Aquinas welcomes largest freshman class ever, Residence Life and English departments adjust to meet demands

By Chelsea Foster

The Class of 2009 poses during orientation for its class picture. This year’s freshman class is the largest in Aquinas College history. The College has initiated an Integrated Student Recruitment plan that is designed to inform students of I&E requirements.

The incoming freshman class descends upon campus and clambers into residence halls. As the 2005-06 academic year begins, the campus welcomes 400 new freshmen at Aquinas College, a record in the school’s history. This new population of students promises change for Aquinas in more ways than one.

"I and others on campus believe that having a larger undergraduate population will be critical to sustaining the college," Aquinas College President Harry Knopke said. In an effort to achieve this expansion of the student body, the college has initiated an Integrated Enrollment Plan. The goal is to increase the size of the undergraduate class by 150 students over the next four years.

"Is a nation dependent school like ours, more students means more income," said Gary Erb, professor of English and chairman of the English department. "This should allow us to innovate some new programs and to hire new faculty to meet the needs of the increased number of students and still maintain our small-sized classes.

"While the change will call for adjustments by everyone, other programs within the school will remain largely unaffected.

"We are maintaining the graduate programs in education and management as well as the continuing education program," Knopke said, "but we see the undergraduate program as traditionally being the core of the college." Still, despite long-term benefits, the swelling number of freshmen has not come without challenges. For the English department faculty, the change means an increase of inquiry and expression classes, a freshman requirement. With professors picking up more sections of I&E, they have less room in their schedules for English major requirements.

The Moose Cafe receives facelift

By Monica Walen

The Moose Carriage House, home to the Moose Cafe and various professional offices, will be receiving a makeover this year, due to deteriorating conditions. Ideas and suggestions were gathered from students, donors, and designers to decide how to make the best use of the building.

"The inside of the Carriage House will be repainted and re-carpeted. In addition, an ATM machine, new artwork and new gaming equipment will be added. The offices and cafe preparation area will be expanded and some of the furniture will be replaced," said Director of Admissions Jeremy Weinandy.

"Much of the woodwork and trim had to be 'fixed' in order to maintain the beauty and integrity of the historic nature of the building, as well as increase the energy efficiency of the building." Outside, the Moose's deck is being improved in a variety of ways. A sound system will be installed, as well as an overhead canopy, heaters, and outdoor grills. The deck and main building will be power washed, and the ivy (which was destroying the brickwork) has already been removed from the walls.

Moose, cannot wait for the renovations to be complete.

"The Moose has existed for years and it's sort of archaic. The construction really should have happened during the summer, but there were difficulties," Legleitner said. "Now we just kind of walk in and have to deal with whatever's going on. But I'm so glad they're doing it. That fact that it's actually happening is pretty cool."

The renovating work is expected to continue into late November, although depending on equipment and furniture availability, the project may be finished sooner. Despite the construction, the Moose will remain open.

"It was slow the first week. We think people weren't sure if it was open. But we're working with it," Legleitner said. "You can still come in and hang out!"

Admissions employs new tactics

By Michael Buck

The Aquinas College Admissions staff brought in the school's largest freshman class this year with 400 total students counted the first week of classes. Last year's student body was counted at 341.

The increase of student admissions is part of a new student enrollment plan that will be executed during the next several years.

"The Admissions Staff has been charged with bringing in 150 new students over the next four years, beginning with this year's freshman class," said Admissions Counselor Jeremy Wood. This would mean a significant growth over the college's traditional enrollment count.

The newest part of the recruiting program is the addition of specialty days for prospective students. These days are designed to inform students of area-specific parts of Aquinas College, including Fine Arts, Nursing, Leadership, Math and Science.

These are held in addition to regular campus and athletic visits. The Admissions Office has found that these days are highly attended.

"These days cater to the students' specialized needs," said Director of Admissions Tom Mikowski. "There are more opportunities for students to get on campus."

Combined with the new programs, others have been in the works for several years. One such program is the AQ and You days, which is in its fourth year of operation.

AQ and You is a program that exposes at-risk students to the possibility of a liberal arts education. This program attracts highly interested and motivated students and has a high attendance rate.

While the total cost of the renovations is not yet known, money and support are being put forth by companies like Steelcase and Design Pinnacle, as well as private donations by individuals.

"Student Senate made a donation from funds that had not been spent from last year's account," Weinandy said. "This has helped greatly when we have approached outside funders. They are excited to help Aquinas students, especially when they hear that students have made a contribution to their own project."

"The Moose has existed for years and it's sort of archaic. The construction really should have happened during the summer, but there were difficulties," Legleitner said. "Now we just kind of walk in and have to deal with whatever's going on. But I'm so glad they're doing it. That fact that it's actually happening is pretty cool."

