

Class act



Photo courtesy of University Relations Office

Regina Rajan, freshman, and Garima Lakhnarpal, MBA graduate student, (above) place second at the University's first talent show. Jose Jiron won first place; Ryan Keller and Shaun Meloy took third.

Oilers get shot down

By Rondi Niederkohr
Contributing Reporter

The men's basketball team was knocked out of the semi-finals of the NCAA Division II Great Lakes Regional Sunday by the University of Southern Indiana.

Shooting was the Oilers' weak spot. On the other hand, the Screaming Eagles hit 54.2 percent of their shots, and, more notably, all 17 of their free throw attempts. The Oilers could only manage to make 16 of 26 (61.5%) free throw attempts on five of 21 (23.8%) three point attempts. UF shot 40.4 percent from the field. Southern Indiana also out-rebounded the Oilers 37-24. Sophomore Frank Phillips led the Oilers with 22 points. Tyson McGlaughlin also earned double figures with 10 points, and sophomore Dustin Pfeifer tallied 18.

Before falling in the semi-final game, the Oilers claimed their first GLIAC Championship and were seeded second in the Great Lakes Regional. The Oilers took on Indianapolis University Saturday in the first round and defeated them 84-83. Indianapolis, who was seeded seventh, kept pace with the Oilers.

The Oilers had a 42-32 lead at the half, but couldn't slow down the Greyhounds in the second half as Indianapolis came fighting back to force the game into overtime. While Indianapo-

lis prospered in the second half by connecting on 64 percent of their attempts, the Oilers struggled, making only 39.3 percent of their shots.

The Oilers led 79-78 with only 2:05 minutes remaining in overtime. Ryan Hixson put the Greyhounds back up three on a jumper, but a foul by Luke Blank put Pfeifer on the foul line, where he easily sank two free throws to close the gap to one at 81-80 with only 1:23 left. The lead was cut to 84-83 by Indy with only 0.9 on the clock, but the Oilers fired the ball down the floor, where Phillips caught it and ran out the clock.

Pfeifer led the Oilers with 20 points for the night. Phillips finished with 16 and McLaughlin with 17 points. Matt Metzger and Brad Rethman helped out with 10 points each. Rethman led the Oilers with 11 rebounds.

"I am proud as to what our team has accomplished this season," said Rethman, a senior. "We have overcome so many obstacles such as Marwan Gaines' injury, Adam Sommer's shoulder injury and Renaldo Smith's decision to leave the team. I am so proud that our team came together this season and played with our hearts."

The Oilers ended the successful season with a 25-7 record, a GLIAC Championship Title, and a trip to the NCAA Division II Great Lakes Regional.

Sibs and kids come to UF for 'Adventure on the High Seas'

By Whitney Haverfield
Contributing Reporter

The University of Findlay will host its annual Sibs and Kids Weekend March 26-28.

This year, Sibs and Kids Weekend is being sponsored by the Residence Life staff and the Student Government Association.

According to Daren Lee, director of residence life, "Sibs and Kids Weekend is a time for students and employees to invite brothers, sisters, children, cousins and others to spend a weekend visiting the University and having a great time experiencing college life."

Previously under the direction of Student Activities, Sibs and Kids Weekend has focused on younger attendees. This year, however, Lee said he tried gearing the attractions toward all age groups, from young children to college students.

Some attractions for the younger age groups include wax hand art, candle art, giant inflatables, and the movie

"Finding Nemo."

Attractions geared more toward college-aged students are the fully enclosed laser tag arena, virtual reality roller coaster, inflatable climbing wall, and movies like "The Pirates of the Caribbean" and "School of Rock."

Other attractions during the weekend include carnival games, fantasy photos, music videos, caricature artists, drawings and prizes.

Those attending the weekend are invited to stay with their host in the residence hall. However, siblings over the age of 12 who are opposite gender of their host must stay in another residence hall with someone of the same gender.

All guests visiting for Sibs and Kids Weekend are encouraged to bring a pillow, sleeping bag, shower items, swimsuit, medication and anything else to make them feel comfortable away from home.

"If you are thinking about being a host," Lee said, "it is a great way to give kids a good

experience and to show them that college is something that they should aspire to."

For each guest there is a \$10 registration fee that will cover all meals in the dining hall, a T-shirt and entrance to all of the attractions that will be taking place throughout the weekend.

Students who are a host for Sibs and Kids Weekend and are on the meal plan should know their fee is included in the student activity fee and covers the cost of the T-shirt and attractions. Students who are not on the meal plan must pay a \$10 registration fee.

The deadline to register for Sibs and Kids Weekend is March 19. Anyone who does not register by this time is still welcome to register in the Alumni Memorial Union on Friday, March 26 from 5-7 p.m. and Saturday from 9-11 a.m., but is not guaranteed a T-shirt.

For details about Sibs and Kids Weekend, contact Student Services at 434-4570.

MS Bike to the Bay: Calling all riders

By Katie Castelli
Contributing Reporter

UF's Orange and Black Attack Team needs students, faculty, staff, family, and friends 18 years and older to take on the challenge and ride their bikes in the Reeves Northup Memorial Bike to the Bay Multiple Sclerosis charity event June 26-27. The tour spans 150 miles from the Maumee Fairgrounds to Port Clinton and back.

The entrance fee is \$30 per rider, and each participant must raise a minimum of \$200 for the National MS Society. Local Programs in Northwest Ohio will receive all of the proceeds. Raise more than \$300 and one is eligible for prizes donated by Spiegel, Sharper Image and others.

Participants will bike to Port

Clinton and stay the night at a local hotel. Each rider is responsible for the room fee at a reduced rate. The team will receive a free pass to ride the Jet Express to Put-In-Bay Island for the rest of the day. A barbecue chicken dinner will be waiting upon the return to Maumee.

The team will receive plenty of free food, drinks, a T-shirt, massages and encouragement. If participants become too tired to continue riding, they can be picked up with their bike by a van at any time along the way and will be taken to the finish line.

Register at Student Activities by March 26 to get a T-shirt. For details, contact at 434-4606 or studentactivities@findlay.edu.

