

Creating Campus Change

MEGAN WELCH '16
FEATURES EDITOR

On any college campus, there is sometimes a disconnect between what students want and what they receive. Though this can happen for a variety of reasons, it can often times be credited to the simple fact that the general population does not always voice their opinions. And if those in charge have no idea what students want, they have no way of providing it to them.

In stepped the Student Life Board.

To gain an understanding of students' opinions of the campus dining experience, the Student Life Board put together a survey that tackled everything from food quality to service to meal plan options. The survey was given out during mealtimes for one week in February, and it collected over 210 responses – over one-fifth of undergraduate students.

One of the primary goals of the survey was to reach a larger portion of the student body than usual. By gathering so many responses, the board was able to collect data that is more representative of the students.

"Part of the goal of the survey was to have actual data from students," said Krista Murphy, Ph.D, dean of student life. "By getting so many students to respond over a wide variety of times, we were able to get to voices we don't get to hear from often. It helped the board to be able to back up their points with voices other than their own."

This allowed the board to identify what changes were important to the majority of students.

"We want to be informed when we ask for changes to occur," Murphy said. "As an example, a few years ago students lobbied to have the Griffin's Den open until

midnight. At first, it seemed like only a few students who wanted it, but once it was known that there was a large portion of the student body who wanted longer hours, it was able to happen. We want to help direct Chartwells towards the biggest complaints so the focus can be on what really matters to students."

The results showed that students felt strongly about two topics in particular – catering to dietary needs and allergies and meal plan options. Many students said that they felt their dietary needs were not met.

"The survey showed that students think Chartwells is really good at handling major food allergies, but not minor ones," Murphy said. "I thought that was really interesting, especially since the allergies students mentioned were really

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Bradley David Amerman
1992 - 2014

*This issue is dedicated to you.
You will be missed.*

ROSTER GROWTH YIELDS EXPANSION IN FACILITIES

NICOLE CARNEY '16
SENIOR STAFF WRITER

With the growing rosters of many current teams and the addition of a new sprint football team, the athletic department is looking to expand its resources in the near future by repurposing space that may prove beneficial to Chestnut Hill College. The department has acknowledged the fact that the athletic programs are currently under-resourced, and are looking for ways to aid the different teams in areas such as the athletic training room, locker rooms, and fitness center.

The athletic department announced that there will be a new full-time athletic trainer added to the CHC staff for the 2014-2015 season, but it is in their interest to research possible options to expand the athletic training room as well. One option the department is investigating is repurposing the pool in Fournier Hall and renovating it into an area that would house new athletic training facilities.

The news of possible expansion has thrilled many in the department, including athletic trainer Erin Fidler. "We are really excited for the athletic training facilities to be an important part of the department's growth in the near future," she said. "This expansion of space along with the addition of athletic training staff will give us the opportunity to offer more in terms of injury prevention, treatment, and modalities for our student-athletes."

In addition to housing new athletic training facilities, the current location of the pool could also serve as an area where new locker rooms could be added, an officials' room, and a meeting space for teams. The current locker rooms are relatively small and have become unable to serve the current needs of Chestnut Hill athletes and visiting teams alike. Game officials currently do not have a space to meet prior to or during a match, making this a benefit to them as well.

Many teams meet on a regular basis, not to practice, but rather to discuss strategy or watch game films in a classroom setting. With the possible renovation to the pool area, the ability to create a meeting space for athletes that does not take away from classroom time and the academia of the college becomes more realistic.

The Men's Lacrosse team is often in and out of classrooms and Derick Darnulc '16 commented that they often struggle to have a sufficient team meeting. "Our team meets about three times a week for film sessions or meetings with our coach, but we bounce around between classrooms because of classes and room size," Darnulc said. The team is sometimes forced to split up if they cannot find a room to accommodate their entire roster. "This new space would

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CHC Participates in Survey

LAUREN SITLER '15
CONTRIBUTING WRITER

An important goal for any student is to have a great educational experience at college. In order for this to happen, however, students and faculty have to work together in order to create an environment where the students and faculty have an understanding of their expectations for each other. There is a gap in the student-faculty relationship that is hard to close. The communication between the two is vital to promote a great educational experience. The question is, how do we bridge this gap as a campus?

This semester, students were asked to fill out the NSSE, which stands for the National Survey of Student Engagement. According to the NSSE Web site, over 2 million students at 640 colleges and universities are invited to par-

ticipate. The survey looks to assess two important aspects of "collegiate quality." The first is the amount of time and effort students put into studying, writing papers, and other educationally-oriented activities. The second is how the institution creates and fosters learning opportunities both inside and outside of the classroom known to stimulate learning.

The NSSE provides participating institutions a variety of reports that compare their students' responses with those of students at self-selected groups of comparison institutions. "The college uses NSSE/FSSE data for assessment of the educational experience that we provide and for planning improvements," said Patricia O'Donnell, SSJ, Ph.D., who is the director of institutional research for CHC as well as the liaison in the NSSE/FSSE movement.

The faculty at CHC was also asked to fill out their own version of the NSSE, the Faculty Survey of Student Engagement, or the FSSE. This serves as a complement to the NSSE, and according to the FSSE Web site the survey is "designed to measure faculty expectations for student engagement in educational practices that are empirically linked with high levels of learning and development."

CHC has utilized the NSSE and FSSE surveys in order to bridge this gap. "The FSSE will help us improve the educational experience offered by Chestnut Hill College by giving us a sense of how our faculty, teach, what they emphasize, and what they expect of students," O'Donnell said. "Taken together with the results of NSSE, the student survey, FSSE results will show us which areas need more attention and more support."



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CLASSES DON'T ALWAYS COME FROM A TEXTBOOK

TIFFANY UREÑA '16
SPORTS EDITOR

The typical college class is based on the material from a textbook. The professor goes through each chapter every week and the students take tests and write essays. Then there's a final and some kind of midterm with projects in between.

The business department at Chestnut Hill College is definitely not sticking to this kind of curriculum.

This semester, Assistant Professor of Business, Barbara Diemer, MBA, introduced Event Planning, a class that is part of the Sports Management major and minor. Students in the class are responsible for putting together the Heroes on the Hill 5K Run/Walk set to take place on the morning of Saturday, May 3.

The students spent the semester working with on-campus organizations Unified for Uganda (U4U), the Student Government Association, and the Student Athlete Advisory Committee (SAAC), whose fundraising efforts benefit the Make-A-Wish Foundation. The ultimate goal of the class is to teach the students what it takes to put on a serious event in a certain amount of time.

In order to successfully put this 5K together, the class was

split into three groups: finance and accounting, operations and logistics, and marketing and public relations. Each student chose where they wanted to go and then the work began.

As the day of the event nears, every student is trying to do whatever they can to make sure that everything goes off without a hitch. Samantha Fletcher '16, marketing and public relations team leader, hopes that Chestnut Hill can come together as one big community.

"We want this event to allow students to become involved and engaged in the community," Fletcher said. "We are looking forward to having the students and the community work together in participating in this event."

Since this is the first year that Chestnut Hill is putting this event together, there are many difficulties the class has had to face, one being the slow registration rate. Fletcher hopes that this will change as Heroes on the Hill becomes a yearly event.

"We hope that we will be able to have more participants in future years, as well as more involvement from the community in the form of donations and sponsorship," Fletcher said. "We hope that this event will gain more of a following so that we can donate more

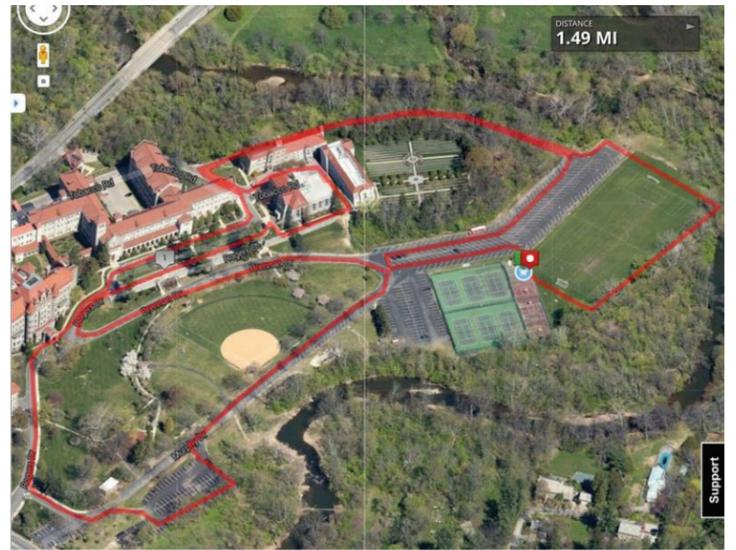


image: facebook.com/heroesonthehill5k

The Heros on the Hill 5K Run/Walk is set for May 3, pictured above is the 5K run map around Chestnut Hill College.

money to the foundations."

Not only has this class helped the students learn how to put an actual event together from start to finish, but it has also opened up their eyes to how working in a large group can really be.

"One of the biggest troubles we encountered while planning this event was making sure that everyone agreed on the decisions we were making," Fletcher said. "We have taken precautions to learn from these issues so that they don't occur again next year."

Although there have been difficulties along the way, it is safe to say that the entire experience of learning outside

of a textbook has been one to remember for the students in this class. "It has been wonderful seeing the community, the town, and the students respond to this event," Fletcher said. "It seemed like everybody wanted to help in some way."

The Heroes on the Hill 5K Run/Walk will be held on Saturday, May 3 at 9 a.m. with registration beginning at 7 a.m. Individual and group sign-ups are available on the race Website, as well as donations and sponsorship information. Visit www.sites.google.com/site/heroesonthehill5k or follow @HeroesOnTheHill on Twitter for more information.

