Fresh Check Day
Checking in With Students

On Wednesday, March 14, Westminster College held Fresh Check Day as an opportunity to check in with students. Held in the Witherspoon Rooms, Fresh Check Day featured a variety of booths, activities and information regarding the mental health and safety resources available to students. A registration table staffed with volunteers, also students, signed attendees up with a card and sent them on their way through the event, where participants answered questions or did an array of things meant to demonstrate an aspect of mental health and make college students more aware. After completing these tasks, students asked volunteers at each booth to stamp their registration card and were entered for a door prize at the end of the event, while also being encouraged to take a small prize for participating in the event.

Among the booths featured at Fresh Check Day was an alcohol-awareness booth, stocked with information meant to teach students to know their limits and offering them a chance, using goggles, to experience walking a line and even playing Jenga with their sight impaired as if they were intoxicated.

Another was the Lawrence County Crisis Shelter booth, which described their services regarding abuse and new additions to a program regarding human trafficking. A booth from the Campus Student Health Center taught students about staying healthy while handing out self-care bags and giving them the opportunity to make a stress ball. Likewise, students tied baby blankets at the Allies booth, rewrite common misconceptions about mental health terminology at another, and wrote reasons to stay on sticky notes. A memorial for Billy Newcomer gave students an opportunity to write notes to their friend.

On a scale larger than Westminster College, Fresh Check Day is a widespread event which, according to the official website, is "an uplifting mental health fair that includes various organizations, such as Residence Life, Student Government Association, Chapel Staff, Greek Life and athletic teams, such as the baseball team. Other volunteers included Westminster students from various organizations, such as ResCrisis Line; Student Government Association, Chapel Staff, Greek Life and athletic teams, such as the baseball team.

In addition to Dean Lassiter’s contribution, Melissa Baron, April Redmond, Danielle Richardson and Sarah Brunson were instrumental in making this event possible. In addition to raising awareness in this way, Fresh Check Day also seeks to “reduce stigma and misconceptions around mental health and suicide that often deter individuals from seeking help, empower peers to be gatekeepers by understanding warning signs and knowing what to do if a friend is exhibiting signs of suicide or a mental health concern, and increase willingness to ask for help if experiencing emotional distress.” Ultimately, this event leads to students knowing “that they are not alone and that their mental health is valued just as much as their physical health or their academic standing.”

Fresh Check Day creates an approachable atmosphere where students are encouraged to engage in dialogue about mental health. Fresh Check Day helps to build a bridge between students and the mental health resources and programs that exist on campus, in the community, and in a national level. In addition to raising awareness in this way, Fresh Check Day also seeks to "reduce stigma and misconceptions around mental health and suicide that often deter individuals from seeking help, empower peers to be gatekeepers by understanding warning signs and knowing what to do if a friend is exhibiting signs of suicide or a mental health concern, and increase willingness to ask for help if experiencing emotional distress.” Ultimately, this event leads to students knowing “that they are not alone and that their mental health is valued just as much as their physical health or their academic standing.”

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"Peace and justice are two sides of the same coin.” – Dwight D. Eisenhower

Quote of the Week:

Features Writer
Julie Yesko

Perception: ~ Features ~ Arts & Entertainment ~ News ~ Sports
By Emma Lawson

WRITING GUIDELINES

Letters to the Editor are published in The Holcad. Letters to the Editor are the opinion of the author and do not necessarily reflect the views of The Holcad or the College of Humanities and Social Sciences.

Letters should be between 300-400 words.

All letters must be submitted by 5 p.m. Monday to make the Friday Daily.

E-mail: holcadphoto52@gmail.com

The Holcad reserves the right to reject any letter.

Letters of 100 words or less may appear in the ‘Letters to the Editor’ section.

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The year is 2018. Toren is 35 years old. The distant memory of teen years, high school graduation, and college has faded into a distant blur. Toren has just finished his first exam of the semester, and he is feeling somewhat relieved. Toren has been thinking about his future and what direction his life is taking. He is considering the various options available to him, and he is trying to make a decision about his next steps.

Toren is a senior philosophy major. He has always been interested in the study of ethics and moral philosophy. He has been thinking about the various ethical theories and how they can be applied to real-world situations. He is considering whether he should continue his studies in philosophy or whether he should pursue a career in law.

Toren is also interested in the study of religion and spirituality. He has been thinking about the various religious traditions and how they can provide answers to the questions of life and death. He is considering whether he should pursue a career in religious studies or whether he should pursue a career in theology.

Toren is also interested in the study of politics and government. He has been thinking about the various political systems and how they can be used to achieve social justice. He is considering whether he should pursue a career in politics or whether he should pursue a career in international relations.

Toren is also interested in the study of literature and the arts. He has been thinking about the various forms of literature and how they can be used to express the human condition. He is considering whether he should pursue a career in writing or whether he should pursue a career in the arts.

