The Wege Pond "island" isn't really an island. It's a five-foot pile of dirt, the product of sediment that's built up in the pond over the last several years, according to Tri Beta member Brendan Earl. Construction of the coming Circle Theatre will likely result in more sedimentation and has prompted the biology honor society to postpone potential restoration efforts until after the theater is completed.

"I saw the commercial this fall on Fox. I think. The first time I saw the ad, I thought it was Holmdene [in the background]. Later, when I saw it again, I wanted to know why Aquinas did that. I just don't know if that's the way I want the school being promoted to the community," said senior Leanne Berek.

"I'm not aware of anyone having given permission to use the college as a background in the commercial," said Director of College Relations Marty Fahey. "Aquinas has held an open policy that encourages people to come on campus and to enjoy the beauty we see here as faculty, staff, and students. But we do have liability when non-college related people come onto campus.

This raised concerns within the College Relations Office, which launched an investigation. "The college turned to the Norman/Payne Advertising Agency, which produces the Dan Pfeiffer ads. "I'm not suggesting that the [supposed] use was not worthy or that it negatively impacts the college. My question is 'How is that image going to be used in the future?' Could a second party get control of the image and use it in an unfavorable manner?" said Fahey.

"I have gone over the logs of all the commercial productions that fall and summer. No one that ran in the summer and fall featured any buildings from the college," said Jack Norman of Norman/Payne.

However, the images may have been used in the past. In the spring of 1998, Norman/Payne hired a commercial production company from Dension, Tex., to produce television ads for Dan Pfeiffer. The film created commercials for many car dealerships.

[Radiovision] asked for a list of prominent landmarks around Grand Rapids. After they landed, they started filming footage of them that night. [The film] was used in commercials at that time [the spring of 1998]," said Norman. "I have talked to Radiovision and they have looked into it.

"We're not opposed to people coming on campus and taking pictures for personal use," said Fahey. "But when commercial photographers take photos and videotapes in any way for personal gain or profit, it causes me concern."

The situation has prompted Fahey to consider drafting a policy that would guide non-college related uses of college images and that would also address the balance between maintaining an open campus and protecting the college's interests as related to issues of liability.
Local organization seeks to close the "Digital Divide" with MOLLIE program

by Nathan Peck

News Editor

Technology initiative, a project funded by the Michigan legislature that gives school districts money for the purchase of computers, MOLLIE provides Internet access and training to local schools and community organizations.

It's funded in part by GRTV, which pushed for the expansion of the program from Internet training to complete multimedia instruction. MOLLIE transports its mobile lab of twenty iBooks and twelve digital video cameras to each site.

"The kids have been learning a lot about filmmaking. They now know how to use basic camera shots," said St. James eighth-grade teacher Brian Purwin. "They love it."

"We live in a visual, multimedia-saturated culture. The kids pick it up quickly. They understand what makes good videos and good images," said Krawczyk.

In addition to working with schools, MOLLIE has helped outreach programs such as Heartside Ministries piece together a documentary. Employees had been filming their own material and needed to know how to edit it. GRCMC provided that know how.

The program has expanded to include collaboration with public radio station WYCE, Grand Valley State University and the Grand Rapids Institute for Informatio...
Questions answered about quads

Students discuss benefits and disadvantages of the popular eight-week long evening courses

by Monique Nadon Contributing Writer

Quad courses—why do people take them? What makes them attractive to students? Why are some classes offered as quads and others not? Are quad courses of the same quality as regular 16-week courses? All of these questions have plagued the minds of Aquinas students. Some answers are finally here.

When asked to assist Dean of the School of Arts and Sciences Deborah Wickering, eight-week long quad classes, held one night each week, began in the 1970s to accommodate those students who had full-time jobs, careers, and/or families to tend to, and who had only their evenings free for school.

Throughout the years, however, quad courses have become diversified, taken not only by adult, or Continuing Education (CE) students, but by traditional-age students as well. This has brought with it many benefits and some disadvantages, believe students.

The opportunity that quads present to learn from the different perspectives of others outweighs the slight disadvantages they may present, said Provost and Dean of Faculty Ed Balog. "Adult Education experts believe that traditional students benefit from the life experience of the CE student," said Balog.

Indeed, both adult and traditional-age students expressed appreciation for the opportunity to learn from the viewpoints of the other.

Education students find that the CE viewpoint helps when discussing classroom experiences. "A lot of Continuing Ed students are out there teaching now," said senior biology major Nick Patin. "They are here getting their masters and can share their real life stories.

"It is nearly impossible to incorporate enough processing time into an eight-week format," agreed Patin. "You can get inundated with information and have to struggle to keep your head above water."

But senior Josh Brown believes that the "time crunch" allows her to finish general education and graduation requirements more quickly.

"The eight-week quad courses give you the same amount of detailed information in a shorter period of time. It allows me to have a more well-rounded college career," said Brown. "It gives me more time to work, take other courses, and get involved with extra-curricular activities."

Modifications have been made to the quad courses to ensure that these courses are effective. "Most faculty feel that a 16-week course needs to be approached differently than an eight-week course," said Balog.

Wickering agreed, explaining that in semester long courses, more areas are covered, but in eight-week courses, the areas are less vast, but are covered more in-depth.

"If you get a lot more out of the 16-week course," said Kamar. "You have more contact with the professor and more time to process the information of the course."

Despite the challenges the condensed schedule poses, Aquinas students utilize the quad format.

According to Director of Instructional Services Brian Manzke, 127 quads were offered this semester, and 2,495 students took those quads.

"As of now, the matter of determining which courses are offered as quads and which are not is left up to each department's discretion. The department makes sure that the courses in quad format are still equal to their semester long counterparts.

Volunteering

"When kids from Sigbee visited Aquinas last year for a Christmas party, some of them had tramplike ideas," said Giving Tree Organizer Megan Alford. "Those kids deserve to have something warm for the holiday season."

The Giving Tree will be in place until Dec. 19.

Students who would rather donate money will find an alternative means of giving at the front desks of Regina and St. Joseph Halls. Collection boxes placed there are accepting contributions until Dec. 18 for the Salvation Army Angel Tree.

Co-sponsored by WOOD TV-8, the Tree bears ornaments representing underprivileged children. Participants select ornaments from the Tree and purchase toys or articles of clothing for the youth those ornaments represent.

Freshman Mary Grant who, along with freshman Melissa Kosters, is organizing the program, says that to far donations have been received. "I wish we could come in two days or less," she said. "That the two plan on visiting individual rooms in the hopes of collecting more money."

"It's a good volunteer service," said Grant. "It's something a little different from collecting food, like most people do."

