

Team Dark Green rejoices as the new Chompers is unveiled amidst the basketball double-header on Feb. 14.



AMASA SMITH/THE CAMPUS

The cheer team 'chomps' alongside Chompers after the mascot reveal following the women's basketball game against Ohio Wesleyan University.

NEW MASCOT UNVEILED

By EMERALD WRIGHT-COLLIE • Junior Sports Editor • wrightcollie@allegheny.edu

The Allegheny community welcomed the new and improved Chompers between the men's and women's basketball games this past weekend on Saturday, Feb. 14. The unveiling followed a loss from the women's team to Ohio Wesleyan 58-56 and a celebration of the women's seniors, Kendall Hoffman and Marina Scarantino.

A week-long polling campaign in the first week of December by the athletic and communications departments allowed students, community members and alumni to vote on four different gators: gold, blue, bright green or dark green. More than 5,000 votes from around the world were counted for Chompers' makeover.

Immediately following the women's basketball game, a dark green Chompers stormed into the Wise Center welcomed by the Allegheny community. Before the men's game began, students, faculty and Allegheny's president, James Mullen, lined up to get photos with Chompers.

"I'm glad that they kept him green," said Jackie Rivers, '17. "I voted for him to be that color. He is very energetic and the crowd loved him especially when he was doing the comp chant with his hand"

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Heating shuts down in subzero weather

By CHRISTINA BRYSON
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The heater supplying Brooks and Walker Halls shut down in the afternoon of Sunday, Feb. 15 during subzero temperatures.

Physical plant responded to a report around 2:30 p.m. and restored the boiler at approximately 3:10 p.m. Workers returned to Brooks after a later complaint at around 4:40 p.m. and fixed the boiler at approximately 8 p.m., as reported by the Office of Campus Security.

Brooks' Community Adviser Meredith Gumash, '15, said that she called security following complaints from residential advisers in the building around 7 p.m.

"By the time that I called them about seven on Sunday, [security] knew and somebody was already at Brooks," said Gumash.

Gumash was assured that physical plant's employees working on scene were not going to leave until the boiler was repaired.

Brian Gillette, assistant

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Allegheny featured in Princeton Review

By AMANDA SPADARO
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The Princeton Review recognized Allegheny College on its 2015 "Colleges That Pay You Back," a list of 200 schools across the country that meet three specific criteria: excellent academics, affordable cost and strong career prospects upon graduation.

In order to determine a college's return on education rating, the Princeton Review looked at approximately 40 measures of finances for graduated students, including cost of attendance, financial aid and even career satisfaction.

"I think it's so much more than the monetary piece of it that people are equating to 'Colleges That Pay You Back,'" Cornell B. LeSane II, dean of admissions, said. "It goes beyond that: I think it speaks to the academic experience, the student experience both here and after college. Allegheny offers top-tier academic programs that prepare students to enter the global workforce, in-depth career preparation services and affordability."

In addition, the information provided to the Princeton Review came directly

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Local theater has potential to close *Park Avenue Cinema raises money for needed upgrades*

By JOSEPH TINGLEY
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Meadville's Park Avenue Cinema, located on 960 Park Ave., could go out of business as it is under financial strain, raising money for new projection equipment.

The three-screen cinema currently employs older, more traditional film projectors, but with movie studios beginning to go digital and slowly phase out film, older theaters across the country will face closure. The price of one digital projection system will cost the theater approximately \$25,000.

"The cinema is still running, we are in the process of converting over to digital projectors, we are trying to fundraise, to raise money to convert the projectors," said owner John Horning. "If that doesn't happen the industry, the film companies themselves, will force us out of business."

Horning explained that the theater is accepting donations both in cash at the cinema and online at gofundme.com/

parkave. According to Horning, the fundraising efforts have been going well.

"A lot of people are contributing small amounts of money, over...various different times and that is basically what we want, possibility of people getting involved with the theater, if they want to see bargain theater continue in downtown Meadville," said Horning.

In addition to its fundraising efforts, Horning explained that he has also been exploring other avenues of possible support.

"We are talking with different businesses in the area, as well the college itself, as possibly getting involved in the situation of fundraising as well as the [chamber of commerce]," said Horning.

Horning has owned Park Avenue Cinema for the last five years. Under his ownership, the quality of the theater has been improved and it was refurbished from the relatively poor condition in which Horning said he found it.

"We did renovations when we first opened, and have been doing a little bit every so



AMASA SMITH/THE CAMPUS

Park Avenue Cinema, one of two theaters in Meadville, may face closure as it works to raise funds to upgrade its projection equipment.

often," said Horning.

The cinema in the last five years has also become a welcome source of entertainment for Allegheny College students. On the first Friday of every month the theater hosts events where Allegheny Students receive reduced admission rates with their student ID.

While Park Avenue is not

the only theater in Meadville, it is the closest to campus and the most affordable with an evening ticket costing only \$3.75 compared to The Movies at Meadville costing \$8.00.

Park Avenue's only competing theater in Meadville, is the larger The Movies at Meadville. Unlike Park Avenue, The Movies at Meadville is a first-run theater, meaning

it pays more to receive big-name movies first, while Park Avenue receives them later but at a reduced price.

"They will get the features immediately as they come out, obviously, they charge accordingly, where as we get them delayed and are able

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director of physical plant, explained that a single component of a larger machine was not operating correctly, causing the heat to go out.

“There is a component [of the boiler] that continually needs to feed what they call ‘make-up water’ and there’s a valve that allows that water to come in and it wasn’t working properly,” said Gillette.

With these multi-part systems, any given component can cause the system to malfunction.

“Our equipment, like any equipment, there’s a lot of components,” said Gillette. “All of those components have to be working properly and there’s times when we’ll have problems with different pieces or components that causes issues. We work hard to prevent that from happening but there’s still instances where we’ll have components that may not last as long as you think they’re going to or the severe cold is putting a heavy burden on the equipment to keep up with temperatures.”

Zachary Cramer, ’15, the CA of Walker Hall voiced his concern with the age and upkeep of certain buildings on campus.

“Walker and Brooks are older and so there is always a concern about the general nature of the buildings,” said Cramer. “In fact, given this concern, I’d definitely lobby for more work to be done in buildings like Cafisch, Brooks and Walker in the next few years as the college moves back into a surplus.”

Kristin Caja, ’16, a resident of the building, was not sur-

prised to learn about the boiler malfunction.

“It is an old building and even with regular maintenance this sort of stuff happens to old facilities,” said Caja.

Overall, students were not too concerned with the situation, with the exception of on social media, according to Cramer.

“

It is an old building and even with regular maintenance this sort of stuff happens to old facilities.

