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## Hilltopics: Volume 6, Issue 7

Hilltopics Staff

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# HILLTOPICS

month of April, 2010

Vol. 6; Issue 7

## ALL DRIED OUT

What makes dried food so addicting? Their general stale, rough-edged nature leaves eaters either gasping for more or gasping for water. So why the craving for reaching piece after piece, bag after bag?

Reason #1: It's healthy. Really? Let's list some examples of dried food: cereal, granola bars, nuts, and dried fruit. True, nuts are excellent sources of protein. For instance, a quarter cup of almonds contains as much calcium as a quarter cup of milk, and walnuts are known for lowering cholesterol and clearing arteries. That being said, a lot of nutrients are lost during processing: for example, Vitamin C deteriorates under the warmth of the sun. Dried food can also be high in calories because the sugars are concentrated during the dehydration process.

Reason #2: Weight loss. If you've noticed, dried food tends to come in small portions in a convenient, mid-sized package. But that's where the catch is—thinking you can eat a whole handful and not gain any weight because it's healthy snack. Surprisingly, a handful of dried apricots is equivalent to eating three to four real, fresh apricots. In addition, not only are some dried fruits sweetened to add flavor, the lack of water content also makes it that much easier to eat one

*FOOD continued on page 2*

## THE GLORIOUS INFLUENCE OF SKA MUSIC

By: Jack Swearingen

My iPod music selection essentially contains classical, opera, hip-hop, techno, pop, and ridiculous amounts of Lady Gaga, but recently, and I have no idea why, I allowed my best friend from UT to make me a CD and actually listened to it. I had never heard of ska before, and I still don't know much about it other than the fact that I really, really like it. It's like summer and cookies coming through my speakers as I drive down the Boulevard with my windows down and the sunroof open beneath the canopying trees. It makes me happy.

Regardless of what your music tastes are, I think we need more things in our lives that make us feel like ska makes me feel. Coming off a great spring break to a near train-wreck

*MUSIC continued on page 5*

## MAJOR INDECISION

By: Tori Spickler

I have an identity crisis at the end of every semester—I kid you not. About 8 weeks until the end of another semester, every SMU student meets with his/her adviser to talk about what classes to take the following term. While I do find meeting with my adviser extremely helpful, coming up with my four year plan throws me for a loop. Picking classes is daunting, and I always end up calling my parents to talk about my options. A lot of who you are, at least from a university perspective, rests in what your major is. From the time that you decide to even go to college, "what's your major?" becomes the most prevalent question. As a BBA Scholar, I've decided to pursue some sort of business major, and I'm leaning towards the brand new major in the Cox School of Business, Risk Management and Insurance. I am also pursuing minors in English and Psychology. It's a strange mix, so here's the part where it will make more sense: I want to go to law school and become an attorney.

However, even as I assert that that's what I am pursuing,

*INDECISION continued on page 4*



### IN THIS ISSUE...

#### CONTEMPLATION AND INSIGHT

"LESSONS FROM THE FUTURE"

"SEEING AT THE MUSEUM"

"SILENCE IS GOLDEN"

## FOOD CONT...

piece after another. Less water content means less fulfillment. Thus, it's all about self-control: the willpower of being able to stop after a certain amount. Here's what I do: I divide the entire bag into separate Ziploc bags so that every time you reach for a bag, you already have a limit as to how much you can consume in one sitting.

Reason #3: Convenience. That I can't argue about. Especially for students with early morning classes who don't have enough time to stop for a sufficient breakfast, or for the unfortunate ones

who don't have lunch breaks—a power bar or a bag of chips is just what they need to boost their energy. Though it can become too convenient at times—ahem, like having them scattered beside your laptop and under your bed—once again, it's only convenient in the sense that there is not enough time for a legitimate meal. It's both unhealthy and ineffective to snack on granola bars—believe me, I've tried. After three days straight of eating a concoction of dried nuts, cherries, and almonds, it can get dry and bland.

