**Mascot network goes bankrupt**

AQ seeks alternatives to services provided by the computer system

by Nathan Peck

The Mascot Network, which had been touted as a boon to intra-campus communication, shut down Oct. 12 after filing for bankruptcy.

Aquinas had signed with the online company for an eighteen-month trial of its services, which included a community bulletin board, a campus Intranet and a web presence for student clubs and organizations.

"This is another example of a 'dot-com' meeting a difficult end," said Director of Student Activities Eric Mullen. "I received a blanket e-mail statement Oct. 5 and a duplicate letter that arrived Oct. 8. The only clue I had in hindsight is that no one from Mascot returned my phone calls in the last two weeks."

Aquinas is looking on-campus for solutions to the communication problems created by the loss of Mascot. "No decision has been made on what to do," said ITS Director Joyce LaFleur. "We have a prototype web-based, in-house solution with similar functionality [as Mascot in the works]."

The Chronicle of Higher Education reported Oct. 10 that Mascot’s closure resulted in more than fifty colleges and universities losing what had become for them an important communication channel. The company began in 1998 as a Cambridge, Mass. Internet startup venture of Ijas Jackson and his business partner, Jason Palmer.

Because Aquinas was still in the eighteen-month trial period, it had not yet begun paying for Mascot services. Mullen said that because Mascot had provided the manpower for maintaining Aquinas’ portal, Internet Technology Services had not needed to be tapped for its maintenance.

LaFleur said that it is necessary to get students to learn how to read and use the Intranet system. She foresees a timetable of at least two months to get the Intranet running. "The main thing that we need to get it up and running is a server," said LaFleur. "It takes about six weeks to get a server up and running."

Mullen expressed enthusiasm for a new system, particularly the fact that Aquinas would be able to customize the system to suit the college’s needs through student, Community Senate and administration input.

Mullen envisions a system that will incorporate many of the Mascot functions, such as an events and announcement calendar, a directory service, and a chat and organization page. Eventually the Intranet could allow off-campus students to dial up to the network, similar to Mascot.

Meanwhile, the Student Activities Office will have to resort to older methods of communication to students. "We will have to rely on phone mail. We’ve just rectified the problems within the campus-wide email. We had a temporary glitch in the machine which resulted in our emails only going to those students having their own account with their off-campus accounts. It’s working fine now," said Mullen.

Students expressed mixed feelings on the demise of Mascot and the future of the Intranet.

"I don’t think the failure of Mascot will affect the daily life of the Aquinas student," said senior Tim Lowe. "I’m sure ITS will do a good job."

"I saw this coming from day one. We have a hard enough time getting students to events on campus, let alone having them congregate on the Internet," said junior Paul Wood.

Resident Director of St. Joseph Hall Natalie Wagner, freshman Andrea Galnok and senior Helfi Marks prepare hot dogs for Heartside Community members in Veteran’s Park Oct. 9 as part of the college’s annual “Into the Streets.”

**Students go “Into the Streets” to provide community service**

by Patrick Harley and Nathan Peck

Contributing Writer and News Editor

Nearly one hundred Aquinas students served the Grand Rapids community at fourteen sites Oct. 6 through Oct. 14 as part of the annual Into the Streets program. Serving the poor in conjunction with such local service organizations as Dégagé Ministries, Heartside Ministries, and the City-Wide Food Drive, students received an introduction to Grand Rapids, its social issues and volunteerism, said Director of Campus Ministry Mary Clark-Kaiser.

Eric Bridge, advisor for the Into the Streets program, believes that these events help not only needy persons in the Grand Rapids area, but also Aquinas students themselves.

"Into the Streets provides an opportunity to engage students in the Grand Rapids community," said Bridge. "Through their involvement, they learn about the social issues we face as a global community. It helps to inspire students to become involved in these issues."

"The program helps increase awareness of service-based organizations, social issues and opportunities for people with lower incomes," said into the Streets chair junior Mandy Schneider.

Into the Streets is a nationally-based organization that was founded in 1990 by the W.K. Kellogg Foundation. It is overseen at the national level by the Campus Outreach Opportunity League (COOL). COOL is a student-run organization that helps administer college volunteer groups across the country. Aquinas alumni William Hoogterp, a former COOL coordinator, founded Into the Streets as a national organization.

**Full-time faculty needed for expansion of community leadership major, say directors**

by Nathan Peck

News Editor

As the initial group of six community leadership majors enters its last year of school, the ability of the program to expand to accommodate additional students is in question. As it exists now, the community leadership faculty consists of only Directors George Heartwell and Michael Williams, a fact that severely limits the number of students who can take courses under the major. Student demand for the courses has outpaced openings three times in the last two and a half years, according to Heartwell.

"If we were to open the community leadership major to more sections and thus more students, we would need more people [to teach]. Currently, there are two sections of CL 100 each year, with students on a waiting list," said Williams.

Williams, a tenured faculty member who has taught at Aquinas since 1974, looks to members of an informal steering committee composed of faculty from the political science, sociology, theology and geography departments as possible heirs apparent to replace him upon his eventual retirement.

"It is critical for the Provost to think about the future of the program in three to five years. Resources will have to be committed to hiring full-time faculty," said Heartwell.

"If the number of majors justified it, we would certainly consider hiring full-time faculty. We’re only beginning the third year and we’re off to a good start, but so far I think we can handle the major with the faculty we have," said Provost Ed Bolog.

Students say they are involved in these issues.

