE. Byrnes described the line as Polity and county and state supported and based out of a secret location on campus. RESPONSE telephone counseling services operate around the clock, 365 days a year. "The phones are answered by either faculty or community members and by student volunteers, all of whom have to pass training to get the position," Byrnes said. If all lines are full when someone calls, the volunteers call back. The number for University Response is 632-HOPE or 751-7500 for Response of Suffolk County.

But while depression is often treatable or temporary, some people become depressed to the point of contemplating suicide. According to the Center, people who commit suicide believe that death is the only solution to their overwhelming feelings. It becomes attractive when those considering it recognize it as an end to their troubles. Emotional distress often blinds the individual to alternative solutions.

Common misconceptions about suicide say that only the mentally ill or crazy contemplate it. This is not true, according to the Center. At one point or another, most people have thought about it, and suicides and attempts are most often made by smart but temporarily confused individuals. "People are becoming suicidal younger and younger," Byrnes said. "Sometimes it is hard to recognize these feelings. They may not even know it themselves." Byrnes said that in close to 75 percent of suicidal cases, psychotherapy is enough

to change these feelings.

The Center also offers advice on how to respond to a suicidal person. In addition to remaining calm, it is important to encourage problem solving and positive actions such as encouraging the person to avoid making any serious decisions while in the midst of a crisis. They also recommend getting outside assistance to show the suicidal person that you are willing to help them. "Many suicide attempts are made in the hopes of someone seeing and stopping them," Byrnes explained. "They want to stop the pain but they want someone to stop it for them."

In an effort to help students deal

with depression of all kinds, the UCC will be sponsoring depression screening for National Depression Screening Day on Thursday, October 5. Tables will be set up between 12 and 2 p.m. in the Union and Infirmary lobbies where students can fill out a questionnaire. After a quick assessment of their answers, students may be referred to a counseling service if their answers indicate it might be necessary. "Depression is a common problem that often interferes with academic work by affecting concentration, sleep and energy levels," Byrnes said. "All students are welcome to participate in the screening."

Symptoms of Depression:

Changes in Feelings and/or Perceptions:

- Crying spells or total lack of emotional responsiveness
- Inability to find pleasure in anything
- Feelings of hopelessness and/or worthlessness
- Exaggerated sense of guilt or self blame
- Loss of sexual desire
- Loss of warm feelings towards family and friends

Changes in Behavior and Attitudes:

- Lack of interest in prior activities and withdrawal from others
- Neglect of responsibilities and appearance
- Irritability and complaints about matters previously taken in stride
- Dissatisfaction about life in general
- Impaired memory, inability to concentrate, indecisiveness and confusion
- Reduced ability to cope on a daily basis

Physical Complaints:

- Chronic fatigue and lack of energy
- Complete loss of appetite or compulsive eating
- Insomnia, early morning wakefulness or excessive sleeping
- Unexplained headaches, backaches and similar complaints
- Digestive problems including stomach pain, nausea, indigestion and/or change in bowel habits

Courtesy of the University Counseling Center

Fall Elections

Student Polity Association, Inc.

October 24 & 25, 2000

9:00 am to 7:00 pm

Petition Period for Candidates & Referendum Groups
8:30 am Monday Oct. 2nd thru 4:30 pm Friday Oct. 6th

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Mother Knows Best

A Survival Strategy for Moms Struggling With Kids and School

JENNIFER GREENFIELD
Statesman Contributor

Two years ago I made what I felt was a well thought out decision. I packed my bags and moved onto the campus of the State University of New York at Stony Brook to pursue my degree. A degree I should have had many years ago but couldn't seem to come by do to my lack of seriousness. So here I am a 30 year old full time undergraduate student working a series of jobs, coaching basketball for girls and boys at the Hebrew Academy of Suffolk County, running a youth group in West Hampton Beach, and raising two kids whom I refer to as my college roommates.

To many, this may appear to be an impossible task but I am far from alone in my endeavors. The Chapin Apartment Complex houses many single parents who are also students. Students whose roommates don't want to hang out and party but who want some raisins or a cookie before they get in the tub. When it finally seems like a good time to begin to study, they need that bedtime story. When other students want to sit and do some work they just do it, but not this rare breed of students. They cannot begin to study until they have "cut a path through a jungle of conflicting responsibilities and commitments" said Stacy Dermont mother of kindergartner, Bo. "When I finally find a moment at the end of the day to commit to my studies, I remember that my son still has to cut out pictures from magazines that begin with the letter J".

Realizing that there has to be a way to survive kids and college, I have composed a survival strategy for Moms struggling to juggle kids, work, activities and school:

· Step 1: Place the alarm clock on the opposite side of the room. By doing this, the obnoxious buzzing that goes off two hours before dawn doesn't come with the option to press snooze. You must get up to turn it off.

· Step 2: Get up early and get a lot done. In the next two hours, I shower/dress/dry hair/prepare breakfast /make school lunches/check weather /lay out clothes/make bed/pack backpacks/check memos to self on things to do today /return phone calls to friends who are also early risers/ finish dishes/straighten home and finally wake up roommates to repeat the morning ritual.

· Step 3: Establish control to avoid repetitive time consuming situations. Insist that we are running late and they must get out of bed before they miss the bus. Once out from under the covers, get them to understand that the clothes you laid out for them are very "cool" and that due to them being the only clean articles of clothing they must be put on immediately. Since there is no time left for a sit down breakfast before the bus comes, dump the cereal into a little plastic baggie that they can eat as



Statesman Archives

Chapin Apartments houses many single parents and families who are also students

they run to the bus.. How do we avoid having these same battles every day?