Fair Trade Fashion Show Comes to CHC

LEEANN BURKE '16
CONTRIBUTING WRITER

The Chestnut Hill College community is invited to attend Unified for Uganda's first ever Fair Trade Fashion Show on Saturday, April 26. The club, in partnership with Grace Gardner, a fair trade activist, will put on a fashion show of global proportions. The show will feature all fair trade clothing from Thailand, Nepal, the United States, Guatemala, and of course, Uganda.

The origins of the clothing and accessories make the show especially unique. Grace Gardner is a woman who has donated her life to promoting ethical purchases through fair trade goods. Gardner has extensively traveled the world, supporting the locals of many different developing countries to constantly increase her inventory of distinctive clothing and trinkets.

Her clothing is an expression of these people's creativity and passion for life. Most of the pieces are made with bright colors and eccentric patterns. All purchases come with the knowledge that everyone involved with the products'

development is fairly compensated for their work, which is the ultimate goal of the fair trade movement.

Many associate only a small number of goods as being "Fair Trade," such as coffee and chocolate, but the market has grown to include many different items. Some of these include clothing, other food products, home decor, housewares, tea, toys and personal accessories. The goal of the fair trade movement is to foster relationships with the people who produce and farm these goods.

The movement wants to go beyond trade and help these workers improve their communities, cover healthcare costs, and empower all individuals, but especially women. Just as Chestnut Hill College embodies, the fair trade movement views development of these communities as a "holistic process."

In addition to the show, the event will begin with a tasting of numerous fair trade food products, such as coffee and chocolate. Following the tasting, everyone will be invited to a late afternoon lunch as they listen to Grace share her story.

The fashion show will immediately follow and the event will conclude with the opportunity to purchase the outfits displayed and much more.

The entire event is being paid for through a fair trade grant, awarded to Unified for Uganda for their annually suc-

cessful fair trade awareness and vendor event in November. By attending Unified for Uganda's Fair Trade Fashion Show, guests are not only supporting fair wages, but also empowering people to change their lives for the better.

CONSOLES FOR Kids

Gaming Tournament & Technology Raffle Benefiting CHOP

THURSDAY APRIL 24, 2013 AT 7PM.
Fitzsimmons Lounge

HOSTED BY:
COMPUTER Club
Epsilon Pi Tau

\$7 Registration Fee
Includes Tournament Entry, A Feel Good Grill Cheese, Snacks and 10 Raffle Tickets!

The raffle will include new technology products and gift cards.
Registration is waived for anyone that donates a "E" or "T" rated video game.

For More Information Email Andrea at Wentzella@chc.edu

NEWS

Intern Diaries

Many students at Chestnut Hill College are involved in exciting internships. The Intern Diaries is where students are invited to share their experiences. This month Cassandra Gutierrez '14, who majors in English Literature shares her experience of being an intern.

Where did you intern?

The Philadelphia's District Attorney's Office in Center City.

How did you get it?

I heard about the internship from a former Chestnut Hill student who I saw when I went to take my LSAT. He had interned during his senior year and now works for them. He thought it would be a good opportunity for me. I did some research on what the requirements were, applied, and interviewed for the position.

What did you do?

I was the intern for the Dangerous Drug Offenders Unit, DDOU. I assisted the Assistant District Attorneys, detectives, and the paralegal in the unit. My duties included anything from preparing or disposing cases, secretarial work for the detectives, writing up documents for the attorneys, and going to court.

Describe a typical day.

I arrived around 8:30 a.m. and helped the paralegal with any files and documents that were left at his desk. Sometimes the tasks would take most of the morning with looking for missing papers, gathering information, or making phone calls to different departments. Depending on the day of the week and how busy it was, some mornings were spent taking files to and from the court. Usually in the afternoons I was given my own tasks of putting active cases together and arranging all the documents for its upcoming court hearing.

Was it overall a good experience?

The whole experience was great. I was able to learn more about the criminal aspect of the legal system, which I really enjoyed. The internship allowed hands-on experience on what a lawyer does on a typical day at court, in the office, and how he/she prepared for his/her cases. What was unique about the DDOU unit was that I also got to work with detectives, which was very interesting because I got to see the kind of paperwork they have to do to help the attorneys with their cases. I was able to see how the detectives and attorneys work together to gather all the information needed to present the case in court.

Did the experience help you clarify your career goals?

The experience has helped me see that I do want to attend law school and become a lawyer. However, I am still unsure as to which kind of law I would like to study since I have enjoyed the time I've spent learning about the prosecutors side of criminal law, but I still have an interest in international law.

Do you have any advice for fellow students?

I would highly suggest that students do internships in the area they wish to work in. In doing an internship you are able to see if that is really what you want to do, and if it isn't then you have time to change your career path. At the same time, if it is something you enjoy then you are able to gain experience and contacts within the field.

Calling All Griffins to Citizens Bank Park



The CHC community is invited to attend the Aug. 23, 2014, at 7:05 p.m. between the Philadelphia Phillies and the Saint Louis Cardinals. All CHC families, friends, alums, students, faculty, and staff are invited with tickets only costing either \$12 or \$17 depending on the seat location. The ticket includes a free t-shirt. This game will feature our own CHC community member throwing out the first pitch and with the Griffin joining the Phanatic on the field. Get your tickets by visiting phillies.com/chestnut-hillcollege

Grads Job Outlook Improving

TAYLOR EBEN '14
EDITOR-IN-CHIEF

With the stock market's recent comeback and the unemployment rate at 6.7 percent, the job outlook doesn't seem half bad for 2014 college graduates. There's a sentence you probably thought you'd never hear!

Back in 2010 when the Class of 2014 embarked on their collegiate journey, the unemployment rate was at a staggering 9.5 percent and the job outlook for young professionals was dismal at best, but things have taken a turn for the better. According to the National Association of Colleges and Employers (NACE), employers who focus on hiring new college grads are expected to hire 7.8 percent more Class of 2014 grads than their Class of 2013 counterparts. Even better, that rate jumps to 12 percent when international operations are considered.

The most in demand majors are business, engineering, computer and information science, sciences and communications. Employers are looking for candidates who possess the ability to work in a team environment, decision-making and problem-solving skills, and the ability to plan, organize and prioritize work. Other skills employers value include written and verbal communication

skills, leadership ability and strong analytical and quantitative skills.

Senior Bobby Stocklin, a psychology major and business administration minor, has already begun working for Toll Brothers, "America's Luxury Homebuilder," in Horsham, Pa. Stocklin applied after finding the listing on the Toll Brothers Website and is now a junior recruiter for the company. He'll identify and source talent for positions across the country.

"You certainly cannot sit back, relax, and wait for a job to fall into your lap," he said. "You have to work extremely hard to get your name out there. Whether it be through networking or filling out applications, you need to give yourself every opportunity to obtain the job you want."

While many soon-to-be graduates are looking for jobs, others plan on furthering their education, like senior biochemistry major Allison Eberly. "Eventually, I aspire to work for a pharmaceutical company, so graduate school is the next step towards achieving my goals," she said. "After graduating from CHC I will be attending graduate school at Vanderbilt University School of Medicine. As a part of the Interdisciplinary Graduate Program in Biomedical and Biological Sciences, I will be

spending the next five to seven years taking classes and working in a research lab."

There are plenty of seniors across the country like Bobby Stocklin and Allison Eberly who have a plan and know what their next steps are, but let's be realistic: some students just aren't that lucky.

"In the field of education the job openings for teachers, especially elementary school teachers, are hard to find," said senior Nicole Heigl, an early childhood education major. "If you would have asked me four years ago I would have said I will take any job I can get, but due to my experience in various schools and my financial circumstance I have decided I'm moving home for the moment while I job search." While Heigl admits that this isn't the most ideal option, for now, it makes the most sense.

NACE also reports that many employers plan on increasing starting salaries and even offering signing bonuses, as well as providing benefits like life, medical and dental insurance, 401(k)s, yearly salary increases and employee assistance and counseling to young hires. While the job outlook certainly isn't perfect, things are seriously looking up. View the entire 2014 job outlook report at www.nace.org.

CHC ATHLETIC FACILITIES EXPANDING

Continued from Page 1

benefit the lacrosse team and every other team on campus by allowing us to be organized in terms of where and when we are meeting, as well as a place that fits our team."

There are no plans to increase the size of the fitness center, but the athletic department is reevaluating the current fitness equipment. The lease on the equipment is up this summer and the department is investigating what

equipment is not needed and what can be added. In order to maximize its total space, the fitness center may be rearranged to ensure enough room for the greatest amount of students. The athletic department does not want team workouts to infringe upon the normal operating hours of the fitness center, so teams may have schedule time outside of those hours if the whole roster intends to participate.

Athletic Director Lynn Tubman noted that not all of

these plans are official, but are options that the college is looking at. "We are looking for a space that could positively impact a large student population at Chestnut Hill, and the pool has become a space that is under-utilized." Groups still use the pool and that is the reason why the athletic department is looking into all options until making a final decision where they will make a public announcement.

Spring Instrumental Concert

Wednesday, April 23, 2014 at 7 p.m.
East Parlor, St. Joseph Hall

The concert will include performances from the String Ensemble, Flute Ensemble, Jazz Ensemble, and Wind Ensemble.

SLB Brings Changes to Campus

Continued from Page 1

common ones. I think it's helpful to know that the staff might need more training. Everyone on the staff who is on the floor should know the ingredients in what is served, which could make a huge difference in students knowing what they can eat."

