THE CAMPUS

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VOLUME 138, ISSUE 21 – FRIDAY, APRIL 11, 2014 – WWW.ALLEGHENYCAMPUS.COM

Students pray for Murraysville, Pa.



AMASA SMITH/THE CAMPUS

Kelsey Sadlek, '14, lights a candle as Morgan Mechlenburgh, '15, Maddy Yemc, '17, and Alexandrea Rice, '17, look on during a prayer service in Ford Chapel on April 10, 2014. The service was held by the college for the victims of the Franklin Regional Senior High School stabbing earlier this week. Lead by College Chaplain Jane Ellen Nickell, participants prayed for victims and families affected.

Prayer service held for victims of high school stabbing

A stabbing spree in Murraysville, Penn. left 20 students and a security officer either stabbed or slashed on Wednesday, April 9. Sixteen year-old Alex Hribal is being arraigned as an adult and will be facing four counts of attempted homicide, 21 counts of aggravated assault and one count of possession of a weapon on schools grounds, according to a criminal complaint made public.

A prayer service was held in Allegheny's Ford Chapel on Thursday evening for the community of Murraysville. Because of its close proximity to Allegheny and the large number of students from the area, Allegheny's Counseling Center and Office of Spiritual and Religious Life are encouraging students affected by the tragedy to seek support. Both offices are located in Reis Hall.

Student selected for CLS Program

By CHRISTINA BRYSON
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Grant Richman, '15, has been selected to study Arabic this summer in Morocco through the Critical Language Scholarship (CLS) Program, a program sponsored by the U.S. Department of State. The CLS Program is a competitive scholarship that offers intensive summer programs for 13 critical foreign languages.

The U.S. Department of State, Bureau of Education and Cultural Affairs developed this program to help Americans gain proficiency in languages important to national security, a post 9/11 effort in security and safety.

Starting in 2006, the program offered overseas intensive studies in six critical-need languages, including Arabic. Currently, the program offers studies in languages such as Arabic, Azerbaijani, Bangla, Chinese, Hindi, Indonesian, Japanese, Korean, Persian, Punjabi, Russian, Turkish and Urdu, awarding approximately 600 scholarships in 2013.

Richman will study one academic year's worth of university-level language coursework, in Arabic, during his 10-week period in Meknes, Morocco, along with 14 other CLS stu-

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Annual Springfest leaves campus with minimal damages, two arrests

By COLLEEN PEGHER
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This past weekend, Allegheny College hosted its annual Springfest. While the weekend-long event has led to incidents in the past, this weekend ran smoothly, according to school officials.

Director of Safety and Security Jeff Schneider was pleased with the efforts of campus security and local authorities, as well as student conduct.

"It went pretty well I think," said Schneider. "Most of the students were well behaved. We worked collaboratively with the Meadville City Police Department. They had four police cars in the area most of the weekend, at least during the evening hours. They had a real presence on campus."

Despite most students' good behavior, there were a few minor incidents.

"A couple young people, one student and one non-student were arrested by the city police, but other than that it went well," Schneider said. "Overall, it was responsible drinking."

While the weather had called for rain and snow throughout the weekend, students did get to see the sun.

"The weather was actually very conducive," Schneider said. "I saw a lot of pedestrians walking up and down the street."

The good weather brought students out in full force for the annual event. Seniors Maddie Georgi and Amelia Lord hosted an event at their off-campus house Saturday

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AMASA SMITH/THE CAMPUS

Students perform a piece entitled "Movement Right: Voices of Embodying Democracy" in the Dance and Movement Studies spring concert in the Montgomery Performance Space. The concert is being performed April 10, 11 and 12 at 8 p.m.

Dance concert encourages dialogue on democracy

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dents enrolled in the program. Of the 15 CLS scholars, Richman included, only two of them are undergraduate students.

"I really wanted to go to Oman," said Richman. "I went to Israel this previous summer and I wanted to go to Oman because I wanted to get the Gulf culture, which is very, very Arab, but beggars can't be choosers and I'm very excited to go to Morocco."

He began taking Arabic courses with Assistant Professor Reem Hilal in fall 2013, after returning from his an Experiential Learning (EL) Seminar in Israel.

"I'm very interested in the Middle East, in particular, the Arab-Israeli conflict," said Richman. "When I was in Israel, I found it very easy to talk to Israelis, who are Jewish and who speak English, so it was very easy to communicate with them, but there was a huge communication barrier with Palestinians who primarily only speak Arabic."

This communication gap inspired Richman to pursue studying the Arabic language this past year.

"Although I had a wide and encompassing experience in Israel, I felt somewhat limited because I feel like I got more personal stories out of the Israelis I talked to, because there was no communication barrier, than the Palestinians I tried to speak to," said Richman.

Richman began the application process for the CLS Program after seeing a handout Hilal presented in his Arabic course.

"He's really enthusiastic and I know he cares a lot about learning the language and the culture," said Hilal. "So I really encouraged him to apply and also take the scholarship when he got it. I think he'll do really well when he goes to Morocco."

Hilal describes Richman as someone who brings a lot of energy to the classroom.

"I really like the Arabic language, I think it's beautiful," said Richman. "It's something I'm really interested in studying and I want it to lead into my career path because I want to teach in higher education in the Middle East, so I thought it was a perfect opportunity and I'm a really big fan of traveling."

Along with Hilal's support, Richman received advice from the Gateway's Career Education services, specifically, from director, Michaeline Shuman.

"Grant really did the bulk of the preparation on his own," said Shuman. "They're looking for high academic qualification. They're also looking for someone who's already immersed themselves in some language study, which Grant has done through both on campus and through the EL program he participated in. They're looking for leadership, which is also something that made him shine as an applicant. I also think they fully look at the type of institution the applicant is at."

Allegheny College has had applicants applying to the CLS Program since its inauguration, but Richman is the first applicant to receive the scholarship.

"We have the capability of putting forth strong candidates," said Shuman. "The fact that we've had so many students apply and not get in, the fact that Grant got in was a big win for us. So, we're trying to say 'Okay, now what was the magic in Grant's application material?'"

Shuman has worked with multiple students on the CLS application, many of them more qualified on paper, but denied from the program.

"The last student I worked with was a women who already studied and become proficient in two languages and had studied abroad in two countries, while she was a student," said Shuman. "She applied for it, and was independently studying a fourth language that was one of the critical languages, so she applied. She had an outstanding GPA, outstanding track record here with leadership and involvement and didn't get it. She tried to get more information and they just said 'You're not a strong enough applicant.' She's on a full ride to law school, one of the top twenty law schools. So that's the part that's puzzling to me."

Shuman suggests that is was Richman's immersion in Arabic, leadership skills and academic qualifications that improved his chances of being awarded the scholarship.

"We would call it one of the most competitive things you could do as an undergrad, that's fully funded and international. There aren't many opportunities that can take you abroad to study a language at no cost to you," said Shuman.

