

The Gospel

Coleman's number one source for 'the good news'

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JAC News

Once Upon a Mattress

By Helena Waterous

Coleman Theater is back again, and this spring season is all about princesses, jesters, courtly (and not-so-courtly) romance, and peas....That's right! The Coleman Theater cast and crew are gearing up to put on "Once Upon a Mattress"! This fun and rollicking show will have you in hysterics as it tells the REAL story about the well-loved fairytale, "The Princess and the Pea." I bet you never knew that the Princess Winnifred originally hailed from a swamp. Or that the mute King's wife, Queen Aggravain had many other tests for the dozens of princess-hopefuls besides putting peas in their mattresses (only a true princess could have the correct answer to "what was the middle name of the daughter-in-law of the best friend of the blacksmith who forged the sword that killed the Beast?")

Mary Rodgers' score of songs such as "In a Little While", "Sensitivity", and "The Swamps of Home" will have you singing all the way home, and no doubt

you'll find yourself dancing the "Spanish Panic" when you least expect it! So, this is definitely not a performance to miss—come support Coleman Theater and all of your friends at this year's production of "Once Upon a Mattress"!

Tickets are available at the Coleman office, and the performance dates are March 23-25, 30 & 31.

Midterms: A Guide to Preparation

By David J. Schillinger

Well, it's exam time again, at least, for those of us who have taken them before. For freshmen or for those new to Coleman, midterms may seem very intimidating. In fact, they may even feel that way to some old exam veterans. However, with the right preparation, we should have nothing to fear from these glorified quizzes! These simple steps will show you how to breeze past your exams:

1. Start studying now!

Don't wait until the week of midterms to start studying. These tests will cover everything you have learned from September to the present. Besides giving yourself more time for studying, beginning your review now will give you a chance to ask your teachers to clarify anything that you don't understand. Remember, during exam week you only come in to school for testing, so there will not be an opportunity to ask your teachers last-minute questions.

2. Eliminate distractions from the start.

With all of the technology out there, our lives are full of distractions. Free yourself from temptations by putting cell phones, iPods, or anything else that might lure you from your studying out of sight! The internet also has a way of pulling us off task. I mean, who couldn't spend hours looking at videos of adorable cats? StayFocused for Google Chrome and LeechBlock for Firefox are two great extensions that are great ways to limit your internet usage when you need to be productive.

3. Take breaks

Studying for hours on end is not the way to approach your review. You should take between a five and ten minute break every thirty to forty minutes of studying. Give your brain a rest by closing your eyes and relaxing, *do not* pick up your phone

or use the computer. Besides risking becoming distracted, these do not give your brain a chance to recharge in between studying sessions.

So there we have it: Start studying now, eliminate distractions, and take breaks. These three simple steps should ensure a much less stressful exam week. Now in the words of one Mrs. Culver, "Go forth and prosper!"

Opinion

Would You Want Someone Wearing Your Skin?

By Amy Marie C. Malik

A survey released by the RSPCA reveals that despite the increased showing of fur on the runway, more people than ever refuse to wear it. Of the people surveyed, 95% said they refused to wear real fur and 93% believe faux and real fur should be more clearly labeled.

I think the fashion industry tries to push fur on people. Yesterday, I saw a beautiful model, whom I was a fan of, until I saw her come down the runway wearing a fox on her head. There is, as a matter of fact, a difference between fox and faux. What I don't understand is why anyone would want another living thing's head (nose, teeth and all) on top of their own head. Isn't that kind of...repulsive?

Don't get me wrong, I think fur is beautiful. I also think flowers are rather nice looking too but I don't make dresses out of them. Faux fur looks just as fashionable, and 99% of the time, you can't tell real and faux

fur apart! For someone to feel comfortable with carrying around a dead animal's skin for their own satisfaction, boggles my mind.

Maybe I'm just an over-opinionated animal friendly vegetarian, so of course I think it's cruel to wear real fur, but I have yet to understand the purpose of it. For fashion's sake? Maybe, but faux fur is just as lovely. I wear it. To keep warm? We aren't Eskimos. When I see photos of celebrities in LA wearing real fur, I can't help but shake my head.

Now, thankfully, there are so many campaigns against wearing real fur. PETA being the most popular campaign, has the support of celebrities such as Khloe Kardashian saying, "I'd rather go naked than wear real fur," and Chris Andersen and his extensive tattoo collection in an ad for PETA's iconic "Ink, Not Mink" campaign.

