

Warning: Juggling activities, life may be harmful to your health

By Jennifer Dykes
News Editor

By this point in the semester, most Tech students can relate to the insane pace at which my life is running. At least, I hope most students can. College is the last leg before full-fledged adulthood hits: our last opportunity to get involved in a bunch of different activities, balance them with school and a healthy social life, and not worry about not getting a raise for it. It's the last good opportunity to explore a lot of those things you just won't have time for later.

For those like me, however, it can turn into an overload. Since coming to Tech over a year ago, I've thrown myself into a gamete of activities. Most of my friends have wondered at some time or another how I deal with it all. The fact is, most over-involved students run the risk of something far more serious than a bad grade or a night without enough sleep. They risk the chance of losing touch with themselves in the process of trying to do too much.

After months of running around from classes to meetings and back, I realized my life had become one big to do list. Do CS homework, finish those lab write-ups, read that chapter on bacteria, do those statistics problems, attend this meeting followed by that one.

More than a few of my friends wondered where I had gone because they rarely saw me anymore. Yet I insisted that was the way I wanted it. Who needed time to take a breath?

It turned out, I did. Time management isn't really an issue; at some point, one simply cannot fit 48 hours worth of stuff in a 24-hour day.

In the spirit of a fellow staff member, I'm refocusing myself. Okay, so I'm not changing my major, but I am changing how I spend my time. Don't spend all your time trying to do everything.

At some point along the way, I forgot that I once enjoyed the things I was doing. Instead, I was simply trying to get them done. I wonder if a large percentage of Tech students are falling into the same trap.



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The way out? Simplify. Don't try to do everything, but do what you enjoy. Recognize that classes are why you are here, and outside that, there is more to an individual than completing the list of activities.

I remember the weeks I spend with friends more than the ones I spend running around. It took me a year to realize that. Of course, those who know me and have made it this far into this editorial are probably pointing at my picture exclaiming, "Told you so!"

A lot of you did, only not the right way. Everyone needs a certain level of activity around to keep them from going crazy. Mine happens to higher than most people. Between not doing enough and doing too much-most of us will spend the rest of our lives trying to get it right.

So in this recent state of awakening, I'm finally understanding that there's more to work into my schedule-the kind of stuff that doesn't fit into a neat little list.

Has anyone ever seen a list stating: call best friend and talk for five minutes, spend quality time with roommate, etc? I hope not.

It's the down time with friends that allows someone to keep their sanity and to understand what motivates them, how they like to spend their time, and so on.

Everyone should know the answer to the lyrics of one of my favorite songwriter "What do you love to do, outside your world, who spends time with you, from whom do you learn when you're not working?"

We should all consciously strive to know our own answers to these questions. It's when you forget the answers that things get crazy and your life starts running away from you, with you running behind, trying to catch up. Use those ten minutes to take care of what needs to be taken of: your sanity.

If you can't tell yourself why you do what you do, how you enjoy spending your time, and show a general understanding of who you are, stop and take a breath.

People grow and change and just because you knew yourself six months ago doesn't mean you still do now.

Do what you want to do. Remember we're all here to get an education first, get involved as much as you want, but don't let yourself become a slave to the Tech leadership circuit if you must sacrifice other areas of your life.

Sickening opinionated media coverage biases voters, sports fans

By **Matthew Bryan**
Managing Editor

I hate the media. Well, I guess as managing editor of the student newspaper I can't go trashing my colleagues and their occupation, but I have been rather dissappointed with two (if not more) areas of coverage in the Atlanta Journal-Constitution. Frankly, I have been literally disgusted with the recent sports and election coverage in the AJC.

My sports page complaint is golf coverage. Ok, so I'm a golf fan. Three weeks ago when I opened the paper to see a headline to the effect of "Tiger Woods loses," I got really upset. Phil Mickelson was the real winner of the Buick Invitational, and you would have had to look down the page in the right hand column to see his headshot and a caption describing his win. Let me tell you, I understand their motive. Tiger Woods is a household name, but why can't people like Phil Mickelson or Jesper Parnevik make names for themselves and for golf as a whole? I would go as far as to say this is comparable to basing all baseball headlines on whether or not Kevin Brown had a good game.

