

Tech Collegian



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GRIN 11 BEAR IT

Tech hosts A.I.I. Basketball Tournament



Daniel EisenbergC.D./Section Editor/Staff Writer

The national A.I.I. tournament took place in the Baisi Center on the weekend of March 1-3 and was the buzz around town. Twelve teams (men's and women's) traveled to Montgomery to show their skills in an attempt to get a bid to the NAIA national tournament. All team's put their hearts on the line, shoot-

ing the ball with precision and driving it with grace. At the end of the weekend, our Golden Bear women's team was able to squeak past the number one seeded Robert Morris College by three points and were crowned conference champions. The men's team, while they played one hell of a game and overcame odds, unfortunately fell short by one point and were named runner ups for the tournament behind to Voorhees College 65-64.

The tournament began on Fri-

day March 1 with the first round of play. The first game in the women's bracket was between 3rd seeded Voorhees College and 6th seeded Allen University. Voorhees was able to sail through this game, submitting themselves into the next round on the following day. The first game of the men's bracket was between 3rd seeded Robert Morris College and 6th seeded Allen University. Again, Allen University was unable

See **Tourney** on page 9

Too big, too thin, either way the ladies cannot win!

Kassie Shope Staff Writer



Ladies, how many times have you seen a commercial or an ad for something featuring a model that is skinny as can be and has an absolutely perfect body? We all have and if you are anything like me, your body is far from perfect. I am not sure why, but for some reason society today only perceives beautiful as skinny, tall, long-legged and basically flawless. This really angers me because it is putting immense pressure on those of us who are just not meant to be super thin. Instead of pressuring all girls to be skinny and model-

like, they should teach them to be healthy

and comfortable in their own skin.

All girls are different and that is a good thing. Some of us are naturally skinny and some are naturally curvy, it is just the way we were made to be and we should be able to accept that and be happy with ourselves. However, many outside influences such as movies, television commercials, guys and even other girls convince us that we are not beautiful unless we are a size 2. One of the worst influences on girl's self-esteem is the popular show America's Next Top Model. Sure, all the girls on there are beautiful but they are also very thin. Many beautiful girls that try out for the show are ridi-

See **Ladies** on page 12

Mommy first, student second

Lindsay McDowall Staff Writer



ne of the most difficult jobs in the world is being a mother. It is a challenge to raise your child in the way you see best, especially when there are others around you who may question your actions and beliefs. Take that difficult job, and make it even harder – attend college. According to www.cpcc.edu, "More than one-fifth of all undergraduates are parents, according to recent reports from the National Center for Education Statistics. Of these moms and dads, approximately 75 percent hold down a job with more than half of them logging over 35 hours a week."

Without a doubt, it is a job that

many of us here at Tech cannot handle. However, some of us do, and with a grace and unfailing ability to succeed that leaves the rest of us in awe. Amanda Simpson is one such mother. A senior biology major, Amanda juggles a full time schedule, a husband, and a four year old daughter. Her key to success is scheduling.

"The number one rule about being a parent in college is to have your schedule planned out for the day," she says. "My day starts with my daughter waking up around 6 a.m. I get her off to preschool by 8:30 and then I head off to my first class which starts at 9 a.m. on Monday, Wednesday, Friday and 9:45 a.m. on Tuesday, Thursday.

See **Mommy** on page 14

What college students really want to know: The leprechaun - friend or foe?

Daniel EisenbergC.D./Section Editor/Staff Writer



The leprechaun. This one creature thought-invoking creation since the unicorn, and raises questions as to what its intent may be with the race of mankind. Could this being be a friend to all, who wishes to simply direct you to his treasure or sprinkle upon you some dust of good luck? Or could this little green man with fire-red hair wish to only make more treasure for itself and dispose of anything in its way, including people? Surely this question has entered your mind and you have pondered long and deep on how an encounter with a magical leprechaun would unfold. Should you look forward to a meeting with such a being, or be scared?

The e origin on the leprechaun goes back to the days of Irish oral tales, where the creature was said to be small, approximately the size of a mouse, who was thought of as cute but also as a clever trickster who may sometimes use its brain to fool humans in order to get its way. The trickery was said to only be shown if it did not receive respect, and in any normal encounter, the meeting would be a pleasant one. These tricks that I speak of, however, are not necessarily harmful, at least not physically. They were usually more annoying than anything else. Some of these tricks

involved telling a person that there was a treasure buried under a marked tree, but when they went to search, they found that every tree in the area was marked and finding the treasure would be impossible.

These stories do not depict the leprechaun to be an evil character, but more of a cute jokester who was simply searching for a laugh with its buffoonery. However, other stories speak of the creature kidnapping people, replacing an infant with another uglier or stupider one, a changeling or even killing people if they got to close to their treasure. This was said to be rare, however, and it was understood that if you were to leave them alone, they would in turn leave you alone.

This was all simply Irish folklore, however, and in the mid-20th century, when the creature became popular in American pop culture, many ideas

were bounced around in the more creative of minds and both positive and negative connotations were added to the legend. Some positive depictions of the jolly green man were those such as the spokes-creature for

s the spokes-creature for Lucky Charms. This cereal box mascot appeared in stores during the 1960's and resembled a happy young boy with red hair wearing a green outfit. The mascot was

See **Leprechaun** page 14

A word from your SGA President...

Robin Davis Guest Writer

Hello Fellow Golden Bears!

It's the time of the semester that midterms are upon us — I wish you luck on any upcoming midterm exams. Remember that grades will be posted within the next week! As we get closer to Spring Break, SGA is working harder than ever in an effort to finish all the business necessary for the closure of this year and the start of the next one. We are working for a smooth transition for the next group of students that will become the SGA. That being said, if you are interested in an executive office or being a senator please contact myself or any other SGA Executive Officer.

Also, congratulations to the WVU Tech Lady Golden Bears Basketball Team on their wins March 1-3. They are the new AII Champions and will compete in the NAIA Tournament later this month. Congrats on your championship, and good luck in the tournament ladies!

Congratulations to the WVU Tech Men's Basketball Team as well. They may not have won the Championship, but they played like champions! We are very proud of you men!

Wi-Fi in the Classrooms

After receiving an update at the latest Cabinet Meeting, Wi-Fi is slated to be installed on campus for all of the classrooms in each building. If everything goes as planned this project will be completed by this summer but you will start to see access points pop even sooner. Installation will be starting later this month.

Dead Week Policy Update

After a number of students came to us with complaints about tests being administered during dead week, the executive council decided to take a look into how we could fix this issue for you. I spoke with Faculty

Assembly Chair Lisa Ferrara and she informed me of a policy already in place for this situation. The policy can be found on Page 51 of the current WVU Tech Campus Catalog. A copy of this catalog can be found on the Registrar's website. The policy reads as follows:

"Practical laboratory tests, makeup examinations, and regularly scheduled short quizzes are the only tests permitted for day classes during the week of classes preceding finals week unless the faculty member petitions the Dean of the faculty member's college and the petition is approved by the beginning of the second week of the semester in which the final exam is to be given."

I encourage you speak with your professors about this policy to clarify any possible questions or concerns, especially with finals rapidly approaching. If any issues arise or possible violations to this policy, please go to the appropriate Department Chair or Dean as soon as possible to address the issue; as always you can bring your concern to SGA for advice as well.

Keep up the great work. We are all making Tech better each and every day. Without such a great student body all the changes on campus, both past and present, would not have been possible!

-YOUR Student Government President

Robin W Davis





Monty's Weekly Agenda Friday March 8th BINGO @ Bear's Den 11:30 a.m.- 1 p.m. Sunday March 10th Intramural Frisbee @ Martin Field 6 p.m. Games Tournament @ Tech Center 12-10 p.m. Monday March 11th Zumba a Tech Ballroom 5:30-6:30 p.m. self Defense @ Tech Ballroom 7-9 p.m. Tuesday March 12th SAB Movie night- Iron Jawed Angels @ Tech Ballroom Wednesday March 13th self Defense @ Tech Ballroom 7-9 p.m. Thursday March 14th Yoga and Ballroom dancing @ Tech Ballroom 5:30-7:30 Monty Python Marathon a Tech Ballroom 8 p.m. Friday March 15th BINGO @ Bear's Den 11:30 a.m.- 1 p.m.

YOUR AD HERE, BRAH

saturday March 16th
Blue and Gold Day Open House & WVU Tech

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



Condom bingo

Joe Sherfey Staff Writer



Yondom Bingo was a successful event √in the ballroom at West Virginia University of Tech for around 60 people showed up. The event was not only fun but also very informational. The students that showed up learned about the repercussions of not using a condom when having sex. The Resident Assistants (RAs) directed the event and called out the numbers from the stage. The game itself was played with condoms instead of regular markers. The winner also had to yell out a sexually transmitted disease or something dealing with unsafe sex instead of bingo. The game was very creative and always kept people on their toes.

The game was not the only part of the event though. Dr. Cotner-Klingler showed a presentation on the dangers of unprotected sex. She also talked about the myths of protected sex. One of the myths is that a guy might say he is too big for the condom, but the condom stretches from the fingertip to the elbow. There were also facts such as sperm travels at 27 miles per hour on ejaculation. She also demonstrated how to make a condom dam and how to use a condom. The main point that was stated was to always have safe sex.

There were quite a few staff members at the event. One of the staff members was Barb Douglas who was one of the faculty participants. She is one of the "adopted faculty members." Each RA has adopted a faculty member that they take with them to events around the campus. This shows the students that the faculty is involved in the school. This, I per-

sonally think, is a great idea. It sets an example for the students; this encourages them to become more involved with the school. This is also a great way for the students to get to know the staff. It develops relationships between the students and faculty that will help the student if they need help in a class or with their career pursuits. I believe the events that are planned and the involvement with the staff could encourage more school spirit as well as more involvement with school functions.

If you did not attend condom bingo, I would suggest that you go to any events that are planned. They were put together so that you would have something to do. Remember now to attend the events and when having sex, make sure it is safe.



Tech prom

Lindsay McDowall Staff Writer



On Saturday, March 2 at 9 p.m., something special happened here on Tech's campus.

Rubhi Garcia, a WVU Tech freshman, never got to have a high school prom, something that many of us have fond memories of. Her boyfriend, Alex Moore, decided to surprise her with her very own prom here at Tech. "Rubhi never had a senior prom and I figured why not give her a small one. I ordered tuxedo tee shirts for everyone and got decorations which are blue and purple. She has no idea that I'm doing this for her so it should be pretty surprising."

Alex gathered some of the brothers of the Delta Chi fraternity to help pull it all together. George Whiteman, Jimmy Fincham and Alex's older brother Craig Moore all brought dates to the party and invited a few close friends to share Rubhi's special night. The men who work in the Tech Center, Christopher Merritt



and Michael Christian, set up dance lights, black lights and played music for the whole event. And of course, the Tech Collegian was present to take the traditional pictures.

Rub-

hi says, "At first since it was a surprise I was so anxious to know what it was. I thought it was something else! But when I saw everything I almost cried! I was so happy seeing our friends there supporting and helping Alex with the surprise! I was both happy and shocked they even had a DJ! It was amazing! And I'm so grateful to have a wonderful boyfriend like Alex! I love him."

Alex's favorite part was the moments just before the surprise was revealed. "My favorite part was when I was explaining everything to Rubhi on the way to the door and she almost cried. I felt like I did my job. It was a great night and I couldn't have asked for a better result."

Rubhi, we are so happy you enjoyed your night!



Greek Week Overview

Daniel EisenbergC.D./Section Editor/Staff Writer



A tradition that most Greek communities practice across the nation is the planning and participating in the event of Greek Week. This is a week that takes place during some point of the school year that includes numerous sporting or other such activities in which all of the Greek organizations compete in an attempt to walk away with the bragging rights for a year and the title of Greek Week champions. This year will be like any other and the week of competition will begin on Sunday April 7.

There are only three male Greek organizations on campus, so in order to determine the winner of each event, a double elimination bracket must be utilized. This makes some events take longer than others, and the competition levels are always high. The first event this year will be softball, which will take place at Martin Field due to the lack of a softball field close to campus. Monday night will be Benny's night, which consists of many events that take place either at Benny's Bar and Grill, the Phi Kappa Tau house, Sigma Pi house or the Delta Chi house. The events that take place at Benny's are singles pool, doubles pool and darts. At the Phi Kappa Tau house, the events will be corn-hole, foosball, Texas hold 'em poker and chess. Horseshoes will be played at the Sigma Pi house and a game of Frisbee golf will start and end at the Delta Chi house. This night is very intense and takes careful planning in order for it to run smoothly.