"If the number of majors justified it, we would certainly consider hiring full-time faculty. We’re only beginning the third year and we’re off to a good start, but so far I think we can handle the major with the faculty we have," said Provost Ed Bolog.

The Community Leadership Institute (CLI) has provided public service-oriented Aquinas students with a connection to political, religious and social leaders in the community since January of 2000. The CLI is similar to the Woodrick Institute for the Study of Racism and Diversity in that it receives no funding from Aquinas. "The CLI is totally off the college’s budget," said Heartwell.

The community leadership major, housed under the CLI, See Program Page 3
Aquinas nursing program triples enrollment in its second year

by Kathy Bieber
Contributing Writer

The new Aquinas nursing program is "growing by leaps and bounds," according to Grand Rapis
district Coordinator Robi Thomas. The four-year Bachelor of Science Nursing (BSN) pro-
gram, which started in the fall of 2000, has about forty students en-
rolled and has several more ready to start both in January and in
the fall of 2002. Twelve students were enrolled last year.

President Harry Knopke attributes the rise in attendance to an active solicitation of appli-
cants through academic journals and admissions recruiting. Knopke admits that last year's enrollment was lower than antici-
pated, a fact he attributes to polit-
cal developments. "Another university saw us as a competition and tried to stop the program at state board level. We lost six month's worth of time as a result, but once we got through the state board, they gave us a ringing en-
dorsement," said Knopke. "We're on a trend line now. The program is growing the way we had ex-
pected it to."

The program is the result of a partnership between Aquinas College, the University of Detroit Mercy and Saint Mary's Mercy Medical Center in Grand Rapids. Graduates will earn a Detroit Mercy BSN degree that is ap-
proved by the Michigan Board of Nursing and is fully accredited by the National League for Nursing Accreditation Council (NLNAC).

Classes are taught on the Aquinas campus by a combination of Aquinas and Detroit Mercy fac-
ulty members. Students in the nurs-
ing program are also placed in paid
corporate positions at St.
Mary's where they can earn both income and college credit.

"The program is very spe-
cial in that it gives students a solid
in-patient [hospital] experience,
but also provides them with expe-
riances working in an ambulatory
clinic, out-patient areas, in-home
health, and physician offices," said
Thomas.

St. Mary's has provided a $70,000 skills lab in addition to a "Loan Forgiveness Program" that requires students in the nursing program to work at the hospital twenty hours per week while they are in school and then for three years after school is completed. In return for their service, St. Mary's pays for the students' fi-
nal three years of school, includ-
ing such expenses as tuition and
books.

The program also allows students to begin their nursing courses much earlier in their col-
lege careers than other schools al-
low. The first nursing course can be taken as early as the spring semester of freshman year, and the majority of classes in the student's sophomore year are nursing courses. Students also take some core classes from Aquinas, like Inquiry and Expres-
sion and Global Explorations and Meanings. In the fourth year of the program, students will deal with such issues as domestic vio-
ence and substance abuse. Tu-
ition is at the Detroit Mercy rate of $15,000 per year, with room and board at the Aquinas rate of $14,484 per year.

Thomas says that the pro-
gram is running smoothly, but that she is always open to feedback.

"One thing we started is having the administrative people from both schools meet at least once a
year so they can establish a rapport with each other," said Tho-
mas.

Junior Andrea McCoy en-
rolled in the program this year af-
ter dropping her communication major. "I'm really bad at English, so I don't know why I was into
communication," she said. "The demand for nurses is really big.
I've got a lot more confidence now than I was before."

LAMP program rekindles ties between students, Marywood sisters

by Joe Boomgaard
Staff Writer

A program tying Aquinas College to Marywood, the home of the Grand Rapids Dominican Sisters, is seeing new light after a year's hiatus.

Linking Aquinas and Marywood in Prayer (LAMP), a program through Campus Ministry and the Dominican Sisters, aims to deepen the Domini-
can Sisters' relationship to the college.

LAMP pairs students from Aquinas with eld-
errly sisters from Marywood who are still mobile.

"We hope that the pairs will be able to go places and do things together," said Mary Clark-Kaiser, direc-
tor of Campus Ministry.

"There is a long history between Aquinas and the Dominicans," said Sister Mary Donnelly, the director of the LAMP program and of the Outreach to Young Adults initiative at Marywood. "With fewer and fewer sisters involved in teaching and ad-
ministration within the college, we wanted to find a way to keep our connection to the college and to the students."

Donnelly said that there are a few basic things they ask of the students. "We require that students come to the orientation meeting to get introduced to the sisters, that both the students and the sisters pray for one another each day, and that the students attend a closing meeting in the spring," said Donnelly.

The rest is left up to the students and to the sisters. Each pair can work out its own schedule, which can range from daily prayer, to weekly or monthly meetings. "The program is as flexible as both the sister and the student want," said Donnelly. According to Donnelly, there are currently seven to ten sisters interested in the program. She hopes to get that many students involved, as well. "I'd love to have any student who is interested in this program sign up for LAMP," said Donnelly.

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}
New head librarian joins Woodhouse staff

by Joe Boomgaard

A nationwide search to replace former Head Librarian Larry Zytk, who retired in July after more than 29 years at Aquinas, has ended with the appointment of Teresa Blacklaw. Blacklaw announced that Teresa Blacklaw will fill the vacant position. Blacklaw received her letter of appointment in early October and began work, Oct. 15.

"We were looking for someone who would help to solidify our goals and move toward our vision of a new library. As a community college, we thought that Teresa Blacklaw was the person who fulfilled those traits," said Coordinator of Media Services Francine Paolini, who also served as director of the search committee.

