



Tech Collegian



WVU Tech | Montgomery, WV

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DOUBLE STANDARDS

The real college experience... What should it entail?

Lindsay McDowall
Staff Writer



All through high school, we all imagined what college would be like. No parents to tell us what to do, parties and drinking every night, being a sorority girl or a fraternity guy and all of those imaginings. So did we get what we want? Is that REALLY the ideal, real college experience? Or is it something different?

First and foremost, the real ideal college experience is making passing grades. Those who do not are out of here within a semester or two, making their college experience short and not so sweet. I am sure every single one of you reading this wants to pass all of your classes!

What about beyond that? For some students, research is a big part of their ideal college experience. Many college students have co-ops and/or internships and work on research projects across the country. They get the chance to apply what they

have learned in the classroom in real life. The training wheels come off and they get the chance to ride the bike on their own. For many students, this becomes one of the highlights of their career.

What about being on a sports team? We all know that cheering our teams onto victory is exciting, so how exciting do you think it is being on the team? Sure, you have to work hard and for long periods of time, but when you win the championship it is well worth it. Many lifelong relationships are found within teammates. Some students participate in intramurals, which allows for a stress reliever among their other obligations.

What about being in student government? Getting a say in what goes



See **Experience** on page 12

Spring break safety

Lindsay McDowall
Staff Writer



Ah, spring break... how we have longed for thee! Sleeping in until noon, warm days, tanning in the sun, and for many of us, vacations around the country. The biggest goal of every person's spring break is to have fun, but everyone needs to do it safely. Here are some safety tips for your fabulous spring break!

Do not meet up with anyone you met online. However, if you still do, meet with them in a public place with a lot of people. You never know who has been behind that Facebook profile or that Twitter user name. It is dangerous to meet people you have only talked to online! They could be a pedophile or a mass murderer hidden behind a profile picture of Ryan Gosling.

Be aware of the laws in different countries if you plan on traveling abroad. Various laws can be different in other countries, such as drinking laws.

See **Safety** on page 14

What to do when considering graduate school

Ashley Quinn
Section Editor/Staff Writer



With graduation looming just around the corner, many college seniors are focusing on what is to come after they walk across the stage. There are many options of course, but one that more and more people are pursuing is attending a graduate program. Unfortunately, there are so many obstacles to overcome before beginning a program is even possible: choosing where to go, cost of attendance, entrance exams, personal statements and application costs. All of these things are to be considered when choosing to further your education.

First things first, you have to choose where to attend school. If you are one of the lucky few that know exactly what program you want to pursue, yay! You have already won the first battle. For the rest of students out there who have no idea where to even begin looking, do not fear for there are resources available for picking a school. Gradschools.com is a great place to start looking if you have no prior knowledge of what programs are offered at which schools. The site breaks down graduate school subjects, and by clicking on the subject you are interested you will be taken to a page with a list of schools that offer degrees within that field.

See **Grad School** on page 6

Pitch perfect!

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



When you are out on the baseball or softball diamond, the heart of the team lies in the one who stands on the mound and hurls the ball toward the plate, daring the batter to try to hit it. It takes a special kind of person to be able to do this; to control the ball, control the game and control their own emotions so that every pitch does what it is intended to do, and makes the batter look foolish when they are unable to make solid contact. A lot of pressure is on a team's pitcher, and not everyone can do it.

The baseball team here at Tech has numerous hurlers, two of which being Cesar Chavez and Craig Johnson. Chavez has been throwing a baseball since he was 7 years old. He is a side arm pitcher, which means that his arm does not come from over his shoulder when he throws, but rather from the side of his body. His most effective pitches are his fastball and change-up. "[In order to be a good pitcher] you have to minimize your adversities," he says. "I love being able to control the game and the tempo."

Johnson also had some opinions on the matter. "My slider is my go-to

See **Pitch Perfect** on page 10

How to make your spring break a blast!

Andrea Joseph
Section Editor/Staff Writer



Spring break is the time during our spring semester to relax and take all of the stresses out of our life. Most students just took the horrible blow from midterms, many tests have been given, and teachers are digging into the material at full force. Spring break is something students look forward to in terms of relaxation, and be able to prepare for hardcore studying that is going to begin before the last few weeks of the semester.

Nevertheless, many students don't know how to spend their spring break. Many students around campus will work to accumulate extra money, some have families and children, other obligations are tended to during spring break, but what about the other students? The students that have no obligations and nothing to do. Here are some simple ways to make the most out of your spring break.

-Concerts: Being in Charleston, WV, many major cities surround us such as Columbus and Cincinnati, Lexington, and even

See **Spring Break** page 13

WHAT'S UP WITH THE
HARLEM SHAKE?



See page 13

A word from your SGA President...

Robin Davis
Guest Writer



Hello fellow Golden Bears! I hope you are not going too crazy; spring break is right around the corner! That being said, once we get back we only have four weeks until finals week. Make sure you relax over break, but be sure not to forget everything from your classes.

Officer Incentives

I and the executive board of SGA have been working with the Dean and CEO to work out better officer incentives for the future presidents, vice presidents, secretaries, and treasurers of SGA. I am pleased to say that the SGA executive board, Dean Carpinelli, and CEO Long have all come to an agreement on the new officer incentives. Your SGA officers will be able to earn the following in 2013-2014 for their service to the students of WVU Tech.

- President – Up to \$2500/semester
- Vice President – Up to \$2000/semester
- Secretary and Treasurer – Up to \$500/semester

So sign up and run in the 2013 elections today!

Elections

Elections will be held April 24-25. To apply for a position, please pick up an application from Karen Skaggs in the Dean's

Office. Contact myself or any other executive officer if you have any questions on the application process or what any particular office entails.

Campus Awards

At graduation, one graduate from each college is honored with the Presidential Award. This award is given to a graduate who has exhibited academic excellence and has contributed to the community and campus. Any graduate is eligible to apply for the award. Visit commencement.wvutech.edu or email Amy Cotner-Klingler for more information!

Executive Board Updates

Your SGA Executive Board is currently working on finishing up some office essentials such as getting dry erase boards and other supplies. We are also working with the Dean's office on an awards ceremony at the end of the year to honor students, faculty, and staff who have shown exemplary leadership and service. If you have any input, please attend an SGA meeting!

As always, I hope the weeks pass well for all of you! Be sure to attend SGA meetings to get the most up to date information. The meetings for the month of April will be April 2 and April 16. Go Golden Bears!

Your SGA President,
Robin Davis

Monty's Weekly Agenda

Friday March 22nd
BINGO @ Bear's Den 11:30 a.m.- 1 p.m.
Math Field Day @ Engineering Building/ Orndorff 1- 5:30 p.m.

Saturday March 23rd
Begin Spring Break

Monday April 1st
Zumba @ Conley 118 5:30-6:30 p.m.
Self Defense @ Tech Ballroom 7-9 p.m.

Tuesday April 2nd
SAB Movie night- Zero Dark Thirty @ Tech Ballroom 8-10 p.m.

Thursday April 4th
Yoga and Ballroom dancing @ Conley 118 5:30-7:30
Student success Center Grand Opening @ Vining Library 1 p.m.

Friday March 15th
BINGO @ Bear's Den 11:30 a.m.- 1 p.m.

Saturday March 16th
Montgomery Clean Up 9 a.m.

Sunday March 17th
Intramural Frisbee @ Martin Field 6 p.m.
First day of Greek Week

The Tech Collegian

wants to know what you think!

If you could go back to your freshman year, what would you do differently and why?

email us as tech-collegian@mail.wvu.edu

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WVU Tech IEEE



Attention all Electrical Engineering, Computer Engineering, Computer Science, Mathematics, and Electrical Engineering Technology majors: join WVU Tech's chapter of the Institute of Electrical and Electronic Engineering.

Meetings: every other Thursday at 1:00 ENG-414 starting January 24, 2013. Pizza provided every other meeting.

Chair: Amber Toney, 304-237-1054, atoney1@mix.wvu.edu
Vice Chair: Adam Kiger, 304-580-1685, akiger3@mix.wvu.edu
Secretary: Katie Pratt, 304-784-3167
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SHRM competes in regional conference

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



SHRM competes in regional conference
By Daniel Eisenberg
C.D./ Section Editor/ Staff Writer

The Society of human resource management (SHRM) loaded a van to maximum capacity and traveled to Arlington Virginia on March 7-10 to compete in the SHRM Southeast Regional Conference. There were 10 students represented our wonderful school along with their 2 advisers, they showed off their skills in an attempt to impress the judges.

The 2 advisers for the trip were Mr. Darrell Fixx and Mrs. Angelia Russell and the students that participated in the competition were Megan Thomas, Rachel Burdette, Steven Alderman, Melissa Madison, Cierra Humbles and Jaime Thomas. Saraphin Joseph, Meghan Mullins, Tia Hudnall and Caleb Carte also took the trip to VA to support the team. There were 14 schools present for the competition, and were all battling for the number one spot. Unfortunately, our Tech team did not advance to the finals, but still represented our school with class.

The case competition involved having to analyze an HR scenario about family owned and operated hotel business and organize an executive summary and power point presentation that was under 15 minutes in length and present it to the panel of judges. They were only permitted four hours to accomplish this task, so time was of the essence and not a minute could be wasted.

“...It was a great learning experience and we didn’t do too shabby for our first competition,” says Megan Thomas. “I’m looking forward to seeing how the team does next year.”

“The competition was fun and very informative,” says Jamie Thomas.

“It made us learn some different ways to solve a problem in a business. I thought our team did great. We went in and gave it our best. I’m so proud of our team.”

Melissa Madison also had some words to add. “I feel we did great as a whole team and were able to pull our individual skills together as well,” she says. “The speakers we listened to were a good learning experience as far as the things we were taught, and they were very motivated to get us thinking of the future. The trip all around was an awesome learning experience and I would recommend it to anyone.”

Although it is not official, and the results were not fully proven, it was to be understood that Tech came in at 4th place out of the 9 undergraduate teams. The other 5 teams were graduate teams and we did not compete with them. Considering the fact that this was the first time Tech competed in a competition of this sort, and no prior experience in the matter was present, nor was an idea of what to expect was felt, the outcome of the event was more than what was expected, and it is an accomplishment that the team, and out school can be proud of.



Greek Guys: Fraternity service and fundraising

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



The Phi Kappa Tau fraternity had a busy time on the weekend of St. Patrick’s Day. Since the fraternity was actually founded on March 17, 1906, March has become its National month of service. Every chapter participates in as many community service events as possible so that they can try to break the record from the previous year. From the Epsilon Beta chapter here at Tech, five brothers traveled to Flying Horse Farms in Columbus, Ohio.

Flying Horse Farms is a SeriousFun camp which was founded by Paul Newman, who is also a Phi Tau. The purpose of this camp, and the other SeriousFun camps around the globe, is to provide a fun filled week of summer to terminally ill children for free. These kids spend their entire lives in hospitals, so being able to spend a week out in the cabins and experience a summer camp experience is life changing for them. Five brothers from Montgomery traveled to the camp on Friday the 15th to help the other 56 brothers from across the nation. They spent the night at the camp and woke up bright and early to help with numerous projects that made the camp better and more pleasant for the children. The 61 Phi Tau’s were split into groups and each had their own assignment. One of the groups that our guys were in was in charge of raising garden beds. The men moved piles of wood and 3000 pounds of concrete about 150 yards to the site of the gar-

den. After that, they dug holes for the posts for the fence and screwed together the frame for the boxes. Once this was accomplished they cut boards to the proper length to build the fence and then painted it. Dirt was then put into the boxes and raked so that it could be used. This took all day to do and it was dinner time by the time the project was finished. After dinner, our guys decided to drive home due to the drive being long and the work being finished.

Three other brothers participated that same weekend in a bowling fundraiser for the Children’s Miracle Network Hospitals/ WVU Children’s hospital. This event took place on the March 16 at Venture Lanes in Dunbar, West Virginia. There were 31 teams, all paying the 100 dollar entrance fee that participated in the 3 game tournament and had a great time mingling with each other and rolling their balls at the pins. Raffles were also held and numerous prizes were given away. Some of the prizes were an iPad mini, a 4-some bowling tip to Big Bend, 4 individual rounds of golf at Little Creek, an oversized camp chair, a foosball table, numerous gift cards and a basketball hoop, among numerous others. Door prizes were also given out and there was a 50/50 raffle. Everyone in attendance has a blast and just over 3,600 dollars was raised to be donated to the hospitals. Phi Tau had an actives team and numerous alumni attended to compete. My team did not win the tournament, but I did win numerous raffles and walked out at the end of the day with both the golf outings, a \$25 card to Fat Patty’s, a \$20 card to Buffalo Wild Wings and a \$10 card to Subway. It was a successful event.

Lady Greeks

Lindsay McDowall
Staff Writer



Currently, the Lady Greeks are still in the midst of their New Member Education programs. After Spring Break, initiation will take place for both sororities, welcoming their new members into their respective bonds of sisterhood.

A week after Spring Break, it will begin. The one week many Greeks look forward to throughout the year. It is a week of stress, no sleep and intense competition. Greek Week.

Greek Week, for those who do not know, is a week of games where Greeks compete against each other; fraternities versus fraternities and sororities versus sororities. Events for this year will include softball, football, swimming, chess, poker, darts, relay, chariot race, dodge ball, a quiz bowl and more. Last year’s champions, Phi Kappa Tau and Alpha Sigma Tau, will be fighting to keep their spot at number one while the other Greeks vie to become it. Although it is an intense week of competition, friendships will still remain throughout the week.

