Circle Theatre plans being re-evaluated

by Toosa Schader

Board of trustees members determined during their October meeting that a committee must re-examine proposed plans for the new Circle Theatre/Aquinas College collaborative theater project in an attempt to cut expenses on cost projections that were more expensive than anticipated.

After the committee has modified the plans, the board will convene in December to review the final product and then decide whether to allow the school and theater to solicit bids for construction.

“We looked at the estimates from the architects and found that they were higher than what we had hoped for,” Vice President for Development Julie Ridenour said. “We’d like to bring the project in line with our financial expectations.”

“There are two major concerns. The first is the operational budget,” Circle Theater Managing Director Joe Dulin said. “Undoubtedly, the board is concerned with making sure the academic program and operation of the facility will not be operating at a deficit. The second is that we need to finalize an agreement. It’s a big deal to build a new theater and to share that between two organizations, and we need to make sure all the details are taken care of.”

Members of the facility committee appointed to re-assess the plans include representatives from the boards of both Circle Theatre and Aquinas, as well as Ridenour, Dulin and Aquinas President Harold Krupke.

According to Ridenour, the committee will attempt to cut costs by evaluating aspects of the building’s construction to determine whether any non-essential components can be eliminated.

“There is some extensive latteework on the outside of the building that we could go without and that would save us $75,000. We would be changing things that are not major points of interest,” Ridenour said.

The committee will also work out operational agreements for the theater to delineate responsibilities each partner will owe the project.

“We have to clear up some details and get into the legal area,” Dulin said. “We need to determine how operational support will be taken care of, but the overall philosophy of the agreement hasn’t changed at all.”

Ridenour is confident that the board will approve the committee’s changes and that the time span for theater construction will not change as the projected opening of the building is still planned to occur in spring of 2002.

“The board wants to go ahead with the project, but they want to do it in a responsible way,” Ridenour said.

Dulin also believes that the board will not scrap the project. “This project is going to go forward; we’re too far along to not make it go forward,” Dulin said. “Agreements are done, we’re just trying to operate in a very responsible method.”

Jarecki videoconferencing equipment arrives, still years before Center’s technology is fully implemented

by Tonya Schafer

Getting the Jarecki Center fully equipped with all of the technology it is currently wired for will be a process spanning the next few years, according to Assistant Professor of Business Gary Kieff.

Kieff, who helped lead the design process for the building touted as a means of providing a high-tech educational environment for business students and local businesspersons, states that videoconferencing equipment will be installed in the Center this week. However, he added that it may be a few years before complete computer, projector and record capabilities are available in every room.

“Technical and vendor problems led to a delay in installing the videoconferencing system, as did a thief last year involving a significant portion of the equipment,” Kieff said. “However, the installers are coming in this week and then the system should be fully operational.”

The videoconferencing equipment will allow students to interact with speakers in another part of the city, state or country without leaving their classroom. The system possesses a television-quality picture, with connections between the two parties being made over a broadband connection.

“We’ve already had a few professors express interest in the videoconferencing equipment,” Kieff said. “I expect it won’t be in constant demand at first, but then lots of people will be using it.”

Live computer hookups, another aspect of Jarecki’s emphasis on high-tech education, will not likely be installed in the Center for another few years. According to Kieff, part of the reason for this stems from unexpected expenses that cropped up at the time of the Center’s construction during 1996 and 1997 and that caused the college to be unable to fund all of the technological advancements it had hoped to have in place by the time classes began.

“When we began, we wanted to do it all at once,” Kieff said. “But the costs made us have to scale it back down. For instance, when digging for the Center began, the builders discovered an underground river that had to be fixed, so that cost us more than we had expected. We decided that to install everything at once would be too costly and that the college had too many other needs to allow one building to be perfect and then let everything else go.”

According to Kieff, no spot in the building should be more than 10 feet from a computer hookup. At least one plug in each classroom is live, but Kieff could not give an estimate as to when the other plugs would be activated for computer usage.

“The project should be getting done in bits and pieces within the next few years,” Kieff said. He estimates that equipping each classroom with the proper computer, projector and recording capabilities would cost another couple thousand dollars.

Although not all of the technology is in place, Kieff believes that the Center is fulfilling its objectives.

“In terms of basic goals, the facility has met expectations,” Kieff said. “Once all the bells and whistles have been put in place, however, I’ll consider the project finished.”

**Flu Shot Facts**

- Among young adults, the shot is 70-90% effective.
- The medical community will adjust to whatever the situation presents itself to.
- The shot is currently required for people 65 years old and older and anyone who was born on or before April 24, 1964.
- The flu is often mild for people 65 years and older and people of any age with underlying health conditions.

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Deceased elected to Senate, results may be contested

A political oddity occurred Nov. 7 when Missouri elected Democrat Gov. Mel Carnahan to the U.S. Senate a month after he died in a plane crash en route to a campaign stop. The election marks the first time in U.S. history a deceased person has won a Senate seat.

After his death, Carnahan's name could not be removed from the ballot in time to cease his political battle with Republican contender Sen. John Ashcroft. Republican officials say that they may contest Carnahan's victory, citing possible voter fraud and the fact that Carnahan is no longer an inhabitant of the state he is supposed to represent (a stipulation mandated by the Constitution).

