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Ron Cole selected as next provost

By CHRISTINA BRYSON
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After months of in-house conversation, President James Mullen announced Ron Cole as the next provost and dean of the college on Saturday, Feb. 21. Cole, professor and chair of the geology department, will begin serving in his newly elected position on July 1, 2015.

The internal search process began last semester with nominations for the position of the provost. Following nominations, the Faculty Council, a committee designated to serve in advising the president and dean of the college, reviewed the nominees. With the help of Mullen, Faculty Council chose the final three candidates to move forward in the provost selection process. The three candidates consisted of Cole; Sharon Wesoky, professor of political science; and Scott Wissinger, professor of biology. All three candidates submitted letters of interest, curriculum vitaes and held a presentation open to the campus.

"What I am particularly appreciative of is each of the three nominees were willing to stand before their colleagues and the entire campus community and offer their vision for the future, the opportunities they see, the challenges they see," said Mullen. "I think that takes tremendous courage and tremendous selflessness and a tremendous commitment to the institution. Each of our three nominees are very distinguished scholars and teachers. Each of our three nominees could serve with distinction as the provost and I think we should all be very appreciative of the fact that they were willing to engage this dialogue with the campus."

After the community presentations, Mullen talked with each nominee and with Faculty Council.

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Reverend believes in 'power of the people'

By TYLER STIGALL
Contributing Writer
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"Unless the lion has its story told, the hunter will always be glorified."

These words belong to an African proverb and were spoken by Rev. Pamela Lightsey, associate dean for community life and lifelong learning and clinical assistant professor of contextual theology and practice at Boston University.

Lightsey delivered the Winslow Ecumenical Lecture at Ford Chapel on Thursday, Feb. 26, where she evoked the proverb as opening thoughts. The lecture was titled, "African American Yearnings and America's Troubled Soul: Civil Rights, Ferguson, and the Color Line."

Lightsey, a veteran of the United States Army and United Methodist minister, addressed her time spent last summer as a witness for the Reconciling Ministries Network in Ferguson, Mo. Her lecture emphasized a cultural understanding of the civil rights movement.

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MEGHAN HAYMAN/THE CAMPUS

Rev. Pamela Lightsey gave a lecture titled "African American Yearnings and America's Troubled Soul: Civil Rights, Ferguson, and the Color Line," in Ford Chapel on Thursday, Feb. 26.



JOSEPH TINGLEY/THE CAMPUS

Kirsten Peterson, pre-health proffesions adviser, takes a picture of Taylor Sherman, '15, Danielle Barron, '16, and Maya Puleo, '16, at the dental health fair on Saturday.

Crawford County declares 'Through With Chew Week'

By JOSEPH TINGLEY
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Crawford County dentists paired with various health organizations, including the Pennsylvania Department of Health, last week to make Feb. 15-21, "Through with Chew Week."

The week was designed to raise awareness for serious health concerns that smokeless tobacco poses. The week culminated on Feb. 19 with the Great American Spit-Out, a day when smokeless tobacco users were encouraged to start a plan to quit using.

As part of the campaign, local businesses helped distribute flyers with information on the hazards of chewing tobacco, specifically targeting young adults and teens.

"Through with Chew Week" concluded with the children's dental health fair, hosted by the Allegheny Pre-Dental Society and the Meadville Medical Center at The Lewis Davies Community Building on Park Avenue. The fair was open to children, ages 18 and under and included activities for children such as balloon animals and programing designed to promote oral hygiene awareness.

"The goal of the event is to deliver a fun and informative session, full of activities for the whole family which

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Geology alumna provides opportunities for students

Heckman emphasizes importance of alumni relations to college

By TYLER STIGALL
Contributing Writer
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Katherine Heckman, '07, is an exemplary model of what she believes alumni ought to represent: she spends time with students in the geology department, goes on field trips and offers the occasional internship connection; she volunteers with the Timothy Alden Council Executive Committee, a group involved with financial opportunities for Allegheny students, and she cares deeply about the value of her degree from Allegheny College.

In short, she believes that a healthy relationship between alumni and the alma mater constitutes a degree of reciprocity. She hopes to see this relationship strengthen particularly between Allegheny College and young alumni.

"If we can show alumni that they are an important part of a student's experience, the more they will think of Allegheny when they are able to give financial contributions," said Heckman. "My personal goal is to try to establish this feedback loop: when a student receives guidance, their next responsibility is to give guidance."

> "What I found through my experience was that, while I was not able to donate money, I was able to give back time and a chance to offer interviews for intern positions."
>
> Katherine Heckman
> *Class of 2007*

Heckman is currently a senior geologist at EQT Corporation, an oil and natural gas production company. She credits her success to two people: Dr. Robert Schwartz, professor of geology at Allegheny, and Neal Alexandrowicz, '99, an Allegheny alumnus who helped her prepare for the interview with EQT.

"I was able to connect with [Alexandrowicz] through the alumni network that Allegheny had… All I had to do was make one phone call to an alumnus and he gave me all the information that I could possibly ever need about EQT," Heckman said.

A representative from EQT initially reached out to Schwartz to ask whether he knew any undergraduate students who would be fit for a position at the company. Schwartz deferred to Heckman, who he considered to be one of his strongest students.

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PROVOST

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"The final decision was mine. I am very appreciative that I had the opportunity to have conversations with faculty council, that I received comments from across the campus, thoughts from across the campus during the process, but the decision ultimately was mine," said Mullen.

Mullen and Linda DeMeritt, current provost and dean of the college, voiced that Cole, Wesoky and Wissinger were all qualified for the position of provost and each would have filled the position well.

Cole, a 1987 Allegheny alumnus, has been involved in a multitude of areas with the college following graduation. Returning as a professor, Cole has also chaired the Faculty Review Committee, Faculty Council and the Finance and Facilities Committee. In addition to these accomplishments, Mullen spoke directly to Cole's character.

"I heard from across the campus, all constituencies of the campus, of his ability to listen, his caring nature," said Mullen. "It was truly wonderful to hear the comments that I heard from across the campus."

Officially beginning as dean of the college in fewer than five months, Cole, with the help of DeMeritt will be going through a transition into the position.

"Already Provost DeMeritt has been very good about letting me know about events that are taking place this semester and has already expressed...that she is open to questions I might have even at this point," said Cole. "The official transition, as I understand it, my start date will be July 1, and Provost DeMeritt is going to remain on campus. She's going to be teaching next year, but not with a full teaching load. So part of her role would be to remain as an adviser for the new provost."

With Combinations 2020, Allegheny's strategic plan, in the midst of implementation, DeMeritt sees this period in Allegheny's development as a good time for her to retire as provost.

"Prof. Cole has been involved in the strategic process all along so he's very familiar with the strategic goals and its a good time for me to step down I would say because there is kind of this point where...the Gateway is up and running, interdisciplinary programs have gone through the curriculum committee," said DeMeritt. "I think he'll be doing a lot of working with helping with implementation. It's a crucial period because as something on paper you don't really know what that's going to look like until you get it on the ground and up and running."

According to DeMeritt, Allegheny has made tremendous progress on its strategic goals, including domestic diversity, civic learning, internationalization and interdisciplinarity, but the college is still in a critical period of effectively implementing these goals. Cole is excited and humbled to be able to go forward as dean of the college during this time.