Many students indicated that they would like to have more meal plan options to choose from as well – a change that has since been made. Chartwells is offering several new meal plans starting in the fall semester.

"The most important result to me was definitely that students felt that they wanted to pick their own meal plans," said Charles Davis, '15, founder and chair of the Student Life Board. "There's a clear trend that students want more

flex dollars and that is really helpful feedback that is already being put into action."

To help gather this data, emphasis was put on the design of the survey's questions. It had questions that resulted in both quantitative and qualitative answers. The quantitative data helped to create results that, to Murphy, were more concrete.

"One of the most helpful things the students did was make a lot of the answers quantitative," she said. "It helps to be able to say that our survey revealed this or that on a five-point scale. Numbers help to make the data more concrete and real, and they hold a lot of weight."

However, the qualitative responses provided additional detail to the numbers collected and helped to show how invested students were in the

survey.

"The open-ended responses added a really good flavor to the results," Murphy said. "It helped to provide context for the numbers. I was really impressed by how much time students took to put in their comments and responses. They also put in things that were action oriented and suggested solutions that can be implemented right away."

Due to the snow and time constraints, the board was unable to meet with Chartwells this semester, but hope to conduct the survey annually, as well as act as the liaison between dining staff and students in coming semesters.

Results from the Student survey by SLB on Chartwells can be seen on the right.

BENEFIT GAMING TOURNAMENT RETURNS

ADELE GIANGIULIO '16
NEWS EDITOR

Consoles for Kids is coming back to Chestnut Hill College on April 24 at 7 p.m. Sponsored by the Computer Club, Feel Good, and Epsilon Pi Tau (the international technology honor society), the gaming tournament benefits the Children's Hospital of Philadelphia's (CHOP) game library. All proceeds raised by Consoles for Kids go towards buying either "E" or "T"-rated video games.

"We chose to sponsor the game library because every

room at CHOP has some sort of game console within it," said Andrea Wentzell '15, president of the Computer Club. "The club also likes to make sure that the money goes towards buying games for the game library, so some of the club members take a trip to one of the local game shops and pick out the games for the kids."

"This event isn't just for those game junkies, but for those that want to have some fun while helping provide games for the children of CHOP," Wentzell said. The tournament will include rac-

ing, fighting, and old and new video games, as well as staples such as Mario Kart and Just Dance, so every participant has a chance to win one of the Best Buy gift cards ranging from \$25 to \$100.

There have been some great additions to this semester's tournament, one of which being the Computer Club's partnership with Feel Good. Feel Good will provide free grilled cheese sandwiches to all registered participants. Also new to the event is the technology raffle in which new and upcoming tech pieces donated by members of the Computer Club, as well as tech store gift cards will be raffled off.

While the Computer Club hopes to beat last year's fundraising record of \$200, they really want to "have fun and to raise as much as we can for the CHOP game library."

The tournament begins at 7 p.m., with registration starting at 6:30 p.m., in the Fitzsimmons Hall Lounge. Registration is \$7, but the fee can be waived with the donation of an "E" or "T"-rated video game. For more information, please contact Andrea Wentzell at wentzella@chc.edu.



image: Andrea Wentzell '15

Participants of Consoles for Kids have the opportunity to play racing, fighting, and old and new video games on April 24.

Fridays after Dark: Pete Lee

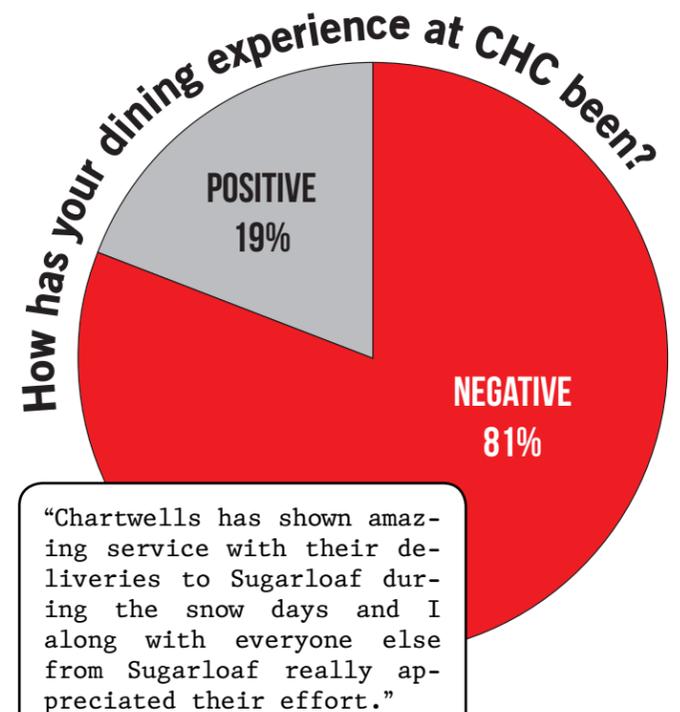
Enjoy some laughs with this great comedian from VH1's Best Week Ever!

Friday, April 25, 2014 at 9:00 p.m.
Gruber Theatre, Logue Library

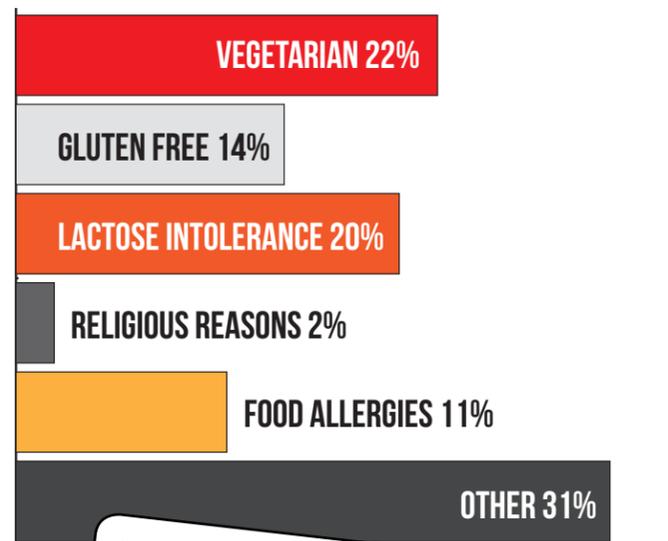


Results from SLB Survey

The Student Life Board in February conducted a survey on the conditions of the CHC Cafeteria, since the survey the board has been working with Chartwells to help improve student experience. Below are some of the results from the over 210 survey results.



Do you have dietary needs?



"I need gluten free food for an allergy. I call ahead and end up waiting for up to 40 minutes even though I had already called 30 minutes prior to that."

Register Now for "Heroes on the Hill 5K"

Saturday May 3

Chestnut Hill College

Registration 7 a.m. - 9 a.m.

5K Run 9 a.m.

Walk 10 a.m.

Kids Fun Run 11:00 a.m.



Register Online (bit.ly/1oGifpD) or By Mail

Proceeds Benefit:

MAKE-A-WISH

Unified UNIFAT

For More Information Visit: bit.ly/1g9aS81

ARTS & CULTURE

Spider-Man & Enemies Return to Big Screen



BRIANA CHARLTON '16
SENIOR STAFF WRITER

With summer just rounding the corner, what is there to look forward to when students no longer have to worry about 15-page papers and all that other stuff? Well, there are always great movies to go see and one of them just happens to be *The Amazing Spider-Man 2*, which comes to theaters May 2—just a few days before school is finished!

The last time we saw Peter Parker (Andrew Garfield), a.k.a. Spider-Man, he had just defeated scientist-turned-giant lizard, Dr. Curt Connors (Rhys Ifans), who had once been partner and close friend to Peter's parents. As if that was not bad enough, he then had no choice but to break up with his girlfriend, Gwen Stacy (Emma Stone), after promising her dying father he would. Not to mention he had already lost his Uncle Ben (Martin Sheen) earlier in the film. So clearly, Peter is in need of a little break of

the non-painful variety.

Too bad he will not get one, although judging by the ending of the previous film, we can at least bet that he and Gwen will get back together.

The green lizard may be gone, but in this sequel, Peter must face his most formidable enemy, well enemies, yet: Rhino (Paul Giamatti), Green Goblin (Dane DeHaan), and Electro (Jamie Foxx). Only Spider-Man has the power to protect New Yorkers against these villains, but how can one teenager dressed in a red and blue leotard succeed in doing that when at the same time he must fight an even greater battle within himself?

We all know the struggle of Peter Parker. He must balance everyday obligations like going to school with the impossible job of saving the world. Of course, swinging through skyscrapers is awesome, but with these new enemies on the horizon, Peter is going to face his most difficult battle yet, especially when he finds out that

every villain is connected to Oscorp, the scientific research corporation where Dr. Connors got the serum to become a giant lizard and where Peter found the spider that gave him his powers.

This summer, Spider-Man fans can expect a film that will blow them away. (The trailers certainly boast of that.) Secrets will be uncovered, chaos will ensue, tears will inevitably be shed (I mean, how many times can a person watch Peter Parker get beat up before we start to fear for his life?), and we will see whether or not Peter can overcome a force more powerful than himself. Of course, even if he can defeat the villain, how many people will have gotten hurt in the process? Will there be any major deaths? Let's hope not.

But still, is Spider-Man strong enough to face this army of evil threatening to tear his whole world apart, or, as Gwen says, is this battle really too big for him to overcome?

