New coach looks to maintain old standard of excellence

This has always been the mindset, but with the recent controversy surrounding Penn State, many people have questioned these values. Regardless of what anyone’s opinion is on legendary coach, Joe Paterno, being fired, nobody can deny that an amazing Penn State legacy has come to an end. He won more games than any other coach in college football history, and to many he will remain a part of Penn State forever.

Countless people thought that Joe Paterno’s old assistant Tom Bradley, who had served as defense coordinator for the Nittany Lion program, would be the new head coach. Tom Bradley officially left Penn State however, announcing on January 13th that his office was packed and he was

R.I.P. S.O.P.A.

S.O.P.A. and P.I.P.A. are dead, for now at least. The Stop Online Piracy Act is a bill that was introduced by U.S. Representative Lamar S. Smith on October 26th, 2011. The intent of S.O.P.A was to allow U.S. law enforcement to fight online trafficking in copy-righted intellectual property and counterfeit goods. As word of S.O.P.A spread, so did uproar among U.S. citizens. Internet kings like Google and Wikipedia put forth an effort in the fight against S.O.P.A. Numer-

The Revolt, February 2012

Sexy for Spring Break

Valentine’s Day

Spring into Fashion

Vote or Die

As I’m sure you hopefully are already aware, 2012 is a presidential election

Tebowmania

And much more...
Bill O’Brien

continued from cover

leaving Penn State with “good memories, friends, and as a better man”. As most people know now, a new coach has been hired. Bill O’Brien, former offensive coordinator for the New England Patriots, was the man given this exciting opportunity. This made many people, even within the Penn State family, raise their voices against the situation.

Among the numerous people that were abhorrently against Penn State’s decision to go with Bill O’Brien as the new head coach, LaVar Arrington was more distraught at the situation than many. Arrington, a former All American line-backer for the Nittany Lions, spoke out in a rage about the decision. As reported on ESPN, Arrington is quoted saying: “I will put my Butkus (Award) in storage. I will put my Alamo Bowl MVP trophy in storage. Jerseys, anything Penn State, in storage. Wherever Tom Brady goes, that’s the school I will start to put memorabilia up in my home. I’m done. I’m done with Penn State. If they’re done with us, I’m done with them.”

Arrington has since then apologized for his statement, stating that he still retains his Penn State pride, and feels bad for how the situation panned out on Joe Paterno. But with so many people adhering to this mindset, the future could be shaky for Penn State, whether anyone likes it or not. Now that’s left to do is hope that Bill O’Brien is up to the challenge. And before this goes any further, it would be good to know what experience Bill O’Brien has to bring to the Penn State football family.

As a college student at Brown University, he was hired by the New England Patriots, O’Brien was a linebacker for the Bears, as well as a defensive end. He then went on to coach tight ends and linebackers at the University of Maryland, and Duke. In 2007, he he was hired by the New England Patriots, where he has been coaching wide receivers, quarterbacks, and acting as the play-caller ever since. This definitely sounds impressive. One thing that should not be overlooked, however, is that O’Brien has never held a head coach position on any level before. He’s done an excellent job propelling Tom Brady to being a Pro-Bowl quarterback and keeping the Patriots’ offense up near the summit of NFL offensive statistics. Will this be enough? We all hope so.

In 1966, Penn State hired a 39 year old Brown graduate to lead their football team. Over four and a half decades later, their next head coach will be a 42 year old Brown graduate. And as much as it may hurt past and present Penn Staters to hear it, it can only be hoped that this coincidence could fate the school with a similar winning legacy; hopefully with a more positive ending though. O’Brien had his first press conference as Penn State’s head football coach, and he showed sincerity and drive to continue the greatness we have come to know. He showed confidence in the fact that he is the right man for the job. Many say O’Brien is “replacing a legend”. O’Brien is quoted in the press conference saying “Replacing a legend, I’ve heard it a lot in the past few days. I’m not here to do the best we can to continue the success that he’s had here for many, many years”. O’Brien handled the whole conference with pride and professionalism. He passed his first test. Replacing Joe Paterno and returning Penn State’s unfortunately shattered reputation are both hard jobs in themselves. Combined, they make for potentially the hardest college football job in history. Come February 2nd on National Signing Day, O’Brien will face his second major test. So as we embark on a fresh start, remember that oh-so-important phrase that even O’Brien has adopted as his own: We Are, Penn State.