Last year, the Aquinas Community Sources, spurred by a massive student-led petition, pushed to assign the new library to the community. "The bottom line is money," said Paolini. "We hope that a new director will help to keep the project moving forward."

Blacklaw has been through only one tour of the library and says that she does not have specific plans for its future. However, she hopes to ensure that the library remains a center for traditional elements and technological improvements. "We need to keep teaching students how they can effectively do information, with an emphasis towards life-long learning," said Blacklaw.

Blacklaw applied for the Aquinas position after responding to an ad listed in the Journal of Library Administration. She was invited to the school and interviewed by a search committee that included both faculty and library staff.

"We were looking for the person with the best experience as a librarian who would fit our needs," said Professor of Communication Renee Stahle, a faculty member on the aforementioned committee.

Those needs include having experience with the process of building a new library. "The head librarian is one more piece of the puzzle that makes the transition from the current library to the new building smooth and efficient, while also making wise use of the existing building—in effect, getting the most bang for our buck," said Paolini.

After narrowing down the pool to four out of an original group of twenty, the committee brought each of the finalists to campus to give a presentation. "Each candidate held a seminar on their vision of a library at a small liberal arts college. After that process, the committee met and made a final recommendation," said Stable.

In the past, Blacklaw worked in several capacities at Olivet College. Most recently, she worked for Metivox Dewey Library at Jefferson Community College in Watertown, New York. "But I was interested in getting back to a private, four-year college," said Blacklaw. "I'm used to being at private colleges and I think they offer the best type of education for students."

Want to join the cast for bankruptcy

by Nathan Peck

The New York Times reported Oct. 13 that the Polaroid Corporation filed for Chapter 11 bankruptcy Oct. 12. Experts predict that the corporation will use the protection of the court to sell off its assets. The company was once one of the Nifty 50, the big corporations that accounted for much of the economic growth of the 1960s. But in 1998, however, the future of Polaroid looked grimmer and the wide use of digital photography in recent years had cut into the profits from Polaroid's instant camera sales. Polaroid bought back shares, created an employee stock ownership plan and issued preferred stock, all to fight off a takeover by Shamrock Holdings, an investment group led by Wal Disney's nephew, Roy E. Disney.

On Oct. 12, shares of Polaroid were selling for 28 cents when the New York Stock Exchange stopped trading the stock. The stock had traded as over $50 a share as late as 1998, yet by Oct. 12, it had $1.81 billion in assets and $948.4 million in debts, as stated in its bankruptcy filing documents.

Credit card tuition payments cost Boston-area schools

by Stefanie Schussel

Tufs Daily (Tufs U.) 10/15/2000

(U-WIRE) MEDFORD, Mass. - Students and parents looking to reap the benefits of paying tuition by credit cards — such as low interest rates and frequent flier and cash-back perks — will have to keep their cards in their wallets for now.

Though Tufts University is exploring ways of accepting electronic payments, University officials said the fees from accommodating credit card use are too high to bring back the program. The Board of Trustees voted in 1998 to stop accepting credit card payments, said bursar Kathy Mundhenk, who works for Tufts for two and a half years.

Tufts must pay a certain percentage of every dollar paid by credit card as a fee to the credit card company. When credit card tuition payments were discontinued, Tufts was receiving $28.7 million in tuition payments by credit card and paying more than $500,000 dollars in fees. Officials said Tufts could not absorb the cost without drastically raising tuition.

Massachusetts law prohibits Tufts from making credit card users pay a surcharge to cover the cost. But one legal option would be to charge a "convenience fee" for those who pay by credit card.

One reason schools accept credit cards is the ease of processing the payment electronically. Boston College has a system that processes payments over the phone using voice prompts, said Christopher Cordella, director of operations and student services at BC.

"BC began accepting credit cards five years ago," Cordella said. "If it's starts to impact tuition, we'll need to stop." Tufts and Boston University have used similar systems for credit card transactions.

"Schools look to try to develop electronic processes. Back in those days [accepting credit cards] was the only choice," Mundhenk said.

Each semester the board of trustees at Tufts' schools evaluate payment methods. Whether to accept credit card payments is one of the topics discussed, but Tufts is unlikely to change its policy.

"The University would like to move toward electronic processes but not at such a great cost to the school," Mundhenk said.

Schools are looking to other, cheaper ways to use technology to speed processing, like automated clearing house (ACH) payments that are done over the Internet, an option being explored at BC.

Many parents use credit card tuition payments to accumulate frequent flier miles and related perks. But as more undergraduates take advantage of the payment option, fees rise.

Streets

continued from page 1

designed to get people involved in long-term volunteerism with local groups. This focus has been lost in recent years asInto the Streets has moved away from being a program focused on the national scale to a more community-oriented one, says Clerk-Kaiser.

"The idea was that volunteers stay for an hour or two, they may continue to do so in the future. The majority of people do not continue to volunteer with the same organizations after Into the Streets. But it acts as a catalyst to get involved [in other volunteering]," said Clerk-Kaiser.

"I was looking for a volunteer project, and I found [the House of Prayer] very interesting," said freshman Peggy Byunoe.

Junior Andrea Covert lead a group to DePauw Ministries that organized and played bingo with residents of Heartside District.

"I helped last year, and I really enjoyed it. I just wanted to help out the GR community, because I believe it makes a difference with every little thing. You do get busy so you sometimes get caught up thinking about doing homework and your assignments. I didn't feel like that at all. You feel leaving that you had made a difference even if it was just for an afternoon," said Covert. "It didn't matter that I had missed class, I had made a difference."