The renovating work is expected to continue into late November, although depending on equipment and furniture availability, the project may be finished sooner. Despite the construction, the Moose will remain open.

"It was slow the first week. We think people weren't sure if it was open. But we're working with it," Legleitner said. "You can still come in and hang out!"
Students embrace body modification trends with body art, piercings

**THE SAINT**

**AQUINAS - LOCAL - NATIONAL - WORLD**

**WEDNESDAY, SEPTEMBER 14, 2005**

**FRESHMEN, cont. from page 1**

"It's mostly girls, lots of freshmen, for the most part it's when school starts, everyone's got to put a hole in themselves." — Miranda Myhre, The Asylum tattoo and body piercing shop

**U-WIRE** AMES, Iowa - Piercing and tattooing, once viewed as the rebellious territory of rock bands and bikers, has become increasingly mainstream as of late. It takes only one visit to Peterson's Pit on a sunny afternoon to see many students have embraced the trend of body modification.

After students pierce eyebrows and fill ink in the lower back space, however, they may be in for a surprise when they apply for jobs sporting faces full of metal or skin covered in ink, says Steven Kravinsky, director of career placements for the Iowa State's College of Liberal Arts and Sciences.

"I think people with visible tattoos and piercing will have a harder time," Kravinsky says.

Although there may be consequences down the road, body art remains popular among college students, particularly freshmen who are experiencing freedom for the first time, says Miranda Myhre, receptionist at The Asylum tattoo and body piercing shop.

"It's mostly girls, lots of freshmen," says Myhre. "For the most part it's when school starts, everyone's away from home and everyone has to put a hole in themselves." Kravinsky says even though piercing and tattoos have become commonplace, many companies that deal with the public still have a very conservative view of how their employees should look.

"The organization is sensitive to how they are perceived and impact the community," Kravinsky says.

"You represent that organization every hour of your life, even if you don't want to," Kravinsky says. "Pointing to fields such as art and fashion, Kravinsky says extensive tattooing and piercing might not always be a disadvantage to college students, but they should consider what field they are interested in before making a decision to have anything done.

"There are some professions where it might be an advantage to look edgy, but if you're working for a major retail agency, it's probably not the best thing to do." Iowa State alumnus Ken Slaba had extensive tattooing and piercing when he began looking for a post-college career, but says he made a conscious decision to get the work done in places that are easy to conceal.

"I kind of specifically made a point of not getting anything you can't hide with jeans and a T-shirt," Slaba says.

Slaba, who now works full time at Seven Oaks Recreation in Boone, Iowa, says he has not had any problems finding work despite his various body modifications.

"I've applied for jobs and not gotten them before, but I don't think it had anything to do with that." Kravinsky says he agrees that getting tattooing and piercing work done in places that are easily covered is a good strategy for people who enjoy body modification but still want to be accepted in the professional world.

"I have a very open mind and I think it's a good thing for society to be this way," Kravinsky says. "It's mostly girls, lots of freshmen, for the most part it's when school starts, everyone's got to put a hole in themselves." — Miranda Myhre, The Asylum tattoo and body piercing shop

The Saint
By Lauren Bertram
The Saint Reporter

The first night of college usually involves unwinding after a day of classes and maybe even starting homework. But not for one Aquinas student who was robbed at gunpoint on Robinson Road, near the Gatehouse.

The female student was waiting, alone, for a cab and talking on her cell phone when two men stopped her, asking for directions to Michigan Street. After telling them where to go, the suspects drew a gun and demanded she turn over her possessions. She did and then ran on to campus where she encountered someone who took her to campus safety.

Officers were immediately dispatched to search the perimeter of the college for the two suspects. The Grand Rapids Police Department was also alerted and took part in the search.

The weapon was a silver colored semi-automatic handgun.

"People aren't taking unnecessary risks... Sometimes, they are just in the wrong place at the wrong time."

Tony Nolan, Director of Campus Safety

Campus Safety is making an effort to increase its presence at campus exits, especially when night classes get out.

According to Tony Nolan, Director of Campus Safety, there does seem to be a trend of incidents occurring at the beginning of each school year. Buildings are open and there are more people around. He urges students to be aware of their surroundings but recognizes that occasionally someone is isolated and targeted.

"People aren't taking unnecessary risks, I think. Sometimes, they are just in the wrong place at the wrong time," said Nolan.

The following night, Tuesday, August 23, another robbery was reported on Norwood Street to the GRPD, perhaps involving the same suspects. Campus Safety was later informed of the report.

Nolan notes that typically, as the school year progresses, things die down, but the robbery on Aug. 22 was the first one involving a weapon in several years.

While the police have reason to believe the gun used against the female student may have been a toy gun, students should still use caution and common sense when walking on or off campus.

If incidents continue, campus safety will meet with the GRPD and the Eastown police force to work out plans to better monitor the situation. They feel that a stronger presence of law enforcement will serve to deter criminals.