"I said this in person, in my presentation, in my letter to others that I'm truly honored to have this opportunity," said Cole. "I never saw myself in this role. Years ago, it's not something that was foremost in my mind, and I'm warmed and overwhelmed by the response I've gotten from people in the community. It's encouraging and it's also motivating to know that I've got support.

"Also, I'm an Allegheny alum so it's sort of interesting for me to be in this perspective now...I just have a true vested interest and love of Allegheny...I have a vested interest in seeing Allegheny successful and we're in a great place right now. We have more national recognition than ever. I truly believe we're in a very strong position and we're going to build on it, and I've said it before, we're building on excellence and that's the approach I want to have stepping into this role: how can we continue to build and move into a vibrant future."



AMASA SMITH/THE CAMPUS

Ron Cole, an Allegheny alumnus and geology department chair, will serve as provost and dean of the college beginning July 1, 2015.

LECTURE

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"Tonight I am asking you to broaden the timeline in your mind of the civil rights movement. It did not begin in the sixties, or in the fifties or in the forties. It began when Africans were put into chains on the shores of Africa to be sent across the Atlantic," said Lightsey.

Lightsey described a sense of disenfranchisement that she observed in the African-American community in Ferguson. She displayed her own video footage of protesters circling in a dimly lit suburban street, chanting, "Hands up, don't shoot!"

"While I was marching I was grieving because the dignities that my parents worked so hard for were under attack," said Lightsey of her time in Ferguson.

Lightsey also spoke of a cultural disconnect between contemporary protestors and those who took place in the civil rights movement half a century ago. She urged the young adults in her crowd to familiarize themselves with past African-American voices such as W.E.B. Du Bois.

"It's not enough to be an ally of the moment," Lightsey explained. "One must be an ally of the movement, and the movement is far older than we usually think it is."

Allen Baugh, '18, attended the lecture out of strong interest in the national conversation surrounding the civil rights movement and the 50th anniversary of the Voting Rights Act of 1965.

"I'm interested in what I think of as the civil rights movement, part two," Baugh said. "It would be nice if more people came to events like this one, and if more people across the country engaged in this conversation."

Lightsey ended the lecture on an emphatically optimistic note.

"I believe in democracy," she said. "I'm not naïve to its problems, but I believe in the power of the people to come together to make change for those who are oppressed."

Chaplain of the college Jane Ellen Nickell helped organize the event through Allegheny's Office of Spiritual and Religious Life.

> "Tonight I am asking you to broaden the timeline in your mind of the civil rights movement. It did not begin in the sixties, or in the fifties or in the forties. It began when Africans were put into chains on the shores of Africa to be sent across the Atlantic."
>
> Pamela Lightsey
> *Associate Dean at Boston University*

"Because Dr. Lightsey spent a significant amount of time in Ferguson, Mo., we asked that she talk about that experience to help us understand some of the dynamics of the persistent racism in the country, and by extension at Allegheny," said Nickell. "We hope her talk will provide another lens for our campus to consider the state of race relations 50 years after the Voting Rights Act was passed, specifically as it relates to religion and faith communities."

Lightsey was invited to Pennsylvania by Reconciling Ministries Network, a progressive group in the United Methodist Church. RMN contacted the Office of Spiritual and Religious Life to let them know that Lightsey would be leading a group event on Allegheny's campus Friday, Feb. 27, titled "Justice For All."

The Friday event is scheduled to run from 9 a.m.-3 p.m. at the Tippie Alumni Center and is free of charge.

ALUMNA

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Heckman made contact with the company immediately.

Heckman has remained in contact with Schwartz ever since and periodically returns to Allegheny to volunteer her time with the geology department. Schwartz and Heckman both understand the necessity of keeping the department up-to-date with current advances in geology.

"We collaborate on our thoughts all the time," Schwartz said of his friendship with Heckman. "There are times I even discuss the curriculum with her. Those of us on the inside have to constantly think of upgrading our system. She has been an important source of communication for us to keep abreast of recent ongoing concerns in the oil and gas industry and preparing our students for that."

Heckman also described her thoughts on an evolving curriculum.

"We need the departments to continuously change the curriculum to keep up with the current needs for the young professionals," Heckman said. "The geology department is adding a professor position that focuses on energy, oil and gas exploration. Now I know as an alumna that the geology department understands what the job market needs from students."

Heckman also keeps in close contact with Ron Cole, department chair of geology at Allegheny. Cole, with the help of Career Education, has helped Heckman bring interviews for internships at EQT to students in the geology department at Allegheny.

"She's been a very loyal supporter of our students," Cole said. "She has been on campus practically every year since she's been at EQT interviewing students for internships and she's been open to students contacting her, giving them advice, looking over resumes and such."

Heckman understands that her relationship with the geology department is analogous to that of an athlete to his or her team. While a student at Allegheny, Heckman participated in track and field, her main event being the javelin toss. She also worked as a student trainer on the football team.

"From the beginning, I knew that was going to be a group that I was going to be very close with," Heckman said of the track team. "Track is always thought of as an individual sport, but from day one, it was all about the team."

This notion of a team is central to Heckman's beliefs about the necessity of alumni involvement with Allegheny. In August of 2014, Heckman acted upon her ideology and joined the TACEC.

"The Timothy Alden Council Executive Committee is a leadership group of generous volunteers who partner with the College to increase participation and financial support to the Annual Fund…TACEC looks forward to working with all alumni to raise funds that help to ensure Allegheny remains among the best liberal arts colleges in the country," reads the mission statement on TACEC's website.

Heckman believes that there are certainly more ways to give back to her alma mater than through financial donations alone.

"What I found through my experience was that, while I was not able to donate money, I was able to give back time and a chance to offer interviews for intern positions," Heckman said. "That is the type of thing I hope I can raise awareness of, keeping young professionals connected to Allegheny."

Heckman also believes that Allegheny will benefit from a strong relationship between the athletic department and its alumni. She was proud of the fact that the department worked hard to develop her as a student-athlete, and regards her relationship with them as just as important as her connection with academic departments. She expressed her excitement to work with them in the future, and outlined a few ideas that she believes would improve alumni relations with the department.

"Little things, like having the head coach of a team send a monthly update to the old alumni, would go a long way," Heckman said. "Some kind of online bulletin that allows alumni to congratulate a student on a job well done would be good. The bottom line is, I want to brag about all things Allegheny."

Ultimately, Heckman is proud of her time at Allegheny. She believes that the strength of her degree is inextricably linked to the strength and integrity of Allegheny's current programs.

"It's not about winning or losing," she said. "It's about knowing that my degree will remain strong because Allegheny is admitting strong student athletes."



CONTRIBUTED BY KATHERINE HECKMAN

Katherine Heckman (front right) studies bedforms with other geology classmates during her junior year at Allegheny.

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EVENTS CALENDAR

Playshop Theatre: "Clybourne Park"
Friday through Sunday, Feb. 27 – 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. This is a Year of Voting Rights and Democratic Participation event.

Quilt-making with Student Partnership for Service Abroad
Friday, Feb. 27, 9-11 p.m., Campus Center Lobby
Everyone is welcome to paint a square of fabric to be put together to donate to Women's Services.

Step Afrika!
Saturday, Feb. 28, 2 p.m., Shafer Auditorium
The first professional company in the world dedicated to the tradition of stepping will present a free performance. Step Afrika! and other Black History Month events are sponsored by the Association for the Advancement of Black Culture.

Decorate a Cup with Kappa Alpha Theta
Saturday, Feb. 28, 10-11:30 p.m., Campus Center Lobby
Enjoy a variety of teas and decorate a cup to keep.