New strain of corn suspected to cause allergic reaction

The Environmental Protection Agency (EPA) will evaluate for safety a new strain of corn that produces its own pesticide after determining that the corn may have prompted allergic reactions in over a dozen individuals who consumed it. The genetically-modified strain, called StarLink, was approved by the FDA in 1998 for use as cattle feed but has since turned up in products intended for human consumption. The company that produces StarLink, has been buying back the corn from farmers who grew it, but states that test results of the company's corn indicate that the strain does not prompt allergic reactions. An EPA advisory panel will meet at the end of November to investigate the safety of StarLink.

Surgery to separate twins results in death of one

London doctors separated three-month-old conjoined twins Nov. 7 despite condemnation from the twins' parents, who opposed the procedure that was predicted to result in the death of one of the girls.

The parents of the twins, known as Jodie and Mary, had brought them to England for medical assistance. They objected to the separation on the grounds that doctors knew it would result in the death of Mary, who had been physically weak as a result of the twins' sharedleft hemisphere. The parents claimed that both girls would have died had they been left conjoined for much longer. England's High Court had heard the case and rejected the parents' wishes.

Florida manual recount could be determining factor in election results, legal action pending

By David Drucker

(U-WIRE) LOS ANGELES

The weekend ended in Florida with that state's popular vote winner still too close to call.

Fighting the uncertainty, media outlets reported Saturday that former Secretary of State James A. Baker III, emissary for Republican Texas Gov. George W. Bush, announced that the state had filed a motion in the United States Federal District Court. The state seeks to block results from a hand count currently under way in Volusia County and one scheduled to begin Monday in Palm Beach County.

According to the Associated Press, Bush leads Vice President Al Gore by 288 votes Sunday. According to an automatic recount triggered by Florida election law.

The overseas ballots still to be counted could tip the race in Gore's favor, which would win Florida's 25 Electoral votes, and the White House.

But both sides have said they would not accept any absentee ballots, predominantly from military personnel, will favor Bush, since GOP candidate Bob Dole carried 54 percent of such votes in 1996 even though President Clinton handily won the state.

Meanwhile, New Mexico joined in the controversy Monday when AP reported that Voter News Service, the consortium of major TV news outlets which monitors election results for the media, had said a margin of only 2,600 votes still have until this Friday to arrive and be certified.

Secretary of State Warner Christopher, Gore's representative in Florida, responded later on NBC's "Meet the Press," but did not address the offer directly.

"This is the procedure called for by Florida law," he said. "There are checking the machine count to make sure it was accurate."

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Eric Zeemering was elected to the Rockford City Council in 1999; an analysis of his campaign appears in the November issue of the national publication Campaigns and Elections.

"I knew from day one that my age would be a difficulty, but by the end I had used it as my greatest asset." Eric Zeemering, Senior and Rockford City Councilperson

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Seth Peters and Jeanette Pierce rake leaves for donations as part of a recent Habitat for Humanity fundraiser. After extending the scheduled length of their event two hours to accommodate demand, volunteers raised almost $500 which will be used to fund future Habitat projects.

Habitat for Humanity rakes leaves, works to “Raise” the Roof

by Ellen Harbour

Aquinas College’s Habitat for Humanity group is working in conjunction with other area colleges as part of the Raise the Roof, a program that allows students to assist in building a “health” house for an area family. This house is being built with environmentally-friendly materials in order to accommodate the needs of a young boy with acute asthma.

Construction for the health house, which also involves students from such neighboring schools as Calvin College, Grand Valley State University, Kendall School of Art and Design and Grand Rapids Community College, began on Nov. 4.

Senior and Resident Assistant Jake Filbrandt has been giving his time to the project and encouraging his residents to do so as well.

“My goal as an R.A. on First East (Regina Hall) is to encourage involvement among Aquinas students with hopes of learning about services available and unite with neighboring colleges,” Filbrandt said.

Junior Jocelyn Hodack, a member of the Habitat program and resident of its program house, is also looking forward to Raise the Roof.

“Habitat for Humanity is a good cause, and Raise the Roof is a wonderful opportunity to get involved,” Hodack said.

Another member of the program house, junior Heidi Stanley, stated: “Knowing someone’s life will be affected so dramatically simply through volunteering a part of my week is motivation enough for me.”

Habitat for Humanity members also participated in an afternoon of leaf-raking Oct. 28 to raise money for future projects. Students spent almost seven hours clearing the lawns of people along Plymouth Avenue and raised almost $500 in the process.

“It was a fun activity with fun people that was for a good cause,” said sophomore participant Seth Peters.

“It was also a great way to represent Aquinas; we made a good impression on the neighborhood.”

Students interested in participating in Raise the Roof, or Habitat for Humanity can contact sophomore Jessica Back at ext. 6518 for information regarding sign up.

Veterans for Peace travel to protest the U.S. Army School of the Americas

by Amanda Crater

Aquinas students are part of a movement to protest the U.S. Army School of the Americas, which trains Latin American military, many of whom are trained by the school, to the Spanish conquistadors for their violent actions against native populations for the sake of profit. The video also labeled the school as the “military arm of the International Monetary Fund.”