Reason #4: Pretty packaging. As implausible as this may seem, now that I recall, the covers of dried fruit/food are actually pretty appealing. Many of them claim to have been imported or flown in from far-away countries like Sweden or the Philippines. For some reason, the fact that a food can be healthy and foreign at the same time amazes people.

In conclusion? Dried food=good. But do measure out in increments each time...for fear of shriveling up like a dried prune.

## HAWN GALLERY EXHIBIT



### Books by Peter Koch

Through Sunday, May 16

Open during regular library hours: 8:00 a.m. – 12:00 midnight Mon. – Thurs.; 8:00 a.m. – 6:00 p.m. Fri.; 9:00 a.m. - 5:00 p.m. Sat.; 1:00 p.m. – 12:00 midnight Sun.

Mildred Hawn Gallery, Hamon Arts Library - Owen Arts Center

Free

Peter Koch, the Berkeley-based printer, is founder and director of the Codex, a nonprofit organization dedicated to preserving and promoting the art and craft of the book. Since 1974, Koch has designed, printed and published fine books and ephemera ranging

from limited editions of classical Greek literature to conference posters and keepsakes. This exhibition draws from the collections of SMU's Bridwell, DeGolyer, and Hamon libraries to showcase examples of Koch's interest in poetry, including his 1990 bilingual edition of surviving fragments of Herakleitos, Toni Morrison's *Five Poems* of 2002, and Joseph Brodsky's meditations on Venice, *Watermark*, printed by Koch in that city in 2006. An illustrated lecture by Peter Koch, "Printing in the Shadow of Aldus Manutius," will be offered on Wednesday, March 31 at 5:30 p.m. at the Meadows Museum. Koch will describe his experiences as 2005 artist-in-residence at the Scuola Internazionale di Grafica Venezia when he was printing the edition of *Watermark* featured in the exhibition. For more information, please call 214.768.2303.

## LESSONS FROM THE FUTURE

By: Todd Baty, an SMU graduate



Graduating from college is supposed to be one of the highlights of a young person's life. The pomp and circumstance of graduation ceremonies not only commemorate the academic achievement of degree recipients, but also coronate these individuals as "fit for duty"—the final rite of passage before a successful life in the workforce. But the grandeur and vigor of these festivities has seemed almost sardonic the past few years. With rising unemployment, record job losses, and jittery markets, graduation seems more like a death march than it does a new beginning.

But as a survivor of the class of 2008, I'm here to let you know that even these uncertain times are navigable. Graduating just a few months before the Dow Jones Industrial Average took a nose dive, I know firsthand how difficult it can be for a "young professional" (read: untrained and inexperienced) to find his or her way. Here are a few things I learned that might help you as you prepare for life post-college:

### — Don't hold out for the million dollar contract

Okay, so most people don't expect to be millionaires after their first year on the job, but most college grads do have unrealistic expectations when it comes to entry-level compensation packages (at least I did). Don't feel like you have to make enough money to retire by the time you are thirty-five. Yes, some lucky son-of-a-gun is going to land his dream job right out of college (see: "Thomas Morstead"), but most people don't—and that's okay! Instead of looking for a job with the fattest paycheck, look for a job with a future: one that will give you some on the job training, valuable experience, or opportunities for promotion. After all, work experience and work performance trump education in most fields; putting in your time as an office apprentice now can pay high dividends in the future.

### — Don't be afraid to take risks

Perhaps the best part about life after college is the opportunity to do something outrageous. Without the responsibilities of children, spouses, or established careers (assuming you haven't already got them), you have the chance to chase your wildest ambition, provided you have the courage. As long as your activity isn't life-threatening (e.g., working with Sea World training killer whales) or illegal, the worst possible outcomes are failure, firing, and bankruptcy. "Whoa!" I hear you saying, and indeed that is a pretty intimidating list of repercussions. But consider what will happen if you take a job that is completely outside of your comfort zone only to be eaten alive by your boss. You will probably learn something, either about yourself, about your boss, or about the industry, that will make you a better employee in the future. Think about what could happen if you start your own small-business but have to file for bankruptcy within three months. The responsibility and initiative that you assumed will have taught you skills some people never develop. Life after graduation is perhaps the cleanest canvas you will ever get, so draw boldly! After all, you can always paint over it; the Mona Lisa is proof of that.