Richman did not have high expectations when applying for the program, as previous Allegheny students were denied. His reaction to being awarded a fully-funded scholarship opportunity in the Middle East was simply "Holy shit." He is excited to immerse himself in an Arab culture, but along with the excitement comes some nerves.

"I am nervous about the amount of work because it is very demanding," said Richman. "Also, I probably have the vocabulary of a five-year-old. So like if you imagine sending a five-year-old to a foreign country and saying 'Hey, go!'"

Richman will be staying with a host family and a fellow CLS student for his 10 weeks of study.

"I really like learning from other people and other cultures and immersing myself in the food and in the town, the nightlife," said Richman. "It's what I did in Israel and it was amazing, life-changing almost and I find that a lot of Americans are kind of close-minded when it comes to other cultures. I think we have so much to learn from other cultures. I find that a lot of cultural misunderstanding comes from that kind of arrogant attitude that 'We are separate and therefore we have nothing to learn from each other.' So I'm very excited to just have a new experience."

Allegheny students volunteer at local public school to promote literacy and fluency

By ALEX HOLMES
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Allegheny College has teamed up with Partners in Education to promote education and social development among college students and local schools.

Erin O'Day, AmeriCorps VISTA project coordinator for Erie and Crawford Counties, discussed Partners in Education's mission.

"[It is] a mutually trusting and respecting partnership among Crawford Central School District, Allegheny College, non-profit organizations, community members and resources which promotes education, ethics and social development for all learners and families with a focus on those most at-risk," said O'Day.

The Operation READ program started in January 2013 as a pilot program and is currently coordinated by Richard Peterson, an AmeriCorps VISTA member. The program was designed to improve literacy proficiency levels in elementary school students.

Kurt Meader, principal at Second District Elementary School, believes that Allegheny students act as positive role models for the children..

"It is good to have the collaboration between the Allegheny campus and the community," said Meader. "Our students get the help they need, and the young children have positive role models."

In addition to the student tutors, faculty and teachers are designing lessons to increase proficiency.

"These students are following schedules of activities designed by literacy coaches [district teachers] to increase fluency," O'Day said. "Beyond improving literacy, tutors are building close relationships with the students."

Allegheny student and Operation READ worker Emily Cronizer,'17, has had a positive experience while working for the program.

"They're a great group of kids," said Cronizer. "They're absolutely hilarious and with the right amount of motivation and a little push they work really hard and reach their full potential. It's been a great experience working with them."

Cronzier also said that the program has helped her become a better tutor and mentor.

"All of the employees are super nice and I've learned a lot not just from teaching in the classroom, but from the other tutors," she said. "Seeing how they work with their own kids has helped me improve as a tutor."

Tutors help the students by working to increase fluency, speed and accuracy. By improving these skills, the amount that students are able to comprehend increases as well, according to Meader.

"We do assessment at the beginning, middle and end of the year," Meader said. "From the beginning of the year to the middle, fifty percent of our students rose up to the next category [from basic to proficient]."

SPRINGFEST *from page 1*

"We had a live band which was made up of members from the physics department," said Lord. "They brought all of their equipment to our back porch and in the process broke one of our steps."

Their house, located on Park Avenue, did sustain some minor damages. Following Saturday's festivities, their backyard sustained more serious damage.

"All of the grass in our backyard was destroyed and it's a giant mud pit now, and most of that mud was also tracked into our house and we hired a carpet cleaner the next day to clean it," Lord said. "All of the furniture that was in our backyard was burned. I mean, it needed to be, but even like plastic chairs and stuff were melted which then totally messed up our fire pit."

Lord also complained of several acts of vandalism, but laughed them off as consequences of hosting an event on Springfest weekend.

"There's ketchup graffitied all over the one side of our house," said Lord.

"Someone sat on top of the basketball roof throwing stuff at people, and then he tried to steal the curtain off of our front door," said Georgi. "Our roommate caught him running down the street with it."

Local bars also dealt with the massive crowds, as students and alumni flocked downtown to continue the party.

"All of the bars were 'at capacity' which was incredibly annoying," said Georgi.

> "A couple young people, one student and one non-student were arrested by the city police, but other than that it went well"
>
> Jeff Schneider
> Director of Safety and Security

ASG UPDATES

ASG passed resolution 10-1 introduced by Zach Cramer

Town Hall meeting Tuesday April 15 in Quigley 101

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CRIME BLOTTER

April 3, 2014
Off campus
Student reported unknown actor leaving threatening notes on her vehicle.

April, 4, 2014
Parking Lot #7
Three students smoking marijuana.

April 4, 2014
Student being investigated for drug possession and paraphernalia.

April 4, 2014
College owned house
Four students being investigated for smoking marijuana.

April 4, 2014
Campus Center
A student being investigated for underage drinking.

April 5, 2014
College owned house
Student being investigated for underage drinking.

April 6, 2014
Baldwin
One student along with two non-student friends being investigated for setting off a fire extinguisher. Non students not permitted on campus in future.

April 6, 2014
Off campus
Student being investigated for sexual assualt.

April 8, 2014
Ravine-Narvik Hall
Student being investigated for smoking marijuana.

April 10, 2014
Wise Center
Unknown actor/s marred the building with graffiti.

The Campus is printed every Friday during the academic year, except during breaks and exam periods.

To place an advertisement, call (814)332-5386
Box 12, Allegheny College
520 N. Main St.
Meadville, PA 16335

EVENTS CALENDAR

Creek Connections 19th Annual Student Research Symposium
Friday, April 11, Campus Center
Creek Connections brings hands-on education about watersheds to students ranging in age from elementary to high school. Community members are invited to view students' project displays from 10 a.m. to noon.

SET Relay for Life Improv Show
Friday, April 11, 6 to 7 p.m., Vukovich 107
Donations will be accepted to support Relay for Life.

Keynote Presentation in Year of Civil Rights: Bryan Stevenson
Friday, April 11, 7 p.m., Ford Chapel
An acclaimed public interest lawyer, Bryan Stevenson is founder and executive director of the Equal Justice Initiative, a nonprofit that provides legal representation to indigent defendants and prisoners who have been denied fair and just treatment in the legal system.

Dance Concert
Friday and Saturday, April 11 and 12, 8 p.m., Montgomery Performance Space
Call 332-2813 for reservations for this concert presented by Dance and Movement Studies.

Carnival Celebration
Saturday, April 12, Brooks Dining Hall and Brooks Walk
The Association for Caribbean Students is hosting a carnival with face painting, henna, popcorn, a bounce house, music and more. Brooks will serve Caribbean-themed dishes at lunch.

Dodgeball Tournament
Saturday, April 12, noon to 2 p.m., Wise Center Racquetball Courts
The tournament closes out Residence Hall Association Week.