Both sororities were present at the Blue and Gold Day for Tech, showcasing their sisterhoods for potential new members. Tech sororities are interesting in the fact that there are only two of them, but in some ways they are starkly different. At most schools, most of the sororities are na-

tional organizations. At Tech, we have one national sorority and one local sorority, which in some ways provides a good set of choices for potential new members.

Delta Kappa Theta is what is called a local sorority. Local sororities are unique from national sororities. A local sorority exists at only the one college; that is, Delta Kappa Theta exists only at Tech. They are still a sorority that has rituals and rules, but they are not bound by any national rules and regulations. They are small, and generally everyone knows everyone – literally. All the alumnae know the collegiate women, and vice versa. They are extremely unique. For many women at Tech, this is something that attracts them.

Alpha Sigma Tau is what is called a national sorority. National sororities are national organizations. This means you can go to other colleges and find other Alpha Sigma Tau chapters. For example, there are chapters at Concord University and Fairmont University. National sororities provide scholarships and national workshops on leadership, finances and other necessary topics for the function of a chapter and for the growth of women. Ladies in national sororities are bonded together across the country through rituals and a common sisterhood. Women are attracted to this type of sorority because they want to be a part of something much, much bigger than themselves. For many women at Tech, this is something that attracts them as well.

All in all, sororities are full of wonderful experiences and great sisterhood. Check one out today!

What class impacted you the most and why?

“Ethnic groups [because you] learn about different people and cultures.”
Haley Pauley

“Speech [because it] helped me with my stage fright.”
Patric Devereaux

“Physical Science with Fox [because it] made me love science all over again.”
Rachael Ferrell

“Political science because it was the reason I changed my major to criminal justice so I can go to law school.”
Tori Bragg

“I had an AP Government teacher; he ran his classroom like a college class and he prepared me for college. I thought it was hard when I was taking it, but it was worth it. He always taught life lessons and he made sure the seniors were prepared for life after graduation.”
Britany Starkey

“Health class because it has to do with the medical field and it encouraged me to take anatomy and pursue my dream to be in the

medical field.”
Nikki McCarthy

“The one that comes to mind for me is a career search and interview class with Cantrell. It was ENGR 493L SPTP:Interviewing & Job Search. It really helped me develop my communication skills in a job search/business setting.”
Robin Davis

“Biology has had the biggest impact because it helped me decide what I wanted to do in life. It’s hard but I enjoy it.”
Taylor Miltenberger

“Probably Dr. Lieving’s classes because they taught me that being a smartass is a good thing.”
Tyler Green

From Graduates
“General Pyschology from Lieving [because] he’s very insightful.”
Justin Simpkins

“Modern Slavery [because] it opened my eyes.”
Susie Whitley



Tech Collegian

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The *Tech Collegian* is West Virginia University Institute of Technology's weekly open forum for discussion of campus, local and national issues, and welcomes letters and opinions submissions from all readers. Letters to the Editor should not exceed 450 words, and they usually respond to a particular item or debate from the previous week's issue. Opinions articles are longer pieces, up to 800 words, and take the form of a longer column. No letter or opinions article may be printed anonymously. If you are interested in contributing, e-mail tech-collegian@mail.wvu.edu.

The *Tech Collegian* is used for educational prowess purposes with the intent to educate students in forms of media, journalism, photojournalism, and a various collection of writing styles. With this in mind, all publications are produced with the intentions to fine tune and chance these writers, photographers, and designers and their individual abilities within the field of journalism.

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Blue and Gold Day

Lindsay McDowall
Staff Writer



Blue and Gold Day took place on Saturday, March 16. Blue and Gold Days are Tech's Open Houses where prospective students and their families can come see what Tech has to offer. It helps them decide whether or not they would like to come to Tech; many of us went to the same thing when we were high school juniors or seniors. This time, over 300 people were expected to come out for Blue and Gold Day.

Students first come into the ballroom where they watch a presentation on the admissions process. They then hear from the student panel, a group of actual Tech students who answer questions such as 'What do you like most about Tech?' and 'Why did you choose Tech?' Then prospective students watch more presentations of what Tech has to offer and various topics from Financial Aid. Afterwards, the students are spilt up based on their major and escorted to see the different departments across campus. Next they see the residence halls, touring both

Maclin Hall and Ratliff Hall. Lastly, they eat lunch in the Bear's Den and get the opportunity to talk more with the actual students of WVU Tech.

Overall, it is a very busy day for not only the students and their families, but all of Tech's faculty and staff as well. All of the deans were present, as well as CEO Carolyn Long and the admissions and financial aid staffs. Tech student organizations were invited to showcase their organizations at the Blue and Gold Day as well, and so many showed up that they actually started running out of room! Students got to see what awaited them if they chose to come to WVU Tech. Organizations present included the Society of Automotive Engineers (along with their Baja Buggy), the Tech Collegian, Phi Kappa Tau, Alpha Sigma Tau, Delta Kappa Theta and the Student Activities Board, amongst many others.

In the academic departments, students got the chance to see some of Tech's labs and classrooms, along with various projects that current students are doing. They got to hear lectures from professors about the major they were curious about and ask any questions they

may have come up with.

In the residence halls, resident assistants guided students and parents alike through the game rooms, laundry rooms, lobbies, and show rooms. The show rooms are rooms done up to look like a typical student's room – without all the mess of course!

The Bear's Den served all the favorites – chicken strips, pizza, waffles, and more! Overall, prospective students and their families alike seemed to enjoy the experience. Many students decided that Tech was the perfect place for them, while surely a few decided that they would keep searching while they kept Tech in mind.



Special Thanks

Bob Williams
Guest Writer

Dear Tech Students,

I would like to personally thank you for your support of our men's and women's basketball teams this season. Our coaches and players truly appreciate the time, energy and support you showed from October to March!

The student section at our home games, especially during the A.I.I. Tournament, was fantastic! Painted faces and bodies, cheering in unison, inspiring our players, and making things difficult on our opponents, creates an outstanding home-court advantage for the Golden Bears!

Our men's team won 20 games for the 2nd straight year, missing out on an A.I.I. Championship and a trip to Kansas City by 1 basket. Our women's team won the A.I.I. Championship and earned a trip to the Nationals in Kentucky. We

couldn't have done it without each of you! Special thanks to the men's soccer team for organizing the student section!

Personally, I am very encouraged to see all of Tech's athletic teams improving to new heights! Besides a supportive administration, quality coaching, and hard-working, dedicated athletes, this success can be traced directly to student-pride on campus. Pride in being the best you can be in what you do. Pride in putting the team first. Pride in supporting all the teams on campus.

Thank-you, Tech students, for your support. It was a lot of fun! Good luck to all of Tech's teams, and I can't wait for basketball season next fall!

Yours in Hoops,
Coach Bob Williams

SPRING POOL HOURS

(Pool will be closed for all home athletic events and holidays.)

Monday through Friday
1:00 - 4:00 p.m.
7:00 - 9:00 p.m.

Friday Night is Free Swim
Open to the Public.
Saturday
Noon – 4:00 p.m.
Sunday
1:00 – 4:00 p.m.

WVU

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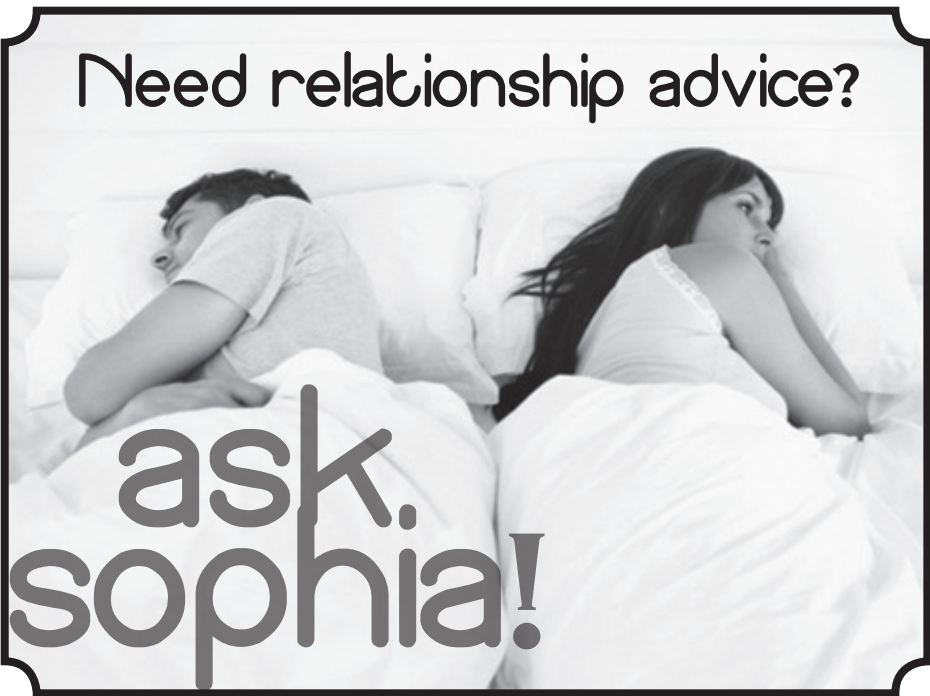
happ

for more info e-mail tech-collegian@mail.wvu.edu

Self-Defense

taught by Ryan Stevens

Mondays & Wednesdays
7-9pm in the Tech Ballroom



The price of life

Ashley Quinn
Section Editor/Staff Writer



Crystal Kelley is (at the time, twenty-nine years old) a single mother of two girls. Elizabeth Cohen, Senior Medical Correspondent for CNN, in her article “Surrogate offered \$10,000 to abort baby” reports that Kelley had previously suffered two miscarriages but was still eager to help someone who was having fertility problems. After several failed attempts through a surrogacy agency to be paired with a family, Kelley was finally brought into contact with another couple from near Vernon, Connecticut who were interested in a surrogate. In exchange for carrying a child for this couple, Kelley would receive a surrogacy fee of \$22,000.

Kelley was thrilled, Cohen states, and arranged a meeting with the couple at a local park near Vernon. Cohen explains that Kelley was immediately drawn to the couple. They were kind and attentive to their three children they brought with them. Cohen describes that this couple was interested in a surrogate because they wanted a fourth child. The first three children had been conceived through invitro fertilization, and the mother could have no more children. After this initial meeting, Cohen explains, Kelley agreed to be a surrogate for the lovely couple.

Kelley remembers to Cohen that the first few months of her pregnancy were wonderful. The other woman (the couple refused to give permission to use their names) called on a regular basis, was very attentive to Kelley’s needs, sent checks to Kelley early if she was having trouble paying rent, and even sent Kelley and her two daughters Christmas presents. However, Cohen explains that things soon took a turn for the worst.

Kelley was sent to Hartford Hospital in Hartford, Connecticut during her twenty-first week of pregnancy because the hospital near Vernon had detected an abnormality but did not have the equipment to properly make a diagnosis. Cohen describes that the news from Hartford Hospital was not promising. The baby girl that Kelley was carrying for the other Connecticut couple had a cleft lip and palate, a cyst in her brain, and a complex heart abnormality, Cohen reports. The surgeon who

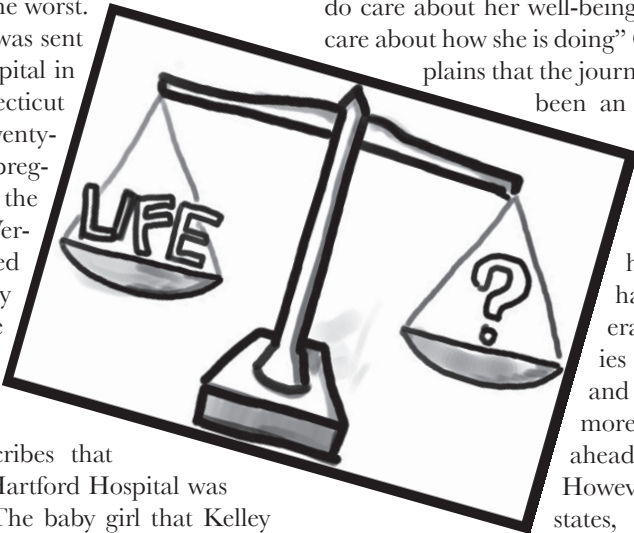
spoke with Kelley explained that the infant would need several extensive heart surgeries and would have a twenty-five percent chance of having a normal life.

The mother contacted Kelley soon after hearing the news, but was too hysterical to think rationally and determine the next course of action at the time, Cohen extends. However, within the next week, Kelley’s midwife received a letter from Dr. Elisa Gianferri, a maternal/fetal medicine specialist at Hartford Hospital, and Lesli Ciarleglio, a genetics counselor. Cohen states that in this letter the two women explained that “given the ultrasound findings [the parents] feel that the interventions required to manage the baby’s medical problems are overwhelming for an infant, and that it is a more humane option to consider pregnancy termination.”

Cohen goes on to explain that Kelley was in disagreement with this option; however, she was not the legal parent of the unborn baby girl. The couple extended an offer of \$10,000 dollars to Kelley to terminate the pregnancy. Cohen reports that Kelley had personally been against abortion for both moral and religious reasons, but in a moment of weakness sent a counter offer “tell them that for \$15,000 I would consider going through with the termination.” Kelley immediately regretted her decision, Cohen states, and fled to Michigan, a state that gives Kelley rights to the child.