“The school trains them to kill their own people,” said Sherry Champagne, a longtime protester who is bringing her two grandchildren, ages nine and 15, on the bus with her.

 Called the “godmother of SOA Watch West” by veteran George Johnson, Linky wished the protesters luck on their “sacred pilgrimage” to “garner the strong peace sentiment to ‘assassinate’ the protest (at the protest) that it will have on its peers and professors more effectively.”

The protesters hope to shut down the school and bring attention to human rights violations by its graduates.

“We hope there will be so many people (at the protest) that it will hit the media and mobilize people,” said Gene Bernardi, who will fly to Fort Benning to join the protest on Nov. 19.
**Thanksgiving goodies** have more to offer than just the turkey feast with the family. Save some room for popcorn and Sino-caps and go catch a flick.

"Bounce"  
**Starring:** Gwyneth Paltrow and Ben Affleck  
**Rated:** PG  
**Released:** Nov. 17  
**What it's about:** Paltrow plays Abby Janello, a young widow whose prosperous executive husband dies in a plane crash. Affleck plays Buddy Amaral, a music producer who falls for Abby. The two realize they have more history together than they thought when they stumble across notes that he once gave up his seat on a plane that later crashed.

"How the Grinch Stole Christmas!"  
**Starring:** Jim Carrey and Anthony Hopkins  
**Rated:** PG  
**Opening date:** Nov. 17  
**What it's about:** The evil-hearted Grinch, played by Jim Carrey, ransacks on Christmas Eve and nearly ruins the town’s holiday plans.

"The 6th Day"  
**Starring:** Arnold Schwarzenegger, Robert Duval and Tony Goldwyn  
**Rated:** PG-13  
**Opening date:** Nov. 22  
**What it's about:** This movie takes place in the near future where cloning of humans is illegal, but available. Arnold Schwarzenegger, comes home one day to find that a clone has replaced him. But due to a secret he is yet unaware of, Gibson must uncover the truth in order to save his life and regain his family, as well as dodge assassins who are out to destroy him.

"Unbreakable"  
**Starring:** Bruce Willis and Samuel L. Jackson  
**Rated:** PG-13  
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"102 Dalmatians"  
**Starring:** Glenn Close and Gerard Depardieu  
**Rated:** G  
**Opening date:** Nov. 22  
**What it's about:** A sequel to the 1996 Disney release, "101 Dalmatians," Close plays the villain Cruella De Vil, who has been released from jail. Although she claims to have moved past her evil ways, she again plots to get her long-desired Dalmatian coat. This live-action comedy, set in Paris, and directed by Kevin Lima, hopes to match the box office gains of "101 Dalmatians."

**CD Review**

**All That You Can't Leave Behind**  
**By:** Andrew Wilson  
**Contributing Writer**

With songs like "Walk On" and "Beautiful Day," they have made a powerful refreshment for the millennium. A blend of rock, folk and you name it, this collection is like hitting the reset button. Taking on such musical styles they have reinvented themselves over and over, taking on such musical styles as hard rock, soft lyrical poetry, electronica and countless other styles.

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Flory entertained by the “Centre for the Easily Amused” at Amused.com

by Jacqueline Flory

Though many students use the Internet to look at “scholarly” sites, others simply head online to kill 15 minutes before class. The “Centre for the Easily Amused,” www.amused.com, is the perfect place to rest your weary brain. The site provides personality tests and links to other diversions on the Internet. However, its most redeeming feature is its array of crude yet addictive Shockwave games.

Stress Relief Aquarium

While not exactly a game, the “Stress Relief Aquarium” definitely amuses. The featured cartoon goldfish has small buttons attached to its tank. Click a yellow button (sadistic laughter optional) and watch as your pet gets shocked, frozen or attacked by bombs. Choose from a variety of tone mechanisms including poison, punches or hand grenades. Simply want your virtual fish to disappear? There’s also an eject button to launch your goldfish into outer space.

Make a Bunny

Cadhuy doesn’t realize how good they’ve got it. This site gives you three explicit steps in creating your own virtual chocolate Easter bunny. First, one must capture the bunny with land mines, snare traps, or the more G-rated Easter Egg trap. Next, one must choose their favorite filling to stuff into their chocolate bunny: nougat, caramel or hollow. Finally, a light or dark chocolate coating must be chosen in order to win the game.

Art and Music Center exhibits work of local artists Burdick and Spiegel

Local Artist Stephen Spiegel uses wood, Plexiglass, oil paint and foil leafing in his framed sculpture entitled “Religious.” Spiegel describes his work as “lost and found iconic assemblages.”

On Thursday, Nov. 9 at the Art and Music Center, the opening reception was held for local artists Dianne Carroll Burdick and Stephen M. Spiegel.

Burdick, a Grand Rapids resident, puts her spin on black and white photographs. Burdick is a photographer who currently works for The Grand Rapids Press as a stringer and has won awards for her work. Dana Freeman, Associate Professor of Art, describes Burdick’s work as “costumey, whimsical and glittery.”