· Step 4: Changing gears and getting on with the day. Now that they are on their way, It's time to get on my way. I click on cell phone, grab backpack and head off to 8:20 a.m. class with the hope of staying alert through the entire lecture. Go from class to class until early afternoon and if lucky, there are no calls from the kid's school regarding forgotten lunches or missing homework that was worked on for hours the night before. When classes end it is time for work. Begin work right after class so that time is not wasted.

· Step 5: Prepare for the arrival home. By 4:15p.m. upon arriving home from work, begin preparing dinner usually some elaborate meal like macaroni and cheese and on busy days just add a little more cereal to the breakfast they didn't get to this morning and pour fresh glasses of juice. When they arrive home 15 minutes later, in order to stay sane in the afternoon we need to get into a routine. First get their homework done while they are still in the school mode. Then get them ready for after school activities. Then drop off at activity, do errands like going to the post office and bank. Pick up, and then head home for dinner at about 6 p.m.

then finish the homework they couldn't seem to comprehend while they were missing their most favorite cartoons in the entire world..

· Step 6. Set bedroom clocks an hour ahead. This will help to get those roommates into bed at a reasonable time. Squeeze in dessert/baths/teeth brushing/Rugrats and a bedtime story. About 15 minutes before Rugrats ends, yell out "bedtime." This will bring about a few complaints and plea's like "please just let us watch the rest" and "If you let us watch the end, we promise to go right to bed." Reply with "well if you promise to go right to bed, you can watch." If they do not go right to sleep, you can always claim that you let them stay up an hour past their bedtime then show them the clock.

· Step 7. Grab the books and put up a 12 cup pot of coffee (Turkish if you can get it). Start preparing for the long evening ahead of studying, and homework. If you are lucky, you will get to bed before 2 a.m. so you can catch a good three hours of sleep before that obnoxious alarm once again begins its "buzz."

So as you can see, with a bit of ingenuity and some good old organization, you can go to school, work and raise your children on your own

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Editorials

No Problem

They say college life is supposed to be the best time of your life. The time when you make your life long friends, party like you never will again, meet your husband or wife and decide on a career path. While it can be memorable and a lot of fun, it is also characterized by a lot of work and what comes with that is usually an enormous amount of stress. Getting pulled in a thousand directions, from classes, parents, activities, friends and jobs is bound to have its effect on anyone. Depression and anxiety is extremely common among college students which is why the University Counseling Center offers a wide array of services to help ease the burden of college life.

The Center offers everything from individual and group therapy, workshops, stress management sessions, psychiatric assessment, and treatment and a round the clock crisis intervention hotline which can be reached by dialing 632-HOPE. The best part of these services is that they are free for enrolled students who can use them as long as they feel necessary. Privacy is respected and visits to a counselor don't show up on your record.

According to Anne Byrnes,

director of the Center, nearly 1000 students use these services a year. That may sound like a lot but compared to the 19,000 that attend school here, it is only a tiny fraction. The Counseling Center wants the 18,000 others to know that they don't need to do it alone.

Too often there seems to be

“Depression and anxiety is extremely common among college students...”

a stigma attached to people who seek professional help for some sort of mental distress. They can be accused of being crazy or just not adequately equipped to handle all that they take on. They might be viewed as weak. But there is nothing wrong with admitting to having too much on your plate to digest alone, especially when you do have people to help you.