Some organizations have already taken part in volunteer-oriented events. The tutoring program sponsored a holiday party for Sigbee Elementary students Dec. 5. Several Aquinas students were on hand to spend time with the second, third and fourth graders they tutor. Activities included a short tour of campus to provide the kids with an idea of what college life is about, and a craft session. Students were also given snacks and a holiday story. Continued from page 1

Classified Ads

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Junior Clare Avery reads to a group of students at a Christmas party held Dec. 5 by members of the Sigbee Elementary tutoring program. The party was one of many holiday events taking place on campus this year.

NEWS

Continuing Ed student takes issue with faculty parking privileges

an editorial by Kathy Bieber Contributing Writer

As a Continuing Ed senior at Aquinas, I have spent more than my share of cold, dark winter nights hocking in from distant parking lots, hoping that I can make it inside before class starts or my toes frozen. Over the years, I have devised several ways to locate the campus parking spaces that sit empty in the evenings, wondering why anyone would want students walking in the cold and dark through poorly lit woods while those cars, well-lit spots sit empty.

I'm a professional who works a full-time job, and simply can't always make it to school with an extra ten minutes to literally trek from in distant parking lots.

So periodically I park in a faculty spot and invariably get "spanked" with a parking ticket.

Aquinas College is a business, and part of this business is to attract Continuing Ed students like myself. Aquinas, like all colleges, offers a service—the service of providing an education.

Organizations that do such are, then, typically service-oriented. For example, Nordstrom is well known for its high-quality, customer service. If people are not happy with their purchases from Nordstrom, they have a great return policy. If people are not happy with their purchases from Aquinas, there is no return policy and a customer service department is not expected.

I have spent more than my share of cold, dark, winter evenings walking on campus, and every winter I look upon the faculty parking spaces that are at a premium, and I put it on my refrigerator. Tutoring is a great way to help students...and I don't mean after school. Tutoring is a great way to help students and I don't mean after school. Tutoring is a great way to help students.

Volunteering continued from page 1

Aquinas student, a Sigbee tutor, enjoyed the experience. "It is fun to give the kids we work with an idea of where we're from, and it was a great bonding experience also," said Jensen. "One of my girls gave me a Christmas picture she colored and I put it on my refrigerator. Tutoring is a great way to help people you wouldn't normally get to know, and it's rewarding to be able to give back to the community during the Christmas season," said Jensen.

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By Bridie Kent

My mind is going: What was good, what was bad, and what just "was" in this year's popular music scene

I'm in the first to admit that when it comes to music I'm biased and overly critical. I know that there are certain groups and types of music I don't like. I try to accept genres like country and techno, but I still can't bring myself to sing at the sound of a southern accent or a Shawna Young.

Looking back on 2001 and at all the music to offer, I found some things more stomach-churning than your average four-hour quad, but also some things more pleasing than others cancelled because of the snow. Read on.

Good Music!

Immediately coming to mind in my favorite music videos of the year, if not my life. Take one man with more name changes than Old Kent Bank; sell 24 karat gold and 45 feet of flashy gold letters. Who does he get? P.Diddy, of course.

The man amazes me with his egoism and his arrogance. The video for "Diddy," a new song from his album The Saga Continues, features Diddy living it up in front of his name spelled in sky-high, gold light-up letters. That man-made structure rises up more electric current than what's required to power a small country.

This flashy display shouldn't surprise fans though. Think of P. Diddy's "other" contributions to the music world. He was so sold on his new line of classy "Sean Jean" clothing! And who else could create such a video through chauvinism! Lo sway with his club hopping antics? No, Puffy, err, P. Diddy, you are not my 2001 hero.

Bad Music!

But we can't forget about the worst of 2001, the next teenage singer wanting to make it big and to have a Barbie doll modeled after her. She's blonde, a big fan of her own midriff, and willing to shake that fast and lip sync whenever Carson Daly and the TRL crew requests her presence. Stickin' out like a sore thumb as one of many in the line of Britney, Jessica, Mandy, and Christina wannabe-be-sisters-in-Shaka! Her songs begin with the same cheesy chords and just hearing her music conjures up images of the canvass she must go through whenever she attempts to sing and dance at the same time. The song "Whenver, Wherever" is almost tolerable, but it's the other songs on her new album Laundry Service that make me ill. Is it just me, or does she sound like the yodeling on top of the mountain?

Empirical Data

Billboard charts don't lie. In no order except alphabetical; here's who's yowling for Bert Albert of 2001:

The Backstreet Boys, Black & Blue - Wow, should we be surprised? Without rival's NSYNC; vying for the win, they may have a chance.
The Beatles, J - Will George Harrison's passing win this one on the sympathy vote?
Creed, Human Clay - This has all-around radio appeal. I've heard it on three different Grand Rapids stations. A contender? I think so.
Destiny's Child, Survivor - Who doesn't know the words to the title song? They just might make it with this one.
Faya, A Day Without Rain - Good CD, but case it out and see what's required to power a small country.

This flashy display shouldn't surprise fans through. Think of P. Diddy's "other" contributions to the music world. Who else would be so entrepreneurial as to form his own line of classy "Sean Jean" clothing? And who else could create such a video through chauvinism! Lo sway with his club hopping antics? No, Puffy, err, P. Diddy, you are not my 2001 hero.

Nelly, Country Grammar - "He is really popular right now, really popular," says my roommate. He has one vote at Aquinas.
Sad, Love Rock - Who? What? Did I miss this one? Or do I not listen to WSNN enough?
Shaggy, Hotshot - "It Wasn't Me" left listeners with a taste catcher than the original "Boomtastic."
Staind, Break the Cycle - I'm no longer "feeling those lighters," and they may be on the outside with all this competition!

Various Artists, NOW That's What I Call Music, Vol. 5 - Can we really give a compilation CD an award? Let's hope not! "Hey, way to... pick popular songs and stick them on one disk!"
Various Artists, NOW That's What I Call Music, Vol. 6 - See above!

Blah, blah, blah

2001 also offered some great moments in local music. Who can forget the Celebration on the Grand? Certainly not the thousands of music lovers in West Michigan who braved the rain for four shows in one. Molly, Bliss, 16,99, and The Verve Pipe all gathered together for a free show with more moshing than your school's band or than the average ska concert.

Also I can't forget to mention the new bands of the year who made radio worth listening to again. Nickleback, Puddle of Mudd, Incubus, Stroke 9, Molly, Lit, and the like have shown the industry that alternative music can survive outside of grunge. "Control," I Wish You Were Here," and "Lipstick and Bruises" have really pushed record sales over the top and have given fans something to rock out to.

