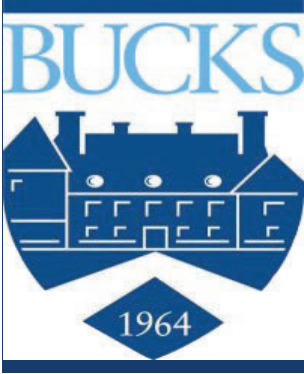


# The Centurion



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## Bucks looks to expand on successful honors program

By: RACHEL ZABLOCKI

Centurion Staff

Bucks broke the fifty-year barrier by launching Honors@Bucks, and looks to continue its growth as it builds on an effort to challenge the gifted.

Bucks is an open admissions school that focuses on serving everyone.

Dr. Stephen doCarmo, head of the honors program, said, “Our goal is to help students who aren’t ready for college, so it only makes sense to specialize with those who need to be pushed and challenged.”

“It’s our mission to serve everyone, and some of our students are gifted and hardcore ambitious. We have to serve them too. It’s only right. It’s only fair,” doCarmo said.

The biggest achievement so far is about to come, as the first seven students to obtain an Associates with Honors degree are graduating this spring.

doCarmo said he hopes to “call out to those leaving,” including those who are not graduating and are moving on to another institution “to find out what happens to them.”

He said, “Students will fly the coop.”

The program launched quickly in the fall of 2014 and saw low enrollment. Since then it has only grown and continues to flourish.

The program currently adheres to 64 active students and offers seven dedicated honors classes. The goal is to reach 75-100 students by next fall.

When compared to the 10,000 students who are enrolled at Bucks, 64 sounds like a small number, though doCarmo said,



Girl working on honors homework

PHOTO CREDIT: RACHEL ZABLOCKI

“We are right on track.”

“A lot of students don’t think of themselves capable of succeeding in honors courses and simply don’t challenge themselves. Our goal is to raise awareness and let people know it’s here and that anyone can join,” said doCarmo.

Allison Aquilone, a 19-year-old Business Administration major from Bensalem, said, “I was interested in being involved in a more research-based program, and there is definitely an emphasis on research, critical thinking, and in-class discussion in honors courses.”

So what is expected of honors students besides a 3.25 GPA?

“Energy, focus, and drive. These are small classes that should be discussion driven and seminar styled, and students should be ambitious, hardworking, and excited to share their thoughts,” doCarmo said.

Aquilone said, “The SRC [Student Research Conference] is a stressful event, but doing presentations in front of a large group of people definitely prepares you for the future.”

Many students view this as twice the amount of work, but it

is not.

“The point of this is not to kill honors students, but to challenge them. They do require more work, but no one is out to do you in and double the number of hours per week,” doCarmo said.

Sarah Semple, 20, communications major said, “It definitely takes up a lot of time, and if you’re a student who is working full-time and taking five classes, it can get a bit unmanageable.”

doCarmo said there has been a “high rate of success” and he has only seen a few students burn out. He said, “This happens due to

over commitment.” It is the programs biggest stumbling block.

Sometimes we all bite off more than we can chew. “We need to be careful and wake students up and say, ‘Hey, don’t overburden yourself,’” doCarmo said.

The Honors program is not an all or nothing program. doCarmo said, “The general population can take a semester off, though scholarship students have to do it every semester.”

“Any work you can do is for the good. We would rather see two or three classes on a transcript than none,” doCarmo said.

Semple decided to take the semester off from honors courses as she focuses more attention on herself, though she said, “I think the honors program here at Bucks is one of the best.”

“As my professor told me, if there’s one thing you should do in college, it is take an honors class, especially for one like writing. It will not only help you in writing for your COMP class, but also for every other class and improve your writing as a whole,” Semple said.

Semple said she will not continue on with the honors program here at Bucks, but her experiences with Dr. Groth and Professor Kelleway taught her how to “dig deep when it came down to my writing and improvement.”

So what’s next for the honors program? “We are also looking to set up a transfer agreement with Lehigh University so that transfers can join honors in their junior year,” doCarmo said. He hopes to focus on continued growth and design bigger honors-dedicated menus in the semesters to come.

## Bucks announces tuition hikes for fall semester



PHOTO CREDIT: BUCKS.EDU

By: SARAH SEMPLE

Centurion Staff

The college’s Board of Trustees voted April 14 to increase tuition by \$5 a credit for county residents, and Bucks students, not surprisingly, aren’t happy.

According to college President Dr. Stephanie Shanblatt, “Starting with this coming fall semester, tuition will increase from \$135 to \$140 a credit. Tuition for Pennsylvania residents who live outside of Bucks County will go from \$270 to \$280 a credit, and tuition for out-of state residents increases from \$405 to \$420 a credit.”

While this may not seem like a major increase, over time, this

money begins to add up. Eventually, students will be paying a lot more than they used to for the exact same education.

“I think any increase in college tuition is a negative thing. People need an education today and the fact that it’s being raised creates a spiral effect,” said Alexandria Mendoza, a communications major from Langhorne.

“People need an education to get jobs, and need a job to pay for education, but students don’t yet have a high enough education to get good jobs to pay for their schooling,” Mendoza said.

“Since most students have to pay for college it puts a toll on them because they might be only working part-time as a full time

student and not have enough funds to cover their tuition,” said Julia Lehman, a 19-year-old communications major.

With an increase in tuition, this just adds to the amount students have to be working to help with the costs of a college education.

Board chairman, Jim Dancy said, “As always, our primary goal is to minimize tuition increases and to do so only as a last option”.

Alexander Bujak, a 19-year-old advertising major, reacted to the news by saying, “Raising tuition should rarely be done, because it affects the overall look of the school negatively.” He added, “The money should be found through other means.”

Bujak mentioned that he did not think that the \$5 increase per credit would effect enrollment for the fall semester, though.

The extra money that will be obtained through the hike in tuition is being used to maintain academic quality and services according to Shanblatt. Her main focus is that Bucks continues to be “a great value with strong academic programs.”

Even with the increase in tuition, Bucks is still a much cheaper alternative compared to surrounding universities.

“I can attest that the college’s effort to control costs has been ongoing and extensive,” said Bruce Imber, a Business Studies professor at Bucks. “The reality is

that the community college [was] launched in 1964 on a model that has the state covering 1/3 of costs, the county covering 1/3 of costs, and student tuition covering 1/3 of costs.”

While some students may feel as if this tuition increase wasn’t the best approach, not all students see the tuition hike in a negative light.

Jonathan Cohen, 22-year-old communications major said, “Bucks has a great educational value given the multitude of options that there are in the way in which one can gain an education. Even with the increase of \$5 - \$15 per credit.”

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# Habitat for Humanity club helping those in need

By: VALERIE LINABERRY  
Centurion Staff

During this past spring break, Upper Bucks Habitat for Humanity club volunteered in Seminole county, Florida where they worked on a six-unit development and gave back to the community. For the first time in 15 years, the Bucks’ Habitat for Humanity club traveled farther than reasonable driving distance to contribute their service. In this trip to Florida, they accomplished hanging dry wall within the development and gave back to the Seminole county community. Student Lydia Nolan from Perkasia stated, “One of the best parts of the trip is getting the reactions from the people we’ve helped and their gratitude towards us.” Nolan has also attended the previous year where they worked on three different houses and worked with everything from

wood, tiling, foundation work, and more. The slogan of the program is “Not only Building Communities, but building relationships.” According to Brian White, coordinator of the trip, “as cheesy as it is, our slogan couldn’t be more true.” They tried to show less fortunate people that there is hope out there in the world and make their lives a little more comfortable. He discussed how they spent the whole semester together, but their trip really defined who they were. Brian said, “a lot of us found friendships in unexpected places; we even had a particular couple find love.” Nolan, also talked about the how she enjoyed bonding with her fellow Bucks students and making memories while giving back and making a difference in the lives of others. With all their fun, it was stated how they still took it very seriously when they were working from 8 a.m. to 4 p.m.



Habitat for Humanity club before their departure. PHOTO CREDIT: BUCKS.EDU

The club is a part of a worldwide non-profit organization whose purpose is to give back to communities, build homes, and give hope. Members join the club because it’s an experience different than their everyday lives and jobs. If interested in joining this club, contact Dr. Rodney Altemose at [rodney.altemose@bucks.edu](mailto:rodney.altemose@bucks.edu) or Daniel Wassmer at [daniel.wassmer@bucks.edu](mailto:daniel.wassmer@bucks.edu). The meetings for this club are held at the Upper Bucks campus. If the club doesn’t seem right for you, but you want to give back, you can donate to the Restore program of Habitat for Humanity. For more information about Habitat for Humanity, and other ways to give back, go to <http://habitatbucks.org/>.

# Designer bag bingo, for a wonderful cause



From left to right: Two NSLS members put together cookie trays, a selection of designer bags, daughter Donna Marie and Dr. Christina Davis

By: LAUREN SAVANA  
Centurion Staff

On Sunday, April 25, a group of Bucks students from The National Leadership and Success (NSLS) volunteered at a Designer Bag Bingo event hosted by the Peace Valley Holistic Center. The Designer Bag Bingo event was held to support the charity-based center and involve supporters by providing a fun filled day of bingo, raffles, and cake. The center bought the Coach and Kate Spade designer bags in anticipation of making that money back and gaining a profit. “This is the first time we are hosting an event like this but, thanks to the great turn out, it sure won’t be our last,” said Mark McKee, the chairman of the board in Warminster. He was dressed in a tuxedo with a wraparound microphone and acted as the emcee of the event. McKee, a cancer survivor, is living proof of the Peace Valley Holistic Center’s success. The founders of the center, Dr. Christina Davis and daughter Donna Marie, are proud of the work that they’ve accomplished and of their significant impact on the community. Dr. Davis had her own practice in Glenside for many years. When Davis decided to retire, her patients panicked. “She treated everything from broken hearts to cancer,” Donna Marie told the crowd of eager bingo players.

