

Tech Collegian



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Students Take For Granted

Resources

Last Lecture Series

What college students really want to know: Real talk

Daniel Eisenberg C.D./Section Editor/Staff Writer



 $F^{\text{or those of you who do not know, the}}_{\text{``What students really want to know''}}$ column is one that I write for in every issue of the Tech Collegian. I made up this column to express my unique sense of humor, to make a big deal out of something that really is not a big deal at all and act like students really want to know about it. Some of the articles are about absolutely nothing, and others are about the history of something or about how something originated. Others are about something that I simply found interesting at the time and wished to share it with the rest of campus. Since this is the last issue this scholastic year, this will be the last article for this column this year. When trying to figure out a topic for this article, I stopped and thought to myself, "What do students really want to know?" After thinking about this for a minute it occurred to me that I am asking myself the wrong question. Since I am in control of what is written for this column, I am allowed to express myself

and my thoughts to the school, which is something that is a privilege, and most students do not receive this opportunity. I realized that I should not ask myself, "What do students want to know," but rather, "What do I want to tell the students?"

Now that I had the question I wanted to answer, I had to decide what it was that I actually wanted to tell students on campus. When you stop to think about it, this is quite a difficult task all in itself. I mean, if you had the chance, what would you want to tell the rest of the student population at Tech?

This past year has been one that will always be remembered. The 2012-13 year has had a lot of memorable events that will remain in the minds and hearts of students across campus. I feel as though Tech has a way about it that most students do not even realize. It is not a thing, it is not an idea, but rather it is more of a feeling that gets inside you and consumes your mind without you even knowing that it is happening. I feel as though Tech is split into two categories of

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How to prep for finals

Lindsay McDowall Staff Writer



The week we all dread is almost upon ▲ us – finals week. For those new to this game, you are probably wondering how you are going to make it through the coming weeks. For those of us who have been around the block a few times, this is nothing we cannot handle. Or so we feel!

You can never be too prepared for finals week. While some may blow it off, it may be the most important week of the semester. Final exams usually count for at least 20 percent of a grade, if not more. The million dollar question that passes through everyone's mind - how do you prepare for finals week?

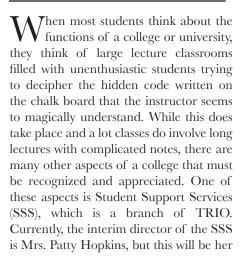
Most exams are going to be cumulative exams, meaning that the material for the exam is everything that has been covered the whole semester. Exams like that require a good bit of studying. So how does one study for it? Work forwards, and start early! Start studying for the exam at least a week beforehand, if not more. Start with chapter one and

See **Finals** on page 7

Farewell Patty Hopkins! We will miss you!

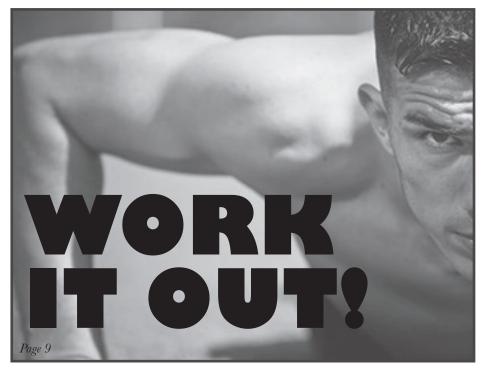
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A how to guide for moving into your first place

Andrea Joseph Section Editor/Staff Writer



When starting college many students live in dorms for the first couple of years, but as time passes many students have the opportunity and privilege to move into their first place. Even though many college students are so pumped about moving into their first place, it adds up in terms of cost very quickly considering you have to pay rent, furnish the place, accessorize every room accordingly, and constantly keep up with groceries. It can also become quite a shock and something that many students find hard to keep up with during strenuous school schedules. So for the college students that are getting ready to embark on this new chapter, let us try to make it easy for you in terms of what you need by narrowing it down room to room, then look at places that have the cheapest merchandise.

See First Place page 13

WV summer destinations

Daniel Eisenberg C.D./Section Editor/Staff Writer



believe it is a safe statement to say Lthat most students who attend WVU Tech will be spending their summer break in the state of West Virginia. Some people may say that there is nothing to do in the Mountain state, and that it is boring. To say a statement such as this takes ignorance, and a sense of closed mindedness that should be exploited and frowned upon. There are many things to do in this great state, if you were to simply look a little bit and be open to new activities and new ideas.

When someone thinks of West Virginia, they probably think of mountains and streams. Possibly the number one activity to be done in a stream is white water rafting. Rafting it one of the many highlights of West Virginia, and our rapids beat any competitor.

There are many packages that can be purchased for rafting, and the services are top-notch. There are also many holidays that cheap rates are available that can be taken advantage of, including father's day, Memorial Day, Fourth of July, and Labor Day. Also, do not forget to check out West Virginia Day in June and Bridge Day in October, both of which take place at the New River Gorge Bridge.

While white water rafting is extremely fun and makes memories for ages, you must remember that it is also dangerous, and needs to be done safely. Rule number one is that you must always wear a vest. No matter how uncomfortable it is or how hot it is, it can save your life if you fall out and get knocked unconscious. Helmets, paddles and water shoes are also strong recommended to ensure safety, as well as working with the buddy system. Going rafting alone is a recipe for disaster.

See WV Summer page 13

A word from your SGA President...

Robin Davis

Guest Writer



Well the time is here. We are at the end of the spring semester and summer break is upon us. I cannot help but look back on the past year at WVU Tech. We as students and Tech as a whole has grown exponentially. I could not be more proud to be graduating from WVU Tech with the class of 2013. I would like to first say it has been an honor to serve as Student Government President. I have been blessed to work with an outstanding Senate of students, and a hardworking and caring administration. I as well as the SGA would not have accomplished much this year if not for the SGA Executive Council. I cannot thank them enough. I would also like to thank Mrs. Carolyn Long and Dean Richard Carpinelli. Not only have they worked hard to see that students are put first at Tech but they have also served as role models for me. Mostly I would like to thank you, the students of WVU Tech. YOU are the reason we work so hard, YOU are the reason Tech is once again a top college and most of all, YOU are the reason Tech is growing and succeeding.

SGA Accomplishments over the year: As many of you know, SGA was busy all year. We were able to accomplish more this year than in the past few years combined. I'd like to share with you some of things SGA has been able to accomplish over the past year.

- Created and implemented a new and successful budget process
- Worked with the Faculty Assembly on student dead week concerns
- Developed a book list for the Library Committee for student desired books
- Gotten students involved in committees around Tech, such as the Athletics Committee, Light Up Old Main Committee, Class Ring Design Committee,
- Developed a Nutrition Committee that has worked with Dining Services to improve dining options for students
- Attended numerous student leadership conferences around the state

 Developed an SGA Organizational Manual and trained organizations on how to optimize their SGA

- Allocated approximately \$14,000 to date for student organizations via mini grants
- Added the \$500 startup funds for student organizations
- Located and reserved offices for numerous student organizations with help from the Dean of Students
- Relocated SGA office and have provided SGA Officer Office Hours
- Had numerous giveaways, such as iPads, t-shirts, Frisbees, etc.
- Collaborated with WVU SGA to help work to address student concerns regarding meal plans
- Developed ideas of things to put in the new Green Space
- Wrote and submitted an article to various state newspapers regarding SGA support of the Tech Revitalization Committee that was later published with the Charleston Gazette.
- Developed first ever student developed budget proposal for student fees in the 2013-2014 year.

New Student Government Officers With the end of the spring comes the election of next year's SGA officers. I am very pleased to announce the following students will be taking the reins of Student Government for the 2013-2014 academic year:

President – Amy Haddix

Vice President – Jennifer Lyons

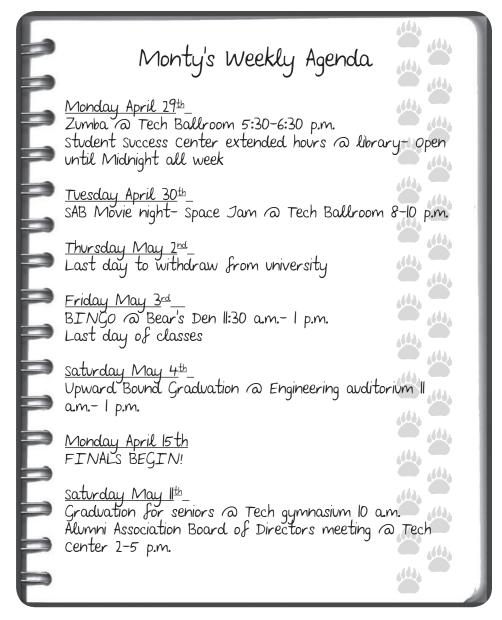
Senators- Taylor Miltenberger, Dan Eisenberg, Rhubi Garcia Mercado

I am looking forward to the great things that will come from next year's SGA as well as the great things that will be coming WVU Tech.

Good luck to each and every one of you, and as always,

GO GOLDEN BEARS!!!

YOUR AD HERE, BRAH for more info e-mail tech-collegian.mail.wvu.edu



Resources at Tech we take for granted

Lindsay McDowall Staff Writer



Here at Tech, we are fortunate enough to have quite a few resources. However, there are many resources that students at Tech do not know about, or take for granted and do not use often.

One such resource is the WVU Tech Alert that Campus Police runs. Mostly used to alert students about weather delays and closures, WVU Tech Alert is a system that Campus Police can use to text students on campus. It has been used for weather and road closures, but is also the system that Campus Police would use to warn us of a shooter on campus if it were to occur. To sign up, go to Tech's website, then Current Students. There you will find a link to sign up to receive Tech Alerts.

Another such resource is certain parts of WVU Tech's webpage. There are parts of the website that could be quite useful to Tech students. For example, Tech Financial Aid has a webpage for student job openings across campus. Bet you did not know that! Vining Library has a whole set of databases available online for research purposes. We all learned about them in our freshman seminar classes, but most of us do not take advantage of this resource. It contains multiple databases with magazine articles, newspaper articles and so much more. Writing a research paper is easy with this set of databases.

Cantrell Miller, head of Career Services at Tech, helps all students that come to him find jobs, whether they are part time or full time jobs, co-ops or internships. He uses a system called Experience, where he posts all the jobs available that people send him. You can search for types of jobs, specific employers and get emails when there is a new posting. If you post a resume, employers can even look it up and see it!

On the Dining Services part of the website, you can find the menus for the semester! So instead of going up to the Bear's Den only to be disappointed, you can know ahead of time when they are going to be serving something you do not like, or when they plan on serving your favorite.

Student Support Services frequently holds programs on different struggles that students face, such as test taking and how to take good notes. Many of you struggle with these problems, and it does not make you stupid or a bad student! Go to these seminars and I guarantee it will help you. Have ideas for some sessions? Email Patty Hopkins and tell her!

Some resources that students take for granted are professors and advisors themselves. Resident Directors and Resident Assistants are always available to talk to, as well as the Dean and Associate Dean of Students. Professors are always fun to talk to about subjects other than academia; usually they have some pretty interesting life stories!

Tech has plenty of resources for students that are not taken advantage of. Some are even just plain unknown. However, now you know, and can take advantage of all that Tech has to offer! They are more helpful than people realize, and there are more of them than have been mentioned in this article. Just poke around and ask and I am sure you will find even things that I have missed!

Student Success Center open!

Daniel Eisenberg

C.D./Section Editor/Staff Writer



It has been a long time coming, but the Student Success Center (SSC) is now open and welcomes any student to commandeer its space. This new resource for students is located on the third floor of the Vining Library. It possesses a computer lab, private tutoring rooms and an open lounge area that students can utilize for their advantage when it comes to doing homework, looking up research, having a place that is quiet and a positive learning environment, or simply just hang out when with friends in a public area. A brand new director of this great facility has been hired, and she brings both experience and enthusiasm with her.

Mrs. Kelly Hudgins is the proud new director of the SSC and is well qualified for the job. Prior to working at Tech, Hudgins worked in Austin College located in Sherman. Texas where she was an adjunct faculty member in literature and writing. Before that, she worked as the director of the student access center at Southern Oregon University and had the responsibilities of academic advising, academic support, personal counseling, career services, disability services, veteran services and basically any other student service. Prior to this position, Hudgins was the director of the academic skills center also as Austin College where she ran a very robust peer tutoring program.

From Texas to Oregon, back to Texas and to West Virginia, Hudgins has experience in teaching and as a student affairs administrator. When deciding to relocate, she had three requirements: rivers, hills and people she knew well. Having friends in Charleston, and WV being amongst the top three choices on her lists, Tech became the overall winner in the hunt and the title of WVU Tech SSC Director was added to her resumé.

"I love it here!" says Hudgins.
"The faculty here is amazing! Any

institution anywhere would be lucky to have them. I also feel the same about the students. I am particularly impressed by their work ethic, their willingness to seek and receive assistance, and their strong commitment to their own future. They have been so helpful and supportive of the center. I couldn't be happier!"

The center has a lot to offer for students here at Tech. Starting in the fall of 2013, peer tutoring will be available in courses that are statistically difficult for freshman students. Also, all student advising for first year students will be done through the center. There will be 4 early registration dates that have been added for the summer in order to keep them small and on a one-on-one basis. Also some responsibilities with the back to school orientation will be added to the center, as well as some collaboration in the freshman seminar program. The center is open and flexible and willing to help any student with anything they need.