”

Kristin Caja
Class of 2016

“Honestly, I haven’t heard much concern from residents outside of Yik Yak. Granted, these problems are usually something that an RA would deal with, so people are less likely to contact me about isolated events, but it is still surprising the lack of communication for something, seemingly, large.”

Gumash explained that no formal email was sent to students during the heating outage, but that she had all of her RAs email their residents about the situation. She also has been in contact with Residence Life and said to expect a more formal email soon.

“I’ve been talking to Residence Life and they’re going

to send a follow-up email saying what’s happened, what they’ve done and what should happen next time if it was to happen again,” said Gumash.

Gillette mentioned that if individuals are experiencing a lack of heat in their room, it might be caused from another component of the heating system, separate from the boiler.

“In these heating systems there are multiple components, there’s the component that makes the heat, whether it’s water, steam, hot air, but there’s another manner in which that heat that’s made gets to that room either through ductwork, piping. Once it gets to the room it’s controlled again by another method,” said Gillette. “Any of those components along the way can have an issue and cause the end user to not have heat.”

The boiler that was malfunctioning earlier this week is fixed, according to Gillette, but if any problems persist, he emphasized the importance of telling RAs and physical plant in order for the situation to be addressed.

“The equipment that generates the heat is all functioning correctly,” said Gillette. “We do have some extreme cold right now and that could be...offering that perception of whether the heat is working well or not. When it’s this cold, it’s cold. But, on a case by case basis, if there are rooms that don’t have heat, they need to either contact us during the day or their RAs to let us know specifics and we’ll come address those.”

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from students, alumni and administrators, which LeSane believes speaks to the strength of the school’s experience.

“These are folks who have a connection to Allegheny,” LeSane said. “This is not some superficial ranking...this is based on what our alums, our students and our administrators are saying about their experiences and I would argue that doesn’t get any better for Allegheny.”

According to LeSane, the senior composition is part of the invaluable experience that students gain at Allegheny, which adds to the skills Allegheny provides students.

“The one thing that I think sometimes we miss is how important that senior comp is. We’re a liberal arts school so we talk about some skill sets that students should have prior to graduation: being able to think critically, speak persuasively, write clearly. But we actually make students prove that before they graduate through their senior comp,” LeSane said.

Allegheny alum and assistant professor of global health studies Rebecca Dawson, ’00, echoed this sentiment, saying that her senior comp was one of the most worthwhile parts of her education.

“Having an independent research experience that I was coached on but I was also coached on how to talk about it to market myself as an employee or potential graduate student, that was invaluable,” Dawson said.

Aside from the academic preparation, Allegheny’s network of alumni and the

on-campus community are crucial to the return on an Allegheny education.

“I applied for Ph.D. programs seven years after graduation and two of my letters of recommendation came from faculty here,” Dawson said. “There is that personal connection, staying in touch with people who knew me enough when I was here.”

Ultimately, Dawson believes that it is the synergy of the Allegheny experience that

Erie Maritime Museum.

“I got the job because it’s an EL here...you can do it as an Allegheny student because they have training programs for us, even after you graduate,” Collins said.

Despite being recognized as a college that is worth the investment, Morris believes that the responsibility rests with the students themselves.

“Small schools can be very rewarding if you have the right sort of attitude and

Other schools featured in “Colleges That Pay You Back”

Listed below but not limited to:

- Boston University
- Clemson University
- Colombia University
- Denison University
- Gettysburg College
- Harvard College
- Johns Hopkins University
- Lafayette College
- Massachusetts Institutes of Technology
- Middlebury College
- Northwestern University
- Pepperdine University
- Princeton University
- Stanford University
- Texas A&M University
- Tulane University
- University of California Berkeley
- University of Virginia
- Wake Forest University
- Wesleyan University
- Yale University

justifies Allegheny’s place on Princeton Review’s list.

“Whether it’s allowing students to form groups or encouraging them to be student athletes or allowing them to be who they are and be committed in everything that they do...it really is to produce a global citizen who will go out, in whatever field...to make a difference and contribute. I don’t think that that has changed,” Dawson said.

Aurley Morris, ’15, has used the Allegheny community to secure employment post graduation. She will be working for Deloitte Consulting as a business analyst which she found from the network of alumni who recruit from Allegheny College.

In addition, Hope Collins, ’15, will be working for the U.S. Brig Niagara after graduation, a job that she found through a history department Experiential Learning Seminar working on a warship from 1812, belonging to the

mindset. I think if you’re very independent and willing to find opportunities, small schools are perfect,” Morris said. “At the same time, I think that smaller schools as Allegheny don’t have the same kind of exposure to certain opportunities that larger schools do...but I think that small schools have the tools necessary if you want to take advantage of them.”

LeSane hopes the administration can improve on this, acknowledging that students must take initiative as well.

“While there are lots of services and resources available for students, the onus has to fall on them as well,” LeSane said. “There are some students who just don’t realize everything that’s there. How do we make sure we get that message out there, because I think if they knew, we’re looking at a better experience overall.”

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to discount that price,” said Horning.

Despite their best fundraising efforts, Horning admitted that the success or failure of the cinema will ultimately come down to local residents.

“I think there is a potential for the theater to be around for many, many years,” said Horning. “It depends on the situation, it depends on the local people, how much they really want a discount theater and their input.”

Some students at Allegheny have been surprised by the possibility that the theater may be forced to close its doors. However, the reaction has been largely one of disappointment. Students have said that losing such an affordable theater, located so close to campus would be an upset to the community.

Zach Kaufman, ’17, admitted that he had not been to the theater since the fall semester, but said that he would miss having the option if it were to close.

“I think it will affect a lot of people here because they like to go out on Tuesday nights and see a movie,” said

Kaufman.

