Awareness
week opens eyes
by Paul Antor
TIMES Correspondent

Participants in the 1990 Aquinas College Hunger and Homelessness Awareness Week are calling it a success.

Nearly 200 students participated in some aspect of the week's events, which ranged from films and discussions to a homelessness awareness sleep-out.

Highlights of the week included a trip to Lansing on Wednesday, Nov. 14 to participate in the "One Cent for Housing" rally on the capitol steps. Nine students spent the day in Lansing, voicing their support for the lawmakers to enact legislation which would dedicate one cent of every Michigan tax dollar toward the establishment of decent, affordable housing for all.

After the rally, the students delivered postcards to their elected legislators including Representatives, Jenison and Tom Mathieu (D) from William VanRegenmorter (R) from Grand Rapids. The postcards urged legislators to introduce a bill to provide one cent of every Michigan tax dollar to provide decent, affordable housing for all.

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Are we willing to kill and be killed for the price of oil? Should America assume the role of the global police officer? Are we headed for another Vietnam?

Great Issues, a new student organization which approaches controversial issues, confronted these questions in its first assembly on Tuesday, Nov. 13. Approximately 50 people gathered in Albertus Hall to discuss the issue of the crises in the Middle East.

Six speakers were asked to present different views concerning the recent military build-up and related events in the Persian Gulf. The speakers were retired Col. Eugene Raab of the United States Air Force; Professors Esmail Sadeghi, computer science; Dr. Agber Dimah, political science and international relations; Dr. Glenn Barkan, political science; junior Steven Bakes, English major; and freshman Amy Sherman, political science/photography major.

Junior David Warczak, student co-chairman of Great Issues, opened the symposium by giving a brief synopsis of the current situation in the gulf. He reported that 430,000 servicemen and women are currently in the gulf, equivalent to nearly 80 percent of the forces during the height of Vietnam.

Barkan spoke first with his statements in support of the military action currently in effect. "I don't think we can abide by giving Saddam Hussein the power to control the world...I might be the last person who feels this way, but oil aside, do we not have an obligation to Kuwait and its people?" Although he does approve of the military action, Barkan added his concern for American procedures and haste. "We have wedged ourselves in without knowing the ending...without allowing ourselves a way out and without giving Saddam Hussein an easy way out."

Dimah brought up the issue of the lack of communication between the government and the American people. "It has not been clearly enunciated as to why the U.S. troops are there...this should be of serious concern."

Speaking on the cultural orientation of the crisis, Sadeghi commented "it's beyond military forces, it's beyond chemical forces, it's also a war of religion."

In strong support of increasing military pressure in Saudi Arabia, Raab challenged "we must remember the importance of standing up to tyrants. Chamberlain did not stand up to Hitler when he had the chance and look at the price we paid."

In addition to bringing up historical similarities, he also addressed the current issue of fighting to keep oil supplies. "I can not believe that we're just fighting over oil...but Middle East oil is a juggler vein for world economy."
Hungary and U.S. relations may be influenced by visit from Hungarian Ambassador

by Alme Meher-Homji,
member of The World Affairs Council of Western Michigan

On Thursday, Nov. 8, The World Affairs Council of Western Michigan hosted a reception for Excellency Peter Zwack, Hungarian Ambassador to the U.S. In His Excellency’s speech, he stressed the importance of U.S.-Hungary relations, emphasizing Hungary’s ability to open doors to the East. By highlighting the profitable business opportunities in Hungary, he welcomed U.S. investment. Zwack stated his mission as that of creating a strong bridge between the U.S. and Hungary. Hungary looks forward to the unification of the European community, of which it will be an associate member.

Zwack shared the personal history that led to his present position. The Zwack family has been highly respected in Hungary since 1790, famous for their herbal liqueur, Unicum. During the 1948 Communist takeover, the family distillery was confiscated, forcing them to flee Hungary for U.S. shores. He utilized his entrepreneurial abilities to achieve success in North and South American wine and liqueur industries. Along with degrees from American and Italian Universities, Zwack also attained a U.S. citizenship.

Upon returning to Budapest, in 1987, Zwack bought back 50 percent of the family distillery, re-establishing his name in Hungarian society. He rapidly became involved in the political upheaval, conveying a positive image of a capitalist. Despite a host of offers for political offices, including president, Zwack opted for the position of Ambassador to the United States. This, of course, meant giving up his U.S. citizenship. The Ambassador was accompanied by his wife, Anne Zwack. The couple exhibited their initiative by their wife, Anne Zwack. The couple exhibited their initiative by their willingness to move to the United States. This, of course, meant giving up their U.S. citizenship.

In his speech, Zwack expressed his hope for improved relations between Hungary and the U.S. He stated his mission as that of creating a bridge between the two countries.