"Part of preventing is to make a showing," Nolan said. Students are encouraged to walk in groups and call campus safety for an escort.

Michael Buck/The Saint

Crime Hub?: An armed robbery occurred in front of the Gatehouse on Robinson Road on Tuesday, Aug. 23. A female student was waiting for a cab when she was approached by two men asking for directions who proceeded to demand her possessions. After complying, she ran to campus safety who reported the incident to GRPD.
Coffee nation's number one source of cancer prevention

Michael Buck/The Saint

Coffee nation's number one source of cancer prevention: Americans are crazy about drinking coffee. Aquinas students find coffee readily available at various cafés on campus.

Vinson's findings came as no surprise to first-year College student Allison Harbin who said, "I couldn't wake up this morning. I felt incomplete until I had my first cup." She added, "I'm definitely addicted to coffee, but there are worse things to be addicted to." University Cancer Center dietician, Carol Havel, a self-described regular coffee drinker, said studies on coffee's benefits have come out in the past.

"A lot of people think that coffee should be eliminated from one's diet because caffeine has a diuretic effect," she said. "People are always trying to prove that coffee causes cancer, but most studies show that moderate consumption—one or two cups a day—can actually be beneficial." Vinson advised that other sources of antioxidants may be better for one's health than coffee.

"Get a lot of plant foods in your diet: veggies and fruits, grains, nuts, spices," Vinson said. "Non-fruit beverages have their pluses and minuses for health, except for tea."

How good is coffee is for the body depends on how the body absorbs its nutrients, a process different people study.

Regardless of differences on opinion on the health benefits of coffee, most health professionals agree on the benefit of antioxidants, Havel said.

"It explains it to patients: If you can think about how something ruins, that's what oxidation does to our cells," she said. "Antioxidants are like Rustoleum for your cells." As for other foods that can increase antioxidant intake and prevent cancer, Havel advocated for seven servings of fruits and vegetables a day.

"She is the perfect person for a diet full of fruits and vegetables protects against cancer and other diseases, she added." Doing so by snacking on how new food pyramid that places a heavy emphasis on whole grains, as opposed to processed grains.

"Teaching at Aquinas isn't easy, she's done a great job. I think she'll fit right in culturally, professionally and pedagogically." Roger Durham Chair of the political science department

"The people are very nice," said Patterson, "it seems very livable. In California, traffic is such a mess. It takes a half an hour to get anywhere. People are as nice as a hurry."

Patterson's excellent teachers of the past inspired her to be a teacher.

"College is my favorite part of education. I like being able to interact with ideas and discipline less," said Patterson, in regards to why she chose to teach college students and not K-12 students.

"I think she's a really fun teacher," said Molly Schrauben, a student who has Patterson for Introduction to American Government and Political Sciences, "In class we have a lot of discussions. We share our opinions and ideas."

ADMISSIONS: cont. from page 1

students mainly from Detroit, Muskegon and Grand Rapids. The goal is to attract the first generation college students that otherwise might have not thought of Aquinas College.

Another tool for attracting students has been a re-branding of the school's public face that started approximately two years ago, in cooperation with marketing company Mind Power Inc. Behind this new public face are new slogans, colors and logos. "We are trying to increase our visibility," said Mikowski.

The admissions office worked with Mind Power to update and re-do their brochures, in the end producing more attractive literature on the College, something that has received positive feedback from prospective students.

Part of the new book was a re-designed website that was introduced in July 2004 as well. Statistics on the admissions office saw a 27 percent increase of applications for the current freshman class and the total number of applications was over 2,000 for the first time in the history of the college.
I'm hesitant to admit this to the general populace of Aquinas, since almost everyone I have talked to about the book adored it. They thought it was the best in the series. They wished it had gone on for another hundred pages. They plan to name their first-born son "Book Six," etc. Unfortunately, I am not of the same mind. I would like to stress here that under normal circumstances I love Harry Potter. I waited in line for the midnight release of the last three books. I have a pin on my backpack that says Mudblood. I love Harry Potter. I waited in line for the midnight release of the last three books. I have a pin on my backpack that says Mudblood.

I can quote from memory large portions of the earlier novels. Despite that, I was disappointed in the newest release. Certain aspects of the plot seemed both contrived and basically useless. One of the main examples: The title's "Half-Blood Prince." Unless Rowling has big, secret plans for this particular plot twist, I cannot imagine why it was even included. Harry found a potions book. He uses the notes in the book to succeed in Potions Class. It was Snape's potions book. Snape becomes even angrier at Harry than he was to begin with. That was basically the sum total of the Half-Blood Prince's role.