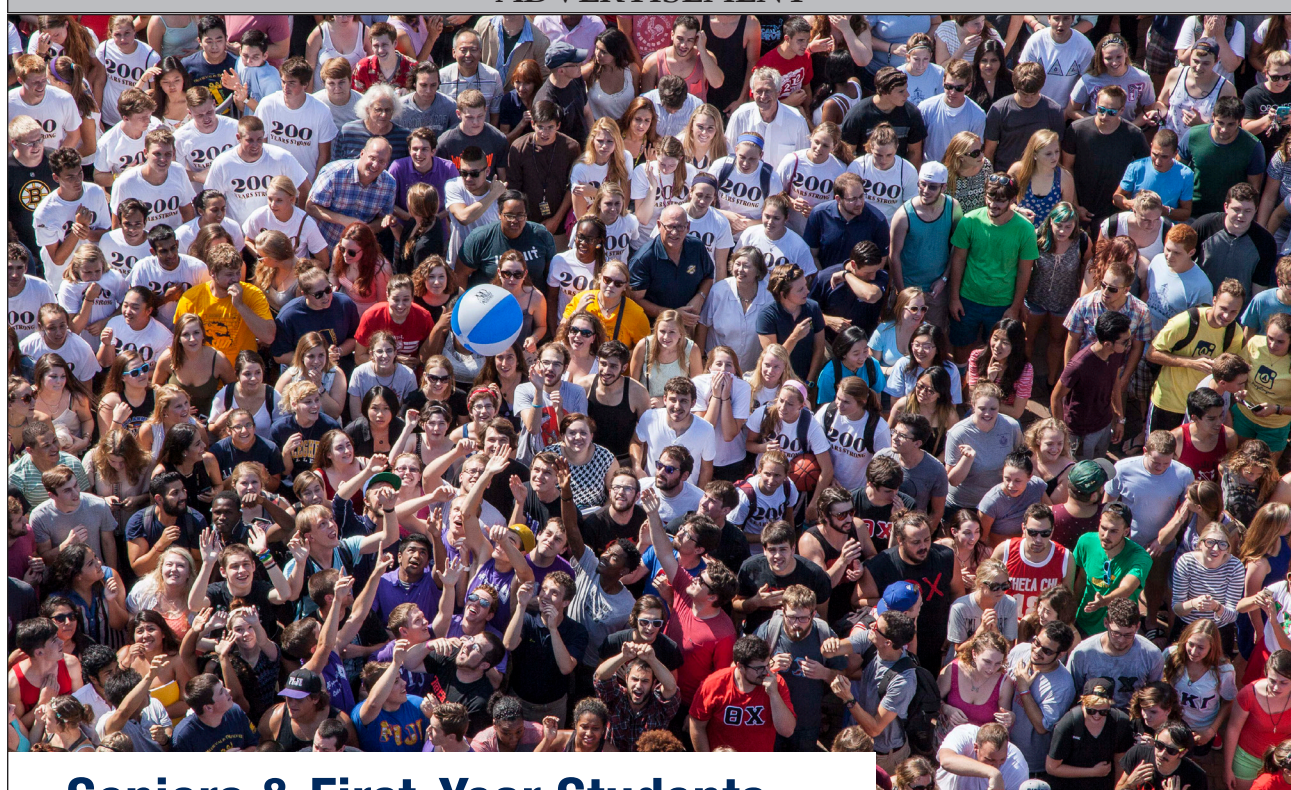
Other students pointed out that the cinema does host events specifically for the college and that events like First Fridays have become something of a tradition on campus.

“I think that would be really sad [if it closes],” said Sonya Shaikh, ’17. “First Fridays are a big part of this campus.”

Despite community and student support for the theater, Horning explained that the future of the cinema is uncertain because the movie studios’ transition to all-digital film can take place at any time, meaning that fundraising efforts could be cut short as production companies weigh the decision of moving entirely to digital.

“The time frame is basically based on the studios, if they decide to go all-digital tomorrow, that will smother our business real fast,” said Horning. “If they decide to just hang on to film like they have been, that will continue until such time as they make their decision.”

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Where are you in the
‘BIG PICTURE’
of your Allegheny experience?

Check your email on February 18 for a note from President Mullen inviting you to participate in NSSE, the National Survey of Student Engagement. Your responses will help to improve the Allegheny experience.

Students who complete the online questionnaire will be sent a \$3 voucher for the Wrecking Ball Café.

Questions?

Marian Sherwood, Director of Institutional Research, 206 Bentley Hall, 814-332-2983, marian.sherwood@allegheny.edu
Dr. Ann Kleinschmidt, Chair of Allegheny’s Institutional Review Board, 214 Steffee Hall, 814-332-2366, akleinsc@allegheny.edu
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EVENTS CALENDAR

Introduction to Salsa Dancing

Friday, Feb.20, 5-6 p.m., Max Kade International Wing Lobby
 Learn the basic salsa steps with the help of an instructor. Light snacks and beverages provided.

Screening of "Selma"

Friday, Feb. 20, 7 p.m. and Saturday, Feb. 21, 11 a.m., Shafer Auditorium
 Both showings are free. Friday's showing will feature light refreshments in the Campus Center lobby prior to the show and a post-film discussion, with pizza, in Campus Center 206. Coffee and pastries will be provided in the Campus Center lobby prior to the Saturday showing. Part of ABC's Black History Month celebration, the screening is sponsored by the Offices of the President, the Associate Provost for Diversity and CIASS.

Late Night Event: Tumblers with Tri Delta

Friday, Feb. 20, 10 p.m. to midnight, Campus Center Lobby
 Decorate a reusable tumbler. Supplies are limited, so attend early for the best selection.

Service Saturday

Saturday, Feb. 21, meet at 8:45 a.m. at Pelletier Library
 Service Saturdays are short-term commitments to serve in the Meadville community. Projects last two to three hours and often include yard work, cleaning, organizing or light construction. Contact Bethany Fields in the Office of Civic Engagement bchien@allegheny.edu to register.

International Carnival

Saturday, Feb. 21, 4-6 p.m., North Village C Lobby
 Enjoy music, food and dancing, as well as activities from Brazil, France, Germany and Spain. Learn about carnival traditions from around the world. Bring your best costume.

Annual Murder Mystery Dinner

Saturday, Feb. 21, 5 p.m., Art Galleries
 GAP's murder mystery dinner, this year with a medieval theme, is written and performed by S.E.T. Tickets are \$5 and can be purchased between 11 a.m. and 1 p.m. through Friday in the Campus Center lobby.

Late Night Event: Ping Pong Tournament

Saturday, Feb. 21, 10-11:30 p.m., Game Room
 Signups will be taken until 10:05 p.m., with bracket placement immediately following. Prizes will be awarded to the top three players.

Junior Recital: Andrew Daigle and Chris Schuchert

Sunday, Feb. 22, 3:15 p.m., Ford Chapel
 Tenors Andrew Daigle and Chris Schuchert will be accompanied by Kevin Dill.

19th Annual Pelletier Library Lecture: "Transnation Translation: From the Tower of Babel to Internationalizing Poetry"

Tuesday, Feb.24, 4:30 p.m., Pelletier Collaboratory
 Award-winning translator Maria Roof, '67, and Nicaraguan poet Vidaluz Meneses will speak, as well as read selections in Spanish and English from their collaborative book of interviews and poems, "Flame in the Air."

Alpha Chi Omega Art Show

Tuesday, Feb. 24, 6-9 p.m., Grounds for Change
 All are welcome to participate and celebrate the arts. Entries may vary from singing, to instrumentals to artwork to poetry. If you are interested in participating, email Maddie Baric at axodeltachapter@gmail.com.

