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AMASA SMITH/THE CAMPUS

Dr. Wasif Syed, the founder and chief executive officer of Ivy League Advisor, spoke to students about personal development and reaching their academic and life goals at the Gladys Mullenix Black Theatre on Tuesday, Oct. 18.

Syed talks how to develop student human capital

By SAM STEPHENSON
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One of The Huffington Post's five people inspiring peace, Wasif Syed, spoke to Allegheny students on Tuesday, Nov. 18. Syed is the Founder and Chief Executive Officer of Ivy League Advisor hosted a workshop and spoke to students in the Vukovich Center for Communication Arts about how best to develop a student's human capital.

Syed was first introduced to the college by Allegheny Student Government Senator Pat DiFrancesco, '15. DiFrancesco considered Syed's background to fit well with Allegheny's slogan of unusual combinations. Syed's doctorate is in applied physics from Cornell University and he worked as a petrophysicist at Shell before conducting policy work at the RAND corporation. While at RAND, Syed focused on international relations, Middle East issues, big data, entrepreneurship, international security, energy policy and defense policy.

"I met him while working an event this summer for my job in D.C.," DiFrancesco said. "I set up an event for him to give a presentation to a group of students from different colleges and universities all over the country…So I talked to him about Allegheny and told him a little bit about what we're doing, what we believe in."

Syed waived his speaking fee to come to Allegheny, according to DiFrancesco.

Syed is passionate about educational and leadership mentorship, or as he calls it, human capital development. His firm does that through three pillars of leadership, mentorship and growth and development for students across the world. Syed has more than 10 years of education experience and leadership strategy consulting.

"The focus is that in any ecosystem that I go to, I define ecosystem as an environment whether it's a school, college, a company, a government, the idea is how do you uplift the collective potential of the individuals there to help them achieve greater aspirations, greater goals," Syed said.

For Syed's discussion, he used an example of a can of soup. That if a student represents a can of soup and a consumer represents a potential

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College updates required courses

Faculty vote 90-34 in favor up changing distribution requirement

By SAM STEPHENSON
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Allegheny College's Curriculum Committee's proposal to change the current distribution requirement passed 90-34 in the faculty meeting on Nov. 13, according to Amelia Carr, secretary of the faculty and professor of art. The first class to officially take part in this new curriculum will be the class of 2020.

The new distribution requirement requires students to take one class in each of the following areas of inquiry: civic learning; human experience; international and intercultural perspectives; modes of expression; power, privilege and difference; quantitative reasoning; scientific process and knowledge and social behavior and institutions.

Since 1996, the distribution requirement has required that students take two classes in each of the three divisions of the college: the social sciences, the natural sciences and the humanities. If a student is not majoring or mi-

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Coplen selected as Rhodes Scholar finalist

By SAM STEPHENSON
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Jacqueline Coplen

Jacqueline Coplen, '15, has been selected as a finalist for the Rhodes Scholarship. If Coplen is selected, she will be the first Allegheny student to be a Rhodes Scholar. The Rhodes scholarship, one of the most prestigious fellowship opportunities in the world, is a year-long fellowship at Oxford University. Thirty Americans are chosen each year.

Past winners of the Rhodes Scholarship include Robert Warren Penn, Bill Clinton and three nobel prize winners.

Patrick Jackson, Allegheny's nationally competitive awards adviser and professor of history and religious studies, helped guide Coplen through the process.

"I had a Gator Day event last spring about applying for nationally competitive fellowships and she showed up at that, interested in applying for the Rhodes Scholarship," Jackson said. "She was pretty well informed, even when she came to that event. I could tell she had been thinking about it. She knew the deadlines. She had some idea of what she wanted to study, how difficult just the process of applying would be. She knew the odds."

Coplen is currently in the Army Reserve Officer Training Corps program at Edinboro University. In this program, Coplen will graduate as a commissioned Second Lieutenant in the Army. Coplen plans on attending law school to become a judge advocate general.

Most of Coplen's reasons for applying to the fellowship involves her future career in the Army.

"I didn't decide that I wanted to apply until around April," Coplen said. "For me, a huge turning point was when I realized that there was a gap in my education and that I would be faced inevitably, in the line of the work that I've chosen for myself, with questions I felt I didn't have the education to answer properly and thoroughly."

Upon further reflection, Coplen realized that many of her questions revolved around a quote from Thomas Hobbes' "Leviathan." The quote, "We only are in a time of peace when there is an assurance that there is not a threat of war," stuck out for Coplen.

"It really made me think, 'what is peacetime? What is wartime,' especially in our modern context," Coplen said. "I realized that I didn't really know the answer to that, nor do I really know the answer to 'what is just war?' It got me thinking. How am I to be an ethical leader, an ethical military leader specifically, if I don't know what ethical conduct in war is? I mean yes, we have the Geneva Convention and the difference between right and wrong, but that doesn't really apply all the time and black and white rules don't apply to all the grey

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JOSEPH TINGLEY/THE CAMPUS

Construction behind the temporary walls is progessing as the semester comes to an end. The majority of work remaining includes painting walls and adding ceiling tiles.

Library renovations near completion

By JOSEPH TINGLEY
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The Pelletier Library has been under construction since May 2014 to renovate the building in order to accommodate the Gateway that will be moving offices in January. Offices including career education, center for political participation and various other offices are expected to begin moving into Pelletier on Jan. 6. According to Brian Gillette, assistant director of Physical Plant, the college expects to meet that deadline.

"We are still on schedule to be in there on Jan. 6, so when students come back from break, the temporary walls will be gone," said Gillette.

The cost of renovating the library to include more than 35 offices on the main floor and other renovations throughout the building came in at around $1.2 million according to Gillette.

The Gateway is designed to house one central location for multiple student advisory services. The intention is to create a one-stop center for student, education and career services and Pelletier was agreed to be the best space to

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employer, graduate school, medical school, law school, etc., the consumer first picks up and buys a can based on its aesthetics. Syed defined the aesthetics as the résumé, the things that initially attract the employer or graduate school to a candidate. But what keeps the potential employer or graduate school coming back for more "soup" is the quality of the the "soup." This metaphor Syed uses, he believes, is universal to his students no matter where they come from.

Syed believes the most important part of his talk is the idea that everyone needs a coach. No matter how young or how old, to be successful a person needs a mentor. He used the example of Eric Schmidt, executive chairman of Google Inc., who upon arriving at the company in 2001, was told that he needed someone to mentor him. Syed presented a video in which both Bill Gates and Schmidt stressed the importance a mentor or coach has in a person's professional and personal life.

Just coming from Harvard University and the Massachusetts Institute of Technology where Syed spoke to students, he believes that Allegheny specifically has a lot of untapped potential. According to Syed, comfort is the end-all and it takes a leader who has a vision of constantly improving to continue to grow and prosper.

"You have to have the humility to recognize that comfort is the kiss of death, that there is always room for improvement" Syed said. "I had the pleasure of meeting your president, President Mullen, this morning and he struck me as someone who is also a visionary and is very open minded to bring additional perspectives to campus."





PHOTOS BY AMASA SMITH/THE CAMPUS

Dr. Wasif Syed held a discussion in the afternoon on Tuesday, Nov. 18 with a group of approximately 20 students on the topics of leadership, career development and graduate admissions in the Tippie Alumni Center.

Jim Fitch, director of career education, believes that much of what Syed had to say models the type of connections the school is trying to build in the Allegheny Gateway.

"His talking about building a platform, making these connections and being able to articulate one's story is what we're trying to do as we work with students to expand the learning that's taking place, to integrate their experiences, curricular and co-curricular, and then to apply them as they're stepping forward from Allegheny," Fitch said.

GATEWAY

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reach students.