Perhaps at the end of Bill O’Brien’s tenure as head coach there will be another statue erected in State College?
One Giant Leap

2012 is a leap year, and no, it doesn’t mean that you’ll sprout frogs’ legs and start leaping all over the place. Or that leprechauns will take over the Earth and randomly do a jig on your face, then leap away to their next victim. (Laugh if you will, but you’d be surprised at how many people don’t really know what leap year is). Well here at The Re, we’re going to clear the whole ‘mystery’ of leap year up.

Bear with me as I get a little Bill Nye on you (minus the goofy glasses and lab coat). The Earth actually takes a little longer than a year to travel around the Sun - 365 days, 5 hours, 48 minutes, and 46 seconds, to be precise. So what happens to the extra accumulated hours, you ask? An additional day was eventually (and occasionally) added to our calendar. Occasionally, because leap year only happens in years divisible by four - 2012, 2016, 2020, 2024- you get the idea. The Romans originally nominated February 29 as leap day, but the Gregorian calendar fine-tuned the calculations in the formula above. Along with the divisible by four stipulation, no year divisible by 100 can have a leap year, unless it’s divisible by 400. For example, 1900 wasn’t a leap year but 2000 was. (I apologize if your brain hurts now). All of this intricate plotting ensures that our seasons will be in tune for the next several thousand years. Cheers to you Romans and Gregorians!

Fun Facts about Leap Year:
• The chances of being born on a leap day are 1 in 1500
• People who are born on February 29, however, are said to have unusual talents and personalities, according to astrologers
• People born on February 29 also may have to wait every four years to “officially” celebrate their birthdays; most choose either February 28 or March 1 to celebrate on non-leap year years
• Leap year babies born in 1884 didn’t get to celebrate a single birthday on their genuine birth date all throughout their teen years; February 29 greeted them for their 12th birthdays and then not again until their 20th birthday
• People born on leap days are called “leaplings”
• Ja Rule (remember him?) was born on a leap day in 1976
• On February 29 of this year, 56 countries will observe Rare Disease Day, requesting more research for ailments that do not have cures
• Also on February 29, the Gregorian calendar started to be used in America, requiring a new way to calculate dates
• Irish tradition states that if proposed to on a leap year, the proposer will likely be in tune for the next several thousand years. Cheers to you Romans and Gregorians!

Senate Majority Leader Harry Reid announced on January 18th, 2012 that plans to vote on the bill would be postponed until several issues raised regarding the bill were resolved. This occurred in the wake of several online protests.

This may be the last year that we hear of S.O.P.A. and P.I.P.A., but it certainly isn’t the last we hear of plans to stop online piracy. Ever since the computer has become commonplace in American homes, online piracy has been an epidemic. It would be foolish to expect this to simply stop overnight, and I’m sure that the American government sees things from this perspective as well. Thus, we should prepare ourselves for a greater onslaught of cutely named acronyms that threaten what we can and can’t do while surfing the web. It is evidenced by the postponement of both votes that the U.S. government cares about what its citizens have to say, but it is only a matter of time until the legality of what happens on the internet overtake the importance placed on freedom of speech.

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DENVER – Tim Tebow, quarterback of the Denver Broncos, has become a polarizing figure over the past few months. He has headlined many newspaper’s sports sections and become the focal point of the news and every sports network. Every sports debate has come across him at one time or another. Why are people talking about a professional football player, who led his team to a mediocre 8-8 record, so often? Tim Tebow is not just your average starting quarterback, in the words of ESPN analyst Skip Bayless, “he is your worst nightmare”.

Before Tim Tebow was famous, he was a kid brought up with strong Christian values by his parents. As a child he often helped his parents with missionary work in the Philippines, where he was born. The lessons Tim learned as a child, also led to his active philanthropic work in the community. He is currently in the process of building a children’s hospital in the Philippines. Besides Tim being an icon in the Christian community, he is a vocal, born leader. According to many of his past and current teammates, he is one the best leaders and motivators they have ever seen. He inspires his teammates with his will and his heart.

Tebow was often told by scouts and critics that he couldn’t play quarterback at any level, because he has an unorthodox throwing motion. Many draft gurus, such as Mike Mayock and Mel Kiper Jr., also said he had bad footwork and no vision. Former and current players say he doesn’t deserve to be a quarterback in the league. The people who like to argue this point are known in sports media, as “Tebow Haters”. These haters are the ones who said it wasn’t possible, but so far Tim has done the unthinkable. He earned a Division 1 scholarship to the University of Florida, where he won two national championships and a Heisman Trophy. According to the opinions of analysts throughout the different sports networks, such as Kirk Herbstreit and Todd McShay, he is the greatest college football player of all time.

