Security upgrades continue at PSC

MARY JOHNSON
Copy Editor

New measures of security were implemented over the summer since last year, including the key card access points at the residence halls, the fitness center in the Al Wheeler Activity Center, and the Student Center game room, and new security cameras and lighting in and around the residence halls, parking lots, and scattered around the quad. Around campus you may also see a new night security guard, Jordan Hall, who has been employed at PSC since August. The security department has also planned for and completed multiple training exercises to practice for emergency situations that may occur on a college campus.

One of the security measures that continues to be updated is additional lighting on the campus quad and in other areas. According to PSC Security Supervisor Darrin Reeves, more lighting will be added to the Centennial Complex, Morgan Hall, and, in particular, the dark spot between the T.J. Majors building and the Little Red Schoolhouse. The Department of Homeland security will also be reviewing campus security through a free service that promotes safety and security. The Centennial Complex will be getting an upgraded fire alarm system, and all students will be able to take self-defense training courses later this year.

The 2011 annual campus safety report for PSC, including crime statistics, has been released. These statistics, compared with PSC’s sister schools, Wayne and Chadron, show a much lower occurrence of criminal activity on our campus. According to Wayne State College’s website, wsc.edu, their enrollment is highest among the three schools with 3,519 students enrolled as of 2012. Chadron State College’s website, csc.edu, stated that its enrollment is approximately 3,000 students, while PSC had a 2008-2009 enrollment of 2,327, according to the PSC website, peru.edu.

Chadron’s enrollment, while it has approximately 700 more students enrolled, had double the arrests and disciplinary referrals for liquor law violations. The school also had over five times more arrests for drug law violations than PSC. Wayne State’s statistics indicate they had twice as much burglary as PSC.

Vice President for Enrollment Management and Student Affairs Michaela Willis said, “Wayne State and Chadron State actually are larger than our campus by about 1,000 to 2,000 students which would be one accounting for the difference in legal violations reported in the annual campus safety reporting. Peru State is also in a more rural community and we are pleased that our campus safety statistics have always shown a safe campus environment for students. We do continue to promote safe behaviors to our students by encouraging awareness of surroundings, walking in groups, utilizing the security escort system, reporting suspicious or concerning behavior and safety concerns to Campus Security, and looking out for one another.”

Security Statistics

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<tr>
<th></th>
<th>Peru State College 2011</th>
<th>Chadron State College 2011</th>
<th>Wayne State College 2010</th>
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<tr>
<td>Enrollment</td>
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</table>

For more information, view:

Darrin Reeves is shown testing the fire alarms to ensure the safety of PSC’s students.

Photo courtesy of Jenny Trapp
Intern Spotlight: Mallory Sjuts

Mallory Marie Sjuts, a senior marketing major from Humphrey, NE, said about her completed internship at Norfolk Lodge and Suites, “My internship at Norfolk Lodge and Suites helped me better understand what it takes to run a successful hotel. Not only did I get to work with the marketing department, but I also got to work at the front desk where my duties ranged from creating reservations to running the night audit.”

Sjuts completed her internship during the summer in Norfolk, NE. She found the experience informative. “One huge thing I am taking from my internship is that the hotel is a team effort. If one employee fails to do their job correctly, then the rest of the employees struggle to get everything done properly before the arrival of the incoming guest. All in all, it was an outstanding internship. Seeing smiles of satisfied customers, meeting different people of different regions, plus learning more about local area businesses made every day of my internship worth it!”

WANTED:
Peru State Times
Editor in Chief
Assistant Editor
Ad Manager
Copy Editor
Writers
Layout Staff

* Paid positions
* Four issues a semester
* If interested, contact Kristi Nies
knies@peru.edu

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All letters to the editor are welcome, and the writers of those letters need not be students. Letters, cartoons, articles, pictures and any other material submitted to the Times must be signed by individual(s) submitting them and will be published at the discretion of the staff. The Times reserves the right to edit all letters, articles and other submitted materials for grammar, length and clarity. The Times also reserves the right to decline the publication of any materials, including paid advertisements, for any reason.

To reach the Times, send material to the Peru State Times through campus mail or to: PSC Times, Peru State College, P.O. Box 10, Peru, NE 68421 or e-mail us at perustatetimes@gmail.com.
Science students at PSC research alongside professors

MARY JOHNSON  
Copy Editor

Shelby Steele, a senior and double major Natural Science- Biochemistry and Biology student, is one of the undergrad student researchers under Dr. Richard Clopton, an 18-year veteran professor of Biology at PSC. Dr. Clopton and his four undergrad student researchers, including Steele, Joseph Fauver, a senior Natural Science- Biochemistry major, Jon Kolman, a junior Natural Science- Biochemistry major, and David Shaffer, a sophomore Natural Science- Biochemistry major, are researching gregarine parasitology. The researchers study research techniques first, and then are allowed to design their own projects to work on. Steele said, “In the lab, it’s more of a colleague thing than a student-teacher kind of relationship.”

The researchers’ website, Hotel Intestine, says, “In keeping with the traditions of our home institution, our program focuses on undergraduate teaching and research through hands-on training of the next generation of scientists.”

The opportunity to work in a lab allows students like Steele to write scientific papers that may be published in journals, as well as attend regional meetings, where they meet parasitologists and other scientists in their realm of study. Students who participate may also be recruited for other science programs across the country. Fauver is quoted on the site as saying, “My undergraduate research has been crucial to my education at Peru State College. By participating in undergraduate research I have been exposed to areas and fields of study that non-research students do not get the opportunity to see. It has shown me truly how dynamic science is. It has shown me what being a research scientist truly entails. Going to regional and national meetings has given me opportunities to not only present my own original research, but to learn from other people actively working in parasitology.”