Winslow Ecumenical Lecture on "African American Yearnings and America's Troubled Soul: Civil Rights, Ferguson, and the Color Line"

Thursday, Feb. 26, 7 p.m., Ford Chapel
 Pamela Lightsey, a faculty member at Boston University School of Theology, will speak. Lightsey is a scholar, social justice activist, United Methodist minister and military veteran whose research interests include Just War theory, Womanist theology, Queer theory and theology, and African American religious history and theologies.

International Film Festival: "The French Minister"

Thursday, Feb. 26, 7 p.m., The Movies, 11155 Highline Drive, Meadville
 The International Film Festival continues with the French film "The French Minister" (in French with subtitles). Admission is free with an Allegheny ID. General admission is \$7. Free van shuttle service departs from North Main Street at Brooks Walk at 6:10 and 6:30 p.m.

Playshop Theatre: "Clybourne Park"

Thursday through Sunday, Feb. 26 - March 1, Gladys Mullenix Black Theatre
 Dan Crozier directs Bruce Norris' play, inspired by Lorraine Hansberry's "A Raisin in the Sun." See the Playshop Theatre website for times, ticket prices and other information.

CORRECTIONS

In last week's issue, the international page misidentified the Chief Diversity Officer as Lawrence T. Potter when it should have been the Associate Provost for Diversity and Organizational Development Ande Diaz.

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Social Justice Corner: the cultural causes and implications of microaggressions

By NIA BURNETT
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We have all heard them at some point. Those backhanded “compliments” intended to make you feel better about yourself but does the complete opposite. It happens on small daily occurrences. They jump into our daily lives so briefly, but leave a lasting stain on our thought processes.

You never know when you will run into a microaggression. You can be running to class and stop by McKinley’s for a coffee when your acquaintance who lives down the hall from you compliments you on how “exotic you look today”. Oh boy.

Microaggressions by definition are “brief and commonplace daily verbal, behavioral and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory or negative racial slights and insults to the target person or group (Derald Wing Sue American Psychologist, May 2007).”

To give more context to the earlier example of being called “exotic”, I would like to expand that as a woman of color being called exotic is tied to a very long and hard history of sexualization and demonization. Of course, the acquaintance in McKinley’s is unaware of this, hence why it is called a microaggression,

“
The issue with microaggressions is that they stem from historical views that have been used to silence groups of people.”

Nia Burnett
Class of 2017

even though the impact is anything but micro.

These aggregations are usually offensive without the offender knowing so. Another example would be if someone

commented on how articulate you are for (insert group of people here), how pretty or handsome you are for (insert group of people here) or how people are generally taken aback by the way you act for (insert group of people here).

The issue with microaggressions is that they stem from historical views that have been used to silence groups of people. They also stem from media influence which honestly, does not portray any group accurately that is not a white heterosexual, upper middle class, cisgender man.

These views can be subconscious to the unaware individual who makes the comment about whether your

father lives with you or asks you if your family is legally in the country.

Although their intent was not to insult you, the impact is profound. They are marginalizing. Being interrogated about your identity constantly, especially in an area where you are considered the foundation of “diversity”, is marginalizing.

Microaggressions push the recipient away from the community because they are “other”. They are “different”. They are “the token gay friend, the token black friend, the token friend who is Latina, but I’m assuming she’s Mexican”.

Microaggressions are small compared to institutionalized oppressions, but they are still very strong due

to the impact. They show how people truly think and feel about other groups of people. Usually when people are called out on their comments, their response is “I’m not racist. You’re just being sensitive” or “But I didn’t mean it that way!”.

Whether or not you meant to call me exotic despite the history behind that term towards women of color, who have died because of that word, is not the point.

It is the impact it leaves on another person because it shows that although you and I are different and are friends, you still think these things about the group of people I reign from.

THE SIMPLE THINGS



Active Minds: don't let the weather get you down

Correlations between mood and the winter weather can be a result of Seasonal Affective Disorder

By SARAH SHINDLER
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With all the snow that we have been getting over the past few weeks, I have noticed that my moods and the moods of my friends have been a bit dull. This weather can be difficult to deal with sometimes because of the cloudy skies and cold temperatures. But can you imagine suffering from an illness that results from the change of seasons?

Seasonal Affective Disorder, or SAD, is a type of depression that can be related to the changes of seasons (www.mayoclinic.org). Seasonal Affective Disorder usually starts in the fall and continues through the winter. People suffering from SAD may have less energy,

become more moody than usual, lose interest in usual activities and sleep more without feeling rested (www.webmd.com).

There is no known cause of Seasonal Affective Disorder, but experts believe it may be due to a lack of sunlight

It can be hard to tell the difference between SAD and other types of depression because of similar symptoms, but it is likely to be SAD if you have been depressed during the same seasons for at least two years in a row.

Three-fourths of sufferers of Seasonal Affective Disorder are women, with up to three percent of the population in the U.S. possibly suffering from winter depression. SAD occurs in both the northern and southern

hemispheres, but is extremely rare in those living within 30 degrees latitude of the equator.

Usually during the spring and summer months, moods are uplifted and that feeling of sadness can disappear. However, with long winters like in Meadville and now six more long weeks because the groundhog saw his shadow, some people may feel like spring and summer are never going to come.

So while the weather may not be changing anytime soon, YOU can work to improve your mood to beat the winter season and make yourself happy! Here are a few ways to do so:

-Keep yourself in the light (and make sure you're getting enough of it)

- Exercise!
- Eat wisely and make sure you are getting enough protein
- Reach out to others
- Keep moving

While these tips may seem simple, when working together the results can be pretty great! I know I personally always feel better when I am out and about, had a good work out that day and have been eating healthy.

I find myself to be happier when surrounded by close friends and participating in activities I enjoy. While it is difficult to do with our crazy college schedules, small steps can lead to big results. Maybe try a new healthy food or try going to the gym once or twice a week. Reach out to a friend to grab a bite

and take more walking breaks when you're doing work.

Even a small change in your daily life can vastly improve your mood and happiness! Good luck and keep chomping on!

If you recongize any of these symptons, visit the counseling center in Reis Hall and make sure to stop by Active Minds.



Lauren French encourages neurogenesis research of crayfish

Students collaborate in hopes of reversing neurological disorders

By TYLER STIGALL
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The laboratory of Dr. Lauren French, associate professor and department chair of biology at Allegheny, has a conspicuous lack of lab mice. French's model organism of choice is a slightly less common test subject: the crayfish. Fortunately, she approaches her work with a sense of humor.

"This is the crunchy and squishy biology, as opposed to the warm and fuzzy," she described.