The battle was not quite over for either Kelley or the Connecticut couple. Cohen describes a back and forth between layers and that eventually, the birth parents came around and offered that Kelley could adopt the baby girl after her birth. “They (the couple) do care about her well-being. They do care about how she is doing” Cohen explains that the journey has not

been an easy one, Baby S (as she has been termed) has had to have several surgeries already and has many more obstacles ahead of her. However, Cohen states, she has been given a chance and a mother who was willing to fight for her even when the odds were stacked greatly against her favor.



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

First things for Pop Francis

Ashley Quinn
Section Editor/Staff Writer



Less than one week after the conclave that elected Cardinal Jorge Mario Bergoglio to pontiff, Pope Francis is already beginning business at the Vatican. In an article by the BBC, “Argentina’s Kirchner raises Falklands with Pope Francis” the newly elected Pope is already meeting with heads of state. Argentina’s President Cristina Fernandez de Kirchner, from Bergoglio’s home country, happens to be the first to hold counsel with the Pope.

The BBC reports that the topic of discussion during the fifteen to twenty minute meeting and following luncheon was the Falkland Islands. In the past, Cardinal Bergoglio has said that the Falkland Islands belonged to Argentina. The BBC states that the islands have long been a matter of contention between Argentina and the United Kingdom.

President Fernandez de Kirchner told BBC reporters that she brought the matter to the attention of Pope Francis in hopes that he would intervene “to avoid problems that could emerge from militarization of Great Britain in the South Atlantic.” Before the death of her late husband and Argentine President, Nestor Kirchner, the BBC reports that relations between the three influential members of church and state were tense. However, President Fernandez de Kirchner hopes that a dialog between Argentina and Great Britain would be more productive if the new pontiff were involved, the BBC explains.

Unfortunately, the subject will most likely be a hot spot. The BBC declared

that last week a referendum was held in the Falkland Islands, and the overwhelming majority of Falklanders voted to remain an overseas territory of the United Kingdom. David Cameron, the Prime Minister of Great Britain gave the statement that he “respectfully disagreed” with past expressions that the Falkland Islands had been “usurped” from Argentina. Even though Pope Francis has expressed the notion that the Falkland’s should return to Argentinian control in the past, the BBC reports that the pontiff’s actions remain unclear. As previously stated, the Argentinian heads of state and Pope Francis have had tense relations over the years. Fernandez de Kirchner has commented that then Cardinal Bergoglio’s views stemmed back to “medieval times and the Inquisition” regarding the adoption of children by homosexual couples and other social reforms that met with opposition from the Church, states the BBC. Fernandez de Kirchner’s late husband even once referred to Bergoglio as the “head of the opposition.” Then Cardinal Bergoglio, the BBC reports, made the statement that “Argentina was being harmed by demagoguery, totalitarianism, corruption and efforts to secure unlimited power.”

To that end, further plans of action are unknown. The BBC’s reporter in Rome, Alan Johnston, comments that there have been no news on how Pope Francis responded to the Argentinian president’s proposal.

Featured senior project: Monika Becker

Lindsay McDowall
Staff Writer



Monika Becker is a senior soccer player here at WVU Tech. Many of you know her as an employee in the Bear’s Den, a leader in the International Student Organization or as a fantastic RA in Ratliff Hall. But not many of us know her in an academic or professional setting. For those who do not know, Monika’s major is Interdisciplinary Studies with a focus on Graphic Design and Marketing. She has excelled in her field, and worked for Tech over the summer. She was actually the designer behind all of the homecoming fliers and handouts this school year, and even Monty’s homecoming costume.

Her senior project involves helping a local business. “With the intention of bringing my two areas of interest, Graphic Design and Marketing effectively together, I am going to help a local business develop more publicity. The main focus is to carefully build a promotional strategy tailored to the assets of the local store ‘Renee’s Scent-stations,’ now named to ‘Denim and Pearls Country Candles’. My advisor and I chose this specific project because of its hands-on experience; I am working under real conditions, have meetings with the client, and have to come up with applicable solutions.”

Denim and Pearls Country Candles is the candle store right across the street, owned by a US Marine Corps veteran and his wife. They sell candles, candle tarts and little things to decorate your house or room. All the candle products are homemade, and come in an astonishing variety of scents. Monika’s project will hopefully help attract more customers and increase their sales. She hopes to get their name out there more, and get people to really know their name



rather than know them as “the little candle store across the street.”

The purpose of senior projects is to help the soon-to-be graduates truly understand their chosen field of study and what they can/will do with it in their future. It teaches them the real life workings of their discipline; what they need to plan, how they need to execute a task, and how to do it in a timely manner. “Since I am giving some of the store’s designs a new look, I really see how basic design principles work. No matter how cool a piece may look, as long as it doesn’t get the customer’s attention, it is not effective. Thus, often it’s the simple design that works better. In the end it is all about sending out a message; this is a cute, little country store, a little bit antique and homey, and the design has to mirror that image.”

“When it comes to marketing, I have to ask who my target market is. Who would be most interested in the store’s offers, and what would be the best way to reach that certain group? How can I make them know about the store and come and shop? What can I do to satisfy their needs, and make them come back, etc?”

Monika, though now working in graphic design, originally came to Tech for Fine Arts. However, Tech no longer offered that major, so Monika delved into the world of graphic design. “It was an enriching experience, and I had some great teachers over the years. I gained the most knowledge, however, through my internship with the WVU Tech Office of Relations and Communications.”

Sadly, Monika will be a part of the last graduating class that has graphic design on their degree. The program will be cut from Tech’s list of programs after this semester.

Monika is extremely artistic and enjoys her major. She brings creativity to Tech, and will surely do the same for wherever she goes from here!

Grad School from front page

Another thing to consider when choosing a graduate program is the cost of attendance. After four years of an undergraduate program, the majority of students have already accrued some amount of debt, and the last thing anyone wants is to add more. Fortunately, there are some tips to help cut the costs of paying for graduate school. US News’ Michael Morella wrote a piece “Use These 5 Strategies to Pay for Graduate School” and it was quite helpful. Morella lays out the five tips as such: getting your boss to pay, obtaining scholarships, working for the school, borrow money wisely and make use of tax credits.

Morella explains that many companies are willing to reimburse their employees who obtain a graduate degree and boost the employer’s “collective skill set.” Obtaining scholarships, Morella explains, is another way to gain funds for graduate school. Applying early is the key, two to three months prior to the deadline, Morella states will allow time for the school to offer any funds and time for you to meet with financial advisors to apply for scholarships mostly based upon merit. Working for the school is another option, Morella says, schools with available funds with allow stipends in exchange for running research or teaching assistantships. In the event that you would still be required to borrow money, Morella stresses that it should be done wisely. Look for loans that offer the lowest interest rates and allow a grace period before repayment. Finally, Morella explains that students should take advantage of tax credits. Students can receive up to \$2,000 in refunds and is applied to 20 percent of tuition and other necessary costs up to \$10,000 dollars.

Another thing to take into consideration when pondering graduate school is entrance exams. Graduate school exams are field specific. For instance, entrance into medical school is partially dependent upon your MCAT

scores, LSAT for law school. For most other programs, the required entrance exam is the GRE or Graduate Record Exam. This test assesses several things: overall scholastic ability, critical thinking, verbal and quantitative reasoning and analytical writing skills. Indiana University at Bloomington has an entire site dedicated to prepping for graduate entrance exams. The major tip that they stress is to take advantage of preparatory courses if optional and obtain study books. Allotting several months to study for the GRE is not uncommon and is something that should be taken very seriously if you are thinking about attending graduate school.

Yet another consideration that must be taken when thinking about applying to graduate programs is your personal statement. This is very important because it is the first glimpse that the faculty in your desired program has of who you are. The University of California explains that a personal statement should be just that – personal. The team who admits students there looks for openness, reflectiveness, life experiences and aspirations to say the least. A personal statement to a potential graduate school should be well thought out and represent the best parts of yourself that you have to offer to the program to which you are applying.

Finally, application costs are to be considered. Applying to graduate school alone is a very expensive endeavor. Some programs will waive the application fee if filled out online or by a certain deadline, but unfortunately application costs are most often an expense that cannot be avoided. It is best to set aside funds each week or every pay check to allocate only to application fees. Many can cost upwards of \$50-\$100! So prepare early.

As you can see, there are many things to consider when choosing a graduate program. The best advice is to take your time and be selective and thorough. Following some of the advice laid out here may help to make your experience a little easier and more enjoyable. Good luck!

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MATH TUTORIAL LAB Spring 2013					
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		



Tech Collegian's
Tip of the Week

Quality times spent with your nose in the books will equal quality grades; but make sure you take time to stop and smell the roses. In other words, college will be what you make of it, just make sure you’re in it for the right reasons and you enjoy it.

Featured professor: Dr. Paul Rakes

Ashley Quinn
Section Editor/Staff Writer



Even though he will tell you otherwise, I can easily say that Dr. Rakes is one of the most interesting men I have ever met. I have the privilege of having him in class (which is interesting in itself) however, the recent interview I conducted allowed me to further see the myriad facets of his life. Not only is Dr. Rakes a professor, but also a musician, former coal miner, avid outdoorsman, author, dancer, and horseman.

The interview was a very informal occasion in which I just had a conversation with Dr. Rakes. We spoke briefly about his educational background. He received his Master's degree in Confederate History and his Ph.D. from West Virginia University in Appalachian History. Dr. Rakes described this path as something he stumbled across rather than something he pursued. However, he persisted and we now, here at Tech, have the opportunity to learn from one of the most acclaimed Appalachian historians.

Concerning his position here at Tech, Dr. Rakes described teaching as something that can be fun. He reminisced that during his former occupation humor was often forced. But here in the academic setting there is a frivolity that he appreciates. Some of the more alluring aspects of teaching for Dr. Rakes are the things he learns from conducting his own research and having the opportunity to meet so many different people from many different walks of life.

As previously mentioned, Dr. Rakes is a former coal miner. He spent 20 years working for the Pittston Coal Company where he achieved the status of senior electrician. Of course there were long hours involved, many times he said, working five 12 hour days and an 8 hour day on Saturday. Dr. Rakes admitted that at times the mines could be brutal, but he missed some aspects about that life. He shared a

commonality with his fellow coal miners that he describes as being more of a familial bond than anything else. It is a bond that is special and hard to come by in most situations. I asked him if it was a matter of trust, and Dr. Rakes responded that you have to trust those men and that there was an immense amount of respect.

I asked if he missed that life, the grueling days, the danger; and he said that what he missed the most was troubleshooting. In moments when equipment would fail he would be radioed and need to make decisions and fix problems as quickly as possible. He said that there was a satisfaction in doing that, in being needed on that level, which he has not found here at Tech. There are physical and mental elements to solving potentially dangerous problems that do not exist in academia. The closest he has come has been in some senses sending articles or works for publication and witnessing students who find their way; who have another door opened for them that was not there before.

Finally, we spoke for a bit about his personal life and interests. He said that there were four things that he really, truly loved in life: music, shag dancing, roaming the mountains on horseback and/or mountain bike, and disappearing into the woods for days at a time. The minute he said "shag dancing" I was completely shocked. I would never have looked at Paul Rakes and said, "Yeah, he is a shag dancer". It sounded fun from what he described, however, it is essentially a "jitterbug to blue grass music" and you have to know the steps. As for his mountain roaming, Dr. Rakes was made for it; he is a real branchwater man who is completely at home out in the wilderness without the comforts of our increasingly modernized lives.

The importance of proper writing and grammar skills

Ashley Quinn
Section Editor/Staff Writer



“Wut up ya i cnt make it 2 cls lol”....what? Regardless of what kind of relationship you have with your professor, would you ever send them a message like that? I certainly hope not. However, Alejo Enriquez, professor at Cal State East Bay, receives messages like this with greater and greater frequency. Matt Krupnik, from Contra Costa Times, chronicles in his article “Text slang invading academic work” that more and more professors at both the undergraduate and graduate level are seeing texting lingo appear in “professional” works. Enriquez, Krupnik commented, had this to say to the grammar poor student, “Despite the fact that I happen to be perfectly capable of reading any incoherent drivel you may send to my (e-mail) inbox directly from your phone keypad, ‘wut up ya i cnt make it 2 cls lol’ is insanely unprofessional.” And rightly so.

With our phones never more than mere inches from our reach, it is beyond impossible to argue that we are anything but a culture that is supersaturated with technology. This boom in communications has increased the amount of writing people do exponentially. In ancient times less than one percent of the population was literate and writing was a very privileged and formal process. Today we pick up our phones and send things like “c u l8r”.

The question is then, if more and more, people are moving to this abbreviated style; what is the problem? As Enriquez stated before, it is highly unprofessional, this “text speak” and it is also supporting the breakdown of the structure of our language. This familiarity with a more familiar rather than formal language tone could prove problematic for many people. Since many of us are obtaining a college degree in preparation for starting a career, the

most relevant problem of informal writing is finding a job.

One would assume that it is common sense to not write abbreviated words, slang, “hey, wuts up” on a job application. However, what many people fail to realize is that they may do it without even knowing they made the mistake. If you habitually practice bad grammar, then you will have bad grammar. Period. Unfortunately, the professional world is not accepting of bad grammar regardless of how convenient and common it is in your daily communication.