### — Don't give up!

I believe it was Robert Frost who once said, "In three words I can sum up everything I have learned about life: 'it goes on.'" Regardless of your experience after graduation, continue the trudge! As cliché as it sounds, it doesn't matter how you go down, but how you pick yourself up. Your first years in the workforce will be formative, whether marked by success or failure—so enjoy them and learn from them. In these economic times, it may be difficult to land your first interview, but don't let that deter you! If someone as unmarketable as me can do it, so can you!

### Do consider life priorities and plan accordingly

If I have learned anything about life since graduating, it's this: always be prepared to reevaluate your priorities. Just as the transition from high school to college was a significant life step, so too will the transition from college into the workforce be—expect to be challenged, not just as a new employee in a new job, but as a young adult who must find his or her individual niche in an overwhelming world. Take time to investigate your life priorities, not necessarily to establish firm plans (e.g., I will retire to yacht in the Carribean by the time I'm forty), but to provide structure and clarity to your life (e.g., my occupation does not define or fulfill me; my spiritual life does). Life as a young adult is exciting, fresh, and full of optimism, but it can also be disorienting and directionless. Identify what causes you to get out of bed every morning and use that inspiration to anchor your life when things seem shaky.

## INDECISION CONT...

I consistently waver on what I want to do with my life. There are many careers I could see myself enjoying. If it turns out that I hate being a lawyer just as much as everyone else in the world (obligatory "attorneys suck" joke), I would love to be a university English professor. I could see myself teaching high school teenagers AP English, so I'm also thinking about picking up my teaching certificate. I could see myself

being a novelist. Ideally, I would be a professional ice cream taste tester, but that's a competitive field. These varying options lead me back to my college-life crisis--especially because I am consistently told that I do not seem like a business major. I'm not sure what it is--probably a personality feature, but I sometimes feel like I don't belong in the business school. It's strange to feel like you don't belong in your major or among your classmates in MKTG 3340. English has always been a passion of mine, and I find Psychology fascinating. I've toyed with the idea of making my English minor an English major. There's a joke that majoring in any sort of liberal arts degree really means that one is majoring in unemployment. Regardless, the question of majors leads back to advisers and picking classes. If I want to someday be an English professor, it's a good, if not necessary, idea to major in English. However, if I want to do that, I have to figure out when I will fit those English classes into my schedule. Even

though a career seems far off now, it isn't on the other hand. The classes students take now determine the major they will graduate with, which does a lot to steer them into the career they end up in.

As for me, I suppose I'm stuck in the typical college crisis: do you pursue a degree in something that doesn't feel quite right for you? Do you give up scholarships and unbelievable networking and internship opportunities in order to study something else that you enjoy more? It's a tough decision. Nevertheless, I've found comfort in the fact that this is fundamentally the only time in my life that I will be allowed the freedom to study and learn whatever I want and to spend my time the way I want. It doesn't matter what you major in if you become a professional ice cream taste tester, anyway.

*Tori Spickler is a sophomore Risk Management and Insurance major. She can be reached at [vspickler@smu.edu](mailto:vspickler@smu.edu)*



*what to do with an english degree*

### Do you have an opinion about...

politics? music? class? television? football? shopping? intramurals? fraternities? movies? tests? the Mavs? club sports? sex? religion? driving? Umphrey Lee? technology? baseball? the weather? dating? books? nightclubs? the Daily Campus? pets? Texas? study abroad? sororities? news? the war? magazines?