The addition of Angsty Romance was, while not necessarily unexpected, certainly unnecessarily unwanted in my opinion. Lupin and Tonks, for example? Or Bill and Flea? Were their love lives included simply to add drama? Disappointingly, Hermione apparently lost her mind over Ron, becoming more stilly than anyone would ever have thought given the previous five books. And Harry's emotions "evolved" from the mopey teen love of earlier books into raging Chest Monster love. He had a Chest Monster. I couldn't decide if I wanted to laugh or cry when I read that description. Certainly there were some high points. Harry did mature (aside, obviously, from the above-mentioned issue) and I found his interactions with those older than him to be much more interesting. I seriously hope that Rowling is setting him up to succeed in Dumbledore's place.

I actually sympathized with Draco, something which I had previously believed was impossible. And the encounter in the tower between Snape and Dumbledore was impressive to say the least. However, as much as I enjoyed parts of the book, the combination of a slow-moving story, a noticeable lack in most character development and a slew of contrived romantic subplots meant that Harry Potter and the Half-Blood Prince's quality as a book was not nearly that of its predecessors.

I will, of course, wait in line two years from now for the final installment in the series; however, if that book is anything like this, I'm prepared to be disappointed.

The Box Man is a top quality existential pursuit

By Kyle Mahoney
The Saint Reporter

Before delving into Kobo Abe's The Box Man, one should be comfortable with the basic idea of casanovatism—that existence has no essential purpose and individuals are solely responsible for their actions...

"...what part of the castrated pig was up, I wonder," and last but not least, I love Abe. I am not the same mind. I disliked Half-Blood Prince. I actually sympathized with Draco, something which I had previously believed was impossible.

Because The Box Man is a translated work, many readers will find some passages perplexing, especially with the punctuation variations between the Japanese and English. One example: "...I saw the sweeping branches of an old mulberry tree just where the curve began along the sweet potato field of the hatchery and where the wall of the soy factory ended and became a slope and the pavement gave way to a gravelly walk..." Despite such dense runaway moments, translator E. Dale Saunders does a remarkable job of assimilating that which is the most difficult concern.

The Box Man is a top quality existential pursuit. It is a top quality existential pursuit. It is a top quality existential pursuit. It is a top quality existential pursuit.

Looking for a way to earn some extra cash?

Want to build your resume?

The Saint has opportunities in writing, photography and art/cartoon design. For more information, please call our office at Ext. 2975 or 632-2975 from off campus.

Or, just stop by our writers' meeting tonight in lower level Wege at 10:30.
How I Learned to Stop Worrying and Love the Bart

When I was a kid, my parents wouldn’t let me watch The Simpsons. “Too adult,” they said. My reply? “No fair!” My complaints fell upon deaf ears. So off to school I went, where all the kids were talking about Bart’s latest antics.

As a kid who wasn’t particularly adept at the playground sports, social standards required that I at least have a master’s knowledge of cartoons if I was to be cool.

So I tried my best. Who cares about those stupid jerks? Maybe I don’t even like The Simpsons anyway. Knowledge of The Venture Bros helped.

“Hey guys, Raphael is the cowards’ est. Oh man, he sure has a hot temper, but he kicks foot soldier butt! What? No, I didn’t watch The Simpsons last night. No, I don’t even think it’s funny at all. I’m not stupid, you’re stupid. Yes you are, times 100. Oh yeah? I didn’t want to go to your birthday anyway!”

So I ignored the TV show for years. Fourteen seasons worth. And you know what? I lived a perfectly normal life.

Looks like all those kids who made fun of me for never watching The Simpsons were wrong.

My junior year of high school, I was deported to Australia as a foreign exchange student. Think Americans are nuts about The Simpsons? We’ve got nothing on the folks down under.

I met at least two people there who spoke solely in quotes from the show. So anyway, since I didn’t have a reputation to keep up, I thought I would give the show a try.

I was instantly hooked. After a very short time, I came to live and breathe The Simpsons. I’m wearing a Simpsons t-shirt even as I write this. The only problem is that my knowledge of the episodes is fairly limited because I was absent from The Simpsons’ universe for too long.

Last year, in order to catch up on the classic episodes, I watched The Simpsons while I was Wege at exactly five o’clock every weekday. I wasn’t the only one. Droves of like-minded fans made it a daily ritual to enjoy the greatest television show ever on the big TV in the corner of Wege cafeteria.

“What? The TV in Wege doesn’t work anymore? No fair!”

After a summer absent from Homer’s wacky antics, I came back to school only to be met by bitter disappointment.

The point of this lengthy and rambling column is this — if something doesn’t fit that TV, I’ll be forced to waste even more columns on this topic.

By the way, the newer seasons of The Simpsons are just as good as the old ones. Yes they are, times 100. No, I win. Times infinity.

Standing Room Only: Aquinas College Thespians put on their first improvisation show at the Moose on Wednesday, Aug. 7. Their performance attracted a crowd large enough to make seating a rare commodity during the show. Fortunately enough, their antics were enough to keep most attendees laughing the entire time, even if they had a poor view of the action. For dates of future shows, check for postings on The Moose website.