For example, recently I have had the privilege of sitting on a committee to hire a new faculty member here at Tech. While reading through and eliminating résumés, I came upon one that looked promising. I began to read the cover letter of this résumé and there it was in black and white. Spelling mistakes. And this was on a document that was meant to procure a position of employment that would require precision, professionalism, and organization. That résumé was immediately thrown out with no further consideration. I am sure many people would think, “goodness, a spelling error is cause for not being considered?” And the answer is yes.

Especially in a professional setting, writing is more than the words on a page. Correspondence is a precedence, a promise and a symbol. If you are writing to a person you have never met before, all they have is your written word. Sloppy grammar would send the message of “your most likely a sloppy person”. However, if the letter that you sent is well organized, thought out and correct, it sends a much more positive message.

And of course, we all want to go out into the world and be successful men and women; so remember this. Pay attention to grammar. Do not be one of those people, one of those perfectly qualified people, that get passed up for what could be the opportunity of a lifetime because of bad grammar. All of your education has been prepping you to present a knowledgable, professional and competent example to potential employers. So take your first line of offense, proper grammar, and go out there and make the great first impression you have the capability of making.



Featured class: CHE-327 a.k.a. kinetics and reactor design

Lindsay McDowall
Staff Writer



My favorite class this semester is CHE-327 Kinetics and Reactor Design. My major is Chemical Engineering, and I am very interested in nuclear chemistry and anything to do with space. Someday I want to be an astronaut, build rockets or be the flight director at Cape Canaveral. All of these career paths involve chemistry, chemical reactions and chemical reactors. Kinetics and Reactor Design is the first class I have had in my major that has really pertained to what I want to do with my life.

In Kinetics and Reactor Design, we learn how to design different types of reactors, such as batch reactors and flow reactors and how a chemical reaction oc-

curs within the reactor. We learn how to make decisions about the design of the reactor based off of the chemical reaction involved. For example, should you use a batch reactor system or a flow reactor system? How many reactors do you need to achieve the desired conversion? How much of a material do you need to put into the reactor to achieve the desired amount of product?

Recently, we also started learning about microreactors. Microreactors are used to produce toxic or explosive materials. For example, phosgene, a chemical war agent popular during World War I, is produced using microreactors. Microreactors are used to avoid deadly accidents that could permanently harm the area and the people that live around the chemical plants.

The professor of this class is Dr. Gifty Osei-Prempeh. She is one of my favorite professors; she is extremely knowledgeable on the subjects she teaches and can explain anything in a way that is easy to understand. She always uses real world examples to relate what we are learning to what actually happens in the real world. Her teaching style is very traditional; she lectures and we take notes! She is very understanding when we do not grasp some concepts when we first learn them, and is always willing to explain them different ways until we understand it.

All the classes my classmates and I have taken so far have culminated into this course. Materials and Energy Balances and Thermodynamics both come into play when designing reac-

tors. And, of course, so does basic chemistry. One of the best things about being an engineering major is you can literally see your education clicking into place; you can tell that you truly are learning and retaining information from class to class.

This class is my favorite class this semester because it directly relates to what I want to do when I receive my degree. Nuclear reactors fascinate me, and this class is the first step to my understanding the world of nuclear reactors and how I can be a part of it. I hope to use the knowledge I gain in this class and the classes after to develop better ways to utilize nuclear energy and make the world an overall more efficient place. I know that this is just the beginning of my education, and I cannot wait to see what lies ahead.

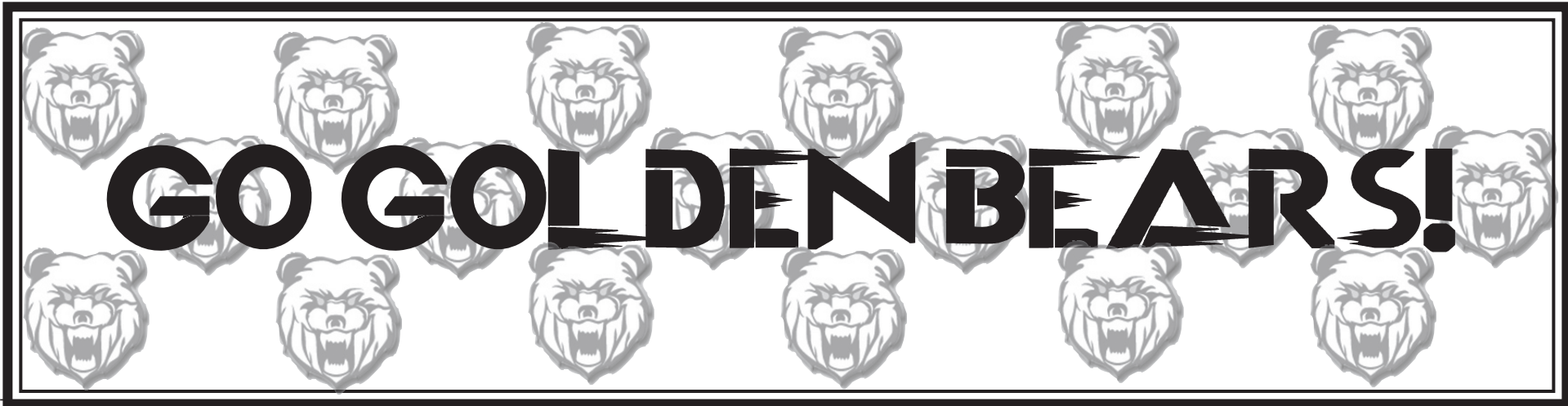
GOLDEN BEAR SPORTS BRIEFS

BASEBALL

The Golden Bear baseball team started their season a bit rough, but is now raising the amount of W's in their record one game at a time. On March 7, the team traveled to Vero Beach Florida to compete in the USCAA Vero Beach Tournament where they battled against five different schools, defeating four of them. The first game ended in a loss for the bears, with a close score of 2-4 giving the win to the Newport News Apprentice School. The next four games on March 8 and 9 ended in four victories against Penn State Beaver, Rochester College, Penn State Allegheny and Penn State Hazleton. After dropping 2 games in a double header against Cumberland University, the team picked up 2 in a double header against Ohio University- Chillicothe with scores 10-0 and 6-1.

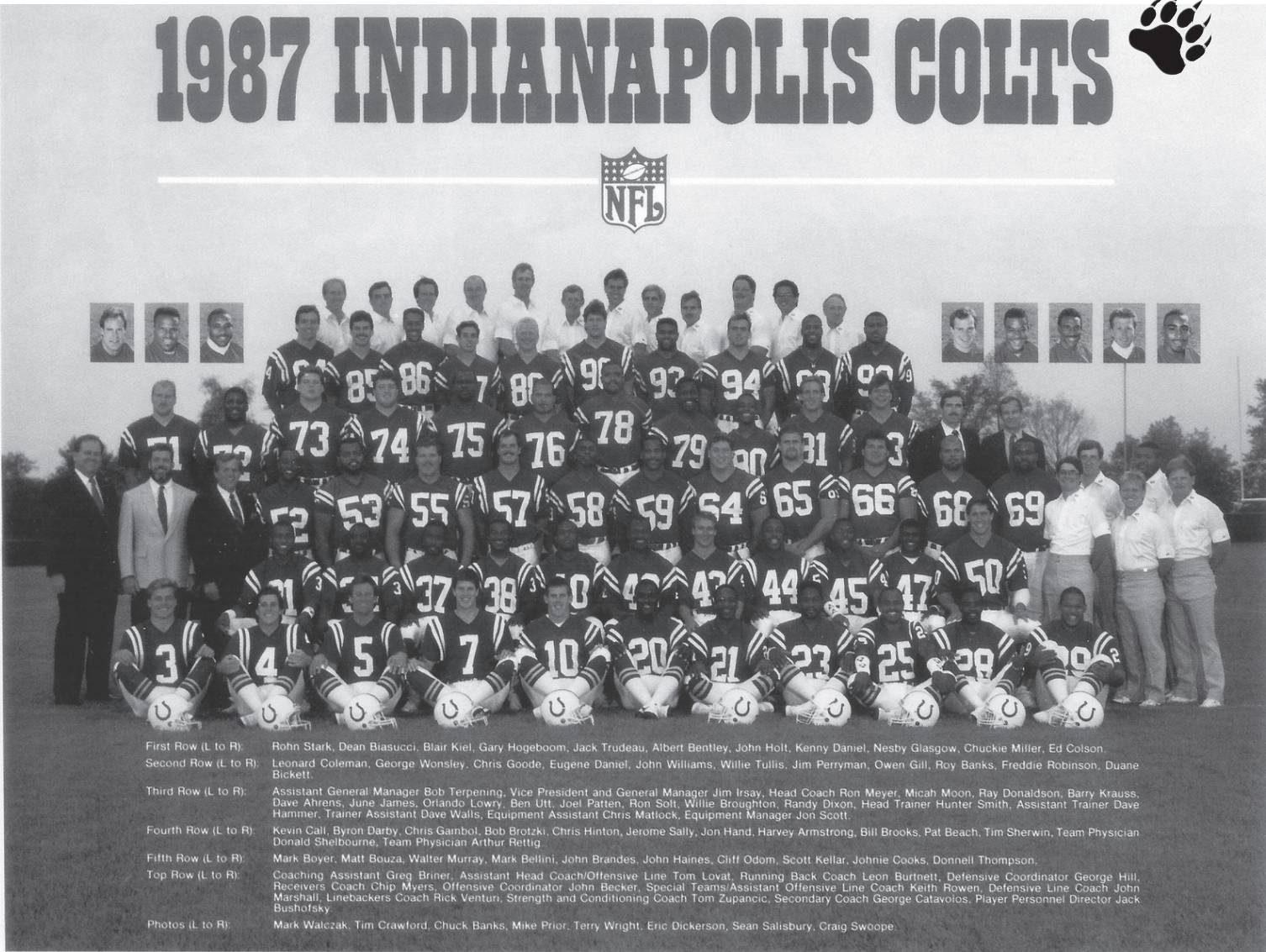
SOFTBALL

The Tech Softball team opened their home game season against Southern Virginia University on March 8 at Riverside. The two teams played 3 games and each walked out with at least one win. The first game resulted in a loss for Tech, 5-7, but the next two were victories 9-1 and 11-5. On the March 10, our ladies battled the University of Lynchburg for a double header. Both the games turned out to be quick wins for Tech, for they were both finished in 5 innings with scores of 15-0 and 13-1. Another domination came against Iowa Wesleyan College at the USCAA Pre Season Tournament when our ladies took care of business and finished the game with a win, 9-0. The next two games ended up being losses for Tech, with scores of 6-8 and 2-5 against Briarcliffe College and Indiana University Southeast. The last two games of the tournament were cancelled.



GOLDEN BEAR THROWBACK
CHUCK BANKS

Charles Banks attended WVU Tech from 1983-1986 and received his bachelor's degree while playing enthusiastically on the football as a running back. In 1986, he was drafted by the Houston Oilers in the 12th to play before being traded to the Indianapolis Colts where he played in the 1987 season. He was named the player of the game against the New York Jets for his performance of 167 yards rushing. During his short, two season career in the NFL, Banks rushed for 325 yards and caught a total of 16 passes for 121 yards as a fullback. He now teaches physical education and health for the Baltimore, Maryland public school system and is married to his wife of 19 years Monica, and has two children. In 2011, he was inducted into the WVU Tech Hall of Fame.



GAME DAY KICKS

What's your preference?

“Brooks Mach 13’s. Lots of comfort for that 5-mile race, along with the aesthetics to boot!”

Casey Orndorff, Cross Country

“Nike sandals, hah I like to keep it comfy.”

Haley Pauley, Volleyball

“Adidas adipure soccer shoes, keep my shoes all cozy comfy when I play.”

Craig Mitchell, Soccer

“Uggs. It’s like I’m walking on a warm cloud.”

Emily Geldbach, Softball

“Whatever I feel like.”

Jordan Brooksher, Soccer

“Any shoes as long as I can play with ‘em.”

Edson Borja, Soccer

MEET THE WVU TECH BASEBALL SENIORS

The Golden Bear baseball team has been in action for a few weeks now, digging their cleats in the dirt and making laundry day a day that is not to look forward to. They have had numerous home and away games and racked up numerous wins to contribute to their record. This team is led by five seniors this year, each with their own skills and backgrounds.

In numerical order, the first senior is number 1 Ryan Kessinger who hails from Covington, Virginia. “Kess” plays left field and bats third in the batting line-up. Last season, he recorded 53 hits to contribute to his .354 average. “[My favorite part about the game] is being in the batter’s box knowing it’s just me against the pitcher and there are no other obstacles to worry about,” he says. After college, Kess plans on pursuing a career as a respiratory therapist. “I’ll miss playing the game once this season is over,” he adds. “And I’ll miss making lifelong friendships with my teammates. Enjoy every second of college baseball and college in general. All you do is blink and it’s over.”



Hailing from Bridgewater, Virginia is number 8 leadoff hitter Kevin Bockock. This center fielder has the legs of Flash, and races around the bases, recording an impressive 32 stolen bases last season. With 51 hits, Bockock had a .304 average and recorded 16 RBI’s. “My favorite thing about the game is that it’s challenging,” says Bockock. “[Once I leave,] I’ll miss all the friends and teammates I’ll be leaving behind. Play hard and have fun!” Bockock plans on finding a job back in his hometown upon graduating.