On the pop and hip-hop scene, all boy bands have had great years and music sound tracks have been great stepping stones for other artists. Still keeping to their names all over the charts. Think Moulin Rouge and the Christmas Angels crew, or Nelly on the Training Day soundtrack. Fuelled by popular movies, these artists have made their music known. Although I think this year had a few flaws (hello, Shakira), it had more than enough great sounds to make up for it.

Painter expresses ideas through "color and light" in AMC show

Junior Andrea Covent views a painting by Ecuadorian artist Edgar Flores, nearly three weeks into Flores' month-long exhibit at the Art and Music Center.

"The use of color expresses an emotion true to that culture," said Covent. The painter likely be satisfied with that interpretation. "I hope he can communicate my emotions through color and light and through the geography of my country, Ecuador," said Flores. "I found my passion for art when I began drawing at age seven.

Flowers studied art at the Central University School of Arts in Ecuador. He now lives in Grand Rapids with his family. His exhibit runs through Dec. 18.

I need help

"I wanted a man who drank from the fountain of knowledge just spat it out and said it out."

photo by S. Van Hall

ENTERTAINMENT 2001: A music odyssey

December 12, 2001

Santa's little helpers

Entertainment Editor

Looking at the "Top Ten" movie list for the past week, I was amazed to see that the top five video sales belowed almost exclusively to movies geared toward children. From Shrek to Batman or: The Darkavacker, a trend is emerging, one that focuses on keeping pleased the non-discriminating masses of five-year-olds across America. This trend doesn't seem fair.

Movie producers know they have found a market. Not only are they producing films, but toys and accessories as well, and it seems that any movie can come up with some gimmick to market itself.

Harry Potter and the Sorcerer's Stone grossed $220 million during its first few weeks in theaters, but think about the toys, the video games, the Halloween costumes it has also sold.

Each inch of this marketing frenzy indicates a drive for money. I can't say I completely blame the people behind it. But who doesn't want to succeed?

But getting filthy rich off of something marketed mainly to kids seems slightly ignoble, like taking candy from a baby. I guess you could say.

Movie-makers exploit the fact that kids don't have the most sophisticated approach when it comes to determining what it is they like. Children often decide what's "cool" based on what other people think is cool and doesn't make any sense. At five, I watched the New Kids on the Block cartoon, played with Barbie (a woman who, in real life, would fall apart in 20 seconds of hard use), and decided which cereal my mom should buy based on the toy in the box. What the heck is wrong with me? My motivations were based more on the urge to have better things for Show and Tell than my friends did rather than on the fact that I actually wanted or needed these trinkets.

And so it continues. A kid sees a television commercial for the movie Monsters, Inc. intertwined with her favorite Saturday morning cartoon, and he's off to see another kid's lunchbox, which has Barbie or the Microsoft Network's website to look at pictures of new movies geared toward children.

"As toy sales skyrocket, kids are bom­
defined in Show and Tell than my friends did rather than on the fact that I actually wanted or needed these trinkets.

From the beginning of time people have been interested in the psychology of entertainment. Is it this information that lies behind it.

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From the beginning of time people have been interested in the psychology of entertainment. Is it this information that lies behind it.
The results of The Aquinas Times’ entertainment poll are in, and I hope you’ll find these interviews as interesting as I did! Nine questions elicited some great responses from the Aquinas community. Here are the top answers to each question. The “Word a mention” involves answers that received four or more votes or that were simply too amusing not to share. Read on...

Favorite place to catch a movie:
1. Grand Rapids Cinema
2. Civic Theater
3. DeVos Hall

Favorite place to catch a play:
1. Civic Theater
2. Circle Theater
3. DeVos Hall

Events...
- Check out the Barenaked Ladies in concert at Van Andel Arena at 7:30 p.m. Cookies are $35 — $45 through Dec. 12-15.
- Check out the performance of “The Nutcracker” at the Grand Rapids Ballet on Dec. 12-15.
- Check out the Barenaked Ladies in concert at Van Andel Arena at 7:30 p.m. Cookies are $35 — $45 through Dec. 12-15.

Front Row
by J.J. Florey
Contributing Writer

We’re almost done! Take a break from studying and mark your final dates! Here are some of the upcoming events...

Dec. 12 - 15
Wednesday — Put on your walking shoes and head to The Intersection for Punk & Rockabilly Night, featuring Glorified Trash and Blackout. Doors open at 8:00 p.m., show starts at 9:00 p.m. Tickets are $5 in advance, $7 at the door.

Friday — Want to take one last mud trip before you buckle down for finals? Check out Ekoostik Hookah at The Magic Bag in Ferndale. See their improvisational treatment of psychedelic rock ‘n’ roll, blues, funk, jazz and bluegrass. The 18+ tickets are $25 for $29.99 online at www.ticketmaster.com or by calling 248-645-6666.

Saturday — What’s my age again? Head to the Motor City as Blink 182 takes over Cobo Hall for a night of fantastic fan action. Tickets are available for $29.99 online at www.ticketmaster.com or over the phone at 248-645-6666. Show starts at 7:00 p.m.

Dec. 16 - 22
Thursday, Dec. 20 — Head to The Intersection once again for the Dramatic Problems CD Release Party, with special guest Blis Blox. Doors open at 8:00 p.m., show at 9:00 p.m. Ticket info not yet available, but keep your calendars open.

Friday, Dec. 21 — Jimmy Neutron: Boy Genius, an animated tale about a nerdy schoolboy who must save the adults in Retropolis from egg-shaped aliens, hits the screen. Check it out at a theater near you.

Fri., Dec. 21 to Sun., Dec. 23 — Let the Grand Rapids Ballet put you in the holiday mood with its performance of “The Nutcracker” at 7:30 p.m. on Friday and Saturday and 2:00 p.m. on Saturday and Sunday. Tickets range from $15 — $40, and can be purchased through www.ticketmaster.com or by calling 456-3333. For more information, call 454-4717.

Christmas break and beyond!
Tuesday, Dec. 25 — It may be Christmas, but that doesn’t stop people from trekking through the snow to check out Will Smith in Ali, which opens in theaters nationwide today.

Friday, Dec. 28 — Check out the Berklee Col. Ladies in concert at Van Andel Arena at 7:30 p.m. Tickets are $35 — $45 through Ticketmaster. Call 456-3333 or visit www.ticketmaster.com.

Through January 2 — Check out the “Christmas Around the World” tree display at the Frederik Meijer Gardens. Admission at a reduced student rate buys you a ticket to see the display, as well as other sculptures and garden exhibits. Call 957-5800 for more info.

Josephine Amanda Robertson and freshman Andrea Wisneski write scripts with director Brooke Murphy during auditions for He Shall Add Strength, this year’s Black History Month show. Written by Murphy, the play will be held Feb. 9 and 10.

