

# The beach visits Penn State



Sean Stanton poses with Alex M. and Jessica after they finished their talk with Penn State Harrisburg and Middletown High School student fans. The attendance to the event was well over 100 students.

By **STEPHANIE DURBOROW**  
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So, anyone heard of a little show called "Laguna Beach?" It might just be one of MTV's most popular reality show, the teenage drama of the teens that live in the beautiful town of Laguna. Since the first season, the cast of Laguna Beach has become famous worldwide, and Penn State Harrisburg got its own taste of the beach on Wed. Feb. 22.

It was no surprise that two guest stars from the show were coming on campus, but the surprise remained about the identity of who was coming. Before the guests stepped on stage, the room was full of whispers loaded with, "I bet it is Kristen or LC," or "I hope it is Jason and Jessica!" To everyone's surprise, it was Alex M. and Jessica Smith.

The audience gave a positive response as Jessica and Alex M.

walked in the room. Both girls were their best, in jeans and boots with fashionable tops. It was surprising that both Jessica and Alex M. looked just as good in person, maybe even better than what they did on the TV screen.

Once the celebrities got comfortable, it turned into a tell-all chat. With an almost a full house that included the campus and even some local high school students, the two girls happily dished all the gossip.

As audience members asked all the "hot topic" questions, neither girl was shy to release the goods. Jessica told us all about her friendship with the ever popular Kristen [Cavallari] and explained how they no longer speak to each other. She said, "Kristen was a fun party girl, but she would not be the type of friend you could depend on if you were stranded somewhere." She also spoke about the infamous relationship she had with Jason.

She said that although her and Alex M. had a small spat over the hunky man, they both got over it quickly.

Alex dished on LC's engagement to Jason and how all of their friends disagree with the couple. After an audience member asked where the cast members' parents earned their income, she replied that her father was a contractor and Casey's grandfather invented the frozen burrito.

Inquiring minds wondered where all the cast lived now and Alex told the fans that most of the cast from Laguna Beach, herself included, all moved to LA to further their entertainment careers.

Alex is now working on a pop-rock album that should be coming out late spring and even gave a taste of her music by singing a cappella on stage, though she claimed that was not her best voice because she was sick. To the fans however, she sounded just fine.



Students waited patiently after the event to have their pictures taken with Alex and Jessica and get their autographs. One student even had his cast signed by Jessica.

The girls showed little regret in having their senior year of high school recorded onto national television. Alex did comment that not being able to associate with some of her dearest friends because they would not sign the waiver did put a small damper on her year, but other than that, she did not mind.

One complaint they both had was how they wanted to know that MTV would have edited so much of the recordings to make them look so bad, so that they may have acted just a little bit different.

Alex spoke of how the next season (season three) is going to be a totally new and different cast. She and Jessica both have speculations of how it will turn out. They feel the new cast purposely scripted themselves into looking totally "valley girl." But in the girls' words "MTV will continue filming Laguna Beach until there is only one last viewer."

Overall, Wednesday night was a hit. It was interesting to see the primed up television stars right here in our own auditorium. The down to earth girls really gave a performance the audience was looking for. Both Jessica and Alex will be doing some further touring at other colleges and clubs. So keep an eye on Alex and Jessica because I'm sure we'll be seeing them on the TV screen even more in the future.

# Ease your mind with the ancient art of Yoga

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For one second, imagine ultimate relaxation. Imagine nothing other than your mind being completely free and uniting with your body and soul. As lovely as the thought is, it begs the question how can someone feel this way with midterms approaching and work consuming every free second of time? The answer is yoga, the ancient Indian method of meditation that is quite a popular trend and taught here at Penn State Harrisburg.

Stephanie Trump has been studying and performing yoga for over fourteen years. When I met with Trump to discuss the benefits of yoga, her glowing presence in the room gave anyone who entered a feeling of inspiration and peace.