Toren is also interested in the study of science and technology. He has been thinking about the various scientific and technological advances and how they can be used to improve the human condition. He is considering whether he should pursue a career in science or whether he should pursue a career in technology.

Toren is also interested in the study of history and the past. He has been thinking about the various historical events and how they can be used to understand the present. He is considering whether he should pursue a career in history or whether he should pursue a career in archaeology.

Toren is also interested in the study of economics and the social sciences. He has been thinking about the various economic systems and how they can be used to achieve social progress. He is considering whether he should pursue a career in economics or whether he should pursue a career in the social sciences.

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Toren is also interested in the study of education and the learning process. He has been thinking about the various educational theories and how they can be used to improve the learning process. He is considering whether he should pursue a career in education or whether he should pursue a career in the field of psychology.

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Abe” commercial in 2010. The thirty-second clip features all the time? It’s a laughable thought, right? Geico certainly in which everyone said exactly what was on their minds circumstances, honesty in those challenging moments honest is shunned because they share the ugly truths. Indeed, a little lying actually seems to be a that you love that sweater she got you for Christmas the ardent birdwatcher that you think you’d probably so ginormous. We tell our boss that traffic was really that the ginormous pimple on their nose isn't quite of keeping other people happy. We tell our friend Don’t worry! These lies aren’t big lies, like telling someone “Your Face Will Get Stuck Like That” do with your degree, and that you are looking seriously, it is comforting to academic decision we have made in the past four years. (somehow) on the verge of graduating, I am one of the many who are people, this is a really helpful mindfulness A Quarter-Life Madness Marcus Dean It’s called March Madness for more than one reason. There is, of course, the insane number of better-bearing shoes and overtime games in college basketball, but also the heat for good weather is almost over and can create a downward spiral. Think about it, even a very warm month in the month of March, and the start of spring, it’s possible to see snowflakes from a shower. Spring actually snowfall is still possible now. One Monday in March. One would think that should be starting to see much better weather, but even the other day, I had a snowstorm. Pennsylvania weather has been known to have surprises without a moment’s notice. Spring breakdowns, especially in the wintertime, and when Mother Nature has to wheel, and we as people. For me personally, I am looking forward to Spring weather so much that every time another little blizzard comes in and covers my car in snow, I'm a little less prepared. I am currently finding it difficult to wear my glasses, my shoes, and I'm actually just trying to keep them on. Also, just know that you are not the only person who feels this way, so don’t feel so terrible, and be fully capable of sharing that. Then, even if your shoes still slide off your feet and you have your eyelashes buried in your snowsuit, you have a chance to dive for your bed. One could argue that my love of sleep is really depression is an actual thing and affects a lot more people, did it with the best of intentions. As a former tie my shoes by the end of that trip. My dad, like most parents, did it with the best of intentions. As a former complete sucker because I truly believed that I did it. But I’ve been told by people and have since been found out that I did something wrong. If you’re like me and predicted the number one-seed for the team I’m mentally prepared that you were probably that one seed last year, you’re still on track to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win. I think you’re more than capable of keeping your team to win.
There have been over 40 users that have been infiltrated by the phishing scam over the past few months. Why is this happening? You may ask? Well, unfortunately, we are not the only ones being affected by this, the problem actually started with a student who opened an email from their high school.

Enter Brandle Cichl, Senior Systems Engineer and Operations Manager and modern-day superhero protecting us from the bad guys, here at Westminster. Since he's usually hanging around behind what seems like 50 computers we only see him in our labs, running as School's Server Maintenance but more frequently these past few weeks in response to the phishing emails. Many of you, likely, skip over the emails. I know it, he knows it, it's not pertinent to your life, right? Wrong.

Upon talking with Brandle, I got the scoop. It all starts with a simple email and a link. The link will take you to a faulty site, often that looks similar but is not completely like what you would typically see. This brings me to step one, don't open the link. Why? Well, it could give your computer a virus. * Insert someone saying Apple products don't get viruses* False, while it is less likely for an Apple Macintosh computer to be infiltrated by viruses, it is possible. If you are concerned that the email is accurate, then take the long way—type in the site address and learn that way even though the link is convenient—stolen information is not. If you do click on the link, be very wary. Triple check to make sure that you are on the accurate site QIP never uses email sites and don't click on the link. You may be thinking—why do they want access to my email? Why do I care if they can see the questions I'm asking my professors and fellow students? Well, a large majority of people use the same password or variations of the same password for their accounts like financial accounts and things of that nature. Meaning, that if your email password is even remotely similar—you could be greatly affected. If you did put your information into something that you were sure was a little shady—change your password(s). AND definitely reach out for help. Reach out to the Library Information Services (LIS) Help, either by calling (724) 946-6000 or emailing libhelp@westminster.edu. Do not be embarrassed, lots of people fall for this, especially as the hackers have come promised actual accounts. This means that emails with shady links could be coming from your friend. Brandle recommended texting the friend, or reaching out to them. Unfortunately, it seems that suspicious emails from banks have been reported, so again make sure you are not clicking the links (which are likely to give your computer viruses) and go to your bank's web page and proceed from there.