Burdick uses a process called hand tinting to differentiate it from its and magazines.

Christina Aguilera Skeet Shooting

The funniest anti-pop music game since “Slap a Spice Girl” consists of a virtual duck hunt. The only difference is instead of birds, one shoots at snapshots of Christina Aguilera that pop out of a wooded forest. A small cabin in the middle of the screen shows your score and ranking (over 10 is “Nice,” 10-20 is “Good”).

Who Wants to Dunk a Presidential Candidate?

Were you annoyed by the election? Then, throw a baseball and virtually dunk George, Al and Joe to get rid of your rage. Or, if you are after a bit more painful device, simply hit the edges of the target and beat the candidate of your choice. An indirect hit proves effective in launching your least favorite candidate into outer space.

One interesting Shockwave game at www.amused.com is “Who Wants to Dunk a Candidate?” Here you can pick your favorite (or least favorite) presidential candidate and let him know what you think of him as you throw a baseball at the target that triggers the release.
Students dish about their health, skipping meals and Wege food

by Andrea Prisby  Contributing Writer

Sitting down with his "buddies" at the far corner table in Wege Cafeteria, sophomore Jon Renbarger flips on the big screen TV to accompany his meal. With a plate full of chicken fingers, homemade bread and a glass of milk, Renbarger is content. For right now. "It's hard to eat healthy in Wege because our options are so slim," he said.

After the meal, he finds his way over to the dessert bar for two scoops of his favorite ice cream to top off his meal. "I love the ice cream here, but I always wonder about the pies," he said.

Another student who questions the food in Wege is sophomore Andrea Zick. "I think it's great that we have a dessert bar, but it's bad because to skip meals according to freshman Marah Joy Weinburger, "I basically skip meals because I am too busy," she said. "When I do eat, I just grab something healthy from my room."

Quigg does not agree with the option of skipping meals because she says consuming three meals a day is beneficial to a student's health. "It's not healthy to skip even one meal a day because it slows down the metabolism and you end up gaining weight anyway," she said.

As the students blame the cafeteria for not providing "well-balanced" meals in order to improve their health, Nurse Kim Quigg, Director of the Aquinas Health Center rationalizes the statement.

"I think that the food served here is different than at home and it is hard to get used to at first," Quigg said. "It's more greasy and contains higher fat grams, and this could be a reason why students have a harder time adjusting to it."

Quigg, who is "pretty much" a vegetarian, says her biggest concern is that students are not getting enough protein and feels that the students should be more aware of what exactly is in their food.

Zick, who is a member of AQ F.A.N.S. (Aquinas for Awareness of Nutrition and Sexual Health), will soon distribute nutrition facts around campus to make students more aware of what they are eating. "We might be putting out surveys or fact sheets about nutrition," she said.

These sheets may benefit those students who are unaware that they may need more of certain nutrients. Because they are unaware, they tend to skip meals according to freshman Marah Joy Weinburger. "I basically skip meals because I am too busy," she said. "When I do eat, I just grab something healthy from my room."

"I basically skip meals because I am too busy."  Marah Joy Weinburger, freshman
To take the first step in heart-healthy nutrition, follow these easy AHA dietary guidelines:

- Total fat intake should be no more than 30 percent of calories.
- Monounsaturated fatty acids make up the rest of the total fat intake, about 10 to 15 percent of total calories.
- Polyunsaturated fat intake should be eight to 10 percent of calories.
- Saturated fatty acid intake should be less than 10 percent of calories.
- Cholesterol intake should be less than 300 milligrams per day.
- Sodium intake should be no more than 2,400 milligrams (2.4 grams) per day.

The AHA suggests these guidelines for all healthy Americans two years of age and older. Growing children and teenagers have special needs. They must be sure they get enough energy (calories) and nutrients each day.

If you're looking for a way to reshape your diet, you might want to consider living the life of a vegetarian. It is recommended that you talk to your doctor or dietician before deciding on a vegetarian lifestyle to make sure that it is a healthy decision for you. Here are the three most common types of vegetarians (from most extreme to least extreme).

**Vegan**

Vegans are the most dedicated vegetarians; they exclusively eat plant products and eliminate meat, dairy and fish products completely. What do vegans eat? A lot of people shy away from the idea of becoming a vegan because they believe that it will shrink their menu and limit their meal choices. However, most vegans would agree that quite the opposite happens because vegetarianism opens up the world of soy and other alternative sources of protein.

**Lacto vegetarian**

If you are this type of vegetarian, you may eat dairy products, but not eggs, meat or fish, along with your vegetables. These individuals hope to reform the egg and dairy industry, instead of eliminating them, since they do eat dairy and egg products. Sometimes, though, lacto vegetarians find it troublesome when they learn of hidden egg products in such things as pasta and ice cream.

**Lacto-ovo vegetarian**

Lacto-ovo vegetarians include both eggs and dairy products in their menu but no meat or fish. These vegetarians are your "basic" vegetarians. Like vegans and lacto vegetarians, lacto-ovo vegetarians usually are so for ethical reasons and not just for dieting reasons.