I think that the sport of golf is in itself challenging enough and has enough role models and super players to attract the public eye without the media focusing on one man. People want to see come good competition, they want to imagine bitter hatreds between players like Arnold Palmer and Jack Nicklaus (whether real or not). Can't we let those relationships form on their own or will the public only find a golf story when the AJC decides Tiger Woods has done something exciting?

The presentation of the article carelessly overlooked the win of 4th ranked Phil Mickelson who could serve as a much better role model than Tiger Woods. During the U.S. Open Phil Mickelson carried a pager so he could be reached if his expectant wife went into labor. He had a helicopter standing by to take him to the hospital. Mickelson battled Payne Stewart to the final hole of the Open, where Stewart made a 15 foot par putt to win the tournament. Was that not exciting enough? Perhaps the headline should have read, "Woods finishes tied for third."

More recently, when Darren Clarke beat out David Duval to advance to the



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finals of the Anderson Consulting Match Play Championship the AJC headline read "Woods, but no Duval." This headline failed to convey to the reader that Darren Clarke won and would actually compete in the final! The subheadline mentions, "Clarke's upset averts 1-2 final," nearly complaining that Clarke's win prevented a "real" final. Furthermore, the details of Clarke's performance were not even mentioned until the third paragraph. Even SportsCenter, a bastion of sports reporting, headlined their story about the championship with a picture of Tiger and a story about his tragic loss. You can be sure that the next time Tiger loses we will all be informed.

Sports is not the only arena where the media like to control the perceptions of the public. The current presidential campaign has painted an all too clear picture of the liberal media. For starters, the top three people in contention for the Republican presidential nomination ordered from least conservative to most conservative are John McCain, George W. Bush and Alan Keyes. I'm going to go as far as saying McCain is leaning toward the liberal side. Consequentially, the AJC has chosen to endorse McCain in the Republican primary and Gore in the Democratic primary.

This opinion, stated in their Editorials section, has managed to seep its way to the front page. When Bush won in Delaware the headline read, "Bush wins Delaware; McCain relishes 2nd place." The article explained how McCain did not campaign but was able to "lay potholes in Bush's path." The article ignored the fact that Bush won and focused on how McCain was "cover-boy" of the major news magazines. A week and a half later, when Bush won the South Carolina primary, the headline explained, "Bush regains momentum with South Carolina victory." Maybe I don't understand...was Bush losing momentum coming off of his wins in Iowa and Delaware, or is this just a case of the AJC down-playing Bush's win?

The AJC really had their day last Wednesday when McCain won the Arizona and Michigan primaries. With only 45 and 67 percent of the precincts reporting the AJC declared, "Wins in Michigan, Arizona put McCain back on track." This inferred that readers should not worry and that McCain is "back on track" and ready to go.

What really upset me was Wednesday's headline, "Bush, Gore building momentum." What is it with this momentum thing that attracts the AJC. Bush won primaries in Virginia and Washington and the Caucus in North Dakota, yet he is still only "gaining momentum." What does it take?

Ok, so these primaries are not the largest in the nation but give me a break! This bias toward the more liberal McCain is consistent in pictures, stories and headlines. I think the media feels that the Democratic party doesn't have a chance of winning the election in November and will do everything they can to have McCain as the Republican candidate.

In Georgia a voter can walk into his or her polling place on the day of the primary and pick a Democratic or Republican ballot regardless of how they

are personally aligned. Because of this system Democratic voters who also feel the Democratic party doesn't have a chance in November can cross over and vote for McCain.

It is my belief that the liberal media is purposely using their front page to influence Democratic and Republican voters alike to guarantee the election will yield a liberal candidate.

Yes, I'm fed up with the media, whether it's the golf coverage or coverage of the presidential election. Next time you pick up your favorite Atlanta daily make sure you're getting all the facts.

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