Concert by Allegheny Choirs
Saturday, April 12, 4 p.m., Shafer Auditorium
The College Chorus, Chamber Choir, Women's Ensemble, Men's Ensemble and Choir will perform historic and contemporary pieces. The Choirs are led by James D. Niblock.

Concert by Chamber Strings and Select Strings
Saturday, April 12, 7:30 p.m., Campus Center lobby
Robert A. Rudolph will conduct.

Candy Sushi Event
Saturday, April 12, 9:30 to 11 p.m., Campus Center lobby
A5 invites students to make candy sushi in this Celebrate Asia event.

Carnival To Benefit Heifer International
Sunday, April 13, 11 a.m. to 3 p.m., Jewish Community Center
Join Student Partnership for Service Abroad, Alpha Chi Omega and Hillel for games, pancakes, ice cream and smoothies.

Concert by AC Jazz
Sunday, April 13, 3:15 p.m., Campus Center lobby
Ronald Stitt conducts. Members of the Jazz Improv class under the direction of James Froman will present a pre-concert show at 2:30 p.m.

Drag Show
Sunday, April 13, 8 p.m., Campus Center lobby
Queers and Allies hosts this annual event to kick off Ally Week.

Nacho Libre Night
Sunday, April 13, 10:30 to 11:30 p.m., Campus Center
Union Latina presents Nacho Libre, with free nachos and Sumo wrestling.

Hannah and Maggie in Concert
Monday, April 14, 8 p.m., Grounds for Change
Queers and Allies is hosting this acoustic band as part of Ally Week.

Spring Leadership Series: "Diversified Leadership"
Thursday, April 17, 12:30 p.m., Campus Center 301/302
Marchae Peters and Paul Gee will lead this session. Spaces are limited and lunch will be provided. Sign up today by emailing mpeters@allegheny.edu.

Screening of "Fruitvale Station"
Thursday, April 17, 5 p.m., Tillotson Room of the Tippie Alumni Center
The Center for Political Participation hosts this screening.

Senior Recital by Scott Kirk, Bassoon
Thursday, April 17, 8 p.m., Ford Chapel
Scott Kirk will be assisted by Wendy Plyler and Allyson Weiner in this concert featuring works by Mozart, Vivaldi and Osborne.

CORRECTIONS

In last week's issue, it was incorrectly stated that Meghan Hayman took the front-page photograph of the Alexander String Quartet. The correct photographer is Warren Keck

Editor: CNN's coverage of Malaysian mystery controversial

By REBECCA FOX
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With twenty-four hour news networks growing popularity around the country, we are seeing more and more updates of information and less investigative newsworthy reporting. When I look at my new source, CNN, I see this everyday.

As a communication arts major and a journalism in the public interest minor, I am constantly questioning the ethical choices that go behind reporting in today's media society. Because of media technology in our generation, there is now a shift from investigating reporting to short snips of updated information

Three weeks ago, I couldn't go onto one website without finding some new detail about the missing Malaysian flight across the center of the CNN home page. With different connections and possible leads updating almost daily, any piece of information was leaked to the press and then published.

One idea that I picked up was that a lot of the information was not confirmed before it was released, so a lot of the news came up to dead ends. This not only confused the audience and maintained the 'mystery' aspect of the news story, but it also made the families become part of this whirlwind of confusion of events. After this story, I thought CNN would refrain from running any developments on the missing flight unless it was confirmed information.

Two weeks ago, CNN published a story regarding the emotional reactions of the victims' families and how media tends to publish everything without necessarily being sensitive to all audiences in this time of tragedy. After this story, I thought CNN would refrain from running any developments on the missing flight unless it was confirmed information.

However, at the beginning of this week, I opened my CNN app and found yet another story plastered on the front page. It is obvious that CNN believes this brings in the most audiences, so they still continue to run every piece of information. Is there anything different this time? They made a list of possibilities regarding the truth of the information.

According to the headline, two separate pulses were heard on a ship near the Indian Ocean, where the plane was expected to go down. However, in order to keep CNN clear of falsifying and implying more with this yet to be confirmed information, they tried something different. The title of this piece was: MH370: Is it the pinger? Four reasons to believe; six reasons to doubt.

Instead of going with one side of a small piece of information, the article dove into the reasons why this could be part of the plane, but also why it is still doubtful. CNN wants to publish any information still, but I am concluding that by publishing it in this format, they are saving their butts from criticism. By publishing pieces about sensitivity and then going back running every new piece of information, is CNN being hypocritical or ahead of the news?

Are the constant updates making us more informed citizens or simply products of technology?

Active Minds: How to beat stress and depression

By MICHAELA COWDEN
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With the school year's end rapidly approaching, the pressure is definitely on.

Professors are squeezing in the last of their material and students are scrambling to complete assignments. And while summer, in our minds, should be a period of care-free living, it is often filled with stressors all its own. Finding a job, landing an internship, taking summer classes and readjusting to living in your parents' home again can all take its toll. We, as members of Active Minds, are aware of what a build-up of these stressors can do, and want to make you aware of the signs of stress overload and what to do if you're almost at your breaking point.

Stress is often associated with feelings of anger, moodiness or feelings momentarily overwhelmed, but what too few people are aware of is the major implications stress can have on a person's body. In a single moment, without any warning, your whole world can feel like it's ending due to too much stress. It can lead to anxiety disorders such as, generalized anxiety and panic disorder or it can lead to depression. Some of the physical symptoms of generalized anxiety disorder include pounding heart beat, sweating, upset stomach, diarrhea, shortness of breath, muscle tension, headaches, fatigue and insomnia. Panic disorder expands upon those symptoms and also includes surge of overwhelming panic, heart palpitations, trouble breathing, choking sensations, hyperventilation, and many more symptoms.

Depression can cause feelings of helplessness and hopelessness, loss of interest, appetite or weight changes, sleep changes, reckless behavior, concentration problems and unexplained aches and pains.

All of these listed symptoms can severely impact daily life, as well as quality of life. Not letting stress spiral out of control is very important. Here are some signs of stress overload:

Memory problems, poor concentration, racing thoughts, constant worrying, moodiness, irritability, agitation, loneliness, isolation, unhappiness, aches, pains, diarrhea, constipation, nausea, dizziness, chest pain, frequent colds, eating more or less, sleeping too much or too little, neglecting responsibilities, nervous habits and many more.

Constant stress and feeling overwhelmed every day is not normal. You do not have to suffer from those feelings. Your body is most likely sending you signals that it is about to experience a break down. Make sure you listen to your body and take care of yourself. Healthy eating, getting enough sleep and regular exercise are the best ways to combat stress.

If you recognize any of the symptoms listed above in yourself or in someone you know, Active Minds encourages you to address them right away. The last thing you want is to spend your summer cooped up in the house because stress has gotten the best of you. The best thing you can do is to schedule an appointment with your doctor to discuss the symptoms you are experiencing. Your doctor will be able to refer you to someone for psychotherapy sessions, or prescribe appropriate medications to treat your condition. And of course, there are always hotlines for you to call if you ever feel like you need someone to talk to.