Tuesday night will be a quiz

bowl that will take place in the Ballroom and will test the knowledge of the three fraternities in the topics of common knowledge, pop culture and miscellaneous questions. Following the quiz bowl is Wednesday's event, which will be volleyball and will take place in the Tech gymnasium. Thursday will be the swimming relay race and will also include the field events. The swimming race will be at 1 p.m. at the tech pool and the field events will take place later in the day at the field. These events include a keg toss, 5 man relay race, farthest softball throw, farthest football punt, chariot race, 3 legged race, tug of war, and dizzy bat. These events are pretty quick and fun to participate in and will take place at Martin Field.

Friday's event is basketball and dodge ball, which will both take place in the Tech gymnasium. Saturday's event will be flag football at the football field.

Greek week is not necessarily liked by everyone. Some people do not enjoy the level of competitiveness that is involved and the level of hostility that sometimes arises during the events. This can lead to people getting heated, angry and sometimes saying things or doing thing that they do not mean. Later in the week, however, when all the points are gathered up and everybody knows who the winner is and the competition is over, everyone apologizes for the things they said or did and everyone is jolly once more. We are all Greek, and all wear Greek letters. This means that when it comes down to it, we will all be civil in the end. While Greek week may bring the best and the worst out of all of us, it also reminds us how similar we all are. For the past seven years, Phi Kappa Tau was able to take the trophy of first place. Will this year add to their streak, or will Sigma Pi or Delta Chi sneak in a victory? Come to the events and find out for yourself!

Lady Greeks

Lindsay McDowall Staff Writer



The Lady Greeks are all in the middle of their semesterly New Member programs. New Member programs are required for a woman to be initiated into either sorority. Their purpose is to educate the New Member on the history, purpose, traditions and rules and regulations of the particular chapter, and in the case of Alpha Sigma Tau, the national sorority as well. The New Member also receives their Big Sister during the beginning weeks of their education.

As defined by Alpha Sigma Tau National Sorority, a Big Sister is, "an initiated member of the Sorority who is paired with a New Member during the New Member Education Program. Her role is to welcome the new member into the chapter, introduce her to the best Alpha Sigma Tau has to offer, assist the new member with her weekly new member assignments, and serve as a role model, mentor, leader and friend to the new member."

Big Sisters are excellent people to look up to for a new member to a sorority! They have been there, done that, and most likely have gotten the t-shirt! Your Big Sister is someone who you can really bond with and have a special friendship with. It is common for Big and Little Sisters to become best friends throughout their time in a Sorority and keep in touch long after graduation. However,

your Big Sister is not your only friend and resource; many of the other women in Sorority look up to each other as friends and mentors for various reasons, whether they be academic or personality based.

Coming up this month, Alpha Sigma Tau is hosting their annual Miss AST competition! Miss AST is a backwards beauty pageant for men. The men compete in the categories of casual wear, swim wear, talent and formal wear. And yes, I do mean real swim wear! All the men participating wear women's clothing and strut their stuff on the stage! As an added bonus, the women of Alpha Sigma Tau dress as men to accompany these lovely "ladies"!

So come on out to Conley Theatre on March 19 at 7 p.m.! The reigning Miss AST Pageant winner is Adam Kiger, who will be returning to the stage in an attempt to keep his title!

Prizes this year will include a Kindle Fire, a Kindle and an iPod. All the proceeds will go directly to Alpha Sigma Tau's National Philanthropy, Pine Mountain Settlement School in Kentucky. If you would like to participate, please see the Miss AST ad in this issue of the Collegian!





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 tone and chance these writers, photographers, and designers and their individual abilities within the field of journalism.

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Engineering & Science Day at the Clay Center

Lindsay McDowall Staff Writer



Each year, the Charleston Clay Center hosts Engineering Day; a day for children of all ages to come out and explore the wonders of the engineering and science disciplines. In a world where children are becoming less and less interested in science as they grow up, events like this are important to instill a healthy, lasting curiosity for the unknown in these kids because they are our future.

Engineering Day took place on Saturday, February 23 from 8 a.m.-4 p.m. All sorts of Tech students and organizations attended, including SAE, the Biology Club, ASCE and AIChE. SAE, the Society of Automotive Engineers, is made up of mostly mechanical engineers. They brought various small machines and, of course, the SAE Baja Buggy which was as big a hit as ever!

ASCE, the American Society of Civil Engineers, helped children build bridges from marshmallows and toothpicks. Kids got to create any type of bridge they wanted, and the engineering students helped them test it on a moving machine that tested the stability of the miniature bridge.

Dr. Buetler and the Biology Club brought all sorts of interesting specimens from their labs as well as their ever present cockroach buddies! Children had fun marveling at the different things found in everyday life that is included in biology. Dr. Beutler says, "I thought Engineering Day at the Clay Center was a tremendous success. It exposed a large number of Girl Scouts and the general public to science and engineering in a fun way so they didn't know they were learning. It was also great to see so many female engineering students participating, providing the Girl Scouts with positive role models. I had a great time talking about stream ecology and cockroaches."

AIChE, the American Institute for Chemical Engineers, showcased chromatography and a chemical reaction. Chromatography is the technique used by chemists and chemical engineers to separate different chemicals. For Engineering Day, kids use Crayola markers to draw pictures on paper towels. They

then drop ethanol on the center of the picture and watch as the ethanol spreads through the paper towel, dragging all the different colors with it. Kids get to see that the color black, for example, has blues in it that can be seen when chromatography is done. AIChE also showcased a chemical reaction between baking soda and vinegar that, when mixed in a water bottle covered with a balloon, produced carbon dioxide and makes the balloon expand.

It is important for children to learn and find an interest in the engineering and science fields. These fields help advance human life, whether it be through building bridges and machines or creating medicines to cure disease. And it's insanely fun!



What is TRIO?

Joe Sherfey Staff Writer



One of the many opportunities that West Virginia Institute of Technology offers is TRIO. TRIO is an organization that was formed in 1965 to help students that plan on attending college or are currently in college. The organization is funded by a federal grant with a five year renewable contract. TRIO offers two important opportunities at WVU Tech right now, Upward Bound and Student Support Services.

Upward Bound is a group with its main focus on high school students that may not have the means or interest to attend college. Upward Bound is a group that offers many activities such as basketball, in-school tutoring, out-of-state trips and trips to colleges. These activities and trips are meant to encourage students to find a college. Upward Bound is involved in schools very often, offering two meetings at high schools a month and a separate meeting here on WVU Tech campus once a month. They also have speakers that come to encourage college students to get involved and put themselves out there. There is also another program that Upward Bound hosts that is sponsored by WVU Tech. It is a six-week summer program that allows high school students to take college classes. If the student passes with a 2.0 for the total GPA of the classes, they will be presented with a college elective credit and an out-of-state trip.

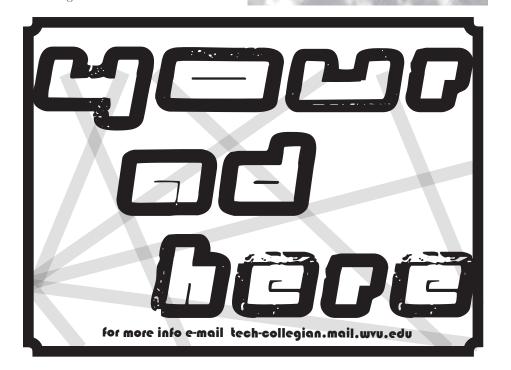
Student Support Services is the next step from Upward Bound. It is offered to college students and helps them reach their goal of graduating. The main goal of the Student Support Services is to keep students in college so that they can be successful. This program offers tutoring by other student and professionals, for any student that qualifies. The qualifications to be a part of the program are to be a first generation college student, the income of family does not exceed levels set by the federal government, and/or has a physical or learning disability. If you meet one or more of these requirements, you are eligible to join the SSS. Some of the opportunities offered are career, academic and personal counseling along with learning styles and career assessment, study skills, text anxiety and stress management workshops. These different group meetings will strengthen you on your quest for that diploma. SSS is definitely a great idea if you meet the requirements.

It is a great opportunity to any college student. If you feel as if you are not doing as well as you could in a class, I would suggest getting a tutor through SSS (Student Support Services). The program also offers scholarships to those that qualify and different activities that keep the student involved in school. It is also a great way to meet new people and make lasting friendships. Not only does the SSS offer help in school, they also offer trips that will open your eyes to new experiences and enrich you with new culture. I personally am a part of the SSS and I have benefited greatly from the services they offer. I can say, for sure, that they have helped me succeed in my academic pursuits. If you qualify for their services, take full initiative to get in and use their services to better you as a student and a member of society. The main reason they have formed is to help students, so why wait? Join Student Support Services today and promote TRIO's goals.

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 Tech Receives \$150,000 for the Bryan Bills Memorial Scholarship Fund

Press Release

West Virginia University Institute of Technology (WVU Tech) recently received a gift of \$150,000 for the Bryan Bills Memorial Scholarship Fund from the estate of the late Rodney Cornell. The scholarship fund supports civil engineering students from West Virginia. The recipient must be an active member of the American Society of Civil Engineers (ASCE) and be at least a junior.

A native of St. Marys, W.Va., Bryan Bills received his associate's degree in mechanical engineering technology from Tech in 1970 and earned his B.S. in civil engineering in 1977. While a student at Tech, Bills was the driving force behind Tech's first concrete canoe—an annual tradition that the WVU Tech student ASCE chapter continues to this day. After he passed away in 1987, his family and friends established the scholarship fund in his memory.

"[Bryan] worked his way through school. He always wanted to see the people who were struggling receive the help they need so they could get an education," said Bills' sister Denyse Cornell. "We love him and would like to see his scholarship con-

tinue since education was his big passion."

The estate of Rodney Cornell, Denyse's former husband, was settled in late 2012 and the gift has been sent to the Tech Foundation for the scholarship fund. Rodney Cornell and his wife, Joyce, agreed to keep the Bryan Bills Memorial Fund as a benefactor in their will. "I was so happy to hear that Rodney kept that in his will," Denyse said recently. "It means so much that he cared about my brother."

Along with the estate gift, other gifts were recently made in memory of Bills' mother Jackquline Mathess Bills. Combined, these gifts bring the total of the scholarship fund to approximately \$159,000, which will enable WVU Tech to offer more assistance to civil engineering students.

"Bryan planted the seed that grew into a favorite activity of the ASCE student chapter — building and racing a concrete canoe in the Virginias Conference," said Dr. Steven Leftwich, chair of the department of civil engineering. "It was students such as Bryan that have made WVU Tech a unique place to learn and have fun in such student traditions. Bryan's memory lives on each time the students paddle to the finish line."

Budget watch

Ashley QuinnSection Editor/Staff Writer



Pollowing the recent failure of Washington to come to an agreement on the budget for the 2013 fiscal year, David Welna of NPR news states that the battle is far from over. In his article, "Five Dates to Watch in Budget Show Down", Welna outlines five more critical periods over the next seven months that could have an impact on America should Washington once again fail to act.

The first date that Welna gives is March 1, which as everyone probably knows was the day that the Sequester went into effect. On this day at 11:59 p.m. 85 billion dollars in spending cuts began. Welna explains that these cuts were determined from the projected spending for this fiscal year. The \$85 billion consists of 13 percent of defensive spending and 9 percent of domestic discretionary spending. Of the 9 percent that comes from the domestic discretionary budget, 2 percent of that is being cut from Medicare. Expanding upon that last statement, Welna clarifies that the spending cuts to Medicare will come from "payment to providers, not reductions in coverage." Welna also explains that uniformed personnel, Medicaid, Social Security and food stamps are all exempt from these budget cuts.

The second date to pay attention to is March 27. The importance of this date is tied to what Welna describes as continuing resolution (CR). This is the date which the federal government's funding expires. Welna explains that it is possible that the government will face a shutdown if Congress does not agree upon a new CR. House Republicans are soon expected to propose a new CR reflecting the current budget cuts of the sequestration that would last the duration of the fiscal year,

expiring on September 31. Welna also states that the Senate Democrats would prefer not to tie the sequestration into any new funding resolution in order to allow for some flexibility to later change or recall completely any forced budget cuts.

The third date that should be remembered, Welna reports, is April 1. This is the day that federal employees can be furloughed (or given unpaid leave). The required interim period from the cuts to the time when employees can be given leave is thirty days. Welna explains that no notices could be sent out before the Sequester began and agencies are expected to wait until March 4 or later to send any notices. This would mean that no employees can be sent for unpaid leave before the first of April.

