

Marijuana to be discussed at debate tournament

By Ashley Fortune
President of Debate Society/YPA

“The United States should take significant steps towards the legalization of cannabis” will be the resolution for the ninth annual Brevard College Debate Tournament. This event will be hosted by Debate Society/Young Politicians of America on Tuesday, Dec. 7 starting at 6:30 p.m. in the Reserve Dining Room of Myers Dining Hall.

This year’s competitors will be sophomore integrated studies major Elise Labus and senior psychology major Brian Dale Burgess for the Affirmative. Representing the negative will be sophomore Melissa Sullebarger and senior Integrated Studies major Cole Altizer.

“I have had so much fun debating this issue up to this point,” Altizer said. “I have won some and lost some but it has really been a great experience. I am looking forward to an entertaining final debate.”

The format will consist of a ten-minute constructive for each team, three-minute cross examinations and five-minute rebuttal periods. Judging the competition will be Shelton Jones and Joe McGuire, both attorneys, and the Honorable Robert Cilley, Chief District Judge.

This year will also be the second year a skit competition has been added to the evening’s events. Three teams of Dr. Scott Sheffield’s BCE 111 students will be competing for awards with skits they have prepared on religious and ideological dogmatism related to a Monty Python theme in some way. “They are all completely irreverent and scathing in their satirical approach, lampooning almost every group that takes themselves too seriously, and definitely are adults only entertainment in terms of both subject matter and language,” Sheffield said.

One of the skits, titled “A Chat Room with God,” features various characters engaging

in chat-room banter with God. Another titled “Queasy Speakeasy” features a fascinating portrayal of Al Capone and other characters from the 1920s at a fashion show and speakeasy in the basement of a church.

The third skit is titled “Brittany Epiphany” and features pop-star Brittany Spears snorting cocaine from a toilet seat and having visions of meeting the prophet Mohammed, the genius scientist Albert Einstein and Osama bin Laden.

“This year’s groups have worked incredibly hard on their skits and are really putting themselves out there in so many ways,” Sheffield said. “I am really proud of them for taking so many chances and really letting themselves go and getting into the Monty Python zaniness.”

Refreshments and snacks will be provided by the Debate Society/YPA for all attendees to enjoy.

For more information, e-mail fortunab@brevard.edu.

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Stress reduction techniques for finals

By Nina Willis
PHAT Contributor

Exam time is by its nature a stressful time, but you can take steps to lessen some of the ill effects.

First and foremost, stay organized. If you spend an hour trying to locate the study guide you lost two weeks ago, that’s one less hour to study for an important exam.

If you’re not the most organized person in the world try this: Buy a different color folder for each class; place important notes and papers in the folder and at the end of each day keep the folder in a specific drawer or area on your desk so that you have access to it at all times.

Study for the bigger exams ahead of time (a few days or a week ahead of time), not the day before. Cramming for a major exam is a horrible way to end your semester. Why spend Thursday night hovering over a 75-page reading assignment when you can spend it at Tacky Christmas sweater parties. Study ahead of time to cut down on stressful, and mostly useless, cramming.

Schedule an hour or so out of the day to log-off Facebook, turn the cell phone off, and avoid watching TV, so that you can really focus. It helps to make a playlist of songs that keep you motivated but don’t distract from the task at

hand—try Pandora.

Don’t be afraid to ask the professor for personal or group study time. Professors are dying to hear you ask a question, especially for something that you don’t comprehend at all. They would rather spend 30 minutes explaining a homework problem that you missed than give you a “D” on an exam. Use the library, instead of your room, for personal study time.

Try the AEC. There are literature and web resources to help you with every academic issue and easily accessible peer tutors in various subjects. It’s a great place to meet with professors and bigger study groups as well!

Take time out to not study too. Although finals are here, there’s still no reason to fret over not being able to study 24 hours a day.

Prepare for a test by: Getting enough sleep, studying adequately—don’t overdo it (over-studying and cramming have the same diminishing effects).

Eat well—no late night runs for fast food. Try healthier brain foods like fish, leafy greens, and fresh fruit! Stay focused. This means take a break to fight off boredom by leaving your desk for a walk to get coffee. Come back to study when you feel ready. No one likes to study while frustrated and tired.

Good luck to everyone from the Peer Health Advocates Team.