Dining in the dorm room

By Ashley Teffer
The Saint Reporter

Are you sick of Wege? Do you have a creative cooking genius lurking inside you, but are too terrified to use the basement kitchen in Regina?

Recently I discovered a simple recipe from recipesease.com that you can concoct in the privacy of your dorm room. The recipe is called Microwave Lasagna. It takes about 30 minutes to make and is quite delectable.

You will need one 30oz jar of spaghetti sauce, six lasagna noodles, uncooked, eight oz of mozzarella cheese, one cup of cottage cheese, and some garlic salt, pepper and Italian seasoning. Here is the step by step:

1) In large microwave safe pan, pour 1/4 of the jar of spaghetti sauce. Spread it around with a spoon on the bottom.

2) Place three uncooked noodles on top of the sauce and then spread 1/2 or slightly more of the cottage/ mozzarella cheese on top of this. I added some garlic salt, pepper and Italian sauce. This is fairly limited because I can’t stand the smell. Then microwave for 25 minutes, again I would say about 20 minutes or less because my lasagna was heating up way too fast.

3) Sprinkle with parmesan and 1/3 of the mozzarella and pour on the remaining sauce.

4) Cook on high for eight minutes, occasionally I found eight minutes to be too long. I’ll go for around six minutes depending on the strength of your microwave, then check for eight minutes, again I would say about 20 minutes or less because my lasagna was heating up way too fast.

5) Cook on high for eight minutes, again I would say about 20 minutes or less because my lasagna was heating up way too fast.

6) Sprinkle on the remaining mozzarella and cook an additional 2 minutes.

7) Let stand for 10 minutes before serving.

Don’t freak out if parts of the top of your lasagna gets a little crispy, this is quite common, plus it gives your entree a “heated in the oven appearance.” It’s not exactly Mom’s lasagna, but it is easy, cheap and it does the job.

Embrace The Future

By Kyle Mahoney
The Saint Reporter

Creeping through a hazy, directionless and synth infused soundscape is Billy Corgan’s first true solo album, The Future Embrace. The album, which was released this summer, is a world like j i k e a n y t h i n g Corgan has ever done, nothing fashioned, transcending out of frustrated alternative rock into elements of New Wave, with a more mature and mellow sound.

For instance, the track “(Now and Then)” uses a constant electronic beat to set the mood, while Corgan’s heavily reverbed guitar screams softly along with his voice, creating a mildly surreal atmosphere unheard in previous albums. This approach is heard in tracks such as “Mina Loy, Dia,” and “A100,” where an electronic beat to set the mood, for example, “I’m ready Lord, oh Lord I’m ready.” The lyrics compliment Corgan’s first ever book of poetry, Blinking With Fists (also released this past year), and appear to be shaped from positive sentiments.

Future Embrace contains a cover song — something that Corgan hasn’t recorded since “Landslide” on the 1994 Pumpkins album, Pisces Iscariot. The song “To Love Someone,” originally recorded by the Bee Gees, has been remade by Corgan, and features backing vocals by The Cure’s front man, Robert Smith.

Guitar focused, and undeniably notable for its distinctiveness among Corgan’s music, Future Embrace is Dream-Pop-Billy style with a white, and an edge.
Bruce Dickinson delivers a metal onslaught

By Matt Seager
Culture Editor

At this year’s Ozzfest in Clarkston, Michigan, metal giants Iron Maiden announced that their highly anticipated fourteenth studio album will be released sometime in 2006.

For fans of classic metal who were looking for something to tide them over during the long wait, look no further than "Tyranny of Souls," the sixth solo album (not including live releases) from Iron Maiden front man Bruce Dickinson.

"Tyranny of Souls" is Dickinson's first solo album since reuniting with Iron Maiden in 1995. It was released way back in late May, but it is likely that it was overlooked by most metal heads on campus.

It was a quiet release that garnered modest sales. Well, it is time this masterpiece received the attention it deserves.

Unlike his earliest solo efforts, including "Tattooed Millionaire," Dickinson's latest effort is pure classic metal. This means that none of the tracks are radio friendly; instead, a sound more similar to Dickinson's last solo effort, "Awfulnwess," is achieved. Expect dramatic guitar flourishes, haunting choruses and arpeggio lyrics.

The album itself can be neatly divided into two halves. The first half has a bombastic pace that will be familiar to any Iron Maiden fan. The introduction piece, "Mars Within," establishes the album's mystical lyrical direction.

After that, it goes straight into the recording's fastest track, "Odekaron." This straight on head banger is the album's single and stands as a very strong piece for the album.

Next is "Soul Intruder," which relies on Dickinson's staggering vocal range to create the album's heaviest chorus. The first half of the album ends with "Killed Devil Hill," which could be considered the album's ballad.