Her daughter, Marie, was a litigator that dedicated her work to helping children and families with autism. Due to the exhaustion of not seeing the results she wanted, Marie decided to go with a holistic approach, like her mother, to help these struggling children and families. “I was watching these children wait so long for proper litigation, that they couldn’t properly heal,” Marie said. The Davis’s began the process of starting a charity-based holistic center. They filed paperwork to become a charity in 2009, and within in a year they were qualified. They found a building across from Peace Valley Park in Chalfont, hence the name Peace Valley Holistic Center. Though the county owned the building, similar to a silo or an old farmhouse, it hadn’t been occupied in quite some time. They quickly began total reconstruction of the building. “Since we were a charity we didn’t have the means to hire landscapers and contractors. But due to the relationships we’ve formed, and patients I’ve helped, there were so many people eager to help in any way they could,” Davis said. By the spring of 2010, they were up and running. No one had ever seen anything like this before. A place for cancer patients, autistic children, or a soccer player with a torn rotator cuff, could come to this center for light therapy, sound therapy, nutritional

advice, or needleless acupuncture. Though initially the center started as a resource for those suffering with autism it has becoming a resource for many illness or ailments. “We believe in integrating a natural way as a first option. Many of these children that were institutionalized are now living at home. We’ve even had eight or nine non-verbal children come in and now they are speaking,” Marie said. The light therapy machine at the Center is the only one in the world that is patented. This has been used as a resource allowing many children and adults to unanimously benefit from. The needleless acupuncture is “like 10,000 reiki masters working on you at once,” Davis said. She continued jokingly, “don’t let all the reiki masters I know hear that. A lot of them have been involved in the center.” If you’re diagnosed with cancer, you can come into the center after filling out your medical history with the list of medicines you’ve been taking, and by the time the consultation is over, Davis can provide a list of vitamins you need and the proper way to get those vitamins. “Dr. Davis told me when I started my chemo, ‘if you come by and see me, I will keep you up on your feet through this,’ and she did just that.” McKee said. Davis and her daughter Donna have put together a great team of

nutritionists, doctors, bucks county officials, and friends, to make this center run. “It works and we have the measures of outcome to prove it,” Davis said. The coordinator of the Designer Bag Bingo, Denise Mansell, is a nutritionist that is working on expanding the center with Marie. The Peace Valley Holistic Center has gathered many local sponsors over the years, but one of their latest advocates is the NSLS. The NSLS is a new leadership society that has become a part of the Bucks Campus. At the beginning of the fall semester the NSLS invited scholarly and academically inclined students to become members of the society. Through a series of live broadcasts of successful speakers, success building team meetings, and community service, a large group of students have become members of this society. Matt Kelly, President of the NSLS Chapter at Bucks, is heavily involved with the center. This was how the NSLS was able to volunteer at the bingo event. Vice president Tyler Flannery, Emily Ahmad, Cecelia Johnstone, Meg Kiernan volunteered at the event as well. Setting up cookie trays, organizing tables, greeting people at the door, auctioning off the bags, were just a few of the jobs the NSLS members took part in. All the members were just happy

PHOTO CREDIT: LAUREN SAVANA

to be apart of such a wonderful cause, and to further demonstrate their skills as emerging leaders in the world. Through out the day the members watched as 150 men and women take part in supporting the center and raising money for autism research. The rounds came and went, bags were given away, raffle tickets were called, and baskets of goodies were won. The final raffle was for the 50/50 pot. At a dollar a ticket, all of the money was thrown in a pot. Half went to the winner, and the other half to the center. “Ticket 198566,” McKee called. A woman approached with her winning ticket. “I won, but I don’t want the money. Give it all to the center,” she said. Just one of the many selfless people at this event. If there were more people like Davis, Marie, McKee, and Mansell, the world could be a much happier and healthier place. All of these people share one similar goal: to help people. Here at Bucks, every student has the capability to do the same. To learn more about giving back to your community, becoming a leader, or to be a part of something bigger than just your academic career, consider the NSLS. This is where leaders are created.

# Bucks News

## Centurion had experienced journalists come speak to students

BY: ANGELA GRABOSKY AND CHAD DINGMAN  
*Centurion Staff*

Tom Sofield got the scoop before anyone else did. The other reporters stood right across from the victims but did not dare to approach them. They relied on the police to do their work. But Sofield walked right up to the victims and got the story. They told him the details of the shooting. An innocent dog was shot.

On Tuesday April 19 the Bucks Journalism Department held a forum with professional Journalists where Sofield advised aspiring journalists.

Four successful writers and reports from around the region came to Bucks to talk about their personal experiences in the journalism field and answer questions from prospective students.

Sofield has made a name for himself in the region for his work as the co-founder of Levittown-now.com, covering news in and around Levittown and the rest of the Lower Bucks area. The site includes “everything you need to know, [from] breaking news, education, county news,” Sofield says. “We reach about 100,000 people,” he adds.

The forum also included Matt Flowers, a former BCCC journalism student and Temple graduate. He now works in the South Jersey area as a reporter and online digital producer at New Jersey’s Courier-Post.

Freda Savana lent her wisdom to the students as well, speaking from her 30 years of journalism experience. Her story on the first child to contract the H1N1 virus won her second place in the Key-

stone Press Awards in 2011. She is currently a reporter with the Intelligencer.

Also present for the event was Marion Callahan, a reporter for the Bucks County Courier Times and the Intelligencer in Doylestown. She has previously worked at the Miami Herald as a police and municipal reporter, as well as at the Morning Call.

The journalists shared anecdotes from throughout their career, which included some good stories, some bad, some frightening, and some just flat out gross. This gave students a glimpse into what they can expect if they plan on going into the reporting field.

Tom Sofield experienced a nightmare scenario for all journalists. “I did have one [story] where I had to testify in court.” [The felon] harassed me for weeks. He said he was going to kill me.”

Callahan spoke of her time as a war correspondent overseas during the Albania-Serbia conflict in the Kosovo War. “It drove home the graveness and atrocity of war,” she says.

Flowers recollected an animal advocacy story he covered. A local puppy store had protestors in front of their store who were angry about bad commercial breeders. Flowers attempted to get the store’s side of the story, but they refused and later got angry about the article.

There are also many opportunities for follow up stories. In this case, the protester and owner were suddenly best friends a few weeks later. Flowers thought this was curious. He took his curiosity and put it into follow up articles.

“Journalism begins in curiosity, having a curious nature,” said



From left to right: Tom Sofield, Matt Flowers, and Freda Savana

PHOTO CREDIT: TONY ROGERS

Savana.

Journalism also requires a callous nature. People will get angry at you. Your editors might tear your story apart. You have to be able to take constructive criticism.

“You have to have a thick skin but be sensitive, you go into the industry because you care,” advised Savana.

To get started in Journalism Flowers said to brand yourself. Start a blog. Start getting into it now. Sofield did this when he was a rookie, he posted his articles on blogger and people were reading them so he made a Facebook page. Someone got interested in his work and contacted him.

Savana said that concentrating on a niche is good and is often easier than going for a broad role in a news outlet. If you have a specific passion like entertainment news, concentrate on it.

Connections are crucially important. Journalism is all about people and you have to get to know them. Sofield told students, “A huge skill is not just working, but working well with your sources, networking. I’m always talking to people, getting the next thing.”

Internships are good for making connections, but don’t work for free for too long. Flowers knew a girl worked for free for two years after she graduated college. He believes it is wrong to suck up someone’s time and resources like that without paying them. “You don’t have to pigeonhole yourself into an internship,” said Sofield.

In this connected age people demand news to be faster and faster. “You’ll have to be able to multitask in a way you may have never had to before,” said Savana. It helps to file stuff away and keep organized. Even with this tips the panelists agreed that the pace can hurt the quality of work. They warned students to be fast, but cautious.

Journalists have a duty to get their facts right. False information published in a newspaper can hurt the business’ integrity. Bad information can happen but you have to limit it. If something seems wrong trust your gut and double check facts.

Savana gave an example of facts gone wrong, “Once we published the picture of a wrong house for a murder case. It was supposed to be the murderer’s

house but the cameraman took a picture of the house next door. He got fired the next day.” She said it’s better to be right than be first.

An emphasis was put on technology, and how the journalistic world has adjusted to the ever-changing times. The online news world also demands for Journalists to have technical skills. Video editing is in especially high demand. News video experience is a good thing to have in your tool kit.

Matt Flowers gave advice on how to handle the numerous amounts of content management systems. “Worry about mastering one or two that you gravitate to. Focus on one and build off of that,” Flowers notes.

They talked about how contemporary video recording apps, as well as Periscope, have made reporting a lot simpler. “Video is a huge thing now. It has leveled the playing field,” says Sofield.

For those who are more interested in the classic newspaper Sofield said, “I think print will become more of a premium product...people who say print is dead are over exaggerating.”

## CENTURIONS’ CHOICE

### T.V.

“Orange is the New Black”



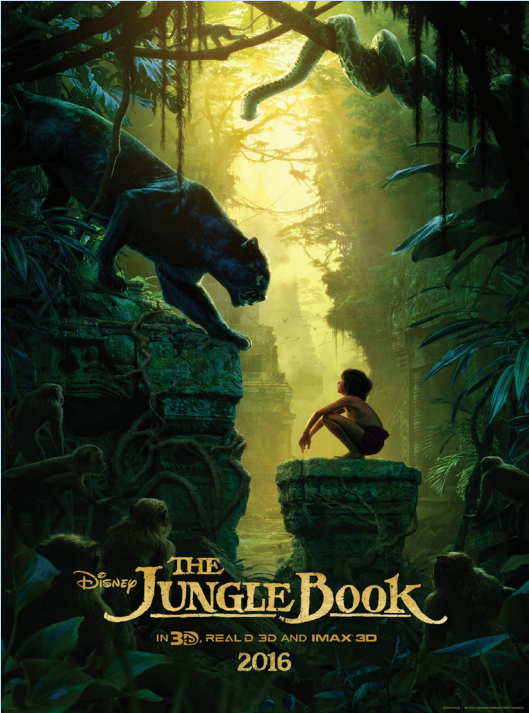
“Orange is the New Black”

‘Orange is the New Black’ is back for season four. Last season ended on a high note with the women having escaped through a chainlink fence to swim in the lake on the prison campus.

The joyful moment of freedom doesn’t seem to last long as the preview for seasons four looks very somber and depressing. It seems as if all the cast members are returning to the popular Netflix show that will be out on July 17.

### Movies

“The Jungle Book”



“The Jungle Book”

The latest depiction of ‘The Jungle Book’ came out on April 4th pulling in over 708 million dollars in the box office of the first weekend release. Directed and produced by Jon Favreau with help from the magical production of Disney, Favreau produced some of the best SGI work seen in this day of age. Still keeping Rudyard Kipling’s message of the original book, Favreau put together a list of cast member that anyone young or old can enjoy. Bill Murray as Baloo, Ben Kingsley as Bagheera, Scarlett Johansson as Kaa, Christopher Walken as King Louie.

### Music

“Views” By: Drake



“Veivs” By: Drake

Drake’s latest album “Views” was released April 29th and has yet again, proven to be a number one selling album. ‘Hotline Bling’ one of the first songs released a few months ago gave all a sneak peek into how catchy the new album was going to be. With the hit single still being on the top 10 most played, with “Views” released it sold over 630 thousand copies in just a few hours after its release. The album is said to be much more successful than “If you’re reading this it’s too late” which only sold 495 thousand albums. Everyone is anxious for his next master piece.

# Bucks News

## Upper Bucks campus hosted an open mic poetry reading

BY: VALERIE LINABERRY  
*Centurion Staff*

Upper Bucks campus held a Pretzel and Poetry event on April 26. It was an open mic day where students shared poems, short stories and more.