In war, in many aspects of life we’ve advanced. The changes of the past 10 years will probably pale in comparison to the changes of the next.
What do you think? An at-large Aquinas opinion poll

The Question:
On Thursday, Nov. 29, a United Nations resolution was approved to authorize the use of force if Iraq does not withdraw from Kuwait by January 15. When classes resume on January 14, we may find ourselves 24 hours short of a war with Iraq. With this in mind, as we begin a new decade on January 1, 1991, what part do you think war would play on the changing values of Americans and how would they change throughout the next 10 years?

The Answers:

T. Scott Cawood, resident director of St. Joseph Complex
"I think, as we try to increase global stability, issues such as war, fighting, killing are going to become a part of it. I'm not sure they're more accepted, I think in actuality, people are saying 'no I don't want war', 'I don't want killing, I want a peaceful resolution.' I think the American trend, even though we're a conservative country, is going toward a more liberal stance on issues such as war..."

Allison Freyermuth, soph., English
"I don't think it's any of our business to be over there, because we can get oil from a bunch of other places...If a war breaks out and people start getting drafted I think I'm going to become a part of it. I'm not sure they're more accepted, I think in actuality, people are saying 'no I don't want war', 'I don't want killing, I want a peaceful resolution.' I think the American trend, even though we're a conservative country, is going toward a more liberal stance on issues such as war..."

David Warczak, jr., fine arts
"I would hope that if it actually came to being involved in a war with Iraq that the values would be such that Americans would finally have the motivation to realize that the resources are not infinite. That it's time for us to change our way of living that we have to base our lifestyle on a more sustainable source."

Erin Wayman, jr., French and business administration
"As for the value of life, it can go either way. The more people die, then people could either become numb to the fact that 'oh, it's just 300,000 dead people...or they could value life more.'"

Nicole Sobole, soph., business administration and communication arts
"I would have to say that it's very controversial because a lot of people feel that if we fight this war and we win, even though there's going to be a lot of casualties that in the long run, this will be that last war. And then some people are saying then there'll be a thousand years of peace...I can still say that I'm against war so I don't think that we should be over there in the first place. I don't think that's our business. I think it's going to be devastating if we go to war — the amount of losses. They're constantly shipping caskets over there every day and I think that a lot of people that we love are going to be lost — I don't want to see the draft go into effect."
Task force to enhance departments

by Chris Cowdrey
TIMES Staff Writer

Recently, Aquinas has been looking ahead to the vision of the future and how the college can adapt to the changes tomorrow may bring. One of these ways is through new programs and modifications of existing programs. The Program Development Task Force began this process over the summer, and it is continuing into the school year with a committee of members from that task force.

This group took the recommendations of the members of the Program Development Task Force and further researched all of the ideas. They looked for programs that would provide high return, low cost, and quick implementation to present to the president and other committees for consideration. This meant mainly focusing on embellishing existing programs and departments instead of starting from scratch.

Some of the possibilities considered by the committee, headed by Lynn Aldrich Spearin, director of grants/ foundations relations, were: offering a degree in international business and language departments; a "weekend college," developed from the directed studies program, possibly through which an executive Masters of Business Administration (MBA) could be earned; the addition of more CAD (computer-aid drawing) classes; a women's soccer team; and the enhancement of the foreign student population. These were only a few of the many ideas presented to the committee by faculty, staff, and other members of the Aquinas community.

"We are a nurturing, supportive group to which people can bring new ideas. We foster creativity and opportunity to make new things to help us remain competitive," Spearin said. She also said that the goal of the committee is to "have one or two programs implemented this year, or at least well on their way to starting next fall."

On Tuesday, Nov. 27, the group met again to discuss which of the programs should be presented to the president and/or the appropriate committees. After many lively discussions, the committee did not make a final decision on any programs to be further developed at this time. They are having more meetings in the future, and they will continue to look into the programs that offer a short-term, high return with a minimum of costs and new faculty needed. Committee member Don Chaffee, academic vice president, said, "We had to temper our enthusiasm with budgetary realities."

Chaffee believes the task force and its work is a response to the changing society. "The goal of education is to keep up with what is needed and to follow our own feelings on what is needed. There are two ways businesses, colleges, and other organizations can enrich people: 1) They can sit, contemplate, and create something new, and 2) They can listen to their constituencies and make it richer for them." The program committee has aimed to do both.

Spearin adds, "Colleges need to be responsive to the changing world in which we live. We must be asking ourselves what we do need, and then act on that need."

AWARENESS

Continued from Page 1

into the public spotlight for the week was the Homelessness Awareness Sleep-out on Friday night. Media representatives form local television stations and newspapers came out to report on the forty plus students and staff who were about to spend the night on the sidewalk outside Wege Center.

