

# Eye On Community

## Eureka! Students Show They've Got "It"

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Life on a college campus can seem a bit like a scientific experiment - controlled and methodical.

It's often been said that doing well in the work force after school can only be obtained by actually working in the work force. It seems that the Exhibition of Undergraduate Research Enterprise and Creative Accomplishment (EURECA) aims to nip this issue in the bud. On April 20, Penn State Delco students put their work force potential on display on the second floor of the Vairo Library.

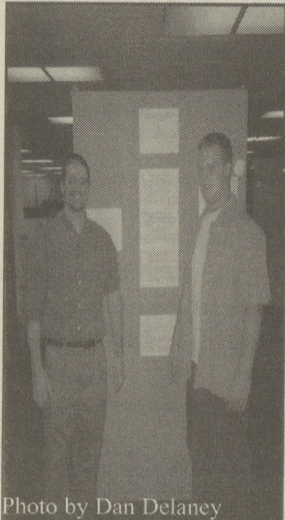


Photo by Dan Delaney  
Students shared ideas that just might benefit mankind

The exhibition was originally founded by Professors Robert Black and Dr. Elizabeth Dudkin, who both work in the biology department. Their program's goal was to use the structure of various classroom environments to allow students to perform subject specific research projects on a more professional level. So, instead of students submitting a paper to their professor, they could instead showcase their work to their peers and potential job connections.

The first EURECA event



Photo by Dan Delaney

Displays, such as this, were showcased in the Eureka event, which took place in the Vairo Library last week.

was exclusively science based.

Now in its fourth year, the program saw projects from students involved in many different fields: education, business, literature, and international relief.

"We hope the more we do this, the more disciplines will be involved," said Black.

He went on to say that "it gives students practice in presenting and a chance to defend their research."

The variety of presentations was strikingly evident as attendees made their way around the library. A group of students interested in foreign affairs made a trip down to

Guatemala during Spring Break. While they helped with elementary schools and basic repair work, they documented cultural aspects of Guatemalan society. Stacey McMinn focused on bartering as a means of trade.

When prompted if she missed life in the Central American country she said, "I will. What they consider family is so different from what we consider family. To them, the entire village is their family. That included us."

Rayanne Lynch, a student taking BA 422W, researched the business topography of WHY? public radio and television. Her conclusions will only help her career after school, as she's already involved with WHY?, helping out with the program "Reading Rainbow."

One of the most impressive displays of research was that of students Steve Donahue and John Petro.

Donahue stood proudly by what has been dubbed "Johnny 5," an autonomous robot that is programmed to fight fires. Donahue said, "I really didn't know anything about the programming language required to make it [Johnny 5] work. The internet was a great resource."

Donahue isn't in engineering or computer science either. He's a Civil Engineering major.

"You know, bridges, buildings - public works mostly," he said.

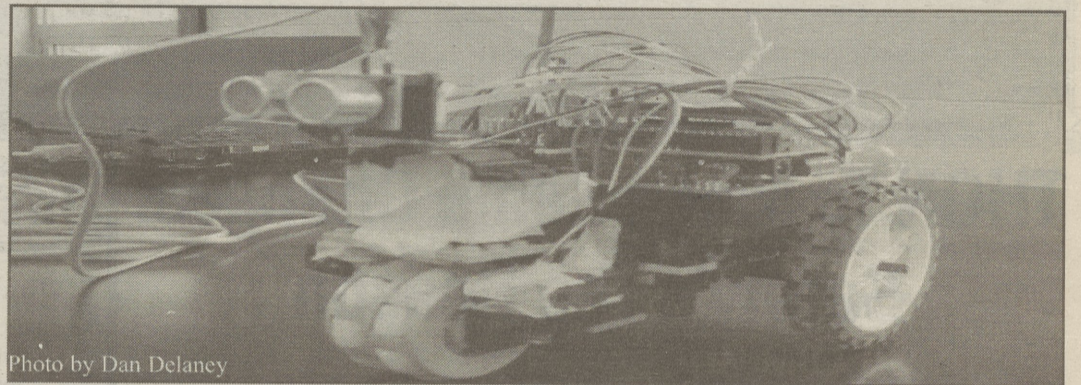


Photo by Dan Delaney

Autonomous fire fighting robot dubbed, "Johnny 5," was created by Steve Donahue and John Petro

## Be Fit Or Be Bummed This Summer

COMMENTARY by JESSE ROWLAND

Ladies, are you ready to show off in your new bikini this summer? I know most girls, including myself are thinking, not even close.