Already, there have been numerous students utilizing the new space and resources so that they can better themselves and their futures. A sign in sheet has been placed at the door to record how many students are really using the space. During a Tuesday- Thursday spread, 72 students signed in and were present in the facility. Due to student demand, the hours of the center will be extended to midnight during dead week and finals week to give the night owls a chance to use the space and maximize their study time. Depending on how much of this time is utilized, the hopes are to make these hours permanent during the fall semester, with a few exceptions.

Overall, this addition to the Tech campus is a huge and wonderful resource that should be utilized by every student who is planning to succeed academically. If you have not had a chance to make the trip up the stairs of the library, I highly suggest you take the time to do so and see what a great addition the Tech family has given us.

Greek Guys: Greek week recap

Daniel EisenbergC.D./Section Editor/Staff Writer



Greek Week 2013 came and went just as it does every other year, and this year proved to be just as intense and just as competitive. With hearts on the line and bodies being thrown around like rag dolls, every participant did everything in their power to bring back the W to their organization and add points to their total score. There are only three fraternities on campus, so the bracket for most of the events had to be double elimination in order to make it fair to determine a winner.

The first event of the week was softball, which was played on Martin Field. The first game of the day was between Phi Kappa Tau and Sigma Pi. Phi Tau took the victory in this game and moved on in the bracket to play Delta Chi while Sigma Pi went into the losers bracket. Between the Tau's and the Delta Chi's, the match was even set and the score was very close but Phi Tau came out on top once again and the next match was between Sig Pi and Delta Chi. The Chi's beat the Pi's in the losers bracket and went back to play the Tau's. In order to win the event, Delta Chi would have to win twice, where Phi Tau would only have to win once. It was a battle of defense in this game, with few hits, and fewer runs, but Phi Tau won this game with a score of 4-2, taking first blood in Greek Week.

The next night was bar night which included singles pool, doubles pool, darts, foosball, chess, Texas hold 'em, cornhole, horseshoes and frisbee golf. Without going into too much detail about the actual places of every event, Phi Kappa Tau gained 165 points on the night, Delta Chi 120, and Sigma Pi 115.

Tuesday was the first quiz bowl to enter the Greek Week competition. This was held in the Student Activities room and was ran by none other the RD Emily Sands. The questions were of moderate difficulty, revolving around basic knowledge, history, and pop culture. With the scores of this bowl being very close, and the final question deciding the winner Phi Tau was able to come out with another victory with Delta Chi in second and Sigma Pi in third.

Wednesday night was volleyball in the Tech Gymnasium. Once again, a double elimination bracket has to be used in order to determine the winner. Delta Chi played Sigma Pi first and the Chi's came out on top. Phi Tau then played Delta Chi and got beat, so had to move into the loser's bracket to play the Sigma Pi's. After defeating them, Phi Tau went back up to play Delta Chi, but would have to win twice in order to take the victory. This chance did not come up for Delta Chi defeated Phi Tau in the first round giving them the first place victor.

Thursday's events included a swimming relay in the afternoon, and field events in the evening. The field events were a keg toss, relay race, farthest football punt, farthest softball throw, chariot race, tug of war, dizzy bat, and ping pong in Ratliff Hall. Delta Chi took first place in the swimming relay, chariot race and relay race, and Phi Tau took first place in the tug of war, keg toss, football punt, softball throw, dizzy bat, and ping pong.

Basketball and dodge ball were on the agenda for Friday night. Dodge ball was a delight to watch, and Delta Chi picked up the victory. In basketball, after Sigma Pi had to drop out of the bracket due to lack of players, Phi Tau played Delta Chi in a winner take all game. The match was close, but Phi Tau took the victory with a score of 45-30.

Saturday's event was cancelled due to lack of players showing up for the event. At the end of the week, after all the points were tallied up, Phi Kappa Tau took the Victory with 530 points, making it their 8th straight first place victory in a row. Delta Chi came in second place with 445 points, and Sigma Pi took third with 330.

Lady Greeks

Lindsay McDowall

Staff Writer



Well, here we are at the end of the semester, and everyone is gearing up for finals. The sorority girls are no exception! Along with the end of the year, comes graduation, a time of saying goodbye to a collegiate career and entering the world of alumna status. From your sisters:

To Delta Kappa Theta graduate Whitney Fauver, Nursing Class of 2013 – Whitney, you are a hilarious lady! Even though you're busy, you always make time for us and for your friends. We are so proud of you for making it to this point in your life! We are sad to see you go, but we are excited to see what's in store for you after graduation. Things will never be the same without you!

To Delta Kappa Theta graduate Rachael Ferrell, Digital Design and Print Communications Class of 2013 – Rachael, you are the biggest sweetheart and one of the nicest people we have ever known. We are going to miss you and your smiling face so much! We are so proud of you for making it to this point in your life! We are sad to see you go, but we are excited to see what's in store for you after graduation. Things will never be the same without you!

To Delta Kappa Theta graduate Megan Thomas, Printing Management Class of 2013 – Megan, you have nothing but good things ahead of you. You are a friend, leader, and sister, and one of the greatest women we have known. We are so proud of you for making it to this point in your life! We are sad to see you go, but we are excited to see what's in store for you after graduation. Things will never be the same without you!

To Alpha Sigma Tau graduate Clara Shively, Mechanical Engineering Class of 2013 – Clara, we are going to miss you so much! You are always there for us, and know how to make us laugh at all times. You're intelligent, caring, gracious, and so much more, and all of that makes you one of the most outstanding women we have ever gotten to call Sister. We have no doubt that great things are ahead for you. You are a mixture of a boisterous little girl, a troubled adolescent, a sophisticated coed, a charming young woman, and a wise old lady.

To Alpha Sigma Tau graduate Ashley Clark, Accounting Class of 2013 – Ashley, we are going to miss you so much! You have been such a dynamic part in the life of Gamma Mu, and in all of our lives. You are an exceptional woman who we are proud to call Sister. We have no doubt that great things are ahead for you. You are an individualist, a party girl, a procrastinator, an absolute failure, and a huge success.

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." ~Quoted in P.S. I Love You, compiled by H. Jackson Brown, Jr.









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Student Leadership Awards Banquet

Lindsay McDowall Staff Writer



n Thursday, April 27, 2013 the Dean of Student's Office and the Student Government Association held the first annual Student Leadership Awards Banquet. This banquet was made to recognize the leadership of students across campus. Both the Dean of Students Office and the Student Government Association hope it will not only continue through the years, but continue to grow as well. There were four award categories: Outstanding Student Leader, Student Outstanding Organization, Organization Outstanding Student Advisor, and Outstanding Golden Bear.

The Dean of Student's Office awarded the Outstanding Student Leader and the Outstanding Student Organization awards. The recipients of the Outstanding Student Leader award had to have at least at 2.50 GPA, have shown leadership across Tech's campus, and contributed positively to the quality of campus life. The recipients were Daniel Eisenberg, Shae Shamblen, Jenn Lyons, Lindsay McDowall and Robin Davis. Congratulations ladies and gentlemen! You will no doubt continue to improve Tech through the years; graduates, thank you for helping to make Tech what it is - you will definitely go far in life!

The Outstanding Student Organization had to have contributed positively to the overall quality of campus life, served the community outside of Tech, and been active in the Student Government Association. The recipients were Alpha Sigma Tau Sorority, Phi Kappa Tau Fraternity, and the American Society of Mechanical Engineers. Congratulations to these Outstanding Student Organizations! You worked hard for this, and you deserve it!

SGA President Robin Davis awarded the two Student Government Association awards -Outstanding Student Organization Advisor and Outstanding Golden Bear. Outstanding Student Organization Advisor award went to the organization advisor that best helped their organization and has best supported Tech. The award went to Dr. Cortney Barko, WVU Tech English professor and Alpha Sigma Tau Sorority's advisor. Alpha Sigma Tau nominated her because "she has always gone above and beyond the call of duty. She is an excellent professor and advisor. She's always there for us when we need her!"

The Outstanding Golden Bear Award went to the Tech employee that has contributed most to the overall quality of campus life. The award went to Elizabeth Stover - better known as our beloved Miss Liz. Miss Liz won because of her wonderful, vibrant personality. She always says hi to whoever walks into the Bear's Den. She makes sure we're all doing well in school and life in general. As she says, we're all her babies!

Student Government Association President Robin Davis said, "I'm very happy that we could honor these excellent people. People like Dr. Barko and Miss Liz help us all on a daily basis, and we don't recognize them enough!" Himself and Dean of Students Richard Carpinelli have been instrumental in putting this all together. Both of them felt that students and faculty alike to who have gone above and beyond needed to be recognized for all their hard work - they are what make Tech as great as it is today, and what will propel it forward in the future.

Along with the presentation of awards, the Student Government Association President Robin Davis also announced the winners of the 2013 SGA Elections. Your new Student Government Association President is Amy Haddix, and your new Student Government Association Vice President is Jenn Lyons. The secretary and treasurer will be appointed at the beginning of the next semester. Congratulations ladies and good luck!



Last Lecture Series: Dr. Gregory Lieving

Ashley Quinn

Section Editor/Staff Writer



Randy Pausch, a computer science professor at Carnegie Mellon University, before his passing in 2008 delivered what he called his "last lecture". It was a profoundly moving moment that captured the hearts of his students and of academia across the country. Since then many colleges and universities have adopted what is known as the Last Lecture Series, in honor of Randy Pausch and all professors that dedicate their lives to educating young minds. WVU Tech began the first installment of the Last Lecture Series with Dr. Gregory Lieving, professor of psychology, presenting.

The topic of Dr. Lieving's discussion was "The Final Hurdle: Science and Superstition". When it came time for the lecture to begin, Dr. Lieving approached the podium and quickly began going through the list of reasons he was not standing before the crowd delivering his lecture. He noted that many take opportunities such as this to indulge in "self-aggrandisement", platitudes or to be a source for inspiration. Dr. Lieving rejected all of these possibilities as well as the one that he was terminally ill and did not indeed know it or that the other faculty members handed down the responsibility, much to the amusement of the audience. The reason Dr. Lieving finally gave for being nominated to speak was that some poor student had misunderstood the meaning of the Last Lecture and put forth Dr. Lievings name in hopes that he would not have to sit through any more of his lectures. Silly, Dr. Lieving.

Humor aside, Dr. Lieving began his lecture by explaining that the very cornerstone of any science is a concept known as determinism; that every event in the universe has a real, physical cause. Humans so easily separate biology, physics and chemistry into a category known as a "hard" science. Animal behavior, the human body as a deterministic system, nearly every single happening in the universe is lumped into this "hard" science category. And yet for some reason, some horribly unfortunate reason, humans as a species fail to apply this deterministic approach to one phenomena and one phenomena only; our own behavior.

Dr. Lieving continued on by listing the reasons why humans ignore the true place of behavior; it is too complex, egotistical nonsense, that objectivity is impossible, and that we have "freewill". He went on to explain away all of these reasons. The reason that he paid particular attention to was the age-old notion of "free will". Any one of Dr. Lieving's students knows where he stands on this concept and has heard similar lectures before. However, it was indeed a very important point that Dr. Lieving presented. Innumerable problems exist in the world today because people view their own behavior as something magical and coming from an inconspicuous source known as our own choices.

Dr. Lieving went on to explain that by accepting that our own behavior comes only from inside ourselves we accept the following: the just-world hypothesis, that soluble problems are insoluble and the real causes of behavior are ignored. For those that are not aware, the just-world hypothesis states that people essentially get what they deserve because they are causing their own behavior from inside themselves. Dr. Lieving explained that we idolize the rich, regardless of how they got there, because they must have done something wonderful to deserve all that

wealth. By the same token, we blame the victim for their situation because only bad people deserve horrible consequences.

This idea of "free will" is so far buried in our history and culture that hardly anyone even realizes that it is a problem.

Psychology, for a time, had a response to this ideal. Dr. Lieving explained that roughly between the 1930's and the 1970's behaviorism dominated the field. Behaviorists viewed human behavior as simply another phenomenon in the universe subject to the same laws as anything else. And it was beautiful. Noted psychologists such as John B. Watson and B.F. Skinner contributed much to the notion that human behavior was something measurable, predictable and changeable.

Unfortunately, the timing was not quite right. Near the time that B.F. Skinner produced his ground-breaking work "Beyond Freedom and Dignity" the nation was in the grips of the Vietnam War and waging yet another war at home against technology. Dr. Lieving described that this was the time that psychology began, to once again, embrace the mystical notion of "free will".

Dr. Lieving left us with a particularly real message. We are nothing more than "a temporary nexus of genes and experiences". He reminded us to always help people and not to hurt them because there are numerous instances of outside forces determining their behavior. And above all else, embrace science.

Overall, Dr. Lieving presented an amazing first lecture in the Last Lecture series. His words had a real and lasting meaning. I am sure that many attending disagreed with Dr. Lieving when he said that he was not there as an inspiration. Because he truly is. He has a brilliant mind and he leaves lasting impressions on all of his students who will hopefully go out and do just as he asked. Thank you, Dr. Lieving, for a memorable speech.