For more information on their research, visit Hotel Intestine at science.peru.edu/hittest/.

Outside of the lab, science professors are appreciated by their students for help in other areas. Dawn Plympton, a Wildlife Ecology major, was told at the beginning of the semester that it was unlikely she would be able to continue her college education. After talking with a science professor, she did continue. She said, “The reason I’m still here is because of the encouragement, edification, and faith of a science professor for their students.”

Another Wildlife Ecology major, junior Jacob Dedrichson, thought he would not be able to graduate on time because of class rotation. After talking to Dr. John Hnida, he was able to substitute the course. Dedrichson said, “Because of a science professor’s help, I will be able to graduate on time.”

CATS building offers tutoring services for student success

JESSICA MERRILL  
Staff Writer

Most of us have been in the CATS building, attached to the Library, for classes or meetings, but it offers so much more than just that. Within the CATS building, students can also find academic support services, such as tutoring, early warning, career services, testing services, TRIO-SSS, withdrawal counseling, internship programs, probationary advising, disability accommodations, advising for undeclared students and more.

Tutoring services offered at Peru State are versatile and top notch. Marie Meland, Americans with Disabilities Act coordinator says, “We’re here to help students be successful and we do that by offering free resources and a friendly staff of tutors and professionals. We hope that students will come in and make the most out of them.”

The first type of tutoring services that students can receive is a standard multi-subject walk-in tutoring lab, which is available Monday-Thursday from 8:00 am-5:00 pm, depending on tutors’ schedules, and is located on the main floor. Next is the Math Lab, located in the basement of the CATS building. The purpose of this lab is to provide instructional support for Math 100, Elementary Algebra. The Math Lab is open from 8:00 am-5:00 pm, Monday-Thursday, depending on tutors’ schedules and is offered not only in the computer lab itself, but also outside of the classroom in an open study area. This lab is especially convenient because students enrolled in Math 100 must complete a certain number of hours in it throughout the course. The Math Lab is also available to all students in other math classes as well, when the regularly scheduled classes aren’t in session.

Another lab offered is the Writing and Speaking Lab, which students can find on the top floor and has not only student tutors, but a professional tutor as well. The Writing and Speaking Lab has computers and reference manuals available, so students can work on assignments and have access to tutorial support when they have questions. The lab also has a private video room where students can record themselves practicing speeches and/or engaging in mock interviews for self-critique and, if desired, feedback from tutors.

There are tutor-facilitated group studies. These sessions’ locations and times are decided by the group of students participating and the tutors as well. A full list of current group study session meeting times and tutors, along with services that students must request by appointment can be found online at www.peru.edu/cats/tutoring.htm.

Finally, for students registered in Student Success Services (SSS), one-on-one, weekly tutoring sessions may be scheduled by contacting anyone in SSS. The peer tutors will not do the work for students; rather they help them with learning concepts and strategies. They are well-learned in the subject they are teaching, recommended by professors, must go through a background check and submit an official application, in addition to receiving an A or B in the course. Dedrichson said, “Because of a science professor’s help, I will be able to graduate on time.”

Students take a science walk with Dr. Hnida.

Photo courtesy of Shelby Steele
New music faculty brings experiences to PSC show choir

Peru State College gained some new faculty this year in several offices. Here is a closer look at one of our new professors who is right out there giving another face to Peru State College. Dr. Jacob Bartlett is the new assistant professor of music. Dr. Bartlett has a diverse background in music and is helping to inspire his students to reach for higher goals and beyond.

Dr. Bartlett’s background in music is allowing him to introduce new ideas to the PSC music department. He graduated from Northwest Missouri State University with his bachelor’s in music education; he obtained two master degrees from the University of Nebraska-Lincoln, one in education and one in performance; then he obtained his doctorate form the University of Nebraska-Lincoln. With obtaining those degrees, he has performed in numerous operas, musicals, choirs and has directed multiple choirs. He has competed in barbershop quartet and chorus competitions all around. And prior to coming to Peru State College, he founded and organized a brand new show choir in Gillette Wyoming for Gillette College.

Dr. Bartlett made the comment, “The feeling of community and a beautiful campus are something that bring the whole picture together. A small, tight knit community of friends and colleagues make it feel as if you aren’t necessarily working, but doing something which you enjoy.” This seems to truly embody not just the college as a whole but the music department in particular.

When asked about what they think about Dr. Bartlett, students have nothing but good things to say about him. Talia Cole, a senior music education major, said, “He’s great! He is fun, but makes [his students] work hard, and I saw an improvement in my singing in a short amount of time.”

When asked about how he feels about the seemingly new direction of the Misty Blues Show Choir, Lowgaen Schmidt, a sophomore music performance and music marketing major, had this to say, “I think it’s great. It feels like there’s a lot more energy, a lot more excitement, and the outfits are awesome. I’m excited to see what the next few years have in store for the group.” This has been one of Dr. Bartlett’s goals from the very beginning as well as to create a better team attitude among the group and a better sense of self-worth for each member of the group. Ask any member of the Misty Blues, and they will be able to say that he has done this very well, which is evident when they perform.

Students who attended the Forty-first Annual Show Choir Festival on October 23 and 24, may have seen one big change for the Misty Blues: costumes. Some people have joked about how the costumes are no longer blue; not mirroring either the group name or the school colors. Most people seem to think that the name Misty Blues was created because of the school colors. This is wrong. The name was created in imitation of a popular music group from the time of the inception of the Misty Blues, and even if the name was created with the school colors in mind, there are a lot of groups who may have the school color in their group name, but their costumes are different.