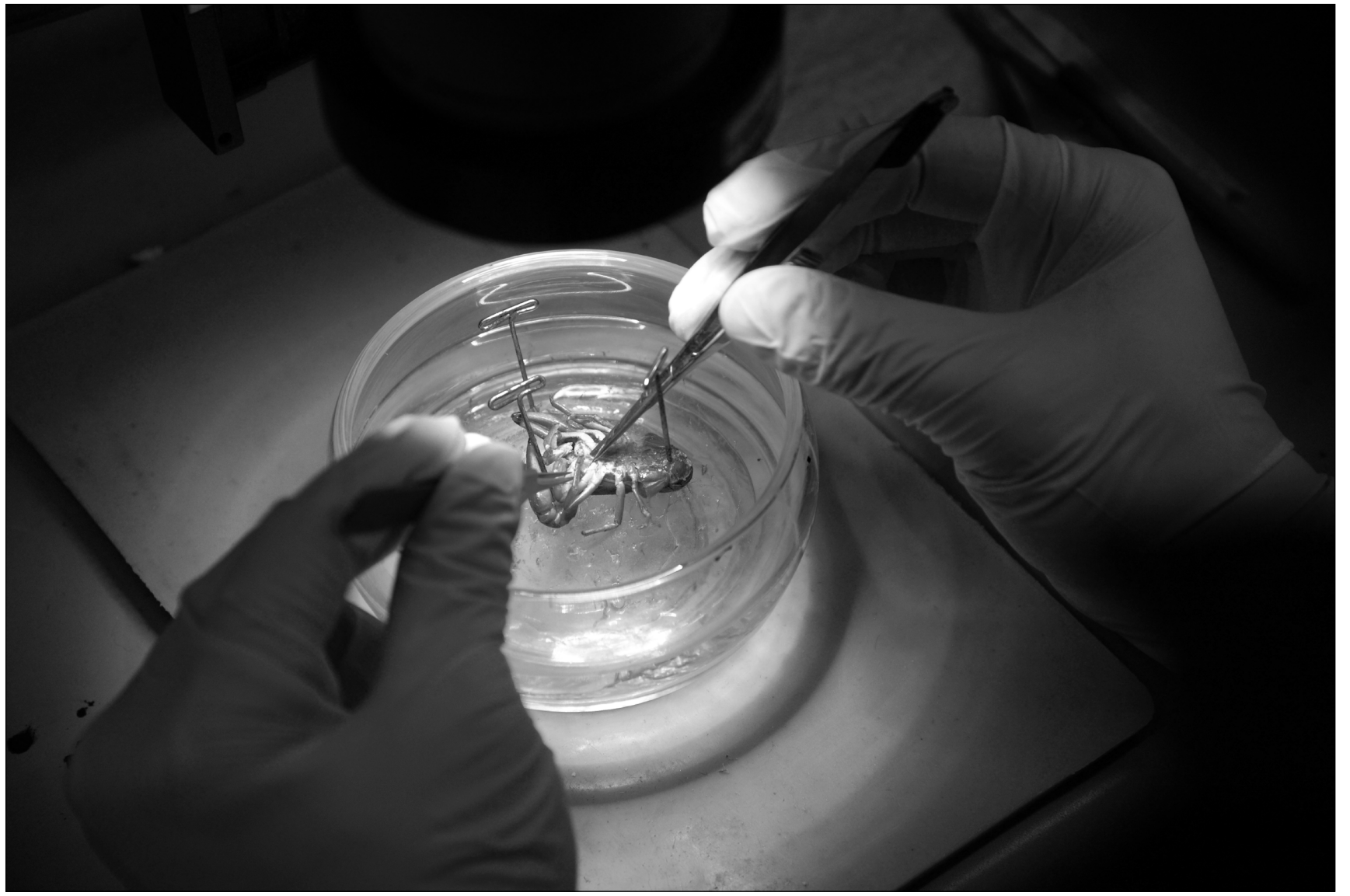
What had been taken as biological gospel ten years ago is now being reexamined by Aydin Alikaya, '15, and Gianni Vinci, '15, two neuroscience students at Allegheny. The duo, former students and advisees of French, are exploring the process and mechanisms of neurogenesis, the growth of new brain cells, in crayfish—hence her reference to the lack of lab mice.

French herself has a background in cellular and molecular neuroscience. She now collaborates with Alikaya and Vinci as they study neurogenesis, which could someday reference a viable mechanism by which degenerative neurological disorders, such as Parkinson's and Alzheimer's disease, are reversed.

"The word [neurogenesis] itself refers to the production of new neurons," French explained. "It used to be thought that this only happens during development, that when animals reach adulthood, that they're going to have pretty much all the neurons that they're going to have...More recently we've discovered that in all animals there are areas of the brain where neurons continue to be produced throughout the animal's lifetime."

Neurogenesis is a phenomenon that researchers now know happens after development. Identifying whether and which neurons have the potential to grow back in response to natural human hormones could yield incredible medical breakthroughs in curing or preventing a host of degenerative neurological disorders, or, by extension, instances of brain damage. In recognition of this, French already has plans to involve more biology students in the ongoing research.

"We have incorporated it



PHOTOS BY AMASA SMITH/THE CAMPUS

Since the discovery that neurogenesis definitely occurs after development, French has incorporated research into her classes of the neurogenesis of crayfish in order to find out if there is a way it can relate to the human brain.

in my junior seminar. Aydin and Gianna are teaching assistants, but they're the ones running the show," she explained. "I'm really hopeful that it's going to take off and lead to so many different questions."

In the seminar, Alikaya and Vinci teach the actual laboratory techniques used in their experiments to the junior participants.

This elucidation of neurological mechanisms is a cornerstone to French's broader research interests and approaches. It is in part this uniqueness in neurons that allows Alikaya and Vinci to test whether they really are successfully making their crayfish's brains rejuvenate neural cells.

Vinci commented, "Neurogenesis in crayfish is believed to originate from de-differentiated blood cells. Our preparation process tags the new neurons and is able to differentiate between dividing neurons and newly born ones."

French credits Alikaya with the inception of the study. Surprisingly, the question that

led to this experiment had little to do with crustaceans. He had approached French before the summer with his own question pertaining to an interest in concussions and neuroprotection in humans.

"I wanted to see if there is any way to see the inherent mechanisms of neurogenesis come into play, and to see if we could reverse the long-term effects of concussions," Alikaya said.

Alikaya approached French with a model established by Barbara S. Beltz, Allene Lummis Russell professor in neuroscience at Wellesley College. The paper is titled "Exploring Neurogenesis in Crustaceans," and explains how crustaceans can be used to study neurological processes in other animals. As Alikaya developed and maintained the model over the summer, Vinci caught wind of his experiment.

"My project is kind of a piggyback to Aydin's; he is looking to see if testosterone increases neurogenesis in crayfish and I am looking to see if estrogen (specifically, 17-beta estradiol) also in-

creases neurogenesis in crayfish," Vinci said in an email interview. "I am hoping to compare females to males and see if there is any difference."

According to French, studies performed on crayfish may in the future be transcribed into insights on human health.