We, as the members of Active Minds, hope that you have found this article helpful and that it serves as a resource for mental health issues. For further questions, comments, or resources, feel free to send us an email at activeminds@allegheny.edu.

Here are some national, anonymous hotlines that are available to you 24/7:

Depression and Bipolar Support Alliance External Website Policy
Phone: 800-826-3632

National Association of Anorexia Nervosa and Associated Disorders External Website Policy
Phone: 847-831-3438

National Center for Posttraumatic Stress Disorder
Phone: 802-296-6300

National Eating Disorders Association Information and Referral Helpline External Website Policy
Phone: 800-931-2237

National Domestic Violence Hotline External Website Policy
Phone: 800-799-SAFE

National Sexual Assault Hotline External Website Policy
Phone: 800-656-HOPE

National Suicide Prevention Hotline External Website Policy
Phone: 800-273-TALK

ReproCo: Just the Tips
Fundamentals of dirty talk

By CASANDRA DELLAS
Contributing Writer
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Dirty Talk. Some people love it, others can't stand it. This week's Just the Tips will walk you all through some of the finer points to making steamy conversations with your sexual partner. Before starting, understand that overall tone and volume can be an effective tool to creating a sexually charged atmosphere as well. Whatever phrase you say can be changed drastically by whispering it in your partner's ear or saying it across the room with a dominating effect.

The first thing to know is that verbalizing how and what you'd like your partner to do can be incredibly exciting and empowering to your sexual relationship. By vocalizing your needs and wants, you and your partner can be more in tune to each other's bodies and needs so that you can accommodate them accordingly. The second thing to know is that there are actually two kinds of dirty talk: Soft core and hard core.

Soft core talking will generally be less explicit and will either allude to activities to come or talk about particular body parts in ways that are not entirely explicit. Soft core phrases can be a good starting spot if you're not comfortable saying more explicit terms to your partner. Starting off with more soft core phrases during foreplay can get you and your partner mood and ready for more explicit phrases later on.

Good soft core phrases include, but are certainly not limited to:

"I want you so bad."
"I can't wait to get you home."
"What do you want to do to me?/Guess what I want to do to you."
"Your (insert body part here) is so sexy."

Hard core talking is much more explicit and will generally be more specific to the situation you are in. By using some of the more hard core phrases, you can let your partner know exactly what you want, how you want it, and how much you want of it.

Some examples of more hard core talking are:

"Put your mouth on my (insert body part here)."
"I'm going to work you so hard."
"Get on the bed so I can I see you naked."

With any of these phrases remaining confident in what you say is key to creating sexual tension. If you feel a little silly saying certain words or phrases, keeping a confident façade can mean the difference between creating sexual tension and creating awkward silence or laughs. Even if you have to fake it and hold in a laugh, that's okay! Some of these phrases can be a little weird but using them correctly can add real spice to a sexual partnership.

As always, but especially when using the more dominating phrases, make sure that you are receiving full, verbal consent from your partner throughout the entire sexual process. This is super important and will keep you both safe andhappy while engaging in sexual activities.

HAVE AN OPINION?
WRITE FOR THE CAMPUS
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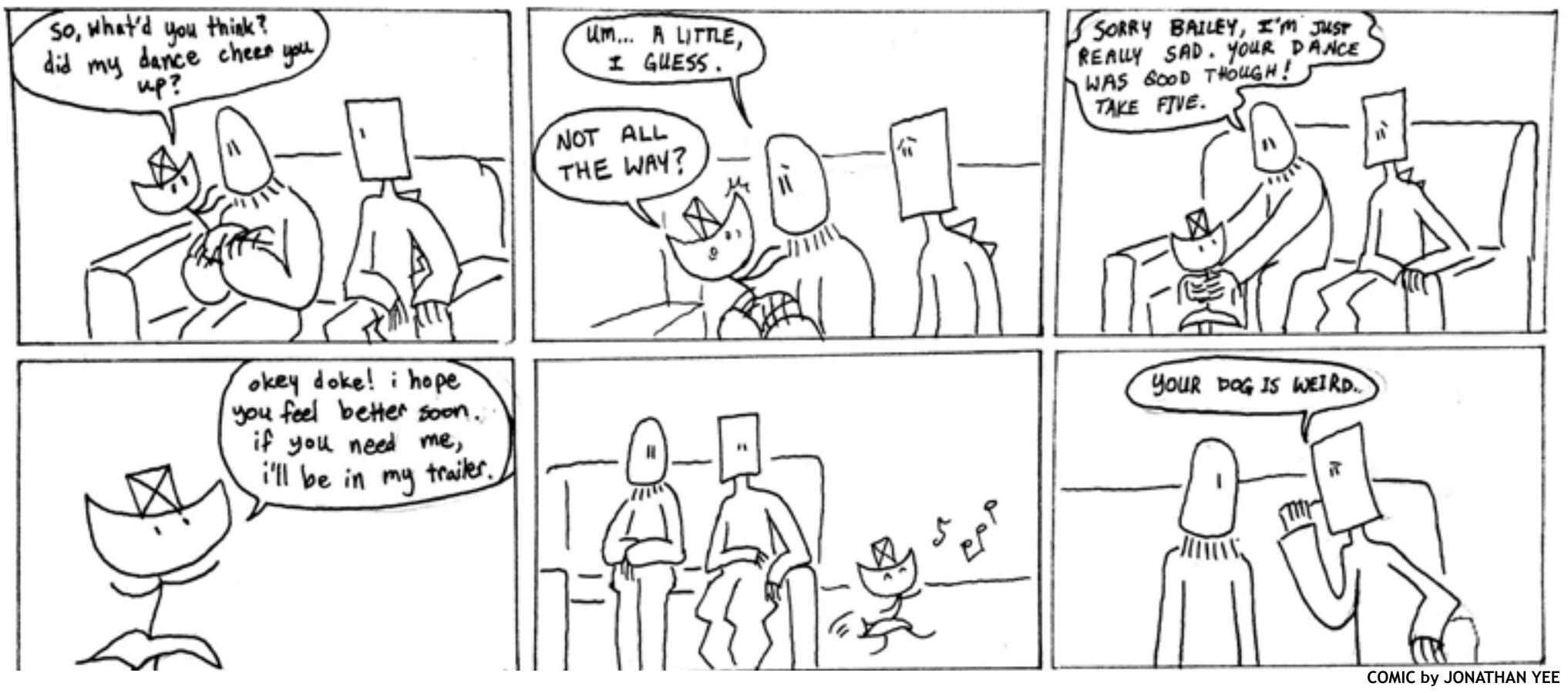
THE SIMPLE THINGS



COMIC by JONATHAN YEE

Just for the health of it

Columnist: Three tips to optimize your workout time

By GAVIN NIRMAIER
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I was a sophomore in high school when I first began seriously exercising. My dad bought me some dumbbells, a weight bench, and a heavy bag and set up an exercise area in my basement.