Some people will say, "Oh, it's just fur, they're just animals. No big deal." Fur is definitely a big deal! Have you ever watched videos on how the animals that are being raised for their fur/meat are treated? I have. I think people NEED to see what animals go through just so they can parade around in their skin. I don't think slaughter houses and puppy mills were God's intention when he put animals on Earth.

Every time I see someone with a black fur coat or boots, I think of my baby kitty Luna's black silky fur and wonder how anyone could proudly walk around knowing that an animal had to die for that. This is a debate that could be discussed forever, but my opinion is a strong one. I hope one day, the wearing of animal fur will come to an end.



Advice

Dear Angie...

Nicole Janasiewicz

Dear Angie,

I used to deal with depression. It was very bad, and scary to my friends and family. Although I appreciate the fact they were there for me, I'd rather they forget about it. Every time I'm not smiling they assume the worst and refuse to believe me when I say I'm fine. How do I get them to believe me and lay off me so I can move on?

-Trying to Forget in New York

Dear Trying to Forget in New York,

Obviously the situation scared your loved ones and they're worried about you, so try to be patient. Try thinking about the things you did when you were depressed that may have simply become a habit to you. Try making yourself aware of these habits and attempt to reverse them. If you used to cry a lot, try making jokes, etc. This will take some time. Just keep reassuring them,

and eventually when they see that you're feeling better, they'll come around.

Dear Angie,

I haven't been friends with 'Jason' long but we've been through a lot and I consider him to be my best friend. The problem is I've been friends with his girlfriend just as long and I think I love her. I think about her all the time, but then feel guilty. I finally built up the courage to tell her I wanted to be with her. She said she was flattered, and would have been interested if she weren't already in a relationship. What should I do? Should I pursue this or not?

-Lovestruck N.Y.

Dear Lovestruck N.Y.,

It sounds to me that she may have some feelings for you but if she has told you she's in love with your friend and for you to pursue this, may cause a rift between you and 'Jason'. Also, if you love her, think of how hurt she would be if you were to be the reason they broke up. I suggest waiting it out to see what happens. In the meantime, keep your eyes open –you may find someone better suited for you, and single.

The Arts

Untitled

Nicole Janasiewicz

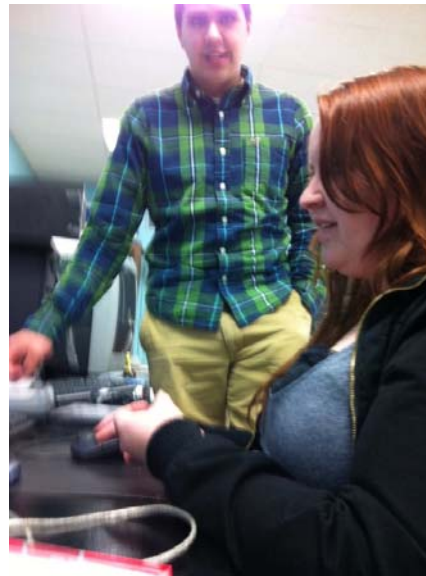
You stole my heart
turned the key and
opened up my world
threw away my past

and brought me a new day.

No need for words, they're pointless
Every time I'm with you
your eyes scream I love you
heart skips a beat when
I hear my name fall softly from
Your lips like dew from a petal at dawn.
Haters pause; death blows down
Time stands still 'cause even Mother Nature
Couldn't bring herself to mess with a
Love like this.

So please never leave I need you more than
air
You made me whole; created who I am
today
Love without you I disappear

Student Photography



Nathan Greene giving Colleen Sickles a helping hand in photography class.

-Taken by Cameron Benz

(Published with permission of the subjects)

Extras



*I'm not late for class! No, really –I'm early
for dismissal!*

-Taken by Cameron Benz

(Published with permission of the subject)

Just a Reminder...



You've heard it a thousand times, so here's
a thousand and one: Just. Don't. Do. Drugs.
And if you're ever in a position to do so ask
yourself one question first:

Why?

*"Let us cleanse ourselves from everything that
can defile our body or spirit. And let us work
toward complete holiness because we fear
God."*

-2 Corinthians 7:1



*A photograph of a beach in Tortola, British
Virgin Islands*

-Taken by Isabelle Bock

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