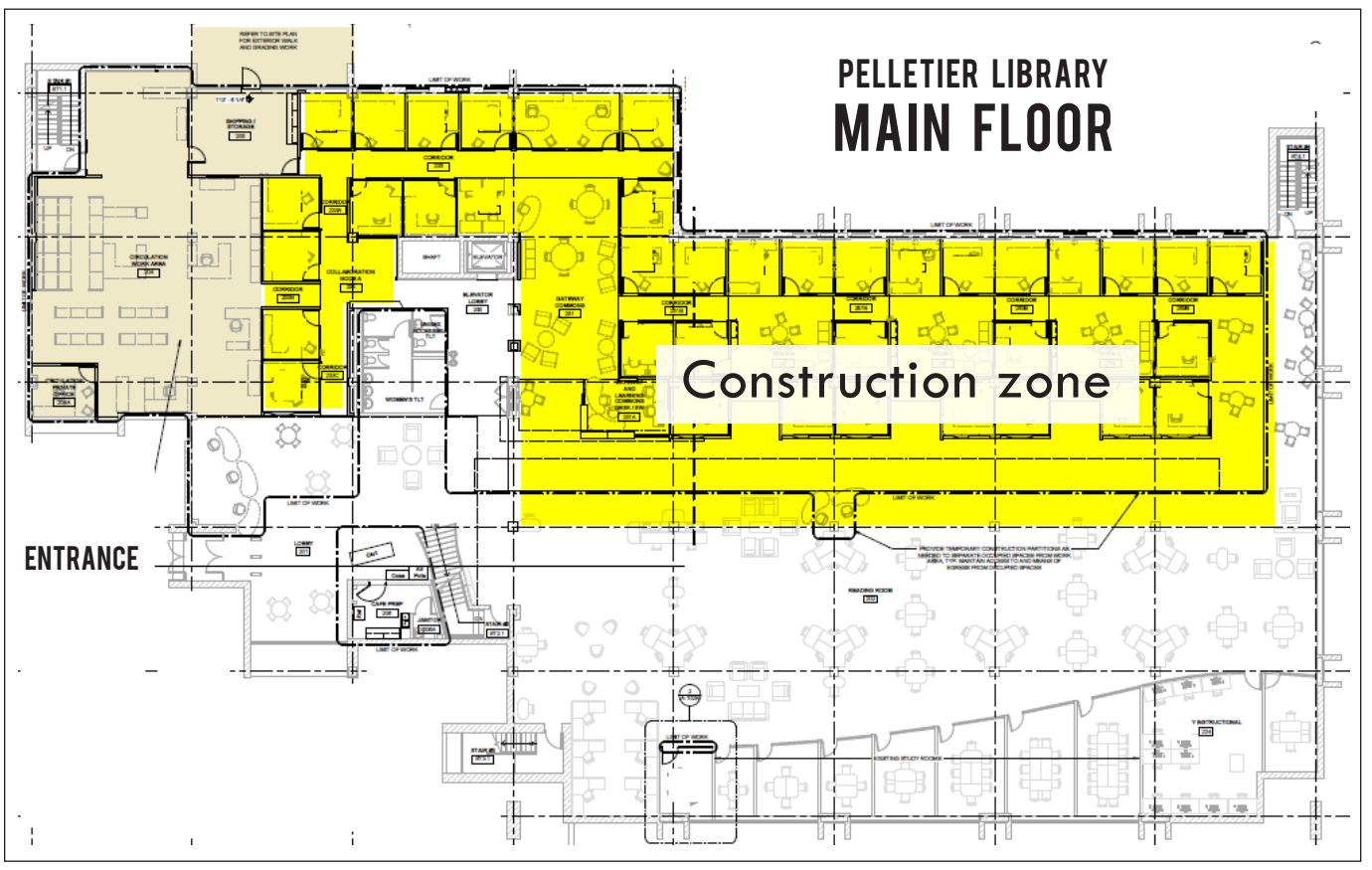
Gillette explained that construction on the Gateway began following commencement in May 2014, with the intention of limiting the disruption of the library's operations.

"Over the summer months we completed parts of the projects so we could restore the functions of the library," said Gillette.

Construction was prioritized in the summer to complete aspects of the library vital to its operation and student needs. Linda Bills, library director, said that the construction was for the most part unobtrusive. She did admit that the most challenging part of the construction was during the summer when the early stages of construction were underway. During the summer and partially into the fall semester, the construction forced the library to use the lower-floor entrance on North Main Street. But Bills explained that the library staff was able to manage and keep the library operating, especially for students' summer research.

Bills is confident the renovations will prove effective for student learning, as she mentioned there was an initial concern about losing student space with the renovations. In a previous interview towards the beginning of the semester, Bills explained the goals of renovation.

"It was our chief requirement of the architect that we not lose any student space," said Bills. "I think it's going to be a shock at first and I think people are going to think perhaps they are losing some space. But actually, in terms of total footprint, we have just as much student space as we had before."



GRAPHIC CONTRIBUTED BY ALLEGHENY COLLEGE

Construction began in May 2014 and has continued throughout the fall semester. The construction zone (in yellow on the floor plan) has been blocked off by temporary walls for the entirety of the semester. More than 35 offices are being added and expected to be up and running in January 2015.

However, with the ongoing construction and temporary walls throughout this semester, Bills admitted that there has been a drop in student attendance this fall.

"The main problem during this fall is it has been a little crowded and a little noisy but otherwise, we have been able to operate pretty well," Bills said.

Bills was not the only library staff member who stated that the library operations were not largely affected by the construction.

"I think there is a lot less student space but it's quiet at night so it's not too bad," said Bryn Philibert, '16, circulation desk monitor.

The Gateway has been a long time coming and preparation has been underway for years, the last obstacle standing in its completion was space.

"We have been working on this for two years now," said Bills, "the first step was reducing the space used by the library."

Reducing space meant throwing away large parts of the library's collections. The library has gotten rid of various written material but students are not losing resources, they are merely being directed to the online version of that document. Bills made it clear that the journals that were thrown away were only ones available in a digital format.

Despite the minor interruptions and inconveniences, both Bills and Gillette praised the organization and cooperation among all the departments involved during the project, noting that no services were cut in the library during the constriction.

"The staffs involved in the Gateway have been key to its success," said Gillette.

Gillette said that the majority of the remaining construction includes painting and minor installations. He described the floor plan, saying that the idea is to have a long open "main street" with various offices and avenues branching from the "street."

The floor plan also has about five group study spaces that can serve as student study space after Gateway operating hours.

Gillette and Bills both explained that the final hurdle of the Gateway renovation will be moving the different departments into the offices. The Jan. 6 move-in date can potentially make the process more difficult, all depending on the complication of snow.

The Gateway is expected to be open and operational during the first week of classes following winter break.

COURSES

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noring in the natural sciences, he or she must have one lab course included in his or her distribution.

Ian Binnington, chair of the curriculum committee and professor of history, said that these areas of inquiry represent things the college already does. Exposure to the natural sciences, social sciences and humanities is still being accomplished through some of the categories.

"So in a sense, some of these categories replace the divisions," Binnington said. "This fits in with what a lot of national organizations are recommending. It fits in with what accreditation bodies are recommending. It fits in with what career education folks are recommending. That students coming into the 21st century world need to be quantitatively literate, they need to be scientifically literate, they need to understand, to a certain extent, different cultures and how they work together. They need to understand questions of diversity and power. These are things that many of our students are already doing."

In 2009, President of the college James Mullen, asked the summer planning group the following question:

"In 2020, what will a student have the right to expect from the best liberal arts experience in the nation as it prepares her or him for a diverse and complex world?"

Combinations 2020, a vision for where the college will be in 2020, includes goals to change the distribution requirement, according to Binnington. However, it is not the sole reason the curriculum committee is making the change.

"It's a symptom rather than a cause," Binnington said. "I think that Combinations 2020 talks about the distribution requirement because people for quite some time have been concerned that the divisional distribution requirement we currently have isn't doing any longer what we thought it was doing."

The curriculum committee has been planning these changes for approximately five years, Carr said. Though the proposal was long, the curriculum committee wanted as much feedback as possible outside of the general discussion on the floor of the meeting. The proposal was sent out to the entire faculty in a Google document so they could post comments.

"We really wanted this to be an open discussion," Carr said. "The curriculum committee was very insistent upon this. We worked to put together a number of ways for that to happen."

With the requirement to take one course in each of the eight areas of inquiry, the fear is that students will now have more work to do but Binnington believes the process will be easier for students than it is now.