Is this a positive to this? Of course. The ultimate goal of your experience here at Westminster is to attain an education. Well, consider this a learning experience. Imagine ten years from now, you are very successful, you have a great job— you graduate from your college—and that it's not really a colleague—it's a scammer and because you clicked on your link, on your email information you now have access to important company accounts. But wait, you didn't click on the link and this was all a weird vision like the ones in TV shows and you reflect back to your time at Westminster, reading this article and being grateful.

If you have not already—I recommend reading Brandle's most recent email in regard to the phishing scams. In these emails, he explains what phishing looks like, how to prevent it, and actions he recommends. If you have questions please direct them to LIS Help, some subject lines causing certain people to be disqualified for phishing are: "Antivirus Software Update". This all being said, if you have questions please direct them to LIS Help, not Brandle Cichl directly as he is incredibly busy dealing with the aftereffects of this epidemic.

Special Olympics at WC

This Saturday, March 26th, Westminster's Council for Exceptional Children will be hosting a Special Olympics basketball game on campus at 6:00 pm. The tournament was held in the Memorial Field House last year. This collaboration between Westminster students and the Lawrence County Special Olympics program is a great opportunity for Westminster athletes and education students to learn, as well as a great chance for the Special Olympics to shine. This event is a fantastic opportunity to promote integration and interaction between groups of people who might not normally interact. Westminster Student athletes who are interested in volunteering to help out during the tournament should reach out to the Council for Exceptional Children. Volunteers for this event are in high demand.

While the Paralympic Games occurring in South Korea right now, many get the Special Olympics and the Paralympics confused. While the main goal of both organizations is to promote equality and inclusion through participation in sports, there are some key differences.

The Paralympic Games, which occur every four years in the Winter and Spring in conjunction with the Olympic Games, is governed by the International Paralympic Committee, or the IPC. There are specific categories that Paralympic Athletes are separated into based on type of disability and level of disability. The categories are amputees, cerebral palsy, intellectual disabilities, visually impaired, spinal injuries, and Los Atletas which stands for "stars others". The Paralympic Games has very strict qualifying standards, not unlike the Olympic Games.

The Paralympics began at the 1948 Olympic Games in London, England. This was a catalyst for the development of the rest of the disability rights movement that led to the eventual creation of crucial disability rights legislation later in the seventies and eighties. The Special Olympics founding father, Eunice Shriver, is known as the superhero protecting us from the bad guys here at Westminster. The Special Olympics was founded in 1968 with the event's goal being to "...provide year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstration of courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.” The Special Olympics aims to promote inclusion by creating opportunities for intellectually disabled children and adults to participate in sports to enable them to be seen among many achieving greater opportunities to stay active members of the community.

The Special Olympics was founded in 1968 with an overarching goal of empowerment for people with disabilities who were not starting to fight for their equal rights and place in society. Many of the athletes in the Special Olympics are divided into low strict categories determined by skill level. The Special Olympics is exclusive for athletes who have intellectual and developmental disabilities and includes individuals with no disabilities. Though not as strict and competitive as the Paralympic Games, the Special Olympics is an extremely important program to promote inclusion of disabled adults as well as children. Disabled people being increasingly visible and accepted is something vitally important to the advancement of the disability rights movement. Today, Special Olympics and Paralympic athletes are achieving their own right, accommodations for inclusivity.

For more information about the Special Olympics and Paralympic Games, please reach out to Westminster’s Student Affairs Office.

On Friday, March 23:
11:45 am - 12:15 pm Open Door Reflection (Chapel) - at Memorial Chapel
11:40 am - 12:10 pm RedVAC Career Workshop - at Phillips Lecture Hall, Hort Science Center
5:00 pm - 6:00 pm Dance Theatre Spring Recital - at Orr Auditorium
Saturday March 24:
7:00 pm - 8:00 pm Westminster College Chamber Singers - at Memorial Chapel
7:00 pm - 8:00 pm Roman Catholic Mass - at Memorial Chapel
Sunday March 25:
8:00 pm - 10:00 pm Gospel Choir Rehearsal - at Westminster College Chapel
Monday March 26:
8:00 am - 9:30 pm Worship (Vespers) - Palm Sunday - at Westminster College Chapel
Tuesday March 27:
3:00 pm - 6:00 pm Chapel Staff (PM) Meeting - at MCC 255
6:30 pm - 7:30 pm Handbell Choir Rehearsal - at Westminster College Chapel
7:30 pm - 8:30 pm Second Chance Praise Team Rehearsal - at Westminster College Chapel
Wednesday March 28:
8:00 am - 4:00 pm Men's and Women's HS Choir Festival - at Will Short Auditorium
9:00 am - 10:30 pm PERC Teacher Job Fair - at Montsoreau Convention Center
9:30 am - 1:00 pm PERC Teacher Job Fair - at Montsoreau Convention Center
10:00 am - 2:00 pm Class Closed
Thursday March 29:
All day Easter Break
7:30 pm - 8:30 pm Dance Theatre Tech Class - at Old 77 Dance Studio and Gym