WV State Fair

Ashley Quinn Section Editor/Staff Writer



The West Virginia State Fair actually predates West Virginia itself. The very first recorded fair in the Greenbrier Valley took place in 1854; nine years before West Virginia succeeded from Virginia and became a state. The Greenbrier Agricultural Society was responsible for the organization of the first fair. The Society intended for the fair to be an event in which agricultural achievements could be showcased and appreciated.

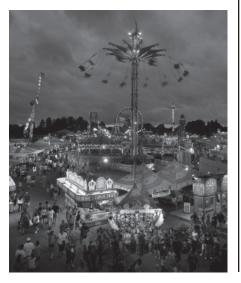
This very first fair in the Greenbrier Valley took place at Mr. Nesmith's Grove. This location was determined to encompass approximately two acres and included areas of what is today downtown Lewisburg. By 1858, the fair had gained a certain amount of notoriety. During that year, an "irongrey colt" took home the Blue Ribbon. That same colt went on to be known as Traveller, Confederate General Robert E. Lee's warhorse during the Civil War. Also, in 1858, the fair had on display the very first sewing machine brought into the Greenbrier Valley.

After the Civil War and the formation of West Virginia as a state, the fair returned to its' annual festivities in 1869. Once again, the fair gained notoriety for showcasing another famous animal. Mr. Samuel C. Ludington brought a shorthorn steer to enter into competition. Ludington's steer was acclaimed to be the heaviest in the world weighing in at 4,500 pounds! This tradition of agriculture and livestock lives on through the fair even today. There are many opportunities for farmers to bring their prize crops and stock for competition and showcasing.

Today, the fair still holds on to its' traditional agricultural roots, but

some additional entertainment has been added to the list of festivities. On Friday August, 9th the fair will boast several motorbike/motocross events including the "Extreme Raptor Show". The "Swifty Swine Pig Race" runs the course of several days if one is interested in watching a plump piggy race down a muddy course. However, the main form of entertainment during the state fair is the concert series.

This year the list of artists include: Tate Stevens, Casting Crowns, Austin Mahone and Coco Jones, Josh Turner and Dustin Lynch, Eli Young Band and Love and Theft, Thompson Square and Randy Houser, Theory of a Deadman, and Buckin' B Bull Ride and Parmalee. Many of the acts are, of course, country performers, but the entertainment for this year is diverse enough that all can enjoy what the state fair has to offer. This year's fair runs from August 9th through August 17th with many fun, exciting and family oriented activities. Lewisburg is a great area to come and spend the day enjoying the finest in agriculture, livestock and crafts that West Virginia has to offer. Hope to see you there.



America to be tried in North

Korea

Ashley Quinn Section Editor/Staff Writer



United States citizen, forty-four year old Kenneth Bae, entered North Korea last year as a tourist, the BBC reports. In the article, "North Korea to issue verdict on US citizen", the BBC describes that Bae was detained shortly after entering the country, reportedly in November following his arrival in Rason near the Russian border. The BBC explains that the American is being held and will soon be tried on "charges including attempting to overthrow North Korea's government."

This report comes shortly following the third nuclear test by North Korea and amid tensions between North Korea and the United States and South Korea. The BBC reports that South Korea is in the process of withdrawing its workers from the Kaesong joint industrial zone. This action follows the removal of 53,000 North Korean workers from the area.

The Korean Central News Agency (KCNA), reported Saturday that the first inquiry into Pae Jun-Ho's (what Bae is known as in North Korea) activities in North Korea is completed. The KCNA goes on to state that Jun-Ho admitted to crimes associated with toppling the Democratic People's Republic of Korea. The KCNA insists that these crimes were proved by evidence and explained that Jun-Ho would be taken before the Supreme Court of the DPRK soon. The BBC states that, at this

time, it is unclear as to what charges Pae Jun-Ho can expect. However, the criminal code of North Korea details such codes as life imprisonment or the death penalty for similar instances.

Pae Jun-Ho is the sixth American citizen to be detained in the Democratic People's Republic of Korea since 2009, the BBC asserts. One high-profile case was that of journalists Laura Ling and Euna Lee. Both women were released back to the United States after direct intervention from former President Bill Clinton, the BBC explains. Koh Yu-hwan, who is a professor at the Dongguk University in Seoul, South Korea stated that Jun-Pae's case was similar to all the others. "For North Korea, Bae is a bargaining chip in dealing with the United States," Yu-hwan stated to the Associated Press.

In the past, high-profile politicians have gone into North Korea to secure the release of American citizens, the BBC explains. As previously mentioned, former President Bill Clinton, as well as former President Jimmy Carter and former United Nations Ambassador Bill Richardson have all negotiated the release of United States citizens detained within North Korea.

The BBC states that at this time it is unsure of the action that the United States could possibly undertake to secure the release of Kenneth Bae. However, the BBC notes that no public comment has been made from the White House. Also, the United States has no representation in North Korea. The BBC explains that the United States is being represented by the Swedish embassy currently in Pyongyang.

2013 Greenbrier Classic concert series

Kassie Shope Staff Writer



If you are looking for something fun I to do over the summer, but you do not want to travel far, then check out the Greenbrier Classic. The Greenbrier Classic is a PGA golf tournament that is held annually in Greenbrier County in the town of White Sulphur Springs, West Virginia. The Greenbrier resort has been welcoming guests since 1778 and is often referred to as "America's Resort". It sets on over 6,750 acres and includes four golf courses, indoor and outdoor tennis facilities, a 40,000 square foot spa, a guest-only casino, many shops and of course the vast hotel itself. Since 2009, the Greenbrier resort has under gone over \$250 million dollars' worth of renovations and has since became home to the Greenbrier Classic, hosted by PGA and FedEx.

If you want to go watch the golf, make sure you show up by July 4th as the first round of the tournament begins at 7 o'clock in the morning. That night at 8:30 p.m. the long awaited and star studded concert series begins. First on the list of performers is country music superstar and four-time Country Music Association Entertainer of the Year Kenny Chesney. With 19 number one hits like "There Goes my Life," "Summertime," "Living in Fast Forward," "You and Tequila," and "When the Sun Goes Down," this is sure to be concert that every country fan wants to attend! When asked about performing on our nation's birthday Chesney said, "This country is an



amazing place and to be able to spend the 4^{th} of July somewhere as historic as The Greenbrier, that's pretty incredible!" With a superstar like Chesney performing, the tickets will not be cheap. If you buy a badge to watch the week long tournament which is \$199, the prices of the concert tickets are included in the price of the badge. If you just buy a ticket to the concert, it will cost you approximately \$200.

The next concert on the list is the famous rock band Aerosmith. They are scheduled to play on Saturday July 6 at 8:30 p.m. Although I could not find an exact price for tickets, I would say it would probably be close to the price of tickets to Kenny Chesney which is stated above. I also heard a rumor, which means it may not be true, that Beyonce will also be performing and they just have not released it yet. I could be wrong, but I have heard it from several people and it has also been circulating on the internet. So if you are interested in seeing Beyonce, keep your eyes peeled for news on this rumor. Whether you go to see the professional golf tournament or the star studded concerts, you should definitely go to the Greenbrier Classic; it is sure to be a great time!

Stuck on a paper? Need Help?



The Writing Center at WVU Tech is here to help
Tech students with their writing for any class on
the Tech campus. In the writing center students
work with tutors who are also
WVU Tech students.

Location: COBE 334
Hours of Operation:
Monday, Wednesday, Friday: 10AM -1 PM
Monday and Wednesday: 2 - 4 PM
And by Appointment
Walk-ins accepted based on

MATH TUTORIAL LAB Spring 2013

time and tutorAvailability.

Engineering Lab - Room 107

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Susan Barton				
9:00	Ranjith Munasinghe	Bing Yang	Ranjith Munasinghe	Bing Yang	J.T. Hird
10:00	Fred Cavalier	Chengmin Yang	Fred Cavalier		J.T. Hird
11:00					
12:00				Sue Barton	
1:00					Deb Chun
2:00	Chengmin Yang		Deb Chun		
3:00	Phil Redden		Phil Redden		



Brown Bag Lecture: Tom McGraw

Joe Sherfey Staff Writer



This was the last Brown Bag Lecture of the school year and was very well done. The speaker was Tom McGraw, a WVU Tech Assistant Professor of Health Services Administration. He spoke on the topic of health care and how society could improve it. He stated that the U.S. does not have a national health policy and the health care we have only really covers major illnesses and traumatic cases. He said that other countries had a national plan though and were doing quite well.

He also talked about what the physicians and the community's role was in hospitals. The physicians are the real customers because the hospital is a service organization and the physicians handle the purchasing and operational practices of the hospital. The community is more or less the critics. We complain about the high bills and demand the best care. If we really stepped back and looked at how many other people need care and how much the equipment costs, we might change our attitudes. To give you an idea of cost, an MRI machine costs anywhere around 2.8 million dollars. Our money is paying for not only the current checkup but the equipment we may need later.

There is also a lot more that goes into finance than just equipment though. There are wages, salaries and benefits for the workers as well as pharmaceuticals. The rising demand for all this does not make it any easier on the hospital. They have to buy more equipment, hire more employees

and also the population growth affects them as well. There is also another problem; some people cannot afford to pay for their own care so they pass it on to someone else. This person then has to pay a higher price than they would have had to if the person could have paid their bill. That is part of the reason that insurance companies like Medicare and Medicaid exist. They cover most of the cost and allow people with their insurance to pay their bill at a much lower price.

Another reason prices rise for the care is because of product liability. This can be from equipment malfunction or a problem in an operation. People decide they are going to sue a hospital and it hurts the hospital greatly as well as the patients they care for. Research is also another reason prices are high. Inventors do not want to invent something and not get paid for it. So they require funding and someone to buy the product. And as they improve the product the price will be driven up higher.

At the end of his lecture, though, he gave two ways that we could improve the health care. We could start all over and retrain the physicians to only give the necessary care the right way. This will institute a personal accountability of health on the patients. They will be responsible for following the physician's orders as they state. He also presented another way. This way has a consequence though. We can decide on the services ourselves and decide what should be available to the community. This will have consequences though and might affect the community in a negative way. Either way something will have to change. It is up to the community to decide what will happen.

WORDS OF ADVICE for graduating seniors

Create a LinkedIn Account

-It's sort of like facebook, but for professionals. It's great for online networking!

Clean Up Your Social Media Accounts

-Future employers WILL google you. Make sure they don't find anything nasty.

Update Your Resume

-Cantrell Miller is the man to see to help spruce up your resume!

Tech Collegian's

Tip of the Week

Research has shown that reviewing new material within 24 hours of hearing it increases your retention of that material by about 60%. This means that you will be 60% ahead of the game the next time you walk into class. If you want to significantly reduce the time necessary to prepare for exams, this is the way to do it.

Should I take summer classes?

Daniel EisenbergC.D./Section Editor/Staff Writer



Por many students right about at this point of the school semester, the only thing that is on their minds is getting through finals so you can pack up your car and hit the road, not stopping until the ocean is visible for miles on the left side of the vehicle and thick trees and hotels on the right side. This is a pleasant thought

for most any college student who has picked their brain dead since August in an attempt to improve themselves and better their minds. However, while the thought may make your knees buckle and palms sweat, it may

be best to consider taking summer classes during your months off from school in order to get more credit hours and graduate earlier so you can jump into the harsh pit of fire known as the real world which includes jobs, bills and waking up early.

Right about now you may be thinking to yourself, "Why in the world would I want to spend my summer taking even more college classes, when I have been taking them for nine months now?" In reality, there are many reasons why this may be a smart plan of action. One benefit of taking summer class is earning college credit hours ahead of schedule. Some students take summer school classes to get the general studies classes out of the way so during the fall and spring semesters, they can focus on classes dealing with their actual major. Other students take college classes during the summer because they are interesting classes that are only available during the summer months.

Another reason that you may want to take a college class is because the

class sizes are so much smaller than regular semester classes. This allows for more teacher to student interaction and provides a more personalized learning experience. Money savings are another reason for the taking of summer classes. Tuition can be a huge burden on some college students, but college courses are significantly cheaper than regular semester classes. Money saved on these courses may even replace the money you would be making at a dead-end parttime job that you can land during

your hot months, and may be the best investment you can make.

Another thing that happens to college students during the summer months is that their minds begin to slow

down and almost die before having to wake back up and begin learning new materials again. Taking summer classes will not delay this from happening, but will eliminate it completely. Participating in classes during the summer will keep your mind sharp and ready to go when the new fall semester takes start. Also, doing homework and studying under a tall oak tree or on the nearby riverbank is a lot more peaceful that in the cold library or Maclin Lounge.

There are many reasons as to why you should take summer classes. These are just a few of them and you can probably think of many more that satisfy your own desires for successful learning. While at first glance it seems insane to lock yourself in a classroom during the warm months that are supposed to be used for vacationing and leisure time, when you stop and think about the benefits of participating, it may become evident that it is a smart decision. Think about your future and what is best for it, and consider taking summer courses.

Finals from front page

work your way to the end. The material towards the latter chapters is fresher in our mind, so it allows you some breathing room if you do not quite make it through everything. Everything from the beginning of the class definitely needs some review, so it is best to start there. If you Google practice exams, you are more than likely to find a few for any class. Obviously they will not necessarily be the same questions or style as your exam, but the material is the same and can help you prepare.