> "I think that Combinations 2020 talks about the distribution requirement because people, for quite some time, have been concerned that the divisional distribution requirement we currently have isn't doing any longer what we thought it was doing."
>
> Ian Binnington
> Chair of the curriculum committee

"If you think about the classes you or any other student took in your first two years, you will have probably satisfied most of the requirements without really even trying," Binnington said. "Many of our students take math or chemistry or English or political science, that combination they've satisfied probably three of these requirements in their first semester.

"So, our expectation is that many students will do most of these requirements without any extra effort in their major or minor programs or in classes that otherwise interest them…. The assumption is that it's actually going to be a lot easier than it sounds to fulfill these eight, because at no point are we asking students to take a specific class in order to fulfill a specific requirement. They have significant choice in how they navigate their way through these requirements."

Courses in a major or minor program can count towards the new distribution requirement.

"I think that the way the distribution requirement is now is pretty effective because I took my two distribution courses my first semester here at Allegheny," said Olivia Reindl, '17. "If it [the new requirement] counts towards your major I think that will be beneficial to students because it's like killing two birds with one stone in a way."

Students who will matriculate in or after the fall of 2016 will be subject to the new distribution requirement. Those who matriculated before 2016 will be held to the distribution requirement outlined in previous academic bulletins or catalogues.

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ASG UPDATES

Several personnel changes will be happening within ASG. These changes include: Vice-President, Chief of Staff and Public Engagement.

The last ASG meeting will be Dec. 2. Please plan all finance requests accordingly.

CRIME BLOTTER

Nov. 16, 2014
Baldwin Hall
Student being investigated for smoking marijuana in his college residence.

EVENTS CALENDAR

Open Improvisation Sessions in Dance and Music
Friday, Nov. 21, 4-4:30 p.m., Montgomery Performance Space
Sessions take place regularly on Fridays throughout the semester. No experience is necessary, but bring your own instrument or come to dance.

Pride Alliance Movie Series: "But I'm a Cheerleader"
Friday, Nov. 21, 7 p.m., Vukovich Center for Communication Arts
Light snacks will be available prior to the start of the movie at 7:30 p.m. All are welcome.

French Creek Community Theater's Disney Show Choir
Friday, Nov. 21, 7 p.m., Shafer Auditorium
The French Creek Community Theatre's 2014 Disney Show Choir, a 46-member troupe ranging from 6- to 18-year-olds, will perform songs from Disney movies as well as other classics. The free show is less than 30 minutes in length.

Concert by Student Chamber Ensembles
Friday, Nov. 21, 7:30 p.m., Ford Chapel
The flute, clarinet and saxophone ensembles as well as the brass quintet and two woodwind quintets will play a wide range of music.

Concert by the Civic Symphony
Saturday, Nov. 22, 3 p.m., Shafer Auditorium
Pianist Andrew Sipple, '15, will be the featured soloist in the opening movement of Robert Schumann's Piano Concerto in A minor. Also on the program are Karl Stamitz's Symphony in Eb, Edvard Grieg's Peer Gynt Suite No. 1 and Clare Grundman's American Folk Rhapsody No. 2.

Concert by the Wind Symphony
Sunday, Nov. 23, 3:15 p.m., Shafer Auditorium
The featured soloist for the concert will be oboist Faith Robinson, '15, who will perform "Gabriel's Oboe" by Ennio Morricone. Other works on the program will include music by Gustav Holst, Steven Reineke, Percy Grainger, Robert Longfield, Jerry Bilik and John Philip Sousa. Pre-concert music will be provided by chamber ensembles drawn from the Wind Symphony membership.

International Dinner
Sunday, Nov. 23, 6 p.m., Schultz Banquet Hall
The International Club's annual International Dinner features foods from around the world in addition to cultural performances. Tickets are $6.

Italy EL Information Session
Monday, Nov. 24, 12:30-1:30 p.m., Vukovich 111
Learn about this travel opportunity and four-credit course, taught May 11-June 6. The course's full itinerary can be viewed on Facebook. Search "Allegheny College EL Italy 2015."

Tuesday Evening Bible Study
Tuesday, Nov. 25, 5:15 p.m., Campus Center 318
The topic will be the Psalms of Creation.

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situations that are in between.

"When I realized I had that gap in my education, that was when I sought out further education in the form of the Rhodes Scholarship."

Coplen plans to study philosophy if she is selected for the Rhodes Scholarship.

Coplen turned in her application on Oct. 1, which included an endorsement from Allegheny, five to eight letters of recommendation, a 1,000 word personal statement, proof of citizenship, a transcript and many other different pieces.

"The process is very lengthy and arduous to say the least," Coplen said. "I actually came into it a little late in the game in comparison to most people because I started thinking about it in April."

After Coplen turned in her application, she found out three weeks later that she was selected as a finalist.

"They [her family] were obviously very, very proud and I was elated, to say the least," Coplen said. "It's really exciting."

On Thursday, Nov. 20, Coplen traveled to Philadelphia, Pa. where the interview will be held. There will be a meet-and-greet with the other finalists from the district that encompasses Pennsylvania and Rhode Island on Friday, Nov. 21, and later that night, there will be a cocktail party and lottery to choose the order of the interviews for the next day.

After interviews in the morning, the finalists wait, potentially all day, to hear who the two recipients of the Rhodes Scholarship will be.

For continued coverage of the Rhodes Scholarship, follow us on twitter at @ACCampus and go to alleghenycampus.com.

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Yik Yak takes a turn for the worse

Mobile app threatens Allegheny's Statement of Community

By LUCAS PROPER
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Yik Yak is rearing its head again as the semester continues, causing the Office of Student Affairs and Allegheny Student Government to interfere. In the past month, Yik Yak has become very well known to almost every college student as more of us download the app. Not only is it gaining more popularity, it is beginning to get uglier.

I rarely post on Yik Yak, but I read from it almost every day. As each day passes, though, I stop reading it as much. There are plenty of relatable posts, funny jokes and outputs of complaints posted here that I enjoy reading out of boredom. With those posts, however, come the booty-calls, bullying and other forms of harassment that are beginning to drive me and others away from this app.

"[Yik Yak] is not completely and obnoxiously new to Allegheny College," said Stephanie Carson, '17, resident adviser in Baldwin Hall.

She explained that there used to be "Allegheny Confessions." It was a Facebook page where students could submit their thoughts, complaints and whatever they wanted to post anonymously.

This was another form of social media that picked up a lot of hype in the community and ASG. Last year, Katie Beck, former director of the Diversity Initiatives Committee, held a forum in Grounds for Change where students were able to voice their opinions on the matter.

Many students thought it was a very negative site that revealed real issues that needed to be resolved. Since then, "Allegheny Confessions" has faded away for the most part.

It seems as though Yik Yak is bringing about very similar issues of bullying and harassment that need more attention brought to them.

On Nov. 5, 2014, Joseph DiChristina, dean of students, along with Dr. Armenta Hinton, the associate dean, sent out an email regarding the recent activity on Yik Yak.

"It is disturbing to read the commentary taking place among a small number of our students. Some of the messages are intended to hurt others, and we find some of the jokes and comments to be racist, sexist and homophobic. This type of behavior creates tension within our community and does not represent the values inherent in our Statement of Community," said DiChristina in the email.

> "We as a community need to take this more seriously and think about the people who are possibly being harassed."
>
> Lucas Proper
> Staff Writer, '18

They are reminding you, the reader and the students of this college that we have a commitment where we try our best to be a responsible, kind and caring community rather than a racist, harassing and sexist one.

"There is such an extreme lack of knowledge about harassment. It seems many folks do not understand the serious implications of harassment as well as the racist and sexist comments I often see on social media," said Lee Scandinaro, '15, community adviser in Baldwin Hall.

They also mentioned that if a student is being harassed, whether it be on Yik Yak or somewhere else, they can contact the Dean of Students office or Safety and Security for assistance.

In their attempt to remind us of our Statement of Community, most people who I encountered discussing it thought of it as a mere joke rather than taking it seriously.