CampusCalendar

Thursday

March 18
 Intramural Kickball TBA FRC Practice Field
 Absolutely Incredible Kid Day 10 a.m. - 2 p.m., AMU Lounge
 SOTA meeting 12 p.m., BCHS 206
 Circle K meeting 5 p.m., Slough
 Intramural Sand Volleyball 7 p.m., Sand Volleyball Court
 Heinzman School of Irish Dance 7 p.m., Ritz Auditorium
 "The Ballet Internationale" 8 p.m., WTS TLB Auditorium
 Tae Kwon Do 8:30 p.m., FRC Mac
 Horse Club meeting 8:45 p.m., Martin Lecture Hall
 Thursday Nite Live 9 p.m., WTS

Friday

March 19
 SGA Executive Board Election petitions due
 Bach's Lunch UT Faculty Brass Quintet noon, AMU North MPR
 Pathway to Ministry 2004 1 - 9 p.m., TBA Call x 4200 for more info.
 Free Bowling 8 - 11 p.m., AMF Sportsman's Lanes 616 Trenton Ave.

Saturday

March 20
 Pathway to Ministry 2004 8:15 a.m. - 1 p.m., TBA Call x 4200 for more info.
 Wilderness Club trip to Newport Aquarium 9 a.m. - 8 p.m.

Sunday

March 21
 Intramural Soccer TBA
 Ice Skating Show 1:30 p.m., Clauss Ice Arena. Tickets required; call x6945.
 Tae Kwon Do 4 p.m., FRC Mac
 Kappa Chi meeting 5 p.m., C God Parlor
 FIAT meeting 6 p.m., C God Fellowship Hall
 Catholic Mass 7 p.m., St. Michael's downtown church, 617 W. Main Cross St.
 Sigma Kappa meeting 7:15 p.m., AMU Endly
 Theta Chi meeting 8:45 p.m., Malcolm Lecture Hall

Monday

March 22
 Intramural Ultimate Frisbee TBA FRC Practice Field
 Eric Vincent en Concert 8 - 9:30 p.m., Ritz Auditorium
 CAB meeting 5 p.m., Rosewood North
 CRU meeting 7 p.m., AMU Slough
 Pre-Vet Club meeting 9:15 p.m., GFAP Pfeiffer Lecture Hall
 CPB meeting 9:15 p.m., AMU Endly
 SIFE meeting 9:15 p.m., Main 312

Tuesday

March 23
 Intramural Kickball TBA FRC Practice Field
 SGA Executive Board Elections 10 - 11:30 a.m., AMU Lounge
 Eric Vincent en Concert 11 a.m. - 12 p.m., Ritz Auditorium
 Movie Ticket Distribution 1-2 p.m. & 6-7 p.m., CPB Office
 Social Security/Shopping 1:30 p.m. & 5:30 p.m.
 In House George House 4:15 p.m. Meal at 4:45 p.m., WTS 2nd Floor Atrium.
 PT meeting 6 p.m., BCHS 209
 Intramural Sand Volleyball 7 p.m., Sand Volleyball Court
 Tae Kwon Do 8:30 p.m., FRC Mac
 BSU meeting 8:30 p.m., AMU Endly
 Bible Study 9 p.m., WTS 250
 Criminal Justice meeting 9:15 p.m., Main 212
 Chi Alpha meeting 9:30 p.m., AMU North MPR

Wednesday

March 24
 Last day to withdraw from classes (50th class day)
 Intramural Soccer TBA
 Walt Disney Recruiters Information table 10 a.m., AMU
 SGA Executive Board Elections 11:30 a.m.-1:30 p.m., Deming Lobby
 Walt Disney Recruiters Presentation 1 p.m., UF Village 1163
 "Cast Iron Chef Cook Off" 5 p.m., Henderson Dining Hall
 Health Professions Club meeting 6 p.m., Frost 319
 International Club meeting 9 p.m., Malcolm Dining Room
 FCA meeting 9:30 p.m., BCHS 100
 Japanese Culture Club Movie 9:30 p.m., Pfeiffer Lecture Hall

>>>NEWSBRIEFS<<<

Tickets available for tonight's 'Carmen'

The third act in The University of Findlay's new Concert and Lecture Series will be the Indianapolis Ballet Internationale, performing "Carmen" at 8 p.m. Thursday, March 18, in the WTS Auditorium. Tickets are \$5 for students after rebate and \$15 for faculty and staff. Get tickets at the door.

Education majors plan for Fall 2004

Education majors planning to register for the sophomore block for Fall 2004 must complete Level I assessments prior to registration. Level I Assessments include completion of EDUC 151, EDUC 161, and SPED 134 with a "C" or better; maintenance of a GPA of 2.75; or a composite ACT score of 21, SAT score of 970, or a score of at least 172 in reading, writing and math on the PRAXIS I pre-professional skills test.

Student teacher forms due for fall

Students planning to student teach in Fall 2004 must have a Student Teaching Application and Personal Data Form on file with the College of Education office at 1114 N. Cory St. by April 1.

Bach's Lunch to feature brass band

Bach's Lunch will be at noon Friday, March 19, in the AMU. It will feature The University of Toledo Faculty Brass Quintet.

Lecture on C.S. Lewis

A lecture on "C.S. Lewis and the Christian Imagination: Re-enhancing the 21st Century" will be given by Bruce Edwards at 7 p.m. on Wednesday, March 24, in the auditorium of WTS.

Edwards is an English professor from Bowling Green State University. He has been lecturing on the works of C.S. Lewis for more than 25 years. For further questions or information, contact Kathryn Kelly at 419-434-4731 or at kelly@findlay.edu.

UF Math Day planned

UF is planning its annual Mathematics Day for Tuesday, March 30. A presentation titled "Exponential Functions" will be held from 10 to 11 a.m. in the Multipurpose Room in the AMU. From 1 to 2 p.m. in the same location "Imipramine, Flight Plans and the Internal Revenue Service: What do they have in common?" will be presented.

Ed Laughbaum, who has taught college-level mathematics for 24 years, will be the pre-

sender for the day. Math day is open to the public. For more information, call 419-434-4624.

Open house planned for Village, Pavilion

The University of Findlay Pavilion and Village will host an open house Tuesday, March 23, in the WTS Auditorium. Tickets are \$5 for students after rebate and \$15 for faculty and staff. Get tickets at the door.

A ribbon-cutting by the Findlay-Hancock County Chamber of Commerce will begin events at 5 p.m., followed by tours and a reception.

Offices located in the University's new facility are the Office of Career Services, Office of Web Services, Office of Development, Reading Center, the hospitality management program and Residence Life.

'Movie at the Mall' tickets available

Tuesday, March 23, Campus Program Board (CPB) will distribute 100 free movie tickets from 1-2 p.m. and 6-7 p.m. in the CPB office located on the north side of the AMU.

Tickets will be distributed on a first-come, first-served basis. Tickets are not guaranteed to those waiting in line. All full-time undergraduate students with a UF ID are eligible.