The Used Their Own Enemy

KYLE MICK '15
ENTERTAINMENT EDITOR

Over the last few years, the genre-crossing musical group, The Used, have been churning out albums as fast their record company, GAS Union, has had the cash to produce them. From *Artwork*, which was released in 2009, to *Vulnerable*, which was released in 2012, all of these albums have been recorded and released in a very short amount of time, and for the most part, were hastily put together. While The Used have been gifted with the ability to release a new album every couple of years, the lack of time and attention, both in the lackluster lyrics and the overall poor construction of the musical compositions in their songs, is clearly evident in their newest album titled, *Imaginary Enemy*.

The first song on *Imaginary Enemy* called, "Revolution," is a very promising opening track to this album. With a haunting speaker saying, "All revolutions are impossible until they happen, then they become inevitable," this quote of rebellion gives rise to screech-

ing electric guitars, brutally pounding drums and Bert McCracken's screamo vocals, which help to accentuate the aggressive nature of the lyrics in this song. But as the next track titled, "Make Believe," starts to play, it immediately falls flat and feels as if it was a filler track on this album. The lyrics are inconsistent, and the song feels out of place among many of the other tracks on this album.

The next track titled, "Force Without Violence," tries to bring back the focus on uprising and rebellion with a pop anthem that helps to change up the hardcore punk rock genre that The Used has been known for, with some interesting melodic guitar work and vocal overdubbing arrangements.

The last track that truly stands out among many of the other "junk" tracks on this album is called, "Evolution." A pop focused power ballad with glittering synthesizers, chugging electric guitars, and an infectious beat that acts as a perfect backboard for McCracken's well-organized and thoughtful lyrics about defi-

ance. This song has plenty of surprising and unpredictable moments of immense musical intensity, and feels like a well-focused and complete song. While *Imaginary Enemy* has one, maybe two tracks that feel focused and complete on this album, the lack of cohesion of lyrical themes, and the mediocre musical compositions, on the majority of these songs, makes this album feel generic and uninspiring.

If you are a die-hard fan of The Used, by all means buy the album and prove me wrong, but if you are someone who has never heard The Used before, there are plenty of other albums such as, *Lies For The Liars*, which has a much more clear direction and focus than this mostly "fluff" based album.



Key Tracks

"REVOLUTION" • "FORCE WITHOUT VIOLENCE" • "EVOLUTION"



Deli Nights

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The Perk, Fitzsimmons

APRIL SPECIAL: FRESCA

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Building the Big Tiny

ANDREA WENTZELL '15
SENIOR STAFF WRITER

Across the globe thousands of individuals are opting for a more simplified lifestyle, called a tiny house. The tiny house movement is a lifestyle of no mortgages, no clutter, and less time wasted day to day. Enabling tiny housers to spend more time with friends and family, and doing the things you love. It is a movement founded on the idea of reducing and reusing--reducing the things you own, but also reusing the old and making something new out of it.

A tiny house is a structure typically built on a trailer or is a small home that ranges in size from less than 900 square feet to 80 square feet. The average tiny home is around 180 square feet, whereas the typical American home is around 2,600 square feet. Tiny homes are made with simplification in mind, and architects have designed them in every shape, size, and form.

As a small but growing movement, the tiny housers population has grown since the U.S. and global recession of 2008. One of the main figure heads of the United States movement is Dee Williams, from Portland, Oregon, who just released her book, *The Big Tiny: A Built-It-Myself Memoir* on April 22.

In 2004, Williams built her own tiny house from the ground up, and parked it in her friend's Portland backyard. At only 84 square feet, her trailer is one of the smallest around, but she still managed to include a cooking area, a toilet, a mini-library, a sitting area, a sleeping loft, and much more (the only thing she regrets is not including a shower). Her home cost her only \$10,000 in total to

build and her monthly bills are only her cell phone and propane costs. And it takes her only 10 minutes to clean her whole home!

William's book, *The Big Tiny*, not only details her life experience of building her tiny home, but also what caused her to do so. At the age of 41, she had a near-death experience after having collapsed in her local grocery store from a heart condition. Realizing life was too short she began to want to spend as much time with doing the things she loved and seeing the people she cared for. With a recent trip to Latin America she knew that she could handle a simple life. The new sense of clarity she received led her to question why she held on to so many things, when in reality she would not be taking anything with her in death. She had a large beautiful home that was just sitting there with unused appliances and things she had held onto for no reason. Williams decided everything would change, she would downsize, and that is when she began constructing her new tiny home, which was smaller than her previous home's living room.

Williams now has more time than ever to spend with her family and friends, and she has the freedom to spend time doing what she loves.

If you are interested in learning more about tiny homes just Google them. But take into consideration Williams's advice a tiny house is not for everyone.

Visit Williams's website at padtinyhouses.com to find out more about her, the book, the movement, and the people involved. You can also view her Ted Talk online about her experiences.

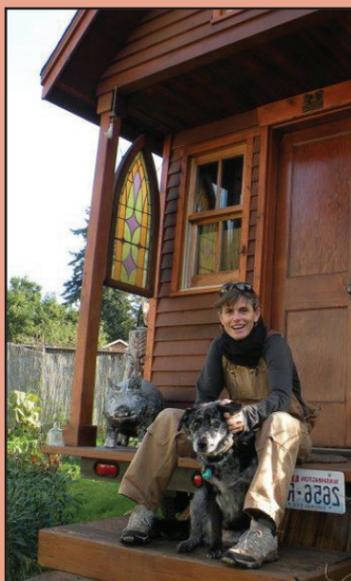
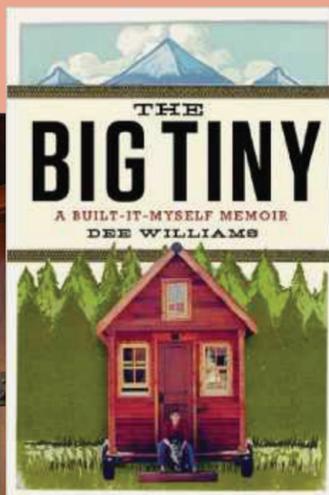


image: padtinyhouses.com

ALUMNI Q&A: CHRIS ALLEN '13



provided by: Chris Allen '13

What have you been doing since graduation?

After graduation, I worked painting houses and doing landscaping for the summer before moving to Washington, D.C. to begin graduate school at The Catholic University of America (CUA). At CUA, I am studying philosophy and theology to earn a joint degree of a Masters of Divinity and a Pontifical Sacred Theological Baccalaureate.

What are your career goals?

I want to teach history at a diocesan high school. I am studying for the Oblates of St. Francis de Sales at CUA because I believe that as a priest, I can be much more involved in, and thus, have more of an impact on the life of my students than my lay colleagues, who have to go home to a family at the end of my day. Having that freedom of not having to go home to care for a wife and children will allow me to be more present in the high school, both during the school day and at after school activities.

How has CHC shaped those goals?

CHC, in its mission of caring for our "dear neighbor" and finding God in all things, inspired me to want to make an impact on the lives of my students beyond the classroom. As we all know, Sr. Maria Kostka Logue once said CHC "will prepare you to learn how to earn a living, because you must. But you are here to learn how to live."

While at CHC, I learned that living, really and truly living, and genuinely loving what you do is vastly more important than the living that you earn. Diocesan high school teachers do not make a lot of money. Religious teaching in diocesan high schools make even less. I'm alright with that because, based on the experiences I've had so far working in diocesan high schools, I am going to love it.

What is different about post-grad life?

Post-grad life is not too different from life as an undergraduate. I am still taking five classes a semester, and still have homework and papers to write. Community, school, prayer, and ministry take up a lot of my time so I do not really have time to go down to the National Mall during the school year to visit the museums. I really enjoy being a part of the CUA community and joined the Knights of Columbus; I'm now a 4th Degree Knight. Exploring DC when I have time to is also a lot of fun.

Do you have any advice for students?

When I was applying for jobs, it quickly became clear that the old saying: "It's not what you know, it's who you know" is what will get you a job. Sure, grades, activities, and community service still matter, but so does how well you are able to connect with your interviewer and how much you are able to stand out from the rest of the people applying for the job. Work to make the connection.

Not Just Nerds with Wands

CHRISTEN DIXON '17
CONTRIBUTING WRITER

While the name "Harry Potter Alliance" (HPA) suggests a bunch of nerds hanging out, swapping theories, and generally fanboy/girl-ing, there is a lot more to it than that. Yes, our meetings have time set aside toward the end to squeal about various happenings in our fandoms, but we also serve a greater purpose.

The Harry Potter Alliance chapters across the country and worldwide all work toward one common goal: social justice and equality. Modelled after the (unfortunately) fictional Dumbledore's Army, the HPA university, high school, and community chapters work to educate their members and their communities about issues such as illiteracy, global warming, poverty, and even genocide. The group fosters creativity and encourages social activism in an effort to make our world a more magical place. Just as Hermione championed for the fair treatment of house-elves, so too we advocate for equal rights regard-

less of race, gender, sexuality, and class.

Our own college's HPA chapter hosts numerous events in the name of social activism, donating the money raised to local and international non-profits like Philabundance and the Heifer Project, and soon volunteering at local schools. Some of our events are themed similarly to things that have happened in the *Harry Potter* series, like the Yule Ball, the welcome feast in the Great Hall, and the Marauders' Map, but other events from other fandoms, like the *Hunger Games* and *Doctor Who*, are featured heavily in order to ensure that participants, our peers who have varying interests, enjoy themselves.