Murphy says that although it is important to stick to her vision, Summer helps her realize that time and resources are limited. Murphy also wrote a side note saying, “Should more be done and she can’t exceed that. There’s little margin for error in terms of timing and making it happen. I have a limit to how deep I can get into a project. I don’t have the time.”

Anyway, thanks to all who took the time to reply!

-Brade Kent, Entertainment Editor
One student's story of her dealings with clinical depression

by Tonya Schafer

Sometimes Jennifer Gamsby gets into funks. She can't eat, concentrate, or shake the sense of gloom that weighs on her like a heavy blanket. "I don't want to deal with anything or anyone when that happens. I don't want to feel anything," says the softspoken sophomore. "I sleep all the time. I'll just be like, 'life sucks.'"

Doctors diagnosed Gamsby with clinical depression a year and a half ago. That may be surprising to those who know her. Depressed people are supposed to be reclusive loners who walk around with frowns on their faces and Gamsby is anything but. She's the Third Floor St. Joe's RA with a flair for socially-conscious hall decoration; the double major who studied abroad in Germany her freshman year, the self-described "overachiever" who holds down four jobs and is a member of several on-campus organizations. "I'm generally an optimist," admits Gamsby. "I like to keep busy."

And yet, she's one of 20 million people across America who suffers from a disease that causes her to experience feelings of rejection she just can't explain. "It's so frustrating," she says. "I feel like, 'if I'm down I should have a reason to be down. And usually I don't have one.'"

Inevitably, someone will tell her to "snap out" of it. But that frustrates her even more. "They don't understand it's a chemical imbalance in my brain. They'll just think I'm depressed because I'm not happy.

People who suffer from depression can get so overwhelmed by feelings of hopelessness that they lose interest in everyday activities, have difficulty concentrating, and are easily fatigued. Some, like Gamsby, have bipolar disorder. Their crippling lows alternate with periods of extreme high. Many are genetically predisposed to the illness, which doctors believe is caused by fluctuating levels of the chemical serotonin in the brain. But external factors can also play a role. "It depends on each person," says Career and Counseling Services Intern Carl Carman. "For some, it's purely biological. Others become depressed after suffering a loss of some kind."

Such as the loss of security that accompanies the transition from high school to college. Gamsby says that's not what triggered her depression because she was diagnosed with the disease the summer before she enrolled in Aquinas. "I had a lot of downs my freshman year, though, and that didn't make things easier," she says. Moving away from home, losing contact with many of her close friends, and being forced to make new ones were all sources of anxiety. So was finding out that, unlike in high school, she might actually have to study to earn her As. "I realized that I might not be as smart as I thought I was," she says, smiling. "I was really negative about all of those things."

Whenever Gamsby got especially stressed, she'd find her-...
During the sessions, she talks about her feelings and about the ways in which she physically reacts to them. "Like, when I'm angry, do I fly off the handle, or can I calmly address what I'm upset about?" says Gamsby. "It's all about getting stuff off my chest. I usually feel a lot better afterward, like a weight has been lifted." Most of Gamsby's friends know about her depression. It's not something she feels the need to hide and she'll talk about it with anyone who asks. "I don't want there to be any misconceptions," she says. For the most part people are understanding, but Gamsby finds it especially comforting to talk with others who suffer from the illness. "I don't have to explain anything. I can just say 'I'm having a down' and they'll completely understand it," she says. "It's easier."

Gamsby may be open about her depression, but she insists that she doesn't want or need special treatment because of it. Some of her professors know, and they've expressed concern and support. However, Gamsby doesn't want to become a "sob story," using the disease as an excuse to skip classes and to turn assignments in late. Instead, she looks upon the insight her experiences have given her as a means of helping others. She's pursuing a career in child psychology and she often counsels friends and acquaintances who are going through down times in their lives. They find a ready ear in Gamsby, who is one of only a few who can say she's "been there, done that."

But she advises people who believe that one of their family members or friends is depressed to proceed with caution. "It's probably not a wise idea to go up to someone and say, 'I think you have depression. Go see somebody,'" she says. "Instead, say something like, 'I notice you've been down lately. Have you thought about talking with someone?'

"Make sure they're taking care of themselves," adds Career and Counseling Service's Carman. "Be available to talk without judging them. Don't let them slip away."

Gamsby's trip to the doctor may well have been her salvation. She began taking medication that helped reduce the frequency of her moods. Antidepressants like Prozac, Zoloft, and Celsa correct serotonin imbalances in the brain, settling moods and bringing emotional stability. They've gotten a measure of flak because some doctors believe that they make patients too reliant on chemical means of overcoming depression, rather than on learning to nip their bouts of despair in the bud through stress management and similar techniques. But Gamsby also attends sessions at the Career and Counseling Center, and she credits this combination of therapy and medication with helping to restore her emotional health.

The famous depressed

Freud - He may have been the world's most famous psychotherapist, but Freud had his own. He was known to suffer from depressive periods and obsessions. Bigo- love that these psychoses prompted his interest in human behavior, leading him to develop influential psychological theories for which he is known today.

O'Keeffe - Many of the surreal Southwestern landscapes O'Keeffe is known for painting are out of her rehabilitation from depression. She had once destroyed all of her paintings she thought that they were unoriginal, and was later admitted to a hospital upon discovering her husband had been having an affair. But she left restored. "I am not sick anymore," says Gamsby. "Everything in me begins to move."

Gore - The wife of the former Vice President admits that she was diagnosed with clinical depression after her son almost died in a car accident in 1986. She went on antidepressants and therapy sessions. "I'm happy to say they worked and I am recovered," Gore told CBS. She is now a prominent advocate of mental health awareness issues.

During the sessions, she talks about her feelings and about the ways in which she physically reacts to them. "Like, when I'm angry, do I fly off the handle, or can I calmly address what I'm upset about?" says Gamsby. "It's all about getting stuff off my chest. I usually feel a lot better afterward, like a weight has been lifted."

Most of Gamsby's friends know about her depression. It's not something she feels the need to hide and she'll talk about it with anyone who asks. "I don't want there to be any misconceptions," she says. For the most part people are understanding, but Gamsby finds it especially comforting to talk with others who suffer from the illness. "I don't have to explain anything. I can just say 'I'm having a down' and they'll completely understand it," she says. "It's easier.

Gamsby may be open about her depression, but she insists that she doesn't want or need special treatment because of it. Some of her professors know, and they've expressed concern and support. However, Gamsby doesn't want to become a "sob story," using the disease as an excuse to skip classes and to turn assignments in late. Instead, she looks upon the insight her experiences have given her as a means of helping others. She's pursuing a career in child psychology and she often counsels friends and acquaintances who are going through down times in their lives. They find a ready ear in Gamsby, who is one of only a few who can say she's "been there, done that."