Dr. Bartlett feels passionately about music, and feels choir is an excellent place for anyone who feels the same. He explained, “The choirs at PSC are a wonderful opportunity for everyone to express themselves and just let themselves go musically, and in our show choir’s case, physically. Anyone is welcome to come have fun with us on Monday nights, and we hope that many will join us next year! I am so proud of our group this fall, and look forward to the spring. Anybody interested in show choir or applied voice should contact me at jbartlett@peru.edu.”

JACOB BUSS
Contributing Writer

Peru State Times
November 5, 2012
Vol. 90     Issue 3
Peru State Times

Trinity Lutheran Church
Christian Growth Hour 10:15 AM
Regular Worship Services Begin Each Sunday at 9:00AM
634 Alden Drive - Auburn, NE
CHLOE LANGFORD  
Contributing Writer

Before I begin this article, I feel it’s very important for me to stress that this article in no way is supposed to shed a negative light on Peru State’s campus. Anyone would tell you that I love Peru and would never want to say anything to make it look bad in any way, but with the power of the press, I feel that this is an important issue to be informed about and aware of.

With that said, I can recall last year when the announcements of the new stadium came out it was all over my Facebook news feed. I remember scrolling through seeing a lot of negative statuses about it saying we didn’t need one, that it was too much money, etc. etc. I never really had a negative opinion about the stadium; in fact, I really didn’t have an opinion at all. I was pretty neutral about the whole situation, until recently.

Sitting at the Homecoming festivities listening to the speeches and talk about the new stadium, I suddenly was infuriated; a $7.5 million stadium, $5.5 million for Delzell has no elevators in it. To get into Morgan Hall, and then Jindra, the president, Jindra, Morgan Hall and the Fitness Center have all been completed. The grounds people have done a nice job of improving things like sidewalks and benches, and now PSC is working on plans for Delzell, the Student Center and TJ Majors.

The point I want to make is that the money that is going toward the Oak Bowl couldn’t be used for anything besides the stadium. The major state buildings like the Library, CAT’s building and Hoyt have all been renovated with state funds. I suddenly was infuriated; a $7.5 million stadium, $5.5 million for Delzell, the Student Center and TJ Majors.

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Youth should respect their elders and each other

MICHAELA WOLVERTON  
Contributing Writer

Children, teenagers, young adults and even adults are very ungrateful these days. I notice this every time we have a group of high school students on campus. Whether they’re here for a campus tour or here on some

President Hanson sheds light on how funding works

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Sitting at the Homecoming festivities listening to the speeches and talk about the new stadium, I suddenly was infuriated; a $7.5 million stadium, $5.5 million for Delzell has no elevators in it. To get into Morgan Hall, and then Jindra, the newest building on our campus, was also $5.5 million. I couldn’t help but ask myself how are we getting this $14 million stadium when our campus isn’t even completely handicap accessible?

In TJ Majors, the only elevator for wheelchair-bound students is all the way in the back of the building, and an inconvenience. Delzell has no elevators in it. To get into the Student Center, someone would have to wheel all the way to the bottom and their way back to the top to enter, and once inside they can’t go from upstairs to downstairs. Out at the Complex there are no elevators, and the walk there is dangerous because of the jagged sidewalks.

To get into Morgan, you can’t enter from the back or the sides like most girls do. You’d have to start out all the way down by Jindra and roll your way up. In the theater you can’t get upstairs, and it would be hard to get on and off stage. As of right now, the Oak Bowl is not accessible for handicapped students, and not only is a lot of campus not handicap accessible for students in wheel chairs permanently, but what about kids who sprain their ankles and are on crutches?

Getting around is already a hassle, but on crutches, on this campus, is basically a nightmare. After I came to this realization, I decided to schedule a meeting with President Dan Hanson. I was really nervous about bringing up something negative about our campus with him, but the interview turned out to help me understand a lot more about our campus, how funding works and made me realize that our campus is doing a lot to improve, but it can’t happen overnight.

President Hanson informed me that none of our operational funding is going towards the new Oak Bowl. Governor Heineman gave us a $7.5 million grant. Peru State has raise $1.5 million, and then we will receive $2.5 million. $300,000 was donated from the Sapp Brothers, and we are hoping for other donations. We may use capital improvement funds, which are held at the system level and can only be used to go toward state property.

In simple words, the money we are getting for the stadium could not be used to help make our campus more handicap accessible. Certain funds can only be used for certain things.

We have LB309 tax force on building renewals; it is used across the state to improve only state buildings and has a special focus on ADA concerns. The LB309 is how we paid for the majority of Jindra, LB309 and other sources of state funds do not help with the residence halls. How we receive funding for places like the Complex or Delzell, which are in need of repairs, depends on resident enrollment. President Hanson is aware of these issues and knows what needs to improve on our campus, but he has made a lot of improvements over the years.

Since President Hanson has been president, Jindra, Morgan Hall and the Fitness Center have all been completed. The grounds people have done a nice job of improving things like sidewalks and benches, and now PSC is working on plans for Delzell, the Student Center and TJ Majors.

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Youth should respect their elders and each other

MICHAELA WOLVERTON  
Contributing Writer

Children, teenagers, young adults and even adults are very ungrateful these days. I notice this every time we have a group of high school students on campus. Whether they’re here for a campus tour or here on some

other account, there’s the 50 percent who remember that they are guests on our campus and then there’s the 50 percent who think they rule the world.