Poetry Reading

Ray McNiece, author and poet, will be holding a poetry reading in the Endly Room of the AMU Wednesday, March 31, at 8 p.m.

A reception and book signing will follow the reading. For more information, call 419-434-4721.

UF SummerStock Auditions

Auditions for 2004 SummerStock at UF will be held on Saturday, April 3, from 9 a.m. to 12:30 p.m. in Grimm Theatre in Egner. Auditions are open to community members, college interns and high school apprentices. All interested must call to sign up for an individual audition time. Rehearsals begin June 8 and are held each Tuesday through Saturday, 9 a.m. - 10 p.m. For more information, call 419-434-4562.

Rosen to visit Mazza

Mazza will be hosting a presentation by Michael J. Rosen, author, editor and artist, Sunday, March 2, at 2 p.m. in the AMU. A book and gift sale and autographing will follow the presentation. Tickets are required and are \$3 each. UF student, faculty and staff tickets are free.

For more information, call Judy Butler at 419-434-5521.



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English team takes IHSA honors

**By Andrew Standaert
Contributing Reporter**

KALAMAZOO (Mich.) – Em powdered (*transitive verb*): 1. a feeling experienced by IHSA English team Head Coach Lori Cramer after her team claimed the IHSA Hi-Point Team Champion title at Western Michigan University March 14.

“At this show, our riders rode a different style of horse than they’re used to and had many difficult rides, but adapted to the show conditions easily,” said Cramer.

The UF English Equestrian Team won the competition with 45 points, more than 10 points ahead of the Reserve Hi-Point Champion Team, Otterbein College.

Mara Keith-Hunter, a sophomore UF English equestrian studies student, claimed the

show’s Hi-Point Rider Championship, after securing a first-place finish in both the over fences and flat portions of the competition. “Today, I can attribute my success to our great coaches, lots of practice, and my continued devotion to horses,” the Massachusetts native said.

With the Regional qualifying shows complete, the UF English Equestrian Team is now officially named the IHSA Zone 6, Region 3 Regional Hi-Point Champion; with a lead of around 50 points.

This secures the team a trip to the IHSA Zone 6 competition, held April 3 at Morehead State in Kentucky.

However, first the team is hosting IHSA Zone 6, Region 3 Regionals, on March 27; which brings the regions qualified rid-

ers to battle out for individual qualifying spots to Zones, achieved by placing first or second at the Regionals show.

“This weekend I pointed out of the advanced walk-trot-canter division into novice, qualifying me for Regionals. Now all of my work leading up to the end of the season will pay off. It’s super exciting,” said UF sophomore Kristin Porter, from Oregon.

Cramer said, “This season, I knew the team was strong, with plenty of talent, dedication and poised performance, but I was still waiting on the final piece to develop: incomparable teamwork and unity. Now we found it.” Cramer was referring to witnessing teammates gather at the arena rail to cheer on a class.

Support the teams March 27
The University of Findlay Equestrian Complex
IHSA Zone 6, Region 3 Regionals

Western team steps up to the task

**By Andrew Standaert
Contributing Reporter**

KALAMAZOO (Mich.) – The University of Findlay’s western Equestrian Team was named Team Hi-Point Co-Champion and Team Hi-Point Reserve Champion, respectively, at the Western Michigan University IHSA double header competition March 14.

Furthering the team’s winning streak, UF junior Natoshia Bronson claimed the Hi-Point Champion Rider title in the morning show by winning both her horsemanship and reining class.

“I am really happy about the Hi-Point award, but also even more excited because this was the first horsemanship class I have won all year,” she said, holding her bright blue ribbons and trophy after the win.

Although the team’s placings

demonstrate exceptional riding, even more exception lies in their adaptation to suit the conditions. “As a team, I didn’t think we had our most consistent riding in comparison to other shows, but we were forced to adapt to some challenges in the type of horses we drew, the style of riding the judges preferred and point strategy circumstances,” explained UF Western Equestrian coach Cindy Morehead.

Morehead added, “I am proud of how everyone did, because each individual tried their best to make things work, even when at times they were getting beat.”

UF senior Mary Dohack, whose array of placings included a second, said, “Some of the horses were harder to figure out than others, and it also depends on the luck of your draw. If you have a tough time in a class, you

just have to use it as a learning experience for next time.”

Sophomore Rachel Rufe said, “It’s nice to know that on what could be considered one of our team’s off days, we still can win; this just goes to show how competitive we really are.” Rufe had no problem demonstrating her competitiveness, winning her horsemanship class.

With the Regional qualifying shows now complete, the UF western Equestrian Team was officially named the IHSA Zone 6, Region 3 Regional Hi-Point Champion; securing the team a trip to the IHSA Zone 6 competition, held April 3 at Morehead State in Kentucky.

“The WMU show kept our lead up in the region, but also better prepared us for Regionals and Zones by keeping our wits up,” Morehead said.

UFTV upgrades with high-tech effects

**By Ben Walton
Contributing Reporter**

“Million-dollar” video special effects are no problem for UF communication students, thanks to new software.

Steve Beck, chair of Communication, said that “software was purchased that allows students to create special effects that are equivalent to million-dollar optical effects of the past.”

Adobe AfterEffects is a \$1,500 compositing software that allows the creation of elaborate video effects on a par with profes-

sional work, Beck said. Adobe AfterEffects is currently being taught on an individual basis, but will be taught in the Advanced Video Production course, beginning fall.

To show what the software is capable of, a three-minute video is being planned in which two individuals will have a “light saber” duel. The saber fight is in the preproduction stage, but producers of the film hope to have the video completed by the start of the 2004 school year. This fight video will be a good example of the visual

capabilities of the University, while at the same time creating a fun production for potential students to watch, Beck said.

“Campuses around the country are now able to do high-end special effects that are used in movies all the time, thanks to the development of fairly inexpensive software like Adobe AfterEffects,” Beck said. Learning how to use this software will allow students to become better equipped for job opportunities and for making higher-quality productions, he added.

Ponder This TOM RYERSON



Howard Stern says it’s the death of free speech after six individual radio stations of the private network Clear Channel cut his program from the lineup. Considering that his show is still running on dozens of other stations, it appears free speech may bleed to death from a paper cut if no one applies a bandage. People are once again mangling and misusing the word “censorship.” Censorship, in my opinion, is government restriction on information. Decisions by private enterprise such as Clear Channel or CBS, which denied certain advertisements airtime for the Super Bowl, should not be classified as censorship. As private entities, they can choose to air whatever they want.