Many of those same people thought his game did not translate well from college, to the NFL. Analysts and scouts said he should try and change to a different position, and some experts seemed to be in agreement that Tebow’s skillset did not translate well to that of an NFL quarterback. This is where Tim Tebow, the person, would change everyone’s perception of him and this is where “Tebowmania” would take over.

While preparing for the NFL draft, Tebow had become one of the most controversial prospects of all time. Scouts, coaches, and fans didn’t know what to think of college football’s greatest player. They knew no one would try harder to succeed then Tebow because of his intangibles, but they didn’t think it would cover for all the noticeable flaws in his game. The Denver Broncos eventually drafted him in the 1st round of the 2010 NFL Draft. He sat on the bench for most of that year, getting some time at the end of the season. In 2011, with a new coaching staff, Tebow did not get a chance to start the year either. After a 1-4 start, the Broncos gave him a chance and he did the most with it. He finished the season with a 7-4 record, having one of the most magical six game winning streaks in football history. Those six games included miraculous finishes and unbelievable comebacks, that some thought was the work of a higher power. People seemed to believe this because of Tebow’s aforementioned strong faith. He expressed his love for God before and after every game, kneeling in prayer, an act which is now known as Tebowing. Analysts were baffled and speechless at times trying to describe what they saw. People around the country were up in arms, or becoming fans when it came to Tebow. The bandwagon grew with each win, and the haters were getting quieter and quieter. After a few losses towards the end, the Broncos limped into the playoffs to host the Pittsburgh Steelers, where they upset the NFL’s number one ranked defense. Tebowmania was at an all-time high. They went on to face the Patriots in one of the most hyped games in recent playoff history, where they went out with a whimper. The Pats beat them down, ending the hype. After a disappointing end to the season, football fans are left with many of the questions they had about Tebow during the season. Primarily, is he any good?
Who’s Really America’s Team?

The Dallas Cowboys – The Dallas Cowboys go by the nickname of America’s team. They are unquestionably one of the most popular and successful franchises in all of professional football. However, with sixteen years and counting since their last Super Bowl appearance, their popularity has waned. Three teams have made their case to be considered the team of a nation since the Cowboys’ fall from grace. These three teams are the Steelers, Patriots, and the Packers; a trio which has played in eleven of the past fifteen Super Bowls.

My peers and I will be making a case as to why our favorite team is truly, America’s Team.

The Green Bay Packers - The Green Bay Packers have always preferred to work behind closed doors and allow their coach to handle the media. The Packers have also been a model of consistency in the Super Bowl era, posting only seven losing seasons since 1972. This is in large part, due to the manner in which the Steelers build their team, relying heavily on the draft and homegrown talent. This philosophy is in direct contrast to the high-priced free agents which teams like the Cowboys and Redskins seem to lure to year after year. If the Steelers continue their winning ways then it will only be a matter of time before the officially usurp the Cowboys as America’s team. I’m putting forth my best effort in the crusade, converting some friends to Steeler Nation.

“The packers” - The Packers have sold out every home game since 1960; quite the accomplishment considering Green Bay’s status as a “mid-market city”, amongst the New York’s and Chicago’s of America. According to a 2011 NFL study, three Packers games drew the #2, #3 and #4 television ratings among all 2011 regular season games, proving that “Cheese head Nation” extends beyond the Midwest. The Packers are also the only publicly owned major sports franchise, meaning that any fan can purchase a stock in the team and support them as an owner themselves. In 2012, it is nice to see a team that doesn’t have an extravagant domed stadium, eccentric conglomerate owners, a team that does not even have cheerleaders – a real throwback to when football was about the players on the field. Curly Lambeau, for whom the Super Bowl trophy is named, established the Pack in 1919 – more than a decade before the Packers came to fruition and over twenty years before Cowboys’ owner Jerry Jones was born. The Packers have proved time and time again that they are a team built to succeed, and the fans and history are more than just a cherry on top.

The Pittsburgh Steelers – The Steelers are America’s team, it is foolish to even have this issue up for debate. Rumor has it that NFL films actually offered the nickname to the Steelers first, but due to his fierce loyalty to the Pittsburgh community, Steelers owner Art Rooney declined the offer. In spite of Rooney’s efforts, Steeler Nation has spread far and wide. Steelers’ fans help their team to feel at home, even at away games. In fact, there has been a large fan disparity in favor of the Steelers in the team’s last two Super Bowl victories. If the evidence I’ve presented thus far isn’t enough to sway your opinion, then consider the manner in which the franchise is run. Contrary to Jerry Jones and his Cowboys, the Rooney family has always preferred to work behind closed doors and allow their coach to handle the media. The Steelers have also been a model of consistency in the Super Bowl era, posting only seven losing seasons since 1972. This is in large part, due to the manner in which the Steelers build their team, relying heavily on the draft and homegrown talent. This philosophy is in direct contrast to the high-priced free agents which teams like the Cowboys and Redskins seem to lure to year after year. If the Steelers continue their winning ways then it will only be a matter of time before the officially usurp the Cowboys as America’s team. I’m putting forth my best effort in the crusade, converting some friends to Steeler Nation.