You know who I’m talking about: the adults who interrupt our student Ambassadors while they’re giving tours because they know what they’re talking about or the students who take up all the space in the restrooms or cafeteria and don’t do much as look at you when you say a polite “Excuse me.”

It can take a lot to be the bigger person and be nice to people when they’re on “your” territory, but to those of you who manage to do it -- keep it up. You’re in the 50 percent of people who actually know better.

But when did this become such a problem?

I was taught at an early age to respect my elders and that if I was a guest somewhere, that’s exactly what I was. When my high school went on field trips or I had a speech tournament or music competition, we didn’t take laptops or tablets with us. We actually enjoyed the trip. The days, kids younger than high school age already know how to work a smart phone -- something I’m still trying to figure out -- and they can figure out things on a computer much faster than I ever could. My seven year old niece wants a cell phone. I didn’t even know what a cell phone was until my parents started using them. My two year old nephew can hook up, turn on and play a Nintendo Wii system without any help.

The difference is that they’re polite and grateful about it, which isn’t the case for some children.

Wanting to find more information on the matter, I used Google and found a few interesting ideas via Yahoo! Answers, the question simply being: “Why are we so ungrateful?”

“Because children are getting so much these days and they are not being taught respect for themselves, others and what they get. They aren’t being disciplined, they aren’t having to go without, society seems to be all about getting everything.”

Another answer given online had a similar thought,

“Most kids these days don’t even have to walk to their friends or school. Their parents give them rides, things are done for them all the time. Many people spend hundreds on their kids for their birthday and hundreds or even thousands on them for Christmas. They are being over indulged left, right and center so they think they are entitled to everything. These scenarios do not make for grateful children.”

The webpage had such a tiny scroll bar, it was full of so many similar answers. So it seems I’m not the only one noticing how people, especially children, these days seem ungrateful for what they have.

Think about it, and the next time you’re given something you may or may not deserve, imagine if it hadn’t happened.

What if you woke up today and you had suddenly lost everything you never said a simple “Thank you” for. What would you be without?

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Figures from History: Barack Obama, 2012 Democratic presidential candidate

RAEANNA CARBAUGH
Contributing Writer

Barack Obama was born in Honolulu, Hawaii on August 4, 1961, to Ann Dunham and Barack Obama Sr. Obama’s education in the early years varied due to the fact his parents split at an early age. From ages 6 to 10, Obama moved with his mother and step-father to Indonesia where he received education from the local Indonesian-language schools. In 1971, Obama moved back to Honolulu to live with his grandparents. While there he attended Punahou School, which is a private college prep school. In 1979, Obama graduated from high school and moved on to study anthropology at the University of Hawaii. After he graduated college two years later, Obama was hired on as the Developing Communities Project director, which was a church based community organization that was comprised, originally, of 8 different Catholic parishes on the South Side of Chicago. While there he helped to set up job training programs, a college prep tutoring program, and a tenant’s rights organization.

Obama is a very family oriented man. He likes to keep his daughters out of the spotlight as much as possible, and likes to keep their lives out of the media. His wife, Michelle Obama, has created her own “get healthy” campaigns, partnering up with media sources like Disney Channel. Barack and Michelle met in June of 1989. Michelle was assigned as a summer associate to the Chicago law firm Barack was working for. After three months of knowing one another they began dating; in 1991 they became engaged; and on October 3, 1992 they were married. Their first daughter, Malia Ann, was born July 4, 1998, and their second daughter, Natasha, was born on June 10, 2001.

Later in his career, Obama entered into a two-year position at the University of Chicago Law School, as a Visiting Law and Government Fellow to work on his very first book. While there, he taught as a lecturer for 12 years. In 1992, Obama directed the Illinois’ Project Vote, which was a voter registration campaign with 10 staff members and 700 volunteers. Later that year the program achieved their goal of registering 150,000 of the 400,000 unregistered African-American people to vote. Due to his contributions to the United States, in 1993 Obama was placed on the list of “40 under 40”.

As his career began to take off in 1996, Obama was elected to the Illinois Senate. Right from the get-go, Obama began reforming the ethics of politics and health care laws. He sponsored a law that increased tax credits to low income workers, negotiated welfare reform, and promoted increased subsidies for childcare. Obama was reelected in 1998, as well. In January of 2003, Obama was elected to be the chairman of the Illinois Senate’s Health and Human Services Committee.

While Bush was President, Obama spoke out against the war and held an anti-war rally. When Obama was sworn in as a Senator on January 3, 2005, he began his political work immediately. In 2008, Obama ran for president and won against Republican John McCain. He is currently running for the 2012 Democratic vote.

Africa to Peru: Celebrating Halloween and other festivities

AMA BIKOKO
Contributing Writer

Holidays and festivities are amazing things. They bring families, friends and strangers together to celebrate an event that is meaningful to the community. Halloween is one of those amazing holidays. My first Halloween was exciting because I got to experience one of the high points of American culture.

The origin of Halloween was remarkable for me. Halloween began as a day to mark summer’s end for early Germanic and Celtic tribes. When the Romans took over the land, they added their influence to this day and made it a day to honor the dead and thank a Roman goddess for a good harvest. In the sixteenth century, when the Romans had converted to Christianity, the day was converted to All Saints Day. This is when people began to wear gristy costumes to signify the dead. Though All Saints Say was later moved, the tradition of wearing costumes stuck. Then when Europeans migrated to the Americas, the different Halloween customs began to meet and “trick-or-treat” was developed. Finally, in the 1950’s, leaders made Halloween a holiday that was aimed at the young to limit vandalism. Personally, I find this holiday to be unique because it’s a manifestation of the diversity that made this country what it is today. There are several aspects of this holiday that I am major fan of. The first and most important aspect is all the chocolate, candy and certain foods that come out of this holiday. It is great that little kids can go knock on a door and people willingly give them an assortment of goodies. I find this tradition as a reflection of a community caring for its future in a simple, fun way.