Making his way to Tech from Ceredo, West Virginia is number 4 Jonathan Prince. Prince takes over the hill on the baseball diamond, and serves as one of the pitchers for the team. “My favorite part of the game would have to be the fact that you have to keep your emotions in check,” he says. “If you get too hyped up you can end up trying to do too much and if your down then mental errors start to pile up.” After college, Prince plans on going back to his hometown and find a job at one of the accounting firms in that area. “The thing I will miss most about playing for Tech will be playing with my teammates,” he adds. “They are more than just teammates to me, they are my brothers. We are always together. To the rest of the underclassman, never quit working to get better, and always enjoy what you do.”



Last of the seniors is number 16 José Soto from Venezuela. This power hitter straps on the gear each game and serves as the team catcher or sometimes the third baseman and bats either in the cleanup slot, 5th, or 6th. Last season, Soto had a .313 average with 45 hits which included 10 doubles, 33 RBI’s, and an impressive 7 home runs. “I love the feeling of my heart when I step on the field,” he says. “I feel like a little kid with candies.” After his Tech experience, Soto plans on continuing his education and pursuing a master’s degree, or, if possible, getting picked up by a pro team. “I will miss my teammates and playing the game,” adds Soto. “Coach Ness taught me how to love the game even more than I already did. I want to tell the rest of the team to play every game like it’s your last game because you never know when it will be!”



Information for Grant Williams is unavailable

Tech weight room

Ryan Stevens
Staff Writer



A big factor to college students is that many of them do not have the money or place to work out. Staying in shape and staying healthy are two very important things especially when it comes to dealing with stress and making sure you do not become sick too often. To answer these problems I would like to take the time in this article to speak with you all about a location to which you may be able to work out. That location being right here on-campus in our very own weight room.

The weight room can be located on the ground floor of the athletic center. It is open from 7 a.m. in the morning till 9 p.m. at night for anyone who may be interested. Also keep in mind that sports teams may be meeting in there from time to time as well.

As well, when thinking about going to the weight room you should as well keep some of the hazardous things you should know. One, it is important to put the weights back to the exact spot you got them from. Two, make sure to bring a towel so you can wipe off any sweat from

previous users (this keeps you from getting any disease such as ring worm or staff). Three, do not try and lift more than you are able to lift. This keeps people from dropping weights which, in turn, keeps people from breaking toes, breaking your feet and smashing your fingers.

Keeping yourself and your body healthy is important and making sure you follow these rules keeps you from being hurt and unable to stay in shape. Adding to these workouts you need to make sure that before and after the workout you are stretching for at least 5 to 10 minutes to keep you from pulling any muscles or further injuring any previous injuries you have had in the past.

Staying healthy and in shape is a huge factor in college life. Many students do not allow time to work out and this affects their overall health physically and mentally. Stress can be controlled, disease may never find you and your body may be able to run strong and be able to perform your everyday activities such as running, lifting and studying or doing well on your test throughout the semester. Keep strong and stay healthy at West Virginia Tech.



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WANTED:

**SGA Officers
and
Senators**

Contact: Robin Davis at rdavis32@mail.wvu.edu

Staying healthy in college

Ryan Stevens
Staff Writer



Making sense of college life is an important task to undertake when you finally decide that it is time to actually start doing the very thing you have always wanted to do. Some of those tasks involve knowing what food to buy, how much money you have to spend each week, what classes to attend, etc. Most of all the most important aspect to college life is being able to stay fit and become healthier as each day goes by. Staying healthy could mean a bunch of different things. Maybe you are someone who just wants to keep a steady diet, maybe you are somebody who wants to lose those extra 10 to 15 pounds, or maybe you are someone who just is fascinated with working out. Well here in this article we are going to discuss how exactly you, as a college student, can stay healthy and active.

Staying healthy is mainly a matter of free will and the mental ability to want to achieve your goals. First step to becoming more active would be to make sure you have goals written down or just have them in the back of your mind. Once you have a couple goals set, begin to think about how exactly you plan on achieving those goals. Will it be by running more? Lifting more weights? Doing more core work? Whatever you choose, just make sure you clearly know how you would like to achieve them.

Next, start off nice and easy. Most people make the mistake of trying to do too much at once because they think that doing more is better for you. In all reality doing more is not always the best options. Most of the time people who push themselves too much over the line begin to feel tired and exhausted and even start pulling muscles, making their

goals that much more difficult to reach. As each day goes by gradually build on how much you run or lift.

In addition, many people have the most trouble when it comes to knowing how they should eat or drink. When working out you should focus yourself on strictly drinking water or Gatorade. Water allows you to become more hydrated and the Gatorade allows your electrolytes to replenish and keep you strong. Eating can also be a tough factor because after a workout you feel like eating large amounts of food, this folly should be avoided. When you eat after a workout make sure that you only eat an average meal or even just eat some fruit and save your appetite for dinner. Allow your stomach to rest after eating to make sure that your food digest correctly; it takes the human body at least 20 minutes to tell your brain that it is full.

Finally, after you know exactly how you would like to execute your goals, make a calendar of the days you will work out and what exactly you plan on doing on those days. Just knowing what you will do and how you will do it will help relieve any stress you may feel towards working out and helps to further push you to do your best all the time. Hopefully this article will become a help to many individuals out there. Good luck and have fun



Pitch Perfect from front page

pitch,” he says. “[To be a good pitcher] you have to have a clear mind and you have to dare the batter to hit you. You have to also be forgetful at times. You have to forget what the last batter did and move on. I love having the power and control in my hands. Everyone has to go at my pace and my pitch.”

The softball team has three girls who can take the circle of the infield. These 3 leaders are sophomore Jacki Wood, and freshmen Bridgett Goss and Taylor Norman.

Alaska native Wood has only been pitching for 6 years, where other pitchers have been throwing their entire lives. Her pitches include, but are not limited to, a fastball, rise ball, drop ball, curveball and screw ball. When times are tough, she relies the most on her curve ball to make her battle whiff it. “To be a pitcher you need to be confident, not just in yourself but in your team,” she says. “Also, you have to keep your composure and stay calm even when there are things you cannot control yourself, like bad umpires or errors. Not saying that I am good at that because that’s definitely something I still need a lot of work with. I love pitching though. From the moment I step onto that mound, the games in my hands and that’s a feeling you can’t get anywhere else. There’s so much pressure and excitement and I live every day for it!”



Goss, who has been throwing since she was 11 years old, has amazingly 9 pitches including a fastball, curve, drop curve, rise, slow drop, and others. “I think you need to have a strong focused mind set,” she says. “A pitcher is the person who sets the mood for the defense. If the pitcher is confident in herself then that will make her defense confident behind her. If a pitcher lets certain aspects of the game get to her then it can weaken her defense. That’s one thing I love about our team, we feed off of each other and no matter what the outcome of the game is we have each other’s back. All three of our pitchers are very confident in ourselves and our defense.”

Norman has been throwing the longest, since she was only 7 years old. She has 7 pitches to choose from, and relies mostly on her curve or off speed pitches. “As a pitcher one of the most important things on the mound is to have a stable mindset,” she says. “A pitcher must be able to get over the last pitch and move on to the next one to be successful. You have to stay positive while you’re on the mound and not get down on yourself or it could lead a bad game.”

All these pitchers are good at what they do. They control the game, control the pace and a lot of times control the attitude of the entire team. Be sure to travel to Riverside or East Bank to watch our team play.



Community Service Opportunities:

Montgomery
Community Garden

Community Work Days:
3rd Saturday of Every Month

For More Info

Email: Montgomerycommunitygardenwv@gmail.com
or
Call or Text: (304)228-1200
or
Add us on Facebook: [Mongomery Garden](#)



GRIN AND BEAR IT!

SEXIST DOUBLE STANDARDS



Andrea Joseph
Section Editor/Staff Writer



Even though it is 2013, double standards between men and women still exist. Women still get called sluts for doing something so minuet, but a man can bang every girl in the world and manage to get props from all of his friends. Men can do anything in the world, but women still manage to have some restraint in certain areas of the world. These double standards should be stopped and should still not exist in 2013. So needless to say, we need to find ways to stop such standards as women and we need to take a stand together.

Some researchers that look into these ongoing double standards say that many of these standards stem back from the older times when the men controlled the women. Men were allowed to do everything from vote, own land, upkeep the lands and many other things. Women were not allowed to do such acts but were forced to have babies and do household chores while raising all the children. As time passed and things changed, women gradually got to do more things throughout the community. Women did not gain these rights by just sitting around. Many women such as Susan B. Anthony, and Elizabeth Cady Stanton took active roles throughout the community to fight for more rights for women. With many women taking a stand, more women gained the right to vote, own land and do more than just stay home and tend to the house. With March being Women's History Month, this would be the time for many women around the nation to stand up and

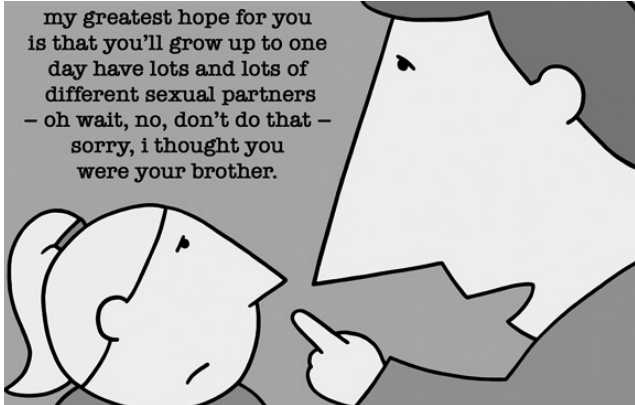
show the men that we can do whatever they can do, and sometimes even better. Women need to find ways to show appreciation to these women of history who fought so hard for the freedom we have in present day.

In present day 2013, women do pretty much everything that men do.

Women have lead themselves to the highest of companies, been amazing doctors and even some have kept the men at home while they make a living for themselves and their families. But why is there still a double standards? The reason that double standards of this nature still exist is because many women do not have the confidence, self-esteem and respect for themselves to stand higher than the men in this world.

When I first typed in double standard to do research, the first article that popped up contained many photos of women on Sports Illustrated covers. These women are keeping the double standards alive. Men that buy these magazines just slobber over women with good bodies and who promote themselves for sex. These

reasons are why these standards still exist. Women everywhere are promoted to be skinny, sexy and sometimes even dumb to be hot. This is the not the case because most women in this country are beautiful, college educated and brilliant. Women around the country need to stop being portrayed for sex, but more or less be



portrayed as the next leaders of America. I am not trying to bash the women on these covers of magazines. These women have worked their hard-

est to show their amazing bodies and have worked hard to eat properly. These women need to have the confidence to not just promote themselves to men, but promote themselves to men that will see that they work hard to maintain the body they have and care about the health of their bodies.

If you look around the people of WVU Tech and Charleston, WV, you will find so many women trying to show the world how brilliant and confident they are. A lot of women at Tech are studying nursing, which gives them the education to take care and heal the people in our nation. A lot of times nursing is por-

trayed in a negative light, but many people do not understand the responsibilities and the tasks that many nursing have to endure. They cure the sick, get talked to horribly and take commands but still manage to keep their composure and manage to still give the best possible care to each and every patient. A lot of the nurses trying to obtain their nursing degree will not stop at a simple bachelor's degree in Nursing. Many nurses will follow on with graduate school to become a Nurse Anesthetist, or even a Nurse practitioner. Many of these women will show the world how much people will depend on them.

Even here at Tech, women are not only here for nursing. Many of these women are in pre-med majors to become a doctor, pre-law to become a lawyer and even women are here at Tech to be unbelievably trained engineers. Our women here at Tech will eventually leave into the real world and make an incredible name of themselves and even represent Tech in an amazing way.

Women are beautiful human beings. We take pride in our appearance, our personalities and our hard work. To eliminate these double standards we need to show the world how amazing we women are. We need to continue working hard on our education, and show the men in this world that we can do anything they can do. Nevertheless, we cannot forget the women that we owe all of our appreciation too. For these women, worked hard for our freedom and rights we have today.



Yay: Passover

Nay: Losing

Yay: Andrea turning 21!

Yay: SPRING BREAK!!!!

Yay: Miss. AST

Nay: Testicular cancer

Nay: No funding

Yay: Easter

Nay: Swimsuit season

Yay: Being hot and fresh out the kitchen

Yay: Cold weather is leaving!

Nay: Prodigies

Nay: Suddenlink

Yay: Paying your rent on time

Yay: Iron Man III is almost out!

Yay: Cure for babies with HIV

The "Randpage" filibuster

Jordan Hill
Staff Writer



I will speak as long as it takes, until the Lalarm is sounded from coast to coast that our Constitution is important, that your rights to trial by jury are precious, that no American should be killed by a drone on American soil without first being charged with a crime, without first being found to be guilty by a court." He was off. U.S. Senator Rand Paul, a Republican representing Kentucky, led a filibuster for nearly 13 hours on the Senate floor starting at 11:47 AM on Wednesday, March 6, and ending at around 12:40 AM on March 7. He stood to object to the nomination of John Brennan as Director of the Central Intelligence Agency.

Filibustering, speaking for as long as the senator wishes to hold the Senate floor in order to prevent a vote on a bill, is a technique that has been popular since the 1850s. It has been used a number of times, sometimes for very many hours. The longest recorded filibuster was performed by South Carolina's J. Strom Thurmond who filibustered for 24 hours and 18 minutes against the Civil Rights Act of 1957. West Virginia's own Robert C. Byrd is in the history books for his filibuster against the 1964 Civil Rights Act, which lasted 14 hours and 13 minutes.