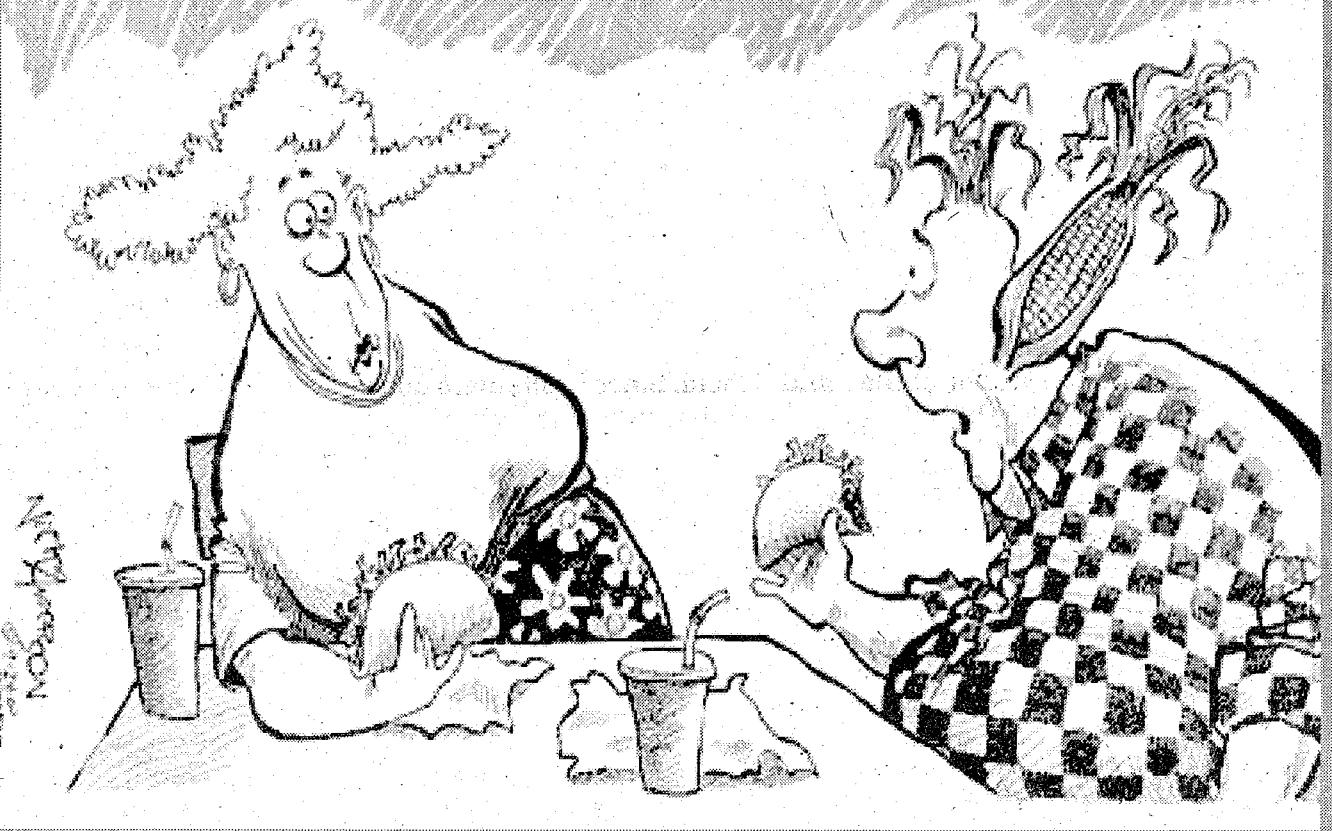
With all of these services

available, there is no reason why anyone should avoid getting help.

When you do choose to face your troubles unaided, they can often seem even worse. Without a pair of fresh eyes to help you see what is going on, problems can get amplified to the point of no return. In some cases, reaching this point offers the person who is suffering only one possible fatal option. Suicide is attempted by intelligent people whose senses are momentarily clouded over by their troubles. But there are no problems that do not have solutions. While at one point or another, we all contemplate suicide and fantasize about our deaths, something that is completely natural and normal, it is extremely important to remember the consequences of our actions. Suicide is a selfish act. While you might consider the relief of ending your problems permanently, imagine the problems you might create for those you leave behind.

Whether you are depressed for the long term due to something biological, or because you have failed a class or broke up with a girlfriend or boyfriend, there is always hope. Things do get better and seeking the help of others is one way to get them better faster.

NEWS ITEM: BIOTECH CORN FOUND IN TACO BELL SHELLS



Courtesy of politicalcartoons.com

How to Not be Bored at Stony Brook

By CHRIS LATHAM
Statesman Staff

My cousin Rob started his senior year of high school a few weeks ago, and he already told me that he expects me to help him choose the right college.

In fact, he wants to spend some time here at Stony Brook, to see if the school meets his standards.

Unfortunately, unless mass hysteria suddenly grips the campus, I fear Rob will come to the same conclusion that many of my friends share about our school: this place is about as much fun as an extended visit to the DMV.

More than half the people I know here contend that the school offers next to nothing in the way of appealing extra-curricular activities. They argue that there's a drought in worthwhile school-organized parties, or campus-wide events, or much of anything else. On the surface, at least, their argument seems solid. After all, I did waste most of my first weekend back on campus recovering from a disappointing Friday night. If it weren't for a trip off campus last weekend, I probably would have gone crazy. Something tells me this wouldn't impress Rob all that much.

But the truth isn't as easy as that. I know for a fact that there are tons of things to do on campus, because I did some research on it for a class project last year. And I made a point to be as nosy as possible doing it.

I spoke with a few campus affairs organizations, which maintain that the university does offer ample entertainment. The problems are figuring out how to inform everyone and how to cater to such a diverse student body.

One of the roles of the Student Activities Board (SAB) is to provide students with entertainment. An SAB official told me that last year's major events - Billy Joel, Beenie Man, and the DJ battle were SAB events. But these are the minority compared to the many events sponsored by student groups.

There are more than 150 clubs and organizations on campus who sponsor activities open to everyone. For some students, however, many of these groups are too restrictive. More than 30 of the clubs on campus are fraternities and sororities, nearly an equal amount are cultural or ethnic, and only slightly less are religion-based.

Nearly everyone I know is always ready for a good party - and for most people all that means is good music, a packed dance floor, and food. Fewer people however, would go to an event sponsored by groups they see as cliquish or that they think might view them as outsiders. If this is how many people see frats and cultural clubs, no wonder people are avoiding their events.

So maybe it's not exactly true that there's nothing to do on campus. Maybe it's more like most of the events on campus go widely unnoticed.

Polity officials pointed out that the lack of campus events ranks relatively low on the

list of gripes at the Polity Senate meetings. Financial aid and housing concerns usually take precedence. This means that students are generally walking around angry and bored, but aren't doing anything about it.

When I tell my friends that Polity officials feel there are enough activities for students, and that events are often announced, I usually here the following rebuttal: "This school just doesn't do a good job of providing entertainment for its students. That's what they're paid for. As far as communications go, no one watches 3TV, no one listens to WUSB and no one looks at fliers. Since these aren't effective resources, the school should find something that works."

"I know for a fact that there are tons of things to do on campus, because I did some research on it for a class project last year."

But yet another factor to consider is the fact that Stony Brook has a significant commuter population. According to Commuter Student Services (CSS), 53 percent of matriculated undergraduate students are currently commuters, and have made up the majority of students on campus since 1990.

A few of my commuter friends explained to me that traditional parties don't appeal to them, that they are more interested in their studies. Moreover, many commuters have to consider transportation, work, family obligations, and so on, which hinders their ability to support campus events.

The information gap comes into play here too. A CSS official told me that advertising of events (organized by student-run clubs) is often done at the last minute, and not always posted in places where commuters will see them. Since commuters don't benefit from the same word of mouth as residents, those few who want to experience traditional college entertainment sometimes get left out.

But back to my cousin Robert. There will undoubtedly be some event happening while he's on campus. Be it a Staller concert, or a movie night, or a club party, I'm determined to show him something more than a bunch of people lounging around a dorm room getting drunk. Most importantly, I would like whatever activities I do show him to be the norm, and not the exception.