"We think of invertebrates as simpler animals," French explained. "Their nervous systems are different from ours in a lot of ways, but ultimately, evolution conserves what works...Ion channels and the basic operation of electrical and chemical signaling in systems is more similar than you would ever think."

In other words, our brains are not entirely different those of the hard-shell crustaceans, at least as far as the regeneration of neurons goes. Hence, Alikaya and Vinci looked to the "crunchy and squishy" side of biology for answers.

Alikaya admits that he was taken completely by surprise when Dr. French integrated his research project and model into her junior seminar. Since the seminar began, he has enjoyed passing on his

laboratory skills and knowledge to biology students, and hopes that research into neurogenesis will continue at Allegheny after he leaves.

He explained, "If I can just get one or two more people to continue in our research, I'll feel like I'll have contributed something to Allegheny."



Aydin Alikaya, '15, (above) and Gianna Vinci, '15, have become invested in the research of neurogenesis that French has begun, and are now teaching assistants in French's junior seminar class.

JUST FOR THE HEALTH OF IT

Columnist: 'Keep it fresh'

By GAVIN NIRMAIER
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I get extremely annoyed with radio stations, especially the ones that claim to play "all the hits all the time." You know the stations I am talking about—they play the same ten songs once every three hours and then mix in a few songs that were popular ten years ago to supplement those ten songs (although the old songs were played just as repetitively ten years ago). The point is, the music played on these "hits" radio stations becomes

stale extremely fast and makes me want to crash my car into a bridge and let it burn.

For anyone who picked up that reference, bravo!

Because the radio is so stale and frankly, unoriginal, I usually choose to listen to my iPod instead. I load it up with the latest hip-hop and EDM and add in some of my personal favorites as well (I have a soft spot for Taylor Swift). Although I may listen to some of this music one hundred times over, it is personalized and always changing. When a song or al-

bum begins to become monotonous, I remove it and replace it with something new. This constant change makes me happy; I feel like my music is progressing and I like that.

This illustration makes sense, right? Why would I listen to the boring radio when I can tailor music specifically to my liking? It is pointless!

It is easy to parallel the above illustration with fitness, specifically the programming that goes into creating a workout each day. Too many times, people do the same workouts day after day,

week after week, month after month, and year after year. Sure, programs take time to accomplish, but any program exceeding 16 weeks creates the risk of the body becoming stale, and overly adapted, to the movements being performed. Not only does the body suffer physically, but the mind may suffer as well—let's face it, when anything is boring, we are quick to lose interest. It's human nature! When so many people struggle with finding the motivation to workout consistently in the first place, does a stale routine give

them incentive to go to the gym? Just as the radio's same playlist does not hold my interest, a monotonous gym routine fails to do so as well.

If this sounds like you, or someone you know, never be afraid to test out new routines. Many resources exist online that layout solid plans for anyone from the gym-goer that is a beginner to someone who is more advanced.

Daily training should be approached like the iPod. Find out what works, and do that more often—just like favorite songs that are played

the most on your iPod. When an exercise or program is failing to produce results, change it—cut it out and replace it with something better. Your program should be tailored specifically to you, your training interests, and most importantly, what works best.

This week, if you find yourself listening to the proverbial "radio" of training, switch it up. If you already take an "iPod" approach, re-evaluate where you are at currently, and change anything that should be changed. Just don't delete the Taylor Swift!



PHOTOS BY YUTONG WANG/THE CAMPUS

Tim Dikec, '16, performs a song for the APO and FIJI's Valentine's Day Auction on Wednesday, Feb. 19. Students who were auctioned offered to do chores including dishes and shoveling snow.

GATORS GIVE BACK

APO and FIJI partner to increase the proceeds for charity

By EYLIE BUEHLER
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Phi Gamma Delta Fraternity and Alpha Phi Omega service fraternity teamed up for FIJI's annual Valentine's Day Auction on Wednesday, Feb. 19.

The two Greek organizations decided to come together for this year's auction in order to raise more money for charity. The money raised at the auction went to benefit Bethesda Children's Home and the United Service Organization.

Jake Ballinger, '16, the public relations chair for APO, Greek Events Coordinator and Interfraternity Council Representative for FIJI Fraternity, said the event was an adaptation of APO's Dance-A-Thon and the auction FIJI did last year.

"It came up in an APO exec meeting," Ballinger said.

"Clara Moller [APO President] said we needed to do a philanthropy event and I was like 'Oh well our FIJI Auction is coming up really soon' and one of the goals we had this semester was to pair with a non-social Greek organization. APO is not one of the ten IFC or Panhel recognized fraternities or sororities and I thought well I'm in a great position to coordinate this, I'm on the exec boards for both committees so I brought it up in chapter."

Ballinger said there was a lot of back and forth between the two organizations. After awhile everything fell into place.

Abby Conlon, '17, a member of APO, said this year will prove to be a much more successful event for them

"Typically APO does their own philanthropy event such as dance-a-thon but because there hasn't been a huge turn-

out we got permission to partner with FIJI," Conlon said.

Forrest Stuckey, '16, corresponding secretary of FIJI fraternity, said the partnership between the two organizations got the attention of a majority of the campus. The event had a lot of recognition from the Allegheny community.

"I'm really impressed by the participation and the support from the campus," Stuckey said. "I know that everyone from groups of students and various organizations all the way up to President Mullen has shown support for us which is really inspiring."

Ballinger said this year's auction was run a little differently than in previous years because of the amount of interest from the community.

"Participants go up on the stage, if they have a talent they will perform a talent, which is just to increase their market

value, and then we will ask them an off the wall question and then bidding will start," Ballinger said.

Stuckey said the bidding starts at whatever amount the committee's feel is reasonable and increases based on how many people are being auctioned off.

"Anyone in the audience can bid on whatever that organization or that individual will do," Stuckey said. "For example Jake Ballinger, Levi and I are doing a serenade. So if we're bought, whoever buys us gets to pick a time and place and we'll go and sing a song."

Stuckey said that students volunteer their time to do a range of different things for the bidders.

"I've seen so many different things. Some students are volunteering various chores, a lot of times that's pretty much what it is things that people

want to do," Stuckey said.

Students offer to do chores including doing dishes, shoveling sidewalks or driveways,

making the bidder dinner, offering people rides if they have a car or make Greek letters.



Jake Ballinger, '16, and Sukesh Ray, '16, perform together in an effort to earn high bids that would benefit charities.

Black History Month comes to a close with poetry and Selma



YUTONG WANG/THE CAMPUS

Stephanie Carson, '16, is reading her poem off her phone screen in Grounds For Change on Monday, Feb. 16, 2015. Carson wrote her own poem named The Performance for Poetry Slam. Poetry Slam took place 7-9 p.m. on Monday, Feb. 16 in GFC and was sponsored by the Association for the Advancement of Black Culture as one of the activities throughout Black History Month.