**or anything else?**

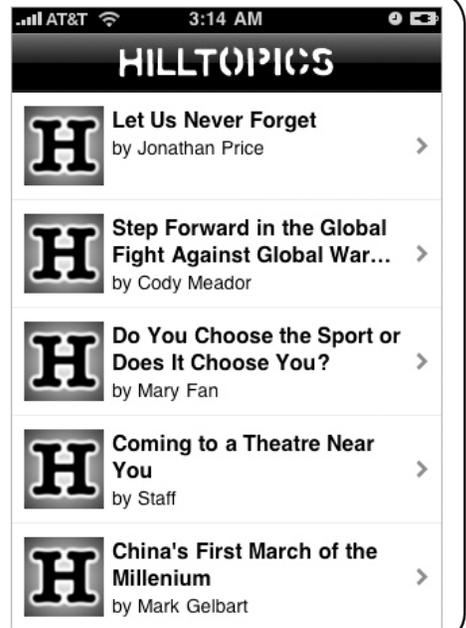
*we're listening at  
[amhowe@smu.edu](mailto:amhowe@smu.edu)*

### DID YOU KNOW?

Hilltopics has its own iPhone App?

While nothing can really replace a paper copy, getting a free update on your iPhone is pretty close

Get it for FREE at the App Store today!



## MUSIC CONT...

disaster of a week has made me realize that no matter how busy we are, we should never take for granted the beauty of a nice spring day, never refuse a cup of coffee with a friend, or two or three, and always remember that our number one priority ought to be securing a wonderful and enjoyable life, not checking off the to-do list. We are in college- for the most part, we don't have to do anything we don't want to. If we hate a class, we can drop it. If we hate our major, we can change it. We have so many options, especially going to a university that offers as many courses as SMU does, that it is a crying shame, if not a mortal sin, to be stuck in a position you hate. As my mom told me on the phone last night (and yes, I always call my mom first and foremost when I get swamped with stress and want to cry), "College is about experimenting, so go do something crazy and don't tell me about it." I love my mom. I'm making her a CD and mailing it to her.

So I hope that you are reading this outside (if the weather is decent by the time this gets published), sipping tea or coffee or Coke Zero or whatever, enjoying the afternoon or at bare minimum a brief pause to collect your thoughts the melee of the day. So take a break, and breathe, and have fun. The weather is beautiful and so are you, so go live your life and love it.

*Jack Swearingen is a first year political science and philosophy double major. He can be reached at [jswearinge@smu.edu](mailto:jswearinge@smu.edu).*



## *Hilltopics Annual Essay Writing Contest*

This spring semester, Hilltopics is hosting its annual campus-wide essay contest, and you are invited to participate! The contest is open to any current undergraduate or graduate student. Contestants will write one essay according to the prompt and guidelines below for a chance at \$750 worth of prizes—grand prize, \$500; two honorable mentions, \$125 each. In addition, the top three essays will be published in the May issue of Hilltopics. Entries are due as an email attachment no later than midnight, **Monday, April 19** to [amhowe@smu.edu](mailto:amhowe@smu.edu).

### *Prompt:*

SMU is enjoying its first winning football season in many years. Why are the reputations of universities so sensitive to the success of its football team? When a team has a strong season, applications to that school go up. What does this say about our culture and the way we see our college experience? Are the amounts of money spent on college football justified? How does football benefit the university, the students, and the university's future? Are universities forced to spend heavily on football to stay competitive?

### **Submission Requirements**

Contestants should follow the instructions below:

- Essays should be between 600 and 750 words.
- All essays should have a cover page with the following information: contestant's name, email address, telephone number, classification (year graduating), and major
- If resources are used or quoted, students should create endnotes in the style they wish
- All pages should be numbered, not including the cover page.