The various states of our great Union are becoming frustrated with restrictions imposed by the No Child Left Behind Act. The federal government claims it is listening, and The New York Times quoted Secretary of Education Rod Paige as saying, “Education is a state responsibility, so we have to fit the law to what the states are doing.” It would seem that if it is so necessary to make changes to fit what the states are doing, it raises the obvious question of why the law was ever needed in the first place. Mr. Paige admits that education is a state responsibility, so the simplest remedy would be to eliminate federal involvement.

An artist, who, under the regime of Saddam Hussein, was forced to make statues of the dictator on horseback, has now melted those statues and re-cast them to make a memorial honoring the Americans’ sacrifice to free Iraq. The sculpture shows an Iraqi girl comforting an American soldier who is mourning a fallen comrade before a memorial of boots, rifle and helmet. The sculpture, which the artist spent months working on, is currently in one of the former palaces and will later be sent to Fort Hood, Texas.

Congratulations to all students, faculty and staff of the University of Findlay for passing with flying colors the inspection of the Higher Learning Commission. Many people put much time and effort into planning and organizing for the HLC’s visit.

THE VIEWS EXPRESSED IN THIS COLUMN DO NOT NECESSARILY REFLECT THOSE OF THE PULSE STAFF OR THE UNIVERSITY OF FINDLAY.

UF Counseling Services

UF Counseling Services is available to all students free of charge, by appointment. Call 434-4526 for more information.

Numbers to know

UF Counseling Services:
434-4526
(Free & confidential)

24-Hour Crisis Hot Line:
1-888-936-7116

Rape Crisis/Domestic Violence
422-4766
(24 hours)

Alcoholics Anonymous Help Line
423-6273

Black Student Union learns and serves in D.C.

Contributed by Desmond Buford
Director, Minority Student Services

The Black Student Union organized a trip sponsored by the SGA, BSU and the Office of Minority Student Services to Philadelphia and Washington D.C. during Spring Break.

Twenty-eight students decided to participate in this trip. During the trip students had the chance to participate in a service-learning program coordinated by Wayne Sneath (Director of Campus Compact) and Desmond Buford (Executive Director of Minority Student Service).

The 28 students participated in a "night of games" with the students from the Mount Airy Bethesda Inc.-Stenton Family Manor which is a homeless shelter for 200 residents in Philadelphia, Pennsylvania.

The Stenton Family Manor is a model facility used by the city to begin innovative programming for homeless parents and children. The manor is operated by Mt. Airy Church of God in Christ.



Twenty-eight UF students participated in the BSU trip to Washington D.C. and Philadelphia. The photos include various landmarks the group visited on the trip.



Photos courtesy of the Black Student Union.

Capital University Ad

'Box City' promotes awareness of poverty and homelessness

Students and faculty of The University of Findlay will construct and sleep overnight in a cardboard "Box City" on campus Saturday, April 3.

This event is co-sponsored by the UF chapter of Habitat for Humanity and Campus Compact and is part of "HabiFest," a day of advocacy for affordable housing. Box City is planned to raise awareness of substandard housing and homelessness, as well as of Habitat for Humanity.

Box City, in addition to raising awareness, is a fundraiser for the Hancock County affiliate for Habitat for Humanity building projects. To raise funds for the affiliate, faculty and staff will be drafted to stay overnight for Box City. The names of those drafted

will be sent via email so that students and faculty may offer pledges for the faculty or staff members they want to participate in Box City. Draftees then have the option to stay overnight at Box City or to match the pledges to avoid sleeping outside.

Prize money will be awarded to the cardboard "homes" that best advocate the goals of Habitat for Humanity. Homes may be constructed by individuals or by teams. Organizations are welcome to attend. Refreshments will be offered, and a local band is scheduled to play at the event.

The goal of Habitat for Humanity is to eliminate poverty housing worldwide. Habitat for

Humanity International, according to its Web site, builds a house every 26 minutes. Since 1976, Habitat has built more than 50,000 houses with families throughout the United States and more than 100,000 houses in communities around the world.

Community members are also welcome to attend this event. For more information, contact Dr. Wayne Sneath, UF Habitat for Humanity adviser, at 434-5310 or at sneath@findlay.edu.

OAR to play at UF

**April 14
Koehler Fitness Center**

O.A.R. will be performing in the Koehler Fitness & Recreation Center on Wednesday April 14. There will be one free ticket for any student (who has paid their student activity fees) available for pick up in the Student Services office beginning Friday, March 19. Also, at this time, students may purchase one additional ticket for \$25 (cash only). Public sale will begin April 1, and tickets will be \$25 each. They can be purchased through the Student Services office or at Finder's Records & Tapes in downtown Findlay and downtown Bowling Green. During public sale, students may purchase unlimited tickets. All seats are general admission, and doors will open at 7 p.m. Visit O.A.R. at www.ofarevolution.com.

(Editors Note: Zach Pina is a sophomore communication journalism major who is studying a semester abroad in Ibaraki, Japan. Look for his column on the International Page each week.)

Turning Japanese

The 'Other' Holy Land

Sega and Konami arcades, climbing eight or more stories into the sky filled with every arcade game in existence; electronic stores, packed wall to wall with the latest digital cameras, DVD players, plasma TVs, cd/mp3 players and cell phones; five-story superstores dedicated only to the likes of Sony, Nintendo and Microsoft, carrying every game, console and peripheral imaginable, in old school and new in every design available; tiny specialty stores, dwarfed by arcades on both sides, filled ceiling to floor, wall to wall with action figures, trinkets, manga and anime; 10 city blocks of pure entertainment, gaming, and electronic mayhem; a river of Mountain Dew flowing freely...OK, so no river.

But in all truth, Tokyo's Akihabara District (or 'Akiba' as the hipsters call it) is everything above and a bag of peanuts. Like a pilgrim to the sacred land, I recommend every true gamer or gizmo buff make the trek to Akiba at least once in a lifetime to actually see the scale of Japan's gaming world. This place simply must be seen to be believed.

Being a very avid gamer myself, I held in mind a certain fervored anticipation on the one-hour train ride from Koga to Tokyo. We got off the train, following the signs reading "Exit to Akihabara Electric Town." My heartbeat quickened along with my footsteps. Up the stairs into daylight and...I sucked in a breath, never letting it out. "Sugoi..." The sensory overload of sight and sound, all dedicated to the things I love. When I finally caught my breath, pausing only for a quick snapshot, it was time to lighten the wallet.