Therapy Dogs
Monday, March 2, 4-5 p.m., Reis Hall Lobby
Visit with the therapy dogs and enjoy some unconditional love.

Mandatory Meeting for Rising Junior and Senior GHS Majors
Monday, March 2, 4:30 p.m., Carr 238
If you are a GHS major (or intend to declare this semester) and will be a Junior or Senior during the 2015-2016 academic year, you need to attend this meeting. Processes and requirements for the GHS Junior and Senior Seminars (including specifics about GHS comps) for 2015-2016 will be discussed.

Closing Reception for "Performing Blackness :: Performing Whiteness"
Tuesday, March 3, 7-9 p.m., Art Galleries
Curated by Gallery Director Darren Lee Miller, the exhibition examines constructions of racial identity. This is a Year of Voting Rights and Democratic Participation event.

International Film Festival: "A Touch of Sin"
Thursday, March 5, 7 p.m., The Movies, 11155 Highline Drive, Meadville
The International Film Festival continues with the Chinese film "A Touch of Sin" (in Mandarin 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.

TOBACCO *from page 1*

will provide education and resources to promote good health for the Meadville community," said Matthew Zaborowski, '17, co-president of the Allegheny Pre-Dental Society.

Zaborowski also explained the different stations that would be part of the fair, which included a fluoride station and a station devoted to good dental techniques hosted by the pre-dental society.

In addition to the activities for children at the fair, Zaborowski explained that there would also be a voluntary survey that would be based on dental health habits of participants, as well as a resource table which would assist parents in finding dental care for their children.

Zaborowski also expressed his hope that the fair would help to drive home the importance of dental care and how it relates to overall health and well-being.

"Oral health is one of those things that we are learning more and more about that… the better oral health that you have, it leads to better overall health," said Zaborowski.

A smaller than expected turnout showed for the fair on Saturday, but some speculate that the severe weather conditions made it difficult for people to travel to the event.

"We have had a pretty good turnout so far, I think the snow deterred some people though," said Taylor Sherman, '15, co-president of the pre-dental society.

The event attracted more than thirty-five children from the Meadville community. Sherman expressed her hope that the event would go a long way in helping to bridge the gap between the Meadville and Allegheny communities.

Both Sherman and Zaborowski expressed their feelings that the event seemed to have been well received by the City of Meadville, and several community members expressed their support for the fair.

> "…the better oral health that you have, it leads to better overall health."
>
> Matthew Zaborowski
> *Class of 2017*

Michelle Stevens, a local resident who is currently taking college classes online, explained that her daughter had never been to a dentist because she had been unable to find one that accepted her insurance. She said that volunteers working at the fair had been able to help her find a local dentist that would accept her insurance.

Another Meadville resident and parent, Kelly Parker, an occupational therapist, expressed her support for the fair, saying that it was a wonderful idea to help promote dental hygiene, especially among children.

"The sooner we can get kids to understand the importance of good oral hygiene, the more it will carry through," said Parker.

While Zaborowski admitted that the pre-dental society is in what he called a 'rebuilding year,' with only six current members, he explained that the pre-dental society has received large support from various other organizations and individuals both in town and at the college, with many Allegheny students volunteering their time.

"This has not been a solo thing, this has been a lot of people helping out," said Zaborowski.

The fair also asked Meadville community members to fill out a survey about their dental health habits. Zaborowski said that the pre-dental society would be using the survey to establish the society's focus for the future.

"[The survey] is going to be used as our stepping stone for the next couple years, and like what do we need to do to improve oral health," said Zaborowski.

CRIME BLOTTER

Feb. 18-20, 2015
Student reported money stolen from his wallet. There was no lock on the locker.

Feb. 20, 2015
Student being investigated for underage drinking.

Feb. 22, 2015
Walker-Annex Hall
Student reportedly being harassed by another student.

Feb. 22, 2015
Campus Center
Student reported her backpack stolen from McKinley's.

Feb. 22, 2015
Student being investigated for disorderly conduct and public intoxication and taken to the hospital by ambulance.

CORRECTIONS

In last week's issue, we misidentified Black History Month celebrations, sponsored by the Association for the Advancement of Black Culture, ending with a poetry slam and "Selma" screening, when celebrations actually close with an Ebony Ball on March 7.

ASG UPDATES

ASG Presidential Elections are next week.

The debate will be held March 3 at 7 p.m. in the CC Lobby, moderated by Dr. Sue Stuebner.

Elections will be held through WebAdvisor March 5-6. ALL class years are able to vote.

Understanding the past, empowering the future

Allegheny alumna reflects on past experiences while encouraging student action and change

By DENISE JONES
Contributing Writer
Class of 2013

This February, my students joined their peers across the country to celebrate Black History Month. The content was nothing new: we have spent this entire year building a critical consciousness that allows my students to see themselves in the work they do. I know this is crucial because, as they learn about the struggle of the past, they will begin to recognize it in their own present – when a cashier squints suspiciously when they walk into a store, when they turn on the news and see another person who looks like them lose his life to senseless violence.

These lessons are anything but history. My students deal with the devastating effects of poverty, systems of oppression, institutionalized racism, classism and residential segregation on a daily basis. In the face of these realities, we have no time to waste. This school year marked the first in which the majority of public school students are minorities.

Our generation has a responsibility to work to ensure that each and every one of them is moving through a system that affirms their identities, shows them they are valued and allows them access to the opportunities they have been denied for far too long.

While the "whites only" signs of the 60s have come down, the reality of separate and unequal endures. Alongside glaring gaps in educational, employment and economic opportunity, people of color in this nation face a variety of subtler, no less damaging assumptions.

A successful black lawyer hears whispers of affirmative action. A young black boy on a corner is seen as "lurking," while his white peers "hang out." A black college student is asked to give "the black perspective" to a seminar full of white students who are never asked to speak on behalf of their entire race.

I joined Teach For America because I am deeply influenced by Ubuntu, the African principle that states, "I am because we are." I strongly believe in my personal responsibility to partner with others to uphold the community and to strengthen its foundation, alongside the many others who have come before me and will continue to come after me.