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**American Dietetic Association**

www.eatright.org

This site has everything you ever wanted to know about dieting, eating right and staying healthy. You can get daily tips, read the annual ADA/F report, and learn to live a healthy life. While you’re there, become a member of the American Dietetic Association.

**Diet for Dummies**

http://www.eatright.org/dieting.html

Read excerpts from the book “Dieting for Dummies.” They include: Change Your Diet Attitude, How Calories in Foods are Measured, Whose Ideal Weight Are You Anyway?, Chronic Dieting, Ten Red Flags that Signal Bad Nutrition Advice, and Ten Myths about Dieting.

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“I have from an early age abjured the use of meat, and the time will come when men such as I will look upon murder of animals as they look upon the murder of men.”

Leonardo Da Vinci
All-natural or altered foods: What’s on your plate?

In the age of technology and numerous scientific advancements, humans have proved that we have the ability to clone sheep, create test tube babies, and discover cures for diseases of all kinds. Now scientists have stumbled upon the discovery of genetically-modified foods. Since 1992, the Food and Drug Administration has deemed these foods safe for consumer consumption. In Europe, however, genetically-modified foods have been an unsettled argument. Nicknamed “Frankenfoods” by British tabloids after mad cow disease, many Europeans have boycotted products with genetically-altered ingredients.

No. The food should not be tested. The FDA already has several federal agencies that are involved with the entire process of genetically-altered foods and their production. According to betterfoods.org, the Environmental Protection Agency, FDA and United States Department of Agriculture all have a role in the safety of genetically-altered foods. The framework of the entire system ensures that human beings and the environment are taken into consideration. Moreover, this extensive website also points out that since 1992, the FDA has determined that foods from plants produced through biotechnology are just as safe as plants that are grown using conventional means. The FDA also evaluates all the food upon a case by case basis. Genetically-altered foods are supported by some of the world’s most important organizations including the United Nations Food and Agriculture Organization, the World Health Organization, the National Research Council, the American Medical Association, and the American Diabetes Association. These organizations are putting their seal of approval upon foods that consumers eat every day. It is doubtful that any of these governmental groups would agree to such a significant technological advancement if they were not convinced of its safety.

No. Human beings are not forsaking their health. Genetically-altered ingredients are in almost everything we eat. Over half of the soybean crops, one third of the corn crops, and a growing percent of potatoes grown in the United States are genetically modified. I do feel, however, that the United States government and its counterparts, such as the FDA, should keep a close eye on new developments that are being made with this technology. It is only fair to the consumer that they be told what is being added to their groceries. The FDA should also alert consumers if products are thought to be potentially hazardous and then removed from supermarket shelves. People should be made aware of what exactly goes into the process of producing these types of foods so they can decide whether or not they want to eat them. People would then have an informed choice of whether they want to buy the genetically-altered product or an organic, chemical-free alternative.

Absolutely. Currently, at least 45 different genetically-engineered foods are being sold across the United States without being subject to mandatory safety testing. These genetically-engineered foods are present in many of our everyday meals. By not requiring mandatory safety testing before selling these products on the market, the FDA is allowing a potential health risk to go unnoticed. Many scientists feel that genetically-engineered foods have been rushed into the markets too quickly without ever being studied properly. In fact, very few studies have ever been conducted to determine what effect genetically-engineered food has on the body. The FDA has stated that it intends to write rules to minimize the chances that gene-altered food will cause dangers to consumers or the environment. Five years have passed since they made this statement, I’m still waiting. The FDA also said in 1998 that the authority to test genetically-altered food such as potatoes, which contain pesticides, lies with the Environmental Protection Agency. However, the EPA has countered this by stating that since potatoes are food, the FDA has the responsibility to regulate them. This argument continues to go back and forth between the two agencies, and all the while consumers continue to eat untested and unlabeled food.

Are human beings forsaking their health for progress?

Possibly so. The question that remains is just how dangerous these genetically-engineered foods can be. Without proper testing, we will not know what dangers we are placing upon ourselves by consuming these foods. Scientists have concerns about many health risks that they feel could be associated with genetically-engineered food. Many feel that genetically-engineered food may trigger allergies in numerous people, lead to antibiotic resistance within the body, and possibly be linked to a resurgence of infectious diseases. In June 1999, internal FDA documents were received by the Alliance for Bio-Integrity showing that some of the FDA’s own scientists have doubts about the safety of these foods. Beyond that, questions have also been raised concerning the effect of genetically-engineered food on our environment. With these possibilities looming before us, doesn’t it seem appropriate to conduct a large-scale test on genetically-engineered food before allowing further production and consumption?

Should genetically-altered foods be labeled as such?

Certainly. The question I ponder is “why not?” The consumer has the right to know what they are buying and placing inside of their body. If these companies that are producing genetically-engineered food truly feel that it is safe and not harmful, I don’t see why they would mind if their food was labeled properly. After all, it has no dangers, right? The government already supports the labeling of certain foods for a wide variety of reasons. If the government requires orange juice to be labeled if it is “made from concentrate,” doesn’t it seem right to label food that has been genetically altered?
Can we measure up?

The media is displaying more and more unrealistic body images affecting the way in which we perceive ourselves and each other.