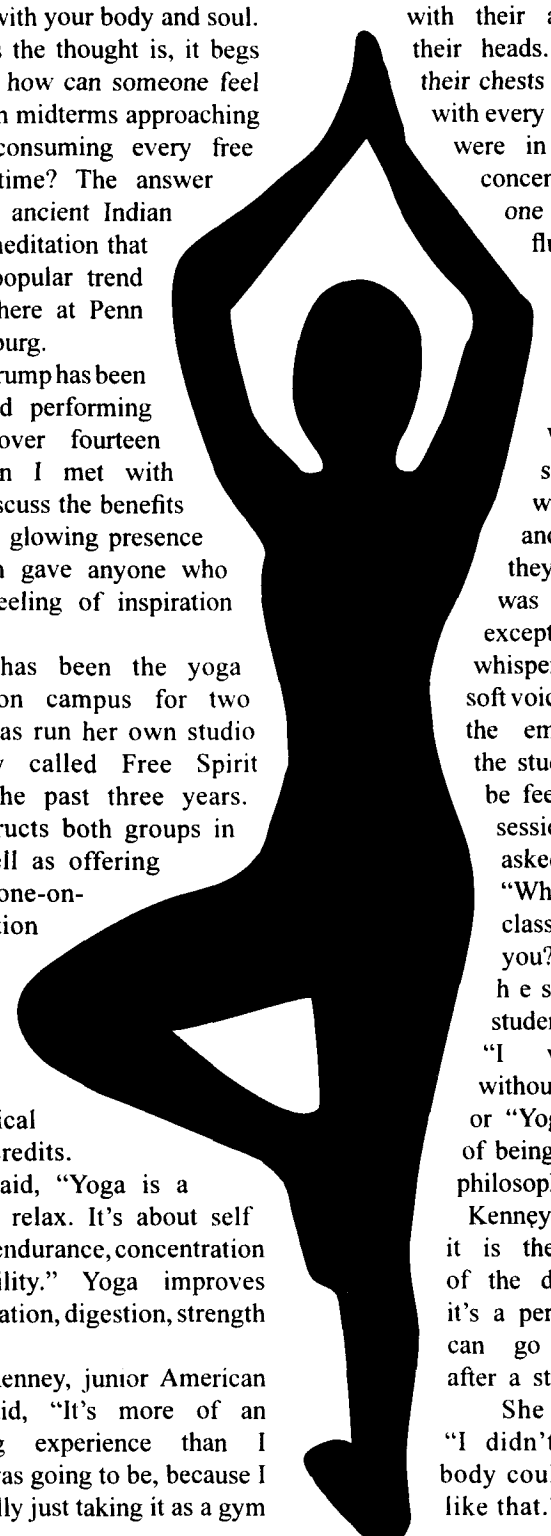
Trump has been the yoga instructor on campus for two years and has run her own studio in Hershey called Free Spirit Yoga for the past three years. Trump instructs both groups in yoga as well as offering private one-on-one meditation sessions. PSH offers both Yoga 1 and Yoga 2 for Physical Education credits.

Trump said, "Yoga is a fun way to relax. It's about self awareness, endurance, concentration and flexibility." Yoga improves blood circulation, digestion, strength and focus.

Diane Kenney, junior American Studies, said, "It's more of an enlightening experience than I thought it was going to be, because I was originally just taking it as a gym

credit but I would actually take it outside of class."

After my interview with Trump, I sat in on a little bit of her Yoga 2 class and was absolutely amazed. When I walked in, the lights were off and all the students were lying on their backs with their arms above their heads. I watched their chests rise and fall with every breath. They were in such deep concentration, not one person even fluttered their eyelashes to see who was entering the room. Within seconds, I wanted to join and know what they felt. There was utter silence except for the whisper of Trump's soft voice expressing the emotions that the students should be feeling. As the session ended I asked the class, "What does this class mean to you?" Without hesitation students answered, "I would die without this class," or "Yoga is a way of being, it is like a philosophy."



Kenney said, "Since it is the last class of the day for me, it's a period where I can go and relax after a stressful day." She also added, "I didn't know my body could do things like that."



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