But she advises people who believe that one of their family members or friends is depressed to proceed with caution. "It's probably not a wise idea to go up to someone and say, 'I think you have depression. Go see somebody,'" she says. "Instead, say something like, 'I notice you've been down lately. Have you thought about talking with someone?"

"Make sure they're taking care of themselves," adds Career and Counseling Service's Carman. "Be available to talk without judging them. Don't let them slip away."

Which is something Gamsby may have done had her family not provided such a positive example. The father of one of her friends is depressed and spends most of the day sleeping. But knowing that her relatives are leading full, active lives after going on medication and taking part in therapy after their diagnoses has inspired Gamsby to continue her fight against the feelings that sometimes overwhelm her. She doesn't know if she'll ever be "cured" of her depression. It might be something that she has to deal with for the rest of her life. "But being on my own has really helped me. It's given me a chance to support myself," she says. "I'm just staying on my medicine and continuing my therapy. And it's good to know that I have people there for me if I need them."

Quite a change from the girl who, a year ago, was finding the stress of college life too much to handle. But learning that she can successfully juggle RA work, friends, and classes has improved her outlook on life. "Once in a while I'll still ask myself, 'Why am I here? Why do I do all the things I do?"' says Gamsby. "But I know the answer. It's because I like being here.

The famous depressed

Freud - He may have been the world's most famous psychotherapist, but Freud had his own. He was known to suffer from depressive periods and obsessions. Bigob-love that these psychoses prompted his interest in human behavior, leading him to develop influential psychological theories for which he is known today.

O'Keeffe - Many of the surreal Southwestern landscapes O'Keeffe is known for painting are out of her rehabilitation from depression. She had once destroyed all of her paintings she thought that they were unoriginal, and was later admitted to a hospital upon discovering her husband had been having an affair. But she left restored. "I am not sick anymore," says Gamsby. "Everything in me begins to move."

Gore - The wife of the former Vice President admits that she was diagnosed with clinical depression after her son almost died in a car accident in 1986. She went on antidepressants and therapy sessions. "I'm happy to say they worked and I am recovered," Gore told CBS. She is now a prominent advocate of mental health awareness issues.
Deck the malls

In the spirit of the holidays, Point/Counterpoint is taking a break from dissecting today's hard-hitting issues in order to debate...the spirit of the holidays. Has the combined onslaught of Frosty, candy canes, light-up reindeer, and retail sales cheapened the spirit of Christmas? One Times staffer says yes, while two contributing writers insist there's magic to be found in the seasonal surplus.

by Kelli Sattler and Alison Helmsinki

No. The Christmas season can never start too early. What other event is filled with laughter, snow, music, snow, getting together with family, snow, decorating a big tree right in the middle of the living room, snow, lots of lights and giving, giving, giving? Did we mention snow? Christmas is the time when we realize how important our friends and families are to us. Laughter and smiles fill the stores and people begin searching for that perfect gift for the ones they love. Wanting to start this spread of joy and laughter a little sooner shouldn't be a problem, then. Some people think Christmas overshadows other holidays like Halloween and Thanksgiving. But these holidays build up to Christmas. They extend the spirit of enchantment and happiness that comes with the season. People shouldn't think of Christmas as an obligation, something they have to participate in and spend money for. Sometimes we do get thrown into a whirlwind of traffic and lines, becoming sidetracked from our everyday lives. But that is why we need Christmas. Remembering the giving all this is reason enough to get caught up in the jingle bells and garland. Christmas brings together friends, families and even perfect strangers. We snuggle up in our favorite sweats and big wool socks, drink eggnog, and munch on chunky bits of the ever so popular Christmas cookies while watching "A Charlie Brown Christmas," "A Christmas Story," and "How the Grinch Stole Christmas." People come together to share a special spirit with the ones they care most about. Often during the year, we lose touch with or take for granted those folks with whom we share a special relationship. But isn't it an amazing feeling to be so wrapped up in the spirit of giving that you don't care how long the line is at the mall: you're going to get your picture taken with Santa! You don't care how much money you're spending or how many people you have to fight to get that last Cha Cha Bear for the one you love. What's important is that we're doing all this for a reason. We are trying to bring happiness to others. And why shouldn't we do this all year long?

No. What's wrong with getting excited about a season that brings happiness to so many people? The number of ads and commercials that hawk Christmas food, toys, TV shows, and movies may lead a person to think that corporate America is the only one benefiting from the holidays. But when people see these products, they are reminded of Christmas past, and of the times that are cemented in their thoughts for eternity. Songs, gift wraps, and candy are "memos" letting us know that Christmas is coming. They are symbols of our past and they bring up memories of when we were young. Haven't everyone, when they were kids, wished for some toy they saw on a commercial? A Barbie? A G I. Joe? A My Little Pony? A Transformer? An Etch A Sketch? Of course. And even though we don't ask for toys anymore (well, some of us don't), we still take part in such activities as shopping, making cookies, singing in traffic, decorating, and playing with gifts. These allow us to spend time with family and friends, forging new memories that we'll grow in cherish. In addition, when we purchase those special gifts for the ones we love, we're helping out our economy. The people out there who provide us with new shirts, funny Christmas songs, icicle lights, and red and green sprinkles for our cookies also provide us with the Christmas spirit that makes our memories so special. We should thank them, not criticize them, for this. So is Christmas too commercialized? No. What if you look at what all this commercialization does for our hearts.

by Joe Boomgaard

Yes, it does. Christmas is a special day of the year — it is not a several month period of anticipation, as most retailers seem to think. As early as Labor Day, some money hungry capitalists feel the need to market their Christmas wares. Such practices are not in the true spirit of the holiday. Christmas is supposed to be a day to celebrate the fact that Jesus Christ was born into this world, a time when God saw fit to become present as a human being. That does not translate into decorating one's yard with plastic shepherds or competing with the Joneses for the best energy wasting twinkling light show. Since Christmas displays start popping up earlier and earlier each year, other holidays are not getting their due attention. Thanksgiving has lost its significance, becoming for many people merely the day before a big shopping spree. Even earlier than that, Labor Day is in danger of being forgotten in the mix of the pre-Christmas rush. Veterans Day, which fell on Nov. 11 this year, and Pearl Harbor Day on Dec. 7, certainly do not get the attention each deserves. Honoring people who died for this country is a duty every citizen shares, yet somehow the Christmas retail season threatens to encroach on these days of remembrance. Besides these federal holidays, other religious holidays, like Hanukkah and Ramadan, are nearly ignored. When was the last time anyone saw or heard of a big Hanukkah discount at the local retailer? Christians are not the only religious group in the United States, yet their holiday continues to get more press than any other religious' special day. There is a time for everything. "Tis the season, we are told, but the Christmas season should be reserved for Dec. 25 in order to guarantee that the day retains its historical and religious significance. Think of songs that are constantly spun on radio stations. Overexposure wears out their welcome. This "overkill" should not occur with Christmas, because the true sense of the holiday will become lost in all of the hype. Plus, other remembrances that are as salient as Christmas should be given attention. It's only fair that Christmas share the spotlight.