In the first half-hour there, I quickly spent 45,500 yen (450 American dollars) on a digital camera unlike any I had ever seen in the states. Up the escalator to the next floor's audio department where I dropped another 12,000 yen (\$120) on a cd/mp3 player again bearing no resemblance to any of the Sony products back home. After remembering that I already owned a CD player and a 35mm camera, I realized it was time to slow down a bit. I still had the rest of the afternoon to go and video game shopping to do.

Justification for making impulse purchases was easy in that there are so many things unavailable in the states just begging to be bought here with a currency that hardly feels real. So tossing out just over \$1,000 for the next-gen PSX (a Playstation 2 with DVD recording and playback capabilities) feels completely reasonable with my Monopoly money.

An entire afternoon of milling in and out of shops proved there was something of interest in nearly every store. One shop had literally aisles of Super Famicom games stacked up the walls, and hanging from the ceiling. Another carried only imported games, peripherals, and accessories from all over the world in both PAL and NTSC, perfect for the homesick gamer. Some stores specialized in gaming action figures and plastic collectable miniatures, or anime DVDs and manga (Japanese comic books), while the larger

stores like AsoBit City carry a little (actually a lot) of everything. And in the crowded eight-story Sega arcade, there were contests of soccer and Gauntlet-esque games for up to 10 players. Yet they all hold a commonality in that they all cater specifically to the fantasies of nerds and otaku everywhere.

Suffice to say, one visit was hardly enough to quench the thirst, as I already hear Akihabara again calling my name—and my wallet. Common sense says I need only an electronic pocket dictionary this time. But my shopping history says that common sense is getting left behind on the train.

Zach



Photo by Zach Pina

Electronics and video game stores along with arcades line the streets of Tokyo's Akihabara.

Phi Beta Delta accepting applications

Phi Beta Delta, the Honor Society for International Scholars, is accepting applications.

Membership is open to all University of Findlay students, faculty and staff who have demonstrated scholarly achievement in the international area.

These individuals include: In-

ternational students (non-immigrant visa holders) who have demonstrated high scholastic achievement at their institutions; upper level undergraduates with a 3.2 or higher GPA; graduate students with a 3.5 GPA or higher, students who have demonstrated high scholastic achievement in the pur-

suit of academic studies abroad in exchange programs; upper level undergraduates with a 3.2 or higher GPA, graduate students with a 3.5 or higher GPA.

Also eligible are distinguished faculty and staff who have been involved in recognized international endeavors.

Eric Vincent en Concert Chanteur-Guitariste Francais

French singer, songwriter, guitarist & television personality



Monday, March 22, 8-9:30 p.m. and
Tuesday, March 23, 11 a.m.-noon
in WTS TLB auditorium

Tickets required. UF students, faculty and staff free
off-campus guests \$3. For more information, contact
Cathy Donovan at 434-4711.

Sponsored by Convocation Committee, SGA, Cercle Francais, Language and Culture Department and COLA

Korean student ranks third in speech contest

By Ayumi Ishida
International Page Editor

University of Findlay student Woon Min Kim won third place at this year's Japanese Language Speech Contest on March 6.

The contest is held by the Japan-America Society of Central Ohio at Dublin Scioto High School. This is a memorial year of 150 years of friendship between Ohio and Japan.

Woon Min Kim is an International Business and Japanese major from Korea. His third-place speech, titled "Gift from Theta Chi," showed Kim's gratitude to Theta Chi that he could have a family and brothers in the U.S.

To proceed to the contest in Dublin, Kim first had to

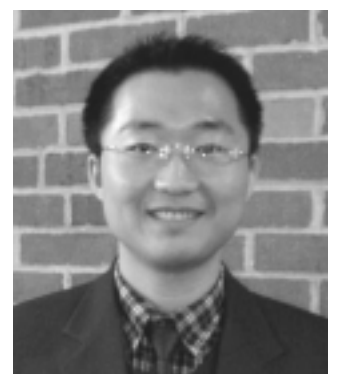
submit a draft and tape of the speech. Ten Ohio students competed in the university student category.

"I was so nervous before the speech and I didn't hear others' speech at all, but I felt excited when I got to be in front of people," said Kim.

Prizes for award were a \$50 gift certificate, a video about Japan, a book about Japanese literature and a top, a traditional Japanese toy.

Kim came to Findlay three years ago from Korea. After attending a university and enrolling in the army in Korea, Kim traveled to various countries and felt that learning the English language was important.

Kim originally planned to study in IELP for only six



Woon Min Kim

months, but he decided to study further, on the advice of his sister, who had studied Japanese at UF and graduated in 1998.

Kim will return to Korea after graduation and find a job where he can use skills of languages. He already speaks Korean, English and Japanese, and he plans to study Chinese next.

The winner of the Reality R.O.C.S. Spring Break basket was awarded to Chava Witt.
Thank you everyone who participated and turned in our spring break quizzes.
Contact info: realityrocs@yahoo.com

Ohio poet brings words to life

By **Stephany Metzger**
Contributing Reporter

Actions speak louder than words, except for performance poets like Ray McNeice, who will be visiting the University of Findlay on March 31.

Ray McNiece is a nationally renowned writer, actor and musician. He has 20 years' experience in producing solo theatre pieces, poetry and music shows, workshops and tours of performance poems. Performance poetry encompasses elements that will bring the poem to life such as acting, singing, dancing, and comedy. He is from Cleveland and most recently had an artist residency at the Kerouac House in Orlando in 2002.

McNeice will be performing at the University in celebration of National Poetry Month, which begins in April. Traditionally, the University celebrates National Poetry Month with a poetry reading by a national or local poet, the unveiling of the campus literary magazine the Envoy and a display in the Schafer library.

McNeice's performance is on Wednesday, March 31, at 8 p.m. in the Endly Room of the Alumni Memorial Union. This event is sponsored by the English program and the Convocations Committee. It is free and open to the public. A reception and book signing will follow the event. For more information, call 434-4721.



McNeice

By **Beth Wingate**
Contributing Reporter

There has been a rumor going around campus that the stained glass window at the new Winebrenner Theological Seminary was designed by a former student of The University of Findlay.

The true story, according to Marilynn Dunn, assistant to the president of the seminary, is that David Kimmel of St. Thomas, Penn., designed this piece of functional art.

Kimmel is a semi-retired insurance salesman who, as an artist, is self-taught and works out of his basement studio. He sells his windows mainly to churches and seminaries. Kimmel thinks of himself as a "humble servant of the Lord."

When he visited the seminary during construction, Kimmel felt there was some-



A view from inside the lighted prayer room

thing missing. He suggested stained glass windows to the president of the seminary, David E. Draper, who liked the idea.