On April 9, we sponsored a student edition of the *Hunger Games* in which students battled with water guns and water balloons, raising over \$50 for Philabundance. Upcoming events include a Marauders' Map themed scavenger hunt around the school, a quest to find the Heir of Slytherin, *Harry Potter* viewing parties, and much more. The proceeds

from each of these events will be distributed to various charities, so consider doing your part to help others and participate! The biggest event that is relevant to us, of course, is Harry Potter Weekend in October. We are working on planning a Wrock (wizard rock) concert for all to enjoy, along with other exciting activities. It is a truly magical time, and I have it on good authority that this year will be the best one yet!

If anyone is interested in joining the Alliance or getting information about upcoming events, feel free to contact our chapter president, Amanda Finlaw (FinlawA@chc.edu), or the faculty advisor, Patrick McCauley (McCauleyP@chc.edu).





screencap: youtube.com/learnhowtoadult

Above, Emma, co-host of Youtube's *How to Adult*, a channel working to prepare young adults for living on their own.

YouTube How to Adult

AMANDA FINLAW '15
CULTURE EDITOR

This month's featured YouTube channel, *How to Adult*, is another channel produced by the Green brothers and their wonderful and educational YouTube empire. This channel began only last month. It strives to explain the complexity and arduousness of typical adult tasks that we are not prepared for in our years of youth. This channel is perfect for any graduating senior who still might not understand the basics of all of the extra responsibilities about to be thrust upon yourself.

For example, some recent topics on this channel have included "Recommended Reads for Surviving Adulthood," "How to do Laundry," "How to do your Taxes EXPLAINED!," "How to Make New Friends as an Adult," and "How to Ask Someone Out on a Date." These videos span a wide range of categories, from "Relationships" to "Finance" to "Home Economics." This separation is helpful because it allows you to focus on just one thing that you find difficult, if you want to.

Emma and Mike are the two regular hosts of this channel. Emma is a grad student who has also been a long-time vlogger, and Mike, also known as T. Michael Martin, is a young adult novelist. The hosts are particularly cool because everyone who is also confused about the adult world can identify with them and the struggle they go through to deliver their information.

In the first video, "Welcome to How to Adult!" Emma tells us "After moving out on my own, I began to realize something about my education. I had read a lot of cool stuff in school, read the classics, trigonometry, much history, but there was a lot of stuff that just never came up in school, like how to sign a lease on an apart-

ment or how to change a flat tire. I don't know what a Roth IRA is. And yes, you should separate your laundry, but what about shirts with white stripes? These questions and many more are what we want to answer on this channel, which is dedicated to unraveling the mysteries and vagaries of new adulthood."

The topics discussed on this channel are particularly important because many people of the college-aged generation are currently complaining about how ill-prepared we are for adulthood. High school fails to explain or instruct students on the basics of the adult world, like how to do taxes, laundry, banking, or any other general task that each adult must face at some point. This channel is working to counteract this educational failure.

To quote Doctor Who, "When you're a kid, they tell you it's all...grow up, get a job, get married, get a house, have a kid, and that's it. But the truth is, the world is so much stranger than that. It's so much darker. And so much madder. And so much better." *How to Adult* gets to the heart of these sometimes unexpected complexities.

Whether you are in pinch and need to figure something out fast, or whether you simply want to achieve a better grasp of what you will need to proceed with post-college life, *How to Adult* is worth a view. I know I will find this information useful throughout the next decade. A few other channel suggestions to watch over the summer include: SourceFed, which posts five daily news stories; gossmakeupartist, a very knowledgeable male makeup artist with the best tips around; sexplanations, which discusses the complexity of sex, sexuality, and relationships; and *Its Grace*, comedic genius Grace Helbig's hilarious new home on YouTube.

Vogue Cover Shows Hate Culture

MICHAEL BRADLEY '14
EDITOR-IN-CHIEF

The most controversial magazine cover of the year is not *New York Magazine's* cover questioning racism in the Obama presidency, or *New York Times Magazine's* showing Hilary Clinton's face imposed into a moon. It is without a doubt the April cover of *Vogue* featuring Kim Kardashian and Kanye West.

The cover, which was released before the issue on March 21, created a social media frenzy of people announcing the "end of *Vogue*" and Sarah Michelle Gellar threatening to "cancel [her] subscription."

The uproar was covered by national media outlets, fashion magazines, and die-hard "Kimye" (the name assigned to the couple) fans on social media. The general consensus seemed to indicate that the couple somehow did not "deserve" the coveted cover of *Vogue*. But why not?

Kanye West is a Grammy-winning musician, whose most-recent album *Yeezus* was named *Spin* magazine's "Best Album of the Year" in 2013, and ranked second in *Rolling Stone*. He has had many successful fashion collaborations with Nike, Adidas and APC. Kim Kardashian is one of the highest-paid women in television and has used her fame

to create a multi-million dollar empire for herself. They are each as successful in their respective fields as past cover models Katy Perry, Rihanna and Jennifer Lawrence. They are, without a doubt, one of the most famous couples in the world.

The cover of *Vogue*, and particularly its subsequent reactions, embodies what popular, celebrity culture is right now -- a critical, hate-fueled culture. The most famous people in the world are simultaneously the most hated people in the world. These people are essentially made famous by us viewing them through a lens and critiquing their every move with a bizarre desire to see them fail.

New York Magazine published an article in their end-of-March 2014 issue, which asked "Why are

people being such snobs about Kim Kardashian on the cover of *Vogue*?" Writer Amy Larocca believes that we live in a society that privileges older, standard forms of work and earnings over more recent positions -- that is, a classically trained actress is more deserving of a *Vogue* cover than a reality star, no matter their fan base or their societal clout.

Still, there is very cruel hatred toward these reality TV stars that is somewhat ironic. They are mostly famous because they are on the covers of these magazines and because they are so frequently talked and argued about. With these stars, there is no such thing as bad press, and so long as they are being talked about, they are still going to be famous -- and are still going to snag *Vogue* covers.



ALBUM PREVIEW: THE BLACK KEYS' "TURN BLUE"

CATHERINE DEMPSEY '15
SENIOR STAFF WRITER

If you are not listening to the Black Keys, you are not really listening to music. They are back and more hypnotic than they have ever been. Taking a road towards psychedelic and funk, *Turn Blue* helps mark a new era of rock. One that is borrowing bits and pieces from our hero's past and re-inventing them to carry us to something much more fresh. The Black Keys continue to churn out quality with every release and *Turn Blue* certainly will not be a disappointment -- they are well versed veterans at this stage in the game.

The first single for this release, "Fever," was unveiled on March 24. This track utilizes a vintage organ to kick it off and a

hippie-era feel ties it all together into a party anthem that leaves the listener begging for the good times to continue. It is a track possessing several layers of beats and licks that make you envision a dark rock club you never want to leave. Not to mention, singer Dan Auerbach's voice is sophisticated and charging in "Fever." He almost takes a back seat and lets his guitar and synth take the wheel.

If this song defines anything about The Black Keys, it is that they not only know how to write a great rock-pop song, but they are not quitting any time soon -- they are just getting started.

Turn Blue will be The Black Keys' eighth studio release. They are a band that has been dishing out a new record almost every year since 2002, which is some-

thing to be revered. Often times you will experience an incredible record, thirsty for more, but then have to wait five years for another release. The Black Keys satisfy that thirst consecutively. Trust me -- they are important. Their 2011 release *El Camino* debuted at number two on the Billboard 200 in the US and won a Grammy for "Best Rock Album," proving that rock certainly is not dead yet.

Brian "Danger Mouse" Burton, who has been The Keys' co-producer for several years, is credited for helping produce *Turn Blue* and the album was recorded in several places across the country including LA, Michigan, and Nashville. They have big shoes to fill since releasing *El Camino*, which had a much more polished and proper sound.

Based on this first single, "Fever," one can sense urgency from the band to twist that sound and make it chaos streaming from our speakers and escape the over-produced and perfect sensibility of their last record. They clearly are seeking to deliver something we can jump around to.

Turn Blue officially goes on sale May 13, available wherever truly good records are sold.



GOING OUT GUIDE: APRIL - MAY 2014

FOR EVERYONE

Phila. Science Festival
April 25 - May 3
philasciencefestival.org

Home & Garden Festival
May 3 | 11a.m. - 5p.m.
chestnuthillpa.com

FOR FOODIES

The Porch at 30th Street Station
Now through April 30
M, W, F | 11:30a.m.-2:30p.m.
Tu, Th | 7:30a.m.-2p.m.
There is such a thing as food truck heaven and it's currently located at the newly renovated The Porch at 30th Street Station. Dine al fresco and enjoy some of best food the city has to offer. Trucks change daily, so follow @ThePorchat30th for updates.

FOR MUSIC LOVERS

Roger Leonard Band
The Mermaid Inn
Saturday, May 3, 9 p.m.
Cost: \$10 cover
Must be 21 or over, featuring Reverend Chris on keyboard.

FOR NATURE LOVERS

Naturepalooza! Earth Day Festival
Schuylkill Center, 8480 Hagy's Mill Road, Philadelphia
April 26 | 11a.m. - 3 p.m.
Cost: Free
A Philadelphia Science Festival Discovery Day event. Celebrate all things natural at our third annual family-friendly Earth Day festival. Live music, live animal shows, nature walks, a food court, games, participatory art events, and more. Explore the great outdoors at this Earth Day celebration. Visit philasciencefestival.org for more festival events.