What's wrong with getting excited about a season that brings happiness to so many people? The number of ads and commercials that hawk Christmas food, toys, TV shows, and movies may lead a person to think that corporate America is the only one benefiting from the holidays. But when people see these products, they are reminded of Christmas past, and of the times that are cemented in their thoughts for eternity. Songs, gift wraps, and candy are "memos" letting us know that Christmas is coming. They are symbols of our past and they bring up memories of when we were young. Haven't everyone, when they were kids, wished for some toy they saw on a commercial? A Barbie? A G I. Joe? A My Little Pony? A Transformer? An Etch A Sketch? Of course. And even though we don't ask for toys anymore (well, some of us don't), we still take part in such activities as shopping, making cookies, singing in traffic, decorating, and playing with gifts. These allow us to spend time with family and friends, forging new memories that we'll grow in cherish. In addition, when we purchase those special gifts for the ones we love, we're helping out our economy. The people out there who provide us with new shirts, funny Christmas songs, icicle lights, and red and green sprinkles for our cookies also provide us with the Christmas spirit that makes our memories so special. We should thank them, not criticize them, for this. So is Christmas too commercialized? No. Yes. Christmas has become a commercial holiday instead of a religious holiday. Retailers constantly say that the Christmas season can make or break their profits for the year. Evidently, celebrating Jesus' birth requires that people break out their wallets at least retailers think so. Wal-Mart reported sales in excess of $1.25 billion the Friday after Thanksgiving. Kmart opened its stores at 5 a.m. that same Friday, hoping that shoppers would rather rush to a Blue Light Special than spend time with their family on the day after Thanksgiving. Retailers are not the only guilty parties, though. As if the traditional month of Christmas songs was not enough, a radio station in the Grand Rapids area began playing Christmas music more than a week prior to Thanksgiving. A handful of other stations followed suit, not to be outdone by their overly-festive competitors. Christmas is supposed to be the anniversary of Jesus' birth, not an opportunity to see who can slash prices or offer the best financing rates. When Jesus woke up for the first time, he enjoyed the smells of a stable and the luxury of being wanted dead by Herod. Somewhere, celebrating God's great gift by handing over one's credit card to pay for a Barbie just does not seem right. The Christmas spirit should be considered a state of mind, not a state of financial debt. Rather than depleting bank accounts, people should instead focus on doing things that truly celebrate Jesus' birth, following in his example — helping out at a God's Kitchen or just telling someone that he or she is loved.
Welcome to America. You come to our country, you're supposed to help make us safe? That's what President Bush is telling immigrants of Middle Eastern descent in the wake of September's terrorist attacks. During a Nov. 29 speech that defended his administration's methods of obtaining leads in the search for Osama bin Laden and members of the Al Qaeda network, Bush insisted that the government was being practical in its decision to push for voluntary interviews with Middle Eastern males who have come to America via visas since Jan. 1, 2000, whether or not they maintain any known connection to the Saudi terrorist.

"Why don't you share information with us? Why don't you help protect innocent people, women, and children? As you enjoy the freedoms of our country, help us protect those freedoms," said Bush.

We say, think carefully. The measure would require local law enforcement officials to contact 5,000 men who fall under the aforementioned category and to find out if any of them have been contacted by officers of the Saudi, Bin Laden or whether they know anyone of who has been taken in the light of the Bush administration's international dragnet of Al Qaeda cells in Europe, and its push for military tribunals that would try any members of the terrorist group this search might single out, a situation has been created, one that's making civil liberties groups cry a bitter. Attorney General John Ashcroft defended the tribunal, which would keep transcripts secret, out of the courtroom, on the grounds that they would prevent the formation of a solid case or of what he termed "Osama TV." And during a Dec. 4 speech, Bush insisted that the tribunals were a necessary means of ensuring that information percolis to national security would remain under military lock-and-key.

But there is a danger there, by attempting to strengthen national security in this manner, the government may unwittingly be robbing America of the rights that have made it the "land of the free." Bush, Ashcroft and the U.S. government undeniably have a personal stake in steering, between a public clamoring for protection from terror and those who fear the nation is being robbed, whether deliberately or inadvertently, of its civil liberties. Opponents of Ashcroft's plea for questioning argue that the measure is analogous to the internment of Japanese-Americans during World War II. It's not quite that catego-

ized, since the proposed interviewees are far from being the persecution of a people generations re-

moved from connections to those whom the nation considers its en-

emy. Rather, the Justice Depart-

ment is looking at a specific group, a minority within the Islamic com-

munity that has recently arrived from the source of interna-

tional conflict. Nor does this measure indicate that any wrongs have been committed, as some civil lib-

ertarians claim. It is merely the work of law enforcement officials trying to get a lead on some of those who might have been targeted. Does it mean that any wrongs have been committed, as some civil libertarians claim? It is merely the work of law enforcement officials trying to get a lead on some of those who might have been targeted.

Having said that, it must be acknowledged that this proposal smacks of racial profiling. Terrorism has never been a phenomenon reserved to the Middle East and its inhabitants. The worst case of terrorism in the United States prior to Sept. 11, the bomb-
ing of the Alfred R Murrah Fed-

eral Building in Oklahoma City, was perpetrated by right-wing extremists. And it seems to be a message and that's not a message I want to be a part of. "To interrogate only Middle Easterners is like saying they're the only people who can be terrorists. It's saying, 'Let's forget about the civil liberty and national security during times of war/" But there is a danger that, by making it the "land of the free." Making America of the rights that have been taken for granted in the wake of September's terrorist attacks. During a Nov. 29 speech that defended his administration's methods of obtaining leads in the search for Osama bin Laden and members of the Al Qaeda network, Bush insisted that the government was being practical in its decision to push for voluntary interviews with Middle Eastern males who have come to America via visas since Jan. 1, 2000, whether or not they maintain any known connection to the Saudi terrorist.

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Johnny Angle

Angle was named to the Buun's Aquinas College Shootout All-Tournament team the weekend of Dec. 1. Against Alma, Angle had 22 points and four rebounds. In the championship game against Taylor, Angle had 11 points and four rebounds. Angle is a sophomore forward from Grand Blanc.