While the temperature dipped to a chilly 33 degrees, the spirits of those taking part soared. The evening began with a presentation by Rev. George Beukema of Heartside Ministries about homelessness in Grand Rapids. Beukema noted that 50 percent of those he ministers to are under the age of 35. He recounted that some of the people living in the Heartside area were once "successful" people.

Some students slept inside cardboard boxes, while others chose to sleep in the open, with only a blanket to protect them from the cold and dampness.

Throughout the week's activities, students had an opportunity to experience and reflect on the reality of hunger and homelessness in our city and in our world. Students came away from many events eager to take the next step of action, that is, a change of their own personal values, but also to work toward changing the values of our society as a whole.
Both student speakers presented views in strong opposition to the military action. Bakes stands for a more peaceful solution to the conflict. "If we are there to liberate Kuwait and defend justice, then there are a lot of other effective alternatives we could choose."

"President Bush initially claimed that we are fighting to preserve the American way of life," Sherman strongly contended that "our way of life is wrong!" She sighted many examples of wasting resources and environmental pollution. "The U.S. is a superpower and being a superpower yields certain advantages and disadvantages...If I were to be invaded, I would be glad to have countries like the U.S. that would come in and help me."

The next planned open forum discussion will focus on human sexuality today, Wednesday, Dec. 12 at 7:00 p.m. in the Loufit Room. Representatives from Michigan State University's Gay/Lesbian Council as well as a spokesperson for the Catholic church will speak. Future topics to be addressed by Great Issues include Satanism, the occult, censorship in the arts, and environmental action.

Attention College Students—

Are you looking for a job close to your school that understands the idea that college must be your first priority? At Fulton Hts. we pride ourselves on helping our future lawyers, doctors, scientists and business people learn to work with people, and become responsible adults.

We don't have to be your whole future, just a step within it.

We accept applications on Wednesdays, between the hours of 3:00 and 4:30 p.m.

So if you are ambitious, energetic and would love the chance to work with the public, come and see us. You may be pleasantly surprised.
EDITORIALS

December 12, 1990

Power of the pen
by Sandra M. Erekline

What are you going to do with your life? The Career Development Center wants to know. They are nothing short of direct when it comes to telling us seniors that our time is running out and we had better get it together or we are going to be unemployed come May. But most Career Development be so direct, not to mention grim, as to make posters with an Aquinas College senior in chains because we didn’t do what they so pointedly suggest we should.

So, here’s a thought: maybe I don’t want a career just yet. Maybe I want to go find myself in the wilds of Colorado (or wherever it is one goes to find themselves), or see some of Europe, or do drugs. The point is, leave me alone and let me do what I want to do for a change. We have been trained to think that if we don’t have a decent job come graduation, we may be losers, or unambitious, or unfocused. We have been going to school for sixteen years (maybe longer) and I think it’s time our generation stood up for what we deserve — a break.

But the damn Career Development Center is hounding us with posters, and flyers; and CD102; and CD-GET-A-GRIP-ON-YOUR-LIFE;

Because you’re a loser if you don’t have a job by graduating and internships; and resumes; and workshops; and the dreaded career fair so we can “network” (is it me or does that sound like a disease?). On top of all of that, Career Development wants us to pay for services such as them job searching for us, and printing resumes. Almost $12,000 per year... need I say more?

And are we ready to join the real world? What have we accomplished here at Aquinas? What do we know — or better yet, what don’t we know? If we join the real world upon graduation I predict an early mid-life crisis (I suppose that would be a more pleasant lie). And we’ll change jobs more than we should. What is this crap about the average person changing jobs ten times? If we would only take a break maybe we wouldn’t be so restless once we get out there.

Of course there are options; we could go to graduate school, or join the Peace Corp, or go to Saudi Arabia, or join AA. All I know is that I’ve never wanted to finish anything in my life as I do college, but I’ve never wanted to NOT start anything so badly as working full-time.

I vote for Europe, instead. It should be mandatory for a college graduate to go overseas before joining the working force. Aquinas could raise tuition even more than usual and make it part of the “Aquinas experience.” It would put the ambiguity of our futures for a while. Better yet it would put off knowing that those damn posters that say “What are you going to do with your life?” are directed toward us.