Most people make the mistake of over studying. Yes, over studying is possible. The more stressed you get, the more you are going to try to cram information into your brain, and the more likely you are to forget it all. When you study, study one subject at a time. Study for an hour to an hour and a half and then take a fifteen minute break and move around. Not only will you reenergize your body because of the blood flow, but your mind will be able to take a break as well. You will be able to sit down, ready to study and retain all that information!

Make sure to eat properly throughout the week. That 3 a.m. McDonald's run may seem like a good idea at the time, but it will not when all that salt and fat is weighing you down and making you sluggish. Keep some Nutella, peanut butter and bread on hand for the 3 a.m. munchies. In the mornings or when you are feeling tired, eat an apple. Studies have proven that apples are more effective than caffeine at keeping you awake and energized.

When you have multiple exams in one day, it can seem super stressful. Start

studying twice as long beforehand. For example, if you would normally study one day for a day that has only one exam, make it two days for that day that has two exams. Depending on the best way for you personally to learn and study, you can either alternate subject every few hours or every whole day. The time just before your first exam, focus on that first exam. In your break in the middle, grab a snack and review your notes for your second exam. If you do not have a break in between them, then just grab a snack and relax. Taking exams is stressful!

The night before your exam, GET SOME SLEEP. This cannot be stressed enough. The old adage "Well rested, well tested" is tried and true. The less sleepy you are, the more you will be able to retain and the more you will be able to focus when you actually sit down to take the exam. You will be able to keep your eyes open and not fall asleep during the exam!

When studying for final exams, never forego your personal health. When you are feeling your best, you will do your best!

If you prepare properly and tackle these exams with confidence, you will do well. Ask your professor what exactly will be on the exam that way you are not wasting time studying for things you will not be tested on. Get the right amount of sleep the night beforehand. And remember if you fail, it is not the end of the world! We have all been there and done that before!

Attention: Graduating, transferring, and not returning students

All student loan borrowers at West Virginia University and the regional campuses at WVU-Tech and at Potomac State College of WVU are required to complete exit loan counseling before graduating, transferring, and/or leaving school or after dropping below half-time status. Since repayment of student loans is a serious obligation, students must complete exit loan counseling even though they may be re-enrolling at West Virginia University. WVU-Tech, or Potomac State College of WVU or transferring to another college/university.

An e-mail will be sent to spring graduates in mid April from WVU's loan servicer, Educational Computer Systems, Inc. (ECSI), requiring completion of loan exit counseling. If the exit counseling has not been completed within the time frame specified, reminder postcards will then be sent to the students' permanent mailing addresses. At that time spring graduates who have not completed the exit counseling requirement will have a hold placed on their University records. The hold prohibits the students from obtaining transcripts or grades and from registering for classes at West Virginia University and/or its regional campuses. Once the exit counseling requirement is completed, the hold will be released.

Transferring students and students who are not returning to WVU, WVU-Tech, and/or Potomac State College of WVU for the Fall 2013 term should contact Heather Forquer in the WVU Office of Student Accounts at Heather.Forquer@-mail.wvu.edu to implement the exit counseling process.

WVU Tech Student Activities News:

- *Zumba on Mondays at 5:30pm has been moved to room 116 in Conley Hall
- *There will be yoga starting March 7th at 5:45pm in room 116 (old band room) in Conley Hall on Thursdays
- *There will be ballroom dancing classes starting March 7th at 6:30pm in room 116 (old band room) in Conley Hall on Thursdays
- *Scan the below QR code and check out our page on Facebook!



WVU Tech Student Activities

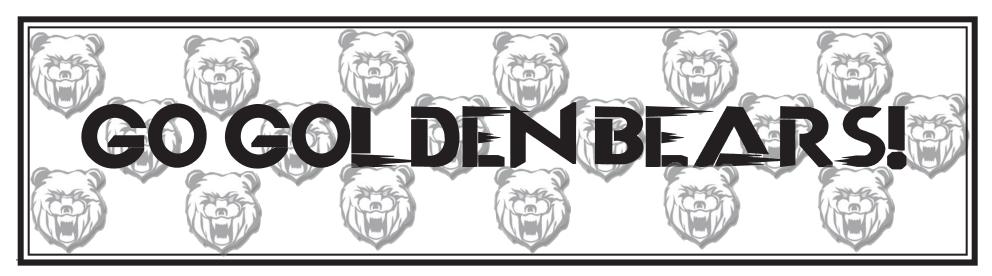
GOLDEN BEAR SPORTS BRIEFS

BASEBALL

The month of April showed some difficulties for the Golden Bear baseball team. The month started on the 3rd against Shawnee State University and on a positive note when the Bears took and held the lead to take the victory 5-3. On the 6th, a double header was played against the University of Rio Grande, and was split with one win apiece, 0-11 loss and 3-0 win. The next 9 games turned out to be losses until the 20th when our team played Ohio Christian University. The bats were hot during this game for the final score was 13-1 in Tech's favor. The next game was against the University of the Cumberlands. This was another victory 6-3 for our team. The following day, a double header was played against the same team and turned out to be two losses with scores 3-9 and 2-3.

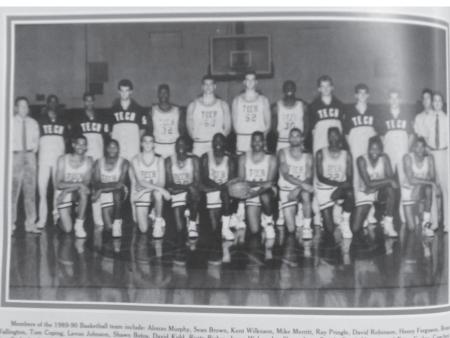
SOFTBALL

On April 10th the Golden Bear Softball team took on Bluefield College for a double header and proved dominance after defeating them in both games 5-3 and 14-1. Three days later, a split was had against Virginia State University with a 4-12 loss and a 15-4 victory. Senior night was held on April 21st at Riverside for the three seniors on the team. Stephanie Nickell, Ali Holmes and Katie Campbell played their hearts out and were able to clench a victory in the first game behind an outstanding Jacki Wood pitching performance. Campbell started off the offence with a homerun in the 2nd inning before Salem battled back in the 3rd with two runs of their own. After a scoreless 4th inning, the bears opened up the beating, tacking on 6 more runs to their score including homeruns from Jenna Trippett and Megan Blythe. This game was won 7-2. The second game of the day did not have quite the same outcome when Salem's bat woke up with 17 hits. They took game two with a score of 13-1.



BASKETBALL SE SE









The Golden Bear basketball team here at Tech has had great success when it comes to putting W's on their record. Back in the day, they did not do so badly either. The 1989-90 season was one that brought extreme excitement to the fans as the team was able to put points on the scoreboard which led them to numerous wins. With 9 returning letterman from the previous season, they had speed, agility, an outside shot and power. On paper, they seemed to be unbeatable, and on the court it was also the case during most games. The opening game of the season was a 123-93 blowout victory against King College. Over the rest of the season, the team compiled a 23-8 record and earned the WVIAC Conference Championship trophy. It was an extremely successful season with talent on every player and excitement during every minute.

Guys summer work out regime

Ryan Stevens Staff Writer



The one specific thing students look I forward to throughout the year is the chance to take a break from school and relax at home. More or less students cannot wait for summer break to arrive, but who can blame them? As well students only relax and do not seem to want to get out and exercise as much, not included the very few who actually do make an honest effort. What this article is designed to do is to help the everyday students look at various ways to work out and stay tone over summer break.

Staying tone has different degrees. Running, lifting and even lifting your own body as a workout calls for separate attention. If you are a person who enjoys running then you will most likely look at long distance running to stay tone. If you are a runner who wants to lose weight or keep a strong balance then a series of sprints or even running suicides on a football field will help. If you are a lifter then you would want to do an exercise called speed round. Basically you take a weight and rep it (lift) ten times. After that you slowly begin to raise your weight. After two or three sets going up in weight then start going back down in weight and rotate every other lift up and down. If you are looking to get "buff" then you would want to do less reps but more weight, taking short breaks in between each set of reps. As far as lifting your own weight your wanting to look at

exercises that involve push-ups, sit ups, leg lifts, pull ups, etc.

Now if you are that kind of person who enjoys a little variety then try setting a few days to work out specific areas you are weak/strong on. One day you may start with some cardio for about 10 to 15 minutes. Once you have a good sweat going you can start working out with some body workouts. Involve pushups and pull ups alternating between the two every other set. Then to finish out the workout choose to work on upper body or lower body with some weights depending on your regimen for that day.

To figure out what to choose for that day choose how your first day will start off then alternate between the days. As an example Monday may be the day for upper body but Wednesday will be the day for lower body. When you begin to think about workouts it does not involve a whole lot of actual thinking. Just mainly think about what your goals are, what you want to accomplish and make a standard regimen for how you will actually go about starting and keeping up with that particular workout.

The point of this article is to very basically inform you of how you can begin to think about how to work out. The only point of advice in my previous experience would be to go and experiment, find what you do not like and what you do like then follow through. To all those reading these articles, hope you all are ready for finals and ready for a good long summer break.



VI TECH WOMENS SOCCER

The women's soccer team this past fall did not have the record they had hoped for, but it was still a special year for its players. A total of three wins were racked up during the season, one of which being the final game of the season against Cincinnati Christian University in which the final score of the game was in the Bears favor, 1-0. The team was led by 5 outstanding seniors this year, and we feel that they deserve recognition, even though soccer season was last semester.

Monika Becker. comes to Montgomery from Kissing, Germany and has been playing soccer since the year 1996. For Tech, she plays defense, whether it be left, right, or central. "My favorite thing [about the game] is the feeling you have after you won a tough game," says Becker. "When you can barely walk, and will be sore the next day, with bruises and all. You played your heart out, you gave it your all, you smell like dirt, grass, and sweat. But you succeeded, and you know that all the hard practices were worth it. That piece of mind after such a game is great. There is just a beauty to the game, when a team plays well together, with great passes and runs." After college, Becker plans to be attending grad school. "I definitely won't miss the summer conditioning! But besides that, [I will miss] everything."

Katie Harper is the next senior on the roster. Harper wears the number 13 and hails from Sissonsville, West Virginia. She was a forward on Tech's team and began sharpening her skills when she was 5 years old. "I love the speed of the game and the excitement," she says. "Anything can happen." Upon graduating, Harper plans to use her engineering degree to enter the transition into a teaching program and become a high school math teacher. "I will miss just playing the game and being a part of the team."

Wearing number 11 on her back, Hannah Pilcher hails from Huntington, West Virginia. Pilcher has been kicking a ball back and forth through the yard and learning ball control since she was only 3 years old. As one of the team leaders here at Tech, she holds down the position of outside midfielder. "I love how intense a close game can be," she says. "I also love how exciting it becomes after scoring the winning goal." After college, Pilcher plans to continue to serve as an active duty Second Lieutenant in the United States Army. "I will miss the game a lot."

Liss Torreblanca was born in Mexico, but raised in Decatur, Alabama. She was another leader on the soccer field, wearing number 16 and playing the position of right wing defender. Torreblanca has played organized soccer since she was 14, but, as she says, "I am Mexican, so by definition I have played since as far back as I can remember. I love the intensity. I love that for 90 minutes you play your heart out, and if you're lucky, you have teammates that feel the same way." After graduation, Torreblance plans to work in the child abuse department, and then return to grad school. "I will miss the crazy roller coaster that has been my past 4 years of soccer, for none of them were the same. I will also miss the great friends that I have made, and the memories that I will cherish forever. I am just lucky to have played four years of college soccer."

Information for Carla Carvalho unavailable.

Summer workout regime for ladies

Andrea Joseph

Section Editor/Staff Writer

Every girl gets more nervous the closer summer comes around not only because bikini season is just around the corner, but because they have no idea how to get in shape and manage to STAY in shape. Many girls start working out mid-March to prepare for swim suit season but what happens starting June 1? Not every girl has an amazing metabolism and has the ability to not move for the rest of the summer and still have a bangin' body. Most women have to maintain the body they have earned but it is easier than most women perceive it to be. Maintaining a great body is easy, low maintenance and will get you out and active in nature while the weather is delightful!

Beginner Intensity - Beginner levels are for people that have not worked out in a long time and have decided to get ready for the swimsuit season. Beginner levels should be kept light and not too intense. Remember, you have not worked out in a long time so do not kill your body all at once. If you are truly dedicated to working out, you will be at the expert level by the end of the summer.

- Early Morning: Do a warm up walk or light jog or maybe even some laps in a pool before your day starts. It will wake your body up perfectly!
- Mid-Day: Getting away from the desk is Mid-Day: Getting away from the desk crucial, so on you lunch break try to do some form of activity that will raise your heart rate, just to ensure that your body stays active like taking a walk with some co-workers.
- Evening: The workouts in the evening are very important because this will be the time that your endurance will build up, your fat will burn and you will create a lot of muscle! Start with strength training which is using your own body to workout such as sit ups, crunches, planks, etc. Also, never forget cardio!
- Before Bed: Lightly stretch or do yoga to cool and calm your body down for the

Intermediate Intensity - Intermediate is the hardest time for you in your start up workout career. You are getting into the workout schedule, but you have not exactly experienced your runners high and you are finding yourself still having to push yourself to workout. Try sticking with the

beginners schedule, but mix in harder workouts so the transition to the expert intensity will be easier for your body to

- Early Morning: Start off with a 1-2 mile run!
- is crucial, so on you lunch break try to do some sort of secondary workout such as walking, biking or a workout that is fun for you!
- Evening: Keep concentrating on weights and your own body for weight training, but now get into cardio! This burns tons of fat but use different machines to work different muscles of your body such as the elliptical and other machines offered in your gym.
- Before Bed: Lightly stretch or do yoga to cool and calm your body down for the night.

