

# "Go placidly amid the noise and haste"

by Sarah Fish  
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It seems this year has been tougher on most Brevard College students than last year.

As a sophomore, I analyzed the differences in this year compared to last and I basically realized the differences were due to an excess amount of stress.



## College News Briefs

### SNACK BAR OPEN WEEKENDS ?

The Snack Bar in Coltrane Commons will try opening on weekends for two more weeks. Weekend hours are Sat. from 1-3 p.m. and Sun. from 4-7 p.m. The amount of business during these hours will determine whether the Snack Bar remains open on weekends.

### CLARION CONCERT LINE

When:	Who:	Cost:
Charlotte Coliseum Nov. 27, 7:30 p.m.	Ticket Sales: 1-800-543-3041 Bad Company w/ Damn Yankees	\$18.50
Asheville Civic Center Nov. 7	Kiss, Slaughter, & Winger	\$18.50

### BC ANNOUNCES MADRIGAL DINNERS

Brevard College Choral Director Mark Nabholz, has announced plans for the upcoming series of Christmas Madrigal Dinners, to be held on December 6, 7 & 8 in the Albert G. Myers cafeteria on the campus of Brevard College. This is the second in what he hopes will become an annual event.

"Last year's dinners were a great success, but there will be some significant changes this year in the format, the music and the menu," says Nabholz. "We'll be providing arrangements for reserved seating, which should make it easier for a group of friends to attend the dinner together."

Nabholz says the program will be expanded and the menu has been completely revised. "In short" he says, "our goal is 'bigger and better.'"

The number of seats available per night will be reduced this year from 200 to 125. Nabholz stresses the importance of making early reservations, adding, "This should add to the atmosphere and character of the evening."

Tickets for the event may be purchased in the Receptionist's Office in Beam Administration Building. Tickets may also be ordered by mail by picking up an order form from the receptionist.

### SPRING 1990-91 PRE-REGISTRATION

Pre-registration for Spring 1991 will be held in the Computer Center upstairs in McLarty-Goodson Nov. 12-15. Advisors will have the pre-registration forms. All students are to make appointments to see their advisors before pre-registering.

#### PRE-REGISTRATION SCHEDULE:

Nov. 12-13	Pre-registration for 3rd, 4th and 5th semester students. 8:30 a.m.-12 p.m. and 1 p.m.-4:30 p.m.
Nov. 14-15	Pre-registration for first-year students. 8:30 a.m.-12 p.m. and 1 p.m.-4:30 p.m.

NOTE: To ensure equal opportunity, students will be allowed to pre-register for only one P.E. course at a time. Students wishing to take more than one P.E. will add additional courses after pre-registration for all students has been completed.

Also, registration for Communications courses is limited to sophomores.

I can safely assume that I am not just speaking for myself, either. Freshmen are facing conflicts they probably haven't had to experience in their lives before Brevard College, so virtually everyone is facing the evils of stress. Hopefully my message will reach all of you in some sort of way, and even help those of you who have been looking for ways to cope.

First of all, the College offers stress management seminars. They are headed by Steve Martin, BC's college counselor (A.K.A. "shoulder to cry on"). These seminars may not be for some people, might sound corny to others, but there are people out there who need this very solution. Martin works with students in group sessions, but can counsel individually if preferred.

Secondly, Martin advises students to use calendars. "One thing that causes stress more than anything for some people is all the deadlines that college students have, and not keeping track," he says. "Stress comes when they find a test due in 20 minutes." Another thing he suggests to reduce anxiety is to take at least 30 minutes for each meal. This provides an essential relaxation period during the course of the day and allows food to be digested, producing energy.

Relationships cause major stress. These include not only the boyfriend-girlfriend thing, but roommate situations and basic acquaintances. We need to learn more about keeping our perspective. If we let everything get us down, it's going to be too much to handle. I'm not saying don't pay attention to what bothers you, but work through it and learn so that you may apply it elsewhere.

It's come to my attention that we are too quick to judge others before considering how hypocritical we're being. Experts say the reason people criticize others harshly is because the very faults we find in ourselves are what we condemn in others.

Let's think about how true that is. Unfortunately, most of us compete in a race for acceptance. It's rare to come across an individual who doesn't care what others think of them. If we were all like that, imagine how unhappy and lonely we would be -- for each of us have so many warm and loving qualities within us that should and need to be shared.

Many times, I tend to jump to conclusions by evaluating a person's character before getting to know them at least a little. This is a fault many of us have, whether we are conscious of it or not. By doing this, we are creating more stress for ourselves than is necessary. Even though we have to deal with some #\*!@# (because it's inevitable) why add to our already inexplicable lives?

I firmly believe that no one wants to

be miserable constantly. But some of us bring stuff upon ourselves to the point that it looks as if we do.

So how can we make this year a happier one? Something that has helped me: If I start to say something derogatory, that I know I personally won't benefit from and neither will anyone else, I try to stop myself. I don't want to ever deliberately hurt anyone's feelings, especially since I know I don't like that same pain inflicted on me.

Something that has recently made an impact on me is a verse called Desiderata. Desiderata was found in Baltimore on the wall of St. Paul's church in 1692 and was popularized during the peace movement of the late '60s.

When I read this enlightening credo, it makes so many of my trivial concerns dissolve and helps me concentrate on a level of consciousness higher than that of a stressed out college student.

*"Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly, and listen to others, even the dull and ignorant for they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself to others, you may become vain and bitter, for always there will be greater & lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career; however humble, it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be, and whatever your labors & aspirations in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world. Be careful. Strive to be happy."*