

Weight room requires more maintenance

By Dalton Carver
Staff reporter

Getting healthy and fit has become more popular than ever, especially due to the desire to combat rising obesity rates. Hitting the gym offers an opportunity to become healthy and functional, not to mention the several choices of methods in which to get fit. With all these opportunities, there shouldn't be anything stopping a motivated individual from getting into shape.

The weight room in White P.E. has the potential to help students get fit, healthy and strong. However, it also has many frustrating facets and regulations that are detrimental to the student population, some of which could even be considered dangerous.

Although there is a decent variety of equipment, it's obvious that much of it has been in use for a long time. The dumbbell rack houses a wide selection of weights, but many of them are chipped, missing their partner, deformed or even broken.

Specifically, there is only one 35-pound dumbbell, one of the 45-pound weights has an

extremely loose head and one of the 50-pound dumbbells has a large, sharp-edged chip on one end. The loose head, especially, poses a danger to lifters, as it could come off at any moment during use.

It has been temporarily repaired, but the lone incline bench is rickety and damaged. The instability of the adjustable cushion creates the danger of a lifter tipping off of the bench. It needs

to be replaced altogether. It also wouldn't hurt to add a couple more of them either, since it's the only adjustable incline bench in the room.

It's also a pain to actually get into the weight room. Athletic teams often reserve the room, which is completely understandable and necessary. However, a posted schedule of times the room is reserved would allow other students to find times for individual workouts. This would

prevent the awkward situation of coaches having to kick out non-team members during their scheduled time.

are often rolling around on the floor to maximize their workout. However, the responsibility of keeping the room clean also

intangible category, the weight room has character. The room carries the aura of hard work and accomplished goals.

After replacing equipment, posting schedules and a general clean up, opportunities exist for the weight room to capitalize on its potential.

Although work studies for weight room supervisors already exist, the position could evolve to recruit experienced lifters to become personal trainers to their peers. A partnership with Winfield's Crossfit gym could also benefit students. Summer programs for students who stay on campus for the summer could even be implemented.

These improvements to White P.E. can only bring benefits to Southwestern College. Athletic teams will improve and students will be fitter and healthier. A healthier and motivated body can lead to the same results for the mind, better preparing students for their academic trials, as well as their physical ones.

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(Dalton Carver/Collegian photographer)

White P.E. should also better accommodate those who want to work out earlier in the morning or on the weekends. Closing around 9 p.m. isn't an issue, but the room should be available for when students don't have class, which includes the weekend and early mornings.

Cleanliness is also a problem. The room has previously been closed by outbreaks of staph infection. The floors should be disinfected, as fitness freaks

White P.E. weight room has good qualities. It's more spacious than many other Kansas Collegiate Athletic Conference schools. Saint Mary's cramped weight room specifically comes to mind. White P.E. has room for a team to accomplish a group workout, as well as accommodating a decent amount of non-affiliated students.

In addition, the equipment variety and space allows students to consistently complete a rewarding workout. In the

rests on the shoulders of those who use it.

Rack your weights and wiping down the equipment should be an obligation of everyone who chooses to work out at White P.E.

Despite these

flaws, the

Film lovers dissatisfied in 2015 Oscars ceremony

By Maggie Dunning and Jonahs Joudrey
Staff reporters

The red carpet rolls out and minutes turn into hours and hours turn into centuries. At least that's what it feels like. Can we talk about boring?

The 2015 Academy Awards were Feb. 22 and lasted three-and-a-half hours. The 87th annual Academy Awards were presented by host Neil Patrick Harris. Harris has hosted the Tony Awards three times with critical acclaim.

"Birdman" won best picture over the other nominated films which were "American Sniper," "Boyhood," "Selma," "The Intimidation Game," "The Theory of Everything," "The Grand Budapest Hotel," and "Whiplash."

Best Actor went to Eddie Redmayne for his performance in the Stephen Hawking biopic "The Theory of Everything." Best Actress went to Julianne Moore for her role in the movie "Still Alice." Other notable awards went to Best Supporting Actor J.K. Simmons in "Whiplash," and Best Supporting Actress Patricia Arquette in "Boyhood." The Best Animated Feature Film went to "Big Hero 6."

The overall winners of the night were "The Grand Budapest Hotel" and "Birdman." Each film won four Oscars a piece. All of the movies received great reviews before the Academy Awards and were no doubt well-deserving nominees for the award, but this year's awards show did not make us want to go see any of them.

The event just felt too niche-y to

appeal to the casual movie goer.

However there were highlights during the ceremony. Patricia Arquette won best supporting actress for her role in the film "Boyhood." In her acceptance speech, Arquette used the opportunity to speak about gender equality.

"It's our time to have wage equality once and for all, and equal rights for women in the United States of America," Arquette said.

Graham Moore won an Oscar for best adapted screenplay and arguably won the night with his ending heartfelt message to young people to "Stay weird, stay different."

The night wasn't all good. Sean Penn stirred up a frenzy on Twitter with his comment aimed at "Birdman" director Alejandro

González Iñárritu. Before Penn presented the award to Iñárritu, Penn joked about his immigration status, saying "Who gave this son of a bitch his green card?"

That's not to take anything away from the prestige of the Academy Awards. The award show has been around since 1929 and is a dominating factor in the film industry. Kudos to them for maintaining the rich heritage of the event. However, it's time for the event to open itself up to new ways of doing things.

While ABC still had 36 million viewers for the Oscars, those numbers are the lowest they've been since 2008. As a whole, the ceremony felt endless as the host almost begged the audience to ask the question, "Why should we watch the Oscars?"

Attention brought to gender

and equality issues during the Academy Awards showed the lack of progressive awareness in the film-industry. Huffington Post presented the statistic, "Halle Berry's 2002 win for her performance in Monster's Ball made her the first black woman to win the Best Actress award. There has not yet been a second."

Even with this statistic it seems the Academy Awards are learning that the night of celebration should be not just for the film industry but, for everyone who watches and loves the films.

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