By CLAIRE TEAGUE
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Grounds For Change hosted a night of slam poetry for Black History Month on Monday, Feb. 16. The event was an opportunity for students to present their work, whether that be poetry, music, artwork or another form of expression.

Autumn Parker, '16, shared a poem at the event.

"We invited anyone inside or outside of our organization (ABC) to share any talent that they had. GFC was kind enough to host our event and we had an open tab," Parker said. "We had a good seven or eight people share their poems and share what was on their hearts."

On Friday, Feb. 20 from 7-9 p.m. and again on Saturday, Feb. 21 from 11-1 p.m., Allegheny College will be screening the film Selma in Shafer Auditorium.

The film follows the story of Martin Luther King Jr., played by David Oyelowo, as he marches alongside hundreds of others in protest for the right to vote. It follows the historic march from Selma, Alabama to Montgomery and the opposition they faced.

The movie was brought to campus through

the combined efforts of the Offices of the President, the Associate Provost for Diversity, and The Center for Intercultural Advancement and Student Success.

Student volunteers will be serving as ushers for before the screenings begin.

"The Civic Engagement Office was definitely involved in bringing it to campus and getting the event together with ABC and CIASS," said Imani Prince, '16.

At the conclusion of the film on Friday, there will be an opportunity for students to engage in discussion about the film in the Campus Center room 206.

Izoduwa Idehen-Amadasun, '18, said even though she's already seen the film before she's excited for the chance to see it again.

"I want to watch it again, I would watch it both times but I have to cook on Saturday," said Idehen-Amadasun.

Idehen-Amadasun said she really enjoyed the film for its honest portrayal of the Civil Rights Movement and Martin Luther King Jr.

"I thought it was a really good movie...It also showed some things a lot of people might not have known," Idehen-Amadasun said.

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新年快樂



Hiding underneath some seats were red envelopes filled with an ancient Chinese coin that means "Peace under Heaven."



MEGHAN HAYMAN/THE CAMPUS

Shuyi Tang, '17, Wenjie Lin, '17, and Xiaoyu Zhu, '18, make Chinese rice balls filled with sesame, orange skin or red bean flavoring. The balls were boiled and then served with sugar while other performances continued in the Schultz Banquet Hall on Feb. 19.

International students celebrate Asian Spring Festival

By ARIANNA O'CONNELL
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The last time Anna Gao, '18, celebrated Chinese New Year with her family and friends was three years ago 7,875 miles away in Guangzhou, China.

This time of year she misses those people the most as she remembers the fireworks, decorations and special New Year's Day feast that would signal the transition to the new year at home.

This year on Gao celebrated the new year, the most important Chinese cultural event, in Schultz Banquet Hall among other international students on Feb. 19. The students worked to integrate the cultures they were raised in with the American culture they now live in.

"It is a very big event in China because it is a chance for everybody in the family, no matter how far you are, it is a chance to gather around the dinner table and talk," said Gao. "Also for the kids, we get money from the elders and people make a lot of good food for the Spring Festival."

While this festival is considered to be the most important holiday in China, similar festivals occur in other Eastern Asian countries including Japan, Korea and Vietnam.

The Asian Spring Festival is traditionally centered around the lunar-solar Chinese calendar and is often spent celebrated with food,

appreciation for one's ancestors and in the company of family.

Yuchun Huang, '18, is a Chinese Teaching Assistant and is also helping to organize and sponsor the event.

"Because it's time to introduce Chinese culture with this big event, and I am also happy that I have a lot of friends and students who are interested in Chinese Spring Festival," Huang said.

“

Chinese New Year is a pretty big thing to me... It is like my birthday, it has to happen.

”

Anna Gao
Class of 2018

According to Huang, there were many intricate parts that contributed to Allegheny's celebration of Chinese New Year. Students Kento Hashimoto, '16, from Japan, Ji-Hee Hong, '16, from Korea and My H. Dang, '18, from Vietnam, made presentations to the audience on how their countries celebrate the New Year.

Brazilian students led by Iaryn Aguiar, '18, performed a traditional dance. Some Chinese students also performed traditional Chinese songs that welcomed in the

new year.

The students involved in the event worked to encourage more audience participation than in previous years. Audience members were taught to make a traditional Spring Festival dessert, the rice ball.

"A girl is going to teach people how to make the rice ball in China and then people are going to make them themselves. After they finish, we will take it to the kitchen at the back of Schultz Hall to cook them and then we will have dessert," Gao said.

"I also bought some cultural gifts, including Chinese fans, chopsticks, and ancient Chinese coins," Huang said.

"In the festival we are going to have a little game, so the winners could have these prizes. And also for audience, we will have a lucky lottery, so the audience also has a chance to have these. They will be put in red envelopes. A surprise."

Yilin Zhu, '17, performed a traditional Chinese dance from 1000 years ago to a song that is about a love story. She said that she feels the bond between herself and her ancestors through performing traditional Chinese dance.

"I feel connected to tradition. I can feel the movement and the emotion," Zhu said. "It is an important festival in China. People go home to their families, it is like Christmas in America."

She continued to say that while she is excited to be part of the on-campus celebra-



RODOLPHO CAMARGO/THE CAMPUS

Yilin Zhu, '17, performs a traditional Chinese dance called Chasing Dream at the end of the festivities on Feb. 19.

tion, she does not feel that it is enough to convey the spirit of what Chinese New Year actually means to Chinese students.

She mentions that unlike American students who go home for Christmas, an important holiday for many, Chinese students do not have the privilege to spend this important time meant for community and joy with their families.

"We don't have any vacation for this. This is the Asian International students' biggest time to miss home," Zhu said.

Gao is hosting the event

while also participating in the event by playing the bamboo flute with Celina Deng, '18, who is playing the zither.

"Chinese New Year is a pretty big thing to me... It is like my birthday, it has to happen," Gao said.

Even so, Gao expressed that Chinese New Year is about being with family and friends.

"Being with who you love will make you happy no matter what you do," Gao said.

She also says that the food is the biggest part of the event and that she is looking forward to the food because for

the first time, the audience will be invited to take part in the cooking process of traditional rice balls.

Walter Stover, '17, the co-host of the event, was excited to participate in his second Spring Festival at Allegheny.

"It's always a lot of fun and the food is always good, and everyone has a good time," Stover said. "And I think it's a great way to celebrate the New Year, especially if you have a strong interest in Chinese culture."

CHOMPERS from page 1



AMASA SMITH/THE CAMPUS

Top: Allegheny College president James Mullen welcomes the new Chompers during the reveal on Saturday, Feb. 14.

Bottom: Evan Zabriski, '17, attempts to make a basket against Ohio Wesleyan University. The Gators fell to the Battling Bishops 80-66.