For the first time 95 percent of the people who signed up came to the events. When they signed up they made [and kept] a significant commitment," said Clerk-Kaiser.

Program

continued from page 1

has existed at Aquinas since 1998, when it was formed by Kristel Heine-Cuijlo, now associate professor of business administration. Heine-Cuijlo worked on a community leadership development program, and saw the opportunity to set up a similar program at Aquinas, said Williams. She hoped that people going into work in nonprofits would get business and accounting skills by participating in the program, which was then just a collection of classes without introductory or capstone courses.

Williams was asked to take over the major after Heine-Cuijlo moved on to other responsibilities for the college, and he conducted an overhaul in 1999, incorporating leadership job-shadowing into the major. The 100 course places students with leaders in the community, while an upper level practicum has paired community leadership majors with the Grand Rapids City Manager, the Grand Rapids Chief of Police and the Director of the YWCA of Grand Rapids.

Williams says the community leadership major has drawn students from such areas as sociology, political science, and international business. With so many different majors involved, the fields students enter is open in the air. "We really don't know where students will go. In five years, I'll have a better idea," said Williams.

"I am planning to go to grad school for city and regional planning because I hope to be a city planner," said senior community leadership major Emily Kamara. "I think with only fifteen students, we all know each other, which is nice. I think if it expanded too much [without adding faculty], it would not be the same. I don't think that the directors would be able to student well. As they brought in more students without adding more faculty, it'd lose some of the character of the program. But, if they added more faculty with more students, then the program would benefit."

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As far as Halloween entertainment goes, I firmly believe that this holiday presents a rare opportunity.

There are countless songs to sing, candies to be lit, stars to be placed, eggs to hunt for, lavish parties to toss, and spooky stories to be told. With a little bit of preparation, you can turn your television into a haunted house.
Swirling images from pop culture make up Brett Colley's "Apocalyptic Apparitions," now showing in the AMC

"Human Oddities" Invade the AMC

by The Times staff

Mariel Versluis's sculptures parade across the floor of the Art and Music Center gallery like a Tim Burton movie come to life. Wooden boxes in muted primary colors rest on top of long, spindly appendages. A rubber chicken, mouth gaping open, peaks out from its wiry cage.

Versluis, an artist from Hopkins, says that her "Train of Fools," composed of absurd figures she made from such found objects as shoes, boxes, even dead animals, represents the inhumanity people inflict upon each other on a regular basis. "We are a species engaged in activities which are harmful to each other," said Versluis. "In this way, each of us rides in his or her own little car on the train of fools."

Versluis's work joins that of local artist Brett Colley in the "Human Oddities" exhibit that opened Oct. 7 in the Art and Music Center. The exhibit runs through Nov. 9.

"Both artists have a message about the world and how fragile it is," said Associate Professor of Art Dana Freeman. "They use symbols attesting to the emotional destruction of the world."

"Apocalyptic Apparitions," Colley's series of prints, borrow images from popular culture to make statements about everything from environmental issues to genetically-modified food to the Bush administration. "I get everything from the headlines. I'm very much interested in contemporary issues of the time. I have a liberal, biased point of view that colors my work," said Colley.

Several of the prints feature faintly-drawn skeletons upon which have been printed garish black-and-white prints of such cultural symbols as SUV's, television sets and pill capsules.

"They're composed of many different components that make up larger images," said Colley.

Colley's work was on display at the Donnelly Center on Saturday, Oct. 27 and Sunday, Oct. 28. Admission is free. For more information, call 248-645-6666.

Call In and Win!

The Aquinas Times is giving away three pairs of tickets ($16 value) to the Grand Rapids Jaycees 'Halloween House' 2001! To enter, be one of the first three people to correctly answer this question:

How much do Americans spend on Halloween candy each year?

a. $2 million b. $200 million c. $2 billion

Call The Times at ext. 4106 with your answer, your name and your extension. Good luck, and Happy Halloween, from the Jaycees and The Aquinas Times!
Stress...you know what it is. Now find out how AQ students deal with it.

by Tonya Schafer

Editor-in-Chief

In high school, Monique Nadon was "that" girl. President of the National Honor Society. Editor of the student newspaper. Member of the dance team. 4.0 student, the quintessential overachiever.

"I was a major perfectionist," remembers Nadon, now a senior business administration and communication major at Aquinas. "I couldn't count on all of my fingers and toes the number of activities I was involved in. I had been going on three hours of sleep a night just to fit everything in."

That may explain why Nadon found herself trembling and breaking out into sweats one day before English class. She couldn't breathe or shake the sense of panic that was rising in her chest. The deadlines, the pressure, the strain of sampling from a plate filled with fifty different activities had finally gotten to her. She was having a panic attack.

"I had to take a leave of absence from school for three days just to reduce my anxiety," says Nadon.

She's not alone. Students of today are stressed out, maybe more now than even before.

The fast-paced society they've grown up in blinds the miracle pill of achievement as a cure-all for what ails them. Cash, fame and happiness dangle just beyond their grasp, and others let disappointment fester inside of them until it explodes in a burst of stress-induced panic.

"When the first type of person fails a test, he would say it was because the class was stupid. The second person would say it was because he was worthless," says Carman. "A perfectionist's sense of worth is always being tested, while less achievement-oriented people accept themselves the way they are."

In high school, Nadon would have fit the perfectionist label to a tee.

