

**Purdue University Northwest Pioneer  
Published Beats**

# Homecoming: Month-long celebration of campus pride

By Shannon Yardley

PNW roared with pride for a month-long homecoming celebration with numerous events that led up to the basketball game.

Traditionally, universities have homecomings in the fall, during football season. Since PNW does not have a football team, it focused the events around its men's and women's basketball teams.

The organizations at PNW want to give students a tradition to bring school spirit to life.

"We wanted to pack in as much fun to kick off the spring semester," said Ashley Gerodimos, executive director of PNW Alumni Community & University Strategic Events. "The first few weeks of the

spring semester are cold. There are not many things potentially going on."

Last year was the first time PNW centered homecoming around basketball during a weeklong event. Unfortunately, the polar vortex that sent temperatures plummeting made it difficult for students to attend. This year, event coordinators decided to make homecoming a month long.

"This gives students a chance to look at their calendar and figure out what events they will be able to attend," said Magdalena Madrigal, Student Life coordinator.

The main event coordinators were the Alumni Department and Student Life Organization, but the organizations that support students like the Honors College, New

Student Orientation and more got together last year to discuss event ideas. Here are a few they came up with:

A Women's Leadership Luncheon will be held in Alumni Hall from 11 a.m. to 1 p.m. on March 11.

ShamROCK It Out, a Battle of the Bands will be hosted by Student Life in Alumni Hall from 6 p.m. to 8 p.m. on March 12.

A comedy night with the Mission Improbable Show in YJean Chambers Hall is from 2 p.m. to 3 p.m. on April 1.

A Hypnotist will mesmerize students in Alumni Hall from 6 p.m. to 7:30 p.m. on April 16.

Continued on page 6

## Homecoming: Month-long pride fest

Continued from page 1

"The students were involved by telling us what they wanted, and we were able to bring that to them at this homecoming event, the carnival, which happened at both campuses and it was an insane/huge success," said Gerodimos.

The school also wanted to make the celebration special.

"There are events that are addressed to students, but a lot of them will involve alumni coming or attending or being a part of it," said Madrigal. Events included bringing inflatables to campus and offering mechanical bull rides.

"There was also a spray tattoo station and honestly, that was the best part. The vibe was very laid back, so I was really into it," said Nina Mendoza, a PNW student.

Homecoming started off strong, with 1,200 students attending the Hammond carnival event on Jan. 30, according to Gerodimos.

"We were all super excited and to just really confirm we are [going] in the right direction in terms of trying to make this a more traditional campus and changing things around, not playing it safe," said Madrigal.

PNW's Homecoming culminated with a "Mane" event on Feb. 20 where alumni and students gathered around two basketball games at the Fitness Center in Hammond.

Students got free food, t-shirts and other giveaways. The alumni section is usually decked out in decorations, but this year the student section was decorated, as well, courtesy of the Strategic Events Department.

The 'Mane' event had over 1,500 attend-

## Fitness center facelift makes gym more appealing

By Shannon Yardley

Students who want a break from exercising their brains can get free access to state-of-the-art equipment at the Hammond Campus's remodeled Fitness Center.

PNW has Fitness Centers at both campuses, but the Hammond center, at 2300 173rd St., has recently been remodeled and equipped with new equipment. It is the first complete update in 30 years.

"At least for an hour while you're in here, you're thinking about your workout and not thinking about classes," said Nate Lewis, an exercise specialist at PNW. "It may not help your classes, but at the very least you get that mental break where you can focus on something else."

Lewis spent two years developing a plan for new equipment to make the center a great workout environment.

"People's memberships go into paying for this place and they really shouldn't have to work out on dumbbells that the handles have fallen off and had been replaced with layers of athletic tape," said Lewis.

The center has new lighting, new flooring and more quality equipment.

Six modern treadmills give users a chance to simulate different running environments. There are dumbbells, pull-up bars, an adjustable bench area, a turf room where students can do box jumps, battle ropes, a basketball court with six hoops, an indoor track and more.

Plus, center employees can help students create custom workout programs based on each person's skill level and goals. Employees will make sure that students are comfortable with the workout plan and answer any questions.