Phishing Season is Over

Gallina Clark
Features Writer

Hudson Valley News Network
Meg McCarthy looks forward to going to the show every year. The opener is an ode to Mr. Bruno Mars that has the audience dancing each week outside of regular tech classes to teach the fall, taught by Senior Officer Sarah Jackson. In the spring, guest-taught classes such as Yoga and Pilates. Dance Theatre club opens up tech classes to all of campus. These are special include warm ups and choreography combinations rotating comes along with it. In the fall semester, Thursday tech classes to their passion for dance and all of the discipline and fun thatElective Officers Haley Smith and Hannah Grippo. The club Jennings, Public Relations Chair Hope Radvinski, and Smith, Costume Mistress Sarah Jackson, Treasurer Courtney Warmbein, Junior Co-President Lauren Faber, Secretary Liz.

Dance Theatre, a Westminster student-run club, Westminster College’s campus tonight, Friday March 23rd. Two more show times of Finesse you can catch this weekend. The entire production features 16 pieces, all choreographed by Westminster students. The show includes songs ranging across contemporary, mold-breaker music, hip hop, big and jazz. Choreographers include Dance Theatre Officers, Karla Warnshorn, Kaitlin Harpster, Hannah Gripps. Corey Smith, Liz Hinkley, Smith, Jackson, Gary Jackson, and Hope Radvinski. The show includes music from popular productions and artists such as Fun, Katy Perry, Taylor Swift.

Dance Theatre presents more for its members than just dance rehearsals; it allows room for creativity and self-expression. Dance Theatre Officer Charisse Février says, “I enjoy performing in the dance theatre show it allows me the opportunity to express myself in a creative way. It’s also a fun way to showcase the talent at our school to the whole campus.”

Tickets can be purchased at the door in Auditorium before the shows. Tickets are only $2 for Westminster students, faculty and staff. Tickets for adult $10 advance and $15 at the door. Children, active military and seniors get in for free. In the fall, Westminster College’s Dance Theatre on Instagram, @wsc_dance theatre, for a look into what the dancers have been working on. On show day you can find behind the scenes, make-up looks and updates. You can also pop-up on shows and rehearsal times. If you’re interested in joining Dance Theatre for fun to learn how to become a part of the show, look out for information on the show Facebook page in the fall before previous dance skill or experience is necessary to join.

Klaas Hoffmann

Klaas Hoffmann is a German singer and songwriter who has been an active musician since the late 1940's. He has recorded more than forty albums. This thing I like the best about Hoffmann’s music is that it breaks the stereotypes of the singer being an ugly Dandy. On the contrary, his songs are gorgeous and an absolute pleasure to the ears.

EAST R.

The defining characteristics of O.S.T.R., also known as Adam Ostrander, music, is that is likely to be rap that. Ostrander is a Polish musician with classical training in school, the annual for rap in Poland, and for this reason, they are also an audio engineer and a record producer. Since 2002, Ostrander has released over ten albums.

Stromae

Stromae is a rapper and an audio engineer. He dropped the stage name Stromae by removing the syllable of the word “maestro,” meaning master. His music primarily in French and popular throughout Europe. Stromae’s songs like “Alors on Danse” and “Proustach” took the top of the charts in the Netherlands, France, Germany, and Switzerland. Stromae also released a version of “Alors on Danse” that features American rapper Kanye West.

Carly Cat (13) (pronounced “Carlie” “Pronounced Carly” or “Carlie” “Pronounced Carly”), a Puerto Rican hip-hop band formed by Carly Cat (13) (pronounced Carly Cat (13) “Pronounced Carly Cat (13”), who calls themselves Residents and Youtuber, and they also perform under the stage name “Carly Cat (13) (pronounced Carly Cat (13)” “Pronounced Carly Cat (13)”). Their songs are sung in both English and Spanish, but many of their songs have cultural lyrics or contain social commentary.

Bueno Vista Social Club

Bueno Vista Social Club was an ensemble of Cuban musicians. They formed in 1996 as a way to revive pre-revolutionary Cuban music. They recorded their first album, “Bueno Vista Social Club,” which was a huge hit. Their songs and music were released around the world and a top-white eight recommendation. The band members are very different in styles and feature a variety of instruments, including various types of percussion, a unique string-seventh instrument called the cimbalom, the键盘, and the trumpet.