It is a haunting commentary on war with a truly mesmerizing keyboard solo tucked in among the blazing guitar riffs.

Additionally, the lyrics are right in tune with the spiritual themes of the title track, "Tyranny of Souls." After this track, "Tyranny of Souls" returns to a more recognizable sound, but it is now much less bombastic and much more delveable.

Instead of fast guitars, we now hear slower, yet heavier riffs. These songs are just as good as those on the first half of the album and do a great job of digging deeper into the lyrical landscape Dickinson has created.

"A Tyranny of Souls" is the perfect earth shattering album closer. It should be noted that while the sound of the album has a lot of similarities to the sound of Iron Maiden, it is also unquestionably different.

Since Dickinson is a singer, songs are built around choruses rather than virtuoso guitar solos.

The guitar also has a slightly more mainstream sound to them, making the album a good choice for easing a friend into the world of classic heavy metal.

With no weak tracks and Bruce Dickinson's voice sounding just as energetic as ever, "Tyranny of Souls" is the perfect pick for fans of traditional heavy metal.

A Beautiful Lie takes 30 Seconds to Mars to new heights and a new sound

By Jackie Prins
The Saint Reporter

Many critics claim the transition from movies to music can be tricky, but lead vocalist Jared Leto, who stars in Fight Club and Requiem for a Dream, has had no trouble making the transition with his up and coming band. 30 Seconds to Mars.

Jared Leto blows fans away with his musical talent, and still manages to dazzle crowds on the big screen.

Many may be thinking, "3 0 seconds to where?" That's just the question. Where did these guys come from? 30 STM's Beautiful Life hit the shelves Tuesday, Aug. 30, debuting at 44 on the Billboard charts and blowing away their previous release, 30 Seconds to Mary, which didn't even make the top 100.

Going from uncharted to off the charts, 30 STM presents a new softer sound and avoids the poorly themed space mixes of their first album.

Each song has its own sound, contrasting the band's previous release in which it was hard to tell where one song ended and the next began.

Jared Leto introduces new, more meaningful lyrics,centering around emotions people can relate to.

Replacing aliens and spaceship fantasies from their first album, these lyrics teamed with their new sound show a distinctive, more mature 30STM.

These songs appeal to a variety of listeners. There's "The Story" and "A Modern Myth", which starts out as an acoustic track. It should grab those that prefer softer rock.

For hard rock lovers, 30 STM produces two bonus tracks, and their hit single "Attack." For first time listeners, there's no need to start with album one. 30 STM's Beautiful Life actually defeats the sophomore album jinx. Their second album greatly surpasses their first.

Long time fans won't be disappointed either; their new album doesn't leave out their distinguishing keyboards or musical experimentation.

With the leaps of improvement obvious between their first two albums, we can only expect the best is yet to come from 30 Seconds to Mars.

40 Year Old Virgin's top notch cast worth watching

By Courtney Wix
The Saint Reporter

Now here's what a movie to make you laugh. 40 Year Old Virgin is a comedy with a little bit of love.

Andy is the stock boy at Smart Tech, which is an electronic appliance store. Once Andy meets Jay, Cal, and Davad, the world gets out about his non-existing sex life.

It's not that Andy is a bad looking guy, but he always seems to have the bad timing with the ladies. Although his friends mock him all the time, they try everything they can to get Andy some love. Each of Andy's buddies has his own little secret of how to get the ladies.

Andy finally finds some love interest in Trish, who is the owner of "We Sell Your Stuff on Ebay." Besides the fact that Trish is a grandma, she is a kind and loving woman who seems to be very interested in Andy. They encounter a few problems while they are dating, but that doesn't stop the two from finding real love.

40 Year Old Virgin seems to be one of the hottest picks for movie nights lately. Some people may be wondering if this movie is right for the rest of the album.

So, if you thought Anchorman, this is hilarious, you will sure get a kick out of 40 Year Old Virgin, seeing the same director and three of the same returning actors.
Iraqi soldiers not dying defending our country, freedom

**By Chris Epplett**

The Saint Reporter

The United States currently has two large scale military operations going for the better part of three years. Because of these operations nearby two US soldiers die a week in lands overseas for causes that half the country no longer believe in or even legitimize.

Some people don’t think they should be there — others do. Either way the facts remain our soldiers are there and they are getting killed.

Good American boys are being killed in a land that probably doesn’t care about them.

Yet every local a community gets news that another one of its sons is coming home in body bag, you will seriously hear some one say he died defending the United States.

We’ve heard this many times as a result. Too many times. There are a lot of American soldiers getting killed in Iraq.

Thousands of good young men and women have made the ultimate sacrifice in Iraq. Joining the army, marines, air force, or navy is giving your country years of your life. Each soldier is a precious commodity and should not be spent very lightly.