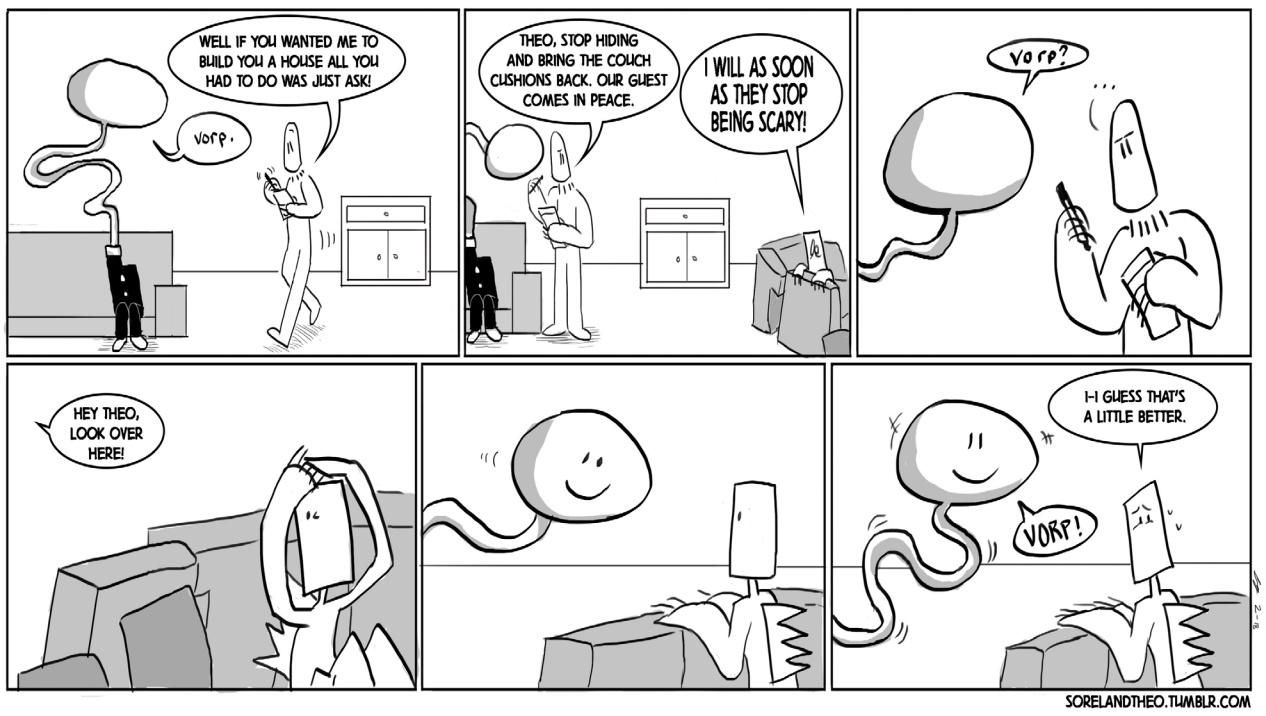
I want my kids to develop into empowered activists with an individual niche and voice in society and ultimately become their own liberators.

We have a long way to go as a country before we truly achieve justice for all. To fix the systemic oppression that has created the gross inequality of the present will take the hard, dedicated work of countless leaders and change-makers. Many of them having experienced it first-hand, while others bear witness to it from further away. We must work toward these long-term changes as well as the immediate, urgent opportunities to change the way our students view themselves and their futures.

As teachers, we can play a central role in this. Every day, we can remind our kids that their thoughts, ideas, identities and opinions are important. We can share our own stories so that when our kids look to the front of the room, they see a little bit of themselves reflected back. We can remind them that they matter, that they always have and that they always will.

Denise Jones is a 2013 Allegheny alumna and a corps member with Teach For America-San Antonio. She teaches English and social studies at Davis Middle School.

THE SIMPLE THINGS



Comic by Jonathon Yee

Active Minds: Bringing eating disorders out of the silence

By MONICA MAIN
Contributing Writer
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Why are eating disorders so awkward to talk about? Is it because we don't understand why these people just can't eat normally? Is it because we don't want to offend someone? Or is it because it is not something that affects us so why bother thinking about it? With this week being National Eating Disorder Awareness Week, it is time to shed light on an issue that is typically in the dark.

Whatever the reason may be, there needs to be a change, a conversation started, considering about 24 million people of all ages and genders suffer from an eating disorders in the U.S. With it having the highest mortality rate of any mental illness, it is worth talking about (nationaleatingdisorders.org). Having an eating disorder goes way beyond controlled eating, it affects all aspects of life. For the average person when you are hungry, you eat and you feel full and happy and continue on with your day.

However a person with an eating disorder brain hears what I will refer to as "noise." This noise is a little voice that tells them how they must not eat, how fat they are, or brings them guilt if they do eat. Imagine sitting in class, attempting to listen as someone yells in your ear the entire time, which makes it impossible to do typical daily activities including listening in class.

Where do eating disorders come from? They arise from the cultural construction of the ideal body. Young girls constantly see these images of thin models on television and "how to get fit" on magazine covers making it impossible to deny that young girls and women feel a need to adapt their body to be accepted.

I still remember the first time I was told I was fat. I recall going home and staring at myself for hours in the mirror and with every passing minute, I hated my body more and more. I started on my pursuit for a thinner body by just dieting and exercising, but I was not seeing the results I wanted, I needed to see. That is when my eating disorder started. I became obsessed with calories, thinking about food took over my life. I would only eat 500 calories a day but if I was forced to be around friends I would eat something to avoid suspicion and purge it back up in the bathroom after. That is when I realized I had to just avoid every situation that involved food so no one suspected anything and to avoid temptation.

It took friends stepping in to make me realize what I am doing to my body and to get help. However most people who have an eating disorder, never receive help because people fear the backlash from addressing their friend.

So what is the best way to approach a friend if they have a problem? Say something to them as long as it is in a concerned and calm manner because you are saving a life. Having an eating disorder is a life threatening mental health issue that can cause you to lose your life, a much more severe consequence than an argument that might result from confronting your friend. If you want a place to talk about eating disorders or any other mental health issues come to Active Minds on Mondays at 9:30 p.m. in CC 206.

Just the Tips: what to do after oral

By JESIKAH LEEPER
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If you are giving blow jobs, you've thought about it. If you are receiving blow jobs, you have thought about it. If you do not think about it ahead of time, you have only a handful of seconds to decide where you want the cum to go once he gives you the heads up. What are your options and why would you choose one over the other?

The first misconception about spitting is that it is a way to get out of swallowing and people just back out. Although people who spit probably do so because they do not want to swallow, that should not equate to a lesser form of erotic. Some people simple just do not want to; cum is an acquired taste. Others simply cannot. Gag reflexes and subconscious resistance, no matter how much they may wish to, can effectively keep someone from being able to swallow.

Alternatives, if one does not want to deal with having cum in your mouth and then getting rid of it, would be to have your partner cum somewhere on your body. Not only can this be very arousing (for potentially both parties) but you also do not have to put any cum in your mouth. Chests are easily accessible from varied blow job positions, as well as the face.

To the partner with the penis: before ejaculating, ask your partner what they are most comfortable with, or offer a suggestion you find personally arousing. Communication is key.

For those who do not wish to swallow, they may be wondering what would ever overcome someone to take in someone else's bodily fluids. As mentioned before, cum is an acquired taste; for people who have acquired it, the taste of cum alone can be very hot. It is also significantly less messy. If you're trying to cut back on clean up time, swallowing is your best bet.

However, some men get uncomfortable about kissing after so keep that in mind: a bathroom break with some mouth wash may be in order if any further activities are to proceed. For men who do not care, the night can continue on without any interludes. Semen also does contain both calories and protein, not in any significant numbers but a little bit of protein never hurt.

To the partner receiving the blow job, remember that no matter what you want, ultimately where the cum goes should be the decision of the one going down. Before cuming, announcing that you are getting close is a nice way to give warning. Ask where your partner wants you to come or ask if you can come in a desired location. Average ejaculate expels at around 28 miles per hours: you want to have a plan for that or it is going to get messy.

Go out and have fun giving head and remember to do what makes you comfortable, but also try new things!

Have an opinion?