Continued on page 6

## Fitness center offers workout and support

Continued from page 1

"The Fitness Center has an extremely supportive, knowledgeable and helpful staff. If you need advice on nutrition and help establishing a workout plan, they are there to help," said Ariana Trinidad, junior.

She's also happy about the new equipment. "Equipment that isn't falling apart, extremely rusted or worn out makes a huge difference during training sessions," she said.

Before the remodel, whenever teams would go in to train, they would take up all the machines. Now there are more machines and more equipment so students and

teams can work out at the same time.

"Before they renovated, there were only three squat racks. Now there are eight in the main room and three in the back room," said Trinidad.

The Fitness Center is free to PNW students. It also offers group exercise classes on scheduled days. Students pay a \$10 fee for a six week pass to attend classes. The classes available are Zumba and abs/core.

The Fitness Center is open from 5:30 a.m. to 10 p.m. Monday through Thursday, 5:30 a.m. to 8 p.m. on Friday, 9 a.m. to 3 p.m. on Saturday and 12 p.m. to 5 p.m. on Sunday.

Published May 8, 2020

# Students are encouraged to start or join an organization on campus

Shannon Yardley, Reporter | May 8, 2020

Any PNW student can start an official campus organization that is devoted to their unique passion.

Whether it is American Sign Language, music or movies, you can create a club dedicated to your wildest dream.

“The great thing about student organizations is that they are so varied in what they do, whether it’s a pre-professional organization, an organization tied closely to a specific academic discipline, a purely social group or anything else, all of these are enriching our community on campus by giving students more opportunities to get involved, be engaged and make new connections,” said Tyler Clark, coordinator of Student Organization and Leadership.

Though social distancing and the suspension of in-person instruction because of COVID-19 is keeping students off of campus, they can still create a club that enables students to take a break from their homework and talk about something they love with others that share their passion.

“Students interested in starting a new organization need just a few things: themselves, two other students and one faculty or staff member,” said Clark. “They then fill out an application and draft a constitution, and that’s it.”

Student clubs can also ask an academic department to display their promotional posters or use the campus LCD screens to promote their activities.

“Students can, of course, meet in informal settings if they have shared interests or goals, but taking the next step and forming a student organization really provides them with so much more support and resources to do what they love,” said Clark.

The Student Life Organization can help guide clubs to get the most out of the experience. To obtain funds from the Student Service Fee, which is managed by the Student Government Association, for marketing, events and refreshments, students need to detail the support they need. Currently there are 64 active clubs on PNW’s campuses.

Getting funding is straightforward.

“You do a presentation and you submit a budget report,” said Oriana White, Student Government president and president of PR club. “If you miss that deadline, or your club wasn’t established in time to be able to go to that presentation, you just have to fundraise.”

However, clubs must re-register at the Office of Student Life every fall semester. Failure to do so will make the club inactive in the eyes of the university.

---

Besides students working on their degrees, being a part of a club can create a supportive environment on campus with students with similar interests.

Published June 3, 2020

# Students share quarantine eating habits

Shannon Yardley | June 3, 2020

While everyone is under quarantine, our routine approach to food has changed.

For some students, having time to have real meals has been a good thing.

“I would barely have time to get in meals during and sometimes after school,” said junior Ariana Trinidad. “There were many times where I only had one meal throughout the day because I was so busy with school and then my part-time job right after.”

The quarantine helped change her unhealthy choices.

“My family and I have been cooking way more than we did before and it has been really fun,” said Trinidad.

On the other hand, some students struggled with the availability of snacks.

“In the beginning it was really bad,” said sophomore Amy Rolniak. “I was snacking all day and they were not healthy snacks. Now I am eating healthy again.”

Rolniak has put herself in a disciplined routine. She does not eat until 11 a.m. and does not eat after 7 p.m. That helps her control the snacking.

Trinidad just paces herself, making sure her food choices are healthy.

“Every other morning, I make myself a smoothie. A go-to has been my strawberry lemonade smoothie,” said Trinidad.

It is a quite simple recipe where you eyeball everything to your liking. It is just lemonade, water, sugar, half a package of strawberries, ice and strawberry yogurt. You can substitute your preference of yogurt or not add it at all.

“It’s so delicious and refreshing,” she said. “Especially first thing in the morning.”