Even now, everything from the term paper they're writing to the caffeine the students like to drink as a barista at the Moose Cafe must be done correctly.

"I will do something over and over until it's right," says Nadon. "But I don't worry about it as much as I used to. It doesn't cause me stress so much as it does a lot of my time."

Actually, not all stress is bad. Throughout the years, the word has gained a negative connotation, but according to Carman, some types of anxiety are beneficial. "When a person is working at his potential, when he feels that everything is pushing him to be his best—that's good stress," says Carman. "It's when things get overwhelming that it turns into bad stress."

For example, Nick Starck could be called one of these "good stress" people.

"He's a member of Habitat for Humanity, the Community Senate political affairs committee, the Hockey Club, Up 'til Dawn and a number of other on-campus groups that eat up a sizeable chunk of his time, but he doesn't let it get to him." People have to realize that there are some things they don't have control over. They get stressed more because they think they have so much going on, and they exaggerate in their heads. But if they look at things logically, they'll realize it's not that bad," says Starck.

Of course, Starck wants to do the best he can academically and otherwise, but he won't sweat it if he doesn't always get an "A."

"It really doesn't matter how smart you are. Someone could have a 4.0 GPA but still be so intrinsically pressured you'll meet. I enjoy life too much to get nervous or stressed about things like that," says Starck.

Still, there are some situations that have caused him anxiety. Right before Starck left for college, his parents were getting divorced, his student loans were being denied and his course scheduling hadn't been completed.

"It seemed like a lot of stuff, but I wrote down everything on a piece of paper and ranked it in order of the things I have to control over," says Starck. "My anxiety lasted about a day."

Starck's method is a good way of dealing with stressors, says Carman, who recommends that students keep track of and prioritize the things that are causing them anxiety.

"You need to have a good understanding of what your limitations are. If too many things are piling up on you, you feel like you have a lot on your plate and you're overwhelmed. Just being able to sort through things makes it easier to deal," says Carman.

Since coming to college, Nadon has been heeding that advice and says she tries to avoid overwhelming herself. She doesn't want to repeat her experiences as a super-stressed high schooler.

"I saw how much I missed out on, how I didn't have relationships with my family anymore and how I lost a lot of friends. In college I don't want to worry about those things as much," she says.

With a schedule that includes twenty-five hours of work a week, a seventeen-credit class load, stints as an orientation leader and a CYBAC leader, and preparation for her impending trip to Ireland as part of Aquinas's study abroad program, whether or not she's achieved that is a matter of opinion. But she admits to feeling less stress.

"I take a step back and prioritize. The only time I do stress is when everything is due at once," says Nadon.

Starck echoes her sentiments. "What is being stressed going to do? As much as I wanted worry, usually worry won't change things, it just makes more problems," he says. "I've taken the view that I won't let "manmade" stressors inhibit my freedom to do what I want when I want to do it."

That, says Carman, should be a student's ultimate goal in reducing his or her levels of stress.

"You don't want to have no anxiety or not care about things at all, but too much anxiety is self-defeating," says Carman. "People who carry a lot of negative baggage find that the number of things they can experience is limited. Whatever problems they face in life, students should always be able to say, 'I'm doing what I like to do and that keeps me going.'"

What stresses you out?

We asked students and faculty to dish on their stressors. Read on to see what keeps their lives busy.

"Having too many things to do stresses me out. So does the fact that I am leaving for college and I just causes more anxiety and it's a really hard problem to solve."

-Brendan Clark, sophomore

"A combination of home work and athletics contributes to my stress. So do the expectations of my parents and having to live up to my siblings' academic achievements."

-Tracy Gunderson, freshman

"Knowing that when I graduate I'll have to prove to my future employer or grad school that I know my stuff."

-Tim Ruffini, junior

"Dealing on in the trying to do school work and still having to have responsibilities in touch as much as.}
What can you do to combat the stresses of everyday college life? Check out these tips from AQ experts.

**Don't take on too much.**

"It's hard to say no to an activity, but you need to have a good understanding of what your limitations are," says Career and Counseling Intern Carl Carman.

**Avoid caffeine.**

"It makes you more nervous and jittery," says Aquinas Health Center Director Kim Quigg.

**Take some "me" time.**

"Even when you feel like you have a lot on your plate, you need to take breaks and relax," says Carman.

**Try holistic therapy.**

Practices like yoga, acupuncture, meditation and massage have been credited with reducing stress levels and promoting physical well-being. According to Quigg, the Health Center offers massage therapy and yoga classes, and might soon be offering kickboxing classes. Interested students should contact the Center for more information.
Global Explorations: a “GEM” of a class?

Love them or hate them, you’ve got to take them. Global Explorations and Meaning classes require fourth-year students to learn about the cultures of three different countries – Nigeria, Mexico and China – as a means of helping them “broaden their awareness of the world.” Students read native literature, listen to lectures and attend cultural events, all in an attempt to develop a global perspective. But some students protest, claiming that the classes actually tokenize the very countries they pay tribute to. Do GEM classes promote the celebration or marginalization of cultures? You be the judge...

