

Graduation Reminders

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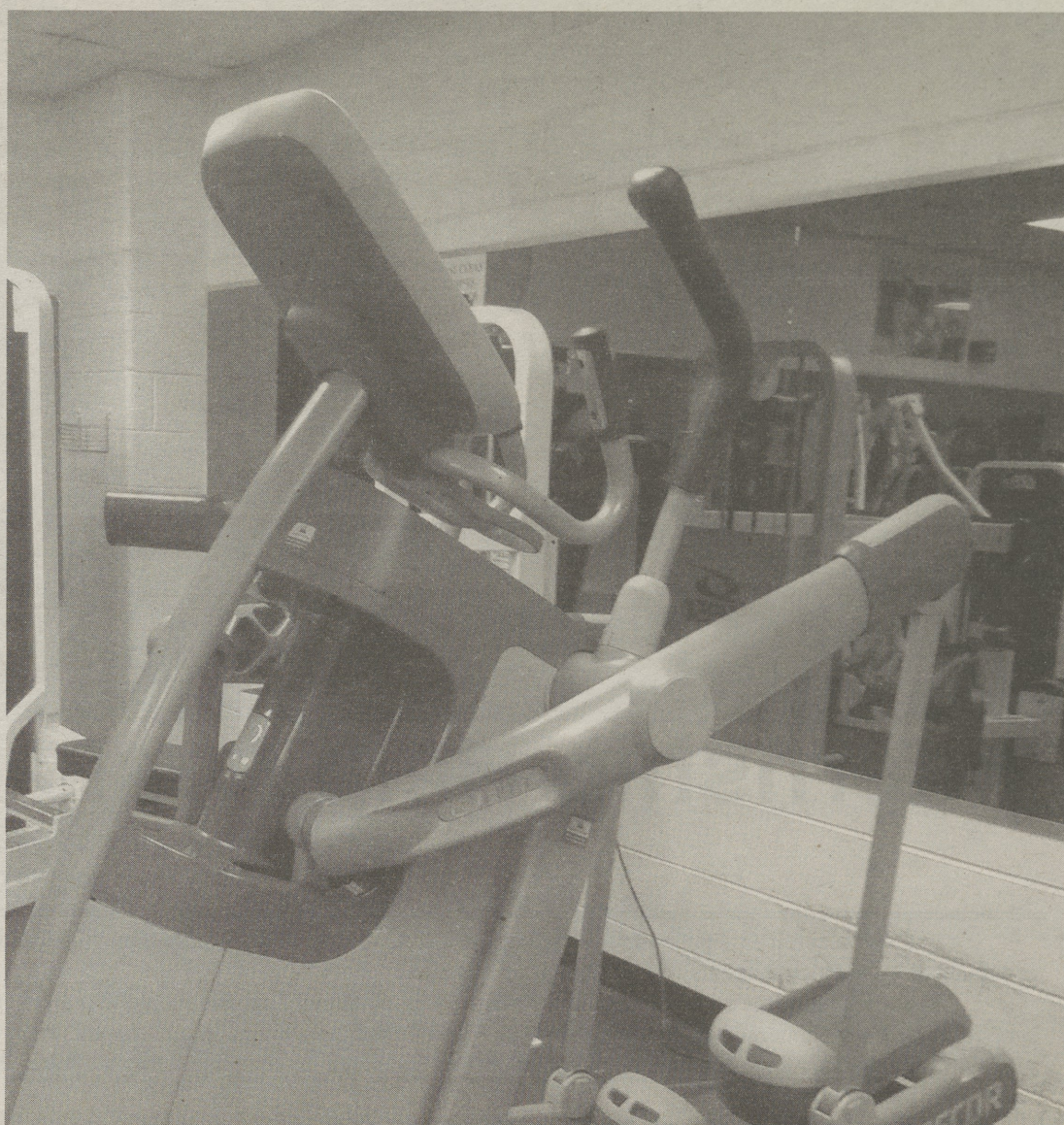
This is a very joyous time of the year for many students because it is graduation time. After all the hard work, time and sacrifices, now it is time to celebrate one's academic achievements.

College is not an easy journey, so when one finishes his/her degree program, no matter the time it took to finish, it is always important to celebrate the accomplishment with a special ceremony known as commencement.

To make this joyous occasion run smoothly, here are a couple of reminders for graduates:

- Graduation will take place on December 20, 2013 at 10 a.m. in the Commons Building. All graduates have to arrive at 9 a.m.
- Cap and gowns will be available for purchase at the book store at the beginning of December.
- Graduates will be given 6 tickets but can request more by email. Please refer to your newsletter that you should receive from the registrar's office by email.

Congratulations to all graduates!!!! Best wishes in all your career endeavors.



Penn State Brandywine students.
Photo Courtesy of Paul Alberici

PENN STATE UNIVERSITY, BRANDYWINE

THE LION'S

Mission Statement

We are the newspaper of the Penn State Brandywine campus, serving the students, administration, faculty, staff and visitors of our campus. We vow to inform all of our audiences, and we will strive to make each issue better, so that we remain a vital part of the Penn State Brandywine experience. We also pledge to be professional, and to follow the highest standards of quality journalism.

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New Equipment, Better Fitness

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In 2001, Penn State Brandywine's student committee, along with other faculty board members, applied for a grant from the Student Facility Fee (SFF). Brandywine was successfully awarded with a 20-thousand dollar grant, and it was used to buy fitness equipment for the campus' fitness center.

This year, Brandywine's same committee upgraded the fitness equipment for the first time in about 12 years.

Instead of going another year with the fitness equipment that was wearing out, the school has again applied for the SFF grant and has received another 20-thousand dollar reward. The Student Facility Grant is meant to be used in Brandywine's facilities, such as the cafeteria, the gymnasium's scoreboard or bus stop, to name a few. The fitness center is so heavily used by students and faculty that it became a top priority for the new and improved Brandywine.

With the 20-thousand grant the school received, Athletic Director Jim Gastner was able to put that money to good use by buying eight new fitness machines. Perhaps what's most impressive is the bang for buck Brandywine found in its machine prices.

"That 20-thousand would have probably bought two or three machines that were new," Gastner said.

The school has been fortunate enough to team up with businesses, where they are able to get quality fitness machines for low prices. In

fact, every machine in the fitness center are machines bought off lease, according to Gastner.

With the former treadmills being 10 years old and the ellipticals staring at old age as well, Brandywine's intent was to replace the aerobic machinery because it involves a lot of moving. With the new additions, the fitness center now boasts "high tech" equipment that simply "does more."

A student, who didn't wish to be identified, using a new machine called "Rear Delt/Pec Fly" shared his insight on the luxury of using improved fitness equipment.

"It's easier to operate - more flexible, definitely more comfortable," he explained.

Gastner anticipates a continued priority to upgrade the school's fitness center over the next several years.

"The goal would be next year to ask for another grant to continue the upgrade process of the equipment," Gastner said.

Whether it's now or in the future, Brandywine students can take comfort in knowing there is a place with updated equipment where they can go to shape up their muscles and keep healthy.

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