“Title town” is the nickname of Green Bay – quite fitting considering the league-leading 10 World Championships and four Super Bowl victories the Green Bay Packers hold. The Packers were almost inarguably the most dominant football team of the 1930s and 1960s, and are en route to building a dynasty throughout the current decade. Behind some of the most marketable and popular players of all-time (Brett Favre, Aaron Rodgers, Clay Matthews, Bart Starr, Reggie White), the Packers have sold out every home game since 1960; quite the accomplishment considering Green Bay’s status as a “mid-market city”, amongst the New York’s and Chicago’s of America. According to a 2011 NFL study, three Packers games drew the #2, #3 and #4 television ratings among all 2011 regular season games, proving that “Cheese head Nation” extends beyond the Midwest. The Packers are also the only publicly owned major sports franchise, meaning that any fan can purchase a stock in the team and support them as an owner themselves. In 2012, it is nice to see a team that doesn’t have an extravagant domed stadium, eccentric conglomerate owners, a team that does not even have cheerleaders – a real throwback to when football was about the players on the field. Curly Lambeau, for whom the Super Bowl trophy is named, established the Pack in 1919 – more than a decade before the Packers came to fruition and over twenty years before Cowboys’ owner Jerry Jones was born. The Packers have proved time and time again that they are a team built to succeed, and the fans and history are more than just a cherry on top.

The New England Patriots - The New England Patriots are America’s team. They are a winning franchise, with a golden boy for a quarterback, Tom Brady. After his senior year, the Patriots drafted him in the 6th round of the 2000 NFL Draft. Few 6th round draft picks make it in the NFL, but Brady’s heart and competitive spirit helped him defy these odds. The ultimate underdog, Brady has gone on to win 3 Super Bowls (at present time) and 2 MVP awards. Tom Brady is beloved because he represents what America and its people are; hard working, and full of determination.

The Patriots are represented by the colors; red, white and blue, which are also the colors of our flag, or the colors that represent this country, they are now and forever. Besides the Cowboys and the aforementioned three teams, there are twenty-eight others in the NFL. Each and every one of those teams could make a case for being the team of a nation. In reality, however, no team has an absolute stranglehold on every football fan in the country. However much I may like to believe that my favorite team is America’s Team that is simply not the case. As far as I’m concerned, there is no America’s team.

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Lady and gentlemen it’s February and you know what that means, it’s time to start shopping for gifts for your loved one because it’s almost Valentine’s Day. About a year ago gobankingrates.com posted a chart entitled The Cost of Courtship, in which they state that Americans on average will spend 14.1 billion dollars on the holiday, and the chart breaks down how much they will spend on gifts, cards, flowers, romantic getaways, fancy dinners, and even lingerie. Next to Christmas and Hanukkah, Valentine’s Day is definitely one of the most advertised holidays in America. Sometimes in major stores the decorations and candies go out the day after Christmas, giving everybody plenty of time to figure out what they are getting for their “Valentine”. But where did all this come from? Much like Easter and Christmas, Valentine’s Day began as a religious holiday, honoring St. Valentine. But who exactly was St. Valentine, and why do we honor him every February 14th? Let’s go back in time to Rome in the late 200s, which at that time was under the control of Emperor Claudius II. Now Claudius had the desire to have a very large army, and expected that many men would volunteer to join it. His expectations were wrong, as many men were hesitant to join in fear of leaving their wives and families. This being the case, Claudius had the crazy idea to outlaw future marriages, in belief that if men didn’t have wives or children to be concerned about, they would happily join his army. The idea didn’t work nearly as well as he hoped it would, as it caused him to become widely disliked. Among the people to dislike the emperor was St. Valentine, although not a saint yet, just a humble priest. To protest the silly law St. Valentine would marry couples in secret, usually at nighttime in rooms dimly lit by small candles. One night he was caught doing this and was arrested and sentenced to death. While in his jail cell he received many visitors showing their support, and that they too believed in love. One special visitor was the young daughter of one of the prison guards. She would spend hours with him, keeping his spirits up and telling him she believed in him for doing the right thing. To thank her for this, on the day he was to die he wrote her a now famous note that said “Love from your Valentine”.