The event was held from 12:30 till 1:30 in the North building of Students Commons. There were about 40 people attending where over 15 students presented poems, short stories, lyrics and sang.

The event also had a spread of two tables filled with free pretzel bites and an assortment of dips for the attendees to enjoy.

The event was orchestrated by “Write Now,” Cheryl Baldi a Language & Literature professor at Upper Bucks coordinated the event.

The event was originally planned for one of Cheryl’s classes which they had to read an original or a piece that was influential to them to the crowd.

More than half the speakers were other students who wanted to just participate in this event.

Two of the Students, Jennilee Reisser a psychology major sang along to the song “Don’t Stop Believin’” by Journey. The whole



PHOTO CREDIT: VALERIE LINABERRY

crowd joined in clapping and swaying along to their duet. The two students claimed to be nervous before they went up, but they felt at ease when the crowd joined in with their off beat clapping. One of the students the students who read an original piece was

James Borelli. James read an original piece titled, “Hanging out with the Jones”.

The poems discussed the deviation if social norms that this family “the Jones” had. James explained in the opening how he wrote this piece specifically for the event.

After the event, James talked to Cheryl about his piece. Cheryl said, “It’s so nice to see you preform your you own piece, and I really appreciate the participation.”

Two of the students did the same piece back to back of readings of the Beatles song “Eleanor Rigby.” The first student Billy explained how the song and the band were influential growing up. The second student Ray sang an acoustic version of the song to close up the event.

There were several student s who read works that consisted of children’s books, poems and short lyrical pieces.

All and all it was a great opportunity for students to get up and share their original works or pieces that influenced them in some way. The upper Bucks campus plans on making this an annual event.

## Dean Christine Hagedorn is a people person



Christine Hagedorn

PHOTO CREDIT: DIAMOND SCHULER

BY: DIAMOND SCHULER  
*Centurion Staff*

The second that you walk in the door, she’s your host, and you’re her guest. No matter the occasion, whether it’s to stop by and say hello or there’s a real-life crisis. She’s there with a smile that could melt the coldest heart, kind words to pick you up from whatever hole you’re in, and most of all a solution for just about everything.

“I think there are so many Deans and Advisors that are sought after and I think for all of us it is for the same reason, we listen, we genuinely care about that student and who they are

and where they are coming from, where they want to go, what they are struggling with and why and we do not judge. Student needs that and seek that.”

Christine Hagedorn, Bucks’ Dean of Student affairs, is truly one of the hearts of the college. She could easily be considered that cool aunt, who always has some wisdom, never judges you, and always looks out for you. She breaks down the barrier between students and faculty and just becomes a friend, who’s there to help.

Hagedorn oversees seven service units at the campus including, Counseling Services, Advis-

ing Transfer Planning Services, Career Services, Contact Centers, KEYS, and The Accessibility Services office. Her main job is to make sure the services are being implemented correctly and ensure that students are supported inside and outside the classroom.

“I go above and beyond for my students because I remember all of the people that have done it for me in my life, and they made all the difference between my success and failure,” she said, adding, “Sometimes they just need that little extra care, hope and encouragement.”

On a busy weekday night, Hagedorn did something that

most college employees wouldn’t dream of doing. She invited me into her home, to sit with her family, talk and get to know her. A woman who works 50-hour weeks, is married and has two active teenagers, makes time for a student in need.

It’s because of this that students usually turn to Hagedorn when they’re in need, regardless of the fact that you need to make an appointment just to say hello because of her busy schedule. She never turns any student away. Even if it means having a conversation on the go, as she races to one of her many meetings.

Hagedorn does a little bit of everything when it comes to helping students. Her services range from helping students pick a major, guiding to students with life after Bucks whether it be transferring to a four year school or starting a career, down to simply teaching students how to deal with heavy course loads, and communicate with their professors and peers effectively.

When asked about her positive attitude and if she has always been known for being cheerful and helpful, she blushed and answered shyly, flattered that people have said such nice things about her. “That is so nice. Yes looking back it occurs to me I have always been positive because in high school and sometimes in college I was made fun of for ‘liking everything’ she added with air quotes.”

She went on, laughing, “for example, I liked the food in the cafeteria when everyone else complained about it. I guess you could say I was always different and constantly upbeat,” She added with a more serious note, “I like to make the most of what we have in front of us and I like people.”

Looking back on her life, Hagedorn had a faint smile saying, “I always thought my career would involve economics or international relations. I never imagined I’d end up where I am today.”

Hagedorn originally went to St. John’s University for her AA in Business Administration and BS in Journalism, and her MBA in International Finance from Wagner College. She later went on to pursue her PhD of Management in Community College Policy and Administration from the University of Maryland University College.

Many look at Hagedorn and wonder how she stumbled upon this line of work.

After undergrad she worked as an economist at the Korean Embassy in Washington D.C. She reported on global economic trends, as well as worked with other reporters at the State Department, White House Press Office, World Bank, and several think tanks.

Her job took her all over the world as well as nationwide to the White House, congress, senate, and other political venues.

Married for almost 20 years now, Hagedorn found herself, a native of Long Island, settling down with her husband in Bucks County. They have two beautiful children, Hagedorn said. “My kids are some of my greatest achievements. They make me so happy, I learn so much from the everyday, and they make me feel so blessed to be a mother.”

Taking a sip from her daily steaming cup of Lipton Green Tea she says, “I do this work because I have a true passion for the institution of the community college, the learning and personal development experience that students can and do have on a college campus, and helping people to realize their talents and potential.” She went on passionately saying, “This job affords me to work directly with all of these passions and help to be part of something amazing, which is the process of changing lives through higher education.”

Whereas many people would say their greatest achievement has something to do with themselves, Hagedorn says some of her greatest achievements are the changing of other people’s lives. “I played even one tiny role of support for even one student to aid their journey to a college degree, to me, that in itself is a great achievement. And I get to do that several times every day. Those are the moments that I live for.”

In 10 years Hagedorn sees herself, “Getting ready to walk at the Bucks May 2026 Commencement alongside students with whom I had worked for the prior few years and colleagues who I work here with now.”

Happier with her life than she’s ever been, Christine Hagedorn says, “Someday when I’m gone, I want to be remembered for seeing the good in everything and in everyone.”

# National News

## Students react to the untimely death of pop-star Prince



A potrait of Prince along with his gold and platinum records

PHOTO CREDIT: WIKIMEDIACOMMONS.COM

**BY: CHAD DINGMAN AND SARAH SEMPLE**  
*Centurion Staff*

The news on the afternoon of April 21 sent shockwaves through the music world as it was announced that Prince Rogers Nelson, known simply as Prince, had passed away at the age of 57 from a cause so far unknown. Known for tunes like “When Doves Cry” and “Purple Rain,” Prince began releasing music in the late 1970s at age 19 and continued to put out infectious hit after infectious hit up until his sudden death at his home in Minnesota, releasing 16 albums since the turn of the millennium. Prince’s musical style is impossible to put into words, as throughout his career, he transcended typical genre and brought a new feel to R&B, rock, funk, and pop. His music was capable of appealing to fans of all types of

music and fans from any generation. Aside from his effortlessly wide vocal range, the musically gifted Prince was proficiently talented with a guitar, drums, bass, synthesizer, keyboard, and several other instruments. The lifelong Minnesotan’s magnum opus, 1984’s “Purple Rain,” which featured the title track as one of his most successful singles of his career, is commonly regarded as one of the greatest albums ever created by publications including Rolling Stone, Vanity Fair, and Entertainment Weekly. It was Prince’s sixth studio album and most successful, selling 20 million copies worldwide. “Purple Rain” was also used as a soundtrack for the film of the same title. Of course, Prince will not be remembered exclusively for his musical contributions. He became an unparalleled pop culture hero to many due to the way he dressed

and his dedication to defying conventional gender and sexuality norms. Prince’s early work, especially the groundbreaking album “Dirty Mind” and the song “Darling Nikki” off of Purple Rain, drew criticism for lyrics that could be described as risqué to say the least. Lawsuits followed in the years subsequent to the release of the song, ultimately culminating in the decision to place parental advisory labels on albums that contained explicit content. Prince’s Super Bowl halftime show in 2007 was viewed live by 140 million people, and has been regarded as one of, if not the best, Super Bowl performance of all time. Another highlight of Prince’s career came in 2004 when he was inducted into the Rock and Roll Hall of Fame. Those around campus who were fans spoke out about what Prince

and his music meant to them. Christian Radzinski, a 25 year old physical therapy major from Langhorne, said, “I will remember Prince by how unique he was, and how he didn’t let the critics influence him. He was original and marched to the beat of his own drum.” “Looking back at Prince, he kind of let people know that being unique and not caring about what others think is what makes you great,” Radzinski said. Rachel Zablocki, a 26 year old Journalism major from Hilltown, was not a big fan of Prince, but respected his contribution to the music world. “I have always wanted to be an inspiration to people all over the world, so I hope Prince knew that he became one of those figures, and that his legacy will live on,” she said. “I thought he was a great artist and definitely one in a million,” said Zablocki.

Maureen McCreadie, a professor of Communication at Bucks, admired Prince’s music and will remember him for his unique style. “I will remember him as a creative force who brought together a range of musical genres and influences to establish his own style. I admire his independent spirit regarding his music and the rights to his own creative efforts. I also remember him as an important figure in the music life of Minneapolis, where he influenced and encouraged many other artists,” she said. “My favorite [Prince] song is “When Doves Cry.” I’m not sure I have thought about the question analytically. Rather, I just know it’s the one that I have to sing along with when I hear it. It draws me in and evokes a compelling atmosphere,” said McCreadie.

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# National News

## Amidst all the noise, make your voice heard



**A voter submitting his ballot**  
PHOTO CREDIT: WIKIMEDIACOMMONS.COM

**BY: NICOLE “NICO” CISNEROS**  
*Centurion Staff*

This election cycle has been full of a lot of talking, arguing, shouting, and cursing—loudly. From calling for a wall on our southern border to calling for free community college for all, leaving a lot of things to be discussed and thought about it.

Yet amidst all the mudslinging and debating, there is a murmur of something.

It’s gotten some headlines, but not nearly enough as the antics of our presidential hopefuls. It’s the voice of young voters in this election.

Now, I’m not talking about the protests or rallies, the digital debates via Facebook and Twitter, or endorsing a candidate in casual conversation. In this election, just as with any, voter’s voices are there vote.

Legislature after legislature have attempted to quell that voice in the democratic process.

First came the wave of voter ID laws that made it more difficult for elderly women, students, and minorities to vote. Then came negative changes in voter registration policies, with some states such as Florida virtually eliminating early registration entirely.