I would literally spend hours in the basement lifting weights, looking up videos concerning form, and doing my best to educate myself about training. I was (naïvely) a strong believer that the more time I spent in that basement, the more results I would see.

However, I have learned through experience that getting the most out of daily workouts is not about the time spent in the gym; it is about the optimization of the time spent in the gym.

The benefits of optimization are twofold: you will (1) save time in the gym, providing more time to spend on the many other activities on your plate and (2) see more results from your hard work in the gym, feeling better physically and mentally.

For undergraduate students, having time to fit class, homework, extracurriculars and other activities into one day is a seemingly impossible task. With pressing deadlines, meetings and tests, finding time to exercise can feel impossible. Often, a common misconception surfaces: exercising for x amount of time per day is the only way that it will be beneficial. This is not the case.

Spending two hours in the gym is not necessarily better than spending 45 minutes in the gym; the key is to optimize the amount of time that you are willing to dedicate to the gym. Here are three simple, easy-to-apply tips to optimize your exercise time:

1. Turn up the Intensity:

Whether you enjoy training with weights, running on the treadmill, or swimming laps in the pool, it is possible to increase the intensity of your workout. If you usually lift weights and rest for 75 seconds between sets, rest for 45 seconds instead. If you usually run at an eight-minute-mile pace for 45 minutes on the treadmill, run at a seven-minute-mile pace for 25 minutes. If you swim 40 laps at 50 percent of your maximum speed, swim 30 laps at 75 percent of your maximum speed. Increasing intensity will push you to have a better workout, while also allowing you to leave the gym sooner.

2. Time Rest Periods:

As I eluded to in tip one, rest periods are important to optimizing your time in the gym. Regardless of the exercise method that you prefer, timing your rest periods is vital.

It is easy to get caught staring of into space, singing along to your favorite song, or taking an extended water break between exercise periods. To combat these pitfalls, wear a watch or haveyour phone's timer handy to stay on track with shorter, stricter rest periods.

3. Cut the Conversation:

This tip may be more difficult to accomplish, because the gym is a social hub on campus. In fact, on a broader scale, the gym is becoming a bonding place for business professionals as well, and is beginning to replace the stereotypical "golf meetings" that take place between businesspeople.

However, if your goal is to optimize gym time, it is important to keep conversations out of your routine. This does not mean to be rude to people who may want to talk to you, but it is possible to politely put off conversation to another time.

Take these three tips to the gym this week and experience your exercise time become more efficient daily. The times of spending two hours in the gym are over; optimize your time and get a better workout faster.

THIS WEEK IN SCIENCE

By AMANDA SPADARO
Science Editor
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LUNAR ECLIPSE

During the early morning hours of April 15, a lunar eclipse will be visible from the Western Hemisphere. When a lunar eclipse occurs, the moon must be full and the earth must be aligned to block the sun from the moon. The moon moves behind Earth, preventing the reflection of the sun's rays that gives the moon its luminescence. This type of eclipse may be safely watched, unlike a solar eclipse, which is when the moon moves between the sun and Earth.

The eclipse will begin at 1:58 a.m. in the eastern time zone, lasting over three hours. The total eclipse, the best part for viewing, will start at 3:07 a.m. and last a little over an hour. In addition, during the eclipse, the star Spica, part of the constellation Virgo, will be visible next two the moon. Mars may also be viewable at this time, an orange-colored star to the west of the moon. The eclipse will be most easily seen from the Northern and Southern Americas while Europe, Africa and Asia will not see the eclipse as it will be daytime. However, the event can be viewed online with a telescope webcast from the SLOOH Observatory.

EUROPEAN UNION SATELLITES

The European Union has launched a new project, the Copernicus Programme, which hopes to map Earth's surface. To accomplish this task, the program will launch satellites called Sentinels that will use radar systems to monitor the earth. Sentinel-1a, the first satellite of the project, was put into orbit as of April 3, and once fully operational, the system will have up to eight terabytes of data regarding the land surface detail daily.

The EU has committed approximately 10 billion dollars to the program thus far, with the hopes that the project will continue indefinitely. When one Sentinel satellite is no longer in orbit or transmitting data, another Sentinel will replace it, promoting continuity of the program's information.

One of the primary uses for Sentinel-1a aside from mapping land detail is in disaster response. The satellite will be able to read the extent of damage following natural disasters such as the infrastructure condition following an earthquake. Sentinel-1b is expected to launch in 2015, with another pair of satellites, 1c and 1d, replacing the previous two whenever anticipated failure is projected.

"Once all the Sentinel satellites have been launched, the Copernicus programme will be the most efficient and fullest Earth-observation programme in the world," said European Commission President Jose Manuel Barroso to BBC News. Current hopes for the program include tracking fishery management, air quality, waste disposal programs and climate issues.

VOLCANIC ISLANDS FORMED IN JAPAN

Two volcanic islands in the Pacific Ocean have recently merged into one landmass. When volcanic eruptions on the seafloor move enough material to the surface, new landmasses form. In November 2013, a small island formed near Nishino-Shima, an island of Japan. Nishino-Shima is also a volcanic landmass, enlarged by volcanic eruptions in the 1970s.

The smaller island, called Nii-jima, has now merged to form an island a little more than half a mile across. This merged mass is part of the Ogasawara Island chain with volcanic activity being most active near the southern tip of the island.

GENETICS OF PROCRASTINATION

New research by a team of psychologists at the University of Colorado have found that a tendency to procrastinate may be a genetic trait. The research also suggests an evolutionary advantage for early humans to procrastinate: finding food and water while avoiding predators came first. In this sense, other tasks could genuinely wait, if one wanted to survive, that is.

However, in today's society, procrastination may actually be a detriment to individuals, allowing them to fall behind in important modern tasks involving school and work. Extreme procrastination may cause people to lose jobs, drop out of school or fall into severe debt.

For some reason, though, procrastination is still a common problem, suggesting a strong genetic component involved in maintaining this bad habit at large. By conducting experiments that focused on the role of heredity and genetics, the researchers determined that almost half of people are influenced by their genes when it comes to procrastination.

Impulsivity was also found to be highly correlated with procrastination, making people who are more likely to put off work to also indulge in temptation. While 46 percent of procrastination is determined by genetics, 49 percent of impulsivity is explained by genes. However, impulsive people were found to be better at managing procrastination tendencies when able to focus on a future goal. This information provides hope for the environmental, learned type of techniques for reducing and managing procrastination.

EBOLA IN GUINEA

In March, Guinea reported an outbreak of ebola, a virus that has no specific treatment or vaccine in humans. Currently, Guinea has a reported 101 deaths with another 10 reported in Liberia. The spread currently happening is affecting a larger area than past outbreaks with 157 reported cases, 20 of which are in the capital, Conakry. Liberia and Mali have also reported cases that the World Health Organization is currently investigating.