Almost every day you can read about more of our boys getting killed defending the country in Iraq.

But were they really? Not to mention the deaths of any of our soldiers in Iraq but also their deaths really defending the United States?

Did their deaths turn back the evil communist terrorist hordes marching on 1400 Pennsylvania Avenue?

No.

Is the country’s independence, freedom, and all those other words everyone seems so quick to but at stake?

Iraqi hordes don’t seem to be invading our shores. It appears to some that our soldiers are dying over there in Iraq because our president sent them there, much like the local wars in the 60’s and 70’s were sent to in Southeast Asia.

If they aren’t defending our country, what are they doing?

That’s right. My one and only conclusion that the stairs in front of the Academic Building.

The gold star mentality is rooted forever hovering over the stairs of the Academic Building.

Growing up, teachers, parents, and silently among the Nalgene-toting kids of my generation — my generation — our paths have been laid for us. We were taught early on that failure is useless that we should never accept anything but perfection. Hence, we are dubbed the ‘lazy generation’.

As a person who has consciously made a decision not to smoke, I’m considered a victim of second hand smoke — a passive smoker, as they call it. By walking through that cloud of cigarette smoke at least twice a day, I am being exposed and put at the exact same risk as someone who lights up.

Just by minding my own business and trudging up those steps with my head down, I am still inhaling more than 4,000 chemicals that are harmful to me.

Cigarette smoke contains chemicals such as acrolein (a solvent in nail polish), benzene (petroleum), cadmium (found in batteries), ethanol (found in alcohol), Formaldehyde (wood varnish), anisic, and tar.

Smoke also contains hydrogen cyanide which those who don’t know, is a chemical used in gas chamber poisons.

I’ll be breathing in all of those harmful substances in the 10 seconds it takes me to climb those stairs, what is it doing to those who wrap their lips directly around the cigarette.

I realize that the consistent smell of cigarette smoke is hard to dismiss. It’s been said that nicotine is just as addictive as cocaine and heroin. But as Freud once said, “Sometimes, a cigar is just a cigar.”

It doesn’t have any magical powers to heal emotional or physical states. It doesn’t make it a bad day get any better or relieve boredom. It’s just a temporary reaction due to the drugs in the nicotine.

For those that smoke, it’s like sugar (though none will admit it I’m sure), nicotine is responsible for energy.

American youth must re-define goals to be successful, reach potential

**By Chelsia Foster**

Editorial/Columnist

Across the country, another group of college students begins their last few years of studies, heading towards their degrees of the gold star variety. But for those who do light up, do they have any idea what they are doing?

As a smoker who has consciously made a decision not to smoke, I’m considered a victim of second hand smoke — a passive smoker, as they call it. By walking through that cloud of cigarette smoke at least twice a day, I am being exposed and put at the exact same risk as someone who lights up.

Just by minding my own business and trudging up those steps with my head down, I am still inhaling more than 4,000 chemicals that are harmful to me.

Cigarette smoke contains chemicals such as acrolein (a solvent in nail polish), benzene (petroleum), cadmium (found in batteries), ethanol (found in alcohol), Formaldehyde (wood varnish), anisic, and tar.

Smoke also contains hydrogen cyanide which those who don’t know, is a chemical used in gas chamber poisons.

I’ll be breathing in all of those harmful substances in the 10 seconds it takes me to climb those stairs, what is it doing to those who wrap their lips directly around the cigarette.

I realize that the consistent smell of cigarette smoke is hard to dismiss. It’s been said that nicotine is just as addictive as cocaine and heroin. But as Freud once said, “Sometimes, a cigar is just a cigar.”

It doesn’t have any magical powers to heal emotional or physical states. It doesn’t make it a bad day get any better or relieve boredom. It’s just a temporary reaction due to the drugs in the nicotine.

For those that smoke, it’s like sugar (though none will admit it I’m sure), nicotine is responsible for energy.

American youth must re-define goals to be successful, reach potential
From the crowd
A little taste of The Saint’s look at the Aquinas campus

Applause...
To the Corner Café for bringing back the prodigal ice cream treats. It was a year in purgatory without them, but now it’s even more enjoyable. The new look is also pleasing to the eye.
To the anonymous student who cleverly filled out an HDS comment card and tacked it on the board in the Wege Cafeteria. The card had a moldy bagel duct taped to it and said, “mmm… fuzzy…” The person also took the time to highlight the top line of the comment card, which reads: “The meal looks appetizing.”
To the Residence Life Department for managing the housing situation.
To HDS for “updating” the Menu Hotline, or should it be the day’s menu — for Friday, May 6. Shortly after publication, it wouldn’t be surprising if callers have an updated menu, so call quickly for a good laugh.