by Tonya Schafer

Yes. Students often whine about being required to take GEM courses, claiming that the program doesn’t teach them concrete skills they can use in the real world. But as Director of Global Perspectives Lorraine Straw says, “the more a student is arguing about GEM, the more he or she is reinforcing the need for it.” Simply put, a college job is to crank out well-rounded graduates who are able to competently function in the outside world. There are plenty of classes students may not want to take but that are still necessary for their social, economic and intellectual well-being. GEM classes help them look beyond themselves and into a world that is finally acknowledging the value of diversity. Society’s six degrees of global separation have become five and even four because of improved transportation, telecommunications and the Internet. World Wide Web use has grown by leaps and bounds in the past few years. Foreign investment is rising and Stephen Dahl of the University of Luton in the United Kingdom cites “globalization” as “the most important single concept emerging in today’s market economies.” Students who don’t maintain an understanding of and an appreciation for cultural differences, then, damage their chances of achieving business and personal success. Unfortunately, people who gripe about GEM classes while they are in college don’t necessarily realize this until they get out into the real world and by then they’ve got a lot to catch up on. Think of GEM classes as a sort of vaccination, then. Students may not want to go through it right now, but in the long run, the courses will keep them healthy, viable members of society. As such, they should be a required component of the Aquinas curriculum.

No. In its current form, GEM does little to expand students’ understanding of other cultures. I will grant that some GEM professors do a great job of promoting “critical thinking about similarities and differences between and within cultures” – a stated goal of GEM on the General Education website. But there is the potential for students to have widely disparate GEM experiences as dictated by the individual professors’ commitment and plans for the course. The goal of GEM is to promote understanding, yet the only understanding of the countries many students get is enough rote memorization of the CIA World Factbook that will get them through the next test. This amount of disparity between good and poor GEM experiences must be addressed if this is to remain a viable program. The “Global Exploration” that Aquinas hopes students will receive, seeing their culture from without, is really achieved through the study abroad and CD 301 experiences. Furthermore, if the goal of GEM is to expand the mind of the “dumb American,” they are ignoring the most influential region in the world, Western Europe. The CD 301 experience is designed to allow students to “reality test” their views and career plans for themselves while GEM students are required to have this change of view. Heavy-handed curricula are not the answer. Students must reach this openness on their own. GEM is just an attempt to catch those students who might slip through the cracks of a liberal arts education after three years of study with their ignorance of the outside world intact. If a student’s world-view has not changed by his or her senior year, a semester of catch-up will do little to aid in preparation for what is out there in the real world.

by Nathan Peck

Should GEM be a required component of the AQ curriculum?

Yes. Thinking that spending a month studying one country in one region will give students an understanding of cultures contained therein is erroneous. Take the first country studied, Nigeria. It differs widely from even its nearest neighbors by religion, ethnicity, and language. The danger is that students may develop false assumptions that the Nigerian experience is typical of that of all African countries. Expanding students to other cultures is a good idea. Upon graduation, they will be exposed to a plethora of different people and ideas, and they will need to develop the skills necessary to function in this world. Why not, then, give them a more in-depth look at a single culture, so that they use the skills necessary for looking beyond the surface of a society, to learn its history, to learn about its people? The third year GE requirements do this by allowing students to choose from a variety of courses in the theology department. Students have the choice whether they want to explore the different religions of the world, discuss the nature of God, or understand Catholicism in more detail. Why not, then, give them a more in-depth look at other cultures? I will grant that some GEM professors do a great job of promoting the “tokenization” of the outside world. What happens when an Aquinas student belongs to the “other” group? This ignores the diversity that does exist on campus. For many students the “white bread” take on the world simply does not exist. If a student is of Chinese descent, will an American raised and schooled in the U.S. be able to shed light on the nearly four millennia of recorded Chinese culture? I think not.

Does GEM promote the “tokenization” of countries that are studied throughout the course?

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And you can Quote me on that
Where do you buy your...

Groceries?
"Go to either Major or D & W. Mostly D & W because it's closer and I don't have a car."
Claire Oglenenski, freshman

Shoes?
"I usually go to Dunkham or MC Sports. They're cheaper than most places, and the quality is just the same."
Adam Vohts, sophomore

Clothes?
"Buying a college student with no money, I love to bargain shop. I always find good buys at Marshalls and TJ Maxx and places like Banana Republic have great sales."
Jessica Corey, junior

Coffee?
"It wouldn't matter if it were a big or small shop. Because I'm from here, I go to local places like Kava House. But in a big city like Chicago, I go to Starbucks. It's familiar -- you know what you're getting there."
Chad Coleman, senior

Groceries?
"It really varies... I think I prefer to shop at local places like D & W. The goal of big companies like Wal-Mart and Sam's is to obliterate the smaller competition. Also, when I see companies that have political messages, I avoid them."

Tom Dooley, Computer Information Systems Chair

The Aquinas Times has worked diligently for the past 21 years to produce an informative, entertaining and journalistically-correct student publication. The Aquinas Times is distributed by students at Aquinas College, 1607 Robinson Road SE, Grand Rapids, MI 49506. Our goal is to continue to provide a forum for the ideas, views and concerns of the Aquinas community.

Signed editorials reflect the opinion of the writer and not necessarily that of The Aquinas Times. "The Times View" represents the views of the editorial board and does not necessarily reflect the views of Aquinas College.

"Letters to the Editor" are accepted Thursdays by noon in The Aquinas Times office, located in lower Weaver Center. All letters must be signed. The Aquinas Times reserves the right to edit based on content, length and libel.


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Solace found in healing power of fly fishing

Outdoors
by Joe Boomgaard

"We have seen the first war of the 21st Century..."

"Hey, there he is, FISH ON!!"

America needs to heal, to overcome the devastating tragedies that occurred in New York, Washington, D.C., and Pennsylvania, yet prepare for whatever is to come. The price of freedom is sometimes steep, human lives are often lost.