Expert Intensity - Expert intensity is for women who have been working out on an everyday basis. These women have made daily exercise rituals that will have no problem maintaining their beach bod because it is something they do every day. It is particularly hard to give advice to someone who is dedicated to their work out and have strict workout

routines. The best advice is to continue the routines you have been doing. Nevertheless, through the summer some women will cross over into the expert level so here is an example schedule of what you could do on a daily basis.

- Early Morning: Start your day off with light 2-3 mile run. Not only will it wake you up, but will get your body ready for the day. Make sure to stretch!
- Mid-Day: Do some type of secondary workout on your break or lunch such as rollerblading, biking, swimming, walking, etc. Intentions are not to necessarily burn fat, but so you keep your metabolism up and get out during work and off your butt.
- Evening: Work your body hard with weight workouts. This type of workout builds muscle and burn a lot of fat. Make sure to include strength-training such as planks, sit ups, pull ups, etc. At this point fat is not of the essence, but to tone everything up!
- Before Bed: Lightly stretch or do yoga to cool and calm your body down for the

Sticking to a dedicated workout plan is the route to having a great body, and by the end of the summer your body will thank you for it! You will feel young, refreshed and revitalized!



GRIN AND BEAR IT! MAJOR DISCRIMINATION



Ashley Quinn Section Editor/Staff Writer



There are almost infinitely many possibilities to choose from when it comes to picking a career. Unfortunately, we all have to start somewhere. Many people begin by selecting the field or fields that interest them and then choose a major that is encompassed within that field or fields. Of course, many of us growing up wanted to be doctors, lawyers or Indian chiefs; something cool and important. Oftentimes, by parents or guardians, students are pushed to do just that; find something important to do with our lives. But who is to say that every major and profession is not important?

It is an unfortunate truth that there are many; institutions, parents, and corporations alike that attempt to assign an importance hierarchy to majors. Due to this unwritten or in some cases written, hierarchy many students find that they have to fight for recognition both in academia and in the work place. Many colleges and universities put an emphasis on their "magnet" majors; or ones that bring the most money to the school. That is not to say that those particular majors do not deserve the credit, but that others should not be ignored.

Inter-major competition can get pretty intense sometimes. In most situations schools only have a certain amount of funds that can be allocated. It stands to reason then, that the programs that contribute the most should receive the most compensation. I am most certainly not advocating equality for equality's sake; that is just silly and breeds entitlement and insolence. However, those programs that cannot compete on higher levels should not be punished for such a thing, in my opinion. By the same token, those who do excel should not be held back on the principle of equality alone.

There is also the issue of discrimination based upon the difficulty of a major. Everyone knows that becoming a doctor is hard work. No one is going to argue that. There are many challenging biology, chemistry and a number of other courses that are required of pre-med majors that take a considerable amount of time and effort. However, there are other majors that are considered by others to be a "fake degree" that are just as challenging. Psychology, for example, (I am a

psych major, so I feel I can vent about this).

There are a number of people in the world who view psychology as a pointless field. I sometimes hear comments such as, "Oh, you don't need a degree for that, anyone can psychoanalyze people," and so forth. Um, no. I do understand the confusion, however; there are certain fields within psychology that are slightly less than reputable and Sigmund Freud certainly did not aid anyone's cause. However, the field of behaviorism, in my opinion, is one of the only absolute things in this world. And it can be a rather complex system that takes plenty of time and energy to understand. I would know. I am killing myself trying to write a capstone concerning just that!

There are many other majors that get the shaft when it comes to the degree of difficulty others perceive them to have. History, for example; I do not believe history majors get enough credit. Granted, the field is not one that requires absolute precision because someone's life hangs in the balance, but still. It was, well

probably many people have said, "If we do not remember history we are doomed to repeat it." And that is something I believe in fully. There is something so fascinating and scary about looking into the past and seeing what others before us have accomplished, what we can learn from them, and how we can use that knowledge to shape our future.

Students begin college and for one reason or another chooses the major that they will pursue. There are those that attempt to take the "easy" route and pick a major that they believe will be laid back and a breeze. However, those students soon find that even the "easy" majors are no joke. College is not something that a student should undertake if they are not serious about becoming educated and furthering their career. That being said, all majors are important whether it is premed, engineering, psychology, history or romantic British literature. Keeping in mind that students from other majors are putting in just as much work as you can go a long way to breaking down the lines that divide may majors at many different schools.



Nay: UNDEAD WEEK

Yay: The semester is almost

over

Nay: Finals

Yay: GRADUATION

Yay: Summer break!

Nay: Entering the real world

Yay: Pretty weather

Yay: Vacation

Nay: Montgomery will soon be

a ghost town

Yay: Summer jobs equals

money!

Nay: 3 finals on one day

Yay: Going home

Yay: Awesome last lecture

Yay: Once Upon a Time

Nay: Facbook changing

Yay: Grad parties

Yay: Making memories with people you may never see again after you leave

Montgomery

Nay: Friends graduating

College ethics: Questions you should ask yourself

Lindsay McDowall Staff Writer



To be old and wise, you must first ■ be young and stupid." This old adage has definitely proven itself through the ages, but just how stupid is stupid? Can you be too stupid? In college, we are faced with hundreds of different decisions. Some of those decisions require us to test our values, and how far we are willing to take our young stupidity. Common problems you have faced have been sex, drugs, classes and peers. You have had to question yourself, and you may have been peer pressured into some decisions.

Some of you came to college as virgins and had to question whether or not to give up that virginity. Many people do because its 'cool' and many people do not because of their values. Want to have sex because you love the person? Good for you! Want to abstain because you're a Christian? Good! Want to just sleep with half the campus? Probably not your best idea. Aside from the reasons that you have probably determined you do not care about to not sleep around (diseases, pregnancy, etc.), have you asked yourself how you will handle the gossip? I guarantee you there will be gossip following you whether you sleep with one person or ten. Ask yourself how you are going to handle that, and if your self-esteem can handle it.

Sex, drugs, and rock'n'roll! Most every one of you has been asked to try some sort of drug. Drinking? Most likely the first one. Let us face it, college students do drink. But you need to make sure you know what you are doing. Know your limits, and make sure it is okay with your values.

Aside from drinking, most of you will be asked to try recreational

drugs such as marijuana, opiates, etc. Other than the obvious reason not to do it (it is illegal, which means jail time and a record), why should you not do drugs? Do you want to become addicted? Are you okay with your whole life focusing around drugs, dropping out of school, and losing close friends? Drug addicts often lose close friends because of what they are willing to do just to get some drugs. "But Lindsay, I will not become addicted, I know when to stop!" I am sure Lindsay Lohan thought that too, along with every other drug addict who has destroyed their life. Use your noggin, kiddos.

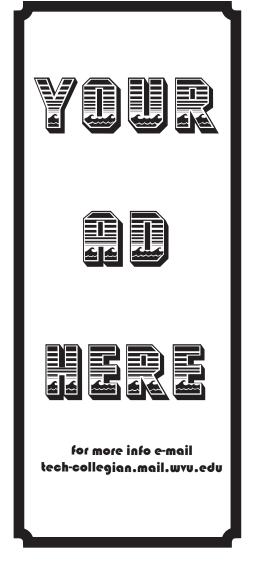
Ahh, skipping class can be so relaxing... until you realize you have skipped class for three weeks and there is a test the day you get back. You came to college for an education, and skipping class is not going to help you get a degree. You and/or your parents are paying for nothing when you constantly skip class. Skipping class occasionally can be okay, like if you have a big exam in the next class and want to get a bit more studying in, or if you are really sick. But skipping because it bores you will get you nowhere!

One of the best pieces of advice I have heard is this - before you do something, think about if you would let your mother, father, or grandparents know. What about little siblings? Is this being a good role model? Would you want them to do what you are doing? You have to realize that you are on your own now, and anything you do gets attributed to your reputation, no one else's. You can become the excellent student, or the good student who has fun within reason, or the whore who will sleep with anyone for a drink. What you become is up to you and you only. Know what image you are projecting!

Also realize that who you hang out with can have a lot to do with not only your image, but your decisions.

If you hang out with drug addicts, you are more likely to become one since you are surrounded by that behavior.

Remember that college should be fun, but you still have real life afterwards and you need to act as such. No one will hire you when your Facebook says, "OMG had SO much fun drinking this weekend!" and you are only 18. So have responsible fun, and your life will be much, much better!



Freshman year, retrospect

Joe Sherfey Staff Writer



Preshman year here at West Virginia University of Tech has really been quite the experience. I have made plenty of friends and struggled to keep up with classes but somehow passed with a good grade in the end. It has really been a great year all in all. But now that it is almost over, I feel as if I should share some wisdom.

There are three key concepts to your first year at college: Academics, Social Life and Exercise. All three are crucial to a great first year. Academics will keep you in school. Your social life will help make good connections down the road. Exercise will keep you in shape so you will have more energy for anything that comes your way.

You will need to study hard to keep your grades up. Schedule group sessions or find a tutor in a subject you might struggle in. Depending on the class, you might not need to study as hard as for another class. Keep in mind to never procrastinate. This will keep your stress levels down and leave time for any last second emergencies or problems. You will also want to stay on top of all your assignments and pay attention to your syllabus. The syllabus sometimes tells you test dates as well as what they will cover. This is not high school anymore, so everything will be more difficult. There will be some classes that do not require much time input, but they are still important.

Your social life will help build connections that can keep you from being bored. While you are at college it is important to make friends. This can keep you from dorm room stress. Dorm room stress is when you feel like it is time for a break but you do not know what to do. Hanging out with friends and having fun occasionally can help keep the stress of maintaining your grades low and maximize your performance as a student. Remember to maintain balance though. If you spend all your time just having fun, you might not make it to your next semester.

Exercise is the last major key to college. If you stay in shape you will feel better and that will cause you to feel good about yourself. It is very easy to get depressed at college with all of the pressure that comes along. Stay focused on what you want and try to keep a balanced meal plan. This can make the difference between a sleepless night and a full night's rest. Your diet and how often you run, jog, walk, lift weights etc. will also have an influence on your grades. You want to keep a balance in how you operate. It is good to have a schedule but make sure you keep up with it. Try to avoid laziness, taking a break is fine, but avoid doing nothing for two days or more. This will put you in a rut where you will want to do nothing. It is important to stay focused.

That is about all there is to college. Make sure to stay on top of your work, ask questions if you do not understand something and balance your time well. If you do this, you will have a better chance at success. You are attending college for a reason; make sure you finish what you started. If you do this, you will feel good about yourself and will be that much closer to succeeding at your goal.

Being an RA: Pros and cons

Lindsay McDowall
Staff Writer



🗨 o you want to be an RA, do ya sonny? Well, let me tell you all about it! There are plenty of pros to being an RA, and they all play into why I love my job so much! Such as: -My coworkers. As an RA, you get to work with other people you normally wouldn't even talk to, and that could be one of the greatest things you do. As an RA, I've gotten to work with Jordan Brooksher and Monika Becker, two soccer players who are dynamic and fun as all get out. I've gotten to work with Jacki Wood, a softball player who always knows how to make people laugh easily. I've gotten to work with Haley Pauley, a volleyball player who has a big heart and is a sweetheart. I never would have interacted with these people if I hadn't been an RA! -Money! Well, sort of. My room and board is paid for, so yay! -My bosses - Michael Sheldon, Emily Sands, and Amy Cotner-Klingler. While most of campus barely knows them, as an RA you work with them all the time. They provide you a special sort of support system. They know exactly what stresses you are facing and what you're going through. Not to mention they are a lot of fun to be around and talk to outside of work! -Getting to know people across campus. As an RA, you interact with people other than your coworkers and bosses. I know everyone on my floor, and all of their friends, boyfriends, and girlfriends. -Leadership experience. As an RA, you get to have the unique experience of being a leader of your peers in a unique environment. It really teaches you

patience, diplomacy, and flexibility. -Boards and programs. While creating the bulletin boards and programs is hard work, you get the chance to be extremely creative! At the beginning of the semester, my welcome back board was themed from the movie 'Up.' It had the little house with a bunch of balloons, and all my door decorations were balloons. For a program, I had a Disney movie marathon, but used to movies to teach students about the different cultures Disney shows. For example, in 'The Princess and the Frog,' there's a lot of the early jazz culture in New Orleans, which was fun to talk and educate people about.

However, there are always cons to any job, no matter what they are. And while I do not have very many, I do have a few! -You are available 24/7. You can have nights off, but people will still call you looking for something. You are the go-to person on the floor! -Image. You are now a representative of Tech, on and off duty, so you have to act like it. There's no going out and getting wasted, then stumbling back to your room. The minute your residents see that, they lose respect for you and the dynamic of your floor will fall apart. -Training! You have to go through training each semester. It's necessary, but for me personally, having to sit through a presentation on sexual assault each semester is pure torture. Some of the training is fun though!

Being an RA, while tiring, can be a lot of fun. It is an extremely beneficial experience which will constantly help you throughout life!

dear. sopnia

Dear Sophia

I have recently found out that my boyfriend kind of has a temper and it worries me. Not because he would hurt me, just because I want him to calm down and for him to learn how to control him self. How do I tell him how I feel without him getting hurt?