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- Attend our weekly writers meeting Mondays at 8:00 p.m. in the Campus Center
- Conatct us at opinion@alleghenycampus.com or foxr@allegheny.edu

International students hold multicultural carnival

By ANGELA MAURONI
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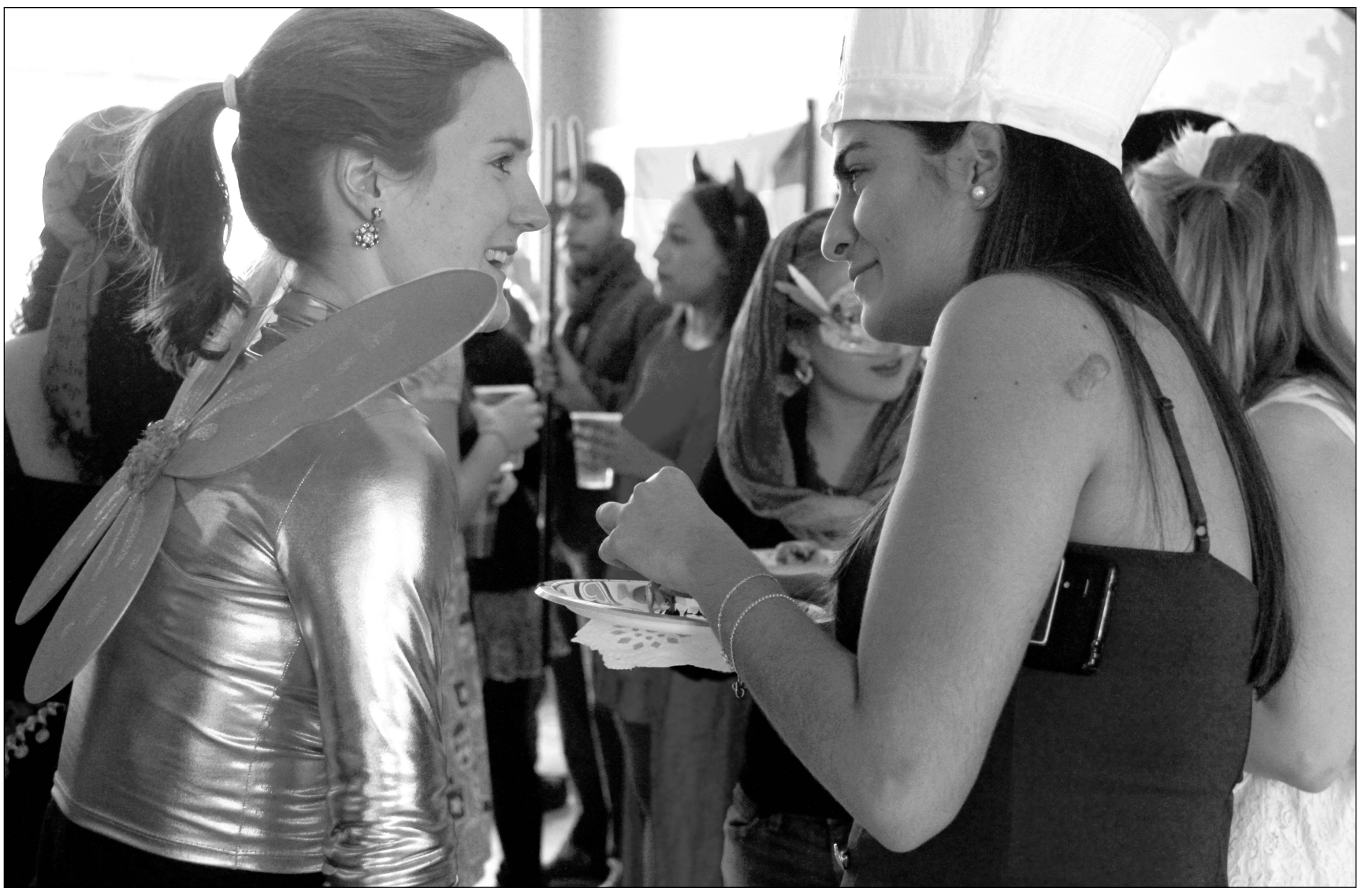

PHOTOS BY YUTONG WANG/THE CAMPUS

Isabel Choinowski (left) and Lorena Souza (right) dressed in costumes and attended the international carnival held in the Max Kade International Wing of North Village on Feb. 21, 2015.

Four international teaching assistants collaborated to organize a carnival celebrating each of their nationalities on Feb. 21, 2015, in the Max Kade International Wing of North Village.

The organizers were each responsible for representing their respective country and chose to do so by compiling music from home and cooking authentic desserts, which attendees spent much of the event dancing to and snacking on.

Rodolpho Camargo, the organizer from Brazil, chose to make chocolate balls for his dessert, spending more than three hours making about 90 of them. He said they were eaten quickly by the 30-40 attendees.

The organizers also invited people to wear costumes to the event, though they were not required. These costumes were not meant to necessarily represent their home countries.

The German organizer, Katharina Schulz, planned a Harry Potter themed costume for the event with several other friends. According to Camargo, costumes are commonly meant to be funny in Brazil and that is what he was expecting at the carnival as well.

"It's really just to make fun," he said.

The idea for the carnival involving all four of them originated from Messê Houngnikpo, the French organizer, and Schulz. Schulz was originally planning on holding a carnival in the German house because she was missing the large carnival they regularly hold in her hometown of Cologne, Germany.

"I thought it would be nice to share this experience of celebrating life and friendship with the students here," Schulz explained. "When Messê, the French TA, heard about my idea, she told me that in France they would celebrate Mardi Gras, which is the French equivalent to our carnival."



The four organizers each prepared an authentic dessert from their respective countries.

Soon after, they discovered through Camargo and Spanish organizer Hector Lopez Villa that Brazil and Spain also regularly celebrate similar large carnivals and Houngnikpo proposed that they hold the carnival together in order to celebrate all of their cultures.

Elsie Hendricks, '18, is a European studies major that attended the event. She knew many of the organizers before and appreciated the opportunity to discover similarities between cultures as well.

"I think it's great to...hear other people's perspectives," Hendricks commented. "I've been talking to people from different cultures, and we laugh about same things... And I love foreign languages, so I think it's fascinating."

Lopez Villa said they heard that another international carnival had been held some years to theirs and that it was a success, but they were unable to find out any details about the carnival, such as which countries were represented, what activities were held and what food was served.

Despite working from scratch, Schulz said her favorite part of the experience was shopping for the supplies.

"Going shopping together was very chaotic and a lot of fun," she said. "We all had our own shopping lists because each of us prepared an own dish from their countries but we also had a list with stuff that everybody would need. But after a very long time at Walmart and people getting lost...we surprisingly managed to not forget a single item we needed," she said.

During the organizing, the TAs discovered various similarities between how each of their countries celebrate. According to Schulz, they discovered that the dessert called the Berliner, though originally from Germany and common for their carnivals, is also served in Brazil with a different name. As well, the French and German celebratory parades look nearly identical and the Spanish and Brazilian religious traditions around lent are similar.

Lopez Villa hoped that, in holding the carnival, others could learn as much about their countries as they were while organizing.

"We want to teach our traditions and show an unknown party such as carnival," Lopez Villa explained. "Maybe is not so well-known in here, but we want to reflect that [which] for us is a big party."

Allegheny faculty and staff reflect on study tour in Japan

By YUTONG WANG
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A group of faculty and staff, led by Darren Miller, assistant professor of art and gallery director, and Linda Bills, director of the library, went to Japan from Jan. 2 to Jan. 9.

Focusing on traditional and contemporary Japanese arts, the study tour group visited traditional shrines, temples, art crafts work spaces, a tea ceremony, contemporary art museums and more. These locations were in cities including Osaka, Kyoto, and Hiroshima. Throughout the weeklong trip, the group of faculty and staff feel that they gained a sense of Japanese culture and history.