"I think it is unhelpful in people's lives," said DiChristina. I agree with his statement, I think "Yik Yak", at this moment as it is, is not helping anybody in any way shape or form. We as a community need to take this more seriously and think about the people who are possibly being harassed. We should also take a look and imagine how nearby outsiders of our community view us as a result from these posts.

Now, obviously, this is something that is unable to be eradicated, however the best thing that can be done as of right now is to simply make people aware of the issues. Awareness can engender even the slightest bit of change.

I think that Yik Yak has a short-term life here at Allegheny. Eventually, it will lose the interests of the people.

Until that happens, I hope that the bullying taking place begins to disappear with the help of other students who are willing to take action.

Letter to the Editor: College Democrats decry election coverage

By DAVID BELFIGLIO
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The Allegheny College Democrats are very disappointed by The Campus's failure, in an article published Friday, Nov. 7, titled "Student political organizations encourage voter participation," to acknowledge our efforts.

We began working on voter participation before the start of the academic year, registering dozens of students to vote during orientation. In a long afternoon, I researched the convoluted absentee voting procedures of five different states in order to help a few students vote. My colleagues spent a lot of time researching candidates on both sides to inform the Allegheny community. These are just a few examples.

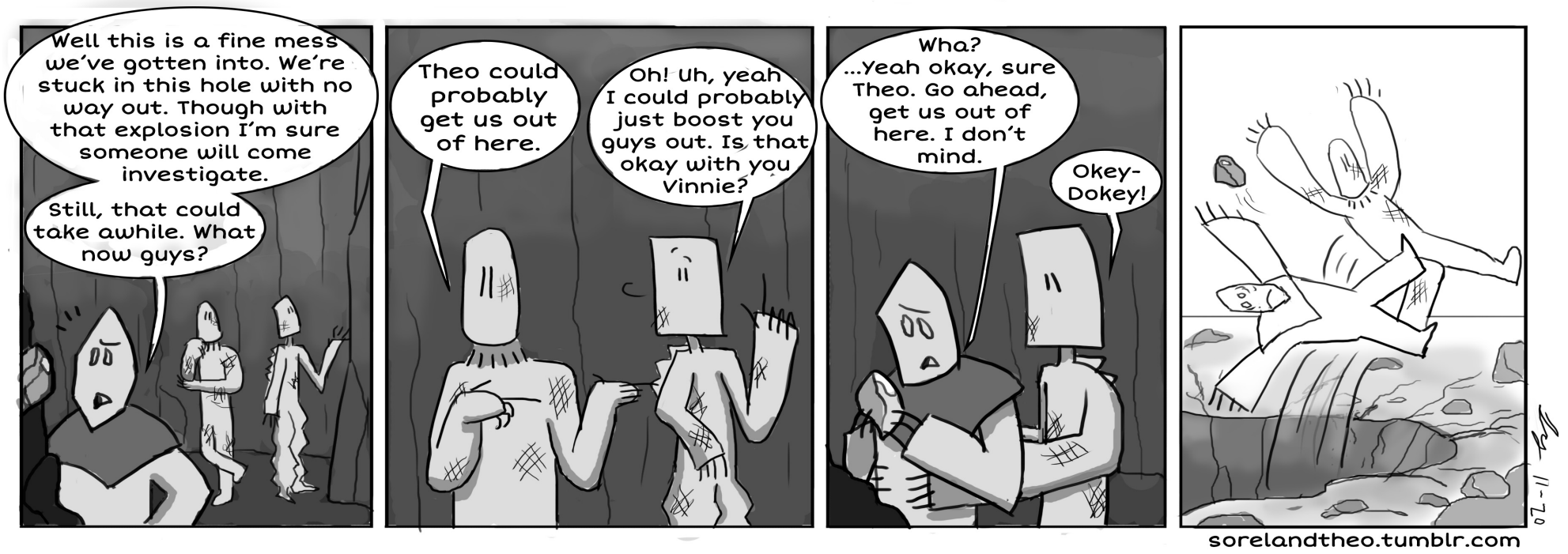
But according to The Campus, there are two "student political organizations" working on voter participation: the CPP and the College Republicans. (And apparently the election was on Wednesday, Nov. 5!). We were entirely left out of the story. I think it is fair to say that, with the smallest membership and smallest budget, the College Democrats have done far more for voter participation than either of these two groups, with no disrespect intended.

It would not have been even slightly difficult for the writer to find more complete information. We put posters in prominent locations with reminders and information about voting and our voting-related events, and reminders in My Allegheny. All these were clearly labeled as coming from the College Democrats. One source quoted in the article recalls mentioning us.

The Campus has contacted me before for comments from the Allegheny College Democrats on an article which was never printed. Then, the writer spoke about the importance of getting both sides. We would have been glad to talk to The Campus about our work on voter participation had we been asked.

The Allegheny College Democrats would like to thank everyone who took the time to vote, and urge The Campus to make sure it gets the whole picture on political stories.

THE SIMPLE THINGS



COMIC BY JONATHAN YEE

Active Minds: Sleep your way to success

By LEAH RUDGE
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Finals are upon us. And for many of you Gators out there, that means more all-nighters and less sleep in general. I'm here to tell you why you should be paying equal attention to your sleep habits as you are to your academics.

Sleep and health, both physical and mental health, are inextricably linked. During the sleep stage when you dream, called REM sleep, learning, memory, and emotional health are enhanced. The rest of your sleep cycle is commonly called "quiet sleep," it is much more restful and relaxing than the heightened body function you experience during REM. During the deepest stage of quiet sleep physiological changes occur that can increase immune system function.

Not only does lack of sleep decrease immune function, which is one reason why so many are sick during finals week, but it can also negatively affect mental health. Problems sleeping are more likely to be found in people with mental illness, because trouble sleeping is a common symptom of many of them (Harvard Health Publications).

For example, many people with depression, bipolar disorder, anxiety disorders and ADHD experience insomnia. Something you probably don't know is that not sleeping enough is also linked to increased risk of developing a mental illness. There is evidence to support that persistent and untreated insomnia increase the onset of recurrence of depression to two to 10 times the risk (National Sleep Foundation). Insomnia can also bring about increased anxiety and increase the likelihood of substance abuse.

So, what can you do to get better quality sleep, be well rested and in turn be more productive during the day? Here are three popular solutions to end your sleepless nights.

The first is exercise! Not only does exercising have obvious health benefits, it can decrease stress and tire you out making it easier to fall asleep at night. If racing thoughts or your to-do list is the cause of your problems, try relaxing before bed.

Don't do anything strenuous, to either your mind or body, during the hour or so when you are going to fall asleep. You can also try meditation or deep breathing. This may also bring about the third solution; lifestyle changes.

Don't drink caffeine during the night; it will just keep you awake. Alcohol and nicotine can also have negative effects on sleep patterns (National Sleep Foundation). Another change you can make is treating your bed and bedroom as a sleep only zone. In college this can be difficult because most of the time our bed becomes our home, but try to use it for sleeping and relaxing instead of homework.

It is also helpful to put away the computer, cell phone and other electronic appliances that give off a lot of light before bed. Blue light, which is the light given off by these electronics can be especially disruptive to our circadian rhythm. (Harvard Health Publications). Humans were not designed to be awake during the night and with too little sleep, serious health problems can occur.

This leads to me my most ardent advice… Do not pull all-nighters! Not only have they been shown to be ineffective and lead to comparatively lower test scores, it's just not good for you. (US Health News) Start studying sooner if you have a super busy finals schedule. Learn how to manage your time better, the Learning Commons is one resource on campus you can use. This will also allow you to stress less which is also beneficial. Be confident and know when you've reached your limit, and also have faith that you will be ok.

Most of all take care of yourself. The way we live now affects our future, as much as you want to deny it. Active Minds is a club on campus aiming to change the conversation about mental health. We meet at 9 p.m. in CC 206 if you want to get involved in breaking down stigma.

Allegheny Hall residents respond to 21 percent increase in energy consumption

By ANGELA MAURONI
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Allegheny College has dedicated October as a month for energy conservation. Though each dorm building and fraternity house was tasked with cutting back their energy usage as much as possible, the dorm building Allegheny Hall has experienced a 21 percent increase in energy consumption. The lowest decrease after Allegheny Hall was a three percent decrease in Brooks, which demonstrates a large difference. Although some residents in Allegheny Hall are baffled by the increase, others are less surprised.