The fourth time period to pay attention to is mid-summer. The statutory debt ceiling was suspended to last until mid-May this year. Welna reports that this means that the Treasury Department can accrue more debt without violating any laws. This will become a problem as we near mid-summer because this means that "all the stopgap measures Treasury has at its disposal to stave off default once the debt limit has been reached are still available." Welna explains that this will lead to another showdown in Washington.

The final day to take notice of is October 1, the beginning of the new fiscal year. Welna explains that this will be the time when new decisions need to be made, otherwise according to the 2011 Budget Control Act, the sequestration will continue every year for the next eight until the \$85 billion dollar budget cuts are met.

"Bigot of the year"

Ashley Quinn Section Editor/Staff Writer



That is the term that has been awarded to the ex-Archbishop of Saint Andrews and Edinburgh, Keith O'Brien by the gay rights group Stonewall. O'Brien has been the Archbishop since 1985 and has been long outspoken against same-sex marriage. However, recent allegations have come to light that seem contradictory to the Archbishops views. The BBC reports from an article posted in The Observer, "Cardinal Sorry for Sexual Misconduct", that Cardinal Keith O'Brien is sorry that he has "fallen beneath the standards expected of [him]."

The BBC states that O'Brien resigned from his post earlier than expected in light of these allegations. He was due to retire towards the end of March as he reached his 75 birthday. O'Brien apologized and asked forgiveness from his followers, the Catholic Church and the people of Scotland, reports the BBC. O'Brien was the most senior Roman Catholic Cleric until his resignation and made this statement to The Observer, "I wish to take this opportunity to admit that there have been times that my sexual conduct has fallen below the standards expected of me as a priest, Archbishop, and Cardinal."

The BBC explains that earlier in February three current priests of the diocese of St. Andrews and Edinburgh and one former priest have come forward claiming that Cardinal O'Brien showed inappropriate behavior towards them in the 1980's. The four men submitted their complaint to the Pope's representative to Britain, Archbishop Antonio Mennini, describes the BBC. Originally the former Archbishop

O'Brien planned to contest the claims. This, as mentioned in The Observer, was due to the anonymous and non-specific manner of the claims. However, O'Brien claims to have chosen to go public because he feared that the church would attempt to sweep the matter under the rug once it became more known.

The BBC goes on to expand upon the complaints given by the four men. The former priest claimed that O'Brien approached him after night prayers. At the time, as explained in The Observer, the former priest was acting as seminarian at St. Andrews College in Drygrange. The second complaint comes from a current priest living in a parish that O'Brien visited. He alleges inappropriate contact occurred between himself and the Cardinal, also during the 1980's the BBC states. The third allegation comes from another current priest who says that after a late night of drinking he was faced with unwanted behavior from O'Brien. The final alleged incident was claimed by yet another current priest who, the BBC explains, says that O'Brien used night prayers as an excuse for engaging in inappropriate contact.

Former Archbishop O'Brien told The Observer that he no longer plans to play a part in the public life of the Catholic Church of Scotland and will spend the rest of his days in retirement. O'Brien does state, the BBC reports, that he is disappointed with the negative press and disdain for "daring to break ranks" by going public. All of this excitement follows closely on the heels of the recent and surprising resignation of Pope Benedict XVI. The BBC reports that O'Brien has told The Observer that in light of his resignation he will not be participating in the election of Pope Benedict's successor.

Featured class: Appalachian History

Ashley Quinn Section Editor/Staff Writer



This semester I have the pleasure of taking another class in one of my favorite subjects, history. History 473: Appalachian Regional History is taught by Dr. Paul Rakes who brings both his personal and professional expertise to the course. The main focus of Appalachian history is to study the people of the region; their culture, how they came to be here, what their days consisted of and the impact of a growing nation on their way of life.

The class is a mixture of lecture and discussion with two major tests; the midterm and final, a research paper and several small quizzes. This type of class structure can be daunting for some students because the opportunities to earn grades are few and far between. Keep in mind though that Appalachian history is a 400 level course and is expected to be more difficult than most other courses. However, Dr. Rakes does a fantastic job of relating the information to his students and is more than willing to take the time to help or review an idea a student is having any problems with, so no one should be discouraged from taking the class.

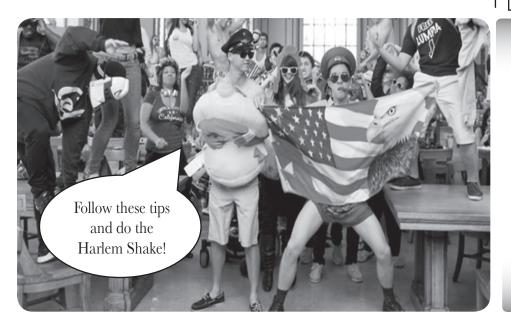
Many of the students at Tech, including myself, have been born and raised in Appalachia, so this class is somewhat of a personal history. It is incredibly interesting to learn in detail about the past that one is now a part of. For me, the most startling thing that I have learned is that 85 percent of all West Virginia

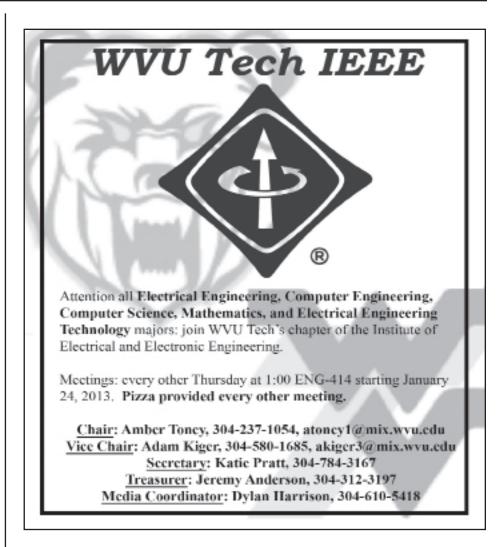
land is owned by outside corporations! I had no idea. Of course this did not happen all of a sudden, recently we covered such topics as the fur trading industry, land speculation and underhanded law-making that all contributed to land being taken from Appalachian citizens.

The major project of the course, as previously mentioned, is an independent research paper. This paper is to expand our knowledge of collecting primary sources and conducting a thorough literary review of a topic of interest in Appalachian history. One such topic that is up for study is slavery in Appalachia. I personally will not be reviewing this area of history, but it is an interesting one. Just recently in class we covered the topic and many would be surprised to learn that all of Appalachia was not as anti-slavery as was taught in primary school. As with all major issues that arose in Appalachia, and subsequently in all of America, the very nature of slavery in the area was a political rather than human rights issue.

Even though we are only half-way through the semester, I find my-self enjoying Appalachian history very much. As before mentioned, history is one of my favorite subjects; however, my interests normally lie much further in the past. I was therefore pleasantly surprised with Appalachian history. It is a very engaging subject that is still very much relevant to the lives we all currently live in West Virginia and the surrounding states today. I would most definitely recommend this class to anyone who has even the slightest interest in history or Appalachian culture.









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. <u>Hird</u>
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

Spend less time stressing and freaking out, and more time studying and getting stuff done. You're wasting precious time being dramatic. Just get down to business and life will suddenly be easier.

Brown Bag Lecture: Dr. Beutler

Andrea Joseph Section Editor/Staff Writer



n February 21, 2013, Dr. Beutler spoke for the monthly Brown Bag Lecture in COBE 226 about Acid Main Drainage: Effects and Treatment Efforts in the Morris Creek Watershed. Dr. Beutler helps the Morris Creek Watershed Association throughout the year in helps to resolve the acid mine drainage in the area by means of Limestone fines and many other methods of treatment.

The Morris Creek Watershed Association is a non-profit organization ran by local members and residents of Morris Creek. Their hopes and purposes of running the association are to identify environmental issues in the Watershed, monitor the water quality, educate the public on water, wildlife and habitat issues and also look for new and improved means of improving the environment around them. The MCWA came up with a base plan to resolve many of these issues. To improve the water quality, habitat and wildlife issues they narrowed the issues down to four which were: Acid Mine Drainage, Sedimentation, Bacterial contamination due to sewage, and other pollutants masked by AMD. Construction and treatment for the MCWA have begun on four mitigation sites which are the Upper Mainstem, Lower Mainstem, Black Snake Holler and Opossum Holler. There are also passive treatment ponds that are lined with limestone rock to try and neutralize the acid flowing down the mountain.

Starting in 2009, Dr. Beutler started involving her Ecology class in obtaining data for the MCWA. Dr Beutler's 2009 Ecology class was her first class to be involved fully with the MCWA and ended

up developing protocols and ideas for future classes. The Ecology class is divided into four teams: stream teams, pond team, terrestrial animal and terrestrial plant in which each have protocols and purposes to the data they will obtain throughout the semester. Many types of data will be gathered for each team. The stream teams will look into physical data of the streams such as temperature, pH, velocity, dissolved oxygen, depth, conductivity and the number of macro invertebrates. These numerous amounts of data will be able to be compared to previous data collections to see how the issues are affecting these different types of data.

For the four issues the MCWA, many different treatment options have been talked about. Treatment 1 would be to dump Limestone Fines in areas near the stream system. These Limestone fines will be carried into the stream when it rains neutralizing the metals and acids in the water. Data is also collected before and after dumps to see the difference. Treatment 2 is the Swedish Tank which is a large plastic tank in a pond filled with limestone fines, and has a pipe on top that leads the acidic water into the tank and runs out the bottom through the limestone for a higher pH of the water.

Dr. Beutler along with many other people work daily on treating these major issues, and more methods and treatment options will be evolved for the future. If you think you might interested in working with the MCWA, contact Dr. Beutler. Community service hours and volunteering are much needed and appreciated. Working with MCWA is very rewarding because not only do they need your help but so does our environment.

Tech's first graduate...Was a woman?

Lindsay McDowall





n 1895 the Montgomery Prepatory **▲**School officially opened its doors to students. A short while later, MPS graduated their very first student – a woman by the name of Harriet Cutts.

When MPS first opened, it was not the college we know and love today. It actually started out as a high school that was meant for kids who intended to go to college. It was school to prepare them for the courses they would take at WVU (hence the name "Prepatory School").

While at MPS, Harriet Cutts studied algebra, English, arithmetic, spelling, rhetoric, German history, physical geography and literature. She attended school for the equivalent of three semesters before graduating. Her actual graduation date is unclear through research in the Tech Archives, but the best estimate is that she graduated in the 1899-1900 academic year. She attended WVU to earn her degree, and is listed in the 1914 yearbook as a teacher at MPS.

Although the Tech Archives are



extensive, the amount of information available about Tech's beginning years is very small. This is because nothing back then was as well documented as the following years. Tech did not start classical yearbooks until around the year 1921, leaving quite a bit unknown about the early years.

However, we now know that Tech's first graduate was a woman, and she went on to become a beloved teacher at MPS.









What, oh what do I want to be?

Ashley Quinn Section Editor/Staff Writer



We are all of an age where we are moving on from childhood into adulthood and with that comes many changes. Many people in their twenties face anxiety about entering the "real world". Where am I going to go to school? Am I going to go to school? What do I want to do with my life? These are all very common questions young adults ask themselves.

First and foremost, it is not the end of the world if you are unsure what you want to be when you "grow up". Many students enter college with little knowledge of where they want to end up while others go in knowing exactly what they want but find something else along the way. According to a survey from Kansas State University, approximately 70 percent of college students will change their major at least once during their college career.

Mollie Fink, a senior psychology student here at Tech, found herself in a very similar situation. "When I first started college I had no idea what I wanted to do so I chose General Studies. That let me take a little bit of everything. I had a psych class and it was interesting, so I changed my major to psychology. I just feel that at 18 you are too young to know what you want to do without experience anyway."

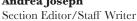
And Mollie is not alone in that sentiment. Some other students, like myself, find themselves in the second scenario where they always knew what they wanted but find something new. My whole life I wanted nothing more than to be a doctor. I was going to be a biochemistry major, go on to study neonatology or pediatric oncology, and treat sick little babies for the rest of my life. Then I made it to college and became disenchanted with the medical field and found myself in a jam. I changed majors to psychology because, like Mollie, I had a class and found it interesting. I am still not sure what I want to do once I graduate, but I am looking in a forward direction.