"One of the things that I think would have been nice is if we had been able to get into more traditional craft spaces where artists were actually in the process of working," said Miller. "We had access to some art studios in Hiroshima, but because of the timing of our trip and how it coincided with the New Year holiday, we didn't really see people at work very often."

Despite the challenge it posed, this timing had several perks for the tour. They were able to experience the engagement between Japanese people and their spiritual life. Shrines and temples are busy during the New Year holiday, flooded with families, activities, games and food.

"The atmosphere at the temples and shrines was a lot like the Crawford County Fair," said Miller. "And everybody in the town was there, or people who live elsewhere came back to the hometown. And you really got a sense that that's where everybody was."



CONTRIBUTED BY DARREN MILLER

In January of 2015, a small group of faculty and staff spent a week in Japan on a study tour.

The group travelled among cities through high-speed trains, which are common and convenient to take in Japan. According to faculty and staff, it was not difficult to travel in Japanese big cities, since there were signs and maps available in both English and Japanese.

"When I was there in the 1960s, there were relatively few foreigners in Japan," said Bills, who became the other group leader due to her previous living and studying experience in Japan.

Bills lived in Japan on two different instances, once being in Tokyo in 1964 for her first year of college, and once from 1971 to 1972 in Kyoto for her graduate school, studying the Japanese language. In between, she earned an undergraduate degree in Asian studies, specializing in Japanese history and sociology.

"I was really excited for an opportunity to share what I know and also to see how Japan looked to people from different disciplines and different points of views than myself," Bills said.

Bills emphasized how different cultures in countries like Japan could be from an American perspective, even though the country is highly developed.

"Places like Japan have adopted western, industrial lifestyles, but all of those ways of doing things did not grow out of the same history and culture," said Bills. "To feel that difference gives the people who work here with international students at least a sense of that, just because this person comes from an industrial country, like Germany, or Switzerland, or Italy, or Japan, or China, does not mean that they see the world the same way we do."

> "Our goal is to provide students with enough structure and support that they can feel confident going out into the world on their own, moving beyond their comfort zone."
>
> Darren Miller
> Assistant professor of art and gallery director

Even though Bills doesn't work directly with the students, she always keeps herself available when students need help. Considering international students all have different ideas about how a library in the United States works, Bills cooperates with the international office to help students through special sessions in the library, meetings with reference librarians and more.

Having her office in the Pelletier library too, Leene McCandless works directly with international students as the international student advisor. Having Japanese students on campus, McCandless believes the study tour helps her to experience the culture they are from and to connect with Japanese students better with memories to share together.

"Students know that I am willing to travel to their countries and I want to experience their culture, that I am not just staying here and working with them everyday, that I really do have a love for other cultures," said McCandless.

Shannan Mattiace, professor of political science and international studies, plans integrate the experience into her future courses, including a freshmen seminar called the politics of memory, introduction to comparative politics and advanced industrial democracies.

"Japan is an amazing case of a modern country that acts very differently from western modern countries," said Mattiace.

After coming back from Japan, Mattiace is hoping to reach out to some Japanese students on campus, which would give her a better sense of the place they are coming from.

Besides individual goals and plans, the whole group has met once since returning to talk about differences in education in Japan and the U.S. According to Miller, the group is considering two student-centered ideas to benefit the college community.

One is to communicate with all the other faculty and staff who have been on previous study tours, including Israel, Egypt, Morocco, and a future study tour to Iceland during May of 2015.

The other idea is initiating interactive programs and activities in the campus center during lunch hours. Faculty and staff who went on the Japan study tour would table for a period of time to communicate with the college community about their experience in Japan.

"Our goal is to provide students with enough structure and support that they can feel confident going out into the world on their own, moving beyond their comfort zone, moving beyond what they know and really having an open and empathic experience with something that is profoundly different and to learn from that, about themselves and about other people," said Miller. "That's the goal of education."

TRANSNATION TRANSLATION

Alumna translator and Nicaraguan poet discuss cross cultural communication



AMASA SMITH/THE CAMPUS

Professor Shannan Mattiace listens intently as Nicaraguan poet Vidaluz Meneses speaks to students in her Latin American Relations class on Tuesday, Feb. 24.

By YUTONG WANG
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Award-winning translator María Roof, '67, and Nicaraguan poet Vidaluz Meneses presented a lecture on "Transnation Translation: From the Tower of Babel to Internationalizing Poetry" in Pelletier Library on Tuesday, Feb. 24. The audience included staff, faculty, and students with interests in translation, languages, and cross culture communication.

The Tower of Babel is a story in the book of Genesis that explains the origin of different languages. In the story, God created various languages to prevent humans from communicating with each other and to insure that humans would not work together to build the tower, whose top reached to heaven.

Roof talked about differences in languages including regional differences, ethnic heritage, social class, gender, age, year and register.

According to Roof, in order to not be offensive in cross cultural communication, people need to pay attention to their language and know about the audience of who they are talking to.

Rodolpho Camargo, a Portuguese teaching assistant from Brazil, attended the lecture because of his interests in translation.

Having a college degree in translation studies from Universidade Sagrado Coração, Camargo once worked as a translator for research, audio, video, subtitles, games and websites. He found the beginning of the lecture very similar to classes he took in college.

"It was interesting to see there are similar difficulties of translation from English to Spanish," said Camargo. "Poetry is a different perspective from what I used to work on. Poetry translation is the most difficult because you have to be very creative and have deep understanding for the poetry."

Vidaluz and Roof also attended two of political science professor Shannan Mattiace's classes, U.S. and Latin-American Relations and Government/Politics of Latin America. They interacted with students and listened to a presentation that the Latin-American relations class made about Nicaragua.

"We happened to be talking about the Sandinista Revolution that day and here we have a high ranking member of the Sandinista government, acting Vice Minister of Culture. So who better to detail the internal working than someone who supported the movement before 1979 and then became part of the government," Mattiace said.

Besides being a graduate of Allegheny College, Roof taught at Allegheny for ten years before moving to Howard University to work as an associate professor and graduate faculty in the department of world languages and cultures.

Roof is still involved with Allegheny College and keeps in contact with students she taught.

Roof said Allegheny is special because students do senior thesis on their favorite topics, topics that they are still communicating years after graduation.

"This is the best part of university education," Roof said.

Following the lecture, there was a reception for the audience to ask questions and talk with guest speakers.

Roof and Meneses also joined a poetry reading in Grounds for Change, hosted by Department of Modern and Classical Languages on Wednesday, Feb. 25.

Allegheny student wins Miss Crawford County

By BRITTANY ADAMS
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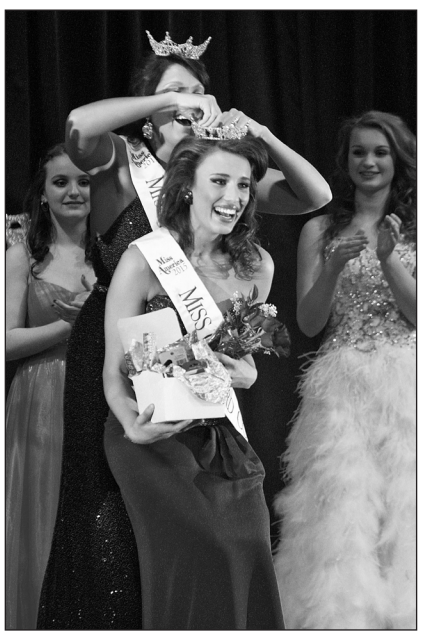

CONTRIBUTED BY JULIE PETRICK

Brianna Layman, '16, was crowned as the new Miss Crawford County on Feb. 21.