Henry Ditzel

Though he was not aware of the October Energy Challenge for the entirety of the month, Ditzel, '17, was aware partway through that the challenge was occurring. Like several of his hallmates, Ditzel was shocked at how much their energy usage increased.

"I'm not surprised that we had an increase, but the significance of it was not what I expected," he said.

One thing Ditzel said that he also tried to unplug unnecessary electronics and turn off lights, but that he also attempted to make sure their constantly dripping sink was entirely shut off.

He believes that the increase is in part due to the low amount of residents in Allegheny Hall, which holds only sixteen students. Although some students may have been attempting to lower their energy usage, Ditzel thinks it would have taken longer than a month for them to make a dent since they would be competing with those not making an effort. Along with several students turning on their heat as the weather got colder, Ditzel admits that some residents were likely not as aware of the lights being left on as they could have been.

However, he does plan to continue being more aware since he has seen this increase.

"I will continue to turn off lights, sinks, showers and other energy consuming things to save energy in hopes that we can decrease our ridiculous energy usage," Ditzel said.

Emily Graves

Emily Graves, '16, is one of the students who is less than surprised about the increase in her residence building.

Although she finds it counterproductive to only try to conserve energy one month of the year and then return to being wasteful, she has a variety of habits that she continues all year long to be more sustainable. She turns down the heat in her room and in the building when it is not cold, she uses the public refrigerator instead of a personal one and turns off her own and the building's lights when they are not being used.

Taking it one step further, Graves turns off the shower water when she is not actively rinsing herself. In stark contrast, she finds some of the other residents to be far less environmentally conscious.

"On a daily basis I see dozens of cans and other recyclables in the trash when a recycling bin is located right next to the trash," Graves explained. "Every single light on the building is always on until I, or maybe the one or two other people who care enough, turn them off. Only a handful of people utilize the public fridge, indicating they are using their own refrigerators."

As to the increase in energy on her part, she believes it only could have increased through warmer water in showers because of colder temperatures outside and using more necessary lighting due to shorter days.

Carly Whisner

Whisner, '16, did not begin the month with the goal to decrease her usage because she had not remembered that the challenge was going on.

"More notice of it before it began would have helped or posting last years results on the door to try to beat them would be a great reminder," Whisner said.

She thinks that it is possible the energy increase came from the amount of video games played in her hall, the frequency of the lights being left on, or the amount of television that is watched on a regular basis. However, she does not feel these actions are not out of the norm.

"I was surprised because while my hall mates have a lot of things using energy, it is normal on a day-to-day, month-to-month basis and it does not seem like anything should have constituted such a great change," Whisner explained.

However, Whisner plans to continue unplugging electronics that she isn't using and making sure that lights that are not completely necessary are turned off. She does believe that those on her hall have reconsidered their environmental awareness since hearing news of the drastic increase.

"Overall, the hall on the first floor seems to be doing better as the bathroom light and hall light have not been left on, and have recently been off most of the time," she said.

Angela Schnatter

Schnatter, '16, is the residence assistant in Allegheny Hall and is surprised about the increase because she knew of several residents who were taking the challenge very seriously. She herself unplugged her powerstrips when she was not using them and moved her food into the community refrigerator so that her mini-fridge was no longer using extra energy. Like Graves, her only thought on how her energy usage could have increased is that she had the lights on earlier than usual as the days have grown darker.

Having given the increase some thought, Schnatter guessed that the amount the lights were left on had something to do with it.

"We went from having the hall/stair lights on sporadically to having them on almost all the time," Schnatter explained. "I'm sure a lot of other buildings had lights on earlier as well, but we don't have timer controlled lights like a lot of other dorms do, so if no one gets out of bed to turn them off once someone else has turned them on, they stay on all night."

Even now that the challenge is over, Schnatter does not plan on going back to her old habits. She has resolved to continue unplugging her chargers and powerstrips when they are not being used and pay closer attention to the hall lights before she goes to bed to try and keep them from being on all night.

Daniel Litwin

Daniel Litwin, '17, was caught off guard when he heard about the 21 percent increase in energy usage. Throughout the month of October, Litwin had attempted to take shorter showers.

As to why the energy increase could have happened so drastically, Litwin blames it on the colder weather.

"The only thing I can think of is turning on the heat in the building," Litwin said.

He said he was surprised to see them in last on the energy conservation list.

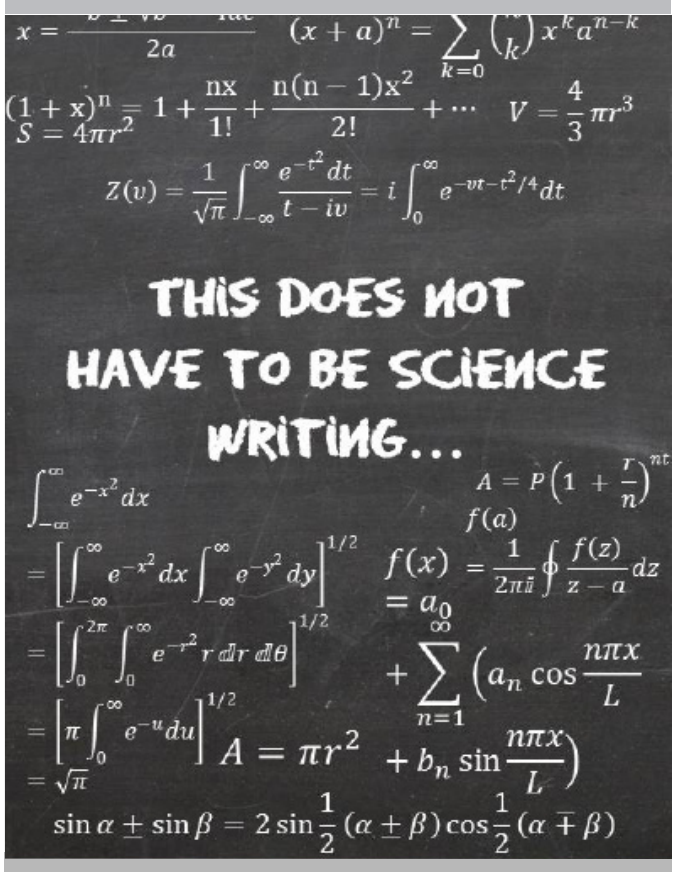
"I am surprised," Litwin commented. "I thought we would decrease or at the very least stay the same.



CONTRIBUTED BY THE GREEN GATOR AT ALLEGHENY COLLEGE

Owen Ludwig, '18, has decided to conserve water by not shaving through the month of October. Kelly Boulton, the sustainability coordinator at Allegheny College, organized the photographing of students and their plans to conserve energy throughout the challenge.

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JUST FOR THE HEALTH OF IT

Columnist: 'Everything in moderation'

By GAVIN NIRMAIER
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It's an age-old saying, one that my mother says to me almost every time we have a conversation about anything, especially nutrition and exercise: "everything in moderation." I often argue with her about this saying, my rebuttals falling along the lines of "Moderation is for those with no self-control" or "That's a cop out for staying insanely motivated." For a long time, I believed my viewpoint to be the "right" one—how am I ever going to get where I want to be if I'm not always perfect?

Over time, however, I have begun to realize the value of my mother's favorite statement. Constantly trying to have a perfect diet and workout regimen is extremely difficult physically, mentally and emotionally. After so many days of trying to be perfect, I stopped enjoying little things: days off, cheat meals, etc. Attempting diet perfection caused me to binge on bad foods and feel terrible for doing it afterwards.

This was especially true around the holidays. Of course, great food is available at copious amounts around the holidays and visiting family and friends often conflicts with getting to the gym every day. Last Thanksgiving, after exhibiting great portion control during my first meal, I went through the rest of the day constantly eating cookies or my grandma's pumpkin pie (she makes the best in the world, bar none). By the evening, I felt lethargic and terrible about myself—because I did my best to stay perfect for so long, I over-indulged throughout the whole day. I promptly visited the gym and sprinted on the treadmill for an hour that night. I realized that my approach to diet, exercise and body image was not working.