Senator Paul had asked the Obama administration a number of times, whether the President has the

power to authorize lethal force, such as a drone strike, against a U.S. citizen on U.S. soil, and without trial. After finally receiving a letter of response from Attorney General Eric Holder, Paul was not satisfied. In the letter, Holder stated that a predator drone strike on American citizens on American soil is something that could not be ruled out, although it would be under "extraordinary circumstances in which it would be necessary and appropriate." Therefore, Paul decided to hold up the nomination of Mr. Brennan.

After a while into the senator's speech, many other Republicans and even one Democrat, Oregon's Senator Ron Wyden, trickled onto the Senate floor to support Paul by speaking. Many pointed out that the issue was not a partisan issue, but an American issue. They wanted a straight answer saying no to these drone strikes. Wyden argued that "the executive branch should not be allowed to conduct such a serious and far-reaching program by themselves without any scrutiny, because that's not how American democracy works."

One Democrat senator decided to take Senator Paul to task, Dick Durbin of Illinois. He asked Paul whether the U.S. government had the authority to take out the fourth plane on 9/11 before it crashed into the Capitol. Paul responded calling it a "red herring." "We all agree that you can repel an imminent attack...None of us disagree with that. We are talking about a targeted drone program" against citizens who are "not actively engaged in combat...I don't think that standard can

be used in the United States." Mr. Durbin responded saying, "I stand with the senator...I think it is a legitimate question."

To the disappointment of many Republicans who stood with Senator Paul on that night, two Republican senators in particular did not care for Paul's efforts. John McCain called Paul and his likeminded colleagues "wacko birds," which he later apologized for, and Lindsey Graham who said, "I congratulate him (President Obama) for having the good judgment to understand we're at war...And to my party, I'm a bit disappointed that you no longer apparently think we're at war." Senator Paul fired back saying, "They think the whole world is a battlefield, including America, and that the laws of war should apply...The laws of war don't involve due process, so when they ask you for an attorney you tell them to shut up. That's not my understanding of the way America works...I don't think the laws of war apply to America, I think the Bill of Rights do and I think it's a disservice to our soldiers that our senators are up there arguing that the Bill of Rights aren't important."

Despite Paul knowing his filibuster would not stop the nomination, he did want to extract the answer he was looking for from the White House, and he did just that. The following day, the Attorney General Holder wrote to Senator Paul saying, "The answer to that question is no." Paul reacted to it saying, "I'm quite happy with the answer and I'm disappointed it took a month and a half and a root canal to get it."

Is technology controlling our lives?

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



Take a look to your left; now to your right. Try looking down or in your pocket. I am willing to bet that everywhere you just looked you saw some sort of electronic device that was invented to make some aspect of your life easier or more entertaining. Most of these inventions are necessary in this day and age for convenience or possibly even for survival, but a line can be drawn when it comes to American's being too dependent on these devices for reasons that are unnecessary and a bit bizarre. I believe it is a bit embarrassing when a seven year old owns and knows how to fully operate an iPhone 5.

However, Technology is necessary for the functions of many organizations. Records for any organization are stored on computers. The internet is used every day by millions of people for communication, information and various other things. Our lives revolve around the comfort that we can simply "Google" anything we need whenever we need it. However, what would happen to our society if the internet and computers all across the globe simply stopped working? Companies would lose records of their customers; banks would lose financial statements; communication of delivery and shipping would halt. It may even be safe to say that our world would self-destruct, so to speak, due to a social collapse and insanity out of the human population. While this is a scary thought, it is not necessarily an impossible task. A simple computer virus could cause this, which is an example of how technology has become too advanced and dangerous for our society.

To live a productive and successful life, one must be familiar with the func-

tions of computers and know how to use numerous software programs. Colleges now require students utilize these resources, instead of simply using a textbook. Here at Tech, there is an online database of scholarly articles and research experiments to utilize for research projects. Every paper that I have had to do I have used this resource, so I would not have to find resources in actual books or magazines. This saves me time and effort, and as everyone knows, time is money. Without technology, our society as we know it would collapse. The cave-man era would sneak back upon us and kick us in the face leaving a mark saying "this sucks." While this would not necessarily mean death, it sure would tempt people to choose that option.

On a smaller scale, technology is in our lives in other ways. Cell phones now have calendars, calculators and alarm clocks taking away the need to have any of those things. They also have notepads and reminders which takes away the need of a piece of paper for a to-do list. Cell phone games make even five minutes of down time a time to bury your face in your device and attempt to achieve your goal of winning. Social interaction is almost no longer necessary due to being able to just text whoever you want to talk to. There is no reason to go out to dinner with someone to catch up when you can just see what they are doing on Facebook or text them to see what they are into. This can be a good or a bad thing, depending on how you look at it.

Everyone has their own opinion about technology and how dependent our society is on it. While it has hurt many aspects of life, it has also made life easier, and possibly made life itself more efficient.

perience is getting out and experiencing the town around you. Granted, Montgomery itself is not always so interesting, but it does have some yummy food! I suggest going to Frank's for a calzone or to Benny's for some cheese fries.

What about living away from home? It is statistically proven that college students who live on campus are more likely to get involved. However, anyone can get involved in anything they want to. But when you live off campus, you tend to miss some of the nighttime events or you tend not to hear about all the events as often. For quite a few people, living on campus around other students helps complete their college experience.

What about none of these things? What about just going to class and being a bump on a log? There is absolutely nothing wrong with that. If that is what you enjoy, then that is what you enjoy!

Our college experience is what we make it to be. If you do not like it, DO SOMETHING about it! Only YOU get to control what happens in YOUR life, college included. If you are not happy with it, go join a club. Go play a game at intramurals. Go to a Greek recruitment event. Go to SGA. Quit the team. Quit your job and find a new one. Move out. Transfer schools. Whatever it takes, do it. Life is too short to be anything but happy, and you only go through college this way once! So do it, and do it the way YOU want to!

dear sophia

Dear Sophia,
I have major problems spending money, and I even have a job. I want to start learning to accumulate money but it is just so hard. Any tips?
Sincerely,
Spending Sally

Dear Spending Sally,
To stop spending money is so hard to do, especially when parents pay all of your major expenses. Saving money though, ultimately comes down to you just buckling down and saying no to things you want. One solution that might help you save money is every other week when you receive your paycheck, take out a set amount of cash such as \$80, and then put your debit card away. Live off that \$80 for as long as you can, maybe even the whole two weeks until you get paid next. Not only do you learn self-control, but by the time you receive your next paycheck you saved most of the money from the past week, and you can repeat his process over and over.
Yours truly,
Sophia

Dear Sophia,
My boyfriend and I have been dating for a while now, and recently I have been wanting to take the next step with him such as getting engaged, moving in with each other, that sort of stuff. He just does not seem to be on the same page. How can I get him to want to move forward?
Sincerely,
Fast Moving Girlfriend

Dear Fast Moving Girlfriend,
I am sorry to break such bad news to you, but there is absolutely nothing you can do to make him want to move faster. Wanting to propose to you, or initiating to move in is something that has to come to him on his own terms. There might be reasons why he is scared to move forward such as maybe he wants

to make sure divorce won't happen, or maybe he doesn't want to move in because he has an OCD problem. Whatever the case maybe, pushing him into things he is not ready for will ultimately push him away from you. Just be patient and love him like you do. In time, hopefully he will realize he's ready to grow up a little more, and go towards starting a life with you.
Yours truly,
Sophia

Dear Sophia,
I have been wanting to invest in a pet, but everyone is telling me not to because they are such big responsibilities and it is hard to come and go as please. I just want something to get me company. What do you think?
Sincerely,
Confused Cathy

Dear Confused Cathy,
Well your friends are right. Pets are extremely hard to take care of especially if you are constantly on the move. If you have long days here at school it is hard to find time to come home and feed them and run them outside to use the bathroom. Pets are also hard financially, considering they need food, vet visits, love, and grooming. Nevertheless, if you have a job, good school schedule, and need someone to keep you company, a pet might be the answer. They will always love you and always be awaiting your arrive. A lot of time students get lonely living alone during college and not with their parents. I think if your schedule allows, a pet would be a good option for you. Trying visiting the local animal shelters first to find your next best friend!
Yours truly,
Sophia

Experience from front page

on at your college or university is a great experience, not only for your resume, but for the fact that your opinions and ideas are being implemented. It teaches you how to operate in a professional setting and also teaches you a bit of politics. For many students, their college goal is to be the president of their student government.

What about going Greek? For thousands of people across the nation, going Greek was not only the highlight of their college career, but the best decision of their lives. Going Greek teaches you philanthropy, leaderships, scholarship and sisterhood or brotherhood. It forms friendships that last a lifetime and beyond and really helps make your college experience the best it can be.

What about being an RA? Being a resident assistant is a goal of many students, whether it is because room and board is paid for or because they truly want to help their fellow students. RAs help ensure the safety of their residents, and for some that responsibility is what they crave.

What about falling in love? Many a lady and gent have met their true love while in college. Some of you have probably done it already! You have to admit, having the one you love by your side is making your college experience all that more special!

What about eating Mexican, Potampkin, Benny's, Frank's, Burger Carte, or Gino's? If you have not at least tried every one of these restaurants, you are missing out! Many a student at Tech has found a favorite delicacy at one of these restaurants. Part of the college ex-

Searching for answers to life's questions?

Write to Sophia
at tech-collegian@mail.wvu.edu





What are your plans for Spring Break?

"I'm going on a fishing trip to Michigan with my boyfriend and I'm also going on a fishing trip to Cranberry."
-Stephanie Beard

"I'm going to Ohio to visit my grandma."
-Taylor Hudnall

"I'll be working at Peebles."
-Catherine Cox

"Nursing clinicals."
-Whitney Fauver

"I'm going to the beach!"
-Jaime Hudson

"I'm going to an awesome cookout at Kassie's house!"
-Katie Haas

"I plan on doing a lot of sleeping, fishing, and just flat out relaxing."
-Kassie Shope

What is this Harlem Shake business?

Lindsay McDowall
Staff Writer



It is the video sensation that is gripping the nation – the Harlem Shake! Usually a 30 second to one minute long video, the Harlem Shake is being recorded and performed all across the globe, from Israel to Russia to right here at Tech. But what is the Harlem Shake? Where did it come from? And should it stay or go back from whence it came?

The original Harlem Shake was called the Al B, named after its creator Albert Leopold Boyce. The name ‘Harlem Shake’ came into being through kids of the 1980s who had renamed the dance. Al created the dance in 1981 by wandering out onto a basketball court during the game drunk. When friends would try and get him off of the court, he would start performing the shake. He would later perform the dance at basketball half times at Rucker Park, New York. Unfortunately, Al’s heavy drinking killed him by heart failure in 2006 at age 43. However, his legacy still lives on.

The song ‘Harlem Shake’ was released in 2012 by Harry Rodrigues, a 23 year old DJ from Brooklyn, New York. It was not very popular until a group of Australian teenagers created the very first Harlem Shake video in February. The song then topped US Billboard charts and the UK Top 40 charts for weeks. The YouTube group, known as Sunny Coast Skate, had no idea that their little dance would take off like it has. It has spawned over 100,000 imitations. Rodrigues, the original song maker, is actually making a profit off of the videos, due to new software that YouTube is using to spot copyright violations. The same method is also said to have boosted ‘Gangham Style’ singer Psy to his new found riches.

The Harlem Shake has been performed by hundreds of people across the globe. At the peak of its popularity, over 4,000 Harlem Shake videos were uploaded to YouTube each day. It was performed

by the Simpsons, as well as members of the United States and Israeli armies. However, the seemingly harmless video has had some negative effects.

Two Israeli soldiers received prison sentences, and one relieved of his command, after posting a Harlem Shake video, even though they had the permission of their commanding officers. A boy’s ice hockey team in New York was forced to forfeit a game due to some of their members being scantily clad in their version of the video. Five Russians were arrested for performing the dance on a Russian World War II memorial. 15 miners from Western Australia were fired for violating safety rules while performing their Harlem Shake.

In some instances, the video has been used for politics. For example, the re-election staff of US Senate Minority Leader Mitch McConnell uploaded their own version of the Harlem Shake for their re-election campaign.

Although it is a harmless video made for fun, those performing in them have to be careful what they show and of any gestures they make. Always remember that what is on the internet can be seen by anyone, anywhere. This includes your future or current boss, your parents and your classmates. So if you feel the need to make a Harlem Shake video before this fad wears out in the next week or so, be careful! Also, be sure to check out the WVU Tech version – just search for it on YouTube!

Source: www.independent.co.uk/arts-entertainment/theatre-dance/news/a-brief-history-of-the-harlem-shake-8518071.html



Spring Break from front page

Pittsburgh. These major cities hold concerts of our favorite artists, and are held in amazing, eventful cities. Do some research and see if any of your favorite bands are playing! If so, get some friends together, have everyone pitch in for food/gas/hotel, and make a road trip!

-Weekend Trips: West Virginia is full of amazing nearby attractions. Gather up your sweetheart, friends, or even your family and do something around this beautiful state of West Virginia. Go zip-lining, visit the New River Gorge Bridge while taking a hike, or even go to Morgantown to watch a ball game!

-Week Long trips: If money is not a problem, long trips might be your way to go! Go to the Daytona Beach or Myrtle Beach! Take along some friends so gas and hotel won’t take up most your money. Laying in the sun, drinking a margarita, with all of your friends is a sure way to relax.