So for those students out there who are not sure what they want from life, you do not have to feel alone. There are many more students just like you who are struggling with their futures and their decisions. Even some of the faculty here at Tech had problems in school. Dr. Cynthia Hall started her college career as an art student. For Dr. Hall, 8 a.m. classes were a hurdle, so she looked at switching to psychics or psychology. "Liked the psych faculty better, so I did psych. I decided to go to grad school after doing research as a senior. I loved research."

And finally, there is the lesson to be learned. Find what you love to do. Do not go into school worrying about what is the most popular major or what your parents want you to do. Go out and explore your options and find the thing or maybe even several things that you would love doing for the rest of your career. Do not be afraid to get out there and make mistakes or change your mind

Midterm redemption

Andrea Joseph





s many of you guys know, midterms are here! It seems like yesterday that we were starting the spring semester, but now we are nearly halfway through the semester and before we know it, it will be finals week. So what happens if you open your midterm grades and they are less than impressive? Usually before midterms are released you have a generalized idea of what grade you will have. If it is good then be proud of the progress you have made so far, and continue to use your brain to strive higher for the rest of the semester. Now on the other hand, if your grades are poor, and I mean very poor, now is the time to dig yourself out of the whole before it is too late.

Poor grades can vary a lot in terms of percentage. A poor grade can either be a 30 percent or a 70 percent, which just depends on your own standards. If your grade on your midterm is an F, your first mission is to go to the professor and find out the actual number grade, and what assignments were factored into that grade. If you only failed one little assignment and that is the only thing factored into the grade, you probably have nothing to worry about considering there will be plenty more points calculated into the grade as the semester progresses. On the other hand, if an assignment or two and a test are factored into your midterm grade and it is still an F, something to definitely do is to seriously talk to your professor. Both of you need to determine if you can come back from such low grades or if

you need to consider dropping the course. Dropping a course is definitely something you should never consider first because in some way it is giving up and not believing you can strive to still pass the class, but sometimes coming to reality is key. Personally, a dropped class is better than a failed class.

So let us say your grade is poor but according to your teacher, very realistic to still get a good grade. You should then consider a few simple ways to raise your chances of getting a higher end result in the course. According to Hercampus.com, they give 5 ways to raise grades after midterms.

- 1. Whatever class you are having problem with, make sure you read the chapters you will be going over in the next lecture. This will give you prior knowledge to the lecture information. After lecture, sometime that day give yourself 5-10 minutes just to reread the notes that you took earlier that day. Make sure to do this after every lecture to lessen the load before the next exam.
- 2. A method that seems to help a variety of students is to color coordinate. Color coordinate folders, binders and notes to keep you organized and cheery! You are more likely to retain the course material better because of the vibrant colors.
- 3. One piece of advice is one that college students rarely take, get plenty of rest every night. After a day full of studying, work and exhaustion, your body needs a lot of time to retain what happened that day and get you restarted for the next day to come.
- 4. Tutoring should always be at the top of your list. WVU Tech offers the Student Support Services to assist you with any subject you are having problems with.
- 5. Create study groups! One of the best ways to retain information is talking about it. Get together with people in your class to discuss information, make skits out of the material and have fun!

GOLDEN BEAR SPORTS BRIEFS

MEN'S BASKETBALL

The men's Golden Bear basketball team participated in the A.I.I tournament here at Tech on the weekend of March 1-3. After receiving a bye in the first round, the team battled Robert Morris College in the semi-final game of the tournament and battled back after being behind in the match to with the game by four points, 74-70. In the championship game, the team took on Voorhees College and battled hard in an attempt to get a ticket to play in Kansas City in the NAIA tournament. The team took a lead early in the game but was unable to convert important plays and ended up losing the contest by a single point, 65-64.

Women's Basketball

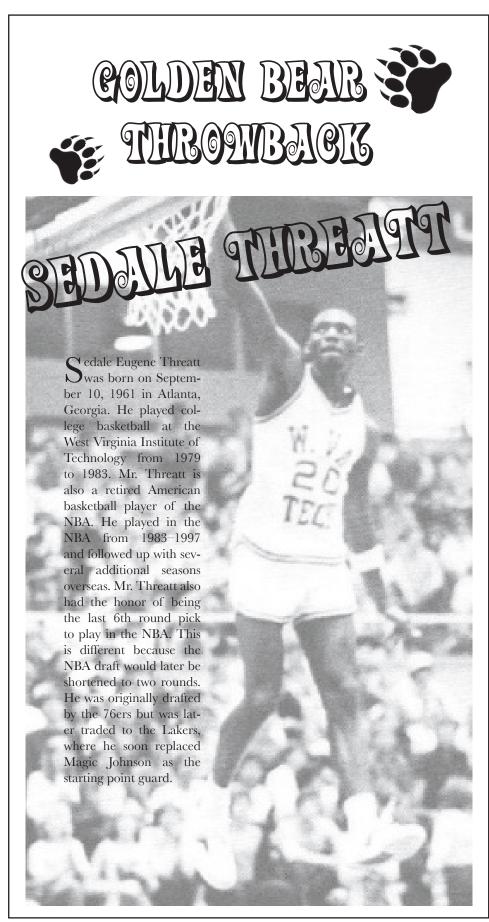
The women's basketball team played in the A.I.I. tournament here at Tech on the weekend of March 1-3. After receiving a bye in the first round of play and going straight to the semi-final match of the tournament, the team took on Voorhees College, who we already played and defeated twice during regular season. This game proved to be a close match but the Bears walked out of the gym and into the championship game at the end of the match with a score of 60-57. In the championship game against Robert Morris College, the contest was close the entire game and came down to one shot by RMC while the buzzer blew. The shot was missed and Tech won the game 74-71, sending them to Frankfurt Kentucky for the NAIA national tournament.

Wrestling

The Golden Bear wrestling team competed in the East Regional tournament at St. Andrews University on February 16. Although the team struggled to get points on the board, and ended up receiving last place out of 12 teams, a lot of experience was gained by our wrestlers. Junior John Walters was pinned during his first match but then battled back to win his next 2 matches by decision. Teammates Conrad Lacey and Chance Smith had to take each other on in the 157 bracket. Lacey was able to squeeze past his teammate, winning 5-4. Dirk Ponchak won his first match 11-6 before falling in his next 2 matches 5-2 and 8-5.

SOFTBALL

The lady Bears softball team kicked off their season with a double header against Columbia College on February 21 in Columbia, South Carolina. The opening games did not end as intended with two losses being the first recorded for the 2013 season. Three days later, against St. Andrews University, the team picked up their first win of the season, with an amazing pitching performance from sophomore Jacki Wood. Wood allowed only 3 hits in the first inning and had a shutout for the remainder of the game to lead her team to a 3-1 victory. The team dropped the second game of the day with a score of 2-3.



How athletes get in the "zone"

Ryan Stevens Staff Writer



When it comes to any sport, getting in the "zone" is what most players refer to as how they win. Listening to music, meditating and exercising are all ways to get in the zone. When we refer to the "zone," we are saying that our focus is at its max point and there is not much more you can do to make that focus even greater.

Getting in the zone may be different for specific sports. Wrestling may focus on doing actual moves before your match, baseball may be swinging a bat or throwing with a partner back and forth. Clearing your mind of all tasks except for the one you are about to get involved in is defined as getting in the zone.

Now let us talk about how exactly you can get in the zone if you have trouble or do not quite understand yet. When you focus your mind you need to start thinking about the now. Thinking about past or future events will only distract you and not allow you to do whatever it is that you want to do at that given time. When you think about focus, you should let everything fade away by closing your eyes temporarily and allow for nothing but what is around you flow in. Choose a sound, someone moving, breathing, anything that allows you to focus on it. Once you have chosen that

object keep your mind on that and nothing but that. Gradually the sound or movement should begin to increase and become easier to hear. Now when you open your eyes everything should seem or feel clearer. This is because your mind is finally focused on what it is supposed to do and not on anything else. This is a kind of focus called Meditation.

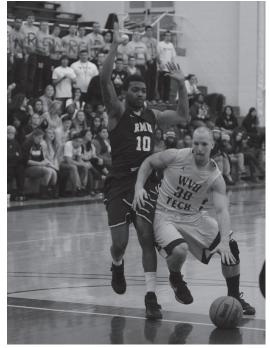
From state, to national, to world titles all people who have something to prove or something that they want more than anything find their own way of getting in the zone. As well, staying in the zone does not always have to be with a sport. Getting that job promotion, nailing the job interview, meeting new people or getting an A on a test are all ways you can try and focus your thoughts.

To add on to what you now already know when it comes to focus, your body should breathe as well. Taking deep breathes in (at least a ten count) and sending those breathes back out are methods to controlling your minds natural instincts. You can never fully control your body or mind but you can force your mind to use the majority of its abilities in one setting rather than on multiple tasks at one time.

What are some things you should not do when trying to get in the zone? Well it is quite simple. Do not focus on more than one task, do not allow your mind to wonder, and do not breathe too quickly. If you allow yourself to practice these techniques then you will become a master at being able to get into the zone.



Tourney from front page



to come out on top and was sent home after a loss to RMC. The next game to be played in round one of the women's bracket was to be between 4th seeded California State University at San Marcos and 5th seeded Morris College. Cal State was able to win this game, sending them into play on the following day. For the men, 4th seeded Voorhees College took on 5th seeded Morris College in which Voorhees took the lead and ended the day victorious.

On Saturday March 2, the women began the second round of play for that day with RMC taking on and defeating Cal State San Marcos, sending them to the championship game the following day. They were to play the team that wins in the semi-final match between WVU Tech and Voorhees College. This game took place on Saturday evening was as close as any. After being in the lead by more than 15 points, Tech began to lose their large lead. The Tigers of Voorhees took advantage of Roche Wimberly of Tech fouling out and narrowed the lead of the Golden Bears. With the lead being only 5 points at just over a minute left to play, the Bears held their ground defensively and were able to submit themselves into the championship game while winning 60-57.

On the guy's side of the bracket, the first game that was played was between seeded number 1 Cal State SM taking on Voorhees College. With star point guard for Cal State being injured and unable to play, the team struggled to get points on the board, and fell to Voorhees 80-66. The last game of the evening was between WVU Tech and RMC in the semi-final match. A Cinderella story was portrayed in this game, for our Golden Bears were behind on the scoreboard by 10 points in the second half. After the seniors of the team huddles the team together and told them to calm down and play smart, some points began to climb on the home side and the contest was brought back to a 2 point game. With the tension being tight, the Bears continued to play hard, and some important 3-pointers were put through the rim by Senior Terrale Clark, giving Tech the lead late in the game.

When the final buzzer sounded, Tech walked out victorious with a score of 74-70, sending them to the championship game.

The men's championship game was between Voorhees College and WVU Tech. The stands were filled with Tech fans painted and yelling and signs were up on the wall to cheer on our team as we all hoped for a victory and a ticket to Kansas City. The game started with a Voorhees run taking the score to 10-3 before the Golden Bears battled back to tie the game at 15. After taking the lead, the Bears continued to battle and brought the score to 30-26 in their favor at the half. After the half, Voorhees was fired up and made a 15-6 run to start the half. With a score of 55-46 then in Voorhees' favor, Tech had to battle hard in order to bring

the contest score close once more. With time on the clock winding town, Voorhees fouled Clark twice, bringing him to the free throw line, and he brought the game to a difference of only one point with 28 seconds remaining on the clock. With an Eddie Gordon steal, the ball was once again in Tech's hand, and a foul was brought upon Armond Perez.

With only .3 seconds remaining on the clock, Tech had to inbound the ball and put it in the hoop in order to win the game. With a pass in and tip in attempt going sour, the buzzer sounded and Voorhees was the A.I.I tournament with a score of 65-64.

The WVU Tech Women's team took on the Eagles of Robert Morris College to determine who would walk out with the crown. The contest began with an early 10-6 lead for RMC before Tech battled back and took the lead. With both teams then going point for point, Tech broke out and scored 12 consecutive points to bring the score to 37-25 with three minutes remaining in the first half of play. At halftime, the score was 40-29 in Tech's favor. The Eagles battled back in the second half and brought the score back to a difference of only 1 point midway through the second half. With a ticket to nationals on the line, the Bears continued to score and took a three point lead with only seconds remaining on the clock. The ball was in RMC's hands who had to get it across the court and shoot a 3-pointer in order to send the game into overtime. With a plan set, the team tried just that; but when the ball was shot, it bounced off the back of the rim and back onto the court, declaring Tech the winner of the contest. Sophomore Nia Nolan was also named the Most Outstanding Player of the A.I.I. Division 1 Women's Tournament. Congradulations to Nolan and to the women's Golden Bear basketball team for being the A.I.I. tournament champions! The team will now travel to Frankfurt, Kentucky to participate in the 2013 NAIA National Tournament.