The TIMES staff would like to wish you and yours a joyful holiday season, and a prosperous and peaceful New Year!
"Saddam Hussein madman that the U.S. should not take lightly"

-Lisa Irwin, freshman

Being in attendance at the Persian Gulf discussion on November 31, I had a few comments that, in my opinion, need to be expressed. I am bringing these concerns to the editor because if I did not, I was not granted the opportunity to voice my opinion at the discussion. Some members of the panel voiced their support of an economic boycott against the nation of Iraq. It is in my opinion that an economic boycott would not hold up against Saddam Hussein, who has already established that he can counter the economic barriers that are being imposed upon him by the U.S. and its allies. Iraq, after a ten year war with Iran, is now setting up diplomatic relations with its one foe. When these ties become closer in the scene of an economic boycott, Iraq can counter the boycott by sending through Iran to Third World countries that would be more than willing to purchase Iraq's goods and Iraq would get its share. Any supplies that Iraq would need, including food and machinery for its oil wells, would be purchased through Iran. This has already been done. Because of this, Iraq would have more than enough to support an economic boycott, and it is possible to obscure the situation.

Another viewpoint that was brought up at the forum was whether the U.S. had already invaded Iraq. In my opinion, that President Bush had every right to do so, for our intelligence satellites have photographed a massive Iraqi troop buildup along the Saudi border, only days after the initial invasion. If we were to stand by and let, which could have possible happened, Iraq invade Saudi Arabia, what would the pacifists have said then? We learned our lesson about letting madmen do as they please once before in Nazi Germany; we would be ignorant as Americans to let the scenario replay itself again.

Lastly, it is in my opinion that Saddam Hussein be brought to justice and stopped immediately, before it is too late. Take that last sentence seriously, for he may become a ruthless dictator in the coming years. A report that aired Sunday, Nov. 4, on the television news show show 60 Minutes revealed that Hussein is currently mining uranium inside mountains in northern Iraq. The uranium will be used in the construction of a nuclear weapons. The American public must be aware of the decision that will someday have access to nuclear warheads is the same person that killed many of his own people and with chemical weapons.

~Erin F. Irwin, freshman

Aquinus student feels visitation policy should be banned campus-wide

To the Aquinas Times:

Aquinus College is a fine school and I support the morality code it tries to instill in its students, but I feel there is a fine line between teaching and exercising that Aquinas is crossing. I live in one of the houses on campus and recently all of us (minus one) in the house wrote a letter to Brad Winkler requesting permission for male family members to sleep in the public areas of the house since we no longer lived in the residence halls where we could ask the guys on the floor above us to let our brothers sleep in their rooms. This request was granted. We also requested permission to eliminate visiting hours in our bedrooms. We had two reasons for this request: 1) each of the public areas in the house (kitchen, family room, and living room) have doors leading directly to the RAs bedroom, so we have to whisper, etc., whereas our bedrooms are so separated from one another that we don’t disturb other people in the house if we are in them; also if we are in the basement talking, it echoes throughout the entire house; and 2) we feel the current rules were degrading and unfair. This request, not surprisingly, was denied.

I feel that the visitation policy at Aquinas should not exist anywhere on campus. By basing it on a hierarchy, college, we are 18-year-olds, legal adults, and our bedrooms are being decided for us. The 1990 Aquinas College Residence Life Handbook states that the reasons for a coeducational visitation policy are based upon “a sincere concern for student welfare, a recognition of the rights of a roommate and suitmates, and the desire to communicate the values of Aquinas College as a Catholic Christian institution.” To support Aquinas teaching its students that it is best to wait until marriage before having sex (which is what the College obviously assumes its students are not doing), Aquinas has that right, but that is where the line should be drawn and not crossed. Students should not be forced into those beliefs, or forced to live according to those beliefs, or forced to leave. But there will still be people in the room taking with the lights on—they will be more acceptable to me if no one—male or female—was allowed in any room but their own after established hours. It would, at least, be consistent. And what about Hruby Hall? Students who live there have neither suitmates nor roommates.

~Jennifer Churchill, sophomore
Imagine, if you will, what would have happened if President Bush did not take his stand so strongly, or shrug it off as someone else’s problem... possibly a re-creation of World War II “Hitlerism.” Instead, the president and the United Nations are doing everything possible to peacefully end the Crisis in the Gulf. I would, however, like to see more countries do their fair share in this crisis. Now I can understand the reasons given by those in opposition to Operation Desert Shield, and I’m sure no one would like to see it result in battle, myself included. There’s no doubt about it. It’s written in every textbook known to man and every tombstone in Arlington National Cemetery and in cemeteries all over the world...WAR IS HELL, period. However, with the fast approaching January 15th deadline imposed by the United Nations, and with neither side even thinking of giving in, war seems almost inevitable.

No matter what your stand, I would at least hope that you’re in support of the man and woman over there who are living lives on the line. Listed are addresses to which letters can be sent to reach a service person. An article in Newsweek reported mail as being “more valuable than gold” to the lonely troops. Now you know what to do with those excess Christmas cards you always have leftover after you’ve sent one to everyone on your list. Wouldn’t it be interesting to hear what they have to say about everything? I’m sure a letter would make their day. They’re over there because they were told to, and they’re just following orders.

