Amber Swartz is a Prestonite who also teaches a “Group X” at Blatt PE Center. Group X stands for Group exercise. She teaches at least two classes a week which are: Cardio- Sculpting on Monday at 12:15pm to 1pm at Blatt PE Center and Sculpting Thursday from 5:45 to 6:45pm also at Blatt PE center. Amber says anyone and everyone should try group exercise. To join all you have to do is go to top floor of Strom and pay a $20 for a semester pass to Group X that will get you to any of the 90 classes that is offered. One of the best parts is that you don’t always have to go to the same class you can switch it up and go to another class. Also, if you don’t want to spend the $20 dollars without a trial during the first week of class and the finals you can try out any class for free (no pass required)! Amber applied her Freshman year to be a Group X Instructor. She then went through an interview/audition. She says its not an easy process, there is a full semester of training with quizzes, meetings, and even assisting a class. At the end they have an audition in which they teach a little bit of all of the classes (kickboxing, step, cardio, ab, etc.). Then the potential instructor then must have a national certification to even teach the class. Prestonites should definitely go to one of Amber’s classes to support fellow Prestonites and get in shape.

“I love my participants as they always come to class with a positive and hard-working attitude. They continue to smile when it hurts and to really push themselves.
My advice: “Go the extra mile.”” - Amber Swartz

Safe Zone Ally Training

Friday, April 13
1-3:30 p.m.
Capstone Keystone Room

Safe Zone 101 is an introductory workshop designed to facilitate and encourage discussion on the topics of homophobia and heterosexism, to introduce participants to the most common and important LGBT vocabulary, and to provide an introduction to issues of gender and sexuality in order to create a safe and inclusive Carolina.
Sign up at http://www.sa.sc.edu/omsa/become-a-safe-zone-ally/request-a-presentation/
### P Dining April 2th to 6th

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<th>Monday</th>
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<td>Homestyle Roll Dough, 1 oz</td>
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<td>Corn Muffin Mix</td>
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<td>Macaroni and Cheese</td>
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<td>Mashed Potatoes</td>
<td>Crispy Chicken Tenders</td>
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<td>Southern Style Collard Greens</td>
<td>Gardenburger Patty</td>
<td>Sesame Tofu with Rice</td>
<td>Grilled Flank Steak</td>
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<td>Steamed Corn</td>
<td>Hamburger</td>
<td>Teriyaki Chicken</td>
<td>Thai Green Curry with Chicken</td>
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<td>Baked Beans</td>
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<td>Vegetarian Shepherd's Pie</td>
<td>Corn Muffin Mix</td>
<td>Confetti Rice</td>
<td>Artichoke Hearts w/Roasted Tomato Sauce</td>
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<td>Chocolate Chip Cookie</td>
<td>Broccoli Florets</td>
<td>Fresh Snow Pea Pods</td>
<td>Bow Tie Pasta, Dry</td>
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<td>Oreo Cookies &amp; Cream Pie Wedge</td>
<td>Cheddar Cheese Sauce</td>
<td>Roasted Julienne Vegetables</td>
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<td>Extra Long Crinkle Cut, French Fries</td>
<td>Zucchini Fritters</td>
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### Happy Birthday

1) Himal Ahuja (4-1)  
2) Christiaan Hooffstetter (4-1)  
3) Michael Pompliano (4-1)  
4) Taylor Des Marais (4-5)  
5) Christopher Dunn (4-6)  
6) Dr. Donaldson's birthday (4-6)  
7) Julia Plourde (4-7)

### Tie Dye Friday!

4pm on the Green  
Come ready to have fun!

This week is Preston's College Principals birthday. Of course, we all know him as Dr. Donaldson. Be sure to stop by on Friday to wish him a Happy Birthday!!!

### WEATHER

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Learn to Juggle for FREE in one hour… …or your money back!

Think juggling is too hard for you to learn? Think again! Come spend an hour with us and learn all the basics you need to start juggling!

Preston associate, Russian professor, and juggling enthusiast Dr. Alexander Ogden will join with master juggler Jacob Borror to teach Prestonites—and anyone else interested—the fundamentals of the three-ball cascade in this informal, one-hour workshop. Enhance your coordination, creativity, mental focus… and have a great time doing it!

We think we can teach you to juggle in an hour. Take the challenge, and see if we’re right!

Where: Preston backyard garden
When: Wednesday, 4 April, 4:00 PM

For more info, email Dr. Ogden at ogden@sc.edu

We’ll have tennis balls available for practice; feel free to bring your own balls, beanbags, scarves, etc. if desired. Flaming torches highly discouraged for purposes of this workshop (but we’d definitely like to meet you!).

APPLY TO ATTEND LEAD RETREAT MAY 2-3, 2012!

Applications due April 12, 2012 at:
http://www.sa.sc.edu/leaders/lead-retreat/

Leadership Enrichment and Development (LEAD) Retreat is an overnight retreat designed for 50 rising junior and senior leaders of student organizations and student-led initiatives. The purpose of LEAD is to allow students to interact with key university administrators, to network and build relationships with other organization leaders, and to share the purpose and goals of the organization they represent with other leaders. This year’s 34th annual retreat will be in Charleston, SC. Registration costs $20 and can be paid by sponsoring organizations and departments. All lodging, meals, and transportation will be provided. We will work around final exam schedules.