So I changed. I do not expect absolute perfection from my diet or exercise anymore. Don't get me wrong—these two things are some of the most important aspects of my life, and I put everything I have into them each and every day.

However, to combat the huge binge meals that I once indulged in, I allow myself to indulge in small portions multiple times per week. I have one or two Oreos (Double Stuf, of course) after dinner a few nights a week. I go out to eat. I have one routine off day but allow myself to miss the gym once or twice a month if scheduling issues occur. And guess what? It's okay.

The takeaway from this article, especially with Thanksgiving and Christmas approaching, is to allow yourself some flexibility in your diet and exercise routine. Sure, a couple days of eating everything in sight is not necessarily the most optimal thing but if you have been working hard each and every day, it will not kill you—I promise.

Enjoy the holidays, eat delicious food and cherish the time you get to spend with friends and family. Those are the important things in life and experiences that you only get to have every so often. Moderation is key—expecting complete perfection can hurt you more than it can help you if you go about it incorrectly, like I did. Even though it won't be as good as my grandma's, eat a big piece of pumpkin pie on Thanksgiving and enjoy yourself!

Ben Burtt brings the force to film

Star Wars sound editor inspires future filmmakers

By KATELYNN LONG
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Two production classes gathered into the small screening room in the Vukovich Center to listen to Benjamin Pickering Burtt speak on Monday, Nov. 10.

Burtt is a four-time Academy Award winner for his sound editing skills. He graduated from Allegheny in 1970, where he received his undergraduate degree in physics.

Assistant professor of communication arts John Reilly and professor Michael Keeley took a break from their typical lectures and let Burtt run their classes.

"[Burtt]'s talk was immensely important for the introductory production students because it allowed them to witness the creative measures he took during his early filmmaking days with limited means and rudimentary equipment," said Reilly. "At the same time, it also allowed them to hear how he still considers the very basic components of effective storytelling even though he now has unlimited production resources and technology at his disposal."

Burtt graduated in 1975 from the University of Southern California School of Cinematic Arts with a master's degree in film production. He shared with the Allegheny student audience that if his career in production fell through he had planned to become a science teacher. Although his career now does not seem to connect with his degree, he has managed to find ways to create award winning sounds by utilizing his physics undergrad and his masters in film production.

In May 2004, Burtt received an honorary doctorate from Allegheny College at the Commencement ceremony.

While reminiscing about his time at Allegheny he reflected on the summers he spent on campus with his friends creating videos. He said they made airplane films and explained to the audience how they used mirrors to reflect the sky.

Gabe Seidman, '15, a student of professor Keeley, attended Burtt's talk.

"Learning for someone like Ben Burtt was an amazing experience and truly inspiring for all of us as students. Just seeing someone so humble and down to earth talk about his achievements in such a nonchalant way was awesome," said Seidman.

Some of his most famous work was involved with "Star Wars" where he did the sound editing and created the sound of the lightsaber. "Star Wars" was just one of four films he worked on and he received an Academy Award. The other films he received an Academy Award for includes "E.T.", "Raiders of the Lost Ark" and "Indiana Jones and the Last Crusade". His most recent work comes from the Disney movie "WALL-E", where he worked as the sound editor.

"The hardest thing for me to do is exotic voices," Burtt said. "It's hard to create that illusion."

While he spoke to the classes he talked about some of the challenges he faced and also gave students a chance to ask their own questions.

"The talk was really inspiring. He talked a lot about taking advantage of opportunities and what a privilege it is to be able to do what you love," said Seidman. "He also spoke on how much time it takes to perfect the sound of the movies he's involved with and how into it he gets. After the talk, I think everyone in that room came out feeling excited and inspired about making films."



CONTRIBUTED BY JOE BRUCH
Allegheny alumus Ben Burtt, '71, poses with student Joe Bruch, '16 during his visit to campus this month.

Students call Allegheny home for break

College offers Thanksgiving meal, housing

By EYLIE BUEHLER, MEGAN KELLY, NIA SHULER, RACHEL WANG
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Mi Huang, '15, an international student from China, will not be going home for Thanksgiving. This holiday break, Huang plans to relax and hopes to catch up on schoolwork before finals. While Huang does not celebrate Thanksgiving, she said it is hard not to think about home when no one is on campus.

"I miss food and friends the most at home. It's warmer in my hometown so I miss that as well," Huang said.

For some Allegheny students, home is across the country and traveling there and back in the break allotted can be difficult.

Serena Downes, '18, from New Hampshire, said that staying on campus made sense for her situation. In Downes' case, the school's landscape is an appealing enough reason to stay on campus for the break. She plans to stay close to campus most of the time and catch up on schoolwork but might venture home with one of her friends.

"I like the atmosphere of school and I have friends staying. I'm just a long way from home… I'll miss [my family] a little bit though," Downes said.

Downes also said that by the time she got off campus and flew 12 hours home it would be an all-day affair and would only leave a short amount of time to actually enjoy her break.

Jonathon Alcantara, '18, would also like to go home but cannot.

"We can't afford it," said Alcantara. "I don't know where I'm going for Thanksgiving break yet."

Alcantara lives in California, more than 2,000 miles away, and said that flying all the way home just to turn around and come back in the next few days is not worth it.

"I'm going to miss [my family]," said Alcantara. "I'm going to miss seeing relatives that I wouldn't normally see on a daily basis and having a home cooked meal."

Student athletes are also among those who will be staying on Allegheny's campus during the break.

Nathan Hall, '18, an international student from England and a basketball player for the men's team, will be on campus for the entire Thanksgiving break. He said that most of the team will be here the whole time because they have two games over break and will continue to practice regularly.

> "I'm going to miss [my family]. I'm going to miss seeing relatives that I wouldn't normally see on a daily basis and having a home-cooked meal."
>
> Jonathon Alcantara
> Class of 2018

Hall said that over break he plans to catch up on sleep and relax by watching TV and going to the gym.

Hall misses his home and family, even though England does not celebrate the American Thanksgiving.

"We don't celebrate Thanksgiving in England so to us it's nothing special. I do miss English food in general though," Hall said.

In light of the amount of students staying on campus, Allegheny is holding some events and gatherings to make sure students have a meals and activities to keep them entertained, turning the Allegheny community into their surrogate family for the holiday season.

The Dean of Students Office and Parkhurst Dining services are teaming up to produce Thanksgiving dinner free of charge for all Allegheny students who do not get to go home. The meal will not be a deduction from student's regular meal plan.

Although Allegheny students will be scattered all over the country for Thanksgiving break, some of the Gator community will be staying on campus and celebrating the holiday on campus.

Jennifer Foxman, assistant dean of students and director of resident life, said the exact number of students staying on campus is unclear because students are not required to register if they chose not to go home over break.

"Our halls are open for Thanksgiving. We don't close. We close for winter break, but not for Thanksgiving," Foxman said.

Foxman said that while many of the resident advisers on campus will be going home for break, there will still be RAs on campus to address any potential concerns for each residence hall. The usual professional staff will also be on call, according to Foxman.

"Everyday here we have the security office that is open but there's always a residence life professional person on call. There's always a counselor on call and there's always a dean of students person on call. And that's true over Thanksgiving as well. So there's actually quite a bit of support," Foxman said.

This year the number of international students attending Allegheny College is significantly higher than past years. Approximately 41 countries are represented across the student population, ranging as far from China to the Middle East and across the U.S. For the students that are unable to go home for the holidays, they look for a way to make Allegheny home.

The Dean of Students Office and Parkhurst Dining Services have made arrangements to serve meals for students remaining on campus during Thanksgiving break. These meals are provided at no additional cost, and participating will not subtract swipes or Munch Money from your meal plan. If you plan to stay on campus for all or part of the weekend and want to receive a meal, you should complete this form (found on My Allegheny)no later than Monday, Nov. 24. Please refer to the sign-up form for more information about the meal schedule, and please note that meals will not be served on Thanksgiving Day, Nov. 27. If you have any questions, please contact Ed Giles at egiles@allegheny.edu.