Four competitors, six judges and a single tiara is what you would have found at Conneaut Lake Middle School on Feb. 21, 2015.

Allegheny's very own, Brianna Layman, '16, took part in the Miss America pageant this past weekend. Layman is a varsity soccer athlete majoring in Biochemistry and minoring in Studio Art.

She came home with the crown and the title of Miss Crawford County.

However, that's not the only thing she had gained from the pageant: Layman was able to work for a charitable cause. Due to the ties between the Miss America Organization and The Children's Miracle Network.

The following is an Q&A conducted by The Campus with Brianna Layman.

The Campus: What made you want to compete in the Miss Crawford County pageant?
Brianna Layman: In order to compete in the Miss America Organization you have to fundraise for The Children's Miracle Network and make a platform for a cause that is important to you. Since I love volunteering and fundraising already it gave me a purpose to do the pageant.

TC: What was your platform?
BL: My platform was The Art of Science: From STEM (science, technology, engineering, and math) to STEAM (science, technology, engineering, art, and math). As a student with a science major and an art minor. I believe that it is important that doubling art and science together ends in the best education possible. I am not saying everyone should be an artist or a musician, but a balanced education between the two is ideal.

In order to succeed in STEM you need art to further your neurological capacity. The U.S. has dropped from the world leader board for STEM from 26th to 31st. During the same time frame the U.S. has dropped on the leaderboard for education, schools have been cutting budgets and removing art programs.

We need to regain public funding for arts education in primary school to put the U.S. back on top in education.

By mandating art programs at schools, the government cannot remove art from its curriculum and requirements. The arts develop a part of the brain that sciences cannot, so it is just logical.

TC: How did you incorporate your platform into the competition?
BL: There are different sections to the competition; swimsuit, evening gown, talent, one on stage question, and an interview by the panel. The most important to me is the backstage interview. During the interview six judges questioned me for ten minutes.

They were able to ask anything during the time frame. Most questions revolved around the platform where I was able to answer questions on the logistics and politics of my platform. This really gave me the opportunity to showcase my cause.

TC: What do you plan to do next?
BL: I am planning to compete in the Miss America Organization competition for Miss Pennsylvania on June 10-13 at the Hilton Center for Performing Arts.

Also, I am going to be speaking and making public appearances to voice my platform in a variety of places which include; The Wharton innovation Conference in Washington D.C., my alumni North Allegheny Senior High, and the Active Aging where I volunteer at.

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Dialogue and Disputes



PHOTOS BY MEGHAN HAYMAN/THE CAMPUS

A.J. Long, '15, Chris Schuchert, '15, and Sean McClain, '18, argue during the first act of the play, "Clybourne Park," which opens this weekend.

'Clybourne Park': civil rights takes center stage



Christine McGrath, '17, and A.J. Long, '15, play wife and husband in the Allegheny's Playshop Theater spring debut of Bruce Norris' "Clybourne Park." The characters are in the middle of moving from their home to one closer to his new job.

By EYLIE BUEHLER
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Allegheny's Playshop Theater will debut its spring production of Bruce Norris' "Clybourne Park" this weekend in Gladys Mullenix Black Theatre in the Vukovich Center.

There will be four performances given: 8 p.m. on Thursday through Saturday, Feb. 26-28, and at 2:30 p.m. on Sunday, March 1.

Director and Communication Arts and Theater Professor Daniel Crozier said he, along with the rest of the theater department, chose this play because this year marks Allegheny College's Year of Voting Right and Democratic Participation.

According to Leanne Siwicki, '15, a member of the cast, the play is inspired by Lorraine Hansberry's "A Raisin in the Sun."

"It's kind of supposed to be a contemporary response to "A Raisin In the Sun" and kind of how we still can't talk about race between 50 years so it circles around talking about race and what people are doing in a neighborhood by rezoning and tearing down buildings," Siwcki said.

A.J. Long, '15, a member of the cast, said the plot of the play addresses some serious issues regarding race.

"The first act is set in 1959 in Chicago where the family who lives in this house are about to move out and an African-American family is about to move in. The whole act surrounds this black family getting moved in and what the rest of the neighborhood is going to do about it," Long said. "Then the second act is 50 years later in 2009, so now a white family is trying to move into the house and renovate the house but a family member of the black family that once lived there is trying to preserve the house."

Crozier said the play is pretty provocative and does not know how the Allegheny community will respond.

"We're going to have a conversation with the audience afterwards so we'll get a good idea [of how they will respond]," Crozier said. "It's a pretty interesting play. It's multilayered so it's not just addressing one thing. So I think people could take a lot of different things from this production and I hope they will."

Crozier said it had been a really difficult, adult play to work on.

"It reflects our society in a number of ways that is hard to look at. I think we have a hard time talking about race in America and I think the play addresses that," Crozier said.

According to the official press release, "Clybourne Park" won the Pulitzer and Olivier awards for Best play in 2011 and a Tony in 2012.

"'Clybourne Park' is a universal story that isn't about American black/white history," playwright Bruce Norris said. "It's about territory and disputes over territory because of ethnicity or difference."

The cast started rehearsing in early December, coming-back early from winter break in order to rehearse.

"We came back the weekend before classes started to rehearse and we're usually in rehearsal from 7:00 to 10:30 p.m., Sunday through Thursday pretty much since then," Siwicki said.

Both Siwicki and Long said the hardest part of preparing the performance was learning to trust one another on stage.

"The play is a lot of conversation so it was initially hard to get off book for it because it's a lot of back and forth so that was definitely hard and it's also been hard to bring your lines to the table but then also to rely on everyone else to kind of keep the scene going," Siwicki said.

Long said that the most enjoyable part of rehearsing has been to see how he embodies the role.

"When I'm on stage things that are supposed to make my character angry actually get me angry," Long said. "In the beginning I was just acting like I was angry but going on my blood pressure would rise and my heart would start to race and I would actually get mad. So I think that's been a really cool experience for me because this is the most I've ever been focused on my character and one with my character."

Crozier said that the best part of working on this particular play was how every working part came together and everyone worked together to create something.

"The way the crew works with the stage managers and the way the cast works with each other, the set builders and the costume builders all kind of come together. There's a lot of work that goes into this and it's really wonderful to see that fruition, to see it come together to a single piece of art that all of these different people have had a hand in creating," Crozier said.

Tickets are $10 for adults and $7.50 for non-Allegheny students and senior citizens. Allegheny students will have free admission but it is encouraged that they make reservations online at allegheny.edu/playshop.

Portia Hoeg brings athletics and academics together

After a lifetime of playing sports, Hoeg shares experience with Gators

By EMERALD WRIGHT-COLLIE
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AMASA SMITH/THE CAMPUS

Portia Hoeg, Allegheny College Director of Athletics and Recreation, announced the unveiling of the new Chompers on Feb. 14. Hoeg has been invloved in athletics since elementary school and played basketball through college.

Allegheny's Director of Athletics and Recreation, Portia Hoeg, knows a thing or two when it comes down to sports. Hoeg has been the Athletic Director for Allegheny for three years now.