Well it's time to start getting our bodies healthy and fit for the summer. Not only is exercising a great way to make you look great, it is also a necessary routine that will keep your body healthy.

There are tons of diets and exercise plans out there, and the majority of girls who try to stick to these plans fail or give up. How many magazines, TV programs and health reports can we take!?

Having more than 25% body fat can raise someone's chances of getting diabetes or heart disease. Body Mass Index uses height and weight to determine health risks. A healthy BMI is between 18 and 25. An overweight person's BMI falls between 25 and 30, and over 30 is considered obese. To calculate your BMI go to [www.bmi-calculator.net](http://www.bmi-calculator.net).

There are many myths about diets and exercise but the truth is that the only healthy way to shed some pounds is to eat sensibly and exercise on a regular basis. Crash diets don't work, and either does drink formulas or diet pills (which are dangerous). Losing weight should also be a process and take time as it is unhealthy to lose more than two pounds a week.

Exercise doesn't have to be tedious. The last thing that I want to do is jump on a treadmill and run in place for an hour. Instead of forcing yourself to hit the gym, try doing fun activities. Especially now that the weather is improving, there are tons of ways to get your cardio. You can take a nice walk outside, go bike riding, go for a swim, play tennis, or go dancing (try to skip the drinks though!)

Although the cardio workout will help you slim down, it is also important to do some muscle and strength training. Twenty minutes of training three times a week will help improve the tone of your muscles and coinciding with the cardio, it will increase your metabolism.

I know it sounds so easy, "eat healthier and exercise." It isn't, however, that simple. You need to be dedicated to improving your health and motivated to look good in your summer attire.

If you are interested in a gym, but don't like going to crowded, overwhelming gyms where people all seem to look like models, try Ladies Workout Express or Curves. Both of these gyms are for women only and are very low key. There is no reason to be embarrassed in a gym, and at Ladies Workout Express and Curves, you'll feel very relaxed and still get a great workout.

So, some advice for looking great in your summer swimsuit; start NOW! Make exercise fun so that it won't seem like a chore and eat sensibly. It's ok to sneak a dessert every once and while, but try to cut down on the fat in your diet. In the summer when you're proud of your healthy body, you won't regret passing up that extra slice of chocolate cake.

## Capturing The Campus

### Art class hosted campus photo contest

April 4-5, Prof. Connie Kirker's Art Class invited faculty and students to embark on an aggressive campus wide campaign, shooting everything in sight.

In fact, they took 24 hours worth of pictures all throughout Delco.

#### 24 Hours of Contest Winners

Time	Name	Photo
1:00 a.m.	Joseph Sleiman	"Night View"
2:00 a.m.	Mike Deluca	"Light"
3:00 a.m.	Mike Deluca	"Gazebo Roof"
4:00 a.m.	Connie Kirker	"Don's Arrival"
5:00 a.m.	Connie Kirker	"Lion Early-Morning"
6:00 a.m.	Michele Craig	"Reflection on Clock"
7:00 a.m.	Mike Iezzi	"Red Room View-2"
8:00 a.m.	Matt Bodek	"Hat in the Snow"
9:00 a.m.	Michele Craig	"Students Rule"
10:00 a.m.	Ron Hill	"Snow Scene"
11:00 a.m.	Michael Caruso	"Grounded View"
12:00 p.m.	Kim Fail	"Boy with Glue"
12:00 p.m.	Emily Robb	"Flowers"
1:00 p.m.	Luanne Sims	"Lion's Eye Baby"
2:00 p.m.	Luanne Sims	"Off to Class"
3:00 p.m.	Shawn Scanlon	"Fountain"
4:00 p.m.	Arnold Markley	"PSU Students"
5:00 p.m.	Fran Green	"Red Room View"
6:00 p.m.	Andrew Walter	"Waterfall behind classroom"
7:00 p.m.	Andrew Walter	"Drain"
8:00 p.m.	Nicholas Burwell	"Light on Tennis Court"
9:00 p.m.	Connie Kirker	"Girl on a Bus"
10:00 p.m.	Fran Green	"Night Light"
11:00 p.m.	Karen Craig	"On the Prowl"
12:00 a.m.	Mike Deluca	"Cattails in Light"

Submissions were made each hour and winning photos were voted by the Art Class, while a random shuffle found Dr. Arnold Markley the winner of a new Ipod.

**Winning photos may be viewed on the walls of the Commons Building lounge.**