In response, Mali has proposed stricter border control while Saudi Arabia has temporarily suspended visas for those from Guinea and Liberia. With no cure or preventative vaccine, Ebola has a fatality rate between 25 and 90 percent. Transmitted through close human contact, especially with biological fluids like blood, Ebola results in muscle pain, vomiting and diarrhea which may escalate to organ failure and uncontrollable bleeding.

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Softball finishes stretch 5-1

Nealer awarded NCAC Player of the Week after strong weekend



AMASA SMITH/THE CAMPUS
Coach Beth Curtiss addresses her team on Saturday April 5, 2014 in Meadville, Pa. The Gators finished 3-1 over the weekend.

By PAT JAMESON
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It was a busy week for Allegheny Softball, playing six double headers in a four day span, ending the stretch 5-1.

On Saturday April 5th, the Gators (10-1, 5-1NCAC) squared off against Denison College in their first conference matchup, dropping their sole loss of the week to the Big Red during the second bout of the day.

The Gators dominated the first game using timely hitting and a staunch defense behind Caitlin Nealer's, '15, impressive effort on the mound. Nealer pitched all six innings while allowing only three hits with eight strikeouts.

Allegheny led 3-0 heading into the fifth when a scoring run behind Belle Mazurik's, '16, double to center field put the game out of reach. Halea Hayden, '14, scored on Mazurik's hit and the next at bat, junior slugger Sadie Stuart blasted a home run to make it 6-0. The Gators scored two more runs in the sixth inning to cement the score at 8-0. Hayden, Mazurik and Stuart each recorded two hits while Stuart led all players with 4 RBIs.

The rematch later that day proved tougher for the Gators as they dropped a 0-3 decision. Freshman pitcher Allison Cabo was credited with the loss, pitching two innings and allowing four hits with three strikeouts. Denison took the early lead as Meghan Edwards blasted a home run to put the Big Red up 2-0. Another Denison homer in the third pushed the score to 3-0. Nealer relieved Cabo the following inning and pitched the remainder of the game. The Gators normally explosive offense was unable to find their stride and managed only one hit in the loss.

Allegheny rebounded on Sunday afternoon, defeating Ohio Wesleyan 1-0 and 2-0 in back to back contests. The first game was a defensive struggle as neither offense was able to produce. Halea Hayden's homerun in the bottom of the third was the only score in the contest and the outfielder had two out of the three total Gator hits. Nealer continued her dominance on the mound as she pitched the full seven innings with a whopping ten strikeouts.

The second game was similar to the first. Hayden again provided in the clutch as her single in the third drove home Margaret Clarke, '17, to make it 1-0. The score remained the same for several innings until Katrina George's, '15, shot to right center scored Stuart to make it 2-0. Denison showed signs of life in the top of the seventh but a failed stolen base stifled the Big Red's momentum and the game ended on a strikeout, stranding one batter on base. Nealer pitched the entirety of the game and grabbed her seventh win of the year.

Nealer was awarded the NCAC Player of the Week for her efforts and said that she owes much of her success to her teammates.

"I'm honored to receive the award," Nealer said. "It's great to be noticed and it also reflects on the whole team. Without them behind me putting in 100 percent effort every play I wouldn't be as successful."

Head Coach Beth Curtiss said that Nealer has been an integral part of her team's success this season.

"One of the biggest reasons we were able to win all four of them was because of the outstanding pitching," said Curtiss. "Caitlin gave up only two runs in her first three wins of conference play. She was dominating on the mound. She is also a great leader for our program and provides us with offensive power as well. I can't say enough about Caitlin."

The Gators' win streak continued on Wednesday as they swept visiting Wooster College. The first contest remained scoreless until the fifth inning when Hailey Marthaler, '16, singled, driving home Clarke and making it 1-0. Wooster answered immediately the following inning, as a homerun and Gator fielding error allowed them to take the 2-1 lead. Sadie Stuart singled in the bottom of the sixth and Hannah Blinn, '17, drove her home to tie it up. After a defensive stand in the top of the seventh, the Gators entered the bottom of the inning looking to put the game away. Junior Leah Herlocker proved to be the difference maker as she singled and then scored two plays later on a fielding error, giving the Gators a 3-2 win.

The Gators relied on a comeback surge in their final game, battling back from a four run deficit to escape with the narrow 5-4 victory. Wooster dominated the first four innings behind a three run scoring streak in the third. Allegheny then chopped their deficit to three as Nealer singled and drove in Clarke. The score stayed the same until the fifth when Hayden and Miranda Arison,'17, drew back to back walks to put the Gators in scoring position. The next at bat George blasted a double to right center and scored Arison. Stuart then stole home on a wild pitch to tie the game at four and end the inning.

The sixth inning proved to be the deciding factor as Arison drew her second walk of the game and was immediately driven home on a Mazurik single, giving the Gators their first lead of the game at 5-4. Allegheny left two on base after Stuart flied out, but it would prove meaningless as the defense shut down Wooster in the seventh to secure the narrow win. Arison was credited with her first career win as she pitched four innings in relief of Nealer. She allowed four hits but had two strikeouts and kept Wooster scoreless for the second half of the game.

"Miranda Arison came in to throw three scoreless innings and get her first win of the season," said Coach Curtiss. "She proved that she has what it takes to pitch here."

According to Herlocker, the conference wins have put the Gators in a great position moving forward.

"We've started off pretty strong in conference we're hoping to keep improving," said Herlocker. "Our games against Witt this weekend are critical and we're looking to come out early with our bats and sustain a lead. We're feeling great about our potential through the second part of the NCAC schedule and hopefully beyond that."

The five conference wins provide a large boost for Allegheny, who is entering a crucial schedule in terms of NCAC standings. The Gators currently sit at second in the conference behind undefeated Depauw University. The teams' highly anticipated matchup is scheduled for April 19th but first Allegheny must play two very tough squads in Wittenberg and Case Western University. The Gators travel to Springfield, Ohio this Saturday for a doubleheader versus Wittenberg. The first game are slated to begin at 1 p.m.



AMASA SMITH/THE CAMPUS
Cait Nealer, '15, was named NCAC Player of the Week for her efforts.

Historic weekend propels Gators to win

By Emerald Wright-Collie
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Men's tennis faced off against Wittenberg and Ohio Wesleyan this past weekend in Delaware, Ohio. The Gators (9-4) won in convincing fashion, sweeping both squads on consecutive days to push their win streak to three. Standout Pat Cole, '14 was named NCAC Player of the Week for a record breaking performance in the matchups.

"I think the fact that we have a lot of veterans on the team has contributed to our success this year," said Head Coach Jaren Luteran. "The leadership and experience we have in matches is very valuable."