Kimmel will be designing a total of three windows for the seminary. The window that has already been installed is named

"ABBA," inspired by Mark 14:36: "And he said, 'Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.'"

From outside of the chapel, the face of Christ looks black, but once inside the lighted chapel, Christ's face looks white. This was not an accident. Christ was born a Jew, therefore his skin tone would have been olive.

Olive, according to Mr. Kimmel, is sort of a combination of all the skin colors, including black and white. He uses a special kind of glass to get this effect. He uses this special glass to say that we are all equal before God.

Two other windows are planned: one is in a more contemporary style, and the final window depicts Christ washing Peter's feet.

SABAH skates the states

By **Amanda Wheeler**
Contributing Reporter

The lone girl skates out to the center. She is wearing a yellow dress and a cowboy hat. The song "Yellow Rose of Texas" begins to play, and she skates all over, amazing for her age.

This girl is not only skating better than a girl her age should, she's doing it with an artificial leg.

This girl is a member of the Findlay Chapter of SABAH, the Skating Association for the Blind and Handicapped. SABAH has helped thousands of blind and handicapped children and adults have been taught how to ice skate.

The organization is hosting "SABAH Skates the States" this Sunday, March 21, at 1:30 p.m. at the Clauss Ice Arena inside Koehler Fitness and Recreation Complex. Admission is \$5 per person.

The presentation will take the audience around the entire United States, from the skating vegetables of the Midwest to the falling maple leaves in the fall.

Each week, everyone gathers

at the Clauss Ice Arena for practice. The children have their skates laced up and are given walker-type guides, if they need them, to keep their balance on the ice. The volunteers make sure that everyone is ready, and the skating begins.

"You get to see the kids' faces light up. They are so cute and energetic. It's one of the highlights of my week," says Jacqueline Yip, Occupational Therapy Graduate Student. Yip has been involved in the program since the Findlay Chapter began three years ago. It started with handicapped children from the area and community and UF volunteers working together to ensure that these kids have a good, safe time on the ice.

'SABAH Skates the States'

1:30 p.m.
March 21
Clauss Ice Arena

Edwards: 'Christian Imagination'

"All that is not eternal is eternally out of date." —C.S. Lewis

By **Beth Wingate**
Contributing Reporter

Wednesday March 24 at 7 p.m., Dr. Bruce Edwards will be giving a lecture entitled "C.S. Lewis and the Christian Imagination: Re-enchanting the 21st Century."

The lecture will be held in the Winebrenner Theological Seminary auditorium, which is adjacent to the Schafer Library on The University of Findlay campus. The lecture is free and open to the public.

Dr. Bruce L. Edwards is a Professor of English and Associate Dean for Distance Education and International Programs at Bowling Green State University. He is the author of "A Rhetoric of Reading: C.S. Lewis's Defense of Western Literacy," the editor of "The Taste of the Pineapple: C.S. Lewis as

Reader, Critic and Imaginative Writer," and he has contributed more than 30 scholarly essays and entries to various international publications and periodicals on Lewis during his career.

Edwards has been teaching and lecturing on the works of C.S. Lewis in undergraduate and graduate seminars, summer workshops, church retreats and scholarly forums for more than 25 years.

He has lectured on Lewis on four continents, most recently in East Africa. Edwards was pleased to find many of his African colleagues and students showed a knowledge of and interest in Lewis. He says, "This confirmed for me his worldwide appeal and significance."

He maintains a popular website on the life and works of C.S. Lewis, which can be found

at: <http://personal.bgsu.edu/~edwards/lewis.html>

The Religious Studies and English programs at the University are sponsoring the lecture. Dr. Louis Stulman, one of our Professor of Religious Studies says that, "The two programs are collaborating because Lewis is a major figure in both areas. He is not only a giant in popular theology, but Lewis also made major contributions to literary criticism, children's literature, and fantasy literature."

Edwards says, "Lewis wrote some of the most interesting and challenging science fiction and fantasy works of the time." He also says that Lewis was a close friend of J.J.R. Tolkien and that, "Tolkien credits Lewis with giving him the confidence to finish and publish 'The Lord of the Rings.'"

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BOOKreview

'Quicksilver' by Neal Stephenson

**Review by
Nathan Pope
Staff Reporter**

The author of "Snow Crash" and "Cryptonomicon" returns to the historical fiction genre in "The Baroque Cycle" trilogy.

The first book of Neal Stephenson's trilogy, "Quicksilver," contains more than 900 pages of historical background mixed with fictional situations. Famous historical figures, like Isaac Newton and Benjamin Franklin,



have cameos in "Quicksilver." Along with historical characters, Stephenson introduces ancestors of characters from "Cryptonomicon" and his other novels.

Dr. Daniel Waterhouse, one such fictional ancestor, discovers similar knowledge as his friend, Isaac Newton, does. Waterhouse could easily be a part of the America's unwritten history.

Neal Stephenson has penned another masterpiece in "Quicksilver." Each character

in this novel can easily compare to characters from any Tom Clancy, Stephen Coonts or Nelson DeMille novel, including Clancy's "The Hunt for Red October" or DeMille's "Up Country."

"Quicksilver," a consistently thrilling novel, involves readers on a larger scale than his previous novels.

Stephenson includes only the necessary information in his novels and sufficiently explains each situation and elaborates on all scientifically or mathematically difficult information.

In this and all other Stephenson novels, the readers

live the lives of many characters portrayed in history books. "The Baroque Cycle" trilogy should be part of the required reading for high school students. These will become classics.

First published in 1984, Neal Stephenson continues to thrill readers with his stand-alone novels, including "Quicksilver" and the rest of this trilogy.

The second volume in "The Baroque Cycle," "The Confusion," is available April 13.

The third volume in this trilogy, "The System of the World," is available Sept. 21.

MUSICreview

Kanye West

'College Dropout' tours campuses

**Review by
Mike Seremet
Staff Reporter**

Kanye West has hit it big on the scene with his first album, "College Dropout."

Kanye West comes from Chicago and has made his debut in the rap world after being discovered by Jay-Z's record label, Rocafella Records. He shares a sound with Cam'ron and Memphis Bleek, who are also on the Rocafella label.

Kanye's first single, "Through the Wire," tells the story of a near-

fatal accident. Listeners learn about the accident and about Kanye's resiliency in lyrics such as: "Looked in the mirror; half my jaw was missing and half my mouth/I couldn't believe it/But I'm still here for y'all."

Through his songs, West discusses problems facing the world and urges others to better themselves as he is doing.

He also discusses in his album that he feels that God is important and everyone in society is dealing with terrorism, racism and many other factors.