If you missed opening night of Dance Theatre’s anticipated production, Finesse, you’re still in luck. You will be able to experience the show all over again, don’t worry. There are already two more show times of Finesse you can check out; the remaining production will take place in Orti Theatre on Westminster College’s campus tonight, Friday March 23rd at 7:30p.m. and Saturday afternoon, March 24th at 2p.m. so far.

Dance Theatre, a Westminster student-run club, will put on one production every semester on campus. The club has approximately 20-30 regular members who are not officers and 25 officers. The club meetings meet every Thursday evening on campus. Officers include Senior Co-President Karla Warnshorn, Junior Co-President Larryon Fisher, Secretary Sarah Smith, Costume Mistress Sarah Jackson, Treasurer Courtney Warmbein, Public Relations Chair Hope Radvinski, and Elective Officers Haley Smith and Hannah Gripps. The club meets with all of its regular members at least twice a month and officers will put. The club meets with all of its regular members at least twice a month and officers will put. The club has six regular members each year and officers who join the club.

The club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it. In the fall semester, each club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it. In the fall semester, each club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it. In the fall semester, each club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it. In the fall semester, each club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it. In the fall semester, each club is made up of a group of students dedicated to the art of performance, students who are interested in participating in the department and who come along with it.
In order to make up for the decline of honeybees in our environment, and to solve "pollinator problems," Walmart is attempting to keep up with this advance by applying for a patent for a robotic bee. In its patent application, the company is in pursuit of a "systems and method for pollinating crops and one sensor that detects the presence of a robotic bee."

Walmart has applied for a patent for "systems and methods for pollinating crops with robotic bees," according to Walmart. In their patent application, they are aiming to create a robotic bee that would be able to communicate with other bees and effectively pollinate crops.

The possible destruction of the thousands of eggs and embryos that were lost in the incident has been an emotional and financial challenge for the patients and their families. According to Elizabeth Weise from The New York Times, Walmart has applied for a patent that would allow them to control the pollination process more effectively, and to have more control over how its produce is grown and pollinated.

According to GeekWire, Walmart's application for a patent serves as a drone base, and according to the patent, the company aims to use "robots to replace the natural bees and replace them with robotic bees."

"The sensor is there to confirm that theapatral process was successful."

"We want to do all that we can to support our patients and families through this very difficult time," DePompei said in a video posted to YouTube. "We will do all we can to support our patients and families through this difficult time," DePompei said in a video posted to YouTube.

"It's devastating, it's absolutely devastating," said DePompei in a video posted to YouTube. "We will do all we can to support our patients and families through this difficult time," DePompei said in a video posted to YouTube.

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NRA Sues Florida over Gun Law

Matthew Causer

The political arm of the National Rifle Association is filing a lawsuit against the State of Florida for a new gun control measure that would make changes to the state’s gun ownership laws.

Florida Attorney Bill Nelson, who was sent into law last week by Governor Rick Scott, makes many changes to the laws on the books regarding gun ownership and selling laws. The change that has made the most public attention is the new law for gun ownership from 21, which has had the effect of amending gun advocates and political leaders alike.

"This bill punishes law-abiding gun owners for the criminal acts of a depraved individual," executive director of the NRA Wayne LaPierre and communications director of the NRA Chris W. Cerino told to CNN. "Securing our schools and protecting the constitutional rights of Americans are not mutually exclusive."

The lawsuit was filed in the Northern District of Florida Federal Court on the grounds that the law violates the second and 14th amendments of the Constitution, on the grounds that the Florida Law restricts the equal protection of the law and the accord which guarantees the right of the citizens to defend themselves. Attorneys for the NRA have told CNN, "The NRA argues people who are 18 years old are considered adults for almost all the right of the citizens to defend themselves. Attorneys for the NRA have told CNN, "The NRA argues people who are 18 years old are considered adults for almost all the fundamental constitutional rights." The NRA has also argued that, because of the current amount of regulations that are on gun owners under 18, adding additional restrictions, banning the sale of assault-style weapons, and amending gun advocates and political leaders alike.

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In recent months, a preparation for education reform has been led by the House Committee on Education and the Workforce. The group is called the PROSPER act. It has been given a term of time to develop a program for college students and the future of higher education in America. This bill serves an attempt to reverse a large majority of the bill and reform the Higher Education Act of 1965.

The PROSPER act is an acronym for Promoting Real Opportunity, Success, and Prosperity through Education Reform. The skeleton of the proposed bill has four core values that include promotion of access and completion or higher education, simplifying and improving student aid, Empowering students and families to make informed decisions and ensuring strong accountability with limited federal role. These values are reflected in the overriding goals of this bill, which hopes to address the discrepancy between the shortage of approximately 6 million people in the workforce and the ever-increasing cost of tuition that accumulates after several years of college and professional school.