The realization of that vision requires a major increase in the number, diversity, and exposure of events on campus. But the thing that rankles me is that it should be relatively

easy to make these changes.

For one thing, the sports department has gone Division 1. That means higher student enrollment, higher outside attention and higher funding.

Also, there are a sea of colleges out there with facilities that don't even begin to match those of Stony Brook, but somehow seem to have more than enough activities for their students.

Baruch College at the City University of New York, where I spent my freshman year, is a prime example. Being a business-focused CUNY lacking any real campus or dormitories, one might expect it to have no social atmosphere. This was not the case while I attended.

In addition to the many events organized by the various clubs, a weekly party was thrown during campus lifetime hours. There was no liquor, and almost no food, but the hall was always packed. While there are probably quite a few students at Baruch who had no idea of these things, there were also apparently a great many that did. What I don't understand is why we don't apply a similar logic here. The Union Ballroom is constantly vacant, especially on the weekends, and I know a lot of people that would go to a worthwhile weekly party at the Union.

"Worthwhile" is certainly a subjective term, but I'm sure most people would agree on the key aspects. A party with a quality DJ ensures good music and a lively crowd. Some kind of sustenance, be it soda and junk food or water and potato chips, is also required. And finally, an attractive atmosphere is a must.

Atmosphere means different things to different people, but basically involves three essentials: lighting, temperature, and stage show. A dim room with colored strobe lights, spotlights and mirror balls is easy and inexpensive to provide, as is making sure the room stays breezy and cool. A stage show requires a bit more work, but is usually well worth the effort. Given the number of clubs on campus, there have to be more than enough students with some kind of talent. A song, rap or dance act - which could be performed independently or to represent some club or frat - generally puts people in a good mood.

This is the stuff of a good party. It's relatively easy and inexpensive to put together, and since it's our money that supports Stony Brook, the school should foot most of the bill.

The massive discontent many students have for the lack of activities on campus is the joint fault of the administration, the clubs and organizations, and the students. If any changes are going to be made, we all have to be the ones to make them.

My cousin Rob is coming soon, and it would be rewarding to be able to give him an exciting experience. I'll do my best to make sure that happens.

The Princeton Review

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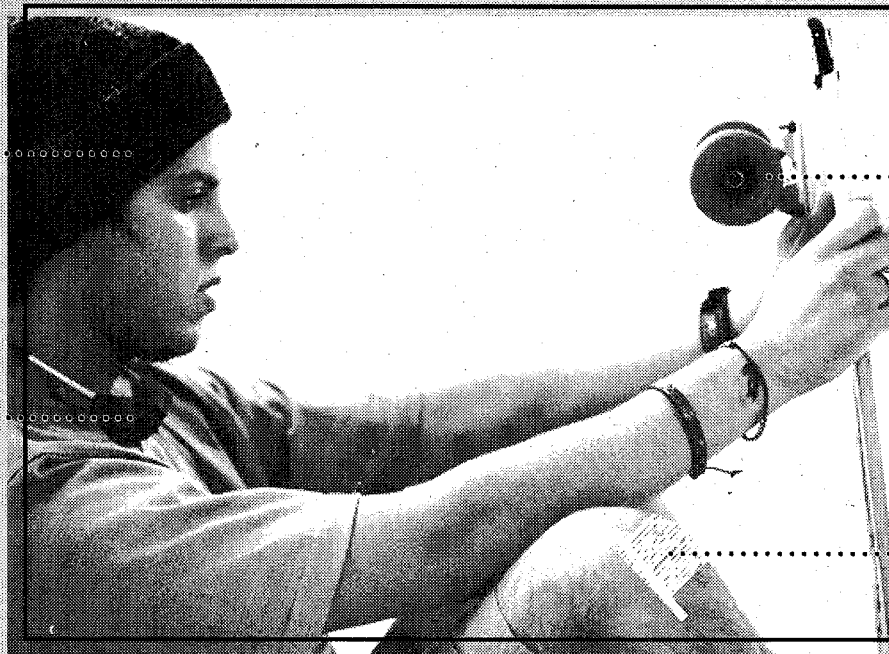


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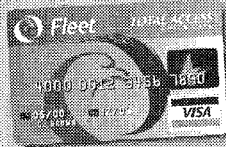
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If you need help getting registered or requesting an absentee ballot, stop by the UUP office at 104 Old Chemistry between the hours of 9am and 3pm, Monday through Friday, where we have the forms you need. UUP encourages everyone to participate in the democratic process!

Tell Me About It

Advice for the College Aged Crowd

By Carolyn Hax

Hi Carolyn:

How does one tell if they have a problem with alcohol? I'm starting to suspect that if I have to ask that question, I probably have a problem. I'm in my mid-20s, and enjoy going out with the gang for a drink. The problem is, one beer becomes three or four and I find that I forget conversations and say things I don't mean or wouldn't say otherwise. I flirt with guys I am not attracted to when I have a wonderful husband at home. And I pick stupid fights with said husband. This happens probably once every two weeks. I'm starting to not feel very good about myself. Do I need to cut out drinking altogether?

—D.C.

The question is, why would you not stop drinking, after everything you just said? I can think of two reasons: because alcohol is more important to you than remembering things and being good to your husband, or because you can't stop. Take your pick—both win you a one-way wagon ride. If you can't get on it by yourself, call Alcoholics Anonymous (in the book). You wrote the letter, so you can do this—and I think you'll find that there's a direct correlation between self-control and self-respect. It's something a whole lot of us learn the hard way. Good luck.