One of the benefits of living in relative freedom is the ability to partake in the spiritual healing process known to some as fly fishing. There is something peculiar that happens to a person, man or woman, when he or she sets foot into a cool stream; the healing waters touch not only the body, but the soul as well.

I have seen the benefits of fly fishing firsthand. Whenever I needed solace, I sought my comfort on the banks of a river, fly rod in hand. When my mother passed on last spring after going through the horrors of Multiple Sclerosis, Diabetes, and Reflex Sympathetic Dystrophy, the worst of them all, combined with other problems, I was on empty. School didn't matter, nor did any other day-to-day function; a great chasm penetrated deep within my sense of normalcy.

My mother, the greatest mother to have ever lived, was physically gone. Needless to say, I was hurting.

One day shortly after her funeral, I made my way down to the Little Manistee River, near Irons, a small town in northwestern Lower Michigan. I stood from a high vantage point overlooking the stream, searching for patches of light colored gravel, signifying that steelhead were still spawning in the area. With several spotted, I descended the bank, carefully stepping into the river, so that the wary fish would not be alerted by my presence. Slowly, I waded into position.

When I had reached a deep run below one of the pairs of spawning steelhead, I realized my leader and tied on a fly, a size 6 black stonefly that I had tied the night before. I stripped several feet of line from my reel, letting the coils of line fall into the current at my feet. Then I made the first cast to the upstream edge of the run. The weight began ticking bottom soon, and I followed the line with the rod as it drifted downstream.

In all likelihood, I made thirty or forty such casts before I even hooked a fish. The crimson-sided male steelhead immediately took to the air, his head shaking as he came crashing down back into his watery environs, trying to shake the fly from his mouth. Luckily, the hook held, and after a few strong runs the fish tired. I steered him to an exposed gravel bar just downstream of where I was originally standing, gently lifting his head onto the small rocks.

Quickly, I reached down and grabbed him by the tail, sliding him further onto the rocks. The fish was a beautiful specimen, his olive and red sides speckled with dark spots. My hands were shaking as I twisted the fly from the corner of his mouth. I slid one hand under his belly and used the other to grasp his tail and lowered him back into the current. Soon, he regained strength and twisted from my grip; with a flick of his tail, he was gone, back to the deep run to recover. I guess he, too, could find refuge in the waters.

After I released him, I remember saying to myself that life was going to be rough for a while, no doubt, but things will get better.

The same is true for our nation: we have a long road ahead. However, we must never forget that things will get better, eventually.
Cross country takes race in stride

by Jackie Hurley
Contributing Writer

A tough course and poor weather conditions greeted the men’s and women’s cross-country teams Oct. 12 at the Michigan Intercollegiate Championships held at Kensington Park.

The notoriously difficult course did not succeed in dampening the Saints’ efforts, however.

Expectations were high for both the men’s and women’s cross-country teams as the Saints returned to racing after their first place finishes at the LCC Stars Invitational Oct. 6.

Outstanding efforts at the Intercollegiate meet included an eleventh place finish by sophomore Phil Olson in the men’s varsity race.


Overall, the men’s team finished fifth and the women’s team finished eleventh out of a field of sixteen teams. Competition included teams from both Division I and non-Division I schools.

The men’s team will enter next week’s conference meet with goals of dominance.

The men’s team will seek to defend the WHAC title it captured in 2000. The team competes with physicality, disgusting, rancid thing possible...

The team competes with physical and mental strength and has an attitude that should yield positive results as the season progresses," said women’s coach Lori Enderg.

“We’re looking to run tough up-front at conference. We’d like to mix it up for our competitors. However, the main focus of our training is to run tough at Nationals in four weeks,” said junior Nate Kaiser, a member of the men’s team.

Both the men’s and the women’s teams will enter next week’s conference meet with goals of dominance.

The men’s team will be challenging for the conference title, also.

Lady Saints lose showdown with Siena

by Shaun Markwart
Contributing Writer

The Aquinas women’s soccer team came into its Oct. 9 game with Siena Heights on a roll. They were winners of four consecutive games and playing some of their best soccer of the season. However, Siena Heights has been playing their best as well, and are clearly the class of the WHAC. The visitors came in with a sparkling 14-1 overall record for the season, which included a perfect 3-0 conference mark.

The Lady Saints came out of the blocks strong and showed they would not back down as the game became physical early on. Siena Heights put an end to what ever hopes Aquinas had of pulling an upset with three goals in a six-minute span midway through the first half. The three-goal outburst came off of two corner kicks and a free kick. Siena Heights added a fourth goal early in the second half and coasted to a 4-0 win.

The Aquinas defense provided no answer for the two-woman wrecking crew of Dawn O’Neil and Mary Roman. O’Neil was on in all four scores as she picked up two goals and two assists, while Roman added the other two tallies to go along with one assist.

Aquinas’ best chances to score came off of two free kicks by senior defender Lacey Ginsberg, but both attempts dropped perilously over the crossbar.

The loss drops Aquinas into a four-way tie for third place in the WHAC with a 2-2-2 conference record. They are 7-7 overall. Prior to the battle with Siena Heights, Aquinas edged out conference foe Indiana Tech 1-0 on Oct. 2. Freshman Kim Ridge scored the lone goal, while the Lady Saints’ defense shut down Indiana Tech.

Aquinas was then victorious in a dramatic 2-1 overtime thriller over St. Xavier in Chicago on Oct. 6 in a non-conference battle.