After falling to Wittenberg in the NCAC conference tournament last season, the team avenged their loss with a 9-0 victory Friday night. The Gators swiped all three doubles matches away from Wittenberg, as juniors Sam Stephenson and Alexander Hurtuk won their match 8-3. Cole and Tyler Triolo, '16, won their match by a score of 8-5. Allegheny finished off their doubles domination with an 8-4 win by Daniel Conroy, '15, and Thomas Manning, '16.

Entering the singles matches against Wittenberg, Cole took control, winning in a tie-breaker (7-1) 7-6 (7-2). He continued his dominant effort with a 6-0 victory in the second set. In doing so, Cole cemented his place in the Allegheny history books by breaking two all-time records. His 75 career singles wins and 220 combined career wins make him the school leader in both categories.

"I used last year's heartbreaker as motivation for this match," said Cole. "I was thrilled with my results personally and the team's as a whole."

Conroy also won his singles match, 6-2, 6-1. Triolo and Murphy took their singles matches 7-5, 6-3 in second singles and 6-1, 4-1 in fourth singles, respectively. Thomas Manning was forced to three sets in his singles match, but walked out as the victor with a final score of 4-6, 6-1, 10-7.

"Last year we lost to Wittenberg 5-4 in the conference tournament, and this year we swept them 9-0," said Kevin Snyder, '14. "That improvement is great to see at this point of the year."

The Gators squared off against Ohio Wesleyan the next day, again winning in decisive fashion 8-1. The doubles team kick started the rout, winning two out of three to open the day. Stephenson and Hurtuk won their match by a score of 8-4, while the combination of Frank Mosconi, '14, and Conroy topped Ohio Wesleyan's duo 8-2.

The team swept all six singles matches against the Battling Bishops with victories by Charlie Murphy, '14, Hurtuk, Manning, Conroy, Mosconi and Cole.

"Anytime we play a conference opponent our entire team is really fired up," Cole said.

The team hopes to carry their momentum as they enter the final stretch of the season.

"These wins give us some confidence heading into our last couple of weeks of matches," Snyder said.

A home matchup against Penn State Behrend was postponed on Tuesday, and the Gators will be back in action Friday with a double-header against Franciscan and Washington and Jefferson.

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PHOTOS BY CAITIE McMEKIN/THE CAMPUS

An official questions a member of team Titanium Sheep while Charlotte Barton talks to two boys who were also at the competition from her school, on April 4, at Meadville Area High School during the Robobots competition sponsered by the National Robotics League and the Northwestern Pennslyvannia chapter of National Tooling and Machining Association. The team began preparing their robot for their next battle imediately after winning their first round of battle.

ROBOBATTLE

Local students participate in robotics competition



Meadville Area High School's gym bleachers were packed on both sides of the court. For those not close enough to see the action, a large projection screen was displayed above the microphoned arena.



The three judges watch the ongoing battle of two bots. At the end of each battle, judges independently vote for who they believe the winner to be and the majority rules. Nick Ozorak, '13, (right) is an Allegheny Alumnus.



An official points to the large poster which displayed the winners and losers bracket of the competition.

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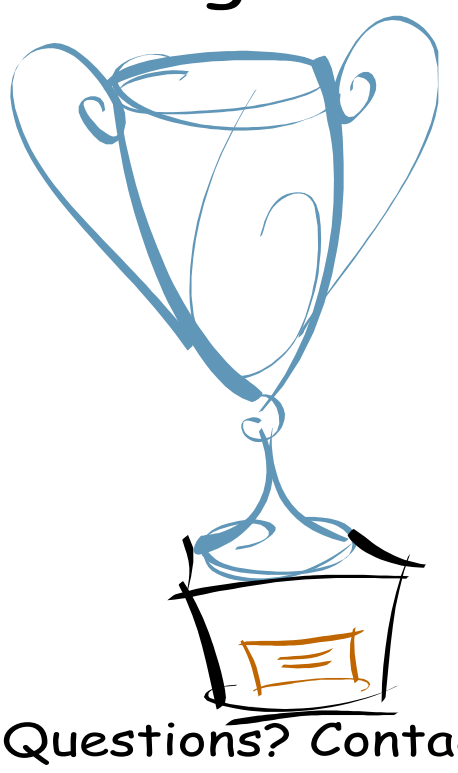

Saturday, April 26th
9:00 a.m. to 2:00 p.m.
Quigley Hall
Auditorium

Questions? Contact Professor Chris Allison callison@allegheny.edu
Department of Economics at Allegheny College



College hosts week for Sexual Violence Awareness

Allegheny Coalition Against Rape Culture encourages discourse

By ANGELA MAURONI
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Since April 2001, Sexual Assault Awareness week has been nationally recognize in order to raise awareness and organize prevention activities. Here at Allegheny, awareness events have been organized by the recently founded Allegheny Coalition Against Rape Culture (ACARC).

Leading ACARC is president Lauren Dominique, '15, who started the organization with other students who participated Professor Kazi Joshua's introductory class in values, ethics and social action. Some of the students recognized a need to take steps to make a change on Allegheny's campus because of their passionate beliefs.

ACARC's goal is to raise awareness about rape culture and how it negatively affects the Allegheny community, as well as to provide a safe space for victims, survivors and supporters of the cause.

Along with Dominique, ACARC is run by the secretary John Fuegar, '16; public relations, social media and design head Bennett Gould, '16; public relations events head Alicia Foster, '16; and adviser Jacquie Kondrot, the Associate Dean of Students for Wellness Education.

ACARC began events on Monday, April 7, with a discussion in Grounds for Change with Christina Smith, a worker at Women's Services Inc. in Meadville. Smith gave information about what Women's Services offers, mainly that of absolutely free and confidential support at all hours of the day, offering services for the homeless and victims of domestic or sexual violence.

After, Smith informed the circle of listening students that one in four women will be the victim of sexual assault at some point in her academic career and one in eight men will be the victim of sexual assault at some point in his life. She also made the group aware that 56 percent of women and 70 percent of men think that forced sex is okay under certain circumstances.

Women's Services is currently working on a text line to provide even more anonymous support for those who need it from them. They hope to have it completed before the end of the year.

On Tuesday, April 8, Allegheny welcomed speaker Katie Koestner, the first date rape survivor to speak out nationally against sexual violence. Koestner, who began her story with charm, humor and a soft voice, quickly had the Shafer Auditorium silent as she explained the attack she survived in 1990. As Smith informed the group on Monday, 80 percent of victims know their attackers. This was also the case for Koestner, who told the crowd that she trained herself not to cry when telling the story to avoid victim blaming. Despite lacking the support of either her parents and having little support from the administration of William and Mary College, the school she was attending, Koestner explained that she managed to find the determination to continue:

"Sometimes I think our motivation is amplified when we feel small," she said.

Since her assault, Koestner has been on numerous national television shows, including Oprah, to speak out against sexual violence. Her testimony on Capitol Hill was instrumental in the passage of federal student safety legislation as well.