“

He is very energetic and the crowd loved him especially when he was doing the comp chant with his hand.

”

Jackie Rivers
Class of 2017

Rivers was not the only person relieved to have Chompers be dark green.

“It’s nice to see Chompers dark green,” said Andrew Sestina, ’16. “I can see he has been using the new Gator weight room. It’s nice to see that he has buffed up.”

Directly after the reveal of Chompers, the men’s basketball team recognized seniors

Josh Valentic, Gabe Seidman and Leslie Jamerson for senior weekend. Valentic played for the Gators for three years and scored a total of 845 points in his college career while Seidman played for four seasons, missing one because of injury and mounted a total of 226 points. Jamerson, his senior season being his only season as a Gator, posted 23 points.

The men’s team warmed up following the mascot celebration to take on Ohio Wesleyan, the top ranked men’s team in the conference and ranked 17th nationally. In the beginning of the first quarter the Gators and the Bishops exchanged three’s. However unable to keep up, the Gators soon fell behind Ohio Wesleyan. The Bishops had an advantage going into the second half leaving the Gators trailing behind.

Despite four of the Gators’ five starters in double figures, the Gators could not keep up

with the first half 50 percent field goal percentage of OWU and the 12 point deficit going into the second half.

During halftime of the men’s game the dance team took the court, while the cheerleaders stood courtside with new mascot in action alongside them.

Adjustments on defense allowed the Gators to hold the Battling Bishops to shoot 37 percent in the second half, but the first half deficit would prove to be too much to overcome. A large contributor to the eventual loss would be Allegheny’s inability to get to the freethrow line. OWU was 12-13 from the charity stripe, while the Gators were only 5-6.

The Gators held Ohio Wesleyan to 38 second half points, but lost 80-66.



Men’s and women’s swimming and diving competes in NCAC Championship Meet

By ALEX HOLMES
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Last weekend the men’s and women’s swimming and diving teams competed in the NCAC Championship meet at Denison University and had many finals competitors.

Head coach Kirk Kumbier said the team did well overall and did a nice job supporting each other.

“Everyone knows what people are swimming and what they are aiming for and we are aware of their goals,” Garrett Devenney, ’16, said. “We help each other at practice and cheered each other on at championships.”

The team was working on relays as championships approached in hopes of achieving goals.

“The team did a nice job swimming into the final heats and we had multiple swimmers make it to A-Finals and our divers made finals for one and three meter,” Kumbier said.

The men’s team placed ninth overall, placing in the same spot as last year. The women placed seventh, falling one place from last year.

“We have been practicing since September with morning and afternoon practices then we had the Florida training trip,” Devenney said.

“There was a lot of gruelling practice but it pays off”

Devenney placed eighth in the 1650 free with a time of 16:27.67, made B-Final in the 400 I.M. with a time of 4:23.48, and scored in the 500 free in championships.

“It will be nice to focus on other things and have free time,” Devenney said. “I also want to get in shape for next season.”

Erica Bryson, ’15, said the end of the season and her time as a collegiate athlete has been bittersweet.

“It’s been an emotional roller coaster, my teammates have been by my side and that will be the hardest part to let

go,” Bryson said.

Bryson finished eighth in the 200 fly with a personal best of 2:08.96 and sixteenth in the 1650 free with a time of 18:41.63.

The team had many personal bests and Julianne Reed, ’18, broke two records. Reed set pool records in the 100 back, with a 58.67, and in the 100 fly, with a 58.10. Reed also finished sixteenth in the 100 free placing her in the B-Final where she swam a 53.68.

“In terms of racing we improved overall,” Kumbier said. “Julianne broke two school records and we just missed the 200 relay record we were shooting for.”

Kumbier said for the team a successful season is one where the team is on fire and relays are stepping up.

“A successful season is staying positive through the season and dropping time, but it’s not always about that,” Devenney said.

Though the conference competition is over, a few members of the team will be travelling to the Kenyon “Fast Chance” meet on Saturday, Feb. 21 for another opportunity to drop time and proceed to the NCAA Championships.

Baseball prepares for 2015 season

By ALEX HOLMES
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The Gator baseball team is preparing for its opening weekend of games.

“We are preparing how we prepare for every game,” Paul Vojtek, ’15, said. “We have been working hard at practice and we know what to do in each situation that could happen.”

The team has been practicing inside for four weeks, working on pitching and hitting as a unit.

“We used to have six weeks, but now we have four before our first game,” Kelly Swiney, head coach, said. “They had captains practices right after break and the pitchers have to be suddenly ready. The team starts throwing live against hitters right away and we can see who separates themselves.”

Indoor practices bring challenges for the team in their preparation for game play.

“The ground balls take different paths indoor and it’s harder to play,” Chase Boyer, ’17, said. “Playing outside is more instinctual since we’ve all been playing for so long. We have to think about how we’re playing more indoor.”

Though indoor practices can be challenging for the team, the men are focusing on their goals and working to achieve them.

“Every year we want to win the NCAC championship and move on to the NCAA tournament,” Vojtek said. “Our other goals range from winning three or four games a weekend to winning the first of each day.”

The team is constantly thinking about becoming a championship team and hopes to be that team this year.

“We had a great run from 1985-2004 and were top in the nation,” Swiney said. “We want to get back to that and strive for that.”

Last year, the team closed the season with a 27-14-0 record overall.

“Last year our mental aspect was weak and we had no idea how address it,” Boyer said. “We are a better team than we showed. As a team we are focusing on mental toughness and translating that into games.”

As the team works to play together and cohesively, they are reflecting on what each year brings.

“When we graduate players and get a new freshman class it can be a challenge, but we have a good group looking to step up and take positions they may not have had in the past,” Vojtek said.

Boyer said it takes a few weeks together to understand how everyone plays but by the end of the season they play as a unit and act as a family.

“We have a forty man roster this year, which is the most we’ve had, but there are only ten in the lineup,” Swiney said. “They can contribute in other ways and they know to be ready to be the next man up. They understand they are one play away.”

The team was scheduled to travel to Beckley, West Virginia this weekend to compete against John Carroll University, but the weekend of games was cancelled due to weather. The team’s new opening weekend will be March 7 in New Market, Virginia.

Upcoming Events

Saturday, Feb. 21
Women’s Basketball
@ Denison University
1 p.m.

Saturday, Feb. 21
Men’s Basketball
@ Denison University
3 p.m.

Saturday, Feb. 21
Men’s & Women’s
Swimming & Diving
@ Kenyon “Fast Chance” Meet
1:30 p.m.

Saturday, Feb. 21
Men’s & Women’s Track
@ Kent State Invitational

Sunday, Feb. 22
Women’s Tennis
vs. Westminster College
in Erie, Pa.
2 p.m.