We live in a world where image is everything. Glossy magazine covers bear the image of every manly muscle som and scrappy women. Fashion designers dictate our dress, and for at least now, many trends follow the minimal figure. We are barraged by what is considered "true beauty," by the media's standpoint. There is no denying this fact. None are the days of non-conformity and here to stay are the hideous stereotypes. Ignoring the ideals placed upon us by society isn't as easy as it may seem to be. For the moment, ignoring ideals is the only way to combat the war of the ultra skinny and flawless beauty which the mass media, such as the endless ad campaigns and music videos and teen magazines, have thrown at us.

A study after study has shown that pop culture has infiltrated our lives and produced in the mid 90s? If the doll were an actual human being, the American Medical Association reported that the contestants are becoming thinner and thinner as the years go by. The article pointed out researchers from the Johns Hopkins School of Public Health for Center for Human Nutrition said that some of the contestants met the World Health Organization standards for being underweight. This is because their body mass index was 18.5 or lower. Did you also know that GI Joe was more scrawny in 1982 than the action figure introduced in the mid 90s? If the doll were an actual human being, GI Joe would have a 140 centimeter chest and 69 centimeter biceps, a physical impossibility for men and boys.

Girls in particular, at too young of an age, are doing just about anything to achieve perfect bodies and fit into a size two. In 1999, a study conducted by researchers at Brigham and Women's Hospital in Boston, MA suggested that "mass media images depicting super-thin models and celebrities may lead teen-age girls into unhealthy weight control habits, such as purging or using laxatives." The researchers studied 6,982 girls, whose ages ranged from nine to 14, for one year. They were not using laxatives or purging at the beginning of the study. The study found that "in a one-year period, (they) observed that approximately one percent of the pre-adolescent and adolescent girls began to purge at least monthly to control weight."

Women, young and old, are not the only ones who endure the unhealthy standards. Men also have image issues as well. Ten percent of all men have eating disorders, and many are just as worried about how they look as their female counterparts.

A new book entitled "The Administ Complex: The Secret Complex of Male Body Obsession," has captured these fears, along with many statistics that show American men are more concerned with the way they look than ever. It has been shown that about 40% of men go on compulsive eating sprees and 40% of men of normal weight think about their appearances "all the time" or "frequently."

The messages that we are receiving are distorted. What are we teaching today's youth? Moreover, what are adults facing in this commercial chaos? We cannot succeed to unattainable ideals and unattainable bodies. It is unhealthy both mentally and physically when we are putting ourselves on the line to look a certain way.
The number games

by Jason Vogel
Contributing Writer

Palm Beach County, the Electoral College, popular vote, Al Gore, George W. Bush: Whose is it ever going to end? I sat back and watched the election unfold into a twisted mess. "Why?" I asked. For one, the polls that went into this presidential race were as skewed as any poll I have ever seen.

As of this writing, do anything with a sport column? Quite a bit when it comes down to it, especially after the events that have gone on in the sporting world not only nationally, but also internationally. Do we treat the computers or look at the head to head evidence to decide who is best? Those who vote in the Associated Press' poll have Miami No. 2 and Florida State No. 3. There may be no end to this argument with the BCS, the system that would end all questions in college football. Can you say "playoffs"?

Closer to home the same problems have arisen. The men's soccer team qualified for Nationals because they won the WHAC conference. They qualified for the playoffs because they qualified for the conference. Within the conference, no matter how poor their conference is, it is more of a guessing game until teams get a chance to play. A ranked team's ranking isn't affected by ratings, through gaining a spot in the tournament. The Saints ranked merely as "Others Receiving Votes" with a total of nine votes at the bottom of 25 teams. The other funny turn of events that have gone on in the sporting world not only nationally, but also internationally.

"Others Receiving Votes." Aquinas beat the 14th ranked team, California Baptist. The Saints of Siena ran away with the WHAC title, scoring 4x the points of the next highest team. They did win though, keeping the possibility alive of winning a true national championship. Who will join the Saints if they should finish the season unbeaten when it comes time to play for the title?

Right now, it would be either Miami or Florida State, which both have one loss. The problem is that Florida State is ahead in the BCS. Because they play a tougher schedule and they blow everyone out, yet their one loss comes to none other than the University of Oklahoma. Do we treat the computers or look at the head to head evidence to decide who is best? Those who vote in the Associated Press' poll have Miami No. 2 and Florida State No. 3. There may be no end to this argument with the BCS, the system that would end all questions in college football. Can you say "playoffs"?

Men's cross country ranked second in the country, heading to Nationals

by Jason Vogel
Contributing Writer

It was only a year ago that Siena Heights traveled to Riverside Park in Grand Rapids to race in the WHAC Championships. The Saints of Siena ran away with the event with Aquinas at a distant second. This year the WHAC Championships were held in Adrian, MI on Siena Heights' home course. Revenge was in the air as Aquinas brought the best team of runners in the nation, the Bethel Pilots, came to Grand Rapids to play Aquinas, ranked number one in the country, heading to Nationals this weekend.