The second greatest aspect of this holiday has to be the costumes. It was really great to see the creativity people put into making their costumes that bring out multiple emotions. The haunted houses that come out is the third aspect I like. I am not a person that scares easily and going through the two I attended did not scare me in any shape or form. What was entertaining, however, was the different reactions of other people in the haunted houses. I can honestly say, I have never seen people react in so many different, comical ways to the exact same situation.

The last thing I like about this holiday has to be the community coming out and just having a good time. Halloween and the festivals associated with it are one of my favorite parts of the American culture. It is a holiday that brings out some of the best aspects of Americans. My first Halloween experience is something that I will look back on and smile about every time.

Early Registration

Begins Tuesday, Nov. 13, for Seniors, Nov. 14 for Juniors, and is open for everyone on Nov. 15. Schedule a meeting with your advisor ASAP.
Nebraska native uses PSC’s history for artistic inspiration

SARAH MATHEWSON
Contributing Writer

Peru State College holds a place in the hearts of many students and community members. It also holds a place in the heart of Natalie Sorenson, who has let the history of PSC inspire one of her recent projects.

Sorenson is an Omaha, Nebraska native who has been residing in Canada as an artist for the past decade. Sorenson is currently working on an installation made of small watercolors, sculptures and videos that draw upon the history at Peru State College around the turn of the century.

The project spans from the year 1807 to the year 1907 and is based upon the book The Hills of Peru, which can be found in the PSC Library.

Though her project is based on PSC’s past, Sorenson had to look into her own familial history to find her inspiration. “My great-great-great aunt actually wrote The Hills of Peru,” stated Sorenson. “[The book] depicts life and culture at that time.”

The creativity that develops as a result of isolation is the driving theme of her continuing project. Sorenson explained that all of the paintings she creates are based on photographs from the school that support her theme of creativity in isolation during that time period.

Sorenson has gathered historical information and images from the Nebraska State Archives in Lincoln as well as from the archives here at PSC.

“Now that I’m back in the PSC library, the project is picking up momentum as I’m exposed to more images,” said Sorenson.

This three-year project is expected to be finished within the next year and a half. At its completion, Sorenson would like to show it at PSC, then branch out to the state of Nebraska.

Healthy Choices: Tips for the holiday season

ALLIE BUESING
Contributing Writer

Thanksgiving and Christmas are right around the corner, which means time to go out and buy those stretchy comfy pants that fit just right after holiday dinners. To those who are trying to live a healthy lifestyle, this can be the most overwhelming and scary time of the year. It doesn’t have to be, though. With these few tips you can have yourself an enjoyable, healthy holiday season:

Just because you know you are going to a holiday dinner that night, don’t skip breakfast and lunch. Even though you think you’re saving your caloric allowance for that night, you are more likely to do yourself more harm than good. Your body will go into starvation mode, and it will be hard to eat small portions, and you will be more likely to indulge more than you were wanting to. Eating nutritious meals with protein and fiber before will allow you to not eat as much and make wiser choices in foods and beverages.

Before heading to the buffet and loading your plate, plan ahead for portion control. Take a look at the food choices and know what you are going to have. Try to fill most of you plate on veggies and lean proteins, such as turkey and chicken. Try to skip on dressings and added condiments. For example, try to skip the cranberry sauce or gravy for the turkey. Then from there you can have a small portion of your holiday favorites. When choosing those holiday favorites if you have two favorites try to pick the healthier choice. For example pumpkin pie is a holiday favorite and probably one of the healthier choices in pies. Try to also pick and choose what you are going to splurge on and try to make it one thing. For example if you decide you’re going to have a little slice of pumpkin pie for your splurge then don’t also splurge and have some cheesy green bean casserole with your meal. Pick and choose where you are going to splurge. Most importantly try to not go back for seconds.

The holiday season should not be all about the food. If you focus more on family and friends you are more likely not to focus on the food. Try as a family to bring healthier choices to holiday dinners. Get together as family and friends after holiday dinners and participate in active activities. After my family holiday dinners, we all go on a walk together or play football in the yard.

The holiday season doesn’t have to be scary for those living healthier lives. You can still find ways to eat your holiday favorites and avoid sabotaging your healthy lifestyle. Lastly, during the holiday season, be realistic- try not setting a goal of losing a certain amount of weight; try to set the goal of maintaining weight. During the holiday season, there is no reason to dig out those stretchy comfy pants because you are going to maintain a healthy lifestyle during the holiday season.

PEAKS will have a booth that we will be doing BMI testing and eating tips for Thanksgiving on November 19 in the Student Center from 11:00 a.m. to 1 p.m.

Healthy Options in Holiday Food

Turkey: Choosing white meat of the turkey will save you 50 calories and 4 grams of fat per 3 oz.

Pie: (1/8 slice of 9 in pie) Pumpkin pie is the best choice when it comes to pie. Compared to apple pie pumpkin pie will save you 100 calories and 5 grams of fat.

Holiday Drink: Even though eggnog is a classic holiday drink you can save a ton of calories, grams of fat and sugar by drinking hot chocolate instead.