FOR THEATER LOVERS

Arsenic and Old Lace
Until May 27
Walnut Street Theatre, 825 Walnut St., Phila.
Cost: \$20

Romeo & Juliet

The Philadelphia Shakespeare Theatre
2111 Sansom Street, Phila.
Until May 18
Cost: \$10-35

VIDEO GAME REVIEW: DARK SOULS 2

AARON SIMPSON '14
CONTRIBUTING WRITER

What is strength? What is honor? What is bravery, courage, anger, despair? These are concepts that you will become quite familiar with when playing BANDAI Games newest title, Dark Souls 2. Released on March 11, for PS3 and Xbox 360, and soon to be on PC, Dark Souls 2 is the long awaited sequel to the acclaimed original title, Dark Souls. This game takes places thousands of years later, after the events of Dark Souls, and once again the player must take control of an undead hero and defeat the ancient king, but this task is much more difficult than it sounds.

The Soul series is all about character customization. Every detail of your character's battle attributes are at your disposal. You can choose how much health you have, how much damage you dish out with magic or physical attacks, and even how fast your character moves. Every attribute point must be spent wisely, because even your character's armor and weapons are affected by the way you level up. So how does an undead warrior level up? By collecting souls of course. And how do you obtain these souls? Well, that is up to you to decide. Dark Souls has a semi-open world feel to it and

this world is inhabited by an aggressive native inhabitants. The more of these natives you slay, the more souls you collect, but face defeat to these natives and you will lose everything, or almost everything.

When your character dies in the game, he leaves behind a green orb hovering over a blood stain that contains all the souls you collected before your untimely demise. Reach that orb and all is returned to you, but die twice without reaching it and you may become enraged at the loss of an hour's worth of souls that you painstakingly collected. In Dark Souls 2, souls are everything. You upgrade your equipment, buy new equipment, level up your character and even open up passageways through the use of these souls.

The combat in Dark Souls 2 is seamless. The weapons all have different characteristics and there is a variety of character actions. The natives in the world of Dark Souls 2 can be very difficult at first, but after the first 50 hours you will only die about three times an hour. At that point, you will understand your strengths and weaknesses and you will know that the real threats are not always the natives but Invaders. Who are these mysterious Invaders? Other real people like you. Dark Souls 2 features an online func-



tion that allows you to summon other players into your world for support, but also lets other players invade your world to hinder your progress. You may run from these Invaders or stand up to them, and make them regret ever coming to your world.

Dark Souls 2 is a beautiful game in every way. It is full of customizable equipment, hidden back stories and countless enemies. This is one game that will not hold your hand while you play it, which gives you a sense of freedom and a terrifying sense of challenge. Dark Souls 2 is great if you are a lone wolf, or if you want to run in a pack, it has offline and multiplayer features. It has everything a hardcore gamer could want and is still forgiving enough for those new to the series to enjoy. I give Dark Souls 2 a rating 9 out of 10.

Nick Cannon Dons Whiteface – Is it Racist?

CHRISTEN DIXON '17
CONTRIBUTING WRITER

Cultural appropriation is defined as the act of adopting specific elements of a culture other than your own. It takes many forms in the world today, from the adoption of traditional iconography to practices like black/yellow/red-facing. In most cases, the majority appropriates the culture of the minority, usually for entertainment. Those who do the appropriating mostly think of it as harmless fun, but for the marginalized who are being caricatured, it can be extremely offensive.

That is not to say, of course, that the reverse does not happen, because it does. Recently, rapper Nick Cannon released pictures of himself on his Instagram account dressed in whiteface and accompanied by hashtags of stereotypically "white" things to do, sparking an Internet debate on hypocrisy and double standards upheld by the black community that condemn white people for doing the same thing.

For me, it depends on the intentions of whoever is don-

ning the costume. If Julianne Hough wants to dress up like a character from Orange is the New Black for Halloween, then by all means, she should be allowed to. If a third grader in Colorado is giving a presentation on Martin Luther King, Jr., then he should not be suspended for trying to make his presentation authentic.

But when someone is dressing up in order to deliberately make fun of a certain group of people, therein lies the issue.

The origins of blackface come from the period directly after slavery was abolished, when it was used primarily as a tool of degradation and oppression. The white people who dressed up as black people were playing characters who fit their view of blacks at the time. But that is not the case anymore. Now it is more of an accidental controversy, where people are typically only trying to play more convincing characters when they dressed up.

Nick Cannon dressing up in whiteface was meant to parody the "skater boy" stereotype. He put on the cos-

tume in order to deliberately satirize a view of white people that could be considered offensive, and that is a problem. That behavior, no matter how harmless he felt it was, should not be tolerated.

Of course, the black community is not the only one affected by issues such as this. The Asian community and especially the Native American community also face this form of cultural appropriation. The CBS sitcom *How I Met Your Mother* came under fire for a January episode entitled "Slapsgiving 3: Slappointment in Slapmarra" in which three of the show's all-white cast donned silk robes and spoke in broken English with stereotypically Asian accents, sparking outrage amongst the Asian community and prompting the use of the hashtags "#HowIMetYourRacism" and "#MyRaceIsNotYourCostume."

Time Magazine journalist Kai Ma wrote about the controversy, saying: "But despite their well-meaning intentions, this is by-the-book yellowface. It's white people acting 'silly' or 'funny' when acting Asian, in a performance written for the



screenshot: celebrity.yahoo.com/

enjoyment and consumption of non-Asian viewers. And it cements nasty racist stereotypes... These are caricatures that have been plaguing Asian Americans for generations."

The Native American community has often been subjected to cultural appropriation. The Native American mascot controversy has been a firestorm for years, and it appears that there are no signs of resolution in the near future. Michael Lazarus, a Native American writer, says that using ethnic symbols is a tribute to those cultures, acting as a way to commemorate their existence and show our appreciation for them.

I cannot help but disagree.

Teams named for ethnic stereotypes and using them to represent themselves do nothing but perpetuate said stereotype. The Atlanta Braves' Chief Wahoo makes people think that all Native Americans wear feathers in their hair, the Notre Dame Fighting Irish that all Irish people are always ready for a brawl, and the list goes on. These symbols can be offensive to the cultures they come from, whether it is a minority or majority. Perpetuating stereotypes that are not true is harmful in any form. By recognizing this, we can help to stop cultural appropriation in all of its forms.

HOW TO DEAL WITH STRESS

Why College Students Stress

MEGAN WELCH '16
FEATURES EDITOR

College students are stressed. To any fellow student, that may seem like the most overwhelmingly obvious statement in the world. Students today are busier than ever. We have full class loads, jobs, internships, athletics, campus organizations and if we have time, social lives. We are constantly putting ourselves in more debt to earn a degree that might not even get us a job. Of course we are stressed, who would not be?

But that constant stress has consequences. The American Institute of Stress says that it can cause immune system disturbances, sleep disturbances and is linked to a host of physical and emotional disorders, like depression, anxiety, and heart attacks. There are some obvious signs of stress – back and neck ache, headaches, racing thoughts, weight loss or weight gain, stomach aches, sweating, irritation. Basically, when we are stressed, it affects everything.

And if recent news is any indicator, we are not coping with it very well. One out

of every 10 college students nationwide is in counseling. And recently, suicides among students have made headlines. According to the *Inquirer*, there have been over 30 reported suicides at area colleges in the past three years.

A slew of recent studies have tried to get to the bottom of student stress – with results that surprise no one. We have a lot to do, a lot of pressure to succeed, an uncertain job outlook, and technology that keeps us constantly connected to and reminded of the things that stress us out. But when all of the things causing us the most stress are just parts of our daily routine, it can seem impossible to find a solution.

Experts recommend the obvious – do less, manage your time better, sleep more, relax. These solutions are presented like easy fixes, but they are often easier said than done. Good luck sleeping more during finals week, or taking time to learn how to manage the time that you are already short of. When the stress is endless and the solutions seem too difficult to tackle, it is easy to get overwhelmed, but fear not. Below is a list of free or inexpensive resources to help you get that stress in check.

FREE WAYS TO DEAL WITH STRESS

STRESS LEVEL: LOW

Stress-Free Playlist

Cost: Free

My gift to you: a playlist full of songs for when you need to put your headphones on and turn the world off. Go to thechcgriffin.com to check it out.

Fairmount

Cost: Free

With all the beautiful weather we've had lately, there's no reason not to take advantage of the trails right across the street. Go for a walk, or rent a bike for free from Student Activities and enjoy some alone time in nature. Listen to the stress-free playlist for bonus points.

STRESS LEVEL: MEDIUM

Get Organized

Cost: Free

It's easier to tackle end-of-the-semester projects and studying when you know exactly what you have to do and when. I write everything on

Post-it notes and put them on the wall -- there's nothing more satisfying than ripping one off as you finish it. Taking the few minutes to lay it all out in front of you will save you loads of time and stress later.

Blue Banyan Yoga

Cost: Classes Start at \$7

Didn't make it into Janice Kulkick's yoga class this semester? No worries. This Mount Airy yoga studio offers a \$7 class every day but Saturday, has mats available to use for free and is easily accessible by public transportation. But classes can get pretty full, so get there early to snag a good spot.

STRESS LEVEL: HIGH

The Office of Student Success

Cost: Free for SUS Students

Falling behind on classwork and have no idea how to fix it? Don't panic. Your academic adviser can help get you back on track, stat.

Ways CHC Students Deal with Stress?

JOE LONG '16



image: Andrea Wentzell '15

Before every semester I write down my class schedule. After that, I figure out when it is best for me to go to the gym, study and to eat. Finally, I make sure that I have a open time slots so I can plan meetings, tutoring sessions, or to catch up with people when I am not in class. But every now and then I do get stressed out. I recently started yoga and meditating to relax. Right after I am done, I feel relaxed and do one task at a time.

JOHN NEWMAN '17

I listen to music like Lisa Hanningan, Jack Johnson, or Michael Buble and take walks in the park and enjoy the scenery. It brings you to a place inside yourself in which you are completely alone and surrounded by nature. It just brings out some many positive emotions and the stress kind of just goes away.