MEET THE WYUTECH SOFTBALL SENIORS

The first West Virginia native is returning starter and outfielder Stephanie Nickell. Nickell hails from Fayetteville, West

Virginia where she was a 4 year letterman at her high school. She has a career stat of a whopping 11 home runs, 6 of which came dur-

ing her sophomore season alone. Wearing number 10 on her jersey, Nickell holds down the right or center field position and had a 1.000 fielding percentage last year. "I started playing softball when I was in little league," says Nickell. "I played all though senior league and high school. I like the game because of the competitiveness of it. I like to be competitive and I love to win. Playing softball allows me to do this. I also like it because it is a good team sport where the entire team has to work together and you can't just have one person shine. Every player has to do their part in order to succeed." Nickell is a health services major here at Tech, and upon graduating she plans to move back to her home town and get a job at a nursing home. "I'm going to miss a lot of things when I leave," she continues. "I'm going to miss the girls and the school. We are a pretty tight family here, and I have made a lot of memories. I hope our younger girls enjoy

by faster than you think!" The last of the seniors on the team this season is number 18, Katie Campbell. Campbell comes from a place a bit farther than Dunbar or Fayetteville, and was recruited to play for Tech from Vacaville, California. Keeping the umpire company, she suits up for each game in her gear and squats behind the plate as the catcher for the team, and throws out any runner who attempts to steal a base. She is also a power hitter for the team, usually hitting in the cleanup spot. Last season, a total of 57 hits were recorded, contributing to her .363 average. Among those were 6 home runs and 11 doubles. When asked what her favorite thing about the game was, she replied, "The game itself is my favorite part of softball. There are so many things that I could say. The reason I play

their time here, because it flies

The second senior on the team that is from West Virginia is number 12, Ali Holmes. Coming to Tech from Dunbar, WV, Holmes holds down the third base position and contributes to the team is many ways, one of which being with her bat. Last season she recorded a total of 39 hits, 8 of which being doubles, and 3 of which being home

She had a bat-

ting average

of .302. "I began playing softball when I was about 5 years old," says Holmes. "I love the game because it takes my mind off of everything that is going on. When I am out on the field, all I think about it the game, and that's all I worry about. It's like everything else that is a problem just melts away, at least for a little while." After college, Holmes plans to continue her education. She plans to continue pursuing her nursing degree and become a nurse. "I think what I will miss most was being so close to home and being able to play where my family could come and support me. It was always nice to be able to look over and see them

in the stands cheering me and my

team on. I'm going to miss that."

is because every aspect of playing ball excites me: my team, offense and defense, us screaming to get our team hyped, being inspired to make my team bet-

ter, practice, and the love of just being on a ball field. There isn't a thing in the world that is better than that." Campbell is a criminal justice major and after college wants to work in the juvenile justice system or as a correctional officer. Her goals in her career are to find troubled teams that are in the system, and rehabilitate them so that they can find a better life, one without crime. When asked what she will miss the most, Campbell replied, "I'll miss the team the most, especially this year's team. We all get along so great and have great connections with the girls. I know I'll keep these girls in my life long after I leave Tech."



Featured coach: Bob Williams

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



One of the most dynamic and exciting sports teams to watch here at Tech is the Golden Bear basketball team, led by a veteran of the game, head Coach Bob Williams. Coach Williams is not only the leader of the team, leading them to a championship last season, but he is also involved in his team participating in community service events and basketball camps, and also cooperates with me any time I request his time for an interview to talk about some aspect of the program for the Tech Collegian. I thought I would ask for another interview, this time to revolve not so much on the basketball program itself, but on the man behind it.

Coach Williams has basketball in his blood. His dad was a basketball coach for 31 years and always had him in the gym working on the game. He grew up in Watertown, New York and was the starting point guard for Watertown High School his junior and senior year before going to Jefferson Community College to play under his father. After 2 years there, he moved to Ithaca College for a year and was a student coach for two. Williams' first coaching job, excluding the two years as a student coach, came as a high school coach at the age of 23 where he built up



some experience for two years before receiving the desire to coach at the college level. This moved him to Potsdam State College in New York where he was an assistant coach for four years. During his father's last season of coaching in 1994-95, Williams also served as his assistant at Jefferson CC, and then took over the role of head coach once his father retired. This stayed in stone for two more years until he put in an application to coach at a 4-year college, Glenville State in West Virginia. After an interview, he was hired and taught his game to the Pioneers for five years before coming to Montgomery. Now, Coach Williams continues to teach his expertise to Golden Bear athletes, and he has been doing it for 11 years.

"In coaching you sometimes have to go where the jobs are," says Williams, "you have to be able to move and leave your hometown. I was one of those guys that would go to Alaska to coach basketball if I had to."

Tech has grown and changed in the past 11 years, especially through the





eyes of Williams. "I've seen a lot of people come and go," he says. "I've seen a lot of change for the better. The school is in much better shape... We have a much stronger administration and student body. The level of sport, across the board, has improvement tremendously and the athletics department has strengthened as a whole. The campus has also improved. When I first got here, student life was dead, and the [housing buildings] were damaged. Now, I think the student life is a lot more active and a lot of money was put into the buildings. As the school has improved, I think the basketball program has also improved. There's an old saying, you're only as good as your administration allows you to be, and the administration here is very supportive of athletics. When I first came here, that wasn't necessarily the case... I've seen tremendous improvements at Tech since I first got here, in all

"[As far as the basketball program is concerned] my overall goals are to continue to have competitive teams that can compete for championships, graduate all of our players, represent the school with class, and put a team out on the court that the school, the students, and the community can be proud of and enjoys to come watch play."

Coach Williams has put a lot into the program at Tech. Putting in so much effort requires a passion and a love for the game. Because of this, I asked him why he loves the game. "I grew up in a basketball family," he replied. "I was in the gym all the time; I always played and worked on it. I started studying it as a teenager and always knew that I would be a coach. I love the competitiveness of

the game, developing players, recruiting players from all walks of life and areas of the world and putting a team together and watching them play together. I love coaching them during the games, and during practice. It's all I know. If I wasn't coaching basketball, I don't know what I would do. I guess I could move to the beach and sell hot dogs, but I'm not sure if I'm qualified for that."

Achieving that beach bod

Andrea Joseph Section Editor/Staff Writer



It is March and swimsuit season is only 3 months away! This is the time of the year to start deciding how you are going to achieve your amazing beach body. For the people that are already health/workout addicts, your goal is to keep your head up and do whatever you have been doing for the past few months. For the people out there that have not worked out since last summer, getting into beach shape is going to be difficult but because you are starting so early in the year, we can make this transition so much simpler.

According to Livestrong.com, there are 3 simple steps to get a beach bod faster. Step 1: Muscle tone is crucial for a beach bod so make sure to lift weights to achieve the desired muscle tone. Make sure to focus on the parts of the body that lack the most tone and you want the most results from. The one part of your body that has to look good for beach season is your abs. Make sure you split your workouts into upper and lower body but work yours abs every day to get the best beach body look.

Step 2: Cardio is one of the best ways to lose weight and fast. According to Livestrong.com, they recommend to workout with layers on while running on the treadmill or the elliptical. Nevertheless, do not stick with the same routine week after week. When it comes to cardio, switch it up so each machine works some different muscles and keep your body challenged day after day. Make sure with each cardio machine you crank up the speed and intensity to create a harder workout!

Step 3: This step is possibly the most important, yet the most challenging step of them all. It is all about what ends up going into your mouth. You could work out every day but kill all the potential progress you have made with a horrible mean. Make sure you watch what you eat daily, but allow yourself to have one cheat day where you eat whatever you want. On the days you are dieting, make sure you cut out all sodas. Soda is loaded with tons of sugar, carbs and everything that does not need to be in your body. Go buy a 24-pack of water and drink 4 to 5 bottles a day. When it comes to food, Livestrong recommends you eat clean. Resist most sugar, flour, fried or processed food, and most of all, alcohol. Alcohol is loaded with calories and carbs and the worst thing to rock during swimsuit is a beer belly. Nevertheless, whatever you do, do not starve yourself. The muscles you are building up daily need nutrients and fuel to keep your body going.

Swimsuit season is not a time for you to look disgustingly skinny though. The whole point of swim season is being healthy and toned. That does not mean you have to go hardcore. Just show the world that you like to take care of your body and you are confident!

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



GRIN AND BEAR IT!

SCHOLARSHIPS!

Lindsay McDowall Staff Writer



College is a goal of a great number of adults, young and old alike. For young adults, it is the next step in their life and their journey to becoming a productive member of society. However, for many students across the nation, college can be a far off goal. Why is this? Simply put — money. Money is needed to pay for school, and while you are in school, it is difficult to work to pay for other expenses. Many students turn to athletic and academic scholarships to help pay for expenses.

According to the NCAA, approximately \$2 billion in scholarships are awarded to about 145,000 student athletes in Division I and II schools. While this may sound like a great deal of money, it really is not when you think about how many students are trying to get a scholarship. In fact, it is more likely that a student will receive an academic scholarship rather than

an athletic one.

Here at Tech most, if not all, of our athletes are here on scholarships. According to one athlete, the scholarships can only be applied to academics, not room and board. So, following this logic, if you already have an academic scholarship that has been applied, you cannot receive an athletic scholarship because it is a moot point.

So why can athletic scholarships not be applied to room and board? This writer has no idea. It could be because not all athletes are required to live on campus, therefore not all of them could receive a scholarship that could be applied to room and board. Maybe a solution would be to offer the scholarship and make it applicable to either room and board or academics.

Another reason could be that all athletes

are expected to keep high GPAs. It is common knowledge around campus that most of the sports teams require study hall for their athletes. Some teams base it off of current GPAs, others require every student athlete to participate. If all the athletes on campus had high enough GPAs and could qualify for academic scholarships, it could mean less scholarship monies available for students who are not student athletes.

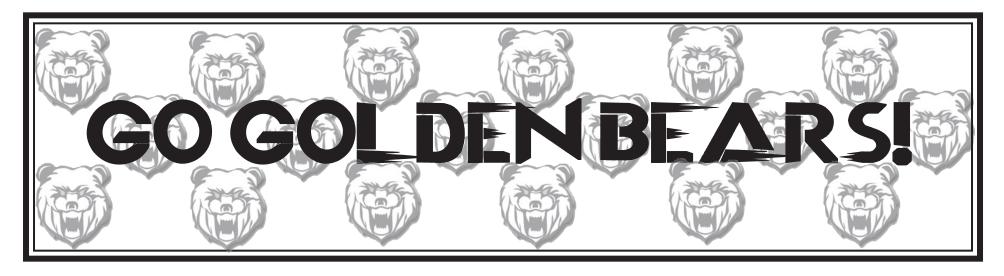
Nikki McCarthy says that student athletes should be allowed to receive both academic and athletic scholarships if they are able to. "Everyone should be able to get as much scholarship money as they are eligible for. College is expensive."

Brittany Doran agrees saying, "You should be able to receive scholar-ships you are eligible for if you are able

to do the work required for both, the academics and the athletics. There shouldn't be a limit to how much scholarship money a student can receive."

The only reasonable argument I can see to not allowing athletes to receive academic scholarships as well as athletic scholarships is that it means there is less scholarship money available for the students who are not athletes. While athletes do work hard and deserve the scholarships they receive, sometimes it is good to have a limit on the amount of the scholarships. However, I also think that if you can do the work necessary, you should be awarded as such

Whatever the reasons, the fact remains that the scholarships are what they are. Although they were contacted, WVU Tech Financial Aid declined to comment on the differences of the scholarships.





Yay: St. Patrick's Day!

Nay: Midterms

Yay: Spring break is soon

Yay: Globetrotters

Yay: March Madness

Nay: Road work on 60

Nay: FE Exam

Yay: 1,000 Club

Nay: Shady service

Yay: SHRM competition in DC

Yay: Painting your chest blue

and gold

Nay: Crazy weather throwing

us all for a loop

Nay: Crappy internet

Yay: Zumba in Conley

Yay: Pink Sands candle

Drones can kill on American soil

Jordan Hill Staff Writer



The Attorney General of the United States has officially 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 circumstance in which it would be necessary and appropriate." His statement comes after a very persistent effort by Rand Paul, US Senator from Kentucky, to get the Obama Administration to answer 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."