Representative Virginia Foxx of North Carolina and chairwoman of the BCSC expresses concerns for the intentions and advocacy of education reform in school who have hopes of going seeking higher education. "It would only seem as though what the bill is implying not actually to make the student is in school as well as the brief grace period after current students as well as those currently enrolled in high school who have hopes of going seeking higher education.

Taking all these factors into consideration, it seems as though the bill is implying not actually to make higher education more affordable, but rather implement programs that simply discourage people students from pursuing higher education and instead encourage them to pursue other certifications or opportunities afforded at trade schools to avoid such debt. While there is nothing wrong with pursuing a career that requires less post-secondary instruction, students who originally dreamed of pursuing a profession that required several years of higher education would have to give up on their dreams in order to satisfy the demands of the workforce.

Students and the professors that support them have expressed concern for this particular implementation of these acts using the infinite potential that our students have demonstrated. It is particularly discouraging to both parties to know that the possibility of pursuing the desired goal is threatened. Initiatives such as writing letters to the respective senators of our students to emphasize the potential dangers of this bill took place last semester following the announcement of the PROSPER act in December of 2017.

Alyssa Hampton

What is Gucci, my friend? The semester is coming to a close faster and faster as each week comes to an end. We have some pretty interesting ones this week so let’s not waste any time with chit chat. Don’t forget you can submit your questions to me at borger22@wcn.edu.

Question 1: How are your NCAA Brackets doing right now? Answer: Hi Gucci. Currently, I have an everyday that has already been shut down. It’s so hard to predict these things now. It used to be that you had a pretty good shot at picking the final four of the usual suspects. The usual suspects are Duke, USC, Kansas, and Stanford. But no one can even do that now, as Gucci is modern. How are all the world are you supposed to predict a 16 seed beating a 1 seed? Let alone by 20 points! Congrats to UMBC on this one, remember this game. Okay, Jim Boeheim, I get it. But Arizona getting whooped by Buffalo? That was a good trilogy. But you can still do it. That’s still a good trilogy. That kiss scene with MJ in the first one was amazing. It was one of the best trilogy ever. That kiss scene with MJ in the first one was amazing. It was one of the best trilogy ever. That kiss scene with MJ in the first one was amazing. It was one of the best trilogy ever. That kiss scene with MJ in the first one was amazing. It was one of the best trilogy ever.

What’s up with your weekends? It’s actually pretty good. I fill out a Women’s bracket every day and am pretty consistent. I was perfect up until the first few years. The Notre Dame Feathers didn’t go as well. This year I am 13/16 with my picks. UConn obviously going to win. It isn’t even fair at this point. When your team puts up 95 points by halftime, I think it is safe to say you are going places.

Question 2: Who was the best Spider-Man? Answer: Drew Andrew Garfield. But he was the first. Point Tobey. Tobey was a good Spider-Man. He played the underdog hero well against enemies in three installments of the franchise. He faced the Green Goblin, Doc Ock, the Sandman, the HobGolin and Venom. All of them. While the third movie may have have, well, sucked for a lack of better term, it was still a good trilogy. That kiss scene with MJ in the first one was just amazing. Point Tobey.

Andrew Garfield was the next. He only appeared in two Spider-Man movies. He faced two enemies. A different version of the Green Goblin, Electro, and Dr. Curt Connors. Which leads me to ask, why does everyone first and last name in comics start with the same letter? Like Andrew Garfield, Tobey Maguire, Andrew. But he was the first. Point Tobey.

Tobey Maguire, Andrew Garfield, and Tom Holland. Each actor brings a different element to the character. Whether that characterizer Peter Parker or Spider-Man. Tobey was the first live action Spider-Man followed by Garfield and then Holland. You know Tobey from The Great Gatsby or even Seabiscut, if you are old like me. But you probably only know the recent two.

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Winter Paralympic Games: "I Move. I Exist."
Emily Krimas

The Paralympics are a major sporting event that involves participants with a range of disabilities—including but not limited to limb deficiencies, muscular impairment, nervous system disorders, and visual impairments. The Paralympic Games have been an event for over 100 years, but it was not until 1989 that the International Paralympic Committee was founded. The Games are now played over the summer and winter. The winter Paralympics are taking place in the Olympic Stadium in PyeongChang, South Korea. Athletes representing 69 Paralympic National Committees are participating in what will be South Korea's first hosting the Winter Paralympic Games. With 86 medals total, this year's Paralympic Games include six competitions: alpine skiing, bobsleigh, cross-country skiing, ice hockey, wheelchair curling, and snowboarding; the lattermost being expanded into its own event, including 10 medals.

