

BC students participate in Great American Smoke-Out

by Robert Holland
Clarion Staff Writer

On Nov. 13 many students were wearing stickers that stated, "Kiss Me, I Don't Smoke." This is because that day was a day that proved to be healthy to the lungs of Brevard College students. From the hours of 3 p.m. until 5:30 p.m. the Great American Smoke-Out was held in the Rutherford Room in Coltrane Commons. Students could pick up information about the harmful

effects of cigarettes and chewing tobacco.

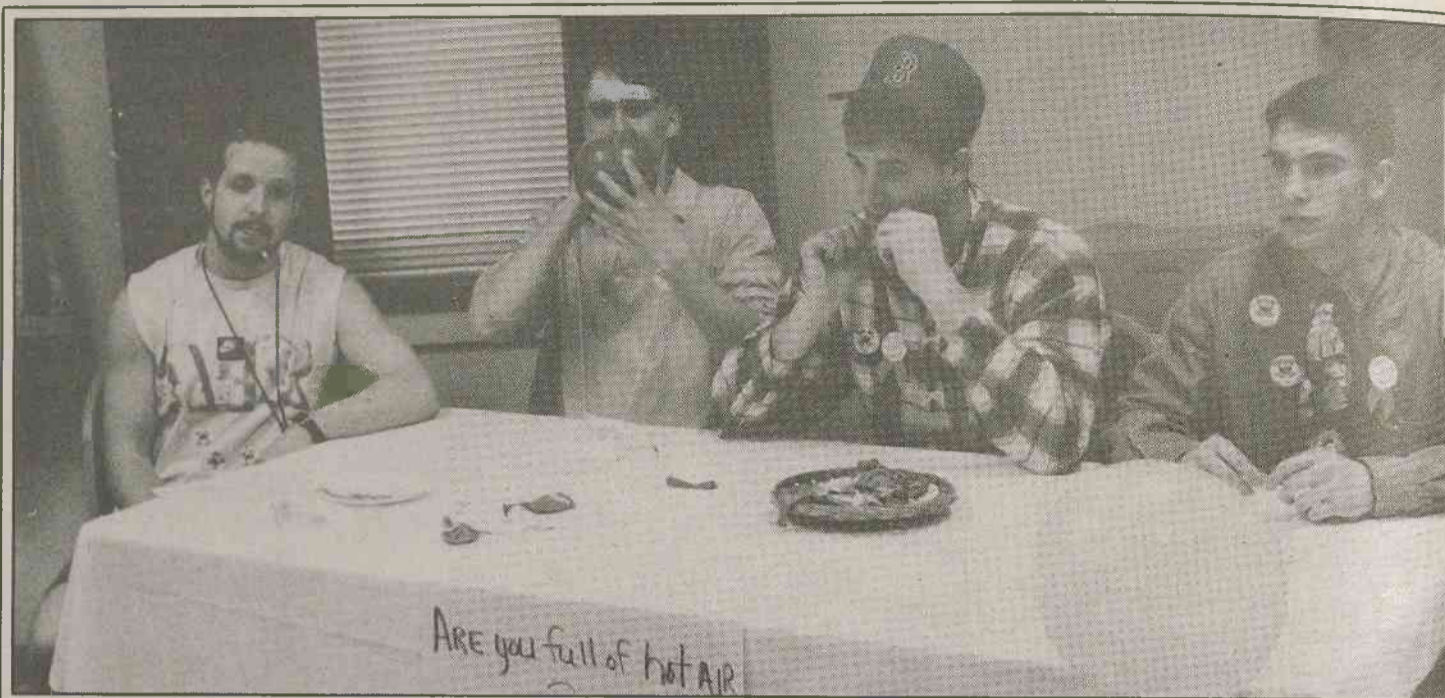
The Great American Smoke-Out happens every two years on the third Thursday in November. According to Lee Henry, Director of Student Health Services, better than 50% of students and faculty smoke. Many of the fliers that were available presented tips on quitting and answers to questions about chewing tobacco. There were also games such as an air balloon blow up and a ring toss of items that are alternatives to

smoking.