Any Sailor / Airman
Operation Desert Shield
APO New York, NY 09848

Since this is my last issue as a student at Aquinas College, I would like to show my appreciation to a few individuals. Thanks to Tom, you’re such a... To Angel and Jonie, it’s been a fun and memorable two and a half years... To David, Paul, and Bryan... to the freshmen at Aquinas, the Xmas tree... To the senior residents of 307 Auburndale (and the current attic dweller) and of 346 Byram... To President Nelson, Brother Tom, Mary Weidner, Dr. and Mrs. O’Connor, Karl Stefanko, and all those who have helped me while attending Aquinas, especially last year. And I apologize to anyone I failed to mention. Oh, and Special thanks to Clifford Gray.

Exam survival guide:

What to do starting this week is the amount of time you think you have. Classes do not meet at their regular times, and your schedules are a lot less hectic than they usually are. If you aren’t careful, you could find yourself cramming for tests and pulling a lot of all-nighters—two methods of studying that are not highly recommended by experts.

However, David Diana, the new director of counseling, offers some advice on good study habits for exam week, and all-year round.

1. Get organized before you start studying. Have all the things you need with you, so you do not have to keep running around to collect your materials. Also, set a definite schedule. An underestimated example would be something like, Monday, study for the Humanities exam from 1:30 p.m. to 3:30 p.m. ...for the final exam for your government exam from 3:30 p.m. to 5:00 p.m. Stick to this schedule rigidly during the week.

2. Take 10- or 15-minute breaks every 40 or 45 minutes. Take a walk, talk to some friends, just get away from the material for a short period of time by doing something you enjoy.

3. Study in a well-lit room with no distractions, meaning no stereo, no television, no people walking in and out. Try to avoid using fluorescent lights for long study periods. They are bad on your eyes and could make you drowsy.

4. Continue any regular routines you may have, such as exercise regimens you have in each class, that is, multiple choice, essay, comprehensive, etc. and study accordingly. If the exam is only over a few chapters, you would not need to study as much as if it were a comprehensive exam. Also, start early—it never hurts.

These are just a few tips for studying over exam week. Remember to give yourself enough time to adequately prepare for each class. Talk to your professors or to students who have had that particular professor before to get a feel for what he might be like. The most important thing is to be organized and budget your time well. Once all of your exams are over, you can celebrate and relax all you want. But until then, be wise and be prepared.

There’s no place like home for the holidays...

Tips on making Christmas break peaceful with your parents

by Chris Cowdrey
TIMES Staff Writer

Ah, Christmas break is almost upon us. It is time to go back home for (those students that don’t commute from home daily), relax, “vec-out,” and enjoy the silence.

It is also time to deal with responsibilities, chores, and...our parents. Once again, curfews will be the hot topic of discussion at the dinner table, instead of that traditional-popular college mealtime game: “Guess What This Is?” Instead of stumbling in at 3:00 a.m. after a great bash down the hall, you just have to be home by 11:00 p.m. Instead of leaving your dishes on the Wege conveyor belt to be washed for you, you have to do them yourself. You can’t use the broken vacuum excuse for not sweeping your floors either—your parents’ vacuum always works well. Basically, you go from total freedom to total restriction, usually resulting in fights and arguments with mom and dad. What can you do to prevent the shouting while preserving some of your freedom and independence?

While not all of us will have problems dealing with our parents, some of us will. If you are one of those who do find difficulties with the transition from independence to restriction, here are a few tips for dealing with your parents from David Diana, the new director of counseling.

First, you have to remember that things are never going to be the same as they were before you left for school. You will lose a lot of your freedoms. You are re-entering a structured family setting, and your parents will expect you to take on your share of responsibilities.

Second, see things from your parents’ point of view. You could be the first child who has gone away to school, or you could be the baby, two types of children parents find especially hard to let go of. Even if you aren’t one of these two, they will still worry and care about you and your habits. You are still their “little ones,” and they feel a need to protect you and help you grow into responsible adults.

Be open-minded with your parents from day one. Tell them that you understand that they are worried, but remind them that you have been living basically on your own for about sixteen weeks or more. Define your expectations, and invite them to express their own. Talk about everything, from curfews to chores. Find compromises that all of you are comfortable with. Be calm and mature. Show them that you have “grown up” and can handle independency without abusing it. Remember to talk openly and honestly. Understand where they are coming from and consider that seriously. Arguments and fights can be avoided, and the holiday break can be the relaxing, calm, loving three weeks it should be.
The perfect gift: dream or reality?

by Amy Marsh
Times Staff Writer

Babies howling at the top of their lungs—Salesladies sneering over their glasses—Wordless music pounding in your brain...Your head begins to spin, everything around you is an endless blur of color.