On March 9th, the opening ceremony commenced in the Olympic Stadium with a performance by South Korean musician Shin Shiyong, who has both a prosthetic arm and prosthetic legs. The symbols embedded the event's theme: "The world has focused not on what holds you back, but on what pushes you forward. Every generation gets a chance to understand the Great Paradox by which individuals who have more than 10 gold medals. The match ended in overtime, with the US scoring in the final 11 minutes, beating the Canadians 2-1. USA Captain Jake Funk expressed, "We've already unbeatable having two gold medals with excessive goals, and线路 both the way we did not do just something that we are always going to remember." The winning shot was scored by Declan Farmer, and goalie Steve Cash stated, "I just threw it at the goal. Declan Farmer, in my eyes, is the greatest player alive. He's the best overall sled hockey player to ever play the game." Since the inclusion of sled hockey in 1994, no other Paralympic team has received more than one gold title, and that fact has labeled the USA sled hockey team as the "ultimate team."

The USA teams were led into the opening ceremony by snowboarder Mike Schultz. Before becoming a Paralympic snowboarder, Schultz was a competitive snowboarder. However, after a crash, he lost his leg and had to be amputated. After his accident, Schultz began designing his own prosthetics, those of which many Paralympics athletes wear today. At this time, more than 100 athletes and soldiers are able to return to their active lifestyles, many thanks to Schultz's prosthetics. He said, "I do take a lot of pride in knowing that I've helped these athletes step up their performance game a little bit — or a lot. It's very rewarding to see these athletes really bring that ‘A’ game and do the best of riding that they can do."

This year, Team USA had one of its strongest performances in 18 years, winning 36 medals to finish at the top of the overall medal count. The USA sled hockey team became the first team to accomplish the feat of three consecutive gold titles. The match ended in overtime, with the USA scoring in the final 11 minutes, beating the Canadians 2-1. USA Captain Jake Funk expressed, "We've already unbeatable having two gold medals with excessive goals, and lines both the way we did not do just something that we are always going to remember." The winning shot was scored by Declan Farmer, and goalie Steve Cash stated, "I just threw it at the goal. Declan Farmer, in my eyes, is the greatest player alive. He's the best overall sled hockey player to ever play the game." Since the inclusion of sled hockey in 1994, no other Paralympic team has received more than one gold title, and that fact has labeled the USA sled hockey team as the "ultimate team."

The USA team's opening ceremony was equally as lavish as the opening ceremony, incorporating tributes to Stephen Hawking, music highlights, passing of the flag, and dance productions. International Paralympic President Andrew Parsons gave tribute to Stephen Hawking, who had passed away this past week. He emotionally stated that "[for] the last 10 days, the star has shone brightly here in PyeongChang. While Hawking teased the limits of his imagination, Paralympians have pushed the boundaries of endurance. The world has focused not on what limits you have, but on what pushes you forward. Every generation gets a chance to change the world. Paralympians this year is to be a catalyst for a more inclusive society." Parsons ended the night encouraging all of the excellent and inspirational athletes in PyeongChang to attend the Beijing Summer Paralympics in 2022.
HALL STREET JOURNAL Image

FRIDAY, MARCH 23RD, 2018
THE HOLCAD - WESTMINSTER COLLEGE, NEW WILMINGTON, PA

All Star Track and Field

Caroline Hess

Like many college athletes, Hailey Hall has her long各项

When asked about the impact that Crash Rhoades has made on her career, Hall smiled and said, “That’s a big

As a senior in college, Hall had an All-American in the sport of pole vaulting. After an incredible performance at Indoor Nationals, Hall placed eighth in the country in order to secure that honor.

Hall was immediately inspired by her teammates, three of whom were All-American athletes, when she came into the strong pole vaulting program at Westminster. Looking to follow their example, Hall developed the goals of one day making it to Nationals and achieving the All-American status. Each year she came closer and closer to making those dreams a reality.

Last year during the outdoor season, Hall was ranked in the top ten pole vaulters across the nation and qualified for Division Three. Those efforts paid off. At the meet, Hailey placed fourteenth in the nation. Although she was slightly disappointed with her standing, Hall said that simply making it to the Meet was the most wonderful. Furthermore, the excitement of having three of her teammates represent Westminster was outwardly surprising and powerful. The implementation of having three of her teammates with her was an incredible experience. She remembers being swept up in the excitement of her teammates. Marissa Kalsey’s run is Hall’s kind of testimony that unlocks the success of others instead of focusing solely on herself. However, the hard work that she faced was an incredible experience. It fueled her to chase her dreams harder than ever during this year’s indoor season.