It is widely believed that St. Valentine became a martyr on February 14th, 269 A.D. For this reason we honor him and his belief in true love on this day by sending notes to our “Valentines”. Although many other traditions have popped up over the years such as heart shaped candies and other gifts, we must remember that it all began with a man who truly believed in love, and was willing to die to prove it.

By Jon Suski
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What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?

What women want?
If your guy is a sports fanatic, and you happen to know his favorite team, look out for tickets to a sporting event he might enjoy, and if you're on a budget, plan a fun date night at a local sports bar so he can watch the game while he enjoys his chicken wings and pizza. If your guy is into music, take a look into local music venues such as the River Street Jazz Café or the Vintage Theater to see if any local bands are playing. These venues are usually used to showcase talented local bands and the cost tends to be very low, if anything at all, so it's a fun way to break out of the normal date night on Valentine’s Day without breaking the bank.

Finally, what most guys seem to want on Valentine’s Day is to be able to make you happy and spend some time alone with you. For most guys, giving a gift is more rewarding than receiving one, so make sure you’re appreciative of whatever he gets you and make sure to show him some love on this romantic day, because you’re a gift enough for him!

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One Giant Leap
continued from page 3

year, men must accept their women’s request without question; men who refused are required to give the rejected party a kiss, a silk dress, or a pair of gloves.

• Sadie Hawkins Day, a day when women are permitted to pursue and catch men, can be considered synonymous with February 29.

Somewhat of a celebrity, leap year has generated enough interest for Hollywood to make movies about it. The 2012 comedy “Leap Year,” starring Amy Adams and Matthew Goode, had Amy’s character drag her boyfriend to Dublin where she knew he wouldn’t refuse her proposal. Honey, if you have to lug your boyfriend to Ireland just to get him to say yes, you should probably reevaluate your relationship, just sayin’.

On a slightly smaller scale, the most famous Gilbert & Sullivan comic opera, “The Pirates of Penzance,” was translated to Broadway as well as the silver screen. In the story, the main character Frederic realizes that he is bound to his apprenticeship until he turns 21. His birthday happens to be February 29, which means that he won’t technically turn 21 until he’s in his eighties.

So, my little leaplings (and non-leaplings), you now know the history of leap year, as well as some mildly interesting facts about it. We have an extra day this year; don’t waste it!

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Breaking Up Isn’t Hard to do

Rumors have been spreading that President Barack Obama may give the old heave-ho to Scranton native Vice President Joe Biden in hopes of a better shot at reelection this November. It was first speculated that Biden might pull a switcheroo with Secretary of State Hilary Rodham Clinton, assuming her position so she can take on the vice-presidency, but that idea has basically been shot down. Now there’s talk among Democratic Party insiders that Obama is considering replacing Biden with current New York Governor Andrew Cuomo.

Though some people are going to argue that replacing the VP is drastic and equivalent to admitting failure, there is precedent for such a change-up. Let’s take a look:

1804- Thomas Jefferson ditches VP Aaron Burr for George Clinton.

1828- John Quincy Adams gets dumped by his VP John C. Calhoun who jumps on the Andrew Jackson ticket. Adams is forced to choose another VP and goes with Richard Rush. They lost to Jackson/Calhoun.

1832- John C. Calhoun resigns as Vice President. VP spot is vacant for months until the election where Jackson replaces him with Martin Van Buren.

1844- FDR pulls another swap and dumps Henry A. Wallace for Harry S. Truman in his fourth and final term.

1872- Ulysses S. Grant swaps Schuyler Colfax for Henry Wilson.

1944- Franklin D. Roosevelt switches from John Nance Garner to Henry A. Wallace for VP for his third term.

1976- Gerald Ford ditches Nelson Rockefeller to run with Bob Dole as VP for what would be his second term but loses to Jimmy Carter.
It’s already February and I know many of us are already thinking about the relaxing week in March we call Spring Break. It’s a time when we get to put down our books and focus on enjoying ourselves. Whether on a vacation to a sunny paradise, or sitting by home and taking a breather, we all look forward to this week of fun. For those of you going to spend time on a beach somewhere, achieving a well-toned beach body in a short amount of time is ideal, and for those of you who aren’t planning on going away, this is a great time to start getting in shape for the summer.

The last issue gave a blueprint for weight training and cardio in order to begin changing your body composition. This time we will focus on improving diet and nutrition, because these factors are the most important when attempting to achieve the definition and tone that you want.