He shows that in the song "Jesus Walks" when he says, "God show me the way because the devil try to break me down/the only thing that I pray is my feet don't fail me now."

Because Kanye West talks about these issues in his songs, it makes his album a decent listen and worthy of being called a good rap album. Unlike other rap artists, Kanye West has more songs that deal with life than songs about fancy cars or sex.

Kanye West also speaks of how he did not make it through

college and dropped out after his freshman year. He is getting ready to tour from the middle of March through May, and during this time he will be heading to different colleges, which could show that sometimes he wishes he had completed college.

For fans of Jay-Z, Memphis Bleek, and Cam'ron, Kanye West's album is a great pickup. For people who are fans of rap music and are looking for a new style to add to their collection, Kanye West may be something to consider

FOODreview

The Gathering offers full salad bar

**114 E. Main Cross St.
422-5930
Monday-Thursday: 11 a.m. - 9:30 p.m.
Friday: 11 a.m. - 10 p.m.
Saturday: 5 - 10 p.m.**

By The Finicky Forager

The Gathering is one place I haven't been to in years, and it seems that I've been missing out.

My guest and I barely made it to a table before a rush filled the rest of the restaurant. We were greeted promptly by our server, who willingly waited while we took our time to peruse the menu.

We decided to order tempura mushrooms as an appetizer. When they arrived, I thought there'd been some mix-up, since the appetizers that we were given were cut into long strips.

It turns out that The Gathering's deep-fried mushrooms are portabella mushrooms, cut into ribbons. They tasted great, but they were somewhat greasy. I told myself that the sheen on the mushrooms was

most likely due to the water content of the mushrooms themselves. Yeah, that's it. And then I dunked them in ranch dressing. My arteries are not happy with me.

I ordered the lunch portion of ribs (\$7.95), which included a trip to the salad bar. You've got to love a place that lets you order lunch portions at 6 p.m.

Once I fought my way past the tables and chairs packed closely together, I found the salad bar to be full of fresh veggies and toppings. There were other side items such as cottage cheese and pasta salad, which was very good. All the items were kept cold and were well-stocked. I was disappointed to see that the basket of warmed bread was empty by the time I got to it.

The ribs were good, but I didn't think they were stellar. They had plenty of meat and were fairly tender, but the taste was bland. The "lunch" portion was a good size, however, and the presentation was interesting, with a sunburst pattern made of



The Gathering specializes in ribs, has a very good salad bar and presents its food to customers in a unique way.

Photo by Becky Skiver

barbecue sauce.

My guest was impressed with The Gathering's French dip sandwich (\$6.75), and told me that their Ollie burger, made with olives, is rather good.

It seems that the majority of The Gathering's patrons are older than college age. On a Saturday evening, I was the youngest patron there, except for the occasional child.

Ballet Internationale to perform 'Carmen' tonight

**By Nathan Pope
Staff Reporter**

The Ballet Internationale will perform "Carmen" at 8 p.m. tonight in the WTS Auditorium. As of release time, tickets for the event, \$10 for students and \$15 for faculty and staff, are still available by calling 434-5335 or emailing funkk@findlay.edu and at the door.

"Carmen" features the choreography of Alberto Alonso; music by Georges Bizet-Rodion Shchedrin; and Eldar Aliev, artistic director; Irina Kolpakova, assistant artistic director; Dale Shields, principal ballet mistress; Tatiana Pali, ballet mistress; Regina Shestakova, music director and company pianist; Anthony Nye, technical director; and Stephanie Rossell, costume manager.

Indiana's only professional ballet is now internationally acclaimed due in part to Eldar Aliev's ballet expertise. Aliev has recruited many dancers since assuming the role of artistic director in 1994. Since then, the Ballet Internationale produces the finest classical and contemporary ballets.

Aliev, creator of internationally acclaimed productions such as "A Thousand and One Nights" and "The Nutcracker," also enjoyed years of dancing and many other appearances with the Kirov ballet, the Bolshoi Ballet and the Australian Ballet. Aliev has been featured in events in Germany, Japan, Canada and the United States.

Irina Kolpakova toured with the Kirov Ballet and has major dancing roles in "Cinderella," "The Nutcracker" and "The Sleeping Beauty." Kolpakova served as the American Ballet Theatre's ballet mistress.

The Ballet also performs "Interzone" and "The Creation of the World" among others. Through "the evolution of the community," the Indianapolis Ballet Internationale's performance of "Carmen" is the UF Concert and Lecture Series third event. The next event on April 7 in the TLB auditorium will be a lecture by Kathryn Sullivan, astronaut and scientist.

Lowe nets season high

Senior Waylon Lowe won his third consecutive NCAA II national wrestling title at Minnesota State University-Mankato on March 13.



Waylon Lowe

Lowe, wrestling at 165-pounds, beat Shawn Silvis of Central Oklahoma by a score of 8-6. Both entered the finals after winning four matches. In the regionals, Lowe fell to Silvis in Oklahoma.

Lowe has won a National Championship each of the last three years. This year, Lowe wrestled two weight classes above his 147 pound class, the weight he won his first two championships. He is one of the best wrestlers to suit up for the Findlay Roughnecks.

Overall, the Roughnecks placed seventh with 48.5 points. Other Roughnecks who finished well were Andy Uhl (125) and Joey Simcoe (141) each reached the quarterfinal round.

Track's Stevens named Regional Athlete of Year

The honors keep rolling in for The University of Findlay's Kendall Stevens. The sprint sensation has been named the Great Lakes Regional Athlete-of-the-Year by the US Track Coaches Association (USTCA). He will receive his award along with the other regional winners at the NCAA II Indoor Track & Field Championship banquet in Boston, MA this Thursday evening. Regional winners are finalists for the National Athlete-of-the-Year and will also be announced at the banquet. Head Coach Marc Arce was selected as the USTCA Great Lakes Regional Coach-of-the-Year for men and will also be honored at the championship banquet.

Stevens will be competing in the 60m dash at the indoor championships and is the top seed in the field of 15 competitors. The Lima Senior graduate has rewritten the record books this season

setting new UF and Malcolm Athletic Center records in the 55m and 60m dashes. He was re-

cently named the Athlete-of-the-Meet and Freshman-of-the-Meet at the GLIAC Indoor Championships where he set new conference marks in winning both the 55m and 200m dashes. He also owns UF records in the 200m and 4x200m relay.

The indoor national championships will be held at the Reggie Lewis Center in Boston, MA on March 12-13. The preliminary rounds of the men's 60m dash is slated for Friday at 6:30pm with nine advancing to Saturday's final.