-Throw a Party: With the weather getting warmer, throw a party! Invite all of your closest friends, and encourage them to all bring drinks and a plate of something to eat! Make a bumpin’ playlist and throw some cornhole! Not only would it be cheap, you’d make memories and possibly be the highlight of your spring break.

Girls’/Guys’ Night: Many times during the semester friends get left out because you’re focused on school, and trying to hold your relationship together with your partner. If that is the case, have a girls’/guys’ night! Get pizza, bunch of movies, and stay up all night catching up on life.

Scavenger Hunt: This could be the most fun suggestion of the list. Create a scavenger hunt throughout your town, going from place to place, taking dares and having a blast! To make it even more fun,

make it girls against boys. Whoever wins and returns to the last spot first, wins something special!

-Volunteer in your Community: Time is never available during school, but spring break is the perfect to not only earn some community hours but to help your community! Volunteer at the local hospital, or visit a nursing home!

-Spend time with your family: With school taking up most of the hours of your day, your family easily gets left out, especially if you don’t live at home. If so, try to spend time with them by helping them cook dinner at night or simply spending time watching TV or talking at the dinner table. Whatever it may be, they will sure be glad you’re there.

Read: During the school semester, most of our time is occupied by reading chapters nightly, studying for tests and quizzes, and keeping up without educational obligations. For the people that like to read, this is the time to pick up a book or two you’ve been dying to read. Not only is it relaxing, but it still exercise your mind to your full potential.

Fairs and Festivals: Spring is the start of all the major festivals around the state. If you are interested in anything about our state or just learning culture, try finding a local festival and try some amazing food, maybe even buy something for yourself!

-Spring Cleaning: Getting behind on all your cleaning, huh? This is the perfect time to catch up. Even though it would only take a day or two, it’ll take less stress off you when you go back to school.

-Enjoy the Outdoors: Summer is just around the corner which means for higher temperatures during the day. Take some time out to visit Kanawha State Forest or Coonskin Park to take a walk, go for a run, or even take hike with some friends!



What college kids *really* want to know: Spring break tragedies

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



Mid-terms are over at last and it is time to start thinking about Spring Break! The thoughts of sunshine and waves enter the minds of many, while road trips and mountain hikes are on the minds of others. Basically, it does not really matter what you do during spring break, as long as you get away from school, get your mind off of text books and tests for a while, and simply try to enjoy yourself while in the company of your best friends and family. While this is perfectly healthy and desired, you must remember that you are only on break, and the number one thing that you should keep in mind is that you have to come back to school and continue your studies. You must be safe during break, not die, and come back uninjured. For some, this was not the case.

In 2010, New York University student Michael Finney decided that he wanted to spend his spring break far from his home state, and traveled to Florida to enjoy the warm weather. While he and his roommate were relaxing in the clear water, the current swept them under the surface and 80 yards out away from the shore. A brave bystander saw the unfortunate event and ran out into the water to help. He was able to reach Finney’s roommate in time and drag him back to the shore but by the time he was able to make it to Finney, he was unconscious and unresponsive. After being taken to the hospital, he was pronounced dead.

In 2004, Amanda Eskridge and

three of her friends from the University of Maryland traveled to Cancun, Mexico to spend their week away from misery. Eskridge was walking back toward her hotel room and crossing the street when she was struck by a Cancun Mass Transit bus that was traveling over the speed limit. She was killed on impact. The bus driver did not even stop upon hitting her and kept driving, but no charges were brought up against him.

In year 2000, 19 year old Andrew Guglielmi from Findlay, Ohio took a trip to Panama City, Florida to spend his days of freedom. This rebellious individual decided that he wanted to spend his break intoxicated, and had some of his friends who were of age buy him alcohol. They were drinking up in their hotel room and wanted to go out on the balcony to enjoy some fresh Florida air. With his blood-alcohol content being dangerously high, Guglielmi was unable to keep normal balance, and fell over the guard rail of the third story balcony and down to the sidewalk, smashing his head on the pavement and killing him instantly.

While taking trips away from Tech and having a good time with your friends can be one of the highlights of your college experience, it can also be the last of your college experiences. You must remember that staying alive and returning to school is most important, and spring break accidents that threaten your life can happen. Do not become the main topic of a school newspaper article. Stay safe and return to school.

Safety from front page

Be aware of any that you plan on following that way you do not break them. You would not want to be late getting back to school because the foreign prisons will not let you go.

Make a plan! Be sure that you and your friends have plans for when you go out, like who will be the designated driver and where you will meet up if you get separated.

Have a buddy! Remember the buddy system we all followed in elementary school? It sounds stupid now, but it really works! Have a buddy to go with you to the club or to the beach. Chances are that you will be safer and anyone with anything other than good intentions will not approach you because you are not alone.

Put money in your shoe for a cab ride home. If anything happens and your bag gets stolen or you lose your wallet, you have a backup stash to get you home safely.

Be careful who you have sex with! Just because it is spring break does not mean you should be as loose as an overused hair tie. Be careful and use contraception and condoms; your body does not distinguish between your normal life and spring break so you can still get STDs or get pregnant.

Be careful of what pictures you take and where they end up. You may have fun now, but when you come home the high will have worn off. Any pictures you put online stay online forever and you cannot take them back. They will be there for future employers and for your parents to find.

Take turns driving if you are going a long distance. Make sure you are not tired while you are driving; there will be too many people doing stupid things on

the road and you need to be able to pay attention!

Go to any ATMs during daylight hours and with a buddy. At night, people are more likely to try and attack you. However, if you are attacked, type your PIN number in the machine backwards. It will call the police without the attacker knowing.

Sunscreen it up! Being tanned is awesome, but being burnt is terrible! Do not hold up your fun because you have to lie on the couch and have your friends rub aloe on you!

Spring break can be the most fun of your life as long as you are safe. Do not get into the mindset of “Nothing terrible will ever happen to me!” It definitely can happen to anyone, even you. So follow these tips and be sure to have a solid plan for your trip! Have a great spring break!



Does sex count as exercise?

Andrea Joseph
Section Editor/Staff Writer



Many people have always asked, “Does sex really count as exercise?” More and more people around the country are getting more active considering that the weights of Americans are not getting any better. According to the Weight-Control Information Network, 68.8 percent of adults age 20 and older are considered to be overweight or obese. According to Fitday.com, researchers have already shown that women who regularly exercise tend to lead a more sexual lifestyle. While gym memberships and working out is in right now, how about all the couples out there that are getting physical activity in the bedroom? Does it work and are you truly burning the calories that you need? Let us dig deep and figure this out.

During workouts, your heart rate rises, you work all aspects of your muscles, and you burn calories. Many factors come into how well you workout such as speed, duration, distance, intensity and several other factors. A lot of these qualities you do not tend to get during sex. According to Nicole Nicholas, B.S. & Certified Fitness Instructor, you do not burn as much as you think you do during sex. Nicholas makes amazing points throughout the article and makes you reconsider how much you really are doing during sex. A cardio workout is a period of time you work out around 20-30 minutes that raises your heart rate to a higher intensity. Cardio considerably works all major muscle groups, with you breathing hard and sweating at the peak of

the workout. During sex, you breathe hard and your heart rate does increase, but never the less you are not breathing hard because of the workout you are getting. That heavy breathing is coming from your nervous system and the hormones reacting to the activity you are engaging in. So during sex, your heart rate is not rising up as far as you think it is.

Another main component to working out is burning calories. Burning calories depends really on how much activity you and your partner engage in during sex. Burning calories during a workout depend on how long you run or how much weight lifting you do, also how hard you run or how much weight you lift. If you only have sex for 15 minutes and do not do much work then obviously you will not burn many calories. If you are very active during sex and very versatile then maybe it could be considered a work out, but normally the levels you reach during sex are not even comparable to the numbers you reach doing a thorough workout. You could work off around 1000 calories during a good hard work out, but for the average couple having sex only about 50-100 calories are burnt.

All in all, the awesome workout you thought you were getting during sex turns out to not be as good as you thought. According to many certified fitness instructors, engaging in just sex will not fulfill many of the results you are looking for. To get the results you want they recommend you have a good, thorough workout with your partner and then engage in sex together that evening! So does sex count as exercise? Yes, if you put in the work, have a good duration and are very active. Can it be the only means of exercise? No, because it does not burn as many calories as you think.

Cooking with Chef Sherfey

Joe Sherfey
Staff Writer



Bacon Cheeseburger

Ingredients:

- 1 pound of diced bacon
- 5 pounds of ground beef chuck
- 1 large onion, chopped
- 1/4 cup steak sauce
- 1 pound of American cheese slices

Note: This is enough for sixteen burgers.

Instructions:
First, preheat the grill for high heat. Now, place the bacon in a large skillet over medium heat. Fry the bacon while flipping occasionally. When the bacon is almost done, add the onion. Cook until the bacon is crisp, and the onion is tender. Then remove the onion and bacon from the pan with a large spoon and pour into a large bowl. Now mix with steak sauce and ground chuck using your hands and form into sixteen patties. Place patties on the grill, and cook for five minutes on each side. Finally, place a slice of cheese on top of each one during the last minute. This would also be tasty with onion petals instead of the chopped onion.



Homemade Steak Fries

Ingredients:

- 2 large baking potatoes
- 2 tablespoons of olive oil
- 1 teaspoon of paprika
- 1 teaspoon of garlic powder
- 1 teaspoon of chili powder
- 1 teaspoon of onion powder

Note: This will make two servings.

Instructions:
First, preheat the oven to 450 degrees Fahrenheit. Next, wash the potatoes and cut them into wedges. Now, mix the olive oil, paprika, garlic powder, chili powder and onion powder together. Then, coat the potatoes with the oil/spice mixture and place on a baking sheet. Finally, bake for 45 minutes in the oven; be sure to flip them halfway through. Add any other ingredients that might sound tasty, this is just a simple recipe.

Saving the World

Ryan Stevens
Staff Writer



Recently on saving the world: Jason had just encountered what seemed to be a cultist group. While learning information about this group with Chelcey at the library, Jason remembered that the two officers had told him about his father. Wondering how he might get to him, Jason leaves the investigating to Chelcey while taking a deeper look into the facility where his dad had been. Finally reaching the facility, he encounters a loud noise that turns dead bodies into evil creatures and walls into an organic being. Scared of what may come of him now he stares at the creatures awaiting his emanate doom.

Truth
Lunging hard and fast, Jason stumbled back to get away from the ferocious beasts. Barely dodging the teeth and claws of the monster, he finally gets back up to his feet and manages to take off running down the hall to his left. The monsters slowly gaining on his position, Jason grabs the door as he feels the claws ripping at his back and slams the door in its face making sure to barricade the door so nothing could get in. Looking around, Jason starts scavenging through boxes and finds a crowbar to use since he was short on weapons. The barricade started to break and the door began to cave in. The ground was shaking and Jason’s nerves were getting thinner; he prepared to fight whatever would walk through that door. Suddenly, the siren went off again, the door stopped caving in and nothing was left except for the thoughts inside Jason’s head. He opened the door finding that all the walls had gone back to normal and the dead bodies had never moved from the previous room.
“What the hell is going on here,” Jason asked himself.
“Jason is that you?” said a voice over an intercom. “This is your father, I don’t have much time to talk and I’m sure you have plenty of questions, but I need you to start following my very directions. In the back of the room is a control panel that will open the door on the far end. Once you open that door, keep walking and I will help you find me.”
Jason walked over to the control panel, opened the door and began to follow the directions his father was giving him. He had seemed to be walking down an endless corridor that had neither turns nor

any ways of escape.
“Jason, it’s your father again; you need to start running down that hallway! The evil fog is coming back and you’re in no position to be walking! GO! NOW!” Jason started sprinting hearing the siren that had been playing before. Looking behind him he could see a thick fog moving toward him and hearing voices of what seemed to be people who had already perished. He ran and ran as the fog grew closer and closer until it finally engulfed him entirely. Spirits began to close in around him letting Jason know their pain from previous years. Jason started feeling angry and submerged in rage and a light became one with him. His hands suddenly had a shiny armor on them and his eyes began to burn with an aurora of blue light.
Yelling and screaming Jason throws his hands forward releasing the light and abolishing the fog from his sight. The souls of the damned from the fog screamed as they burned up and were released into the air. Jason finally regained his consciousness and suddenly the door that had been behind him rushed open and a figure grabbed him, pulling him inside.
To his surprise, it was his father standing tall right in front of him. Never did he believe he would ever be able to see his real father.
“What? What the hell is happening to me?” asked Jason quietly.
“You were chosen, said his father. Chosen for what dad? What exactly could I be chosen for? I’m just a normal, everyday kid.”
“No, you’re not,” exclaimed his father. “You were chosen from the high heavens by god himself to abolish and execute the demons of this world. You are the savior of the world reborn. That’s why you have those powers and that’s why you were able to repel back the fog so easily. God himself has led you here to show you that you are the hope of the world. The only hope of our survival.”
“How do we get out of here?” asked Jason.
“The only way out of here is through the main bay below the facility. It has a tunnel that leads you straight out but the only problem is that monsters lurk within those tunnels waiting to tear us apart,” Jason’s father cautioned.
“Then let us hope that God is right about me being chosen. We are going to get out of here, whether you like it or not!” declared Jason.

...to be continued.