First let’s talk meals and portions; most of us eat three large meals a day, breakfast, lunch and dinner. Though this may be the societal norm, it is hardly the most efficient way to eat in order to facilitate weight loss. Generally, the healthiest way to diet is by eating 5-6 small, well-balanced meals per day. There is much skepticism that accompanies this method, because it seems as though you are eating more food, however, the smaller portions spread throughout the day actually help your body to stay energized and burn fat longer. To help you understand I want you to think about it like this: Pretend your body is a fire and the meals are like fuel for the fire.

The three-meal program is like throwing huge logs into the fire, the fire burns up the kindling quickly and the fuel is used to keep your body going, in turn boosting your metabolism.

This will help you start to lose weight gradually, which should be everyone’s goal. It’s no secret, though, that “gradual” is not the word people want to hear when they think of weight loss, they want to hear words like “immediate” or “speedy.” Most people are constantly on the search for a weight loss miracle that will allow them to shed 10+ pounds per week. However, these systems are not healthy, and are in reality, temporary and futile if good eating habits aren’t learned and followed.

The key is to lose weight gradually, 1-2lbs per week, by eating well and exercising. This can be made even more difficult if you don’t know which foods to eat and which to avoid. Here are some foods you should stay away from and some you should consume more of:

5 Foods to stay away from:
1. High Fructose Corn Syrup - Check the label
2. Sliced apples with whole grain bread
3. Sliced apples with hummus
4. White Flour-Bread, pasta, rice
5. Alcohol - Although a glass of wine can be healthy IF you’re over 21!

5 Foods to eat more of:
1. Fruits and Vegetables - Fruits: apples, pears, berries, and cherries. Vegetables: consume a large amount, especially greens. And make sure they still have their crunch!
2. Lean Meats - Turkey, chicken, fish
3. Whole Grains - Breads, pastas
4. Olive Oil, and a handful of raw nuts a day - Contain good, high quality fats (These actually make your body burn more fat!)
5. Water, water, and more WATER

Remember to consume foods that are high in fiber and protein enriched as well. Fiber and protein are the two main food components that facilitate weight loss as well as a higher metabolic rate.

Fiber can be found in plentiful amounts in fruits, vegetables, nuts and whole grains. When consuming fiber, you should try to take in no less than 20 grams per day and no more than 35.

Protein is most often found in meats and other animal products, but can also be found in beans, tofu, lentils, and other legumes, as well as soymilk and peanut butter. Protein is an important part of weight loss because it stabilizes blood sugar and decreases cravings for junk foods.

Now that you have a basic foundation for proper nutrition, you can go out and start getting healthier and trimming down. Before you go out and start on your way to a healthier you, I want to give you 3 great ideas for healthy snacks:
1. Natural peanut butter and banana sandwich on whole grain bread
2. Sliced apples with natural peanut butter
3. Raw vegetables with a healthy dip such as salsa or hummus

These days, students live on their smart phones, so here are some free apps that can help you count your calories and evaluate what you’re eating:
1. Lose It
2. Fooducate
3. Calorie Counter
4. Nutrition Genius
5. Restaurant Nutrition

It is never too late to start working on healthier eating habits in order to get your body in the shape that you want. Eating healthy is a great way to start shedding fat and toning your body, which means a lot less work in the gym for you in January and February getting ready for spring break. Diet is only one part of the plan though; exercise is the other vital factor on the journey to a new you. These two things work hand in hand to help you stay healthy, be more confident as well as look and feel better.

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Spring into Fashion

Spring is just around the corner, and with it comes a new wardrobe. Here are some little tips as to what we'll be seeing a lot of this spring!

Ladies, gone are the comfortable days of boyfriend jeans and combat boots, this Spring is all about femininity, so embrace your womanhood and feel confident flaunting some floral prints and lady-like heels, which will both be big this Spring. It may seem contradictory, as we are constantly moving forward in fashion, to be looking back to the days of big floral prints and structured, tailored clothing, however, old is new this spring so don't be surprised if you see shoulder pads coming back! Cinched waists, full skirts, polka dots, and beading and embellishment will all be on their way back into our closets as well, so be ready!

Think pink when shopping for this season because “Princess chic” is back in a big way and pastel pinks are an important part of this style. This “Princess chic” look also includes lots of sparkle, bright span-dex tube tops, floor length skirts, lace and taffeta. If pink isn't your thing though, don't worry because we'll also be seeing plenty of bold colors such as mustard, orange, and rust. These colors will be stepping to the forefront of fashion and taking over entire looks as opposed to just being used to accent outfits, so don't be afraid to stand out by wearing these eye catching colors.