Senator Paul originally asked the question during a Senate nomination hearing of John Brennan to head the CIA. Mr. Brennan never gave Paul a satisfactory answer, therefore Paul wrote to the Attorney General. Even though Holder called Paul's scenario "entirely hypothetical" and "unlikely to occur," Paul was not pleased with the response. "The U.S. attorney general's refusal to rule out the possibility of drone strikes on American citizens and on American soil is more than frightening. It is an affront to the constitutional due process rights of all Americans," said the Senator.

Attorney General Holder can make the case that it is only under "ex-



traordinary circumstances," but he is dead wrong when using the words "necessary and appropriate." At no time is it "necessary and appropriate" to kill Americans without a trial first. Not only does that undermine the rule of law and due process, but it also undermines the American way of life. Is it true that it is very unlikely that it will happen? Yes. But why give the government that chance in case the opportunity ever arises?

Holder said a potential scenario for using the drones would might involve a president ordering such action "to protect the homeland" in a case like the September 11 attacks on New York and Washington or the Japanese bombing of Pearl Harbor in 1941. However, he still did not rule out the main concern. Even Jeffrey Toobin, CNN senior legal analyst, said "Again, he made a point of saying Senator Rand Paul's question is hypothetical at this time. But at some point down the road, this may not be hypothetical."

The main question here is why will the Obama Administration not follow the rule of law and rule out the use of drone strikes on American citizens on American soil? At no time is it okay.



Ladies from front page

culed and made to feel as if they are obese, when they are really around 130 pounds. The "experts" on America's Next Top Model say that to be a model that you must be under 130 to be considered a model; if their weight is any higher they will be considered a plus size model when in reality they are a size 6 or a size 7. The Dallas Cowboy Cheerleaders Making the Team is another show that makes girls feel insecure of their weight. They will cut a girl from the team if she is simply 5 or 10 pounds heavier than the other girls. Now imagine how awful it makes those girls feel when they are told this on national TV. I would say that most girls would feel extremely insecure about themselves although they should not. Due to show like this, many young girls try unhealthy fad diets and develop eating disorders, which can become life threatening. All of this just to be skinny and "accepted" by society.

Guys are another big influence on girl's feeling as if they are good enough. I have known guys who have told their girlfriends that they were breaking up with them because they had gained a few pounds or because they simply went up a size. In my opinion, that is ridiculous. The guys who say things like this do not understand how much it affects a girl's confidence and outlook on herself. Unfortunately as girls, we have all felt like we were not good enough before and we have all hated our bodies at one point of another. We have all seen that girl that is so in shape that we get jealous and wish that we had her body, but we should never, ever feel

that way about ourselves.

We are all made different for a reason, I mean how boring would it be if we were all the same height and same weight? Instead of picking out your flaws, next time you are feeling down focus on everything that you love about yourself. I guarantee if you sit and think about it then everything you love about your body will outnumber the few things that you hate about it. Nobody should ever make you feel as if you are not beautiful because of your body type. Beauty comes in all different sizes, shapes and colors. There is no one set definition of beautiful; you can create your own definition and that is so great. It is so important to love your body and what makes you unique because there is only one you, but there are thousands of copies out there trying to be someone else. So why not be yourself? Society can just get over it, because all body types are beautiful in their own way. So, the next time you feel like you are too big or too thin, remember to love your body and that you are beautiful no matter what.



Who is the most influential woman in your life and why?

"My mom is definitely the most influential woman in my life; she's my biggest fan and always encourages me to do my best in everything I do. She has always been a positive role model and overcomes any challenge with dignity and poise. We always say that she knows how to 'make things happen' because she can handle even the worst situations professionally and can usually get the outcome that she wants. She also taught me unconditional love and that's something I will be forever grateful for." - Kate Colagrosso

"My mom- because she is the strongest person I know. She has been through so much in her life but she hasn't let any of that hold her back. She puts everyone else before herself, no matter what the situation is. Her strong personality is what inspires me to become the best person I can be." - Brittany Smith

"My Aunt Dalena McCarthy Smith is probably the most influential person in my life. She has always been the stable person. No matter whom I was living with or where I was, she has always been there for me. She is more than just an average Aunt. She has always been extra special to me. Everyone has that aunt or uncle who seems to be more like a big sister or big brother. For me, my Aunt Dalena has always been so important to me, she is like the big sister that I didn't have growing up. She was there for me no matter what I needed and she also knew how to keep me in line. She helped turn me into the person I have become!" - Nikki McCarthy

"My best friend Tori Bragg because we are always together and she pushes me to be better. If she's with me all the time I'm never scared of failing cause I know she'll be with me through it all. When I'm being hard headed and don't want to do something that I should she nags me till I do it and unfortunately I know she is right. I also push her to do the things she should that she doesn't want to." - Taylor Miltenberger

"The most influential woman in my life is my Mommy; close seconds are my grandmother and Aunt Marion. They're all strong women who have always pushed me to reach for my dreams, especially my mom. They each have faced extreme hardships but have come through them for the better. They are the best role models in the world. They're beautiful and strong and have always inspired me. I can only hope to be half the woman my mom is. She's always there for me to comfort me, support me, or tell me I'm wrong. She's my best friend." -Lindsay McDowall

"My mom has influenced me the most because she raised me and taught me all the important stuff. She's awesome." Gabbi Kelley

"Probably my mother. Not only was she the first person in her family to go to college, but she did so with her speech impediment which everyone including the doctors said would keep her from graduating high school. She's an inspiration to everyone who knows her and one of the most caring women I know." -Robin Davis

sopnia sopnia

Dear Sophia,

I have been struggling with the decision on whether to go to medical school or into a physician assistant program. Both decisions are huge but I do not want to make the wrong decision and end up regretting something. Any ad-

Sincerely, Confused Student

Dear Confused Student,

Well you are completely right about one thing, this will be the hardest, most important decision of your life. There are a lot of factors that come into play when making such a decision. First off, decide what you want with your life such as kids, marriage, traveling, money, etc. Medical school is intensive, hard training in education about the body and how to treat it. It is a four year program in addition to getting your undergraduate program, and also a multiple year residency in the specialty of your choice. It is a hard process to go through with kids and being married, and more than likely you will not be done until you are thirty. Financially, it is a huge obligation because your loans will be huge and carry on way after your schooling is finished. Physician assistant school lasts around two and a half years, not as expensive, and gives you the joy of having an amazing job with the opportunity of changing specialties throughout your years. Just consider each factor and think what you want in life. If you can handle that much school, by all means go for it! Whatever you do, just make sure you do what your heart tells you. You would hate to regret something 10 years down the road. Yours truly, Sophia

Dear Sophia,

I am a very religious woman, and always have been. My parents raised me in a very solid household with God as our everything. I am now dating a boy who was not raised in a church. My parents want him to go to church with me and get him active in church, but it seems to be very hard and I do not want to push him. I need some suggestions. Sincerely, God's Child

Dear God's Child, It is so good that you were

raised in such a Christian household. It shows the amazing morals and high standards your parents have for you and your boyfriend. This, however, is a very stressful situation because it will be hard for you to get him in church. Just keep in mind that this is a completely foreign subject for him so pushing him will be bad and keep him out of church. Just slowly get him to go with you on Sundays and explain a little bit to him every day. Even getting children bible books are the best to explain major subjects to him. If he truly loves you and respects how you were raised, he will slowly get into church on his own terms. Just breathe, and remember, keep calm and pray on! Yours truly, Sophia

Dear Sophia,
My 21st birthday is coming up. I am struggling with what I should do and this is my last really good, fun birthday. What should I Sincerely, Finally 21.

Dear Finally 21,

Oooo-la-la, finally 21! About damn time, huh? First spend the first part of your day with your family if possible. Your parents did make you after all, and they want to spend the day with you the most. Now the fun part begins after 6 p.m. Go somewhere fun out to eat and order your first alcoholic beverage! Make sure order something frisky, like a jack and coke or a sex on the beach! After you get plenty of bread in your system, do a mini pub crawl. Go to all the local bars and make sure you make everyone order you a drink. Keep in mind to Google all hangover remedies before your birthday so the next morning will not be so awful. AND, make sure one of your friends is the responsible DD who will not drink at all and will transport you everywhere. Invite all of your friends too! This will be the time of your life, so do not be shy! GO ALL OUT and be safe!

Yours truly, Sophia



Featured Golden Bear Alumni: Melanie Smith

Lindsay McDowall Staff Writer



This issue's Featured Alumni is Melanie Smith, a teacher from Mingo County, West Virginia. She is a recent alumna of Tech, and is sure to keep in touch with all the friends she left at Tech. While at Tech, she was a valued member of the Golden Bear family, always bringing a smile to those she came in contact with.

Melanie Smith, nee Hatfield, attended Tech 2001-2005 before transferring to Concord University to finish her degree. She started out her college career as a chemical engineering major, switched to computer engineering, and then finally found her passion in teacher education.

Calculus, the deal breaker for many engineering students, was Melanie's deal breaker as well. She says, "My hardest class ever was calculus with Dr. Cavalier. I hate to admit it, but it is one of the reasons I got out of engineering. Looking back though, I am glad I did. I love being a teacher."

Some of her favorite classes were with Doc Kihn and Doctor V in

theatre and psychology, respectively. Melanie was an active Golden Bear, becoming involved in Alpha Sigma Tau Sorority and was initiated on December 7, 2001. Alpha Sigma Tau has left her with fond memories. She recalls her favorite, saying, "My fondest memory of Tech is when my big sister, Sherry Yates, along with several other sisters and friends came to my first class on my 18th birthday with balloons. They tied them to my desk, sang,

and then left. All of this happened JUST

as the professor was walking in."

Alpha Sigma Tau provided Melanie with more college highlights, such as Greek Week each spring, one of the most exciting times of the year for her. She returns each year and has always been a key part of leading the Alpha Sigma Taus to victory, whether it be through excelling at dizzy bat or cheering on her sisters in their events.

Among studying hard for all her classes, Melanie loved to hang out at Benny's, Potamkins and the Sigma Pi Fraternity house. "The lady from Potamkins still remembers my order and it has been over 10 years! I always visit the Sig Pi house when I come in," she says.

Melanie is an active alumna for both Tech and Alpha Sigma Tau. She

can always be found on campus during Greek Week teaching all the new Taus her specialty, dizzy bat. She comes out to homecoming when she is able to, always visiting her friends around campus. She is currently married to Ryan Smith and still resides in West Virginia, teaching in Mingo County. Her older sister, Melissa Hatfield-Atkinson, is also an alumna of Tech and Alpha Sigma Tau. Her younger sister, Melinda Hatfield, is currently attending Concord University and has recently been initiated into Alpha Sigma Tau Sorority.

"My advice to future students would be to go out and make friends! Some of my closest friends are those that I made at Tech. My first weekend I was there, I didn't even leave my room because I was scared. I am so glad that I got over that quickly."

Melanie Smith is a wonderful woman, sister, alumna, and friend. She still brings smiles to people's faces when she arrives and leaves people feeling better than when she came. She truly is a valued part of the Golden Bear family The Collegian's Favorite St. Patty's Drinks

-Irish Car Bomb

-Emerald Isle

-Guiness Lager

-Greenie

-Pot 'o Gold

-Green beer

Real American women

Ashley Quinn Section Editor/Staff Writer



From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well". —President Jimmy Carter

March is National Women's History Month and each year the National Women's History Project like to honor the women of America based on a different theme. For 2013, the theme is Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering, and Mathematics. One hundred and fifteen women were nominated for a wide range and variety of accomplishments including: medicine, robotics, computer programming, architecture, and primatology. These women span centuries of American history and represent different cultural and ethnical backgrounds. Out of the many nominees, a selection committee chose eighteen of the women to be represented at this year's event.

Hattie Elizabeth Alexander (1901-1954) was a pediatrician and microbiologist who worked on creating a treatment for Haemophilus influenza. Her work resulted in the mortality rate for the illness being decreased from almost 100% down to 25%. Alexander, in 1964, also became the first woman president of the American Pediatric Society.

Marlyn Barrett (1954) is a K-12 coordinator of science for Worcester County Public Schools in Maryland and also is working to develop a grant that would provide professional development for over 135 teachers. Another honoree is Patricia Era Bath (1942) an Ophthalmologist and Inventor. Bath invented the Laserphaco Probe that is crucial in

laser cataract surgery. Bath is also the co-founder of the American Institute for the Prevention of Blindness. In addition to these successes, she is the first African American woman doctor to have been granted a patent in medicine.