HELENA DEBALD '14

image: Elizabeth Bachmayer '16

There are two main ways I deal with stress. The first is by oil painting while listening to my favorite folk music. It's a great way to let out my angst in a productive and beautiful way. My second choice is to work out as much as possible. I find that "sweating out my stress" can be a great way to be productive in a neutral atmosphere away from a classroom or my apartment.

ANDREA WENTZELL '15

image: Elizabeth Bachmayer '16

For me stress relief means reading a book, watching television, or listening to my favorite songs. I always make sure to leave at least an hour each day to do one of those activities. The other thing that helps is making sure everything I need to do in a day (homework, meetings, classes, etc.) are put onto an online calendar that I can access by my phone or computer.

AMANDA FINLAW '15

I cope with stress by making a list of everything I need to do so that it's in front of me rather than in my head. I also find that listening to music on my drive to or from school calms me down. If none of that works, talking to someone about everything I need to do usually makes me realize that I'm making getting everything done harder than it really is.

MAGI KOCISZEWSKI '16



image: Elizabeth Bachmayer '16

I wake up two hours early every other day and go for a half hour run in Fairmount. I then do some yoga outside and have a healthy breakfast. It keeps me awake and energized, and after all of it, I have a more positive outlook on the rest of the day, no matter what might happen. Guidance helps, too, from family, friends, and a bunch of other relationships I have created. They help me stay grounded and focused, and are a network of support I can turn to for anything.

Watching Television on a College Student Budget

NICK KOWALSKI '16
STAFF WRITER

My favorite sitcom, *How I Met Your Mother* (HIMYM), had its season finale a few weeks ago, but since I primarily use Netflix to watch my television shows, I will not be able to enjoy the final season and its finale until September. For a couple of seasons, this model worked for me. I watched a year old season on Netflix when the new season aired on cable. From watching shows such as *Doctor Who* and *Sherlock*, I have developed patience in regards to my television shows.

With this model, I had to try to avoid spoilers during the final season of *HIMYM*. I succeeded for most of the season, but when CBS aired the show's finale, spoilers cascaded on to social media sites as if they were a tsunami wave. Avoiding spoilers became futile. Gif sets from the final season and from the finale covered my Tumblr dash. I attempted to look away as I scrolled past them, but I wanted to know.

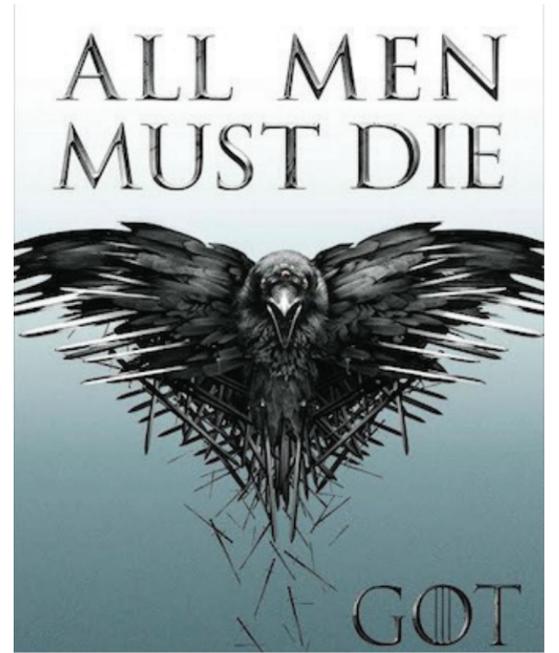
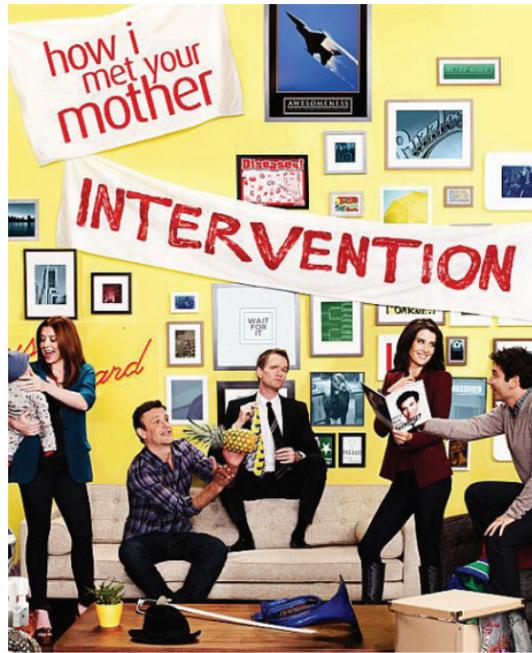
I stopped going on my Tumblr to prevent having the show's ending ruined for me, and decided to investigate the various digi-

tal streaming mediums to find a way to catch up to the rest of the world. There are a few options other than Netflix that would allow me to access the shows I wanted to watch, but my goal was to find the final season of *HIMYM*.

I started my investigation with the iTunes store, where you can subscribe to your favorite shows to have them downloaded to your account when they air. Since I subscribed to a season of *Doctor Who* inexpensively at \$20.99, I figured *HIMYM* would be a similar price. I was wrong. They asked for \$49.99 for the entire season, and after I laughed at my laptop and cried a little on the inside, I did not let this stop me.

I went to see if Hulu, a website that allows you to access certain clips and full episodes free, had my show. As a member of Hulu Plus, the paid version of Hulu that provides access to more content, I can watch any episode of the current season of *Family Guy* whenever I want. I hoped the same for *HIMYM*, and of course, the CBS show only had short clips instead of full episodes.

Also, my search for a new medium led me to discover a new site that allows you to watch



movies and shows online. HBO GO allows current HBO subscribers to stream unlimited HBO content, such as movies and television shows, on certain devices, such as smart phones, tablets, and gaming systems, with relative ease. HBO GO is even beginning to offer discounted rates to college students, which will make watching popular shows like *Game of Thrones* much easier.

There are downsides to the differences that the many online streaming services offer. One allows you to watch old seasons

of shows, while another may be more expensive, or have a more marginal variety of available shows. However, these alternatives are usually better than relying on cable.

It would be great if the United States would adopt à la carte pay television, a cable system that provides choice for consumers on what channels to which they want to subscribe. This system would replace the current model of bundling channels together, a system that forces consumers to pay for hundreds of channels when they only watch ten.

In a la carte, I could subscribe to just CBS, a cheaper option than paying for hundreds of useless channels on cable. However, American cable companies have enough influence to keep an à la carte system out of practice for a few more years. However, the popularity of streaming content instead of paying for cable is growing, and it may soon force cable companies to adapt. If only this change was already made, because then I would know how Ted met the mother of his children.



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SPORTS



image: GriffinAthletics.com

THE SENIOR SPOTLIGHT

TAYLOR STEEN '15
CONTRIBUTING WRITER

It's that time of year again when the semester is beginning to wind down and the seniors are starting to look forward to graduation.

Most students go to college strictly for academic purposes, while others balance their education and a job. Some students even have to juggle their classes, a job, and playing a sport. Being able to be successful in all of these areas could definitely become a struggle.

That is why senior athletes should be recognized. This is their last year at Chestnut Hill College and they should relish the moment and have it be known how much hard work and effort it took over the years to be where they are today.

The two seniors that will be under this year's spotlight are the softball team's first baseman, Giana Cavallo, and the baseball team's center fielder, Desmond Lites.



image: GriffinAthletics.com

Cavallo is currently in her fifth year of eligibility and would rate her Division II collegiate softball experience as a seven out of ten. Her experience was "influenced by teammates, coaches, and everyone in the athletic department."

She went on to say that being on a collegiate-level team was definitely important for her career. "I wanted to continue doing something I loved to do and have done since I was four years old," Cavallo said. "I also wanted to make friends, which I did, and I consider them my family away from home."

Softball has helped build and transform her character from her journey through high school to today.

Cavallo said that her greatest memory was accomplishing 100 collegiate career hits. "I have worked hard all four years to achieve my personal goals and this was a great accomplishment for me, especially after coming back from shoulder surgery this year, and it will be something that I will always remember."

The biggest goal Cavallo has for herself and the team is to make the conference playoffs. "This is something that the Griffin softball team has never done while being a DII program, and this is one of the most talented teams we have had in my five years here at Chestnut Hill," Cavallo said.

Lites is completely satisfied with his collegiate baseball career. "Having the opportunity to play a DII sport was a blessing," Lites said. "It truly has been a wonderful experience not only having the oppor-

tunity to grow and become a better baseball player, but also to form lifelong relationships with great people."

Being able to continue to play baseball in college is something that Lites will remember as he leaves Chestnut Hill. "I was honored to have had the ability to continue my sports career after high school in a sport that I have developed a passion and a love for over the years," Lites said. "I will leave CHC with friends that have become like family to me."

Lites, like Cavallo, will also leave with a moment he will never forget. During his junior year, the Griffins snuck into the post-season as the No. 6 seed and had to travel to Concordia College to face the Clippers, who occupied the No. 3 seed. "We came out winners in a tight game that marked the first post-season win for the CHC baseball program," Lites stated. "Our playoff run continued to Wilmington, Delaware, where we defeated No. 2 Dominican College and No. 5, Felician College, to launch us into the Championship game." Unfortunately, the Griffin's season came to an abrupt end after being upended by Wilmington University.

There is, however, one thing that Lites would love to accomplish before he graduates in May and that is to finally beat the Wilmington Wildcats. After already falling to Wilmington twice this season, the Griffins hope to meet up with the Wildcats again in the conference playoffs for a rematch of last season's championship game.