Perhaps the most devastating of the challenges to young voters, in 2013 when Section 5 of the Voting Rights Act of 1965 was overturned by the Supreme Court: by eliminating this key aspect of the Voting Rights Act, states with histories of voter exclusion (typically racially based) are no longer required to clear changes in voting laws or maps with the Department of Justice.

Since this crucial ruling, voters have been encountering obstacles all over the country.

In the past year particularly, voters have been reporting even more issues than the ones previously mentioned.

Enraged Arizonans are calling for federal intervention in their state due to redistricting that made polling places unmanageable: some Arizonans waited 5 hours to vote, only to have the polling site close before they could cast their ballot.

Others were shocked by unauthorized changes to their political affiliation on their voter registration.

North Carolinians have faced issues with their registrations as well, except that theirs were never getting to their elected officials.

Voters from Florida, infamous for ballot issues in the 2000 presidential election, reported issues with voting machines that caused hours-long wait and confusion. Florida is also one of the states that has strictly limited third-party registration drives. These drives are when organizations such as League of Women Voters, Rock the Vote, and the Fair Elections Legal Network go out at community events and register people to vote.

A group that benefits from those drives has also been consistently challenged at the polls, like the country’s college students.

1.7 million young adults, aged 18-29, used third-party registration drives to register prior to the 2008 presidential election, according to Campus Vote Project (CVP).

CVP also reports that states such as Maine and New Hampshire have attempted to curb student voting by redefining residency rules and distribute misinformation. Those voter ID laws that compromise the votes of so many groups is certainly impacting students. Student IDs are no longer acceptable forms of identification in certain states. The elimination of early voting options and same day election/registration has also negatively impacted the collegiate vote.

So what can students of Bucks, do to reclaim their voice/vote? The resolution is as simple as it is complicated, use it.

When the time comes to vote in the general election there is one thought all voters should take with them to the poll.

We are all the result of hundreds of years of countless fights, rallies, movements, all dedicated to having each individual’s voice heard.

Thousands of Americans worked tirelessly so that a stranger they’d never know from a future they’d never see could have the say they never got. Voting serves as a reminder to those that try to silence the little people that we won’t go quietly.



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# Racism and prejudice in the land of the “free”

## Centurion staff members tackle racism and prejudice in America



PHOTO CREDIT: WIKIMEDIACOMMONS.COM

**LAUREN SAVANA**  
*Centurion Staff*

In a world where police officers are killing black citizens, Muslims live in fear of being kicked out

of the country, threats of a wall being built to keep Mexico out of America, interracial couples are judged for their difference in skin colors, it’s easy to say today’s so-

ciety hasn’t grown since the judgmental past of the 40’s and 50’s. Though there is a new generation of people that believe racism doesn’t exist and is used as a tool to turn different races against one another to keep the population from seeing the real issues. This package of stories dives into the current issues American citizens are facing and how these struggles are keeping our culture from moving forward. First, we discuss the fear mongering techniques that are used to spread Islamophobia in this country. We dive into this stigma and how it affects Muslim students, families and individuals in the U.S, and how groups like the Muslim Student Association here at Bucks are working hard

to diminish this stigma. A story about the stigmas against Mexicans follows, explaining how this stigma has spread so rapidly that even current presidential candidates have proposed to build a wall to keep Mexicans from coming into this country. Third, we delve into the struggle between police officer and citizen. Discussing how in recent years technology has captured obscene unjust actions taken by law enforcement, reaching to the point of countless murders. Through interviews with students and professors, we get a glimpse of how this is a race issue, culture issue, and more importantly a power issue. Then, we follow with the topic of reverse racism and how this idea

has quickly spread among the black and white community. This concept explains how racism is now just used as way to pin races against one another so the real issues are left unseen. We finish with several interviews between interracial couples, discussing their struggles with lack of acceptance from society. While also discussing how these interracial couples have conquered the negative feedback they’ve received by thriving in their relationships. The collection of these stories should serve as a reminder that the more we let race, religion, and position in society divide us, the further we get from progressing towards peace and unity in this country.

## Islam Awareness Week sponsored by Bucks M. S. A.

**BY: CARLY PENDERGAST AND CHAD DINGMAN**  
*Centurion Staff*

In recent weeks Bucks was host to, Islam Awareness Week, a weeklong event dedicated to informing the faculty and student body about the Islamic faith. Why the need for such a week? The answer to that is an unfortunate one; many people still have common misconceptions about Muslims and the Islamic faith. Especially in light of the recent terroristic actions performed by the Islamic State of Iraq and Syria, more commonly known as I.S.I.S.

Conditions in Iraq and Syria had become so bad that masses of refugees were flooding the U.S. This caused many states to shut down their borders and their surrounding coasts. Tempers flared in the U.S. because innocent people were seeking help.

The Muslim Students Association (MSA) at Bucks wanted to use their resources to educate the populous of Bucks into understanding where and what these people were coming from. Razin Karu, Co-Founder of the Bucks MSA, and the members of the organization brought this week of events to life in just the club’s second semester in existence.

Karu and his club helped or-

ganize the events because he has been the subject of prejudice because of his Islamic Faith. “There have been sporadic instances on hearing bigoted comments and racial slurs. But that’s fine. People do it because they don’t know much about Muslim people. And that’s why we had this cool event. IAW (Islam Awareness Week) is to debunk myths and spread the truth,” Karu explained.

That has been the main focus of the club; informing people so their misconceptions about the Islamic faith can cease.

The events were as follows:

Meet a Muslim day was held on April 18. Students could interact with Muslim students and ask them why they choose their Islamic faith.

“Out of Cordoba” screening was on April 19, where students and staff could watch a film about the coexistence of Christians, Jewish, and Muslims in Islamic Spain.

The Islamic Cultural Lounge, which took place on April 20, exhibited posters, charts, and pictures of famous Muslims. Students could also try some traditional Muslim cuisine and get a henna tattoo.

Prophets Before Muhammed was an information session, held on April 21, where a scholar, Shaykh Mateen Kahn, came to teach about prophets Adam,



*Members of Bucks M.S.A.*

PHOTO CREDIT: RAZIN KARU

Noah, Moses, and Abraham.

Lastly, Jummah on the Greens took place on April 22.

Students were encouraged to participate or watch a congregational prayer with a visiting scholar, Muffi Niaz Hannan.

Karu spoke about the events saying, “I don’t measure success in terms of a number of visitors and guests at an event. We did have a lot of students attending all events. Nevertheless, I’d say that the events were successful, as students learned something about Islam every single day.”

One of the most successful events held was the “Out of Cordoba” screening. The film explores the relationship between Jews and Muslims from the medieval period to the present.

It brings to light the importance of two crucial medieval Muslim Spain thinkers: the Jewish Maimonides and Averroes, a Muslim.

It urges everyone to harken back to the ideals of acceptance and peace by the two thinkers to attempt to dispel the idea of a – what many have deemed inevitable – clash of civilizations between the Muslim world and the West.

The documentary also highlights Bender’s own experience in countries including Spain, France, and Israel after the 9/11 attacks in an attempt to find people dedicated to the tolerance and acceptance of Jews, Muslims, and Christians through their religion.

The 9/11 attacks personally affected Bender, who is from New York City, but now works in Philadelphia.

He witnessed the World Trade Center disaster, and for the last 15 years, along with the rest of the world, has witnessed a changing of the guard in terms of attitudes toward the Muslim community.

“9/11 has changed the landscape. I see day to day everywhere that the Muslim community is nervous to say the least,” Bender said. “[Muslims] are fired from their jobs for praying, and are finding themselves on airport watch lists because their name is Muhammed,” he added.

Bender talked about the sudden shift toward a negative stigma for Islam. “20 to 30 years ago, the Muslim community was totally off the radar of public consciousness. People didn’t talk about it. Then 9/11 happened. Then the wars happened. Then ISIS,” he said.

Bender explained that those dedicated to acceptance of all faiths and cultures are calling for a “renewed commitment to the Constitution, the Bill of Rights, and the freedom that gives the country what it has the potential to be.”

The amount of people who have become vocal against the Muslim community has grown.

However, according to Bender, “so has the number of people dedicated to improving interfaith relations.”

The film itself has reached a large, and quite diverse, audience since being released in 2009.

“The film got accepted into about 10 festivals. It was shown on Spanish national TV. It was bought by Al-Jazeera in Qatar.

They did an Arabic version and showed it around the Middle East,” said Bender.

Aside from directing and producing “Out of Cordoba,” Jacob Bender is the Executive Director of the Philadelphia branch’s Council on American-Islamic Relations (CAIR). “[CAIR] is the largest and most important Muslim civil rights group in the country,” Bender said. “I am the first non-Muslim head of a local Muslim group,” he added.

“The Philadelphia Muslim community is 200,000 people, mostly African-American third and fourth generation,” Bender said.

“20-25 percent of slaves brought over from Africa were Muslim.”

While he has received some criticism from the Jewish community since the release of “Out of Cordoba,” Bender mentions that the reaction has been largely positive. “I have yet to hear one negative remark from a Muslim,” Bender said.

The film’s message of acceptance, of people of all faiths, is more important today than it has ever been.

Bender’s goal to bring together Muslims, Christians, and Jews is not one that is going to come to fruition easily, but his work with CAIR and the documentary will continue to better educate the American people.



*Jacob Bender*

PHOTO CREDIT: RAZIN KARU

# Racism and prejudice in the land of the “free”

## Discussing the many stigmas around Mexicans in the U.S.



Flag of Mexico PHOTO CREDIT: WIKIMEDIACOMMONS.COM

By: CRYSTAL STOUT  
Centurion Staff

“When Mexico sends its people, they’re not sending their best. They’re sending people that have lots of problems, and they’re bringing those problems with us. They’re bringing drugs. They’re bringing crime. They’re rapists.” These are the words of United States presidential candidate Donald Trump. His comment enraged many Americans, while rallying support from others. Naturally, with such strong accusations being thrown about, people all across the country are becoming passionately divided. Critics of Trump say that he is encouraging prejudice within the United States and emboldening racists. Supporters applaud the politician for boldly speaking his mind. It can’t be denied that, with Trump’s words and actions dominating the media, race relations are a hot topic in the US yet again. Tyler Voelker, 19, explained

that, while some news sources attempt to remain unbiased, many of them are supportive of certain politicians. He has observed that “the media have their own agendas,” and should not always be trusted. Gabe Infante, 21, added that news media will try to use fear tactics to persuade people to support their views. Most people, when told that the amount of illegal immigrants in the US has actually decreased from 12.2 million in 2007, to 11.3 million in 2014, were entirely shocked. Voelker said that he felt that the media was giving the impression that there was an increase in illegal immigration. The media gives a very clear image of what Mexicans are assumed to be. Most famously, they teach Americans that Mexicans are stealing our jobs. “You hear that they’re lazy, work for cheap, and take our jobs.” Said Daniel Stout, 31. “You hear that they’re all pervs, and they smell.” The list of negative