Another development will be the lack of accessories worn. As opposed to what we've been seeing the past few years with over-accessorizing, big bracelets, eye-catching necklaces and bangles, this spring will bring minimal accessories. Earrings will become pertinent to any good outfit, as the pinnacle of femininity earrings will be used to accentuate the feminine look of any good outfit. They, like all the rest of spring 2012 fashions will be simple, as the most important factor this coming season will be simplicity.

All of the new trends that will be hitting the streets this spring are touched by the over-arching theme of simplicity, as we are being encouraged to pick one simple element of all the options above to capitalize on. So, for example, in any given outfit, take one visual element and incorporate that into your outfit for the day, beware of over-styling by using several looks at once, which has the possibility of making you look clownish.

For men this spring, the hipster look is out! No more skinny jeans, guys, wider leg pants are back, and they're bolder then ever. Really bold actually, as bright colored denim will be making its way into men's fashion, so don't be afraid to pick up a pair of orange or red jeans for this spring. Jeans aren't the only thing that are getting a color injection for spring, though, men's shoes are also seeing brighter days! Boat shoes such as Sperry and Rockport Canvas will be very big this season for men and women alike, and their colors will be difficult to miss, so watch out.

Finally, men, it's okay to mix formal and casual-wear this season, so throw a sport jacket over a t-shirt with jeans for date night this season and surprise your girl with your fashion savvy!

By Amanda Reiser
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Let’s Get Physical!

No one knows how or when the trend started, but for as long as anyone can remember one of the most popular New Year's resolutions is to join the gym. In correspondence with joining a gym, many people resolve to eat more healthily or go on a diet. Whether it's to shed the extra insulation we may have been accumulating this winter, or just to tone up for the summer, we resolve to stick to our New Year’s promises for the New Year and get in shape.

Year after year thousands of people join the gym around the start of the New Year, and gym owners couldn't be happier, because their sales are sky rocketing. However, the New Year at the gym isn't a happy time for everyone. As a regular gym attendant, the New Year brings a slew of disorder to the gym with the influx of new clientele. The gym becomes crowded, there’s often the headache of having to wait for a machine, and more often than not the person on it does not know how to properly operate the machine to begin with. Every regular gym patron knows, though, that it is only a temporary phase, people make their resolutions and follow them for about two to three weeks and then slowly begin to fall away, but for those of you who stick to it, congratulations!

Newcomers to the gym should do a little research before they get ready to start exercising on a daily basis, because there is certain etiquette to working out in a gym. There are a set of unspoken rules that every gym-goer should know about and follow so as not to cause disruption to others while fulfilling their resolutions.

1.) Have some common sense and use your manners! Wipe the equipment down after you use it, nobody wants to sit on a machine that’s soaked with someone else’s sweat. It is so easy to spread all kinds of illnesses, and it seems contradictory to be spreading sickness in a gym, meant for wellness, so wipe down your machine for the next person!

2.) Learn how to share equipment! Some gyms are small, so be courteous of fellow gym patrons and break up your sets on a machine so that if someone else is waiting for it, you can both get a turn. Furthermore, do not use a machine as a seat; if you're not using it then don't sit on it so someone else can use it if they want!

3.) If you are new to the gym you should hire a trainer or research some workouts before you start so you don’t have to interrupt other patrons’ workouts to ask them how things are done. No one wants to be bothered by a newbie asking them what machine works what body part or what the exercise they are doing is called. If you don’t know what you’re doing, get a trainer to help you get started or stay out of the gym!

These are just some helpful hints that will help you matriculate with ease into any gym environment. So remember, if you are one of the thousands of people that vow to tighten up the buns or tone up the guns this year, do your homework and have some manners before you step foot in the gym! I wish a healthy and happy new year to all of you, and good luck!

By Nic Lakkis
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Tylenol Be Damned: Unorthodox Hangover Remedies

If you’re a college student, chances are you’ve probably been in this situation before. (Only if you’re of legal drinking age, right?) A night out with friends turns into a few too many drinks, maybe a bit too much mixing of different beverages, and you wake the next morning only to find yourself feeling like you got hit by a bus. Sometimes it feels like the bus backed up and ran over you a second time. Some of us are naturally predisposed to be more wrecked by the wretched hangover, and are always on the lookout for cures. If you’re one of the lucky ones who are never affected, well, it will catch up with you as you age, trust me on that. We’ve all heard of the typical “Drink lots of water” or “eat a greasy breakfast” advice, but what more unconventional tips actually work? Fellow revelers, I’ve compiled a list of a few lesser known hangover remedies.