Sincerely, Worried Woman

Dear Worried Woman,

Throughout relationships we constantly continue to learn things about our significant others. A lot of things are good and shape the person that they are, but others are bad and we have to learn and adjust to accept who they are. Some people are jealous, full tempered, or loud. Whatever it may be, you can learn to work around whatever problem they have, but only if they are willing too. Try and sit down with your boyfriend and address him first with how concerned you are, and how much you really need his undivided attention. After he sees the importance of the conversation, tell him everything. Explain how you accept that he has a temper, but you want him to slowly learn how to control it so he ends up a little better every day. Plus, you can also emphasize how important it is for him to not have a temper around your future kids if you do plan to have a future with him. Just try your best to not offend him, because many guys do get offended pretty easily and will automatically just blow up. Take the conversation little at a time, and together you can work through this problem.

Yours truly, Sophia

Dear Sophia,

Summer is around the corner and I have never been able to fit into a bikini. Well, I'm going on a big beach trip with around 20 friends and there is a guy there I really like and I would love to make his jaw drop and whatever else! I need to lose weight fast because the trip is in July. I'm not that far from my goal weight but it might be unachievable. I need to lose around 25 pounds. Is that possible?

Sincerely, Fat Friend

Dear PHAT friend, First thing as a woman is to NEVER down yourself. You are unbelievably beautiful whether you are a size 12 or a size 2. Just because you cannot fit into the bikini you want, does not mean you could not make a guy amazingly happy. The key to getting any guy though is to have confidence, 100 percent. Confidence will do everything to your glow, appearance, and the way you carry yourself. First off, it is the beginning of May so you need to start your workout regimen now. You not only need to have very strict exercise schedules, but you also need to have a strict diet. If you put those two together, you should have no problem losing that weight in 2 months. A lot of people use P90X and Insanity which comes with not only a strenuous workout schedule but a strict, diverse diet. I highly recommend either one, especially P90X because it is a 90 day result system. If you choose to do something else, try to do two workouts a day, a hard core workout at one time and a secondary workout at another time such as biking, rollerblading or even swimming. For the diet part, just cut out carbs and be on a low calorie diet and you should no problem losing that weight and catching the guy of your

P.S. If he is really that shallow to just look at your appearance, you can do much better!!

Yours truly, Sophia

Dear Sophia,

I am so unorganized with all my bills at home. They are EVERYWHERE, literally. How do I organize it up and get a good system going? Yours truly,

Messy Woman

Dear Messy Woman,

Two words, file cabinet. It is by far the only way to go. Invest in a two drawer file cabinet and buy two boxes of file folders. Label the folders according to the material that you have, from everything from your bank, school, insurance, report cards, everything! From now on, if something comes up to where you have to find something important quickly, you have the world at your fingertips and unbelievably organized!

Yours truly, Sophia



Did you know...

- Since 1988, the number of females in postbaccalaureate programs has exceeded the number of males. Between 2000 and 2010, the number of male full-time post-baccalaureate students increased by 38 percent, compared with a 62 percent increase in the number of females.
- Average income of Bachelor's degree graduate --\$47,000/yr
- The in-between group (35-54 years old) claims the most sex partners with an average of 17 partners.
- 14% of people over the age of 55 report having sex more than six times a month. Meanwhile, 40% of 18-34 year olds reported the same thing. Of those that responded, 73% of the 18-34 year old report being unmarried but in committed relationship
- Approximately 5 million to 7 million companion animals enter animal shelters nationwide every year, and approximately 3 million to 4 million are euthanized (60 percent of dogs and 70 percent of cats).

Sources:

 $\label{linear_http://nces.ed.gov/fastfacts/display.asp?id=98} $$ $$ $$ http://www.classesandcareers.com/ $$$

advisors/42-statistics-for-college-students/ http://www.sheknows.com/health-and-wellness/ articles/800779/poll-offers-interesting-sexstatistics

http://www.aspca.org/about-us/faq/petstatistics.aspx

Featured Golden Bear Alumni: Mary Oglesby

Kassie Shope Staff Writer



Our featured alumni this issue is Mary Oglesby. Mary grew up in the Gauley Bridge area with her parents and her older brother Mark. She graduated from Valley High School in 1996. She applied to and was accepted to several other in state colleges, but when she received her acceptance letter from Tech her mind was made up. She was thrilled to be accepted to Tech's nursing program because she had heard such great things about it, plus it was close to home.

Once she was accepted to WVU Tech, she began classes in the fall of 1996. She says some of her favorite classes included her nursing classes, especially the ones taught by Teddie Wilkinson. Mary says that Teddie was an amazing, young and vibrant person who passed away too young. She loved her classes and gave her nursing students real life skills and did not go solely by the book. Mary has many other fond memories of WVU Tech such as homecoming and sitting in the end zone parking lot with friends while watching Golden Bear football. She was so happy she was able to attend many football games and homecoming events for many years after graduation, as well as enjoy the football program as

much as possible while it was still there. Her other favorite memories include going to fraternity parties, eating and hanging out at Benny's and making many lifelong friends along the way.

Mary went on to graduate with an associate degree in nursing in 1999; and with all the clinical hours obtain through WVU Tech, she went on to obtain a job with CAMC. She worked this job for several years until she moved down south to Raleigh, North Carolina. After a few years, she met and married the love of her life, Jay Madison. A few years later they welcomed their first child into the world. In January 2009, Taylor Brooke Madison was born. After Taylor was born Mary decided to stay at home and take care of Taylor full time. Just two and a half short years later, Mary gave birth to her second daughter Kenzie Nicole Madison. Mary says that she is beyond happy with her life now. She enjoys taking care of her kids, playing with her dogs, attending Carolina Hurricanes hockey games, vacationing at her beach house in Ocean Isle Beach, hanging out with friends and working out.

Mary says she is very thankful that she pursued an education at WVU Tech. She is very glad that she chose to stay close to home and close to her roots. She says that Montgomery has the perfect small town appeal and was the perfect college choice for her. Mary is very grateful that she received the right mix of classes which helped her in school, as well

as in life. She is also very proud to be an alumni of a college that is now a part of an accredited university system. Mary says if she could give advice to Tech students it would be to stay focused and strive for success in their field because a degree is the building block to a perfect career. She also says that employers are looking for candidates who possess everyday life skills such as critical thinking skills and problem solving skills, both of which are needed when everyday problems arise at your job. Overall, Mary says she is beyond happy that she chose to go to Tech and is very proud to be a Golden bear for life.



Farewell from front page

last year as a Golden Bear employee, for she is retiring at the end of the current semester

Hopkins began her experience at Tech when she first came to school here as a student. She, along with her husband, who was a star scholarship athlete for both the football and baseball team, graduated from this University, and also had three out her four children graduate from here as well. Her first position as an employee here was as the Upward Bound secretary back in 1984. Since then, she worked in a few different office type jobs, all of which being in the Student Support Services area, including coordinating tutoring programs and other such jobs.

I had mentioned earlier that SSS was a branch of TRIO. Upward Bound is also a branch under TRIO, so it may be best I explain a bit what TRIO actually is, since Hopkins has been involved in its programs ever since she started working here at Tech. There are currently eight branches that fall under TRIO, and they are all designed to identify and provide services for individuals with disadvantaged backgrounds. There programs target lowincome families, first generation students and students with disabilities. TRIO is not an acronym, but rather refers to the 3 original programs under this legislation, two of which being Upward Bound and Student Support Services. TRIO was founded under President Lyndon Johnson during the war on poverty, and is funded federally by the U.S. Department of Education. It provides free academic, career, personal, social and technical assistance to eligible college students.

Coordinating the tutoring program has been the biggest responsibility of Mrs. Hopkins over the past few years. Her job right now as the interim director of the SSS deals mainly with paperwork at the current time. However, she still works with students on their scheduling, study skills, time management, stress

management and other such topics. "I love working with college age students," she says, "That's my preference."

"[This school] just grows on you," says Hopkins, who was trying to tell me about her favorite things about Tech. "I've always enjoyed coming to work here. I've never dreaded it. I'm not tired of my job, I'm just tired. I think it's time for me to move on. I have loved what I have been doing, and very few days I have dreaded coming to work."

Hopkins has been involved with Tech for more years than almost all students here have been alive. She has seen it literally through the ups and downs and everything in between, and has struck through the tough times to enjoy the good times. "I've seen [this town] from the days when it was a booming place," she adds. "When I was a student here it was just phenomenal. I've also seen it go downhill. One of the reasons I hate leaving now is because it is picking back up, and I won't be able to be a part of that."

"[I'm going to miss] having a set structure in my life," she adds. "[Also], being around the people that I've worked with, some of which for 20-35 years. It scares me a little. But I thank Tech, they have a great administrative staff now, top notch people. I know things are getting up and Tech is getting better. I hope to stay involved with the school with the alumni association. Mostly, I'm going to miss the people. I've shared all the good things in my life with these people, and also the bad things. This small community, this town, and this college, it is a family, and I'm going to miss that terribly."

Mrs. Hopkins, on behalf of the student body here at Tech, you have made a positive impact on our lives. We will miss you dearly, and we hope for the very best in your retirement!

Housing in Montgomery

Joe Sherfey Staff Writer



Iknow many college students that are looking for houses or apartments to rent over the summer. I am going to give you the information you need to start looking. First, you will want to either head to the registrar's office in Old Main or to the City Hall near Gino's. Both places have local listings of renters and their numbers. You can call their numbers to check for what is available. There should be eighteen listed, not all the phone numbers are connected though.

If you can get ahold of the renter you will want to ask them if they have any apartments available for rent. If they say no, be polite and move on to the next renter. If they say yes, then ask them how many rooms there are. Once you find this out, ask for the rent per month and if they have a contract. If they have a year loan lease, you will be required to stay in the apartment for one whole year. You will want take into account how much money you will be spending. Also ask them if the utilities (water, electric, etc.) are included in the cost per month. If they do you might get a better deal than one where you will need to pay separate bills. You will also want to check for any extras included such as dishwashers. Make sure they include a stove and fridge if you plan on making more than sandwiches. You will also want to check to see if they have gas heating or electric. You will need to know that when you move in so you know what to do.

Once you have contacted all the numbers you want, compare your options. Try making a simple chart to compare what is available for each and the pricing. Once you look at all your options you can begin by marking the top options. Then you can decide from there based on what you prefer. Once you have decided, you will want to contact the renter to see if he or she still has the apartment available. If they do you might want to check out the house to see if it meets your standards. Then if it is up to par, make a deal with the renter. Once you finish the deal, make sure to keep the apartment clean. Remember it is not yours, so treat it with the best care. This will make you look good and will create a better relationship with your renter.

It is important to start off on the right foot with your landlord. This might help you if you are overdue on rent or if you run into a problem with a malfunction in the house. Remember to keep all that I have said in mind and use anything you can to help you find the apartment that is right for you. That is all there really is to finding an apartment in Montgomery. There are plenty of place to stay at around here, you just need to find the right one. I would hurry up and start looking immediately because who knows when they will all be gone. If you have any other questions, you can try asking some of the staff or students who rent around town. I hope this was helpful and wish you the best of luck in your endeavor.



Where Do You Want To Be in 10 Years?

"I want to be working for the CIA as a mechanical engineer. Whatever the military has, the CIA invented. I want to be that person." - Greg Hawk, freshman



"I want to get some experience locally as an RN and then become a traveling nurse in the states and eventually overseas."

- Mary Cunningham: Junior



"I hope to have a nice job with a family and have a child. I'm a family man." - Robert Leibel, freshman



"I want to be somewhere secure in the Southeast in a secure position in the mechanical Engineering field." - Nathan Plymale, Senior



"I plan to be working as electrical engineer Axle Corporation." - Jared Wright, Senior



"I want to be a CEO of a company and have my MBA and my SJD so I can practice law and own my company." · Robin Davis, Senior



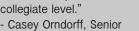
"I plan to be working as an environmental inspector or working with animals." - Mara Lewis: Senior



"In ten years I plan to be laying on a beach and married to Emma Watson.' - Sean Graham, Junior



"I want to be a collegiate professor and possibly a cross country coach at the collegiate level.'





"I plan to be the innovator of the next BIGGEST in technology. - Grant Sander, Freshman



Summer safety tips

Kassie Shope Staff Writer



Tell guys, it is that time of year again. Summer break is fast approaching and everyone is getting anxious for the semester to be over. As you finish up your last few assignments and those dreaded final exams, it is important to remember how to be safe as you as are having fun this summer. People tend to get a little carried away when they finally get a break from school and being stressed all the time, so it is important to know the balance between

fun and dangerous as you

approach summer of 2013. Many of us will most likely be going to the beach this summer since we are within just a few hundred miles of several great beaches. While the beach is typically very fun and laid back, there are many hidden dangers that come along with it. My first tip is to simply put on sunscreen, while this may seem like a nobrainer, many people ignore it. I know everyone wants to get a tan, but you can get a nice tan without burning your skin to a crisp and increasing your chances of skin cancer. Besides who wants to be in so much pain that they cannot even enjoy their vacation? Not me. The second safety tip that I have for going to the beach is do not swim far out into the ocean. I know that beaches can get crowded and you may want to swim away from people, but going out so far that you cannot touch the bottom is very dangerous. You could be pulled out

to see in a rip current or you could even drown if you are not careful. My third and final tip for the beach is to stay sober

enough so you are in control of your action. I mean let us admit it, most college students are going to drink on vacation, especially at the beach. If you are too drunk to drive, call a cab. Just make sure you do not let yourself get out of hand or do something that you may regret later.