New NFL Rules Result in No-Fun

DOMINIC PERNICE '16
CONTRIBUTING WRITER

The NFL has always been a league where rules and regulations regarding the game have been ridiculed and supported. The recent changes that have been made by Commissioner Roger Goodell have left many of the fans and players upset and confused.

Last season, Goodell implemented a rule to protect defenseless receivers from helmet-to-helmet hits, which left many of the players confused about how to hit a player and many of the fans upset about taking away the exciting contact part of the game.

Now, Goodell and the NFL have plans for the league to put harsh rules against celebrations after touchdowns, which is one of the most entertaining parts of the game for the fans and players. The fans love seeing their team and players scoring a touchdown during the game and doing some type of cool dance or leap into the stands to get the crowd pumped up. However, Goodell doesn't believe it is needed for a player to dunk the ball into the field goal posts or having to do some type of dance that they made up for the situation.

There was an immediate problem around the league when players found out that their signature celebrations could no longer be showcased on the football field.

Pro Bowl Tight End for the New Orleans Saints, Jimmy Graham, doesn't like the new change. "It looks like I will be getting penalized a lot next year for my dunks."

He went on to say how much he thinks that the NFL is going the wrong way for fans and players.

Retired Pro Bowl Tight End Tony Gonzales is glad he left when he did. "I got out of the NFL just in time with the way this league is headed." It is clear that some of the premier players in the league are upset with the new rules and don't believe they are fair or reasonable.

Along with the new rule on the celebrations, Goodell implemented some minor changes to the actual gameplay. The goal posts will be raised an extra 5 feet and a rule has been made to protect a player from getting hit during a fumble. Both of these new rules have created much criticism from the fans and players who made the point that it should just be "two-hand touch" at this point.

Fans want to see more meaningful football instead of the useless pre-season games that are perceived to be a waste of time and a risky chance for their star players to get injured before the season starts.

Many of the new rules that were speculated going into the offseason have been tabled by the NFL owners and NFLPA, which means that they are still discussing the possibilities. At this rate, the NFL is losing fans and players with many of these rule changes that were already put in place or in some cases not in place.

A true NFL fan can only hope that all of these rules don't ruin one of America's favorite sports forever.



screenshot: nfl.com/

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Griffins Baseball Gets 100th Win

CHELSEA MAGUIRE '15
SENIOR STAFF WRITER

The Chestnut Hill College baseball program has been on campus since 2008, facing many other Division II baseball teams and earning several victories throughout the years. On March 22, the Griffins faced the Concordia College Clippers, "a traditional CACC playoff team," in a CACC (Central Atlantic Collegiate Conference) doubleheader.

In the opening game, junior pitcher Dominic Raia III improved to 2-0 with nine strikeouts, and the Griffins earned the program's 100th victory, finishing the first game with a final score of 12-4.

This was an achievement that gave the team and the coaching staff a huge sense of accomplishment. "It feels good," head coach Robert Spratt said. "I've been here since the beginning of the program, so seeing a hundred victories is something that means a lot to anybody who ever wore a Chestnut Hill uniform."

Among those who have previously worn a Chestnut Hill uniform are assistant coach and former second baseman Jesse Daywalt '12 and assistant coach D.J. Santoro '11, a former two-year captain and member of the inaugural baseball team.

In addition to Raia's pitching, the 12 runs scored definitely helped the Griffins get their win. Junior shortstop Preston Koehler hit a second-inning

grand slam, a fourth-inning two run homerun to go 3-for-4, and recorded six RBIs. Also bringing in runs was sophomore designated hitter Brendan Looby, who hit two doubles in a 5-for-5 performance that produced two runs and two RBIs.

"I want to thank my offense and defense," Raia said. "I could not have done this without them."

Following the 100th victory game, the Griffins faced the Clippers again in a nightcap. Taking the mound for this game was sophomore pitcher Zachary Crim, who held the Clippers at bay with 5IP, 6H, 1R, 0BB and 3K while the Griffins grabbed the advantage with a first-inning, two-out RBI single from junior third baseman Taylor Steen, and a one-out, two-run single from sophomore first baseman Patrick Campion.

Since the doubleheader that gave the Griffins their 100th victory, the team continues to strive toward success. "Every time I'm out there, I just give it my all," Raia said. "My goal is to give our team the best chance when I'm out there, and give it back to coach Spratt."

The head coach has high hopes for this season. "Last year, losing in the championship definitely set the goal that we want to get back there and win it this year," Coach Spratt said. "No one at Chestnut Hill has won a CACC championship and we want to be the team that does it."

It's Brazil's Time to Shine

TIFFANY UREÑA '16
SPORTS EDITOR

Once every four years, millions of people around the world forget about their mundane daily tasks in order to focus on an event that is only around for a few weeks out of the year. Thirty-two nations around the world qualified for the 2014 World Cup and have booked their tickets for Brazil.

The number one defending champions, Spain, look to keep their title while a few other countries hope to take down their winning ways. According to FIFA.com, Germany, Portugal, Colombia, and Uruguay are the top four contenders heading into the competition.

Although the top five teams are already in place, it is safe to say that there are a few other countries who will be just as great. Mexico, Argentina, and Brazil are definitely not going

to disappoint this year.

Many experts have made assumptions as to how far these countries will go in the competition and it is not difficult to agree with many of these thoughts.

Brazil's talent is unquestionable, which was made crystal clear during their games leading up to the World Cup. They possess a solidity behind the ball that they have lacked at previous tournaments. Brazil's creative talent will be difficult to keep up with for the other countries. It doesn't hurt that they'll be playing at home with their fans behind them for support.

Meanwhile, many consider Portugal to be a one-man side, but they aren't. Inconsistent? Yes. But one-dimensional? No. Players like João Moutinho were central to their efforts in qualifying and providing eight assists. The team prides themselves on having an experienced defense. Having UEFA Ballon d'Or win-

ner Cristiano Ronaldo on their side won't hurt them either.

And of course there's Spain. Over the last six years, La Furia Roja has been unstoppable. With a large portion of their squad being made up of players from La Liga powerhouses F.C. Barcelona and Real Madrid F.C., it is pretty obvious why this team is so hard to beat. However, the fact that so many Spanish players are on these teams can hurt them, too. The rivalry between Real Madrid and Barcelona is very obvious in La Liga and there is a chance that it could carry over in this competition.

The team with the biggest expectations is a little unexpected. Germany definitely has the potential to take home the World Cup trophy this summer. They have an in-form defender and when everyone is playing well, they are basically unstoppable. They also have a number of world-class players coming from the top club teams in Europe. After losing in the semi-finals in Euro 2012, they will be going to the World Cup with their reputation at stake.

At the end of the day, assumptions will be made about all 32 teams until the day the first whistle in the competition blows. The excitement around this year's World Cup is very obvious and the players will not disappoint.



courtesy of: flickr.com/gabriel_srsmith/

Above, the Amazon Arena in 2013 under construction for the 2014 World Cup which are being held in Manaus, Brazil.

76ERS ATTEMPT TO REBUILD TEAM FROM A FAILING SEASON

JOSEPH GOLDING '17
STAFF WRITER

Just about everyone in Philadelphia and the rest of the NBA community knew that the 76ers were going to be the cellar dwellers of the Eastern Conference going into the season.

The first signs of throwing in the towel occurred during the 2013 NBA Draft when they traded their star point guard, Jrue Holiday, to the New Orleans Pelicans for promising center Nerlens Noel, who would sit out for the year. These moves were the first signs that the 76ers were putting themselves in a rebuilding stage.

However, they stunned the league and jumped out to a 3-0

record with shocking wins over the defending champions Miami Heat and the promising Chicago Bulls. Their first round pick, Syracuse product and point guard Michael Carter-Williams, looked like he belonged in the league and silenced any critics that he had going into the season. This improbable start led many to think that a playoff appearance would not look out of the question in the weak Eastern Conference. The trio of Evan Turner, Thaddeus Young, and rookie phenom Michael Carter-Williams seemed to be clicking wonderfully.

However, just as fast as the Sixers came out of the gate, they slammed on the brakes.

For the rest of the 2013 calendar year the 76ers went 6-21.

It did not help when Michael Carter-Williams went down for two separate stretches with lower body injuries. Without him in the lineup, they went 1-12 while losing by about 16 points per game.

Ending 2013 on such a disappointing note appeared to be rock bottom for them. This was not the case. The end for Philadelphia actually started on the last day of January following a 26-point loss to Atlanta.

For the next 57 days, the 76ers would not win another game and tied an NBA record of 26 straight losses. During the miserable streak they also parted ways with Evan Turner and did everything they could to acquire as many picks and clear as much cap space as possible. After all

of these struggles, they will finish among the bottom three teams in the NBA.

But there is a light at the end of the tunnel. This will allow the Sixers to make a high pick in the upcoming draft where they have their eye set on All-American Andrew Wiggins.

Many fans believe that the

team's front office purposely tried to stay at the bottom of the standings. If this is true, the only way they can repay their loyal fans is to try to stretch their early season success into a full 82-game season next year. For now, it is going to be all about rebuilding and reloading this promising young squad.

Current Record (Current as of 4/15)

Women's Lacrosse: 3-11
Softball: 6-20
Baseball: 12-12
Men's Lacrosse: 4-5
Women's Tennis: 17-7
Men's Tennis: 15-5

Golf
Chestnut Hill placed 4th overall in the CACC Championship Event (4/9)

Track & Field
Emmanuel EgboSimbah placed 9th in the 200 meter dash event on April 5th at Millersville University

For more information, visit: griffinathletics.com