stereotypes went on, including the idea that they lived in cramped homes in order to avoid paying taxes. “This is what I hear, yeah, but some of those are facts. They do take our jobs,” He said. “It’s because they can work for no money and people can hire them for way less.” He also attested to the fact that they cost the U.S. millions per years in border protection efforts to keep out illegals. He felt that Mexican people have brought the stereotypes upon themselves for acting the way they do, “and we need to control it better.” However, when asked if he had ever heard a positive comment about Mexicans in the media? “No... Not that I can recall.” Since Trump’s candidacy declaration speech, in which he made the original slight against Mexicans, his comments and proposals have only grown in extravagance. Most famously was his promise to build a wall. In an effort to fix the immigration problem, Trump proposed erecting a wall along the entirety of the southern border. In theory, the wall would prevent Mexicans from crossing over. This idea, too, has been met with mixed support. Many rally behind the wall idea, confident that a tall enough wall will deter Mexicans from crossing over into the US. Even though forcing the Mexican government to pay for a 50 foot wall, as Trump suggested, would undoubtedly cause political unrest between the two nations, supporters say that is worth the risk. “I feel like we should still do it, regardless, to show them that we

are serious about it,” said Stout. Although he admitted that it’s unlikely that the Mexican government will be willing to pay, he said “They should know to pay us back all the money we spent trying to keep them out.” Infante, however, counters that the wall would be nothing more than a waste of time and money because, as Voelker put it, “history has shown that walls don’t stay up.” The international conflicts that would arise, said Voelker, make the gains not worth it. “It would lead to isolation. It’s stupid.” Infante agreed in saying that the wall was stupid, and added, “We’ve got border patrol, we’ve got all this stuff now, and they still find ways over. And guess what? If we build a wall, they’re just gonna go under, or over it. It’s not going to do anything.” Despite the message sent by news outlets and the efforts of Trump, not everyone is buying into the anti-Mexican mindset. Infante, who has worked alongside illegal Mexican immigrants in the past, suggested that people hold negative notions for Mexicans out of ignorance. “It’s probably because they’ve never met people from the Mexican culture. They’re just people. They’re not evil. Not any more evil than any white or black guy you’d meet.” said Infante. Infante added that “People just focus on the bad stuff. If something good is happening, they’ll turn around and try to find a murder.” In reality, said Voelker, a lot of the illegal immigrants are simply “hard working people.” There is nothing particularly

evil about the people of Mexico, even if the media would have you think otherwise, said Antonio Cortez, 25, “like every place in the world, you have good people, and you have bad people.” He, of all people would know, having been born and raised in Mexico – living there until the age of 8. “Some people just come here to have a dream.” He said his mother wanted him to go with his grandmother over to America to have a “better education, and a better life.” He hears the stereotypes of people like himself in the media, and agrees that while there are lots of criminals and drug lords in Mexico, the stereotypes don’t hold true to all illegal immigrants. Cortez prided himself on an entirely clean criminal record, and is currently working as a lumberjack to help support his girlfriend and two young children. It’s difficult to think about marriage, he said, until he is officially a US citizen because he doesn’t want his marriage to seem like something he’s just doing to gain his citizenship. He firmly stated that he wants to get his citizenship “the right way,” so that he can follow his dream of becoming an architect and raising his son and daughter in the safety of America. Unfortunately, if our applauded politicians continue spamming a message of hate and unacceptance, and rallying masses of angry Americans, the United States might become a country not worth immigrating to.

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# Racism and prejudice in the land of the “free”

## With police brutality, law enforcement spreads fear among citizens

By: **LAUREN SAVANA**  
*Centurion Staff*

“I honestly think that the majority of police just try to protect themselves by hurting people before we get a chance to hurt them.” Lashaun Bolden, 27, from Philadelphia.

“I’ve had negative interactions with cops on numerous occasions. Sometimes, I would just be walking down the street.” Bolden continued.

Stanley Tull, 25, from Philadelphia, said, “I’ve never had a positive experience with a cop. No matter what I was always suspected of something.”

Bernard Jenkins, 38, from Pennlyn, said, “I’ve had several negative experiences. But ultimately I know it varies from person to person.”

Three black students here at Bucks were willing to discuss their separate experiences, though strikingly similar outcomes of the treatment they receive from police officers.

Bolden, Tull, and Jenkins all agreed that police brutality has always been an issue and in their experiences, growing up in Philly as black men, they were always being watched.

While Tull believes, “We’ve taken a step in the right direction to end the stigmas against the black community, but no significant change has been made.”

Jenkins concluded, “Something needs to happen. But no one wants to be the one to take a chance.

In these cases is it safe to assume that just because they were black men this is why they received this treatment? In the past 2 years, the U.S has seen, that isn’t as simple as yes or no.

It’s more then just a race issue or just a cultural issue, it’s the

The Guardian said it decided to create this project in order “to monitor their demographics and to tell the stories of how they died.”

They obtain this information from mass media, crowd-sourced information, police records, Guardian reporters and other journalists in the U.S., and even anonymous tips investigated by Guardian staff.

According to Guardian reporter Johnathan Swaine, “The U.S. government has no comprehensive record of the number of people killed by law enforcement. This lack of basic data has been glaring amid the protests, riots and worldwide debate set in motion by the fatal police shooting of Michael Brown, an unarmed 18-year-old, in Ferguson, Missouri, in August 2014.”

At the end of 2015 at least 222 unarmed individuals were killed, while 1,134 individuals were killed in shootings that were deemed “justified.” CopBlock, a webpage dedicated to posting videos and articles exposing certain police officers of breaking laws, also attempts to teach American citizens about their unalienable rights.

The Counted website does not include mass shootout incidents, such as the shooting in Waco, Texas, where police officers failed to identify who was killed by law enforcement. It also does not include situations such as when someone is killed in a car accident while trying to escape police.

In total, 578 whites, 302 blacks, 194 Hispanic/Latinos, 28 Unknown, 24 Asian/Pacific Islander were killed in the U.S in 2015, reported by The Counted.

In the past two years there have been controversial encounters be-



PHOTO CREDIT: WIKIMEDIACOMMONS.COM

being from Baltimore and his perspective as a black male. “It seems when an issue comes to a head in the black community, we derive resolutions based on historical figures and the dialogical self.”

When protests began in Baltimore, in Thomas’s college dorm, CNN was the only thing on in the lobby, “They’re burning down their own communities,” “What does this solve?” “This is not how you get justice,” and “they look like savages,” rhetoric flowed through the lobby.

This is too broad, too generalized. From the perspective of the white community, they were afraid of Baltimore and, they undermined the protest by chalking it up to “black rage.”

“People gave me looks of disapproval after learning I was from Baltimore. People didn’t understand that a community is characterized in part by economic proprietorship. People thought the boarded-up homes happened in one week. People were posting “funny” memes on Instagram, and making a mockery of black rage in response to a history of oppression that is as American as baseball and apple pie.” Thomas wrote.

Ultimately, American society chalked up the Baltimore uprising to be misdirected anger, a poor city that had no other outlet to let their frustration and voice be heard.

Which, in a way, is true, Thomas concluded, “This is as much about Freddie as it is about those who could have been Freddie. This is how the forsaken school-to-state-of-the-art-prison industrial complex looks. This is how the lack of job opportunities looks. This is how discriminatory housing and policing looks. Baltimore’s neglected children saw to it that they were heard one way or another.”

Protests, mobs, the burning of buildings, uprisings such as Baltimore will continue if the deaths of civilians at the hands of police officers continue, many social and political leaders agree.

This is about more then just Freddie Gray, isn’t it? This is about every race and gender feeling protected by law enforcement and not living in fear of these forces. Some of the most frequently debated questions since these killings are questions such as; is the police brutality a cultural issue or a race issue? Is there actually a recent rise in police brutality or has this been ongoing, and how has new technology effected catching these acts on camera?

Brian Creech, a journalism professor at Temple University gives his opinion, “I do not think that there has been an rise In police brutality, but a rise in citizen

witnessing. New technologies and their ubiquity allow citizens to see, record, and upload a broader variety of police interactions than ever before.”

Sites like Copblock, The Counted and Fatal Encounter that were mentioned before, have given citizens a whole new advantage in knowing how law enforcement is treating the citizens they are supposed to protect.

But, what about the new world of social media? Is this causing positive or negative effects in getting new information out there? Creech thinks, “A lot of the research has shown that social media posts tend to have a polarizing effect, in that when individual’s encounter a story on social media, or really any media outlet, they tend to interpret it and respond to it in a way that already conforms to their worldview.”

If a person on social media is already inclined to not trust the police and they see a few videos on social media, this gives them the incentive they needed to confirm their distrust with the police. If a person who does trust the police sees these videos online they question why the person was videotaping them at all and not giving the police officer the benefit of the doubt.

“Arguments about police taping and police abuse tie into larger political and racial conflicts that have a long and complicated history. Ultimately, the government and police have absolute power over the use of violence in American society, and so, for some citizens, the question of whether or not that power is being used appropriately is literally a matter of life or death,” Creech said.

With cases such as Freddie Gray and Michael Brown a common conception is that law enforcement agencies are targeting the black community.

Creech explains that, “It depends on the history, culture, and politics of certain jurisdictions. As we have seen in the year since Ferguson, some departments have specifically targeted minority populations as both a perceived threat and a source for municipal income from fees and fines paid after an arrest. However, there are other departments, captains, and officers that are aware of the potential for abuse and work hard use their power without abuse.”

So, is this as black and white as calling it a racial issue or cultural issue? No. This is a power issue.

Creech dives into the position and power police officers are given. “The police are the only institution given the ability to use force against citizens. This has huge potential for abuse, and so a lot of the current attention around protest movements are ultimately about keeping that power in

check by drawing attention to not just the possibility of abuse, but the ways in which an individual officer can be tempted to exploit or violate a citizen’s rights in the heat of the movement, whether driven by fear, confusion, or actual malice.”

Certain police departments in low-income areas, or impoverished cities, are being looked at under a microscope by citizens questioning if these law enforcement agencies are abusing their power. But what about Bucks County, a largely wealthy suburban area. Are there any acts of police brutality in this area?

In the grand scheme of these acts nationwide, not particularly. White suburban areas tend to have acts of mass shootings carried out by white males with mental health issues, including such cases as, Adam Lanza, James Holmes, and Seung-Hui Cho. These three men were cases of mass shootings committed by white males. In these cases it was almost instinctual to say these were mental health induced shootings. Where in the case of Freddie Gray or Mike Brown, when they were the victims of attacks, they were viewed as criminals.

“When police are accused of committing an act of violence, there is an almost instinctual desire to trust authority and their version of events, which leads some journalists and commentators to lean toward presenting folks like Michael Brown or Freddie Gray as criminals deserving the punishment they received. In the case of white mass shooters, I think any mass killing is vexing on its face, so mental health issues tend to be a more common explanation,” Creech commented.