Aquinas not only beat Siena Heights this year, but literally left them in their dust as Aquinas won the conference by a 22-point margin, a cross country blow out. "It was nice to see sweet revenge on Siena," junior Nate Kaiser said. "Winning the WHAC was pretty much the focus of the whole year. Taking it to them (Siena) on their home course just added to the sweetness of the season."

The Aquinas dominance can be put in perspective by looking at where their top runners finished in comparison to Siena Heights. Siena Heights' third runner came in 12th place overall in the race that featured runners from all six WHAC schools. Aquinas' fifth runner, sophomore Dan Willikersu, came in 11th place, meaning five runners from Aquinas finished ahead of Siena's third runner.

Having the first and second place runners in the conference also does not hurt when scoring in cross country, a feat the Saints accomplished as seniors Ken Baginski and Kevin Smith finished the 10K course in first and second places, respectively. Baginski, who was redshirted last season, came back this year for his fifth and final year at Aquinas. He has helped an Aquinas team, which struggled last season, finished second in the WHAC, climb to the top of the conference and the top of the nation. Baginski won the race on Nov. 4, finishing the 6.2 miles in 25:41.

Six seconds separated Baginski and the second runner, Smith, who has emerged as one of the Saints' leaders for a second year in a row. Smith finished the course in a time of 25:47 earning him All-WHAC honors. Finishing the course third for Aquinas was senior Paul Barnino in time of 26:29 and a seventh place finish overall which was good enough for All-WHAC honors as well.

Auburn University. The Saints' only other loss since October came against East Belfine neighbor Calvin College, which is ranked number one in the nation in Division III.

"We ran pretty rough there (Kenosha) earlier in the year," junior Chris Emmart said.

Aquinas is a team that won only two invitational last season and sent one to the National Championships. Emmart alluded to this turn around as he spoke about the Saints' 2000 season. "We have ... pulled together as a team this season, everyone wants to run," Emmart said.

"This is the biggest race in school history," Kaiser added. "Everyone is excited about running; it's very exciting to be running right now."
Women's cross falls short at WHAC Championship meet

by Jason Vogel

At the WHAC meet on Saturday, Nov. 4, the women's cross country team ran into tough competition that brought their season to a halt. It was a race that gave spectators a look at those who have now become a part of the women's team history, as well as those who will make for a bright future.

A bright future that is close to becoming reality, if it has not already. The Saints used performances from five runners, who will be back next season, in their top seven to run to a third place finish only three points behind Cornerstone University and 11 points behind first place Spring Arbor. Two of the top seven are freshmen, one is a sophomore, and two are juniors, who have team members that made the team history, as well as those who will make for a bright future.

Freshman Val Kunde (left) and junior Nicole Gummere represent Aquinas Nov. 4 at the WHAC Championships. Kunde finished fifth taking home All-WHAC honors; Gummere placed eighth overall and second for Aquinas.

"Conference was our biggest battle. We run in a very competitive conference and (that) is probably why we did not make it to Nationals. Everyone ran their best times there (the WHAC Championship meet) though."

Val Kunde, freshman

"Conference was our biggest battle. We run in a very competitive conference and (that) is probably why we did not make it to Nationals. Everyone ran their best times there (the WHAC Championship meet) though."

Val Kunde, freshman

All-WHAC honors when the day was done. Kunde, who also plans to run distance events during the indoor season, was very happy with the team's performance.

"Conference was our biggest battle," Kunde said. "We ran in a very competitive conference, and (that) is probably why we did not make it to Nationals. Everyone ran their best times there (the WHAC Championship meet) though."

The Saint's second runner, junior Nicole Gummere, crossed the finish line in 18:44, which earned her an 8th place finish in the race, one position shy of All-WHAC honors. She was followed closely by sophomore Christine Gow in 18:48 (9th place), and Sahrah Carter, who ran her career best of 18:53 (10th place).

Val Kunde, not the nation's best.

"Conference was our biggest battle. We run in a very competitive conference and (that) is probably why we did not make it to Nationals. Everyone ran their best times there (the WHAC Championship meet) though."

Val Kunde, freshman

Most likely ran the last race of her career in her red and white Aquinas uniform on Saturday. She will not be able to participate in either track seasons as she will be in Ireland for the 2001 spring semester. Carter, who was coming off a foot injury, was fired up about the Saints' performance at the WHAC Championships. "I think we raced incredibly well as a team," Carter said. "Things really came together for us."

Rounding out the top seven for Aquinas were junior Allison Turnbull in 19:10 (15th place), freshman Kristy Debski in 19:26 (18th place), and senior Audrey Remsburg in 19:32 (20th place). Members of the team commented on the important role the seniors played throughout the season. "Joslyn, Audrey and Sarah did an awesome job all season," Debski said. "They led the team as they turned in one great performance after another."

The Saints finished the season ranked 22nd in the NAIA, a ranking still not good enough to earn them a berth to the NAIA Championships this weekend. Some Saints were disappointed by that news.

"We would have finished in the top twenty," Debski said. "It just does not seem right to have teams competing that really are not the nation's best."

Freshman Val Kunde (left) and junior Nicole Gummere represent Aquinas Nov. 4 at the WHAC Championships. Kunde finished fifth taking home All-WHAC honors; Gummere placed eighth overall and second for Aquinas.