Katie Hagen

Hagen showed great leadership from the point-guard position during games against Kendall College and Alma College. Hagen had nine points, two rebounds and two assists against Kendall and five points and three assists against Alma. Hagen is a sophomore from Ionia.

Upcoming WHAC Play...

Men's B-ball
Jan. 3, @Concordia
Jan. 5, Cornerstone @home
Jan. 9, @Madonna
Jan. 12, @Tri-State
Jan. 16, Indiana Tech @home
Jan. 19, Spring Arbor @home

Women's B-ball
Jan. 3, @Concordia
Jan. 5, G Romeo
Jan. 8, Madonna @home
Jan. 12, @Tri-State
Jan. 16, Indiana Tech @home
Jan. 19, Spring Arbor @home

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SPORTS

Lady Saints drop two to Alma, beat Calvin in recent play

by Shaun Markwart

Contributing Writer

The Aquinas women's basketball team lost to Alma on Saturday for the second straight week. One week earlier, Aquinas had visited Alma and had come away with a 76-60 loss. Senior captain Mary Bond had led the way for Aquinas that game, with 18 points on eight of 12 shooting from the floor to go along with 11 rebounds. Junior Katie Green scored 10, while freshman Heather Orr chipped in with nine.

The Saints were looking for a little payback in the rematch at home on Saturday. "We came in with the mentality that we were going to get back at them," said freshman guard Leslie Hoffman. It was a close battle throughout most of the tilt. Aquinas came out strong defensively, keeping Alma off the scoreboard for nearly five minutes. However, Alma caught fire from the three-point line, making seven triples in the first half, which was enough to earn the visitors a 29-26 lead at the half.

Alma seized control of the game early in the second half, getting up by as many as nine points. Junior Armanda Elliott scored five straight points for Aquinas to pull the Saints within three with 10 minutes left to play. Then junior Chris Koselansky grabbed an offensive board and scored on the put back to cut the deficit to just 45-44. Aquinas had the momentum on their side, but they just could not stop the red-hot three-point shooting of Alma. Alma's Jamal Twyman knocked in a pair of clutch triples in the last five minutes to stymie Saint rallies. Alma pulled away in the last two minutes for a 68-56 victory. Bond again paced the Saints with 23 points, while Koselansky added 16 off the bench.

"We did well in sports. We did a better job on defense as far as rebounding," said Hoffman. "But we wanted to contain their shooters and we gave them too many open looks. They hit them."

Sandwiched between the two Alma games was a clash with Calvin last Wednesday night. Aquinas prevailed with a hard fought 57-54 victory over their cross-town rivals. Neither team shot the ball particularly well. Aquinas shot 39 percent from the floor compared with 33 percent for Calvin, but the difference was made at the free throw line, where Aquinas outscored Calvin 9-2. Bond had 14 points and 14 rebounds, while Koselansky and Orr each put up 10 points and pulled down five rebounds.

"We pretty much came out and set the pace. We out hustled them and we were there on every loose ball," said Hoffman. "We came out and told them that it was our court and that we were going to win."

The Lady Saints currently have a record of 5-6 as the non-conference schedule winds down. They will take on Concordia Dec. 15 at 1 p.m. at home in the opener of the WHAC schedule. Concordia has only one win, but Aquinas will be sure not to overlook them as they hope to take a win during the holiday season.

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CONCESSION

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Men's basketball team doing well, looking ahead to WHAC play

Above: Junior forward Andy Steketee puts back a rebound in the 83-69 victory over Alma. Steketee grabbed four rebounds in the win. Below: Senior forward Jason Carver drives toward the hoop in the Brannan/Keithaps Charity Shoot-Out win.

by John Bieneman

Contributing Writer

The Saints have hit the floor running and haven’t looked back since they traveled to New York and got their first win of the season. The men’s basketball team is off to a 6-7 start under Coach Rick Albro and feels that big things are in store for the future. “Our goal is to take the WHAC,” said sophomore center Tom Kuslikis. “I think it’s a realistic one with the talent we have.”

“A lot of us are new so we don’t have the experience of playing with each other,” said freshman center Jason Aerts. “But at the same time we have so many new people with athletic ability and skills. We’re really starting to pick up.”

While the Saints’ record says they are playing .500 basketball, the team has been anything but mediocre. Scoring almost 82 points per game and losing three of their first six games by eight points or less, the men have battled to the end and have not been counted out of many games. Statistically, the Saints match up almost identically to their opponents, with average points, field goal percentage, defensive efficiency and points per possession being very similar.

Over the past couple of weeks, the men have posted several big wins, along with one heart breaking loss. On Nov. 27, the Saints traveled to Ferris State University and won a thrilling 72-71 game against the Bulldogs. The team was led by junior forward Andy Steketee with 16 points, shooting an impressive 10 of 10 from the free throw line, and senior Jason Carver with seven boards.

The Saints hosted the Brann’s Aquinas Charity Shoot-Out Dec. 1, where they won 83-69 versus Alma, but then lost a tough one to Taylor, 62-70, in the finals. They followed it up with a victory and a loss at the Dec. 7-8 Holland Sentinel Community Tournament, winning against Tri-State but coming up short against Hope.

“Our rebounding was good. They didn’t have second opportunities to score again, and our presses were good too,” said Kuslikis of the game against Tri-State. “But we should have kept our runs going and blown them out. We may have ended winning, but we played to their level.”

Aerts agrees. “We had a slow pace the first half, and it didn’t seem like everyone was into it, so we picked things up during the second half.”

The Saints’ offense has been led by the lethal shooting of transfer guard sophomore K’Brio Kimble. Kimble is averaging over 15 points per game and led the team in scoring in six of the Saints’ games thus far. He also has been a force on the glass, where he leads the team in rebounding with an average of nearly five per game, and has virtually dominated the defensive boards. Along with Kimble in the backcourt, senior Kyle Verlin has continued his success as the team’s point guard. Verlin’s ball handling skills, along with his Macing outside shooting, 51.3% from 3-point range, has provided problems for opposing backcourts and has allowed the Saints’ big men to get involved.

The big men inside have been led by Steketee and Kuslikis, both making big contributions rebounding. Along with Steketee and Kuslikis, forwards sophomore John Angelle and senior Kyle Polha have combined to give the Saints nearly 50 rebounds per game and solid free throw shooting.

The Saints next hit the hardwood at the Fieldhouse with a huge home game. They kick off WHAC play against Concordia on 3 p.m., Dec. 15. They then head to St. Xavier for a holiday tournament, followed up by several key conference games. The men meet Concordia again on Jan. 3 in Am-Arbor, and then return home to clash with neighborhood rivals Cornerstone University Jan. 5 at 5 p.m.