Carolyn:

What's the best way to handle a breakup when you have so many mutual friends? She is still in college and I have graduated and moved away—so she is around these friends. I cannot simply cut off contact with her (preferred) because of this. Now she thinks I am trying to "ruin her life" by "spreading rumors and lies." In fact, I have not. I feel she is just trying to have a last little ounce of control over me. That will not happen. How would you

recommend I make my point that I do not wish to continue being emotionally drawn into arguments and discussions?

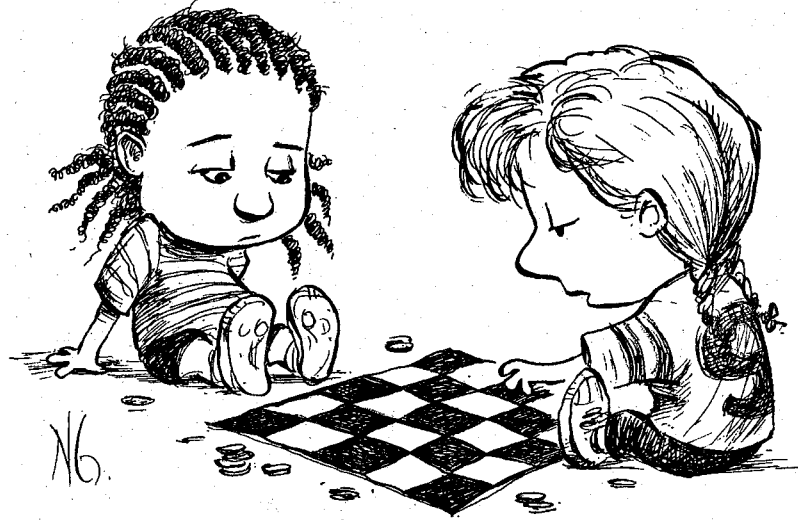
—Va.

Stop being emotionally drawn into arguments and discussions. It's really hard to argue with someone who isn't there. "There" can mean physically or emotionally. You want to keep seeing these mutual friends, so keep seeing them. But that means you don't use them against her, and you don't take her "rumors and lies" bait. You just say you're sorry she believes that, and go about your business. What do you think happens to her credibility when everyone sees that you of all people don't care? I have a sneaking suspicion you won't take the high road like this—unless I up the incentive by adding that doing so will only enrage her more. Peeking out between the lines of your letter is a guy who really wants to win this one. The huffier you get, though, the more ground you concede. The only sure winner is to grow up and stay out of it. Which, up to this point, hasn't been your speed.

Hi Carolyn:

This year I moved into a group house off-campus and have been getting to know my housemates. So we're all sitting around talking when this one gal unflinchingly announces that the only reason she's attending college is to meet and marry a doctor. She said her aunt is a doctor's wife and she's wanted to be one her whole life. She wants the money, the parties, the nice house, the minivan, the whole bit!

She said being a supportive wife to a respected professional (and a mother) is her career choice, and she is pursuing it as seriously and methodically as each of us is pursuing ours. One housemate asked how far she was willing to go to bag her



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sugar daddy (i.e., by getting pregnant), and June Cleaver wannabe said it wouldn't be necessary; lots of men entering the medical profession soon learned that having an organized, pleasant, well-spoken wife was a huge career asset, and that they would be fighting over her. Besides, getting pregnant to catch a husband was pure white trash. What do you think of THAT!!

—Some Mid-Atlantic University

I think she'll have to find one who's sampling the meds—but then again, they're so preoccupied she might fly past their radar unassisted. Either way, I wish her luck.

She's going to need all she can get when her M.D. meal ticket eventually deduces that his wife not only loves his

job more than she loves him, but that she also has no life, purpose or interests of her own and therefore bores him to tears.

And then divorces her—just as he's making the last payments on his \$90,000 med-school debt and the parties are finally getting underway. Assuming, of course, that he has any income left after the managed-care industry and his malpractice underwriters take their share. For your part, you can just enjoy the succulent fruits of group-house life: learning to get along with all kinds. This one's a peach.

Write to "Tell Me About It," c/o The Washington Post, Style Plus, 1150 15th St., NW, Washington, D.C. 20071 or e-mail: tellme@washpost.com.

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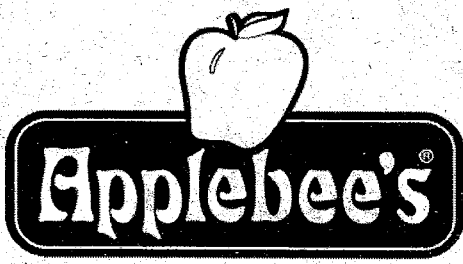


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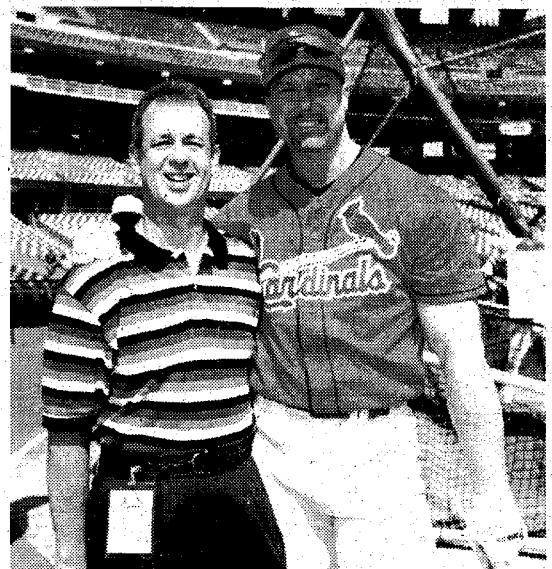
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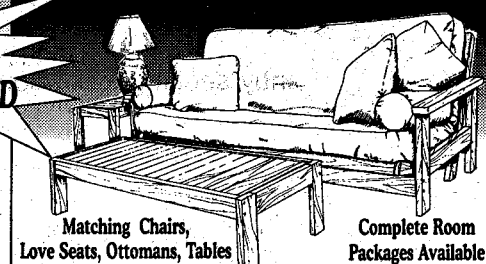
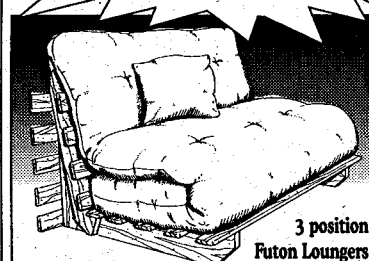