After Apple-Picking

Robert Frost

My long two-pointed ladder's sticking through
    a tree
Toward heaven still,
And there's a barrel that I didn't fill
Beside it, and there may be two or three
Apples I didn't pick upon some bough.
But I am done with apple-picking now.
Essence of winter sleep is on the night,
The scent of apples: I am drowsing off.
I cannot rub the strangeness from my sight
I got from looking through a pane of glass
I skimmed this morning from the drinking
    trough
And held against the world of hoary grass.
It melted, and I let it fall and break.
But I was well
Upon my way to sleep before it fell,
And I could tell
What form my dreaming was about to take.
Magnified apples appear and disappear,
Stem end and blossom end,
And every fleck of russet showing clear.
My instep arch not only keeps the ache,
It keeps the pressure of a ladder-round.
I feel the ladder sway as the boughs bend.
And I keep hearing from the cellar bin
The rumbling sound
Of load on load of apples coming in.
For I have had too much
Of apple-picking: I am overtired
Of the great harvest I myself desired.
There were ten thousand thousand fruit to
    touch,
Cherish in hand, lift down, and not let fall.
For all
That struck the earth,
No matter if not bruised or spiked with stubble,
Went surely to the cider-apple heap
As of no worth.
One can see what will trouble
This sleep of mine, whatever sleep it is.
Were he not gone,
The woodchuck could say whether it's like his
Long sleep, as I describe its coming on,
Or just some human sleep.

Allegheny celebrates International Education Week



PHOTOS BY MEGHAN HAYMAN/THE CAMPUS

The Student Athlete Advisory Committee hosted the tournament as a bonding experience between the international and the student-athlete communities in the Wise Center on Nov. 18.

Campus community creates closer ties with international students

By MEAGHAN WILBY
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Chants for M.V.P. rang through the David V. Wise Center on Tuesday, Nov. 18, as Japanese student Ryo Ishibashi, '18, jogged off the blue court after being knocked out in the final of the International Dodgeball Tournament.

His team lost the game within the next few minutes. As the winning team celebrated, Leah Herlocker, '15, female president of the Student Athlete Advisory Committee, called everyone together for a group hands-in.

The shout of "Gators" echoed over the courts as the student athletes and international students parted ways. The tournament was organized by SAAC in collaboration with the International Office as a way to mark the second day of International Education Week.

International Education Week is a nationwide event sponsored by the U.S. Department of State and the U.S. Department of Education. Each year these departments announce dates for IEW and encourage organizations and schools across the nation to participate. Allegheny College has been participating in the event for over six years, hosting a variety of different activities each year.

This year the week kicked off on Monday, Nov. 17, at lunchtime with International Trivia in the Henderson Campus Center. Students could stop at the international table and try to answer trivia questions related to countries represented by current international students.

Some international students stopped by but it was mostly American students who tested their knowledge, according to Lenee McCandless, international student adviser. The student with the most correct answers at the end of the hour won free tickets to the International Dinner, the final event of the week on Sunday, Nov. 23.

McCandless said that IEW aims to give each aspect of international education a different focus. The International Dinner focuses on the incoming international students that study at Allegheny.

Events such as the Study Abroad Photo Contest or Study Abroad Quick Questions focus on the domestic Allegheny students who study abroad. The dodgeball tournament, for example, was a great way for international students to learn about American culture, according to McCandless. SAAC hosted the tournament as a way to build a connection between the international and the student-athlete communities.

"I think it's awesome," Herlocker said. "International students are wanting to get more involved on campus. Athletes are a strong presence on campus, not just in athletics. It's a good way to get them more incorporated into the student body."

Between 40 and 50 student athletes and 20 international students participated in the tournament as well as the international students who went to watch.

For Bruno Jucá, a Brazilian exchange student, the dodgeball tournament was the first event of the week that he attended and he is planning to attend the International Dinner. He believes that IEW is helpful for international students.

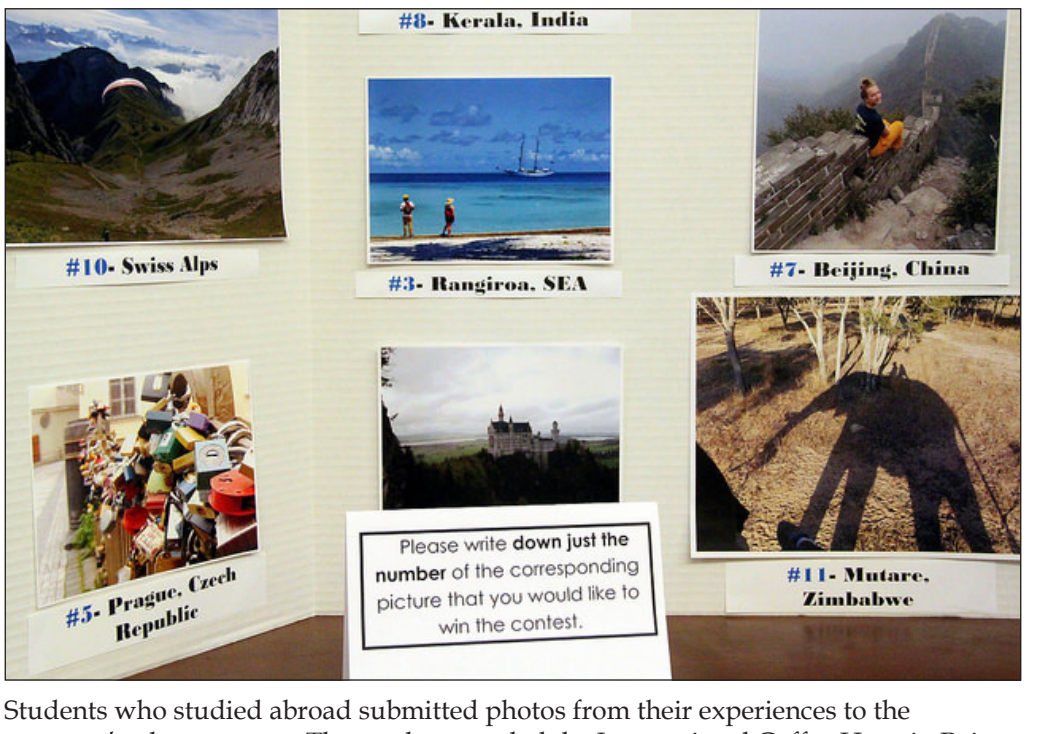
"For international students, it's hard to adapt," Jucá said. "Weeks like this make us feel more at home; it's a great idea I think," he said.

Other events held throughout the week were an International Coffee/Tea Hour and a Study Abroad Photo Contest on Wednesday and a Study Abroad Quick Questions on Thursday.

The International Language Tables also ran during lunchtime of the week for students to attend. These tables give students who are studying a language a chance to get together with each other and native speakers, practice their language skills and learn about different cultures.

At the Spanish Language Table, Hector Lopez, the Fulbright Foreign Teaching Assistant, said they talk about Spanish and Latin-American culture and the different variations of Spanish. From a teaching perspective, he sees it as a way to break some barriers between the international community and the student body.

"It's the opportunity to break the ice with my students," Lopez said.



Students who studied abroad submitted photos from their experiences to the program's photo contest. Those who attended the International Coffee Hour in Reis Hall voted on his or her favorite on Nov. 19.

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The College of Saint Rose

Allegheny men's and women's basketball teams win Greg Richard's Memorial Tipoff Tournament

By EMERALD WRIGHT-COLLIE
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Allegheny basketball season launched off this past week. The third annual Greg Richard's Memorial Tipoff Tournament hosted four different teams in the Wise Center last weekend. Both the women's and men's teams left the tournament victors culminating a 2-0 record to start the season.

The women's team started the tournament off Saturday night with a victory over Penn State Altoona 105-69. The team finished the game with four players in double digits. Jessica Mrdjenovich, '16, and Meghan Wilby, '17, tied for a team high of 17 points in the game.

The Gators started the game off with a strong defense going on a 10-0 run and forcing six turnovers within the first four minutes of the game. The team stayed strong defensively throughout the game, allowing them to score 40 points alone from Altoona turnovers.