The Lady Saints ended the regular season with a big conference home game on Oct. 20 against Madonna. The game will go a long way in determining the WHAC playoff match-ups, which will begin on October 27.

Sports Calendar

Women’s Volleyball
@ Alma, Alma Tournament Oct. 19-20, time TBA
@ Spring Arbor Oct. 23, 7:00 p.m.
@ Madonna, on campus Oct. 26, 7:00 p.m.
@ Concordia, on campus Oct. 30, 7:00 p.m.
@ Grand Valley State Nov. 1, time TBA
WHAC Tournament Nov. 6, first round, time TBA

Men’s Soccer
@ Grand Valley State Oct. 17, 4:00 p.m.
@ Madonna, on campus Oct. 20, 7:00 p.m.

Women’s Soccer
@ Trinity International Oct. 20, 3:00 p.m.
WHAC Tournament Oct. 27-Nov. 3, time TBA

Cross Country
WHAC Championship, Jackson Oct. 20, 12:00 p.m., women 12:45 p.m., men

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Aquinas sophomore defenseman Steven Dobb controls the ball during an Oct. 7 game.

Win puts AQ men's soccer team on top of the WHAC

by Luke Overmire

In recent action at Aquinas, the hometown Saints faced off against the Saints of Siena Heights University. This game was not only a major decision-making game for both teams, but it was also viewed as a chance for Aquinas to maintain its top position in the WHAC conference.

Coming into the game of Oct. 10, the Saints of Aquinas were in a dead heat for the number one position with teams from Madonna University and Siena Heights University.

After an amazing 4-1 victory over Siena Heights, Aquinas has secured its number one position in the conference, while Siena dropped to the number-two spot. This indicates that the Saints haven't seen the last of Siena Heights.

In order for Aquinas to maintain a number one finish, the Saints must prevail over Madonna on Oct. 20. Thus, the last game of the season, will prove crucial, as both Madonna and Aquinas currently stand at 4-0 in the WHAC.

The game versus Siena Heights was obviously a major asset to the Saints as they now press on toward victory.

During the game, as impressively equal number of shots—seven were attempted on each goal. But it was in the second half of the game that the Aquinas Saints came alive. Aquinas shot for nine compared to the mere four shots attempted by Siena.

In all, freshman keeper Carl Whitehouse played an enormous role in team victory by stopping virtually any chance for a score from the opposing team. Other team members playing an active part in victory were senior Matt Roberts, who scored twice, assisted by freshman Matt Garner and junior Sean Smith in later action, and senior Andrew Willkman and junior Andrew Fearman, each with one goal respectively.

While other team members may not have played a part in the scoring game, they most certainly took an active role in defense. These players, along with keeper Whitehouse, saved a total of nine shots from being scored. Further, they served to distract the defense of Siena Heights by taking seventeen shots, eleven of which were directly on the goal.

The win came off of a disappointing Saint loss to the University of Saint Francis Oct. 7. Aquinas came up short in overtime in a 2-3 loss when St. Francis’ Mark Sabino scored off a Ben Titas assist in the seventeenth minute of overtime.

WHAC Attack: Wins crucial as seasons wrap

by Brandon Lacic

Cross Country

Last week Aquinas and Concordia represented the WHAC at the Lansing Stars Invitational. Aquinas came out on top with 30 while Concordia finished in sixth place with a score of 170. Albion College took second, followed by Hope, at third. Aquinas placed five runners in the individual top 10.


Men’s Golf

The WHAC held its Jamboree #5 at the Thousand Oaks on Oct. 1. Spring Arbor took home first place from the meet with a total of 309, followed by Tri-State with 315, Cornerstone with 317, Aquinas with 321, and Siena Heights with a total of 350. Spring Arbor’s Dan Page shot the day’s best with 75, followed by teammates Preston Meeder, 77, and Jeff Boss, 78. Tri-State’s Andy Keiss turned in a good performance, shooting a 77. For Aquinas, John Cavanaugh shot the second best round with 77, followed by senior Andrew Wilkinson and junior Sean Smith in later action, and senior Andrew Willkman and junior Andrew Fearman, each with one goal respectively.

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The WHAC. This week’s WHAC player-of-the week is sophomore forward Becky Guibord of Madonna. Guibord scored three goals to help Madonna to a 1-0 week. She also scored two of Madonna’s first three goals in a 10-0 victory over Concordia University.

Men’s Soccer

The Aquinas men’s soccer team stands alone atop the WHAC undefeated at 5-0. Madonna is right on their tails trailing at 4-0. Aquinas defeated Concordia soundly on Saturday 6-0 to keep their spot. Overall, Aquinas is 9-0 on the season. Siena Heights leads the non-conference winnings at 12-4, and are 4-1 in the conference. Aquinas junior forward Andrew Fearman notched three goals in a 4-0 win over Indiana Tech. Sam Skeels of Siena Heights had a big week once again managing to score two goals and one assist in two games. Cornerstone’s Jonathan Depoy also had two goals in two games.

Volleyball

Madonna leads the WHAC with a record of 7-0. Donna Birkenhier led the Crusaders to a 5-0 week and a tournament championship. Birkenhier had 61 kills and a .607 hitting percentage. Birkenhier was named MVP of the Wildcat Invitational at Indiana Wesleyan University. Senior setter Jennie Wind helped lead the team to the tournament championship. In five matches, Wind totaled 138 assists, an average of 12.15 per game. The Beverly Hills, MI native also had nine block assists and was named to the Wildcat Invitational All-Tournament team.