> beach and you are just relaxing at home, do not stop being safe just because you are home. If you and your friends are having a bonfire make sure to have a fire extinguisher nearby and be sure that everyone knows how to use it in case things would happen to go wrong. Speaking

When you return from the

of fire, fireworks on the 4th of July are another dangerous aspect of summer. When shooting off fireworks make sure you read the directions on each firework and that everyone is a safe distance back in case the firework would happen to malfunction. Boating is also another fun yet potentially dangerous aspect of summer. While it is meant to be fun, sometimes things go wrong. Make sure that you wear a life jacket at all time when tubing, water skiing and jet skiing because if you fall and the boat leaves you behind some serious things could happen if you are not wearing a life jacket.

Overall, my last tip for you guys is to have fun this summer! Do not forget about being safe, but do not let it hinder your fun in any way. Having fun is what summer is all about so get out there and have the best summer that you possibly First Place from front page Living room: Couch, chair, end tables, 2 lamps, TV stand, TV, center table

Kitchen: Silverware, dishware, kitchen towels, measuring cups, table with 2 chairs, trash can, rugs, appliances

Bathroom: Bath towels, rug, mini trash can, storage bins, shower curtain, toothbrush holder, above toilet shelves

Bedroom: Bed, bed sheets with comforter, dresser or chest, desk, 2 lamps, bookshelf, nightstand

The things listed above are the essentials for furnishing an apartment because the list goes on and on. The fun of moving into your own apartment is making the place your own. That means paint, pictures, decor and so much more. From now on, your apartment will be a reflection of who you really are. It will show how you represent yourself in terms of organization, cleanliness, crazy decorating or more of a natural feel. Even if you buy everything to accessorize or make it your own, the spending still does not stop.

You need to fully stock up on healthy food and buy things that will always be kept in the kitchen like sugar, flour, condiments, and also food you plan to eat. Next, you need to go buy cleaning supplies. Weekly cleaning should always happen and you never know when there will be some sort of disaster, so include those essential cleaning supplies on your first grocery shopping list such as wood cleaner, windex, paper towels, soap, dishwasher detergent and more. Also your first run to the grocery store should always include things you need in your

bathroom such as shampoo, soap, hair spray, deodorant, toilet paper and any other item that you prefer. It might seem like a lot but after the first major shopping trip, the rest of the grocery runs should be really cheap and just enough to keep your pantry

Many people have different opinions on where to shop at weekly and where to get the best deals but it really just takes patience. As a college student, couponing has become to big craze because so much money can be saved by just taking a few minutes to cut coupons you know you will use. The major stores many people seem to find the best deals at would be Walmart, Big Lots and Kroger. Walmart seems to be the best buy on anything you are looking for in terms of personal items, food and home decor. Walmart would be my pick to use for that first major grocery store run. You will be able to pick up everything you are looking for and need under one roof.

Once you are settled in and made the place look like your own, it will be time to keep it up in terms of maintenance and cleaning. With us being hardworking college students, time management is crucial. Make a weekly schedule you keep up with every week such as Mondays are laundry day, Tuesdays are vacuuming, Wednesdays are dusting, Thursday is the kitchen or however you wish to distribute the chores. This is the best way to keep everything done throughout the week without letting it pile up or having to take a whole day off to

See WV Summer page 13

Mountains are the other key features of this great state. There are many hiking trails that are available for eager walkers who wish to see breathtaking views and stunning rock formations. One of the most popular trails for hiking is the Allegheny Highlands trail of WV. This is a 25 mile trail with an asphalt and crushed stone surface which follows the original route of the West Virginia Central and Pittsburg Railway. North Bend Rail Trail is another great hiking destination which provides 70 miles of walking on a variety of surfaces including asphalt, stone, grass, and dirt. The trail features bridges and tunnels and the wildlife always remains in sight to make for a great and memorable walk.

Snowshoe mountain, enough said. Snowshoe provides a variety of activities for the adventurous types. The newest addition to the mountain is the per zip after that. For those of you who have never had the chance to experience a zipline, you need to invest in the activity, for it is a feeling like no other.

Showshoe also features an outdoor mountain bike park, scenic lift rides, pools, back country trails and the Raven Golf Course, which is the highest rated course in the state.

West Virginia is also the home of numerous state parks which provide family fun for hours. While it is impossible to list all of them, a few include Blennerhassett Island, Bluestone, Camp Creek, Hawks Nest, North bend, Tygart Lake and Watoga. Any of these include camping, swimming, dining, gift shops, and golfing.

These are only a few of the wonderful attractions this state has to offer. It is virtually impossible to describe all the opportunities there are for adventurous memory hunters, but if you keep your mind Hare Racer Zipline, which is located at the open to new ideas and new activities, you heart of the village. It only costs 15 dollars will have a hard time finding boredom in the for one zip, and an additional 5 dollars great state of West Virginia.



Real Talk from front page

students. There are those who are active with the school and are seen on campus quite regularly with smiles on their faces and happiness in their step. Then there are those students who go to class and back to their rooms, whether it is for study sessions or other activities. There is nothing wrong with the latter, but I feel as though the first group of students is what makes Tech. Think about who you are, and what you do. Do your interactions and doings on campus make a difference? Have you had a positive impact on your school, on your classmates, on yourself?

I am trying to tie in the relation between the spirit of the school and the motives of why we do what we do. There is no higher calling than to help out another in need. Think of it like this. What is the key ingredient of "having a good day?" What happened during that day that made you decide it was a good one? There can be many answers to this, most of which being very different. It could be receiving a good grade on an important test, or having your favorite food in the cafeteria. Maybe it was something as simple as finding a penny heads up on the sidewalk, or it being a nice day to where you can go lay out at the knoll and get a tan. Or maybe it was something with more meaning that really made you realize where true happiness can come from. Bringing a smile to someone else's face in the time they need it most can have astronomical effects on their emotions and outlook on reality. I believe it was Robin Williams as Patch Adams who believed laugher was the best medicine. There is some truth behind that. Take this example. You walk out of class and across the Tech mall toward the Bear's



Den to get some food, and you see Tyler Fabian standing there in a suit next to a sign saying "free hugs." Upon receiving your free hug, try walking away and up the stairs with a frown on your face. It is quite difficult to do and requires pure drive and determination.

I believe that a person's sadness or insecurity is fed by their own self-destruction. You control your own thoughts, and therefore, can control your own emotions, to an extent. I am not saying that you can make pain go away simply because you think you can, but I do believe that you can improve your own happiness by believing in yourself and your own purpose. Finding that purpose may be difficult for some and all but

impossible for others, but having belief in one's self is the first step of doing so. It all goes back to what I said before, there is no higher calling than to help out another in need. Easing another person's mind about something, allowing them to release stress, and bringing joy to their life even if it is only for a moment can have an impact on them that can last for hours, days, and in some cases, if enough of an impact was made, years. This can bring the same feelings right back to you, for knowing that you were able to help someone else, and better their day, will only lead you to realize that you just bettered your day. In the words of Mufasa, it is all connected in the circle of

So why do we do this? Why should we strive to help others? Why can we not just worry for ourselves and use our minds to propel positive thoughts in us, without interaction with others? A young boy walks up to a Rabbi and asks, "Rabbi, if you *knew* the world would end tomorrow, what would you do today?" The Rabbi put out of hand and shook it up and down quickly and said, "Son, if I *knew* the world would end tomorrow, today I would plant a tree."

Why do we do what we do? Why should we try to instill tranquility in ourselves and in others? Why would the Rabbi plant a tree if the world was going to end tomorrow? Because it is the right thing to do. The brilliance of being a person of character is being able to know and believe for yourself that you should do what is right, when it is right, even if you are 100 percent sure that what you are doing will not amount to anything.

Even if this is so, it is *still* the right thing to

In conclusion, I go back to what I said earlier. I am trying to tie in the relation of being a good person and the spirit of the school. This school and all that I am involved in have made me into a better person. I try to live by the words written above and do so humbly. I realize that at times I fail, for I cannot always do what I believe to be true. Yet, I will try every day to bring a smile to someone else's face. This can be something as small as saying hello to a stranger and telling them that I like their shoes, to complimenting and hugging my best friend during her senior night softball game. There are many other students like me who do this same thing. While writing this article right now, many names pop into my head that have brought a smile to my day and made me realize what great people they are. They are unselfish, considerate, understanding people, and I believe that is what the spirit of this university is made of. This is what makes Tech a place that people can call their home. It is what makes you drive Fayette Pike behind the grassy knoll, just to see who is there and who will wave at you. It is what makes you get out of bed in the morning, look in the mirror, and think to yourself, "Today will be a good day."

I would like close this article by reminding you that you can make a difference in this town, at this school and to yourself. Allow positivity to flow through your veins, and take out all the trash that tells you that you cannot or you will not. Release negativity and show others that they, too, can release it. Happiness starts now.

The ring that inspired J.R.R. Tolkien

Lindsay McDowall
Staff Writer



the Lord of the Rings' by J.R.R. ■ Tolkien is one of the most famous trilogies in the world. Published from 1954-1955, 'The Lord of the Rings' is a fantasy tale that tells of great adventure, danger, comradery, and fellowship. Since its publication, it has been translated numerous times and has been made into an award-winning film trilogy directed by Peter Jackson, and starring big name actors such as Orlando Bloom ('Pirates of the Caribbean'), Viggo Mortenson ('Hidalgo'), and Christopher Lee ('Star Wars'). It also has a prequel, 'The Hobbit' whose movie's first part was released this year, and a companion, 'The Silmarillion.

'The Lord of the Rings' follows the tale of the One Ring created by the Dark Lord Sauron to rule Middle Earth. Due to events that are told through 'The Hobbit,' the One Ring falls into the hands of a Mr. Frodo Baggins, a hobbit living in The Shire. It is up to him and his friends – a wizard, three hobbits, two men, a dwarf, and an elf – to take the One Ring across Middle Earth and to the fires of Mordor to destroy it and return balance to Middle Earth. The trilogy tells the tale of their adventures and their struggles in the effort to destroy the One Ring.

But what inspired J.R.R. Tolkien to write this well-loved, fantastical trilogy and its counterparts? A mix of philology, religion, mythology, and real life experiences from his time served in World War I help to inspire much of 'The Lord of the Rings.' However, recently there has been news that could contribute another source of Tolkien's

inspiration – the One Ring itself.

Found in 1785 in field close to a historic Roman town near England, this artifact is speculated to have inspired Tolkien to create the story of the One Ring. The artifact in question is in fact a ring. It is a very large ring, weighing about 12 grams, and is solid gold. Believed to be from the 4th century, the ring has a depiction of Venus, the god of love, on it as well as an inscription in Latin. The Latin reads, "Senicianus live well in God."

Senicianus is a man who legend states was cursed by the owner of this ring for stealing it. The owner, Silvianus, asked the deity Nodens to place a curse of ill health on Senicianus until he returned the ring. The curse is inscribed on a tablet that has been found in a temple in Gloucester, England dedicated to the Roman god Nodens.

In 1929, Tolkien, a professor at Oxford University at the time, was asked by an archeologist to uncover the origins of the name 'Nodens.' Tolkien also visited the Nodens temple in order to figure out the etymology of the word. It is believed by many that Tolkien knew about this ring before he started writing 'The Hobbit.' This theory is supported by the evidence that much of the mythology Tolkien used as inspiration was Germanic and Celtic mythology, from which 'Noden' is thought to have originated.

Currently, the ring is being displayed at The Vyne, a historic mansion in southern England. It is left up to the fans of 'The Lord of the Rings' to decide if this ring truly inspired Tolkien to write his novels. Whether it truly is or not, there is no doubt that Tolkien's novels have inspired generations of readers and will continue to do so for many years.

Final* +Sc.fnledul*e +Spr->ing 2013

If your class regularly meets at this	Your final examination is at this	On this date .
time	time	
8:00 MWF or any combination.	8:00 - 9:50	
10:00 MWF or any combination	10:00 11:50	Monday
1:00 MWF or any combination	1:00 - 2:50	,
9:00 or 9:30 R only	3:00 - 4:50	May 6
Monday Evening Classes	6:00 - 2:00	
9:00 or 9:30 TR or Tomby	8:00 - 9:50	
11:00 TR or Tanly	10:00 11:50	
12:00 or 12:30 TK,T, or R	1:00 - 2:50	Tuesday
Other class times not listed	3:00 - 4:50	May 7
nesday Evening Classes	6:00 - 3:00	
9:00 MWF or any combination	8:00 - 9:50	
12:00 MWF or any combination	10:00 11:50	Wednesday
2:00 MWF or any combination	1: 00 – 2:50	,
2:00 or 2:30 R only	3:00 - 4:50	May 8
Wednesday Evening Classes	6:00 - 8:00	
8:00 or 8:30 TR, T or R	8:00 - 9:50	
10:00 TR. T. ar R	10:00 - 11:50	Thursday
2:00 or 2:30 TR or Tomby	1:00 - 2:50	
3:00 or 3:30 TR, T or R	3:00 - 4:50	May 9
Thursday Evening Classes	6:00 - 8:00	
11:00 MWF or MW or daily	10:00 - 11:50	
3:00 or 3:30 MWF or MW or daily	1:00 - 2:50	Friday
		-

All classes beginning after 5:00 p.m. are considered to be evening classes.