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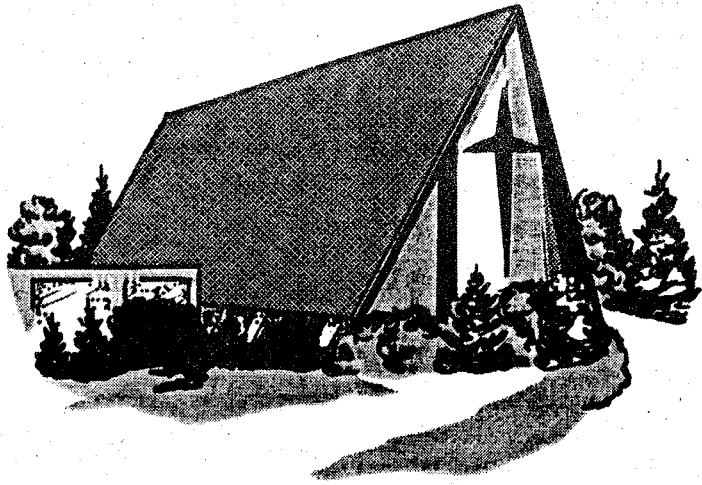
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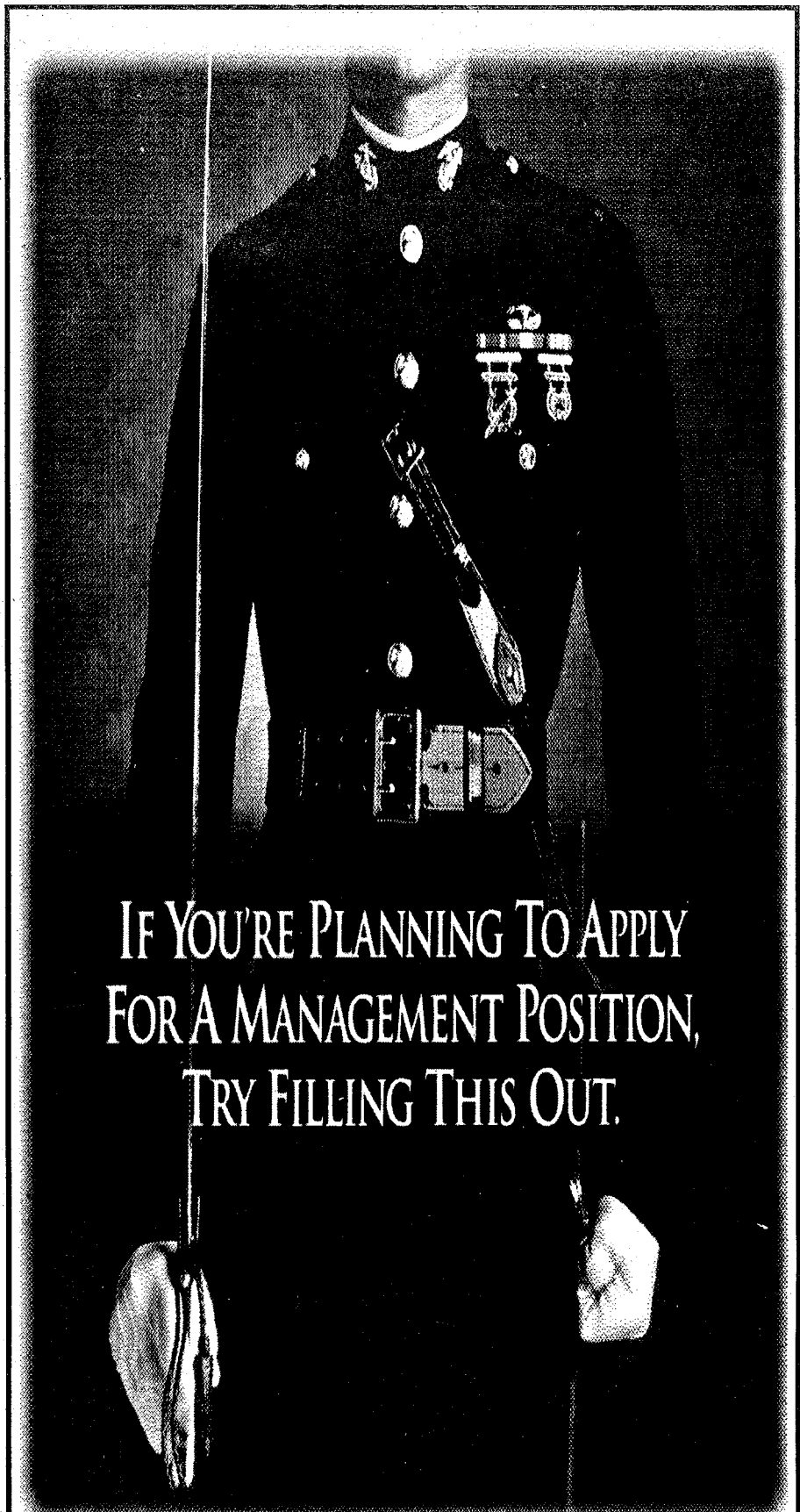
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National College News: Emmanuel Going Coed After 81 Years

BOSTON: None of the students at Emmanuel College knew why they'd been called to an unscheduled assembly, and few were prepared for the news president Sister Janet Eisner delivered:

After 81 years, the first Catholic women's college in New England is going coed in September 2001.