Featured product: St. Ives apricot scrub

Kassie Shope
Staff Writer



Okay ladies, this one is for you. If you are looking for the perfect face scrub, I have found it. St Ives



Apricot Scrub does wonders for my face. First off, it smells so good and feels great on your face while using it. Secondly, it makes your face super soft and clears up any blemishes or pimples that you may have. Thirdly, it prevents any blemishes or pimples from arising on your face. It also has blackhead control which removes blackheads from your skin and also prevents them from coming back. This scrub is made out of all natural ingredients which can do nothing but good for your face and complexion. Another great thing about this scrub is that it is cheap! No more paying \$10 for a face scrub, because this is only \$3.79 and it can be found in almost any of your local drug stores. So if you are looking for a great face scrub that is all natural, then this is for you!

Spring fashion

Andrea Joseph
Section Editor/Staff Writer



Now that spring is finally approaching, everyone is anxiously awaiting the moment we can finally put the winter clothing away and bring the summer clothing right on out. But what about the items you are not sure what to do with such as accessories? Well in this issue we are focusing on scarves! The first thing many people think when it comes to scarves is that they are only for winter and to keep us warm. I am here to teach you something new, a new amazing trend going around that will keep you using all of your fabulous and vibrant scarves all year long.
Many people are right when they are talking about scarves in

terms that they are mainly used to keep warm, although, people all over are now using scarves for many other purposes! Celebrities and people around the country are pairing scarves with tanks and camis. Wearing blue jeans and a colorful cami with a matching scarf is so fashionable in not only terms of looks, but will also manage to keep you warm on those cool summer nights. Also, many people are taking oversized scarves and using them as a wrapped skirt or a belt! This gives your outfit a vintage feel and something definitely different. You could easily wear this wrapped skirt to an outside summer event, to the pool or just to go around town. Another flattering way to wear an overused scarf is as a wrapped shirt. Scarves can be used for so many different things to emphasis an outfit. All you need is a scarf that has amazing colors and you work it to emphasize every aspect you like to show off!



Movie Review: “Flight”

Kassie Shope
Staff Writer

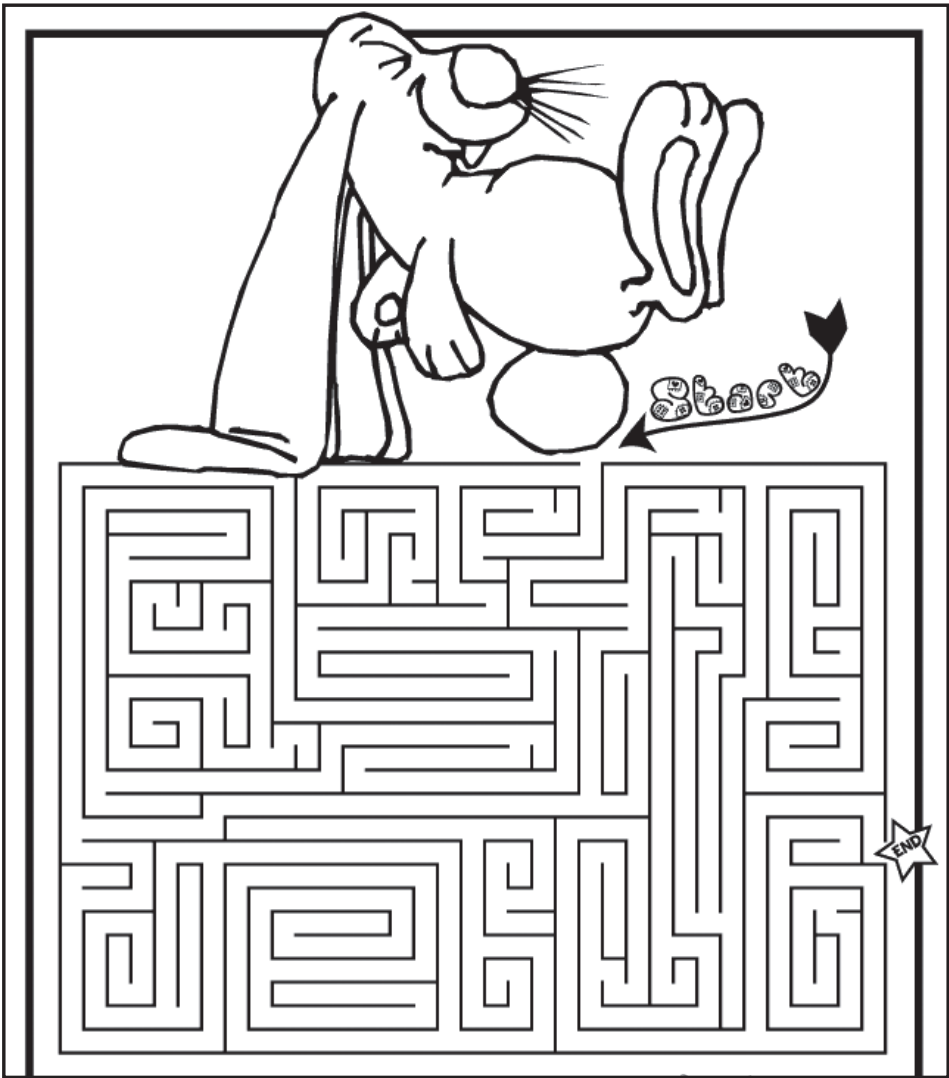


If you have not seen the latest and greatest movie starring Denzel Washington, then go and watch Flight. As all other movies Denzel Washington stars in, this movie is awesome and has been nominated for several Academy Awards. The movie begins as airline pilot captain William “Whip” Whitaker (Washington) awakens in his hotel room with his flight attendant Katarina Marquez after a long night with little sleep. Whitaker then uses cocaine in order to wake up for the long day of flight ahead of him. Then once on the plane, Whitaker, who is a closet alcoholic, also mixes vodka in with his orange juice. Suddenly, Captain Whitaker is jolted awake from his nap. The plane

is plunging towards the ground because of a pitch control failure, which in turn causes the plane to lose all engine control. Captain Whitaker rolls the plane upside down to keep it from diving so quickly and rolls it over just in time to crash land into a field. He loses consciousness from the massive impact as the plane crashes. Whitaker awakens in an Atlanta hospital where despite the major crash, he obtains minor injuries. His friend Charlie Anderson, who represents the airline’s pilot union, comes into his hospital room and lets him know that he saved 96 of 102 souls on board. Next, officials from the National Transportation Safety Board (NTSB) inform him that Katarina was among those who died and that his co-pilot Evans was in a coma. After they leave Whitaker goes to the stairwell to smoke a cigarette. There he meets Nicole,

a girl who is recovering from an almost deadly overdose, and promises to visit her when they both get out the hospital. When Whitaker is released from the hospital, his friend Harling Mays picks him up and takes him to his late father’s farm, so Whitaker can avoid the media. The next day, Whitaker meets with Charlie and a lawyer named Hugh Lang who tells Whitaker that they took a toxicology report on him while he was in the hospital without him knowing. Lang then tells him that he was drunk and could face jail time for the six people who died. Whitaker promises not to drink until they figure something out. Whitaker then goes to find Nicole and when he sees her living conditions, offers to let her stay on the farm with him. They begin a romantic relationship however it becomes difficult

for Nicole to stay sober when Whitaker is drinking. The media finds out about the farm, so Whitaker drives to his ex-wife and son’s home drunk. They call the police which attracts the media. Whitaker then asks to stay with Charlie promising not to drink at all. After several weeks of staying with Charlie’s family, Whitaker is sober and getting better. On the night before the trial they make him stay in a hotel and he gives into his temptation of drinking. The next morning Charlie finds Whitaker drunk and passed out. As his last result he called in Harling and makes Whitaker use cocaine to be awake for the trial. If you would like to know the rest, you must go see it in theaters. This is a great movie, a must watch!



Staff Picks

Playlist

- Stay - Rihanna
- Ignition - R. Kelly
- Shine On - Florida Georgia Line
- Suits - Justin Timberlake
- ADHD - Kendrick Lamar
- Is someone else calling you baby - Luke Bryan
- Time stand still - Rush
- Wagon Wheel - Old Crow Medicine Show
- Wannabe - Spice Girls
- Body Party - Ciarra
- Easy - Cheryl Crow
- Gone, Gone, Gone - Philip Phillips
- More than a feeling - Boston
- Light 'em up - Fallout Boy
- Wings - Lil Mix
- Kids - MGMT

Collegian's To-Do List

- Get drunk at mexican
- Sled down the stairs in High Rise
- Wear the mexican sombrero
- Get plenty of internships
- Play golf at Hawks Nest
- Throw-up on random campus landmarks
- Bleed Dan's breaks
- Punch stop signs
- Go through DQ's backwards drive through
- Worry about your own happiness once in a while
- Reanact "Montgomery Punk'd"
- Participate in Miss. AST
- Dress up for Halloween
- Pass your classes
- GRADUATE!

In History

- March 21, 1963: Alcatraz prison in San Francisco, California closes
- March 22, 1933: President FDR signs the Beer and Wine Revenue Act signaling the end of Prohibition
- March 23, 1919: Benito Mussolini founds Fasci de Combattimento, more commonly known as the Fascist Party
- March 24, 1603: Queen Elizabeth I of England dies. King James VI of Scotland assumes the throne, uniting Scotland and England under one monarch
- March 25, 1958: Sugar Ray defeats Basilio for the middle-weight boxing title, the final title of Ray's career
- March 27, 1998: The FDA approves Viagra to treat erectile dysfunction. The drug was originally engineered to treat hypertension and cardiovascular disease
- March 28, 1979: Complete nuclear meltdown is narrowly avoided at Three Mile Island
- March 29, 1929: President Herbert Hoover has the first telephone installed in the Oval Office
- March 30, 1870: The fifteenth amendment is adopted allowing African-American men to vote
- April 1, 1700: April Fool's Day or All Fool's Day becomes popularized
- April 2, 2005: Pope John Paul II dies

"If you really want to do something, you'll find a way. If you don't, you will find an excuse." -Jim Rohn

Your Weekly Horoscope

Aquarius- It is time for the beach with warm sand between your toes and plenty of friends to join you. This spring break will be one to remember. All your friends have been able to take off work and you will be able to do as you please. Just do not get too crazy, remember to be a little responsible. Most beach trips are a little wild, but you probably do not want to end up lost in the middle of nowhere with no recollection of how you ended up there. If you do... then, by all means do as you please.

Pisces- You need better grades, but spring break is coming up. It will mess up your focus and when you get back to school it will be hard to get back into the rhythm. College is not for everyone but you know you need to stay in college. Stay focused and if you are afraid you might lose the flow, study over break. I know these words are probably worthless, you are not going to study over spring break.

Aries- Spring break is here and it is time to visit some family. Though your family is not the normal type, you still enjoy them. They fight and there is always drama, but to you it is just a show. You never get involved in it, but you might find that everyone will be against you this time. Somehow you got pulled into the mix and everyone has ganged up on you.

Taurus- You have been so busy lately that you forgot about spring break. Now you realize that you will be able to rest and take a break from the hustle and bustle of a normal day. It is time to spend some quality time with your bed and recover from your busy life. It is too bad that you only get a week off. Compared to the rest of the year, this week seems like such a small portion to rest.

Gemini- Time is going to fly by this time for your spring break. You will make a lot of memories and have tons of fun. Do not worry about that feeling to be busy, it is time to chill. You spend too much time on the jobs around you. You are not superman; so why try to take care of everything? Take a break and enjoy life for once.

Cancer- You now have a dilemma, you have two people that you are with, but neither of them knows about the other. Now the one at college wants to spend spring break with you but so does the one back home. I am sure this will be entertaining. If you do not lose one, you will lose both. Unless they are into that kind of thing, in which case the problem solved itself. But that is just wishful thinking, you will more than likely lose both of them and either be known as a cheater.

Leo- So you have been invited to spend a week in another country with your friend. Spring break is looking like it will be a good one. It is a great chance to tour a totally different environment. You might want to make sure you stay with your friend though; you do not want to get lost. It is a big world after all. If you do find yourself lost, stay calm and wait for help. But then again there will probably be service and you should be able to describe the area to your friend. You should be fine, just have fun.

Virgo- There is so much to do over spring break, but you do not know where to start. You have tried just about everything that you can think of. You want to do something new; but what can you do? Maybe you can volunteer for a shelter or raise money for sick children. It would be a noble thing to do, but you will probably just leave it as a

thought. You never were great when it came to commitment.

Libra- The end of the semester gets closer to an end as you realize spring break is right around the corner. You have not realized how fast this semester has gone until now. It seems like it just started yesterday and soon you will be graduating. That degree is just that much closer to being in your grasp. Just stay focused and keep up the good work and improve as much as you can. The degree is what you came to school for anyways.

Scorpio- The time has come to take a few days off along with your spring break. You have been planning this vacation for a long time now. It is time to tour America, the country of red, white and blue. Finally, you will get to see the Grand Canyon, try the food of Louisiana and meet new people of different cultures. The only problem is that it is all by air and you are scared of heights.

Sagittarius- This year you will have to work on spring break. I know it is so unfair that you have to work, but such is life. This is how the world is, grow up and enjoy the time you have to yourself. There is not much that you can do to help the situation unless you quit. That will not do much good though; you will just have to find a new job after quitting this one. Life is unfair, there is no point in crying over it.

Capricorn- Enjoy spring break. Were you hoping for something else? Maybe a more elaborate and detailed foresight of your break? Too bad, this is all I have for you and you are lucky you got that. It could be worse; you could have a horrible spring break or miss it altogether. Your life is easy for once and you can enjoy it... for now.