Holiday Sides: Instead of having a baked potato loaded with butter and sour cream try roasted red potatoes. It can save you about 250 calories and 10 grams of fat.
Bobcats prowl into basketball season

PATRICK KING
Staff Writer

With the Peru State Bobcats men’s and women’s basketball season just around the corner, coach Troy Katen (men’s basketball head coach) and Maurtice Ivy (women’s basketball head coach) are ready for their seasons to begin. “We’re ahead of schedule from last year. We just need to tweak a few line ups and we are ready to play someone besides ourselves,” said Katen. “It’s hard to tell how prepared our team is for the season. We have done a good job of recognizing areas we need to work on. We had a couple of scrimmages where we didn’t really keep score, but we ended up winning. We have an excellent group, not just one individual, and fans are going to like what they see if they come to our games,” said Coach Ivy. Despite how ready a team is for the season to begin, they also have challenges that they need to be aware of. The men’s and women’s basketball team have different challenges that they look to improve on. The Bobcats women’s basketball teams biggest challenge is to create more chemistry between the players because they have a total of eight new players that transferred in this year. The Bobcat men’s biggest challenge this year is conference play because two of the teams that they play are ranked in the top 25 and a third is receiving votes to become ranked.

Both teams have goals that they create for themselves to accomplish throughout the season. It isn’t just individual goals, but it is also team goals as a whole. “Our goal is always to be successful on the floor and compete for a winning title,” Katen said. “Our main goal as a team is to be better than we were last year, but also a big goal for our team is to win conference and compete in a National title,” Ivy said.

The Peru State College women’s basketball journey began on November 2 as Peru took on Tabor College at home for their first game of the season at the AWAC. The men’s basketball journey begins on November 6 as the Peru State College Bobcats host Doane College in the AWAC. Be sure to support both teams as their journey begins and both teams compete for a Conference title and maybe even a National title.

Volleyball team achieves victory and supports breast cancer awareness

PATRICK KING
Staff Writer

October 20, 2012 was a great day to end senior day and show your support as the Peru State College Bobcats took the court for the final time at home this season and ended their home game season with a victory. The Bobcats took the court, with their pink uniforms supporting breast cancer awareness month, against Central Methodist University Eagles, winning the match 3-1.

The Bobcat volleyball seniors consist of Becky Boshart, Katlyn Donovon, Tara Gonzalez, Emily Maresh and, last but not least, Alicia Petak. The Bobcats started out strong, taking the first and second games of the match with a score of 25-21 and 25-19. They couldn’t quite get the job finished as Central Methodist University took the third game with a score of 25-20 because Central Methodist University didn’t want to end the match with a blowout. The match ended up going into a fourth game where the Peru State College Bobcats were able to regain control to take the fourth game with a final score of 25-16. This game helped the Bobcats improve their record to 9-21 overall and 2-6 in the Heart of America Athletic Conference. The Eagles fell to 7-20 for the season and remained winless in the HAAC with a record of 0-8. Tara Gonzalez helped lead the team to victory with a total of 12 kills and hit a .280 in the game. Gonzalez also had one solo block and two block assists.

Brittany Peterson and Carrie Lierz also each finished with a total of nine kills. Following closely behind them was Alicia Petak with 8 kills and a team-high hitting percentage of .500. Lindsey Nelson wasn’t too far behind with 6 kills. Leading the Bobcats in assists was Courtney Jurek with a career-high of 30 assists, which is extremely good in a two-setter system. Jurek also finished the game with two service aces. Paige Riza contributed 11 assists and had one block assist. It can’t all be done offensively though; defense is also a big factor in deciding whether a team wins or loses a game.

The Bobcats were led defensively by Emily Maresch and Becky Boshart with 23 and 12 digs each. Maresch also had four service aces in the Bobcat’s win. Peterson helped contribute to the teams’ victory by getting the other solo block for the team and having four block assists. Close behind her was Lierz, who added one block assist.
SAAC assisted with Red Ribbon Fest 2012

(Peru, Neb.) – Free games with prizes, free food, Cookie Monster. What more could you want to have available on a cool Friday night in October?

The Student Athlete Advisory Council (SAAC) was one of many community organizations which assisted in the 2012 version of NADAA’s (Nemaha Against Drug and Alcohol Abuse) Red Ribbon Fest which was held Oct. 19. The event was held inside of the Auburn High School.

Jordan Johnson watches his try at Plinko while SAAC member Toni Blackwell observes (m) along with Jordan’s mother Jacey

Families were encouraged to come and spend time together with food, prizes, games and activities – all of which were free. In addition, everyone had a chance to meet and take pictures with Cookie Monster.

Katie Potter (Omaha), the 2011-12 SAAC vice president, was pleased to help coordinate SAAC’s efforts for this year’s event. Potter said, “The kids, and their parents, too, seemed to all be having a great time and were very happy when they won some prize, which was donated by various athletic teams, CAB and the Bobcat Bookstore.”

NADAA Coalition Coordinator, Laura Osborne, a Peru State graduate herself, was excited to have SAAC assist again with the event. Osborne was pleased with the night’s turnout and said, “We are always pleased when college students come and help with the festival. The plinko game is always a hit and those representing SAAC and the athletic department helped make the event a success.”

“It was a neat experience,” noted SAAC softball representative Toni Blackwell (Papillion). “I am not sure who had more fun, the kids or those of us helping with the event.”

Assisting Potter and Blackwell were women’s basketball players Jasmine Lockwood and Ayana Smith (Colorado Springs, Colo.). Lockwood and Smith had a hard time hiding their excitement while having their photo taken with the Cookie Monster.

Potter concluded, “I hope SAAC continues to stay involved with the Red Ribbon Festival and helping NADAA as this is a great community and family event.”