Some women cheered, while others immediately began weeping. Everyone was in shock, said senior Kiersten Sullivan, 20, of Boston.

"It was like a bomb," she said. "Nobody had any idea."

On Friday, a day after the announcement, students were still absorbing the news, and conflicting emotions were evident.

"I think it's a good idea, and a bad idea," said freshman Vanessa Michaud, 18, of Boston.

Some women said they welcomed the change for social reasons, and for the financial future of the school. But others said they felt betrayed, and said they should have been consulted about such a major change.

"They seem to care more about the people who aren't here than the people who are here," said sophomore Amanda Reardon, 19, of Norwell.

To Eisner, the decision has no down side. "It's a gain all-around," she said.

Emmanuel was founded in Boston's Fenway neighborhood in 1919, to give women access to higher education at a time when they didn't have the right to vote.

Emmanuel has seen its undergraduate enrollment drop from about 1,200 in 1972 to about 600 today. But Eisner said the move wasn't made because the school is in financial straits. The school just welcomed 195 freshman, its largest freshman class in a decade, and is on firm financial footing, she said.

But the school, which is funded 63 percent by tuition, is under pressure to grow. Emmanuel hopes to increase its undergraduate enrollment to about 1,000 by about 2005.

Last year, Emmanuel released plans for a \$190 million expansion, including new dorms, a gymnasium, and a medical facility it will lease to Merck & Co. pharmaceuticals. With the new facilities, and men in the student body, Eisner said Emmanuel should be more competitive in the crowded Boston market.

Eisner said the move will draw both women and men. Eisner said statistics indicate that only 2 to 4 percent of women will consider a single-sex school. "That's a small market," she said.

Nationwide, the number of women's colleges has declined steadily, from 298 in 1960 to 73 today, according to Jadwiga Sebrechts, president of the Women's College Coalition.

But Sebrechts said the pressures Emmanuel faces have more to do with being a small, liberal arts school trying to compete against large schools, than its all-women status.

Emmanuel's classrooms already host male students due to an academic alliance with neighboring coed schools such as Wentworth Institute of Technology, and adult and graduate classes that are open to men.

But the fact the vast majority of Emmanuel students are women is what drew many to the school.

Reardon said she felt stifled and dominated by men during four years of public high school. During her first year at Emmanuel, Reardon said, she gained confidence because she felt she could express herself more freely.

Freshman Kelly D'Agostino, 18, of Charlton, came to Emmanuel after a high school experience similar to Reardon's. But the surprise announcement pleased her, she said.

"It's just a girl reaction. I was like, 'Oh my God, there's going to be boys around,'" D'Agostino said.

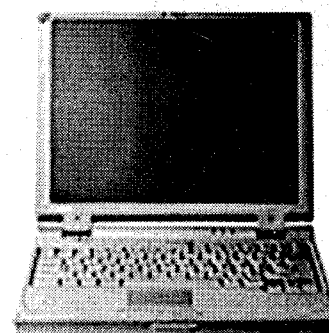
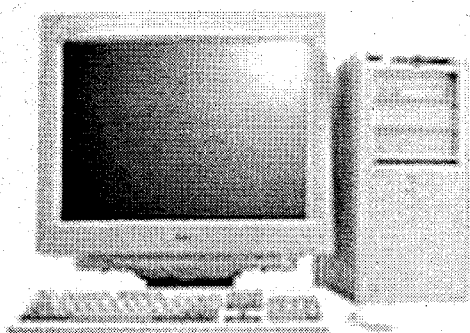
Sophomore Brooke Havard, 19, of Tolland, Conn., said the school's decision undermined its pitch to current students about the benefits of an all-female school. But she's optimistic about the change, saying it will ensure the school's solvency.

"I think opening the school up to guys is going to make a better place," she said.

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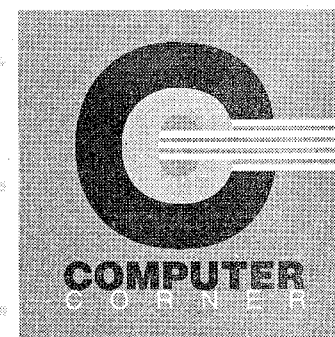
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Features