It’s hard to grasp the concept of being viewed as a criminal by police officers when as a citizen you’ve done nothing wrong. It can be difficult to understand racial profiling if you’ve personally never been subjected to it.

It’s become increasingly common nation wide to categorize all police officers as racist, ignorant, killers. This is part of the problem. It seems detrimental to make a point in saying that all black people are not criminals, and all police officers are not killers. When a nation starts to generalize an entire race, or job title, we take a step back from progress.

It is all our own personal and moral duty as citizens of the U.S. to speak up when you witness something unlawful, and to know our rights as citizens of this country, regardless of ethnicity or gender. Collectively, we share one voice, powerful enough to end police brutality, to end racism and prejudice.

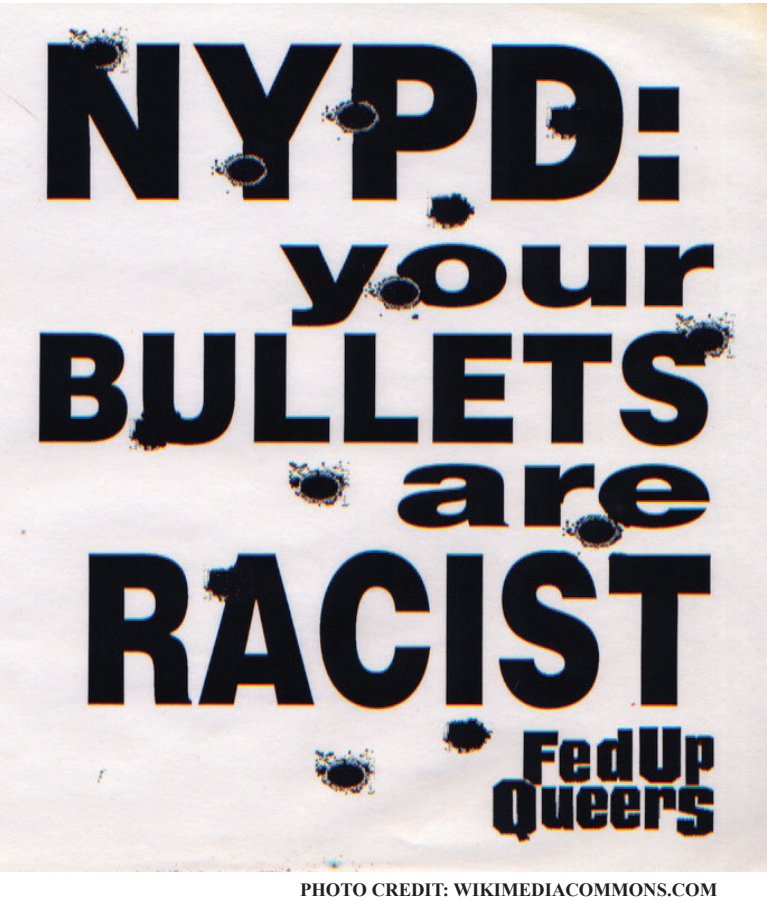


PHOTO CREDIT: WIKIMEDIACOMMONS.COM

power struggle between civilian and the bruit force being used by law enforcement. Wisdom says that if someone has a higher power they are bound to abuse that power.

So is police brutality on the rise and if so what steps are being taken to track, monitor, and curb this brutality?

In the beginning months of 2016 it was normal to recap the top songs that were released, vote for the award-winning movies and reminiscence about the biggest scandals that happened in Hollywood. But some tallied how many people were killed by police officers in 2015.

The Guardian, a reputable British news source, has a web page titled “The Counted,” this site keeps track of how many people in the U.S the police killed.

tween police officers and citizens such as; Michael Brown, Eric Garner, Dontre Hamilton, John Crawford and Levar Jones, These cases caused significant uproar in the states and cities where the shootings occurred.

In February 2015, Freddie Gray, a 25-year-old black male , was arrested by the Baltimore Police Department. Gray was arrested for allegedly possessing an illegal switchblade. While being transported in a police van, Gray underwent serious trauma, forcing him into a coma, where he died a week later from a fatal spine injury.

The events that followed caused a catastrophic uproar in Baltimore that the rest of the country viewed in horror.

Reginald Thomas, a Baltimore resident and student at Norfolk State University wrote about

# Racism and prejudice in the land of the “free”

## Reverse racism; fact or fiction?

By: JAHMEELAH WILSON

Centurion Staff

Unicorns, The Easter Bunny, and reverse racism, have one thing in common, and that is they all do not exist.

Reverse racism as defined by the dictionary, is a phenomena in which discrimination, sometimes officially sanctioned, against a dominant or formerly dominant racial or other group representative of the majority in a particular society takes place, for a variety of reasons, often initially as an attempt to redressing past wrongs.

The term reverse racism came into use as the struggle for African American rights divided the white community. In 1966, Hosea Williams of the Southern Christian Leadership Conference (SCLC), publicly accused members of the Student Nonviolent Coordinating Committee (SNCC) of reverse racism in their efforts to dismiss or reject whites from local government in Alabama to make room for blacks.

It was not until the 1970s, in reaction to affirmative action, which reverse racism emerged. Many believed that deserving white students are discriminated against while “academically qualified” students are given a spot just be-

cause they were a person of color.

There was a need to address the underrepresentation of people of color in colleges as well as on the job force. However, affirmative action does not mean that it favors people of color over whites, but it ensures that they are considered equally.

Brian Wurtz, 19, a Cinema Video Production major has never experienced “racism” as a white man, but has experienced discrimination, “No I have never experienced racism, but I have been discriminated against during my middle and high school years because I was victimize for being gay.” Though Wurtz has never experienced racism first hand, he does understand what it means to feel ostracized from society.

Racism is defined as the belief that all members of each race possess characteristics or abilities specific to that race, especially so as to distinguish it as an inferior to another race. It is a concept that functions on both an individual and institutional level. However, in this case throughout history the white race having position of power and supremacy—non-whites are inferior to the white race.

In Jim Crow south, bus drivers, police officers, educators, restaurants and other facilities played a

huge part to maintain segregation and racism against people of color. Though many ethnic minorities held animosity towards their oppressors, they lacked the power to negatively affect whites’ lives. But also, people of color have been traditionally discriminated against from predominantly white institutions.

Because America has never been anti-white, or created an entire system based upon people of color being superior over whites, the issue that whites can truly be victims of reverse racism is difficult to make.

Luke Delavan, 22, a Psychology major has experienced racism early, “When I was in 7th grade someone called me a n\*\*\*\*r, I don’t remember what the context of the conversation was, or what possessed him to call me that, but when it happened I didn’t know how to react to it.”

The reverse racism card is often pulled by white people when people of color speak up about racial discrimination or create spaces for themselves. Due to racial discrimination, people of color had to create their own platforms—whether it be through entertainment or media.

Outlets such as BET (Black Entertainment Television) were created because blacks were not



PHOTO CREDIT: LAUREN SAVANA

allowed to be a part of white television, and if they were, blacks were misrepresented, but now BET is seen as blacks secluding whites.

White people can experience prejudice from black people and other non-whites, and black people can have skewed views towards white people, as well as other non-whites. However, racism is far more multifaceted.

Abbey Reinecke, 21, a History/ Historical Preservation major has experienced prejudice when she visits her family in Pottstown,

“My cousins are biracial and they live in a black neighborhood, and people stare and point at us because we are white, and it is obvious that they are talking about us.”

Prejudice and racism are not the same thing.

People of color cannot be racist, prejudice yes, but not racist. Because racism describes a system of disadvantage based on race, people of color cannot be racists since they do not benefit from such a system.

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# Racism and prejudice in the land of the “free”

## Interracial relationships show America’s true colors

By: DIAMOND SCHULER  
*Centurion Staff*

Lauren and Harrison are your average high school sweethearts, they started young, and have grown together. They have done it all as a couple, traveled together, fought together, loved together, and most importantly they’ve built a relationship together. The only thing that sets them apart from other couples, according to society, is the color of their skin. Lauren Hamilton and Harrison Kratz are an interracial couple; Lauren herself is the product of an interracial marriage, and Harrison is a spirited German-Jewish redhead. The couple is engaged to be married in June 2017 and has been together for over eight years, having started dating in their senior year of high school.

Less than 100 years ago it would have been unheard of for the couple to be together, and 50 years ago before the Loving v. Virginia case that eradicated laws prohibiting interracial marriages, it would have been impossible for the couple to get married.

Now Lauren and Harrison will be a part of the more than 12 percent of newlyweds who are marrying someone of a different race according to the PEW Research Center.

Lauren, the product of an African American mother and white father, says that she always viewed being in an interracial relationship as normal. “I am aware of our differences, but that has never weighed on our relationship, nor influenced either of our decision to be committed to one another.” She added lovingly, “I do love his red hair though.”

Fortunately the couple’s families were very supportive of their relationship and racial background was never a factor.

Lauren and Harrison face the normal problems of any couple, but they’ve also been exposed to judgment from society for their blended backgrounds, despite living in very diverse and liberal areas such as NYC and Los Angeles.

“I don’t think comments we’ve received are all malicious, but we’ve certainly been exposed to rude statements and questions; they’ve ranged from mocking what our children would look like, questioning how to raise a mixed child, to even questioning our sex life, as if any of that is anyone’s business but our own.”



Lauren Hamilton and Harrison Kratz

She continued, “When asking these questions, many seem to forget I am myself, biracial. I already grew up and am living a very normal life. Even if it comes from a place of true curiosity, it’s important think first how it would feel if people were constantly asking you such personal questions.”

Lauren and Harrison hope that one day society will come to evolve and will accept all relationships and people. Harrison stated, “The worst comes from the side of hate. We have been very lucky to avoid many instances of discrimination that others have encountered. However, we are not blind, we see many people stare or grimace at us, and that is something I hope will end one day.

According to Gallup’s Minority Rights and Relations poll that surveyed 4,373 Americans, the approval of black-white marriages, has increased over the years. Only 11 percent of Americans today disapprove of black-white marriages. This is a huge decrease compared to the 94 percent of Americans who disapproved in 1958.

Many of those that still disapprove are over 50, and in the southern parts of the country.

Lauren and Harrison are among many people age 49 and below that believe that color shouldn’t be a factor anymore.

Amanda Laster, a Caucasian woman, has been married to her

African-American husband for almost two years now, after having known each other since fifth grade then dating for six years. She says race never mattered to her. “I always tended to steer toward interracial relationships but it wasn’t something I had to have. I dated who I had a connection with, no matter their race. Just so happens, they were usually a different race.”

Heather Schrey is Caucasian and has been with her Guatemalan fiancé Jeesee for over three years, but said she never saw the relationship coming. She says, “Never in a million years would I expect to be in an interracial relationship especially growing up with a racist father. But love is love and it happened unexpectedly at first sight.”