### *Adjudicating Criteria*

Essays will be judged according to the following elements:

- creativity and style
- spelling, word choice, grammar, fluidity
- use of specific examples, personal experiences, and details to support assertions
- clarity of thought, argument, and logic

Questions? contact Ashley Howe at [amhowe@smu.edu](mailto:amhowe@smu.edu)

## SEEING AT THE MUSEUM

By: Jack Swearingen

Meadows art students can disregard this first paragraph- I would hope that your coursework requires you to learn how to see beyond classifying what you see into specific categories for cognitive processing, but rather focuses your sight into the minute and subtle forms that make up our visible world. If you're like me, someone who spends time away from the artistic conception of life, immersed in the comings and goings of this world and the systems which guide it, we don't actually see with our eyes. Sure we can tell red from blue, and we can recognize our friends and family, but we miss the true figure of life because we are too busy placing things into mental boxes and files, conceptually dealing with our visual world and ignoring that which makes it up.

I am not exactly sure when this epiphany occurred to me, but I believe it was at a relatively young age. While I have long missed the boat for developing the skill to produce art through some visual medium, I am learning, slowly, to appreciate great works not only for their intrinsic beauty, but also for what they teach- that there is form and figure in beauty and that it can be defined and reproduced and sought and learned. We can, with great dedication to our craft, take the Ideal and cherish it in the Material. This is one of the many reasons why I love sculpture- its physical, real, and three-dimensional. Standing before a great work on the Meadows Plaza, one cannot but realize how integral art is to our world. The physical presence of Cho, the grace of Wave (when it has been properly oiled), and the creative endeavor of The Joy of Life takes art from cold marble museum hangings and forces them outside in our world, where we live and dream.

I was not paid by Meadows to write this, although I wouldn't mind considering next year's tuition increase, but I cannot walk or drive by the newly completed Plaza and not think of how much we need art in our life, not just something we go see or come home to, but something that is always on our mind and before our eyes. Imagine the world had Hitler been accepted to the art school in Vienna. Imagine the world if we saw all of life as tool for the creation of art, imagine that there was nothing beautiful or ugly but only art, which is just the visual striving of the same ideal that philosophers, scientists, and theologians strive for- Truth.

I conclude not with my own words, but with words from a thinker and a book that profoundly changed my life. This is the preface to Oscar Wilde's *The Picture of Dorian Grey*, and ought to be the preface to our every waking moment on earth:

“The artist is the creator of beautiful things. To reveal art and conceal the artist is art's aim. The critic is he who can translate into another manner or a new material his impression of beautiful things. The highest as the lowest form of criticism is a mode of autobiography. Those who find ugly meanings in beautiful things are corrupt without being charming. This is a fault.

Those who find beautiful meanings in beautiful things are the cultivated. For these there is hope. They are the elect to whom beautiful things mean only beauty.

There is no such thing as a moral or an immoral book. Books are well written, or badly written. That is all.

The nineteenth century dislike of realism is the rage of Caliban seeing his own face in a glass.

The nineteenth century dislike of romanticism is the rage of Caliban not seeing his own face in a glass. The moral life of man forms part of the subject-matter of the artist, but the morality of art consists in the perfect use of an imperfect medium. No artist desires to prove anything. Even things that are true can be proved. No artist has ethical sympathies. An ethical sympathy in an artist is an unpardonable mannerism of style. No artist is ever morbid. The artist can express everything. Thought and language are to the artist instruments of an art. Vice and virtue are to the artist materials for an art. From the point of view of form, the type of all the arts is the art of the musician. From the point of view of feeling, the actor's craft is the type. All art is at once surface and symbol. Those who go beneath the surface do so at their peril. Those who read the symbol do so at their peril. It is the spectator, and not life, that art really mirrors. Diversity of opinion about a work of art shows that the work is new, complex, and vital. When critics disagree, the artist is in accord with himself. We can forgive a man for making a useful thing as long as he does not admire it. The only excuse for making a useless thing is that one admires it intensely.

”  
All art is quite useless.