To keep updated on the ongoings of your favorite Bobcats teams via text message, sign up at http://www.pscbobcats.com/member/sms_signup.aspx to receive free alerts about the scores of sporting events and other exciting athletics news!
J.K. Rowling cemented herself as one of the worlds greatest children’s authors with the Harry Potter series. Her books are loved by more than just children. People of all ages love them for they have everything a good book needs: love, friendship, betrayal and everything else in between. When J.K. Rowling announced she was writing another book, it caught everyone off guard. There is no magic in her new book The Casual Vacancy, so is it worth even reading?

It should be noted that this book isn’t for children. In fact, it’s far from it. It’s filled with suicide, rape, beatings and more. The book is set in the village of Pagford where an unexpected death triggers a “vacancy” in the town’s government. A conflict over what the village, which is filled with poverty and drug-stricken citizens, should do with the crime-infested housing project. It revolves around multiple characters, each of them with their own unique flaw.

The entire book is filled with unlikely people, some of which are just plain awful. Every single one of them is unhappy and it gets worse as the book goes on. Many of them won’t ever figure out their life, forever doomed in self pity. While this sounds bad, it actually makes for a somewhat decent story. J.K. Rowling is very good at making her characters complex and human, making even the worst characters likeable.

The book has a slow start and goes into way too much detail at times. It’s almost as if J.K. Rowling wanted to prove that she could write adult fiction by filling it with as many adult themes as she could. It becomes something that can be both hated and loved at the same time. While the detail worked in the rich environment of Harry Potter, it becomes too much at times.

With a book five years in the making, every fan of hers was expecting another work of greatness. I believe she only made it halfway there. The book has strong potential. The characters are complex and enjoyable, but the overall plot suffers greatly. The plot was almost like an afterthought. This book is very hit-and-miss. Some will like it, others will completely hate it. It just how much you take stand the book has.

November 1-4, Peru Theatre Company put on a show called Eat, It’s Not About Food, which deals with eating disorders and issues with body image. While this play included many important facts, students can continue to educate themselves on the signs and symptoms of eating disorders.

Body Dysmorphic Disorder is a type of mental illness where the person complains of a defect in either one feature or several features of their body; or vaguely complains about their general appearance, which causes psychological distress that causes clinically significant distress or impairs occupational or social functioning. Often BDD occurs with emotional depression and anxiety, social withdrawal or social isolation. Out of the many people suffering from this illness, about 22% of them are concerned with their weight. While personality traits can greatly affect the susceptibility of this Body Dysmorphic Disorder, it is also theorized that media can play a large role in this as well.

Eating disorders are prevalent in our society as well. From anorexia nervosa to bulimia, five to ten million Americans are suffering from them. Students at the high school and college-aged level are most likely to suffer from an eating disorder with facts showing about 90% of eating disorders occurring through the ages of 12-25. Over one-half of teenage girls and nearly one-third of teenage boys use unhealthy weight control behaviors such as skipping meals, fasting, vomiting and taking laxatives. The main types of eating disorders include anorexia nervosa, bulimia, anorexia athletica, and binge eating.

Although anorexia nervosa is characterized by many things, it is essentially the refusal to eat, whereas bulimia is the cycle of eating and then purging. Those two disorders are discussed a lot in school. However, there are disorders that people wouldn’t think about. Grace Cole, a sophomore liberal arts major, played Amy, a character with anorexia nervosa. Just by acting as a person with an eating disorder, Cole experienced changes in the way she felt about food. Cole said, “While working on this character these past two months, I’ve been hungrier than I’ve been in my entire life. I’ve really learned the importance of making sure you’re full before you do things otherwise you’re just stuck there for four hours with a rumbling stomach.”

Photos courtesy of www.hypable.com
Image courtesy of Peru Theatre Company

Rowling’s new book does not live up to Harry Potter series

JESSICA MERRILL
Contributing Writer

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Binge Eating Disorder (BED) is characterized by recurrent episodes of binge eating that occur twice weekly or more for a period of at least six months. During binging, a larger amount of food is consumed in a short time and the person engaging in the binging behavior feels a lack of control over the eating.

Lastly, Anorexia Athletica is a constellation of behaviors on the eating disorders spectrum. Although not recognized formally by the standard mental health diagnostic manuals, the term Anorexia Athletica is commonly used in mental health literature to denote a disorder characterized by excessive, obsessive exercise.

While these disorders seem far-fetched and unbelievable, it is possible that someone you know could be suffering from them. If you are worried about a friend or feel that you might be consumed by an eating disorder, the most important thing to do is tell someone and get help as soon as possible. To find out more information on eating disorders, feel free to check out www.eating-disorders-treatment.com
Dear Editor,

It is about time someone said something. My reputation is horribly misunderstood. It is as if I am the ghost floozy of Peru State College. It is as if you all honestly believe that I am the only ghost here. Sorry to burst your bubble, but my story barely scratches the surface of this wonderfully old and haunted campus.