1. Vitamin B-12. Take a tablet before you go to bed if you can remember. Current President Barack Obama will run as the incumbent nominee for the Democratic Party, and there is a motley crew of politicians currently battling it out to win the Republican nomination.

2. Take 3-4 spoonfuls of honey with a banana in the morning. Romney is distantly followed by former Speaker of the House, Virginia’s Newt Gingrich; then former Pennsylvania Senator Rick Santorum, and lastly Congressman Ron Paul from Texas. Though the selection for the Republican presidential candidate has been described as, among other gems, “the greatest competition of idiocy and ignorance the country has ever seen,” it is important to take a serious look at the candidates and what their campaigns are all about.

3. Drink the juice of one cucumber. Russians swear by this! Pickle juice works too.

4. To relieve aches and pains take a long shower alternating between hot and cold water.

5. In the way of pre-drinking prevention, eat at least six almonds right before you’re imbibing.

6. Hold a sliced lemon underneath your armpit for 5 minutes.

7. Try a variation on the common hair-of-the-dog drink The Bloody Mary- mix some tomato juice with beer instead.

Vote or Die
continued from cover

year. Current President Barack Obama will run as the incumbent nominee for the Democratic Party, and there is a motley crew of politicians currently battling it out to win the Republican nomination.

If you are not yet registered to vote and are so inclined to register as a Republican and cast a vote in the Pennsylvania Primary- PLEASE read on! APRIL 24th, 2012 is the date for the Pennsylvania Primary. The polls will be open 7am-8pm. Since the Democrat to run for President is already determined, only registered Republicans will vote in this primary. THE DEADLINE TO REGISTER is March 26, 2012.

For those eligible to vote in the Republican Primary who are unfamiliar with the candidates: consider yourself lucky. Just kidding. (Kind of.)

As of press-time, the candidates have been narrowed down to four with current frontrunner being former Massachusetts Governor Mitt Romney.

These debates are probably the best forum to observe the beliefs, plan of action, level of intelligence, manner of handling dispute, and knowledge (or lack thereof) of the US government and its problems displayed by the candidates. They also make for fun nights when accompanied by the plentiful “Primary Debate Drinking Games” that are a current craze all over the internet. All jokes aside, it really is important to familiarize yourselves with the Presidential candidates and get involved this election year. Happy voting!

By Jennifer Shubilla
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Immediately after Joe Paterno’s death, I was sad. In my eyes he was more than just a football coach. He cared more about education than the football program. His primary concern was in the education of the students.
–Josh VanHauten

I wasn’t shocked in the least. With all of the heartbreak he had sustained the past few months it was only a matter of time. I just hope Penn State Football doesn’t change too much.
–Kyle McKeown

When I heard about Joe Paterno’s death I was at first angered because of what the Board of Trustees did to him. There was no reason why they fired him, he did what he was told to do but yet that was not good enough. JoePa was more than just a football coach and that may be all that some people think of him as. To me JoePa was a legend and somewhat an idol. For as long as I could remember all I wanted to do was come see JoePa and his football team and how much he was one of the reasons I came to PSU.
–Chris Kovalski

How did Joe Paterno’s death affect you immediately?
& How do you expect it to affect you in the future?

It made me sad to see somebody who did so much for the school pass.
–Chris Faux

I was on the most trusted news outlet in the world, and by that I mean Facebook, so naturally I felt inclined to believe the statis of multiple people without citing a legitimate news source. After I got over my cynicism and I realized that JoePa was actually dead, I was taken back. I lived in a time where legends can die, but I also witnessed a time where someone could live to actually become a legend. In a strange way, this affected me positively. As for the future, well I can’t answer that for certain, but I can say that I shall always be Penn State proud. Even in light of the events of the last three months.
–John Devers

Losing Joe Paterno was like losing a landmark, something you’ve gotten used to seeing every day, a mainstay in your life—and it’s going to take a very long time to come to terms with the reality of the situation.
–Amanda Reiser

Joe Paterno’s death affected me very adversely. He has been an idol of mine since I was little, and always will be. No matter what people think of him after the allegations, he will always be my hero. He gave so much back to this university, and he changed the lives of so many people that the wrong-doings he committed in his life will never be thought of when I look back on his life.
–Casey Dawes
“Let’s also remember that not all revolutionaries were historically positive, though they were revolutionaries nonetheless.” - The Revolt, Issue 2, May 2010