RESUME WORKSHOP

Create Your Resume!
Improve Your Existing Resume!
Find a Job or Internship!
Get Into Grad School!
Get Tips and Advice!

Join Preston’s RTs, Erika Choutka and Michelle Ganio from the Career Center in the Resume Workshop.

Where: Seminar Room
When: Tuesday, April 3, 7:30 pm

The RT’s will be hosting a resume workshop in Tuesday, April 3 at 7:30pm in the Seminar Room. Learn how to build a strong resume or bring in your resume for pointers and helpful hints!

Gatsby Banquet

Save the Date! The annual Gatsby Banquet will be Thursday, April 12 starting at 5pm at Preston! For more information, contact Katie Joslin.
This program is a campus diversity program which seeks to represent the realities of oppression in a full sensory experiential manner. It is intended to be an eye-opening opportunity for students to experience discrimination through images, videos, and scenarios that specific oppressed populations experience on a daily basis. This is done by having student groups create exhibits and opening the program up to the campus community to attend.

Contact: Marcy LaBossiere: Labossie@mailbox.sc.edu

Thursday, April 5th
5:30
IT-oLogy on Gervais St

Calling All Seniors

If you are a Preston resident who will be graduating this year in May, August, or December, please contact Ms. Martha (jenkin85@mailbox.sc.edu) AS SOON AS POSSIBLE so you can be included in our graduate recognition ceremony at the Gatsby Banquet on Thursday, April 12, 2012 in the Preston Garden.

The awards program will begin around 7:00pm. Please plan to be there to receive your Preston cord & mug and to say your final farewell to Preston College.

Also, when you respond can you please send me a short bio to introduce you and to be included in the program (see format below).

Short Bio Format: Please feel free to add any additional information.

Name:
Major:
Graduation Date:
Years in Preston:
Preston Activities:
Future Plans:

Be sure and come apply to either the Student Poetry Slam competition or USC Idol to show off some of your skills and make Preston look amazing!

Movies Playing:

Mission Impossible 4 at 6pm
Girl with Dragon Tattoo at 9pm
Russell House Theatre
Antarctica is the only continent without reptiles or snakes.

An eagle can kill a young deer and fly away with it.

Intelligent people have more zinc and copper in their hair.

Pilgrims ate popcorn at the first Thanksgiving dinner.

A mole can dig a tunnel 300 feet long in just one night.

A hummingbird weighs less than a penny.

Slugs have 4 noses.

Recycling one glass jar saves enough energy to watch TV for 3 hours.
GREEN DORM ROOM CERTIFICATION

Dear Prestonites,

Remember the Green Dorm Certification program that we sent emails out for two weeks ago? It's still going on! Here's a brief refresher for you regarding the Green Dorm Certification program. Basically, this is a way that you can show off your environmental-friendliness as well as earn points in the meantime to get yourself awesome prizes. Examples of some of the prizes you could win are our awesome designer-made EcoReps mugs as well as potted Aloe Vera plants.

Here are the three simple steps you need to take to get your dorm certified:

1. Check out the online application and “greenify” your room to maximize your point-earning potential.
2. Sign up online at https://docs.google.com/spreadsheet/viewform?formkey=dGJNWHpmb2R0b1ExSDFqaW42OHZaY1E6MQ
3. Wait to be evaluated by Ronen and Zil!

Below are the links to the online submission form as well a helpful guideline that can help you obtain much more points. Please complete the online submission form! Also worth mentioning is that there is no limit to how many times you can apply, your latest evaluation is what determines how much points you will earn.

Take the Green Dorm challenge; you have everything to gain and nothing to lose!

Good Luck and Stay Green!

-Ronen Rappaport

City Roots

Eric McClam of City Roots will be speaking as part of the Diversity Lecture Series on April 2nd at 6 pm in the Russell House Room 302. This conversation will focus upon his organization, City Roots and its mission as it relates to producing a more equitable and just society. The vision of City Roots is to produce clean, healthy, sustainably grown products while enhancing and educating our community about the benefits of locally grown food, composting, vermicomposting and other environmentally friendly farming practices.

The Diversity Lecture Series is a themed speaker series open to faculty, staff, students and community members focused on issues of diversity and social justice that impact campus and the greater community. The Series features speakers from various industries in the Columbia & greater community who engage in work with underrepresented minorities and/or social justice work.

Eric McClam of City Roots will be speaking as part of the Diversity Lecture Series on April 2nd at 6 pm in the Russell House Room 302. This conversation will focus upon his organization, City Roots and its mission as it relates to producing a more equitable and just society. The vision of City Roots is to produce clean, healthy, sustainably grown products while enhancing and educating our community about the benefits of locally grown food, composting, vermicomposting and other environmentally friendly farming practices.

All questions can be directed at Gavin Weiser at weiser@mailbox.sc.edu or 777-7716

More information regarding City Roots can be found here: http://cityroots.org/

You can RSVP and find more information on the Facebook event page: http://www.facebook.com/events/249633081793245/

Preston Residential College
1323 Greene Street
Columbia, SC 29208
Phone - 803-777-1674
Fax - 803-777-1588

Dr. Bobby Donaldson, Faculty Principal
Sarah Morgan, Assistant Principal
Martha Jenkins, Business Manager
Corey Konnick, Residence Hall Director
Erin Wilson, Graduate Assistant
If you have any questions/concerns with the newsletter please contact Zil Shah