Wilby aided the team victory with her career high of nine rebounds and three assists. The sophomore was five for six at the free throw line. Right behind Wilby was Mrdjenovich picking up eight rebounds and three assists in the game. Harper Zimmer, '18, scored a total of nine points and was three for four in field goal attempts for her first college game with the Gators.

The Gators, leaving no room for Altoona offense on the court led the game with a 67-33 advantage at the half. Holding down the court coming into the second half, the Gators led with a game high of 39 points with 12 minutes left in the game. The team maintained the momentum to eventually beat Altoona 105-69.

After the women's game the men's team took the court ready to face Pitt-Titusville. The men emerged as victors finishing the game 75-45. Josh Valentic, '15, had 19 points to show for after posting a total of 35 minutes in the game. Valentic was three for six in 3-point field goal attempts. Following behind Valentic in field goals made was Chris Milon, '16, scoring a total of 13 points in the game and accumulating a field goal percentage of .86. Milon was six for seven in field goal attempts. The junior performed defensively with a total of two blocks in the game, holding back Pitt-Titusville defensively. Evan Zabriski, '17, scored a total of 18 points in the game. Zabriski was five for seven at the free throw line, helping the Gators widen the gap. The team was 37-26 at the half.

In the second half the Gators showed up offensively with the largest gap of the game. The men led titusville 62-41 forcing the Panthers to call a timeout. The Gators kept the lead to finish off the Panthers with a final score of 75-45.

The women's team ended the tournament with a 63-45 win against Case-Western. The Gators finished the game with two players in double digits. Emma Pelicano, '16, logging in a total of 31 minutes in the game, led the team with 18 points. The junior was six for 12 in field goals and five for five at the free throw line. Behind Pelicano was Mrdjenovich, with a total of 16 points for the Gators.

The team had a great start the first half, leading Case 16-9 with 10 minutes left. The Spartans answered back with a 9-0 run causing them to close the gap and eventually take an 18-16 lead. Pelicano made an appearance at the free throw line, followed by an offensive run from Hoffman and Scarantino allowing the Gators to steal the lead back closing the half with a 25-18 lead at halftime.

The Gators came back from halftime with a strong defense closing out Case Western and maintaining a lead in the second half. During which the Gators were shooting 43 percent from the line. The team's offense allowed them to gain a double-digit lead over the Spartans within the first three minutes of the second half. The Gators kept the lead to win the championship.

"We played really well as a team this weekend and opened up strong at home with two great wins," Ife Uwazie, '16, said.

Right after the women's team won, the men's team took the floor ready to play against SUNY-Canton. The team upset SUNY-Canton closing the game with a 73-64 win over the Kangaroos. By the end of the game the Gators had three players in double digits.

Zabriski, the tournament MVP, led the team to the win posting 26 points. The sophomore played 37 minutes in the game culminating a total of 14 rebounds. Zabriski helped shut down the Kangaroos by stepping up defensively. The team had a total of 11 steals, three of which were forced by Zabriski. Behind Zabriski was Milon. The junior played 22 minutes in the game putting up 14 points. Gabe Siedman, '15, also scored in double digits scoring a total of 11 points.

The Gators traded the lead with the Kangaroos in the beginning of the first half. Milon upset this pattern by scoring five points to tie the game with 10 minutes left in the half. SUNY-Canton answered back with a 9-2 run and took a seven point lead over the Gators with four minutes left in the half. The Canton lead did not last long, however, as Zabriski buried a three, followed by two buckets from Milon, the Gators had an 11-2 run forcing them to take a 33-31 lead over SUNY-Canton at the half.

"Evan is one of our best players," coach Jim Driggs said. "Canton made a run of their own. I pulled them in and said we have to make these next seconds count and we made it happen."

Coming into the second half of the game Zabriski held back Canton allowing a 60-53 Allegheny lead with just 4:40 minutes left. The Gators went six for seven at the foul line sealing in the victory.

"It was a team effort," Zabriski said. "Josh [Valentic] played great, Chris [Milon] played a great two games. Its nice to open the season with wins."



AMASA SMITH/THE CAMPUS

Chris Milon, '16, shoots a basket during the Pitt-Titusville 75-45 victory on Saturday, Nov. 15. The game was part of the Greg Richard's Memorial Tipoff Tournament last weekend. Allegheny men's and women's teams won the tournament and are starting their seasons with a 2-0 record.

Blessings and basketball: men's team spends Thanksgiving on campus to warm up for season

By ERIC BRILL, GABBY CURTIS, KATELYNN LONG, CARSON REY
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While most students at Allegheny are looking forward to a much needed Thanksgiving break with friends and family, the men's basketball team will stay on campus and prepare for a non-conference game on Saturday, Nov. 29 against Penn State Behrend.

Gabe Seidman, '15, claimed that there are some perks of staying on campus over break.

"Oddly enough, it is kind of enjoyable when all the students are off campus and you kind of have it all to yourself," Seidman said. "It is nice to just unwind a little bit and not worry about school and sports and stuff like that."

On the Tuesday prior to Thanksgiving, the Gators will play against Carnegie Mellon University before a brief reprieve.

This season marks the fifth season for head coach Jim Driggs.

"Tuesday after we play Carnegie Mellon, [the team is] free to go and they get back on Friday. I believe we practice at 3 p.m.," Driggs said.

The two-day window that the players are afforded makes it difficult for those who live further away to go home. A number of them will stay on campus and spend time together as teammates.

Evan Zabriski, '17, discussed how many players on the team typically stay on campus and what they do during the break.

"I know last year about half of the team stayed on campus but this year more like 75% of the team will stay and the rest of the team will go home," said Zabriski.

It can be difficult for students that live out-of-state to have to stay on campus all semester. Not being able to see family for months at a time can often times be taxing on college-aged students.

In the case of the men's basketball team, that can mean looking for an alternative Thanksgiving experience through their extended family on the team.

"The kids who live a little farther away often end up going to a teammates' house for Thanksgiving. It's definitely a bonding moment when people allow you into their homes and share their family traditions and food with you," said Seidman.

The comfort the players display by inviting each other to their homes for the holidays speaks to the chemistry they have developed both on and off the court.

Though it can be tough not being able to visit family, being on campus when most of the Allegheny community has gone home does have its benefits.

"Usually everyone else is gone and it is just us on campus. There are not any lines at Brooks or McKinley's. The downside is that there is not anyone on campus and it is usually snowing and we have to stay inside all day," said Zabriski.

Being from Florida, Zabriski is among those for whom it would be impractical to travel home for just two days. He reminisced about some of his favorite family traditions that he now misses out on since he is away at school.

"Usually the big thing we do is watch football together as a family when it is on and I will not be able to do that. My mom decorates the house and I help her but now, being away, I can't," Zabriski said.

So instead, his family is coming to him.

"My parents are coming up three or four days before Thanksgiving. They are going to watch me play in a few games. And then after that we plan on eating as a family at the house they are renting," said Zabriski.

> "It's definitely a bonding moment when people allow you into their homes and share their family traditions and food with you.
>
> Gabe Seidman
> Class of 2015

For Seidman, returning home for break is a must.

"I'm planning on going home even though it's an eight-hour trip. Thanksgiving is my favorite holiday and it's always worth it when I get the chance to be with family," said Seidman. "If I am not going home, I definitely miss my mom's famous stuffing. When I am home for Thanksgiving, we have a tradition of going around the table and saying what we are grateful for and that is something I definitely miss when I am not home. At school, sometimes it can be hard to take a moment and just appreciate all of the good things in your life."

Though each player has a different appreciation for Thanksgiving, most seem to have found a way to keep the holiday worthwhile, despite the demands of a busy basketball season.

For Driggs, the priority remains the product seen on the court.

Coming off of a 6-19 season in 2013-2014, Driggs, whose office is lined with plaques and trophies, will look to build on the team's 2-0 start this year and will certainly have his eyes set on Penn State Behrend over break.

"I expect them to come back and be ready to compete and have a great practice and prepare for our game on Saturday," Driggs said.