Cooking with Chef Sherfey

Joe Sherfey Staff Writer



Salmon
Ingredients:

4 (5-ounce) center-cut salmon fillets (about 1-inch-thick), skin on or off 2 tablespoons olive oil Kosher salt Black pepper

Instructions:

First, bring the salmon to room temperature ten minutes before cooking. Warm a large nonstick skillet with oil over medium-low heat. Season the fish with salt and pepper. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about four minutes. Turn the fish over with a spatula and cook until it feels firm to the touch and the skin is crisp if desired. The skin can be served or removed easily with a knife or spoon. Finally, prepare to eat the glorious salmon.



King Crab Legs

Ingredients:
3 lemons cut in 1/2
1 head garlic, split in 1/2
3 pounds Alaskan king crab legs, split

Drawn butter, for serving

Instructions:

First, insert lemons and garlic into a large stockpot with a steamer and bring to a boil. Next, add crab legs and cover. Steam for 5 minutes or until crab is cooked through. Finally, serve with drawn butter.



http://www.foodnetwork.com/recipes/dave-lieberman/spicy-coconut-shrimp-with-spicy-mango-basil-salsa-and-lime-jasmine-rice-recipe/index.html

Spicy Coconut Shrimp with Spicy Mango Basil Salsa and Lime Jasmine Rice

Ingredients:

Salsa:

1 mango, peeled and finely diced 3 scallions, sliced 5 basil leaves, julienned

1 lime, juiced

Shrimp:

2 fresh jalapenos, sliced
3 cloves garlic, thinly sliced
1/2--inch piece ginger, peeled and grated
2 tablespoons dark brown sugar
2 tablespoons soy sauce
1/2 lime
1/4 cup coconut milk
Small handful basil leaves, torn
2 tablespoons vegetable oil
1/2 teaspoon salt
15 grinds pepper

1 pound peeled, deveined shrimp

Lime Jasmine Rice: 1 cup jasmine rice 3/4 cup coconut milk 3/4 cup water Pinch salt 1/2 lime

Instructions:

For the salsa: Combine all ingredients together in a mixing bowl. Make up to a day in advance. Keep covered in the refrigerator. For the shrimp: In a mixing bowl, combine jalapenos, garlic, ginger, brown sugar, soy sauce, lime zest, coconut milk, basil, vegetable oil, salt and pepper. Add the shrimp and marinate for at least 30 minutes and up to 4 hours, refrigerated. Heat a nonstick skillet over high heat. Use tongs or a fork to remove the shrimp from the marinade and place in an even layer in the pan, reserving the marinade. Cook the shrimp until well browned on each side, turning once, about 3 to 4 minutes total. Transfer cooked shrimp to a serving plate. Add reserved marinade to pan, bring to a boil and cook until slightly thickened, about 5 minutes. Put the rice, coconut milk, water, and salt in a saucepan and bring to a simmer. Cover and gently simmer until liquid is absorbed, about 12 to 15 minutes. Fluff with a fork and stir in the lime zest. Serve immediately.



Good luck on your finals!

Have a relaxing and
fun summer!

Love.

The collegian

SUMMER CONCERTS BOCK OF AGES .38 Special LOCATION: CLAY CENTER LOCATION: WHEELING ISLAND FOR THE ARTS AND SHOWBOOM Sciences Date: 5/26/2013 Date: 5/7/2013 Price: \$130 Price: \$100 FLORIDA GEORGIA LINE Carrie Underwood WITH LOCATION: CLARKSBURG HUNTER Hayes AMPHITHEATER Location: Charleston Date: 7/5/2013 CIVIC CENTER PRICE: \$71 Date: 5/8/2013 Price: \$71 THOMPSON SQUARE WITH BANDY HOUSER

LOCATION: W STATE Fair

Summer fashion

Andrea Joseph Section Editor/Staff Writer



Date: 8/15/2013

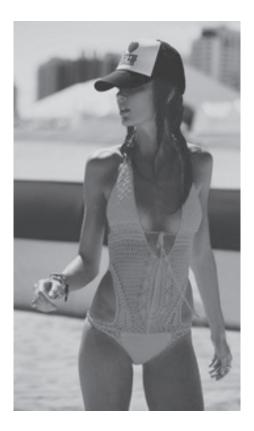
Price: \$64

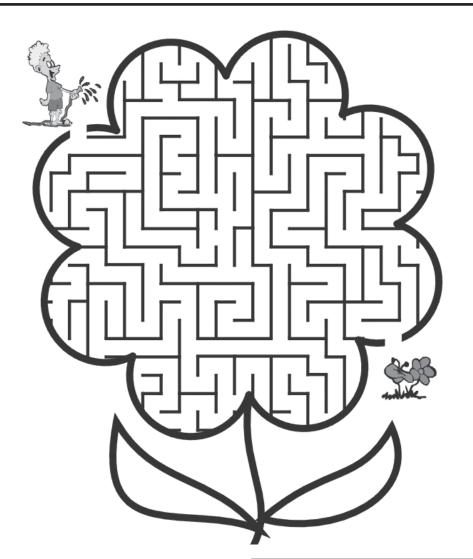
Cummer is literally a couple weeks Daway and everyone will start getting ready for all of the events. I am talking cook outs, pool parties, beach trips and family get togethers! Everyone needs to know what to wear for all these events, but come on, it is summer! We all know we only wear one thing all summer long here in West Virginia, and that is our bathing suit! Probably the most popular outfit all summer long is shorts with a bathing suit and some cute flip flops. Nevertheless, finding the popular bathing suit that you feel comfortable in and can emphasize vour body as a whole can be the hardest thing, and we all know that we HAVE to look hot. Let us break it down by comfortability and gender type.

GIRLS - Now a days, we as girls have endless possibilities of bathing suits we can pick from. We have thong bikinis, string bikinis, modest bikinis, monokinis, tankinis and one pieces. All of these possibilities really come down to how comfortable you are with your own body, but even that is not true. Even if vou are not a size 2, as long as vou are comfortable with your own skin, who cares what you wear. Confidence can make a brown paper bag look awesome! If you are comfortable with a bikini that shows a lot of skin, Victoria Secret is known for their amazing and gorgeous bathing suits. They come in a variety of styles and colors, and are even a little pricey but the quality and longevity are well worth the price. With a bikini, you can rock many different styles such as strapless, halter or a plain bra like top. With the diversity of each bikini, you can find the one that compliments your body type perfectly. If you want to show

less skin, then the fashion market is finding ways to make one pieces very stylish and sexy. If you want to rock a one piece, look around and you will definitely find the one that makes your body look amazing. Try to look at the one pieces that are especially retro, because they are to die for!

GUYS - Well, if you are a guy, making a decision on what type of swim trunks you want to rock is not a very hard decision. Nevertheless, go with a simple pattern for whatever trunks you want to wear. Rocking a crazy swim trunk will give you unwanted attention and will not attract many women. Stay with a contemporary pattern that will emphasis your core, and make you look tan even if you are not. Also, if you are a little overweight, do not rock the t-shirt. Girls like when you just walk around with confidence, even if you are not model skinny.





Staff Picks

Playlist

- -Margaritville
- -Gentleman
- -Gummy Bear
- -Down
- -Dirt Road Anthem
- -Star Spangled Banner
- -Wagon Wheel
- -Cruise
- -Get Your Shine On
- -Right Here
- -Swing
- -Sail
- -Lose Control
- -Shut Up and Drive
- -The Joker
- -Blackout
- -Don't Stop
- -Living Dead Girl -I Just Had Sex

Collegian's To-Do List

- -Be in SGA
- -Go to FUGIYAMA
- -Visit the Tamarack
- -Hike Tech Mountain
- -Go Greek
- -Swim in the pool
- -Tan on the grassy knoll
- -Eat pizza with the Dean
- -Go to a Brown Bag Lecture
- -Join SAB
- -Be an RA
- Help with Student Orientation
- -Use DQ's backwards
- drive through
- -Befriend Emmitt at D& J's
- -Eat a Franks

In History

May 1, 1931: President Herbert Hoover dedicates the Empire State Building in New York City from Washington D.C

May 1, 1852: Calamity Jane, famous Old West adventurer and performer, is born

May 2, 1933: First newspaper account of the Loch Ness monster being sighted even though sightings date back approximately 1,500 years

May 3, 1469: Philosopher Niccolo Machiavelli is born, most known for his work *The Prince (1532)*

May 3, 1980: Cari Lightner is killed by a drunk driver, inspiring her mother to create the organization Mothers Against Drunk Driving (MADD)

May 4, 1979: Margaret Thatcher is sworn in as Great Britain's first female Prime Minister

May 5, 1821: Napoleon Bonaparte dies a British prisoner on the Island of Saint Helena

May 5, 2002: *Spider-Man* becomes the first movie to gross over \$100 million dollars in the opening weekend

May 6, 1994: The tunnel running underneath the English Chunnel connecting Folkstone, England with Sangatte, France opens.

May 8, 1984: Soviet Russia announces it's intent to boycott the 1984 Olympic Games in Los Angeles, California

May 9, 1671: Thomas Blood, an Irish adventurer, is captured while attempting to steal the Crown Jewels directly

"The future belongs to those who believe in the beauty of their dreams." -Elanore Roosevelt

Goar Oleckia Moroscope

Aquarius (January 20-February 18) - Are you feeling like it is time for a change? Well lucky for you, this weekend is going to be full of twists and turns. No one will be expecting the news that your friend has and it is sure to be entertaining. The drama will be intense, the backbiting will be non-stop. This is sure to be a show for the ages. Too bad it is over something stupid and you might see two friends become enemies.

Pisces (February 19-March 20) - It seems like I always use the bad in the world for my horoscopes. Lucky for you, I am not doing that for yours. You will have a fantastic week with plenty of sun to do whatever your heart desires outside. Do not waste the opportunity to catch some rays or go out with some friends. This is your week, just be cautious of shenanigans.

Aries (March 21-April 19) - This week has been crazy and this week will be even worse. Finals are coming up and you are bound to have endless study groups. Just make sure you choose the right study group. It is all fun and games until you fail out. Do not be like the "other people". Keep your grades up and study hard for these exams. When it is over, summer will be here and so will that job you will need to make dough.

Taurus (April 20-May 20) - All the new people will be showing up next semester and some may become your friends. They will be keeping the year interesting with all new experiences. Take some time to reflect on this past year and the crazy stuff you did with your friends and look forward to the future. It is about time for this school year to come to a close.

Gemini (May 21-June 20) - Summer is almost here and it is time to leave the friends here and visit those back home. It is sure to be a good time and you will make plenty of memories. You may not be able to do everything you like but it will still be a good time.

Cancer (June 21-July 22) - So your birthday is in a month or two and you are getting closer to being that much older. How does it feel to be that much closer to dying? I'm sure you felt good until I said that. But it could always be worse, you could be really old. So enjoy the time you have left.

Leo (July 23-August 22) - You might be a bit of a realist, but you still have an imagination. Your friends might call you a pessimist, but you really just look for what is. Just keep being you, their fantasies will eventually change and they will live in reality. You should just be happy with what you can do anyways.

Virgo (August 23-September 22) - This will not be a good week for you. I see tons of bad luck in your future. If you call right now, though, and make a generous donation to 304-720-3090, all of your bad luck will go away. Now remember that's 304-720-3090. One more time, it's 304-720-3090. Thanks for your subscription to The Tech Collegian.

Libra (September 23-October 22) - I see plenty that could change for you. I might not be an official fortune teller, but I know I am right. You will be living in a different state soon, with a nice house, two dogs, and three kids. They will be triplets and you shall call them The Three Musketeers. You will live a fantastical life filled with joy and love. There will... for more on this horoscope please click the link below.

Scorpio (October 23- November 21) - This is about to get real quick, you normally do not have a problem with your friends. But today you stated your opinion bluntly and they took it the wrong way. You might have to dig yourself out of this one this time. It's funny how quickly you got thrown under the bus. If they were your real friend they probably would not have jumped to conclusions. But then again you did say they would have to be stupid to do it. Someone has to be wrong in this situation right? But you will not accept the blame for this one.

Sagittarius (November 22-December 21) - I see a great experience in your future. Plenty of fun is to be had and a lasting friendship to be made. It may not last as long as you would like, but it will last. The next thing is you will be coming into money soon, but will lose it shortly thereafter. I would advise spending it where it is needed most. You will also run into the love of your life and this time nothing really seems to be bad except the random small fights. But you have lowered your standards and this one will not be quite as bad as the others. Just a few rash words and some jealousy here and there. They might be controlling but it is nothing you can't handle. Like I said, it will work out... or maybe not.

Capricorn (December 22-January 19) - It has been really hard this semester but you are about finished. This is where it comes down to the nitty gritty. Will you move on to the next year and be that much closer to your dream job or will you fail out and work at some fast food chain? This is all up to you and how much effort you put forth. The ball is in your court and you need to do what is best for you. If you decide to fail out, then I feel sorry for you. Money is not happiness, but if you're homeless will you be happy? I know this is depressing but it is serious. You need to get your ducks in a row.