The Freshman Mindset

What the Class of 2004 Remembers, Forgot and Just Never Knew

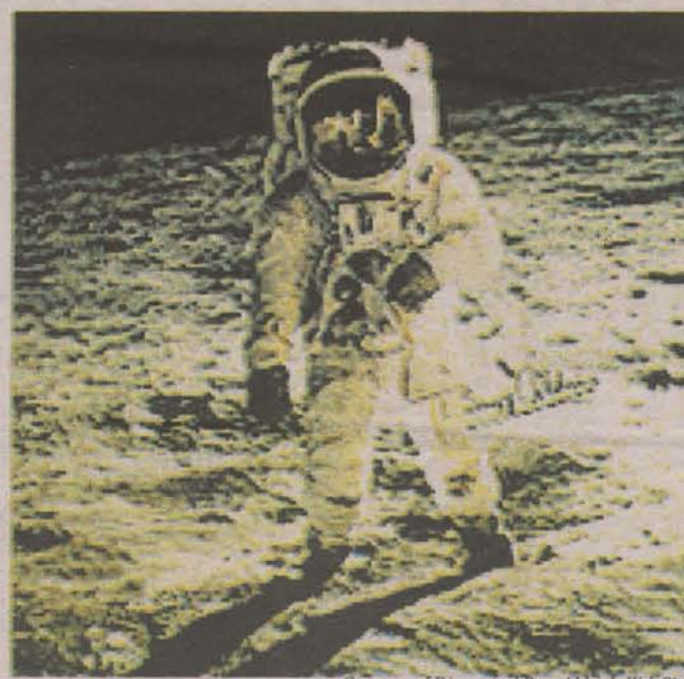
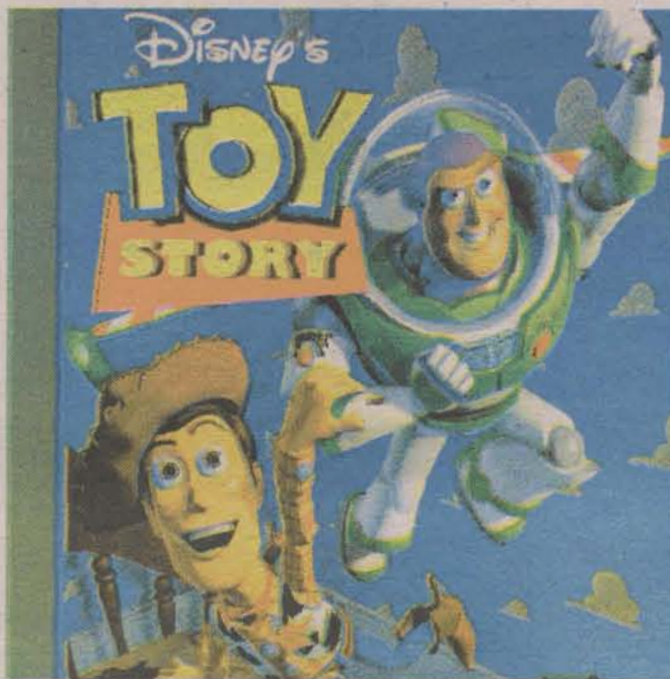
By ADAM ZIMMERMAN
Statesman Staff

Last Friday, some freshmen sat down to watch the movie *American Pie*. They had seen it about a dozen times before but the tube sock scene still made them laugh, the apple pie antics still cracked them up and the film's prom night brought them back to those gone but not forgotten days of not long ago. *American Pie* makes them happy.

In 1959, rock stars Ritchie Valens, Buddy Holly and the Big Bopper died in a plane crash. With it came the crash of the innocence of the 1950's and the emergence of the turbulent 1960's. Ten years later, Don McLean sang the song *American Pie*, immortalizing the event with arguably the most famous yet most heart-rending rock ballad ever created. *American Pie* makes some sad.

So which is it, happy or sad? The answer lies in the age of who was asked. Touching on various events and people from the last 40 years, the mindset of the freshmen class of 2004 was explored to examine how things change.

After discovering that *American Pie* was something to watch in the theater rather than hear on the radio to the average freshman, they were next asked about the Kennedy tragedy. The most popular response was not



Courtesy of Disney and Buzz Aldrin's Web Site

Both Buzz' went to space but Buzz Aldrin may not be as easily recognizable to freshmen as Buzz Lightyear, who went to infinity and beyond, from the popular Disney movie *Toy Story*.

the assassination of President John F. Kennedy in 1963 but the plane crash that took the life of his son in 1999. There was little mention of the president's death and even fewer freshmen recalled brother Bobby's death. The "Kennedy tragedy" had taken on new meaning.

Bobby was forgotten again when the subject of a non-New Yorker running for the New York seat in the Senate. Bobby Kennedy, amid much criticism, was elected senator of New York in 1964. However, with the mindset of the class of 2004, the Kennedy Old Guard was forgotten and Bobby never came up. Instead, Hillary Clinton was brought up with a vengeance. The first lady took a beating from this section of the electorate, many of whom demanded that she go back to Arkansas.

Members of the class of 2004 were then questioned about Woodstock and their answers finally evoked more history than from just a few years past. Some spoke of the recent Woodstock remakes and one person mentioned Snoopy's feathered sidekick but most talked about the original 1969 concert. Viewed as the cultural cornerstone of the 1960's with free admission, free love and marijuana, the music of this event has not been lost of this young crowd. When it comes to song, the doors of history are not shut among the class of 2004.

Presidential scandal in the freshmen era is as potent as it was in their parents but few remembered. When asked about presidential scandal, Bill Clinton was accused of being a

liar and a cheater with bad taste. The presidential scandal of the 1970's with Nixon, Watergate and the only presidential resignation in American history was nothing more than an after thought to the freshmen.

As for icons of the past few decades, pop figures from the 1990's were no problem for the freshmen to name. They easily identified Eminem, Dawson Leery and Brenda Walsch of Beverly Hills, 90210. But few remembered the names and faces of those who made headlines only a generation ago. When asked about Jack Ruby, the man who killed Lee Harvey Oswald after he assassinated JFK, one freshman admitted to believing that Ruby was a baseball player.

Even the most important and pivotal events of the twentieth century did not always come to mind with the class of 2004. When asked about the Buzz they know who went to space, some did recall Buzz Aldrin and his place in the history books as one of the first men to set foot on the moon. But to others, the name brought to mind another Buzz, an animated one that went to space as well in the Disney movie *Toy Story*. "Is he like Buzz Lightyear," asked one freshmen.



Courtesy of the Kennedy's Web Site

When asked about the Kennedy tragedy, most freshmen mentioned the death of John, Jr. before they mentioned the assassination of his father President John F. Kennedy.