Koestner gave advice to Allegheny students, saying, "Try it. You can change minds. You can change the world."

On the following day, Amnesty International sponsored a panel discussion in Quigley Auditorium about the Dehli Gang Rape case in India. The panel included assistant political science professor Jolie Wood, professor of philosophy Eric Palmer and associate professor of economics Stephanie Martin.



MEGHAN HAYMAN/THE CAMPUS
Laura Pellegrini, '17, wrote notes during the discussion on a hand out about the Delhi case on April 9, 2014.

Although the details of the case were not discussed in depth, handouts were available detailing the verdict of the six men charged in the case. Gang rape is not an infrequent occurrence in India, according to Wood. Poor women are known to be raped.

Martin agreed, saying that cases like this happen everywhere, everyday and addressed why she thinks that is: "We have a socially constructed system that ranks some people above others," she said.

Despite this thought, Martin said, "I think [ACARC] is the first step to changing things."

Wood said she believes that here at Allegheny there is much more that can be done to promote activism, and several students joined in to agree.

ACARC scheduled a "Coffee and Consent" discussion in GFC for April 10, announced that students should wear teal on April 11 in support and collaborated with the Queers and Allies organization for a discussion about heteronormativity and hook-up culture at Allegheny on April 12.

Dominique said that although some students believe their group is too radical, she has also received extensive support and thanks for the action that ACARC is taking. She said that ACARC will be unable to completely drive sexual violence from Allegheny's campus but that they have the future in mind:

"ACARC will strive to aid the effort and be a driving force behind the awareness movement. And although we--the current students of ACARC--will not see the complete abolishment of rape culture on this campus, we are here to start the movement."

DANCE *from page 1*

By REBECCA FOX
Opinions Editor
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Allegheny's dance and movement studies department is presenting its annual spring concert at the Montgomery Performance Space on Thursday, April 10 through Saturday, April 12 at 8 p.m.

This program brings together students on campus with varying levels of dance experience and interests. With the variety of dances, this year's concert also relates the dance themes to Allegheny's bicentennial theme, Year of Civil Rights. Along with this year's focus on themes, the concert also features live music during performances.



AMASA SMITH/THE CAMPUS
Keith Shawley, '17, dips Anna Zedar, '14, in a piece at the dance and movement studies spring concert.

"Our concert has something for everyone in terms of entertainment," said Eleanor Weisman, assistant professor of the dance and movement studies department, "Some dances will push the audience to think about dance as an art form."

Choreographers include Betsey Sumerfield, an instructor in the dance and movement studies department, James Reedy, an instructor and conceiver of "Crossing", as well as Weisman.

The dances range from contemporary to ballroom and everything in between. It also features a new development of dance, Butoh, which is featured in the piece "Shingles."

Allegheny alumni, Jacqueline Shannon, '10, and community member Doug Lodge choreographed "Shingles."

"A lot of the images are about death and awkwardness and it's very provocative... partly to shock the audience," said Weisman.

Along with "Shingles," "Crossing" is a contemporary dance piece. Danced by Kassandra Krason, '15, and conceived by Reedy, it consists of restrictive movements and improvisation.

"James had a dream about this over winter break and approached me. He saw me doing this piece where I was bound from the waist down, my arms free flowing," said Krason.

> "The boundness represetned the boundaries of one's life journey and how that can translate to them watching the dance."
>
> Kassandra Krason '15

With being bound, Krason says each performance of her piece will be different because it is based on improvisation and expression. More importantly, the restrictiveness of the dance symbolizes the struggles of life.

"People can notice how much effort it takes to walk and make steps and transfer that to their own life journey," said Krason. "The bound-ness represented the boundaries of one's life journey and how that can translate to them watching the dance."

Following "Crossing" and "Shingles" is Weisman's piece "Movement Rights: Voices of Embodying Democracy." The piece features eight dancers, alternating between group choreography and solo pieces. The dance follows the theme of Civil Rights and is a showcase of the exploration of justice. The dancers came in with quotes that were meaningful to them about human and civil rights.

The piece was performed last Friday, April 4, for the Democracy Realized Conference.

Weisman is incredibly proud of this group of students, hoping this dance will continue the dialogue after the concert.

"It's about not being able to find words to express their struggle for justice, which is really cool because my dance is with Allegheny students and we're also trying to explore and make some meaning out of the legacy of civil rights," Weisman said.

Following the first half of the program is Summerfield's dances, which surround The Beatles theme. Her other dances include participation from her ballroom courses.

Akeem Bridgeman, '16, a ballroom student, is thankful for the experience his courses and the concert have given him, whether it be bonding or learning.

"It's been a long eye opening semester. From day one in our ballroom class we had one goal: the spring concert," said Bridgeman. "It turned to hours of evening rehearsals, inevitably creating a family of great dancers. It's been fun and it's been eye opening."

ASA hosts third annual African dinner

By MELISSA LOPEZ
Contributing Writer
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The African Students Association (ASA) held their third annual African dinner Sat., April 5, in Shultz Banquet Hall. Allegheny students, alumni and professors gathered to eat and learn about traditional African culture as well as gather with students from different countries in Africa to learn about their culture.

ASA was put together three years ago with the goal to help educate and inform students about the African culture.

"The African Students Association was formed by African students to bring awareness of the culture at Allegheny as well to the Meadville community," Hana Falein, '14, said.

She added that the focus is to educate students on the positive elements of the African continent and let students know how these African students live back home.

"Most of us were born in Africa and it's a very diverse place and even though we all identify as Africans, we come from completely different parts of the continent. We have students coming for Ethiopoa, Sudan, South Sudan, Nigeria, Ghana, and Egypt and much more countries," Falein said.

Along with traditional food, trivia questions were part of the learning experience at the dinner and prices were given away. One of the prizes was bracelets that Stephan Onyeiwu, the academic advisor for ASA and a professor in the economics department, brought back from his recent trip to Africa.

Onyeiwu discussed Combination 2020 during the dinner, which is a set of goals that Allegheny College has set by the year 2020. One of the goals is to internationalize the campus.

"This gathering is part of the process, it is contributing to the strategic goal," Onyeiwu said.

The African Dinner is one of the opportunities for students at Allegheny College to learn about their peers' cultures. Other cultures are represented on campus, for example the Asian and Asian American Association, Union Latina, Association of Advancement Black Culture and Japanese Club. These groups form for students to interact and experience new cultures.

Events like the African dinner educate other students on campus and students can experience eating cultural foods. Traditional African dishes such as meat sambosa, fried plantains, jallof spaghetti and deserts were served at the dinner.

"The dinner was delicious. Everything was well cooked and they planned the event nicely to the point where they had lots of food for their guests," Halie Gary, '17, said.

For those interested in joining ASA, they welcome everyone on campus to join. The group meets every other week in Quigley Hall room 201 at 7 p.m. If interested in joining ASA, email Hana Falein (faleinh@allegheny.edu).