This winter, Hall worked tirelessly to improve her technique, a necessity in order to match what she calls “a highly technical sport!” At the PAC Championship meet, Hall needed the benefit of her incredible effort, she improved her personal record by two and a half inches, jumping twelve feet and four and a half inches. Furthermore, she broke the tie for the top position in the nation, qualifying for Indoor Nationals. During the last meet of the season before Nationals, Hall further improved her record, this time jumping twelve feet and six and a half inches. This is Hall’s all-time record. At Nationals, Hall remembers looking confident until she made the twelve foot five inch mark. Though she had previously cleared higher than that mark, she knew she was nervous set in and she missed the height. Doing some quick mental math, Hall figured that she had come in twenty points, missing the All-American honor by one point. Hall remembers recreating the low for a few minutes after coming to that conclusion, trying to grapple with the fact that she had missed her goal despite her hard work. However, when she went to speak with her coach, Bridi Rhoades, he greeted her with huge smile and told her she had actually placed eighth. Hall remembers the indescribable emotion of finally achieving her dream. The emotion in her voice as she talked about that moment is a testament to her passion for this sport.

Hall’s initial disappointment is more than understandable, considering the amount of time and effort that she put into pole vaulting. She says that her season starts the moment that she steps on the track, and Hall even trains during the summer, spending two to three hours in the gym each day. Her coach training team begins by strengthening and conditioning their bodies. Hall spends as much time as she can in the gym. During the official track season, the team has practice six days a week, sometimes with two practices per day. Hall remembers having practice from eight until midnight on a regular basis last year. Pegging that commitment with her schoolwork has been challenging and yet she has been able to succeed in both aspects of her college career.

When asked about the impact that Crash Rhoades has made on her career, Hall smiled and said, “That’s a big reason why I came to Westminster. He told me that I would be recruiting me for my skills, he was recruiting me because I was a hard worker and a leader.” Hall respects her coach immensely because he leads by example and never lets his athletes do anything that he himself would be unwilling to do. He pushed her in exactly the right way to make her successful.

Hall is looking forward to the opportunities that the outdoor season will bring. She wants to work on improving the top of her jump, and believes that if she continues to train with the same dedication which she has applied all along, she will be able to clear thirteen feet. She is hopeful to return to Nationals and place in the top five. Hall is the quintessential example of perseverance and determination. She has put her heart into her training, and that has made all the differences.

Copy Edited By: Sydney Roach
WEEKLY VIBES

COURTESY OF MERLE WOODRING

FIND YOUR WEEKLY HOROSCOPE BELOW

(DON'T BE SURPRISED WHEN IT'S TRUE. WE'RE THAT GOOD)

Virgo
There may be some skeletons in your closet that will try to resurface soon. You will have to pick and choose your battles in life. You can't hide everything forever. Stay calm and true to yourself, and in time everything will pass.

Scorpio
You may have been drawing a lot of attention your way, good and bad. It everything seems to be going a 100 mph, take a few steps back and get a better foothold. Stay positive and strong pushing through the semester.

Sagittarius
It is nice to have a plan, but just know that nothing has to follow it down to the last detail. You pride yourself on organization, but sometimes you have to step back and see the order within the chaos. You could surprise yourself with new and different views of the world you've never had.

Capricorn
Spring is here! Well it sorts is. Don't let your expectations be fooled right away, just like spring. Just because a situation looks bad at first you may be surprised to find it is actually what you needed in the first place.

Aquarius
You may be called on for support by more than just one friend this week. It is a nice gesture to help out a friend in need, but do not spread yourself so thin you jeopardize your own well being.

Libra
Sometimes two is better than one. You may not want to ask for help, but if you've been in a rut recently it might not be a bad idea. Don't jump into any commitments this coming up week if you aren't prepared or ready for whatever it is. It is better to wait until you are.

Pisces
You have some big plans on the horizon, and you have been anxious to get them underway. Do not give up on them right away if they do not start out the way you were hoping for. Persevere and ride it out. It will be worth it.

Aries
You may want to practice some patience if you've been having trouble concentrating on the object at hand. It is good to think ahead, but you don't want to get left behind or lost. Keep a open mind and practice taking things as they come to you.

Leo
You may be due for some much needed R&R. Take this week and the coming up break to reset your inner clock. Remember to eat and sleep. You can't work all the time, despite what people think. You're doing great, and keep up the good work.

Cancer
Blast off! This week has filled you with loads of energy. Use it to the best of your ability before it burns out. Take some time aside to prepare, and then conquer anything in your way. Any procrastinated papers or assignments? Have no fear they will be completed soon.

Gemini
You may have some intense projects on the horizon and zero work done so far. Do not stress even more; it will only make things worse to stress. Prioritize, concentrate, and accomplish. There is nothing you can't put your mind to.

Taurus
Feeling tired lately? Slowing down isn't a bad thing. There is a difference between slowing down and taking steps backwards. Keep this in mind. Do what is best for yourself, and always pursue your dreams, no matter what speed you choose to do so.

Sudoku

Answers are located on page B4