Many of the barriers that interracial couples face are often not just in society but in the home with their families as well.

Mina Ebrahimi is Iranian and has been in a six-year long relationship with her African-American boyfriend Claudwin since she was 15. Mina admits that the biggest obstacle that they have faced has been her family. “My father did not want me to date at all until I was done school. Iranian people typically stay with Iranians because there is not a lot of diversity in Iran, as you can imagine.” She continued “It’s been hard seeing the true colors of

PHOTO CREDIT: LAUREN HAMILTON  
some of my family members and it has really caused me to question who I consider family.”

Sadly, she admits that things have not gotten easier, but in fact harder for them when it comes to her family. “Things have gotten more difficult from a family standpoint, because the longer we are together, the more my family realizes we’re serious aren’t going to break up. This has forced them to face their issues about us instead of hoping it will go away.”

She says that they have yet to face any societal judgement because of their mixed race relationship, but she credits that to the community and environment that they are in currently in. However she realizes that if they were to change environments and be around more Middle Eastern people than things would definitely be more critical.

As interracial relationships become more prevalent society is beginning to see the offspring of these relationships, and how they are infiltrating society.

Anjali Rajan, a high school senior, is the offspring of an interracial Hyderabad Indian mother and British Jewish Caucasian father. Her parents have been together for almost 25 years and married for 20.

She says that she has been more sheltered from the judgment her parents may have faced over the years saying, “Very often,

people won’t realize my parents are together because they’re of two different races. But thankfully I haven’t seen too much racism, though I’m sure they’ve witnessed much more.”

Anjali says that personally race is not a factor for her or her relationships, “I would be open to entering a relationship with anyone, regardless of their race, I really feel that interracial relationships expand people’s minds and help them to grow.

Anjali says that regardless of the ridicule she faced as a child for being Indian and white, and bearing an Indian name, she is proud of who she is. “I am proud to be mixed, and I love to be able to take part in both cultures. Being mixed has allowed me to view the world in a unique way.”

Despite the statistics that show the growing approval of interracial marriages, there are still those highly against it. Recently a Cheerios commercial featured an interracial family, and later an Old Navy ad showed another interracial family. In response, some vowed to boycott the companies.

Robert Pattinson and FKA Twigs, Ellen Pompeo and Chris Ivery, Zoe Saldana and Marco Perego, Nicolas Cage and Alice Kim Cage, are all among some of the many interracial couples in Hollywood that have faced backlash for their mixed backgrounds.

This backlash has ranged from hateful messages through social media, down to death threats because of their union. However despite the everyday judgement they receive, the couples have all remained strong and proud of their interracial love.

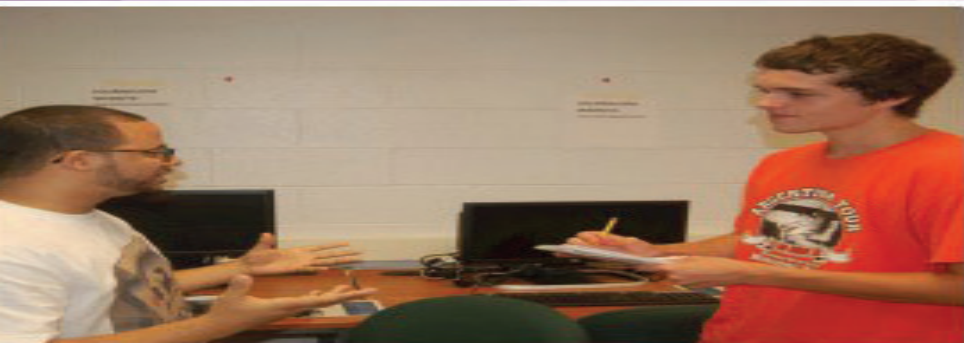
However, four-in-10 Americans say that “more people of different races marrying each other has been a change for the better in our society,” while only about one-in-ten think it is a change for worse. The other five-in-ten had no real opinion on the matter.

Younger age and higher levels of education were associated with favorable views of mixed relationships.

The U.S. Census Bureau’s recent projections predict that by 2050 minority races will be the majority in America, making up 54 percent of the entire U.S. population.

So despite the apprehensions of some, interracial relationships are growing, and here to stay.

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# Arts and Entertainment

## Centurion staff member sits down with the front man of AM()RA



PHOTO CREDIT: ERIN MARHEFKA



PHOTO CREDIT: JENNY CARMINANTI

**By: Crystal Stout**  
*Centurion Staff*

In the center of a hazy room, sparsely lit by red and green spot lights, a boy is bent over with his forehead to the linoleum, screaming at the top of his lungs. A crowd of people surround him, clad in ripped jeans and leather jackets, nodding along with his cries. Moved by his words, the audience thrashes against one another, flailing their arms while the music pounds in the background. This hardcore concert isn't the scene one would expect to find hiding out in the backroom of the quaint Connections on High cafe in Pottstown, Pennsylvania. Yet, as the blare of the music dies down and the ringing of the final chord fades away, the boy clambers to his feet while the crowd is cheering, catching his breath as he turns back to his fellow band members.

The boy, draped in a loose white t-shirt from some obscure underground band and rocking impossibly tight black skinny jeans, is William "Billy" Zee, lead vocalist for AM()RA.

Born and raised in the suburbs of Doylestown, this small-town teen has made a big name for himself in the local community. His bedroom offered up a drastic contrast to the rest of his parents' elegantly decorated and sophisticated home. Boxes of AM()RA merchandise and CDs, laminates, and concert posters plastering the walls, ceilings, and even the inside of closets, all tell the story of a boy who rose from general obscurity to small-town fame.

For other aspiring musicians who are struggling to get a foot hold in the music industry, Zee's story serves as an example of just what can be achieved through enough hard work, diligence, and commitment.

Before he became the front man of AM()RA, Zee was a sheltered kid in a "really good family," with a twin brother and twin sister and who, at one point, wanted to become a CIA agent.

He was also was a bassist, jamming out to an eclectic assortment of music. "I was into a lot of hip-hop, which I still am," said Zee. "I was all over the place with music, dude."

His interest in the hardcore type of music that his band plays now began back in the classic era of MTV2 when he witnessed a music video by the band Underoath, and thought it was "one of the most coolest f\*cking things I'd ever seen," he said.

With favorite bands and musicians including, but not at all limited to, The Devil Wears Prada, Bring Me the Horizon, Dance Gavin Dance, Tupac, Stargazer, Drake, Thrice, Krooked Youth, and Biggie, it's easy to see why the music Zee co-writes for AM()RA is so stylistically unique and labeled as genre-less.

Zee's first taste of the stage came rather unexpectedly at the show of a friend's band, Capture

the Crown, at a community center in Yardley. At the time, Zee was only "like 13, 14 years old."

He was asked to stand in for a missing musician and play bass. He responded enthusiastically, "I was like 'yo, definitely!'" and I was so about that. It was the weirdest show ever, but from there I was pretty much hooked on music." Eventually, he turned his attention to vocals, saying he, "got sick of playing bass because deep down I wanted to scream my heart out." But to do that, he knew he had to join a band.

Despite being the current front man of AM()RA, Zee wasn't one of the founding members. In fact, guitarist Tyler Ditlow and drummer Brian Rodriguez didn't even want him in the band to begin with.

Ditlow and Rodriguez found Zee through Facebook, and their initial reactions were less than enthusiastic. They looked at Zee, a tan, lanky kid with a ragged undercut and pierced ears, and thought "Eh, he looks like a douchebag. I don't like the look of this kid." Zee told this part of the story with a good-natured laugh.

Eventually, after trying and failing with a few other musicians, they finally had no choice but to contact Billy.

Their meet up at a Wendy's was fueled by the free food Zee was able to score due to his employment there at the time. Zee said that things went well that day. "They hit us up and we actually hit it off like right off the bat. We had the same influences, same everything, which was really cool."

By the end of their conversation, they had made up their minds. They would play three shows by the end of the summer.

Problems arose almost immediately for the band. "We had our first practice and we didn't think it was gonna work out, actually," said Zee.

Eventually they were able to work through the issues they were having by replacing their bass player, and forming the current lineup of the band. And just like that, AM()RA was born, and Zee found himself the lead vocalist of a legitimate band.

Since their very first show together on August 9, 2014, in a "crappy dive bar called The Rusty Nail," the group has racked up an impressive amount of experience, having played what Zee estimates as 50 to 60 shows. For a touring musician and college student, it can be hard to keep track of an exact number of shows. Zee said, "We just played so many, dude. I lost count. It's pretty high up there."

Along with live shows, Zee has provided vocals for the band's two CDs, including their six track EP "In Lieu Of," which was released in March of 2015. Their second CD, "Wrong From Right/Colors and Lights," was a shared project with AM()RA and another band, Above The Mendoza.

However, Zee's success hasn't

come without struggle and sacrifice. Zee described the difficulty of being in a band as "like dating four of your best friends. You go through a lot of drama here and there, you work with a lot of personalities, sometimes there are fights and arguments, but that is with any relationship. It builds you," he said.

Along with the internal issues that are inevitable within a group of five different guys, Zee and the others also face external challenges. Namely, critics. And has Zee faced critics? "All the time, man!" He emphasized, "All. The. Time."



PHOTO CREDIT: MAC SCHIBEL

He speaks of his critics with a wisdom and maturity beyond what one might expect from a 19-year-old, putting a lot of emphasize on the importance of being able to recognize his own faults and flaws. When people critique his music, Zee said, "In a sense they're right. They're honest. When you get hated on, it sucks. But you learn to just grow with it and accept it."

In the end, what really matters are the fans. "Maybe for every person who criticizes you, there might be two or three people who really like what you did," said Zee. For him, this makes all of the hard work worth it.

Zee offered one simple piece of advice in regards to dealing with negative people: "The biggest thing you gotta learn is just to prove them wrong." And with this motto, Zee and the rest of AM()RA, have found an impressive level of success for a local band, and have plenty of stories to chronicle their rise. Most notably is "the trashcan show."

Mention the name Billy Zee among local music fans and you're almost certain to hear an amused comment about trash cans. The legacy of Zee all began from a lackluster show, desperation, and creativity.

On the day of their fourth show ever, with a guitarist stuck at work, no practice, and a car

accident earlier in the day, the band was not in a good place. To make matters worse, the crowd they were playing for "was a little more judgmental. They're just weren't having it," Zee said.

"How can I win these people over?" was the main thought on Zee's mind as the crowd continued to stare apathetically. In a stroke of either genius or madness, Zee spotted a trashcan, and for some reason, felt the sudden need to do something with it.

"There were like a bunch of beer cans in there, but I put myself in the trash can, and had it

mayhem in general, there have been plenty of touching moments in Zee's musical experience.