If Not Now, Then When?

If you're buying overly-packaged or throwaway products, you're essentially buying trash. That means some of what's on your shopping list wastes energy, wastes natural resources and even increases pollution. So the next time you're in the store, look for less packaging, and choose stuff that's refillable and reusable. What's in your cart could make a world of difference. For a free shopping guide, please call 1-800-2-RECYCLE.

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If Not Now, Then When?
A 4-1 stomping rewrites Aquinas history, sends Saints to Nationals

by Jason Vogel

With a trip to Albuquerque, NM on the line and a chance to be the first Aquinas College soccer team to qualify for the NAIA National Championships, visiting Bethel must have looked like a mountain in the Saints’ path last Saturday. Sophomores Andrew Fearman and Charles Ovalle had their mountain-climbing gear ready to scale what ever stood in their way though, as they led the way for the Saints in Aquinas’ 4-1 victory over the 14th ranked Pilots.

A trip to New Mexico for the 42nd Annual Men’s Soccer National Championships has been a goal Aquinas had set their sights on long before the season was underway. “This is just a culmination of a season’s work,” said junior Matt Roberts following the contest. “Twenty-seven guys came out every day working their butts off and going to New Mexico was our number one goal for this season.”

Sophomore Nathan Rose kicks against Goshen Nov. 8, claiming two shots on goal. Aquinas beat Goshen in a shut out to win the NAIA Region VIII Semifinal.

Bethel outshot the Saints on the day recording 20 shots to Aquinas’ 12. Yet it was the Saints’ defensive intensity and offensive accuracy that earned Aquinas the victory. “Our defense is unreal. When it comes down to this type of game, it has more to do with intensity,” senior Damian Niecey said. “This is what won it for us today.”

Aquinas senior goalkeeper Sean Fischbach had six saves in his 81:58 minutes while only letting the Pilots score one goal on the day. Junior Nate Plum also came into the game and recorded a save in his 8:02 minutes of play. In fact, Fischbach saw 11 shots from Bethel in the first half alone, one less than Aquinas. The Saints’ defense is unreal. When it comes down to this type of game, it has more to do with intensity, senior Damian Niecey said. “This is what won it for us today.”

When Aquinas did go on the offensive, they were precise with their shots and quick with their attack. Especially Ovalle and Fearman, who between the two, had a hand in every goal Aquinas scored. The first strike came at 17:28 when Ovalle scored the first of his three goals with Fearman on the assist. At 23:17, the same tandem put Aquinas up 2-0. The Pilots scored before the half to make the score 2-1 at the intermission.

Coming out of half time, Aquinas would prove to be too strong for Bethel as they scored two unanswered goals, one from Fearman at 57:12 with an assist from Zach Fales and a fourth goal by Charles Ovalle at 60:49 that was unassisted. Ovalle’s hat trick put the Pilots away for good and capped off a very productive two weeks for the sophomore. Not only did he lead the Saints with three goals on Saturday, but he was also named WHAC Player of the Week for Oct. 30-Nov. 5 for his game-winning goal to beat Siena Heights in the WHAC Championship game.

Aquinas will take its 19-2-3 record to New Mexico for the National Championship occurring Nov. 16 through Nov. 21. As they have all season, the Saints plan to take it one game at a time. “Winning them all, I don’t know if that is completely realistic,” said Coach Abraham Shayer of the Saints’ upcoming challenge. “Winning a game or two would be really nice.”

The men’s team will carry a 12 game winning streak to New Mexico and the momentum that comes in knowing they ended 14th ranked Bethel’s 20 game winning streak on Saturday.

“We have a lot of momentum, and I am excited,” freshman Ramsey Lama said. “We have a lot of hopes. The second round of nationals—that’s our goal, and hopefully we’ll make it.”

The Aquinas volleyball team’s season ended abruptly Friday night when they lost to Cornerstone on the Golden Eagles’ home floor 15-4, 15-8 and 15-4 in a WHAC Semifinal.

Cornerstone hosted the tournament after finishing the regular season tied for first place with Madonna University. Madonna went on to win the championship match against Cornerstone on Saturday.

Aquinas showed strong performances from freshmen Tiera Miller (nine kills) and Carrie Dotzargalski (27 assists). Cornerstone’s Laura Einnis had 12 kills and Sarah Haney finished with 34 assists.

While they fell short of their goal, sophomore Tamara Hamden, one of four Saints named to the All-Conference Team, characterizes the season as a positive step. “We never quit, which was a big plus from last year.” Hamden also saw an improvement in team chemistry, and looks forward to even greater success next year.

Senior co-captain Becky Romanberg, the team’s Most Valuable Player, agrees about the team chemistry. “This was the best season we’ve had in three years. One of the things that made us successful was the camaraderie of the team–everyone was very hard working.”

Next year the Saints will be without Romanberg, but they expect everyone else to return, including junior co-captain Shannon Hickman. With several key underclassmen in the mix, the future looks promising.

The Saints, who entered the tournament as the 4th seed, finish their season 19-21 overall and 7-5 in the WHAC.