No—this is not a scene from the latest sci-fi. It isn’t the recurring nightmare that haunts you in your sleep. It’s the M-word, the nifty four letter obscenity we dare not speak aloud for the next month. It’s...the MALL.

Yes, it’s rough out there. It just so happens that the winter break this year leaves us only 1-2 month’s time to shop ‘til we drop. Only 72 hours to hit every department store imaginable in an attempt to discover just the perfect gift for all those ‘special someones’ in our lives.

This heavy duty purchasing power is not to be taken lightly. Intense training and preparation is essential to successful malling. You can start the process right here in your very own living room. No—this isn’t a plug for the home shopping channel, but a sure-fire mental exercise guaranteed to make a super shopper out of even the most ignorant buyers. (For only the thousand-dollar outfit when he or she may be suffering from stress. Talk to them, or get help.

1. Irritability or depression
2. Pounding of the heart
3. Dryness of the mouth and throat
4. Impulsive behavior, emotional instability
5. Inability to concentrate
6. Feelings of weakness or dizziness
7. Fatigue
8. Insomnia
9. An inability to relax or sit still
10. Indigestion, diarrhea, nausea
11. Pain in the lower neck or back
12. Migraine headaches
13. Loss of or excessive appetite
14. Increased use of cigarettes, drugs, medicines, or alcohol
15. Nightmares
16. Neuritic behavior

Stress can be reduced and avoided by simply watching your own habits and behaviors. Here are ten tips for stress reduction that can help all of us from David Dana, director of counseling:

1. Spend quiet time. Take time out for you.
2. Concentrate on one concern or project at a time.
3. Enjoy your food and the eating environment.
4. Take one day at a time. When you survive, feel good about it.
5. Stay in touch with your emotions. Don’t avoid, repress, or negate them.
7. Avoid, uplifted, stressed, or negative friends and situations.
8. Spend time with healthy friends, those who are positive, unstressed, and those who know how to relax. They will enhance your good feelings.
9. Praise yourself daily. Soon, you will believe it and so will those around you.
10. Obtain the support you need to combat stress.

Stress can pop up unexpectedly at any moment, not just during exam week. If you find yourself constantly stressed out, find out why. Examine your relationships and evaluate all situations. Seek advice from friends, a professor, or a counselor. Pace yourself, budget your time, and do one thing at a time. Use your “sanity savers;” little things that help you relax, calm down, and re-focus your energies. Work some personal time into your schedule each day and do not cancel it for something else. Let yourself have some time alone. And, most importantly, avoid setting irrational goals and expectations. Be realistic and reasonable. Exercise is also a good way to help you cope with stress. Take a walk or run, go to the gym and play basketball, ride a bike, or use the stair machine. Whatever you do, do not let stress take over your life. Get help and prevent stress from growing into a problem too big to cope with alone. It can lead to serious depression, mental illness, and other health problems.

Stress is not an incurable disease, but it is a disease. Learn the best ways for you to deal with it, and then implement these whenever you feel tense or overwhelmed. Stop stress before it stops you.
They could have danced all night... and still have begged for more

— Scenes from Superbowl Dance '90 —
by Chris Cowdrey
TIMES Staff Writer

The 1990 Superbowl Dance, was held on Friday, November 9, at Adrian's Ramona Terrace. The event, sponsored by the Residence Hall Association, attracted over 150 people. The theme for the dance this year was Club Q, a take off on Aquinas' nickname, AQ. The effect was a modern dance club, decorated in red, black, and white. Hors d'oeuvres and the music were provided by Adrian's.

Photos:
Upper right; Rita Visockis, and Andy Holtgrieve found the evening fun and enjoyable.
Right; Regina Resident Director Timi Houghs receives a surprise kiss from freshman Christian Hauser. This is Timi's second year at Aquinas.
Below; Students enjoyed the music and environment at the Superbowl Dance, held on November 9, 1990.

in the store, gaping at The Gift. You reach, once more for it - first hesitantly, then with more vigor. This time, there are no sirens, no red lights, no old lady. You have The Gift in your paws. You pay for it...It's yours! (Applause, please)

Now picture yourself giving it to the designated receiver. You hand the fragile package over, looking proud as a peacock. As they open the delicate wrapping paper, an enormous smile spreads over their face and their eyes begin to widen. You hear uproarious laughter, followed by, "This is great! You always were such a card! OK, OK, jokes over...Where's my REAL present?" Again, sirens and red lights...

Calm down, shake it off, open your eyes. This is only a dream. No pain, no gain, right? Just think, this could be real life! But it isn't. This won't happen to you...if you are properly prepared to shop. You have freed yourself from the fear of receiver rejection. Let's continue on to the third and final step of our program - the happy ending.