Other honorees include Elizabeth Blackwell (1821-1910) the first fully accredited female doctor in the United States and Katharine Burr Blodgett (1898-1979). Blodgett was a physicist and inventor who was the first woman to be awarded a Ph.D from the University of Cambridge. Blodgett went on to invent "invisible" glass that is still used today in cameras, computer screens, and other devices as well as gaining eight US patents.

Edith Clarke (1883-1959), electrical engineer, was the first woman to graduate with a Master of Engineering degree from MIT. Rita R. Colwell (1934), molecular microbial ecologist and scientific administrator, was the first woman to be the Director of the National Science Foundation. And Dian Fossey (1932-1985), primatologist and naturalist, spent eighteen years in Rwanda living with and studying gorillas. Fossey is the author of Gorillas in the Mist (1983).

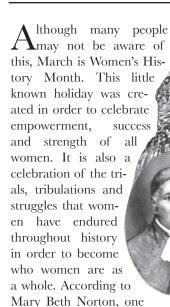
Flossie Wong-Staal (1946) is credited with discovering the cause of AIDS, the HIV virus. Wong-Staal and her team mapped the genetics of HIV which made it possible to develop HIV tests. Wong-Staal is still at work today developing therapies for Hepatitis C.

The remaining honorees can be found at http://www.nwhp.org/whm/honorees2012.php/ These amazing women have helped shape and make history. Their efforts extend from global warming to designing rockets to finding a cure for African Sleeping Sickness. Every year the National Women's History Project makes an effort to support and recognize these women for their contributions to the many fields they work in and the discoveries they make.

All information found via http://www.nwhp.org/

March: Women's History Month

Kassie Shope Staff Writer



of the founders of Women's History Month, prior to 1970 no one was really interested in women's history and all that they had accomplished throughout time. Back in those days women were not equal to men and most certainly not respected as much as they should have been, so that was even more of a reason to start a month-long honor to women's history. The women's movement served as a basis for the creation of Women's History Month.

According to the Women's History Month's official website, it became an official holiday in 1981 when Congress passed the law which authorized and asked the President to establish the week of March 7 as Women's History week, their wishes were granted. Women's History Week was first held in Sonoma County, California and also included March 8 as "International Women's Day". By 1987, Congress passed a law which established the entire month of March as Women's History Month, but just for that year alone. Since then Presidents Clinton and Obama have officially endorsed March as Women's History Month.

According to the website of the National Women's History Project,

this year's theme is Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics, which may be
interesting and inspiring to some
of
the ladies in engineering
and science here at Tech. By
selecting this theme of
STEM, it honors all
women who have

rently use science, technology, engineering and math to make discoveries, do research and have

ever used or cur-

a sense of wonder and imagination about them.

The National Women's History Project's website has a long list of historical women along with their achievements which they endorse and use to educate women in the present day. Some examples of these women include Hillary Clinton, Rosa Parks, Martha Washington, Michelle Obama, Harriet Tubman, Jacqueline Kennedy, Susan B. Anthony, Abigail Adams, Amelia Earhart and many, many more. The National Women's History Project believes that by sharing the amazing stories of these historical women that present day women will be inspired to do something great and make an impactful contribution to modern day society.

As stated at the beginning of the article, many of us have never even heard of Women's History Month until now, is that not sad? Especially for women because we could have been celebrating this great holiday that was created solely to celebrate women and all they can accomplish. Even though I personally did not know about Women's History Month, I think that it is a great idea for a holiday and it should be celebrated because women do contribute a lot to society and should be recognized for those contributions.

Mommy from front page

I have labs four days out of the week so either my husband or my mother-in-law picks up my daughter from preschool (usually around 3:30). Then after my labs I go home and cook dinner and then play with my daughter until about 6:30. Then we get ready for bed and watch a movie until bedtime (8:00). After my daughter is asleep I study, do homework, or do house chores."

Clearly, her schedule is not typical of other college students her age. While the biggest struggle for many of us is making grades, Amanda's biggest struggles focus around her daughter. "The biggest struggle I face as a parent in college is whether or not I am spending enough time with my daughter. This is especially true when finals week comes around. Another thing is getting chores around the house done! My time is very limited because I have from 8:00-11:00 to do homework, study, and do house chores. This also means that having time off to go out with friends is very limited, but again, I just have to plan everything out. Stress is another major struggle for me, but I have found ways to deal with it, just like any other college student."

Parent students today face prejudice, whether it is because they are young and have had a child or because they are older and already have one. In reality, these students' abilities are far above our own. While everyone's struggles are important and stressing, most of us do not have these struggles. Most of us can go out when we want, no matter the time or place. Most

of us can do what we want, no matter what it may be. Most of us can go to the fraternity party and get wasted, and not come home until five a.m. However, these women cannot. They stay home and care for their families day after day.

"I believe everything happens for a reason," says Amanda, "so I would not change anything about my life. I know that God is leading the way for me and I wouldn't have it any other way. I did originally start out in the nursing program, but switched over to biology. I will graduate this semester and then I start veterinary school this fall in Missouri. So I still have more school ahead of me!"

Amanda's message to others is this, "I would like to encourage those of you who are parents in college by saying that you can get through this! It is not impossible to obtain a degree while having children; it just takes a lot of planning and a lot of patience. I like to use this bible verse to get me through the day... Philippians 4:13: I can do all things with Christ who strengthens me."



Leprechaun from front page

depicted as one that would bring good luck to those in need.

Other ideas that were placed into the minds and hearts of Americans are those that showed leprechauns to be evil in nature, and would do anything to receive their gold, even kill people. An example of this would be the movie series "Leprechaun" where small evil man granted wishes to an unsuspecting individual but later showed that trickery was up his sleeve and many people died in the course of events that followed.

It seems as if history has proved that there are a number of opinions that can be formed when it comes to the mystical green man known as the leprechaun. Given the facts of past legends and past stories, you must form your own opinion on whether the creature is a friend or fiend. Decide for yourself, if you were to see what appears to be a leprechaun on the street, would you investigate closer and instigate a conversation, or would you turn around, weep out a screech of fear, and run for your life?

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Cooking with Chef Sherfey

Joe Sherfey Staff Writer



Stair Wilter

Irish Stew Ingredients:

1.5 pounds of beef, cut into chunks 1/4 a cup of butter

1 (ten and a half ounce) can of tomato soup

1 (ten and a half ounce) can of water

4 carrots cut into chunks

4 large potatoes cut into chunks

2 stalks celery cut into chunks

4 onions cut into chunks 2 teaspoons of salt

1 teaspoon of black pepper 1/4 a cup of fresh parsley chopped

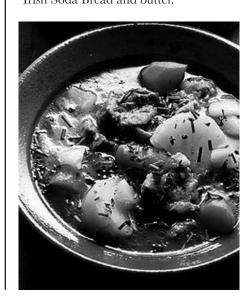
fine
1/4 a cup of good quality cooking

1/4 a cup of good quality cooking sherry

2 bay leaves

Instructions:

First, preheat the oven to 300 degrees Fahrenheit. Now in a heavy skillet, brown the beef in the butter over medium high heat. Then add the soup and water and stir. Go ahead and add the rest of the ingredients then cook for about 5 minutes and only stir once. Then transfer the dish to an oven proof pot and cook in the oven, covered for 5 hours, stirring occasionally. Now remove the roast from the oven and remove the bay leaves. Finally, serve with Irish Soda Bread and butter.





Red Roasted Potatoes

Ingredients:

2 pounds red potatoes, quartered

1/4 a cup of butter, melted 2 teaspoons of minced garlic

1 teaspoon of salt

1 lemon, juiced

1 tablespoon of grated Parmesan cheese

Instructions:

First, preheat the oven to 350 degrees Fahrenheit. Next, place the potatoes in an 8x8 inch baking dish. Now combine the melted butter, garlic, salt and lemon juice all in a small bowl; pour over potatoes and stir. Then sprinkle Parmesan cheese over the potatoes. Now bake the potatoes covered in the oven for 30 minutes. Finally, uncover and bake an additional 10 minutes. This side is now ready to be enjoyed with the Irish Stew or any other dish.



History of St. Patrick's Day

Ashley Quinn Section Editor/Staff Writer



Saint Patrick's Day is one of the most anticipated holidays of the year; because, seriously, who can say no to a green beer? Of course then there is all the pomp and circumstance that comes along with the day: parades, lots of shamrocks, everyone pretending to be Irish and general drunken debauchery. What is not to love about Saint Patrick's Day? But what lies behind the veil of green and why has Saint Patrick been celebrated for over one thousand years?

Saint Patrick was a citizen of Roman controlled Britain and believed to have been born in the year 461 AD on March 17. Patrick did not have an easy time of things in his early life. At age sixteen he was captured and brought to Ireland as a slave. He later escaped, but later in his life he returned to Ireland.

Up until this time in history, the 5th and 6th centuries, Ireland was predominately Pagan. The peoples of that time accepted many gods and otherworldly creatures until Patrick was credited with bringing Christianity to the island. Due to his works, Patrick was made the Patron Saint and national apostle of Ireland.

However, it was not immediately that the people of Ireland began celebrating this man. Centuries passed by, all the while the mythology of Saint Patrick became a part of Irish tradition and culture. This included the most common symbol of the three leafed clover or shamrock which represented the Holy Trinity (the Father, Son, and Holy Spirit). It was not until the 9th or 10th century that the Irish began celebrating Saint Patrick's Roman Catholic feast day on the 17th of March.

As previously mentioned, one big draw to Saint Patrick's Day is the parades. Interest-

ingly enough, the first St. Patty's Day parade did not take place in Ireland, but the United States in 1762. The participants of that parade were Irish soldiers who were serving in the English military who marched the streets of New York City. Sentiments for the day grew over the next 35 years and groups known as "Irish-aid" societies sprung up and began to foster Irish patriotism.

In 1848, several of these groups such as Friendly Sons of Saint Patrick and Hibernian Society, joined forces and decided to have an official Saint Patrick's Day parade in New York. They incorporated now stereotypical things such as bagpipes, which were actually more common in the Scottish and British army's rather than Irish. Today, that parade is the world's oldest civilian parade and the largest one to take place in the United States. More than 150,000 people come to New York to take place in the parade. Three million more line the streets to watch the parade annually. The parade route is one and a half miles long and takes over five hours to complete! After the popularity of the event caught on, other cities in the United States started to plan festivities (although on a much smaller scale). Philadelphia, Chicago, Boston and Savannah all host parades each year that have anywhere from 10,000 to 20,000 participants.

Today, Saint Patrick's Day is celebrated world-wide. More than one million people flock to Dublin each year to take part in Irish festivities, hospitality and fine ale. So get in the spirit of things this year, grab a pint and make a toast to Saint Patrick. Beannachtaí na Féile Pádraig oraibh! Or Saint Patrick's Day blessing on you!

All information found via the history channel at http://www.history.com/topics/st-patricks-day

Saving the World

Ryan Stevens Staff Writer



 ${f R}$ ecently on Saving the World:

In the midst of finding out about Jason's real father he comes to find out someone may be after him. The two police officers gunned down in front of his doorway and nothing but the comfort of Jason's gun was with him now. Demonic dreams about a man being taken over had been the least of Jason's worries. Or so he thought.

Symbols

Fear was flowing through his veins, hands shaking and sweating from wanting to pull the trigger on whatever was about to walk through that door. Whispers came from both directions of the door causing Jason to not know where he should focus. Silence filled the air now, not even a breath had been heard in over 10 minutes. Finally, Jason walked out of the room slowly keeping his gun in front of him at all times. Looking down at the police officers, Jason realized that these men had only been dressed up and were not who they said they were. On their body laid a symbol which had been carved into their chest. With his phone, he took a picture saving it to his memory. Jason had no clue what was happening or how he could fix it but he did know that he had a friend that could help him figure out exactly what had been going on. That friend being the very girl he had such strong feelings for, Chelcey.

Jason called Chelcey and she had agreed to meet him at the library to look up some information regarding the weird symbol. "You look rough, not enough sleep?" asked Chelcey.

"You could say that," replied Jason.

"Well Jason as you know that symbol is not any normal gang sign. The symbol originates from old Indian mythology. They believe that using this symbol on specific people would give them the power of Satan himself. That is to be immortal and never die. Now their idea had been false but not completely wrong. Where their symbol never worked they found another way, a blood sacrifice that would enable Lucifer to take control of a particular being," said Chelsey

"So your telling me what I have been seeing in my dreams is an actual real belief?" asked Jason.