GVSU finishes as runner-up in D-II

by Gabe Gagnon

Sports Editor

The Aquinas Times sports staff would like to congratulate the Grand Valley State University football team on finishing as NCAA Division II national runner-up.

Number two Grand Valley lost its last game of the 2001 season, 17-14, to North Dakota in the NCAA Division II championship game. Ryan Brady scored on a two-yard run in the first quarter and the defense held the Fighting Sioux to only three first half points, as the Lakers entered halftime with a 7-3 advantage. Both teams were scoreless in the third quarter.

North Dakota scored with 12:55 left in the game to give UND a 10-7 lead. The Lakers fought back with an 81-yard, 10 play drive that was capped by Brady’s second TD run, this one coming from 12 yards out. But on fourth and four, the Fighting Sioux completed a 58 yard pass to take the ball to the one-yard line, and QB Jed Perkerewicz wound the game-winning touchdowns on the next play with 0.29 remaining.

Brady led the rushing attack for GVSU with 89 yards on 15 carries, while Reggie Spearmon added 52 yards on only seven carries. Todd Wojciechowski completed 11 of 22 passes for 128 yards. David Kireus recorded four catches for 58 yards. Clarence Lindsey led the defense with 11 tackles, while Terry Foster added 10.

Curt Ares finished second in theclosest Heartland Hill Award voting decision ever. Curt Ares led the voting with 52 first place votes but was unable to surpass the votes of junior Dustin Bonner of Valdosta State, as Ares Bonner earned the award for the second straight season by a 209-201 margin.

GVSU finishes the season with a 12-1 record. “A Welcome Back” celebration was held for the Lakers football team on Dec. 9 in the GVU Fieldhouse Arena to celebrate the success of the Lakers’ national championship run.

View from the cheap seats

I didn’t want to have to get into it, but I’m faced with no other choice. Let’s talk about the BCS.

Once again the Bowl Championship Series has caused sports fans to wonder. Wonder whether the whole thing is a joke or not. The debate this year isn’t whether teams should play in the Rose Bowl; it’s which team should play Miami. Miami is ranked number one, as it should be. The team is a perfect 11-0. No question? Good, let’s move on.

Brigham Young was the only other undefeated team. Until last week. They were to be the team to beat until those Utah teams were undefeated, they should play for the title. Sure, but a loss to Hawaii ruined any chance of making that argument.

With a schedule strength of 105, BYU didn’t play the teams to get them the points they needed. They played teams like San Diego State and Utah State. Although they have one of the best offenses in the NCAA, averaging almost 47 points per game, they are giving up over 30 a game. That includes giving up 72 to Hawaii last week. The BCS can’t give a national title shot to a team who escapes a loss from teams like Mississippi State, UNLV, and New Mexico. One of the reasons the BCS is organized is to weed out schools with tougher schedules a better chance to make it to a bowl.

Before the season started, one of the teams to watch was Oregon. Led by Heisman Trophy candidate Joey Harrington, the Ducks finished fourth on the BCS standings. They have the 31st toughest schedule and have only one loss. Oregon lost in the second week to Stanford. The sole reason Oregon is not second on the list is because of its schedule.

If Oregon had the schedule strength of Nebraska, with Mr. Heisman Eric Crouch, has one loss, to Colorado two weeks ago. Nebraska was ranked ahead of Alabama in the final AP and ESPN polls. Once again the Bowl Championship Series has caused sports fans to wonder. I don't have a solution to the BCS problem. I don't want to have to get into it, but I’m faced with no other choice. Let’s talk about the BCS.
Saints club hockey provides a chance to "play the game"
by Gabe Gagnon

Since the first week in September, every Sunday at Belknap Ice Arena, the Aquinas club hockey team has been in action. The team consists of current students and three AQ grads.

The club team plays every Sunday in the Sunday Super-Advanced League. The league consists of ten teams made up of staff members from such companies, restaurants, and bars as RHM Masonry, Buffalo Wild Wings and Bolt's Bar.

In 1993, when the team was created, it played against opponents like Calvin and Grand Valley. "We used to play those schools, but it really wasn't worth it. So we joined this league," said '94 AQ graduate Matt Droull. Now the team competes with nine other men's teams around the city. Some of these teams have been playing together for more than six years, making the league one of the most competitive in the city.

Senior Jerod Shovan is taking on the roles of player and manager. "I pretty much do it all," says Shovan. Shovan is mostly responsible for organizing the team and collecting dues. Since the team is completely independent, players are forced to pay to be on it. Their dues cover expenses like ice time, referees, and uniforms.

"We've worked hard this fall and have a lot of people back from last year's team, as well as some quality freshmen," said Lucas. Lucas ran 1:02 in the 400 meters at the GVSU Holiday Open in Allendale Dec. 2. Kaiser finished second in the event.

Senior distance runner Nate Kaiser participates in the 5,000 meter at the GVSU Holiday Open in Allendale Dec. 2. Kaiser finished second in the event.

Saints track teams locked and loaded: An indoor and outdoor preview
by Sarah Carter

Students who happen to be in the Fieldhouse on a typical afternoon might notice some serious work being done. Since early fall, the men's and women's track teams have been diligently preparing for the upcoming season under the guidance of Coach Dave Wood, now in his seventh year at the helm. Under Wood, the Aquinas thin-clads have amassed numerous individual WHAC titles, four men's team and five women's team titles, countless national qualifiers, and 19 All Americans, making Aquinas a top contender in the NAIA.

The indoor season unofficially started Dec. 2 with a holiday meet at Grand Valley. This was intended as a warm-up for track people who did not run cross-country this past fall, and for those looking to get a race under their belts before the start of the official season.

"Though we don't have the depth we have had on previous year's teams, we have a great deal of potential," said Wood.

The Saints look to repeat as WHAC champions and set their sights on national qualification. The men's team will be led by senior Jason Carver, the defending indoor national champion in the 55 and 200 meter events. Carver, in his last indoor season, will be joined by All Americans Adam Jarengui, a senior sprinter, and Henry Holmes, a junior sprinter and jumper. These veterans will be backed by sophomore Jon Yasko, and a new crop of freshmen that Wood expects will greatly contribute this season.

"We've worked hard this fall and have a lot of people back from last year's team, as well as some quality freshmen," said Lucas. Lucas ran 1:02 in the 400 meters at the Dec. 2 meet.

Due to injuries, the distance squad will be supported by a host of freshmen, but will feature sophomore Kristy Debski, who set 3,000 and 5,000 meter records for the Saints last spring.

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