Kendall Stevens

Cheerleading Try-Out Informational Meeting

Wednesday, March 24, 7-8 p.m.

Rosewood Room in Deming Hall

Cheerleading Try-Outs for the 2004-2005 Squad

April 3 from 8 a.m.-noon

If you can't attend the meeting but are interested in trying out please contact Stacey, x4123

Oilers at home in March

Date	Time	Sport	Opponent
3/19	7:30 p.m.	Volleyball (M)	D'Youville College
3/20	8:30 a.m.	Indoor Track & Field (M)	High School Invite
3/20	8:30 a.m.	Indoor Track & Field (W)	High School Invite
3/20	12 p.m.	Baseball (M)	Grand Valley State
3/20	2 p.m.	Volleyball (M)	D'Youville College
3/21	12 p.m.	Baseball (M)	Grand Valley State
3/21	12 p.m.	Indoor Track & Field (W)	High School Invite
3/21	12:30 p.m.	Indoor Track & Field (M)	High School Invite
3/27	1 p.m.	Equestrian - Western	Regional Competition
3/30	3 p.m.	Softball (W)	Defiance College (at Riverside Park)
3/30	7 p.m.	Volleyball (M)	IPFW

Trainers keep athletes, 26 teams fit

By Alden Lawrence
Contributing Reporter

Perhaps one of the most important and most under-appreciated resources of a collegiate athletic team is the athletic trainer. Fiona Hanks, head athletic trainer at the University of Findlay joked, "There is more to this job than just putting ice on an athlete's injury."

On the whole, Hanks feels her staff members receive little recognition for their role in the athletic program; and, it is quite a role. Hanks has five full-time staff and one graduate student to provide 26 varsity athletic programs with medical support. On average the training staff work a 60- to 70-hour week.

Depending on the amount of varsity teams that participate in any given season, Hanks said she tries to have an athletic

trainer at every home event except for golf and equestrian meets. Due to the ratio of trainers verses the number of sporting events, it boils down to staff availability and program risk.

"Because football, hockey, basketball and soccer are considered high-risk contact sports, an athletic trainer will be present at all home games," Hanks said.

Her staff also has multiple responsibilities, as each athletic trainer has four to five teams to which they are assigned and responsible. Hanks says the roles of an athletic trainer is to, "prevent an athlete from getting hurt through education on proper training techniques. If any athlete does get injured, our job is to get them back to the pre-injured performance level."

The athletic trainers try to have consistent yet flexible time

frames for treatment to suit the UF student-athletes' needs. Treatment and rehabilitation therapy take place from 9 a.m.-noon in the training room.

"Generally, we try to treat players in the mornings because the afternoon gets a little crazy," Hanks said. From 1-6 p.m. the trainers are getting everything ready for a team's practice, are at practice, or are treating a player injured at practice... after practice."

She believes overall the student athletes appreciate the hard work of her staff. They understand that most teams would have a tough time surviving without an athletic trainer. She also feels they understand how difficult and time-consuming it is to have five trainers for 26 sports. Just don't tease her about the ice!

Pfeifer credits dad's influence

By Hans Huy
Contributing Reporter

The men's basketball team recently won the Great Lakes Intercollegiate Athletic Conference (GLIAC) tournament beating the defending champs Michigan Tech 73-68. It was the first time the Oiler roundballers were able to win this prestigious tournament. For starting point guard Dustin Pfeifer, it is the ultimate achievement.

Pfeifer says his dad influenced him the most. "He opened me up to sports in general and he started tutoring me about basketball beginning in second grade. He taught me about everything from basic picks toward freeing up a player to the little things like conditioning. I learned early on that speed on the court would be a huge benefit."

On what he has done to make himself a better basketball player, Pfeifer replied "I think the determination and will toward being better. I have learned (over the years) that I constantly have to practice my basketball skills in order to stay at the top and dominate against other school's defenders."

On his feelings of winning the GLIAC tournament, Pfeifer recalled "Legacy. Frank (Phillips) and I were the only sophomores on the team. It was a great feeling to have. But I also give a lot of credit to my fellow teammates

because it was a team effort."

On any obstacles he had to overcome related to basketball, Pfeifer said "People always say my height because I'm 5 ft.

10 in. tall.

But

(those

types of

comments)

that is

what made me work harder and prove the doubters wrong."

He said his proudest achievements are being a McDonald's Nominated All-American in high school and being part of this team that won the GLIAC tourney.

On the future of the UF Oiler's basketball team, Pfeifer said "It's looking great. Marwan (Gaines) is coming back. We are only losing two seniors, Bret (Dalrymple) and Brad (Rethman), plus the improvement of (Chris) Commons and Dorian (Bass) helps us out tremendously."

Dustin, who resides in Washington Court House, Ohio, also said he is very happy with his decision to come to the University of Findlay because the school and basketball team fit him well. Pfeifer, who is a sophomore, plans on graduating from the University of Findlay with a degree in Business.



Dustin Pfeifer

Yoga gets students gellin'

By Whitney Haverfield
Contributing Reporter

If you're looking for a new exercise, yoga might be what you're searching for. Barbara Glock, UF's own certified yoga instructor, says yoga is beneficial to everyone.

Many people think of yoga as being just for people who are flexible or who are in great shape. This isn't true said Glock. Having practiced yoga for around 15 years herself, Glock said "yoga is fit for people of any age or health condition because you can modify the poses or type of yoga you are doing."

Glock described yoga as an important exercise for the body. "What most people don't realize is how great it is for your internal body. It not only massages the internal organs of the body, but also helps the body's systems to function normally," Glock said. Among its benefits of maintaining a health body, yoga also helps to increase flexibility and improve balance and posture.

When it comes to reasons

for doing yoga Glock said, "It's easy to do! I don't need any equipment to do it, and I immediately feel good after my workout. It gives me energy to go about my day and it helps me to sleep better at night." Glock added that yoga "improves focus and concentration," and that "meditation and relaxation are the key to making yoga work."

"The daily practice of yoga will help to connect the body, mind and soul, which produce a calm and relaxed state of being and help to achieve a happy and balanced life," Glock said.

Glock teaches her own yoga class on campus and is the producer and host of UFTV's "In the Moment: Yoga." Everyone is welcome to join the class or watch the show every day at 6:30 a.m., 8:30 a.m. and 6:30 p.m. on UFTV channel 20.

'In the Moment Yoga'
6:30 and 8:30 a.m.
6:30 p.m.
Daily on UFTV
Channel 20