"Yes, that is exactly what I am saying Ja-

son," said Chelcey. "Your dreams could be a foresight into future events, not just some dream you can blow off. These people obviously want you for a reason and that job is up to you to find out."

"I understand," said Jason. "First things first, I need to find my father and figure out exactly what he knows about all of this." Jason began to leave the room quickly when Chelcey suddenly stopped him.

"Be careful," said Chelcey, "I don't want anything to happen to you."

Jason looked into her eyes happy but sad as well because he had to leave her once again. He leaned in giving Chelcey a kiss on the lips. "I will be careful, and I will see you again soon," he said. Jason turned and finally walked out of the door.

The Father

Before ever realizing that Jason had a father, a dream came to him showing him a man in a research facility studying diligently in his office. The door had looked like that of a jail cell but Jason was familiar with this place. A lab that had been run for many years under watch because too many kids had been breaking in due to the collapse of the building many years ago. The facility had been only about an hour away but Jason had to find out if this man was his father.

Jason finally arrived at the building slowly making his way inside. Everything and everyone had vanished. No sign of anyone had been left, only the remains of a very old research lab. Jason continued searching for his father when he came across a room. The room was filled with bodies and blood was scattered across the walls laying out the very symbol that was on the officers' chests.

Jason took a step inside and suddenly a loud screeching noise came from the distance. A siren started going off and slowly it seemed as if the room itself was changing and becoming organic. The walls began to peel and lift off of itself changing colors and becoming an almost real living being. As this evil approached the bodies, it started to take over and bring back the people that had once lived except not as humans, but creatures. Red eyes, sharp teeth, blood dripping from their jagged hands; these monsters arose and let out a roar greater than any animal. The beasts lunged forward attacking Jason. Jason fell to his back trying to regain himself from the horror.

Featured product: iPad 4

Kassie Shope Staff Writer



Trecently got the newest iPad 4 for Christmas and I must say that it is amazing! If you are looking for a tablet, then I would highly suggest buying the iPad. It has many new features including the revitalizing Retina Display.

The new Retina Display makes text razor sharp, colors much more vibrant and photos and videos are much more crisp and clear. Apple also added a new chip into the iPad 4 called the A6X chip which is an upgrade from the previous A5X chip. It is designed to deliver more life-like graphics without sacrificing battery life.

Another great thing about this new iPad is that there are over 300,000 apps available for it and it comes with Siri. So if you are looking for the latest and greatest gadget, try the iPad 4 and I promise you will not be disappointed.



Fashion: High-waisted shorts

Andrea Joseph

Section Editor/Staff Writer



ne specific piece of clothing that is hot in the fashion world is something that I absolutely am obsessed with, high-waisted shorts. High-waisted shorts are being worn everywhere by celebrities such as Nicole Ritchie and even contestants on American Idol are rocking the new trend. High-waisted pants were originally brought into the world in the 50's and brought back in the 80's, but are now making a return to the fashion scene in 2013.

Many of these celebrities are pairing these high-waisted shorts with a loose shirt tucked in with a belt as an accessory, and cute flats or wedges. These high-waisted shorts come in a variety of styles and colors and some may say they are hard to find.

Since these new shorts are so new and hot on the trending list, some can be hard to track down. Many boutiques are carrying the shorts such as Francesca's in the Charleston Town Center, but some may say it is better to just order them online. Finding these high-waisted



shorts online is very easy; they can be found at a variety of stores such as Forever 21, American Apparel and Urban Outfitters. High-waisted shorts at these stores usually run about \$25-\$50 but definitely worth the money.

Movie Review: "The Raven"

Kassie Shope Staff Writer



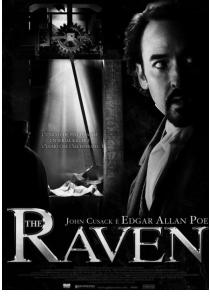
Although The Raven came out in 2012 and some of you may have seen it, I wanted to write a review about it because I just recently watched it and thought it was a great movie. The actor who really makes this movie amazing is John Cusack who stars as Edgar Allen Poe. The Raven is a fictionally based story about a serial murder that bases each murder scene off of a poem written by Poe and also leaves a clue at the crime scene. It is a thrilling, action-packed, suspenseful movie that will be enjoyed by anyone who loves action, crime or classic American literature.

The movie begins in 19th century Baltimore, Maryland. Several police officers arrive in an apartment and find the corpse of a woman who has obvi-

ously been murdered in such a way to resemble Poe's short story, "The Murders in the Rue Morgue". This is the beginning of a long, brutal streak of malicious murders based off of Poe's novels and poems.

Expert detective Emmett Fields is called to investigate the series of murders and he is skeptical of Poe at first glance. However, he soon determines that Poe is not the perpetrator and could perhaps be his biggest help

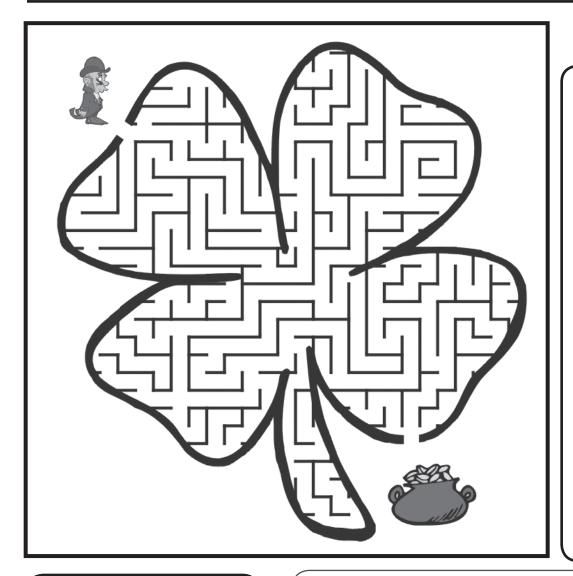
in solving these cases. The next murder is based off of, "The Pit and the Pendu-



lum," and the man is literally sawed in half. The murder leaves a clue that he will appear at the family ball of Poe's girlfriend Emily the next night. Fields, Poe and the rest of the policemen attend the party in disguise, but despite their best efforts the perpetrator still gets in and manages to kill again as well as kidnap Emily. Poe and Fields do anything and everything they can from then on to find Emily and save

her, but have no luck for several days and begin to wonder if she is even still alive. After several more murders, Poe finally figures out that the murder is someone who he considers a close friend. Ivan Reynolds, a fellow coworker of Poe's, was driven to kill by his jealousy of Poe's successful writing. He gives Poe a large dose of poison and then escapes to Paris. Poe then finds Emily who is sent to the hospital in an ambulance to get checked out. Knowing that he is dying, Poe then sits on a bench looking up at the sky repeating the name Reynolds over and over again. An elderly man hears him and notifies Detective Fields. Fields then goes to Paris and arrests Reynolds for all that he has done.

Overall, The Raven was a great movie. It was action-packed, suspenseful and just a very good film all around. I would suggest this film to anyone who likes murder, literature, action, crime or just a good movie. I would highly recommend it to anyone, you will not regret watching it!



Staff Picks

Playlist

- 1.) "Carry On" fun.
- 2.) "Better Dig Two" The Band Perry
- 3.) "Thriftshop" Macklemore
- 4.) "One More Night" Maroon 5
- 5.) "Catch My Breath" Kelly Clarkson
- 6.) "Gypises, Tramps & Thieves"
 Cher
- 7.) "Stay" Rihanna

Collegian's To-Do List

- -Visit Hawk's Nest
- -Work for the Collegian
- -Go Greek!
- -Climb Tech Mountain
- -Play intramurals
- -Go to the rope swing
- -Get a tan on top of a Tech building
- -Visit the Mystery Hole
- -Read the history of Tech book
- -Have a conversation with Gordon
- -Make something at the Pottery Place
- -Hug all the lunch ladies
- -Have pizza with the Dean
- -Work for the Collegian
- -Chat with Cantrell Miller
- -Shoot pool at Benny's
- -Eat Potamkin's eggrolls

In History

March 7, 1959: The very first Barbie is shown at the American Toy Fair in New York City

March 11, 1818: "Frankenstein" by Mary Shelley is published

March 12, 1930: Gandhi leads protests against the British Empire's monopoly on salt in India

March 13, 1781: The planet Uranus is discovered by William Hershel. Uranus was the first planet to be discovered using a telescope

March 14, 1879: Albert Einstein is born

March 15, 44 BCE: Beware the Ides of March. Julius Caesar is murdered by his own Senators

March 16, 1850: "The Scarlet Letter" by Nathaniel Hawthorn is published

"Be kind, for everyone you meet is fighting a hard battle." - Plato

Goar Weekig Moroscope

Aquarius- Today is looking like it could be adventurous, so take a stroll through town. Take in the smell of the fresh air, or the somewhat clean air. The day is beautiful, with warm air and the smell of freshly cut grass. Wonder around the town long enough and you might find something interesting. Try to enjoy your journey, this is a once in a lifetime opportunity.

Pisces- Spend the day at your house, you will find out that it would be better to stay in bed today. Your life is riddled with bad luck today. Between the ink pen markings on your shirts and coffee stains on your pants, there is no room for a break. Nothing could make this day worse, well, except for that big storm that you will have to walk home in because your car is out of gas. You should have checked to see if you were low.

Aries- All your family has decided to get together for the annual reunion. Great time to see all the cousins that you never knew you had. Apparently the entire family will be there this year. It is just another day to meet new people that happen to be family. Hopefully it will not be too awkward and the people will be friendly. The last thing you need is to get in another fight with a long lost cousin.

Taurus- Time has not changed who you are really, but it has changed old classmates. Your best friend in high school is just another friend you hardly see now. It is time to get the old crew back together for a good time. Planning out the best possible day could be a task, but in the end you know it will not make a difference. I mean when are you going to see these people again?

Gemini- Today is feeling more like a re-

laxing kind of day. Go ahead and spend your day off wisely, because you will not get many more of these days. You could spend it listening to music or watching a movie with your significant other. Maybe you could even spend time with your friends or family. But you and I both really know you will probably just end up sleeping the day away. At least you will get some needed rest.

Cancer- There are things in our life that we cannot foresee coming, but luckily you will not have to worry about that. It will be an average day, not much of anything new. The day is going to be pretty dull, but it will not be the end of the world. It will be boring, but just try to keep in mind that it is better than tragedy. I mean your day could be like a Leo's; they have their own mess to clean up.

Leo- You could not have a worse day, you are already late for work and you have managed to get three tickets on the way. This in itself is a feat of great proportions. You also managed to run over a dog and now you pull into the parking place and scratched the boss's car. You are definitely getting fired, unless you manage to convince your boss you just have bad luck. Those three tickets might actually come in handy.

Virgo- Today is the day that you will finally finish everything that needs to be done. The laundry, the homework and the essay are calling your name. But your phone is also calling, along with all your friends who want to spend a night out on the town. Should you go out or do your work? This is the question that will be bugging you for hours. You will eventually have to make the decision. Your essay can wait, your homework is not due for two days and your laundry is not that bad. A night on the town might be just what you need, even if it is

the third this week.

Libra- There is not much left to do this week. You have finished just about every assignment and find that you are completely free for the day. Now that you finally have free time, what are you going to do next? Will you spend it alone or with friends? Indoor or outside? Where will you go? So many questions and only 24 hours to spend. Choose wisely, but quickly; the day will be over before you know it

Scorpio- This is a special occasion, one of your friend's birthday is coming up and you have the perfect plan. You and a bunch of friends have pulled some cash together and got dinner reservations for the evening. Hopefully the birthday guy/gal will enjoy the meal; I mean you did spend a lot of cash on this. He/she probably will, but to make sure you already asked what kind of food he/she likes.

Sagittarius-The day just seems to be dragging along, is there nothing to do around town? It is time to get out and get some fresh air, just to see what you are missing. Suddenly one of your friends run into you and invites you to spend the day with them in Charleston. It could be fun, so you decide to tag along. A few of his friends come along and the day actually turns out very well. That is until he tries to make a move on you. And you thought he just wanted to be friends.

Capricorn- It is time to spend the day with your significant other; you have been excited for a few weeks now. It has been awhile since you have seen him/her. Enjoy the day with them, because before too long you will have to bid them goodbye. Do not be sad though, there will be more dates in the future. While you wait, try to enjoy the time you have and do not wish your life away. Remember you only get one to spend.