Assume the position, once more. Eyes closed, body relaxed. Rewind to the point where you hand over the wonderful Gift. This time, the lucky receiver reacts much differently. Again, no sirens, no pulsating lights, only soft violin music and a soothing soft luminescence as you hear the words "Oh! Thank you! This is what I've always dreamed of! It is positively the perfect gift! I will treasure it always, and will always remember this instant as the happiest moment of my life! You shouldn't have!..."

"Awe, shucks," you reply bashfully, waiting for sirens and lights, "it was nothing!"
Wake up once more. You've face your innermost shopping fears and defeated them triumphantly. You've officially graduated from Becoming-A-Super-Shopper-In-Only-Three-Semi-Painless-Steps. Go out and hit those malls with your head held high! Have the merriest holiday season, and may all your friends and family be successful in plastering fake smiles of gratitude on their lips when the moment of truth arrives.

— Scenes from Superbowl Dance '90 —
by Chris Cowdrey
TIMES Staff Writer

The 1990 Superbowl Dance, was held on Friday, November 9, at Adrian's Ramona Terrace. The event, sponsored by the Residence Hall Association, attracted over 150 people. The theme for the dance this year was Club Q, a take off on Aquinas' nickname, AQ. The effect was a modern dance club, decorated in red, black, and white. Hors d'oeuvres and the music were provided by Adrian's.

Photos:
Upper right; Rita Visockis, and Andy Holtgrieve found the evening fun and enjoyable.
Right; Regina Resident Director Timi Houghs receives a surprise kiss from freshman Christian Hauser. This is Timi's second year at Aquinas.
Below; Students enjoyed the music and environment at the Superbowl Dance, held on November 9, 1990.

in the store, gaping at The Gift. You reach, once more for it - first hesitantly, then with more vigor. This time, there are no sirens, no red lights, no old lady. You have The Gift in your paws. You pay for it...It's yours! (Applause, please)

Now picture yourself giving it to the designated receiver. You hand the fragile package over, looking proud as a peacock. As they open the delicate wrapping paper, an enormous smile spreads over their face and their eyes begin to widen. You hear uproarious laughter, followed by, "This is great! You always were such a card! OK, OK, jokes over...Where's my REAL present?" Again, sirens and red lights...

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"Awe, shucks," you reply bashfully, waiting for sirens and lights, "it was nothing!"
Wake up once more. You've face your innermost shopping fears and defeated them triumphantly. You've officially graduated from Becoming-A-Super-Shopper-In-Only-Three-Semi-Painless-Steps. Go out and hit those malls with your head held high! Have the merriest holiday season, and may all your friends and family be successful in plastering fake smiles of gratitude on their lips when the moment of truth arrives.
Thompson and Tim Saliers led the Saints at the Northern Kentucky Tourney by defeating West Virginia Tech. They were held scoreless. "We've played well up until now and we haven't scratched the surface yet," said Albro. The offensive attitude has come because of the defense. The Aquinas defense is fundamentally sound. They play a great strength, for this year's team. The solid defense provided by the Junior Varsity is as important as everyone else," said Albro. The offensive style of play has caused opposing teams to turn the ball over 27 times in the first three games. The team's defensive goal is to keep opponents from scoring over 50 points per game. The success offensively has come because of his offense. "We've played well up until now and we haven't scratched the surface yet," said Albro. Katy Glatz, a 6'1 center for the Aquinas Women's Basketball team was named Most Valuable Player at the Oakland University Classic Tournament. In the Grand Rapids Press Tournament held Nov. 23 and 24, the Saints were defeated by Ferris State and came back to defeat Calvin College in the consolation game 74-52.

New coach leads Men's Basketball into new era

by John Reilly
TIMES Staff Writer

Tim Saliers hit the three point play with three seconds remaining in the game to put Aquinas up on Siena Heights, 90-87. The opposition was unable to score with the time remaining, so the Saints had their first victory over Siena Heights in four years.

First-year head coach, Rick Albro has worked hard to develop positive attitudes on the team. "Everybody on the team is as important as everyone else," Albro said.

This attitude has made an impact on the team's play so far this year. The Saints were held scoreless the first three games of the year at the Northern Kentucky Tourney by defeating West Virginia Tech. They lost on the second game to Northern Kentucky in double overtime. Charles Thompson and Tim Saliers led the team in scoring with 64 points (37 percent), yet there was no one on the team who was held scoreless. "We've got very good balance," said Albro. "Team unity is stronger than ever," said team manager, Jeff Abraham. Defense was a weakness last season, but it has also been the biggest improvement. "We've given up a lot of points," said Albro, but he is also confident the hard work exhibited by his team will pay off in the interdivisional games.