*Jack Swearingen is a first year political science and philosophy double major. He can be reached at [jswearinge@smu.edu](mailto:jswearinge@smu.edu).*

## SILENCE IS GOLDEN

By: Jonathan Price

Thanks to technology these days we seem to be in constant communication with everyone, be it through text messages, Facebook, phone calls, or even a friendly conversation on the street. We are so focused on getting out what we have to say that we often forget to listen to ourselves. Kahilil Gibran once said, "You talk when you cease to be at peace with your thoughts. . .sound is a diversion and a pastime."

I read those words this week and have committed myself to spend more time looking inward and thinking about what is going on in my life and less time worried with the actions of others. I have challenged myself to truly listen to others and not just wait my turn to speak. I have challenged myself to use this silence to better myself and master myself and my heart before looking outward and trying to find faults and flaws in others.

There is a story of a little boy that illustrates this concept very well. The little boy was playing outside all day, running through the tall grass in the area around his house when his mother called him in for supper. The little boy ran back to the house but upon arriving at the door realized that he had lost his most prized possession, a golden pocket watch that was given to him from his grand-father. So the little boy ran back to the field and searched all through the tall grass, ripping up the greenery violently and frantically searching for his grandfather's watch. Eventually he became so frustrated that he fell to the ground in exhaustion and exasperation. There he lay silently and heard a faint tick, tick, tick. And when he looked down, he saw what he had been looking for all along, the golden pocket watch.

See, sometimes it is not action or speech that we need to use to find what we are looking for. Often times it is silence that we need to look in ourselves and find the truth about ourselves. And it is here, Lao-Tzu, would say is where we find enlightenment because "he who knows others is wise, but he who knows himself is enlightened."



## CRIME DOESN'T PAY...



### March 3

12:25 PM. Burglary of a Building: Kappa Sigma House/3022 SMU Blvd. A student reported theft of a watch, cufflinks and cash. Open.

*(...cufflinks? Only at SMU)*

### March 4

8:36 AM. Fire Alarm: Meadows Museum/5900 Bishop Blvd. University Park Fire Department responded to an active fire alarm. It was determined the alarm was caused by dust from an employee sweeping the floor which set off the smoke detector and activated the fire alarm. UPPD reset the fire panel and cleared with no further incident. Closed.

*(...try sweeping a bit more often and things like this won't happen)*

### March 6

1:09 AM. University Policy/Code of Conduct Violation: Dyer Street. Police Officers reported they observed an open storage closet near the entrance of the house. Inside the storage closet was plastic tubing with a funnel attached. The plastic tubing and funnel were consistent with equipment used for a beer bong. Closed.

*(...probably wasn't for a science experiment)*

### March 27

4:12 PM. Criminal Mischief: Boaz Hall/3200 Binkley Avenue. A police officer reported he found a stone ashtray shattered. Open.

*(...a particularly exciting day for SMU PD)*

### March 29

12:51 PM. Harassment: Sigma Chi House/3100 Binkley Avenue. A student reported receiving harassing phone messages from a former girlfriend. Open.

*(...since when is this a crime and not normal?)*

## GRADE SCHOOL



## HIGHSCHOOL



## COLLEGE



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## THUMBS UP

Spring weather  
HeartGold and SoulSilver  
Doing homework/reading on the lawn  
Peppermint Ice Cream  
One month left until summer



## THUMBS DOWN

Enrollment stress  
Burnt popcorn  
Stepping in rain puddles  
Still one month until summer



## MY LIFE IS AVERAGE...

Today after changing my facebook language to pirate I noticed that instead of "logout" it says "abandon ship" I'll never logout from facebook again MLIA.

Today I got a care package from my mom. It was a bag of Nerds and Smarties. I think she's trying to tell me something. MLIA.

Today I was playing a game on the computer and listening to my iPod. After a while I realised that I was clicking in time to the music. MLIA.

Today I realised that not only is OK a sideways person and OH is a sideways person doing the splits, but OX is a sideways person in the process of a star-jump. MLIA.

### Hilltopics Staff

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