During a performance of their song "7417," an intensely personal piece written about Zee's late grandfather, emotion overtook him.

"I just broke out crying during that song, just because that song really means a lot to me. There was something about the whole atmosphere that just made me break down, start crying, and just go into this whole dissociation," he said. Zee's shows are often extremely emotionally charged, which is part of what sets him apart as a musician.

When he isn't focusing his energy on the band, Zee enjoys drawing, photography, skateboarding, attending other local shows, and playing PlayStation. He also screen prints most of his band's merchandise.

His main focus is, and has always been, the music. Being a musician is about more than just putting on great shows.

"I don't want to say I make music for myself, but being able to play it is a catharsis, an emotional release. It allows me to connect with people I never met, allows me to spill my heart out for something, gives me a reason to wake up, gives me something to express myself and a reason to better myself. It allows me to be a voice for the people who don't have a voice or the words to express how they feel," Zee explained.

Clearly, music runs deep in the veins of the boy who has worked for years to pursue his dream of hitting the big time.

To those with similar aspirations, Zee has simple advice: "Do things yourself. Do things yourself. Do things yourself. There's so much more in growth, rather than just jumping in and playing to a thousand people who don't really care for you. I think there's just so much more in starting from the bottom and growing from there. You prosper from it. You take in a lot from that."

"I think that's the biggest piece of advice I can give people. Start from the bottom. The more you grow, and the more you see that growth, the more rewarding, and the more you're gonna grow." Zee added, "And it's going to be one of the most special things ever, and it's going to make you really cherish what you have. Put your all into it, dude. Put your emotion in it," he said.

Today, Zee has played shows in many states, even performing on the beaches of Florida. He started small, with nothing but a voice and a surplus of ambition, and through DIY albums, booking his own shows, practice, and refusal to quit, Zee has gathered himself a real, loving, supportive fanbase.

As his popularity only continues to grow, Zee proves that it doesn't take a record label or expensive equipment to follow a dream. Only a true love for music and drive to succeed.

# Investigation

## Pre-workout: Performance enhancer or placebo effect?



Pre- Workout mix

PHOTO CREDIT: GEORGE MEANS

By: **GEORGE MEANS**  
*Centurion Staff*

It is 6:25 on a Monday evening at a bare bones gym in Pennel, called the Warehouse. The name says it all. It has all of the nuts and bolts, without the color-coordinated machinery. In fact, the machines, and most of the weights, don't match in any way, shape, or form.

This is a "real" man's gym; not contingent on appearance. There is a lot less grunting and growling than one would expect, but you can still hear the occasional thud coming from one of the members who drops his dumbbells after each set.

The trainer asks the "dumbbell dropper" how his abs are coming along. He lifts his shirt that reads "Coalition Nutrition" to reveal unfathomable rivets that you would only expect a Greek God to have protruding from his gut. Is it possible that this fleshy range of foothills were accomplished "all natural?" Or is there some type of supplement involved in the formation of this biological topography?

Across the street is the source of the concealing shirt. Ben Keller, 25, has been Coalition Nutrition's operations manager for over a year and he's been working out for the past seven years.

There has been a lot of talk about steroids over the past decade, but has anyone questioned the legal supplements that are available for bodybuilders?

I wanted to get the scoop (no pun intended) on the trending popularity of pre-workout supplements. They are all pretty much the same; their packaging is the only thing that's really different.

With names like Cannibal, Angel Dust, God of War, and God of Rage, accompanied by pictures of demonic creatures, it is quite obvious that these supplements are marketed towards the angst-ridden teenager that wants to look buff. But are they safe?

"They do have redeeming qualities, obviously," says Keller on their best-selling product. These fruit-flavored powder supplements are loaded with caffeine and other stimulants that get your amped up and ready for a workout.

You can expect to get around 95 milligrams of caffeine from your average cup of coffee. Each serving of pre-workout can contain anywhere from 100-300 milligrams of caffeine in a single scoop. "They're going to give you that next level of motivation," he says.

The real debate comes into play when discussing the downsides of these supplements. "Anything in abundance... or that you use too much of is going to have a negative effect on your body," explains

Keller. "It depends on how your body responds to the stimulants."

The ingredient beta-alanine is an amino acid, commonly found in pre-workout supplements, which is known for giving a person the skin tingles, or "face feels" as they call them at Coalition Nutrition. Many people associate the niacin flush-like feeling with a muscle pump. "There is no correlation between that [feeling] and muscle growth," Keller clarifies.

"Muscle pump" is the term used to refer to the natural swelling your muscles undergo during an intense workout. "'Pump' is strictly ego," he says.

Kelly Jones, an assistant professor and registered dietician at Bucks, says that beta-alanine is very easily used for energy in the body, but it is actually more efficient to just eat enough carbohydrates for that energy.

"A lot of people don't realize that too much of a good thing can be bad," Jones says. "That skin tingling feeling that you get is actually the body trying to get that out as soon as possible."

They call that feeling a "flush" since the body's reaction is to get rid of any excess intake of supplements.

"There is actually no research supporting that [beta-alanine] increases your power during a workout," Jones explains. "Supplement companies know that if you get that feeling then you think that what you purchased is doing something for your workout and that's why they keep using it."

The only ingredients in pre-workout that are proven to be beneficial to lifters are the caffeine and creatine.

"Caffeine, itself, is researched, in certain dosages, to actually reduce your rate of perceived exertion," says Jones.

A 2012 study posted in the Journal of Strength Conditioning and Resistance found that men who took caffeine supplements were able to do heavier lifting at greater weights than men who were given a placebo.

The other valuable ingredient found in many pre-workout supplements is creatine. Creatine monohydrate is the only form of creatine proven to have an effect on the body, but only in about 50 percent of people.

"Creatine can help you to do really high intensity activities for a little bit longer, but still the most its ever going to last in your body is like 18 seconds," Jones estimates. Creatine is actually produced in the body and a person can get it from eating red meats and fish.

"The effect that you'd be getting for the amount of money that people are spending on these things is so minimal," she says.

Pre-workouts like C4 and Jack3d have been known to include an illegal stimulant, DMAA, similar to Ephedrine, which will cause the consumer to fail drug tests.

"Supplements are so poorly regulated that you never know what you're getting," Jones says.

Just last year, she learned that the U.S. Anti-Doping Agency estimates that about 40 percent of all pre-workout and protein supplements contain anabolic steroids and prescription drugs.

Forester Somsanith, 19, exer-

cise science major, shares a similar view to Jones'. He believes that preworkout supplements is a waste of money and that you should get your caffeine and creatine from other sources.

"I don't really like any of the other things that they put in preworkout," says Somsanith. He speaks from experience having used pre-workouts throughout high school. Even though all of his friends still use pre-workouts, "I don't think that it really benefits you," Somsanith says.

Johnny Cohen, a 22-year-old communications major, is an avid user of preworkout. "It always gets me pumped up and ready for a workout," he says.

"You lift more reps, you're doing more pushups, and hitting the bag harder," Cohen describes. "I never got that experience prior."

Cohen is definitely right about one thing: "There is a constant jabber about what is and what isn't beneficial to your workout plan."

Although views of preworkout vary from person to person, everyone apparently agrees that these supplements are being marketed towards the younger generation.

Somsanith describes the packaging as having "big bright labels with caution [signs]... to make it seem like it's dangerous or something. Like it's ungodly almost," he says.

Jones says that the labels have pictures of stuff that kids might see in video games. She believes that it is a brainwashing tech-

nique.

Jones says, "You'll see little kids running around in a 'Monster' t-shirt that fits them perfectly when they're five years old."

"Marketing is everything," says Keller.

He explains the average consumers' assumptions, "If it looks hardcore, then it's gotta be hardcore."

Supplements are not FDA regulated or monitored by any other government agencies.

"I wish that these things were regulated more than cigarettes, to be honest with you, because of the harmful effects they can have on the body so quickly," says Jones.

While they say that they're only to be consumed by "adults 18 years of age or older," there is no laws requiring verification of age for the purchase of these items. Keller assures us that they use cautious discretion when suggesting and selling their products. I have no reason to doubt this claim, since I was carefully warned about the perspiration to be caused by the ingredients in one of my previous purchases, Cardio Igniter.

"They're not for everyone," Keller says.

Peworkout supplements appear to be nothing more than a quick way to get a little push in a fast-paced world. They are the energy drinks of the gym. The 5 Hour Energy of the bodybuilding world. "It is not a necessity," he says. "It is more of a luxury for sure."



# Letter to the Editor: Mr. Donald Trump

Dear Mr. Trump,

Throughout your campaign you have been recorded saying things that would and have struck a nerve with many of the general populace.

For instance, you have called for a ban on Muslims, because they are predominantly terrorists. You have called for a wall separating Mexico and the United States, because Mexicans are rapists, murderers, and drug dealers—in fact, most immigrants in general. Most importantly, you seem to be waging a war on women.

We believe your pattern of disrespect and hatred towards the female gender demonstrates your misogyny. For example, you said “women are aesthetically pleasing objects and women have a great act going on to trick men.”

You have also called women “ugly” and “dumb” when they have stood up against you. That’s a perfect example of your misogynistic views towards women.

Women are not objects and they have value beyond their appearance. Your refusal to acknowledge women as complex beings speaks more on your own issues than it does on the issues of women.

You have been quoted saying that women will continue to fawn over you because you’re so “rich

and powerful.” Your money may buy you material things, but it will never buy the respect of women or American voters.

You may have the money to run your campaign, but this doesn’t mean that you have the experience to be president.

Time and time again, you have openly and without hesitation attacked the women of America with your ignorant statements and thoughts.

This is not appropriate behavior of a president; it is not even appropriate behavior for anyone.

Your campaign has been running on an underlying fear and hatred in America. It is clear that many Americans respond to a campaign based on love, not corruption and violence.

How are you going to “make America great again” if you treat half the population like they are no more than sexual objects and second class citizens?

What have women done to you to make you feel so threatened by them?

Your desire to control women is clearly indicative of the fear you feel around them.

The disrespectful words you speak are only to make yourself feel better.

When you say that women should be punished for getting abortions, you’re ignoring the unique nature of every woman’s situation as well as their right to choose what they want to do with their bodies.

It’s unjust to punish a woman for choosing to make a decision concerning her own body, especially when she isn’t always the one who even wants the abortion.

Many women get abortions as a result of rape, and in cases of military rape, they often go unreported and pregnancies are only terminated so they can continue serving their country.

But according to you, rape is inevitable when you put men and women together.

This is called victim blaming. Another example of your misogyny.

Your attempts to exercise power over women due to your fear of them are thinly veiled and cannot last much longer.

If it’s power in the hands of others that you fear, then you should be scared. Women are powerful and the more you try to control them, the harder they will fight.

Sincerely,  
The Students of WMST110



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\* National Public Radio, September 2015