When I was working here in 1872, we had ghost stories too, but they were at least more creative. How lame is your story? You almost feel sorry for the other ghosts around here. They never get credit for their fun. If anything unexplainable happens around here, everyone automatically jumps to the conclusion that I must have something to do with it. I will be honest, I do enjoy playing tricks on people, but it is not the only form of entertainment. I am stuck here, might as well have some fun. And while I am not the only one! I am not some kind of endangered species. I only haunt those in my line of life and death. I am a respectable woman in both life and death. Children today simply do not understand how to behave. It would be a lie if I said I never messed with my Morgan girls. Every girl that goes through Morgan Hall is one of my daughters. In reality, when I “haunt” one of them I most likely am just trying to teach them a lesson. They never see it that way, however. To them I am just scary. I am just a fun story to tell the freshmen to scare them. I have always gained popularity around this time of year every year for as long as I can remember. I have been dead so many years that no one ever blinks twice. They believe anything anyone tells them. As if the upperclassmen are so wise that their facts never turn the music off here in Morgan Hall. Anyway, this young lady sings her baby a lullaby every night. She wears these God-awful high heels that click while she walks up and down the halls. She is a rather odd ghost because she is afraid of the dark. She often turns the lights on in one of the classrooms. She is a ghost who is most frustrated. I would not be surprised if she is not the cause of some of these haunting that everyone blames me for.

Letter to the Editor: Morgan Hall ghost lays down the law

JENNY TRAPP  
Layout Editor

People die every day. Of course there are other ghosts around here. What makes me so special? The college is dangerously close to a cemetery. Has no one ever thought about those ghosts? Or what about the boys down at Delzell? Back in World War II, US Navy officer training recruits lived in that old smelly place. News flash kiddos, not all those Navy recruits made it out of World War II. Who ever said they would not come back to Peru where they had some very interesting and fun memories. Those boys have some great stories if you ever have a few minutes to listen to their stories. They are quiet boys; you might have to listen closely, but they will whisper you their story.

There is a lovely woman who is saddened by a horrible sorrow who spends her nights in T.J. Majors. She passes the floors twice. My story is passed down through Morgan Hall is one of the Administration building have been there since their death in 1950. The President and the Vice President in 1950 are two very kind gentlemen. They do not do too much “haunting,” but rather they just try to live their “lives” day by day.

This campus is old. We have ghosts. I am not the only one! I am not some kind of endangered species. I only haunt those in my line of life and death. Children today simply do not understand how to behave. It would be a lie if I said I never messed with my Morgan girls. Every girl that goes through Morgan Hall is one of my daughters. In reality, when I “haunt” one of them I most likely am just trying to teach them a lesson. They never see it that way, however. To them I am just scary. I am just a fun story to tell the freshmen to scare them. I have always gained popularity around this time of year every year for as long as I can remember. I have been dead so many years that no one ever blinks twice. They believe anything anyone tells them. As if the upperclassmen are so wise that their facts never turn the music off here in Morgan Hall. Anyway, this young lady sings her baby a lullaby every night. She wears these God-awful high heels that click while she walks up and down the halls. She is a rather odd ghost because she is afraid of the dark. She often turns the lights on in one of the classrooms. She is a ghost who is most frustrated. I would not be surprised if she is not the cause of some of these haunting that everyone blames me for.

Every building on this campus has things that go bump in the night. If you are ever alone in the A.V. Larsen you would swear you weren’t alone. Unexplainable noises, cold gusts of wind, and the sound of footsteps are just a few things I have heard people complaining about. The college theater has many tales about “hauntings,” too.

The two gentlemen from the Administration building have been there since their death in 1950. The President and the Vice President in 1950 are two very kind gentlemen. They do not do too much “haunting,” but rather they just try to live their “lives” day by day.

Happy haunting,

Eliza C. Morgan
Dean of Women
Peru State College Ghost
Dear Maebelle,
What are some great ways to get involved on campus?
Bored in Paradise

Dear Paradise,
There are so many clubs on campus. Go ahead and pick one. You could also tutor or volunteer or something. Oh! I have an idea—go online to the website, you know, where they list the clubs. Play ennie, meanie, minni, mo, and then what ever one you land on, go to that one. Careful, we might have a fire eating club. Some of the clubs on campus are ancient and haven’t been updated. Mae

Dear Maebelle,
My boyfriend cheated on me, and I don’t know what to do! HELP!
Cheat’s Sweetheart

Sweetie,
Three words for you, Hunnie, that you probably don’t want to hear, but I’m going to tell you anyways: DUMP HIM NOW! If he can’t see you and only you, then he doesn’t deserve you. No girl should be treated horribly. They should be treated like a princess, Beefy,

I was told that is a healthy alternative, so that is what I am telling you, even though that is not what I believe. I believe they are infusing the chicken with a mind control drug, and it makes us all zombie like, and we obey more easily. They have to keep up the dosage otherwise people start disobeying.
Mae

Dear Maebelle,
I absolutely love the Build a Bear thing that CAB does. Why do we college kids enjoy stuffed animals so much?
Stuffed with Lurve

Dear Lurve,
Possibly because they’re free, and greedy people like free things? No, but seriously, people enjoy them because they bring us back to our childhood. Just like we enjoy naps and blankets and cuddles. Things we took for granted as children we enjoy to the fullest degree now. Seems a little backwards, doesn’t it? But that’s just how it is.
Mae

Dear Maebelle,
I’ve been so freaking tired all the time, but I don’t have time to go back to my room and just take a break. Any good places to take a nap on campus?
Sleep or Weep

Sleepy,
The library. Hands down. I snooze there every day because it’s quiet and warm, and those chairs in the main lobby are fantastic napping chairs. Especially when the fire place is on. Ooh, man. I think I’ll go there and take a nap right now. Jindra isn’t too bad of a place either if you don’t mind listening to out of tune musicians practice their instruments. Then again, who practices? Probably would be just as quiet there as the library.
Mae

Dear Maebelle,
I hate exercise, but love having my own microwave.
One Stop Shopper

Lazy,
Pretty sure these buildings were around before it was considered a social norm to eat half our body weight in ramen and chocolate. So...I can’t really answer that one with a for sure answer.
Mae