Once a student-athlete herself, Hoeg understands the prioritizing it takes for student-athletes to stay afloat.

"I think the best way I understand academic rigor is due to my upbringing," said Hoeg. "My family was very involved in academics, my mom was a teacher and she always prioritized education, athletics was a privilege".

Hoeg grew up in Duncanville, Texas and began playing basketball in the fifth grade.

"At the moment my mom was a huge NBA fan and they were starting a city league so I got signed up and started playing," Hoeg said.

Hoeg immersed herself in various sports but basketball was the one to follow her through her college career.

"We did a lot of other things too," said Hoeg. "I played soccer, I cheered and ran track."

Hoeg attended high school at Duncanville High, where she continued her basketball career. Her senior year of high school the women's basketball team was 40-0 and emerged as state champions in 1997. Hoeg played alongside Indiana Fever WNBA player Tamika Catchings and vividly remembers college coaches coming to their games to scout for future players.

When it came time to decide where to attend college, most of her teammates were looking into Division I schools in order to continue their career in basketball. Hoeg, on the other hand, was more focused on academics than an athletic career.

"I never knew I wanted to play in college. It was more about academics for me, I looked at a lot of [Historically Black Colleges and Universities] like [Florida Agricultural and Mechanical University] and Howard University," said Hoeg. "I ended up attending the only school I applied to in Texas."

Hoeg decided to attend Trinity University in San Antonio, Texas. She did not get the opportunity to visit Trinity University before she moved in.

"I had to look at colleges through viewbooks and brochures," Hoeg said. "My family visited the summer before I moved in but I had never seen the school."

Shortly after she began her freshman year, Hoeg joined the women's basketball team.

"I started playing pickup and that's when it hit that I was going to be on the college team," said Hoeg.

Playing college basketball, Hoeg learned quickly how to manage her time accordingly. She was a student-athlete much like the ones she oversees today.

"We missed a lot of class but being an athlete you learn how to manage by doing homework anywhere, whether on the bus or a plane," said Hoeg. "Learning how to work together to reach your goals teaches you teamwork."

During her time at Trinity University, Hoeg would be a strong part of building a foundation for a team that would eventually win the national championship in 2003, two years after she graduated. Hoeg was a team leader and made a strong impact on her fellow teammates.

"One thing I can say about Portia is that she always possessed great leadership skills," said Becky Geyer, former head coach at Trinity University. "It doesn't surprise me that she is in college athletics, even when she was an athlete she had great qualities."

After graduating from Trinity University, Hoeg began her career in college athletics at Smith College where she served as a special events coordinator. Continuing her journey with athletics she worked at Vassar College as an interim assistant director in 2004. After which she dedicated three years at Lake Forest College before coming to Allegheny College.

Hoeg has been honored for her service in administration. She was the December 2008 inaugural recipient of the National Association of Division III Athletic Administrators emerging athletic administrator award.

Always keeping in mind the goals of the athletic department, Hoeg strives to nurture the environment for student-athletes. She consistently attends games to support Gator athletics.

"It is always encouraging to see her in the stands supporting our team," said Iffie Uwazie, '16.

Ice hockey team closes season

By ALEX HOLMES
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The Allegheny hockey team finished their season recognizing their seniors and facing Washington & Jefferson. Though the team ended the season with a 2-10 record, they are looking ahead at improving and enjoying their time as a team.

"We had low and high points this season," Chris Muise, '15, said. "Toward the end of the season we had a lot of lows, from injuries to the flu and just not doing well in games. But we had exciting moments like the Pitt-Bradford game."

Even with a rough season, the men found ways to enjoy the time spent on the ice and growing as a team.

"The bus rides and getting to know the team better were great parts of the season," Trevor Gant, '18, said.

Wyatt Gasparik, '16, said the team is quality guys and being around the team made the season fun.

"As the season went on we got more comfortable around each other and knew where to be on the ice to be successful," Gant said.

The hockey team faces a challenge of not having many people on the team, making games even harder.

"We don't have many people on the team and when not everyone is at all the games, it can be a challenge on the ice," Gant said.

At Allegheny, hockey is a club sport, making it more lenient on players and enjoyable for the team.

"Being a club sport, the team is more relaxed and it's a lot of fun," Gant said.

Muise said as a club sport, the team can bounce back easier when things get tough.

"Obviously we want to win, but there isn't the added pressure," Muise said. "We are all there to be teammates and have fun."

Gasparik said everyone on the team is there because they love hockey and enjoy playing as a team.

"Each year the team has a different personality and core leadership," Muise said. "The biggest change I have seen was when we rejoined the league we are in, we have been facing tougher competition, and the team has had more consistently the same people."

This year the team had two seniors, and was able to work together well.

"We are only losing two seniors, but they are two strong presences on the ice," Gasparik said.

Gasparik said the team got a new coach this year and is working to modify the team and they are learning from each other.

"We are hoping to have more numbers and better commitment from guys," Gant said.

The team is optimistic for improvement in the next year and a better season next year.

"We are hoping for more interest and more bodies on the ice, and improving our record," Gasparik said.



CONTRIBUTED BY HENRY DITZEL

Rachel Steiner, '18, talks to Fred Evanoff, diving coach, about her dives at the Kenyon Fast Chance meet on Feb. 21. Steiner placed second in the event and earned a qualifying score for NCAA Regionals.

Swimmers get second chance to break records at Fast Chance meet

By ALEX HOLMES
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The Gator men's and women's swimming and diving teams ended conference competition on a high note at NCAC Championships, but a few swimmers and divers practiced an extra week to compete at the Kenyon Fast Chance Meet on Saturday, Feb. 21.

"I didn't hit the time I wanted at conferences and I had one final shot to hit that time," Megan Feeney, '17, said. "It gave me an extra week of taper and our bodies were rested for a fresh swim."

Feeney started the Fast Chance meet with a first place finish in the 200 back, placing her in the finals for the event. In finals, she finished with a time of 2:04.80 breaking the school record of 2:06.90 previously set by Jennifer Erdos in 1996. Feeney's swim was the third record breaking swim the team had this season.

"I was really excited when I finished," Feeney said. "It was the second time I swam the 200 back that day and it was a good way to end the season with my best time."

Following her performance at the Fast Chance meet, Feeney was named Athlete of the Week for the second time this year.

"It's an honor and a great way to end my sophomore season," Feeney said.

Patrick Hollenback, '17, said watching Feeney break the record was the best part of the meet.

"Feeney has worked hard all year and it was nice to see it pay off for her, and we saw a smile from her," Hollenback said.

Along with Feeney's record breaking swims, others on the team swam personal bests and supported each other along the way.

Hollenback said he decided to compete another weekend to end the season without any regrets and swim events that he did not have the chance to during dual meets.

"Conference wasn't the best for me so to turn around and get personal bests, I got to see it pay off," Hollenback said.

Hollenback sets personal bests in the 200 free with a 1:50.92, the 400 I.M. at 4:28.90, and the 100 butterfly at 56.78.

On the diving side, the team is sending two divers to NCAA Regionals on Saturday, Feb. 28. Rachel Steiner, '18, performed qualifying scores at the Fast Chance meet.

"For regionals you need two qualifying scores and I had one, so I went to get that second score I needed," Steiner said.

Steiner scored a 415.00 on the one-meter board, placing her second in the event.

"Overall the team was strong in the conference, and I'm happy with my times because they show that my hardwork paid off," Feeney said.