Coach Albro is also optimistic about his offense. "We've played well up until now and we haven't scratched the surface yet." Aquinas' up-tempo game will quickly develop an offensive rhythm allowing more points to come off the paint. Junior varsity members: Rick Dunn, Jeff Boudrie, and Kian Stewart scored a combined 47 points (69 percent) in the Men's Junior Varsity loss to Muskegon Community College, who last year, finished second in the nation.

Lady Saints look forward to another successful season

by John Reilly
TIMES Staff Writer

Friday, Nov. 16, 1990 - Katy Glatz scored the game winning field goal as time expired to give the Aquinas Women's Varsity Basketball team a victory in its season opener against Calvin College with a score of 54-52, at the Oakland University Tournament. The following day, the Aquinas team went on to win the tournament and defeat Tri-State in a fast-paced game with the final score of 85-73. Glatz, who recently overcame knee surgery, was awarded MVP honors after scoring 33 points, and getting 16 rebounds. Ann Hayward was named to the All-Tournament Team.

"We are going to score by game," said first-year head coach, Mary Takas. She explained that to win games and be successful, players must focus on the team in front of them, and keep that the entire season. Success is nothing new to this Saints team. Last year, they finished with a 26-7 record, earned the school's first-ever District 23 State Championship, and competed in the NAIA National Tournament. After loosing only two players to graduation, the team can look forward to greater things to come. Their goals are to place in the final four of the National Catholic Basketball Tournament, win the district title, and return to the NAIA National Tournament. Experienced players and a deep bench are a great strength for this year's team. The strongest facet to their game is defense. The Aquinas defense is fundamentally sound. They play an aggressive woman to woman, and pressure opponents' transition games with a full court press. The aggressive style of play has caused opposing teams to turn the ball over 27 times in the first three games. The team's defensive goal is to keep opponents from scoring over 50 points per game. The offensive attack for the Saints is led by Ann Hayward, Colleen Lamoreaux, and Katy Glatz. The trio has scored 61 percent of the team's total points thus far. The success offensively has come because of patience. The offense has simply passed the ball around and waited for the open shot. The future for Aquinas women's basketball looks good because of the solid play provided by the Junior Varsity team, especially the standouts Rebecca Stuffer and Kim Schneider. Even though they lost their first game to Glen Oaks Community College (59-54) they are optimistic. "We played poor defense in the first half," said Schneider. "They were good, but we didn't need to loose to them."

Nagelkirk - Academic All-American

Vonda Nagelkirk, a 5'8 middle blocker for the Aquinas Women's Volleyball team, concluded her collegiate career by being named Academic All-American. Nagelkirk, a native of Hudsonville, led the Saints to a 31-6 record this year, including a few records. Aquinas broke the record for most wins in a season with 31 and most consecutive victories in a season with 14.

Nagelkirk was also named the District 23 All-district team and Academic All District.

Glatz named MVP of Oakland University tournament

Katy Glatz, a 6'1 center for the Aquinas Women's Basketball team was named Most Valuable Player at the Oakland University Classic Tournament held Nov. 16 and 17. Glaz, a senior from Big Rapids, averaged 17 points and eight rebounds for the week-end. The Saints defeated Calvin College 54-52 with a buzzer shot by Glatz. In the championship game, Aquinas defeated Tri-State University 85-73.

Hayward named All-Tournament for second time

Ann Hayward, a 5'8 junior guard on the women's basketball team was named to the All-Tournament team for both the Oakland University Classic and the Grand Rapids Press Tournament. In the Grand Rapids Press Tournament, held at Aquinas on Nov. 23-24, the Saints were defeated by Ferris State and came back to defeat Calvin College in the consolation game 74-52.

Hussey named All-Tournament, Grand Rapids Press tourney

Holly Hussey, a 5'10 forward for the women's basketball team was named to the All Tournament Team at the Grand Rapids Press Tournament held Nov. 23 and 24. Hussey, a senior from Grosse Ile, averaged 12 points and five rebounds for the week-end.

Saliers named All-Tournament - Northern Kentucky, Calvin College

Tim Saliers, a 6'6 junior for the men's basketball team was named to the All Tournament team for the second week-end in a row.

In the Northern Kentucky Tournament, held Nov. 16 and 17, the Saints defeated West Virginia Tech 79-58. In the championship game, Aquinas lost to Northern Kentucky University in double overtime 106-92. In the two games, Saliers averaged 18 points and 12 rebounds.

In the Calvin College Tournament, which was held Nov. 23 and 24, the Saints were defeated by Calvin and came back to defeat Siena Heights in the consolation game 90-87 by a three-point buzzer shot by Saliers. Saliers averaged 10 point and 10 rebounds for the week-end.