This event was sponsored by the Student Health Department with help

from Andrea Piner and the campus life staff. PIO hour-hungry students also helped out. Smoking is on the decline

in this country, but the real solution is to educate people before they start and become addicted.



Manning the balloon table at the Great American Smoke-Out at Brevard College on Nov. 13 are, left to right, Ross Brooks, Kevin Weiss, Joel Porter and Chad Faircloth. (Clarion photo by Rahaum Skinner)

Internet will soon link Brevard College to the world

by Tatyana Perry
Clarion Staff Writer

By this time next year, Brevard College will have access to information from all over the world. This will be possible with the introduction of the computer network, Internet. Internet is a world-wide connection of computers where each computer contains software that "talks" to other computers.

This means that students or faculty who have access can send mail messages anywhere with no charge to them. This is possible as the process itself is inexpensive, with the school only paying \$3,000 a year to lease a telephone line to Asheville. The only other cost is the original equipment that the school was able to buy because they received a grant from the NSF (National Science Foundation). Willy Evans explained NSF to be "a state non-profit organization that is trying to further computer and electronic communication throughout educational institutions in America."

Right now we are able to get access through the PC computers in the Moore Science computer lab, computers in the McLarty Goodson computer lab, the Learning Center and in the Writing Center. In the future they plan to set up a system so that every student can get access in their rooms by connecting all of the buildings.

The system we have now is called UNIX, which is an operating system similar to DOS (Disk Operating

System). This system has all of our mail boxes and handles all of the Internet connections.

Another thing that Brevard College would like to do is to set up servers for

Brevard College so that anyone can have access. An example would be someone using the server to get information about the books in the library or to find out about certain courses they are

interested in. Their main priority, however, is to get the entire campus connected to Internet by the fall of next year, and hopefully to have the dorms connected by fall of the following year.

Exam stress is a common complaint

by Jennifer Barbee
Clarion Asst. Editor

By the time students reach college, they are probably familiar with the word stress; however, the full effects of the word may not be recognized until the college years begin.

Final exams are coming up soon, and many students find themselves feeling the effects of stress.

A big problem for some students is not knowing what to expect. Kim Borland, a freshman from Weaverville, N.C., says she is getting stressed because, "I do not know what to expect on my exams."

Brevard College Counselor Dee Dasburg has a solution for students who feel that way. "Every teacher knows what their final exam will be like, so just go talk to the teacher and find out what you need to know," she says.

Dasburg thinks that stress does increase at exam time because expectations from teachers increase at that point. For students who have good grades, there is pressure to keep them up; for students who are doing poorly, it

is time to do well and pull up the grade or end up taking the class over next semester.

Brian Edwards, a sophomore from Ft. Meyers, Fla., agrees with Dasburg. "If I am in a class where I am doing good, it is usually not a problem, but if it is a class where I'm borderline, it is a lot more stressful. You do have to study a lot more for exams," he says.

Stress seems to effect everyone at exam time. Brevard College Assistant Professor of English Rhuemma Miller makes the point that students are not the only ones that deal with the stress. "It is stressful," she says, "for teachers at the end of the semester because teachers are facing preparing the exam and getting them graded also. A lot of teachers agonize over students' grades in their class. A lot of faculty have to balance not only the exam schedule, but their family, and it can become a balancing act."

The next few weeks will probably be stressful times on the BC campus. However, there are ways to deal with the pressure that we call stress. These tips,

from Dasburg and Miller, can be helpful not just for exam time, but anytime one feels under pressure.

Dasburg says to pay attention to how you feel and do not always think you can handle your stress. Also, do not talk so much about being stressed; admit it, but look for ways to take charge of it. Get plenty of sleep and do not try to cram everything in the night before the exam. It can be helpful to talk about your feelings with friends who feel the same way.

Probably most importantly, Dasburg says, "Learn from experience; find out what is expected of you so you can deal with it."

Miller also emphasizes time management and getting enough rest as important in dealing with stress. Miller suggests students schedule time during exam week to do something fun or relaxing. Miller thinks it is extremely important to believe that you can succeed and remain optimistic about the exam.

Hopefully, these things will help reduce the tension some people are feeling about upcoming exams.