Heckles...
To the Corner Café for being closed on Sunday, Sept. 4 during Labor Day weekend. Since the residence halls don’t close for Labor Day, neither should the food service. Isn’t this why residents are required to buy meal plans? Albeit the cafeteria was open, but why the Corner didn’t carry its regular hours is suspicious.
To HDS for “updating” the Menu Hotline, or should it be the Menu “Cold”-line. A call to extension 4153 will give you the day’s menu — for Friday, May 6. Shortly after publication, it wouldn’t be surprising if callers have an updated menu, so call quickly for a good laugh.

Dear readers,
It’s pleasure to be able to write this letter from the position of Editor-in-Chief. After spending three years helping with the layout, design and writing of The Saint on various levels, I finally decided to give the top job a crack.

Though it would be informative to explain my path to becoming Editor-in-Chief, it would probably lack any entertainment value.

As such, I thought I’d use this space to explain some important changes with The Saint this year. First of all, I would like the readers to take note of one thing that was not changed—the name of the paper. The Editorial Board, consisting of entirely new editors from the beginning of last year, rebelled by changing the official name of the paper to The Saint.

The Editorial Board feels this name is more original and creative than past names the paper has donned. Frankly, we just like the name. That aside, one of our biggest changes is the size of the paper. We converted back to the tabloid size familiar to our longtime readers. There are advantages and disadvantages to both tabloid and broadsheet newspaper sizes. While the broadsheet offers more complex design and flexibility with layout, it also limits the quality of printing. Even with today’s technology, there is not a printer available that can print a broadsheet newspaper with laser printing.

So, when it came down to it, the Editorial Board thought it was best to go with better print quality and switch to the smaller tabloid paper.

We hope the readers appreciate the truer and clearer colors of the photos, info boxes and banner. Aside from that, the Editorial Board chose to keep much of the design from last year. We want to show our readers a commitment to consistency.

Our headline, sub headline, caption, by-line and banner all remained the same. The overall look of the paper is primarily the same.

As always, we appreciate and encourage input from you, the readers.

I truly hope you enjoy this year’s volume of The Saint. We will continue to dedicate ourselves to a newspaper of high quality and professionalism.

Sincerely,
Chris Eppllett
Editor-in-Chief

The Editor’s Desk

How do you feel about being part of the largest freshmen class in Aquinas College history?

“I LIKE IT BECAUSE I WORRIED ABOUT attending a small school. I like the fact that there are a lot of freshmen, so there will be a lot of opinions and differing ideas.”

CLARE O’NEILL

“I DIDN’T EVEN KNOW THAT! I think it’s awesome that so many people wanted to come to this great institution.”

JOANNA SHOLLACK

“I’M EXCITED. It’s nice to know that there are a lot of other oblivious freshmen around campus.”

MATT HARTMANN

“I WENT TO A BIG HIGH SCHOOL, SO I’M USED TO a lot of people. My graduating class has about 450 students”

KLAJDI BEJKO
Volleyball comes up short at home vs. Calvin

By Jacqueline Prior
The Saint Reporter

The Saints hosted their season-opening volleyball game last Wednesday and the game started with a bang as the girls racked up 15 points, compared to the five points scored by undefeated Calvin College. Unfortunately, Calvin came out on top and went on to win the next two matches in a row to win the game.

Despite their loss, the girls rose up the court at Cornerstone during a tournament the previous weekend. They won three of four games, leaving them with a 5-3 record as they traveled to Indiana for the Indiana Wesleyan Invitational. Head coach Jan Nevelle was pleased with her team's performance over the weekend and commented, "They played well and finished strong. They got a little down in the middle, but played to the last match."

Although their first home game was a little disappointing, Nevelle shows no lack of faith in her team as she feels "they have a good chance to win" during conference play. They were ranked third in a preseason poll, behind Madonna and Cornerstone. While they look to both as fierce competitors, Nevelle said they "won't look past the other teams" along the way.

Leading the Saints with 3.91 kills a game and a .373 attack percentage is senior Lindsay Bouzkart, who had a whopping twelve kills against Calvin. Her performance along with the meniscus, which is a shock-absorbing cartilage, the MCL is located on the inside of the knee, and is the most frequently injured among collateral ligaments. The LCL is located on the outside of the knee, and is less injured.

These types of injuries are common in sports, and usually only make you sit out parts of the season, but they can also keep an athlete out of the game for four to six months. "ACL injuries are common in sports that require fast cutting and turning," said former athletic trainer and current professor Joanne Guirant.

Battige had surgery on his right knee in October, and has participated in a scrimmage. "The ball was sent down the line behind Madonna and Cornerstone," Battige said. "I worked so hard before surgery, and I just had to go back to ground zero and start over again, he said."

The rehabilitation process for athletes is often the worst part of going through an injury.
Spring teams remember success at Nationals

By Jaclyn Szczesny
The Saint Reporter

Making it to Nationals is what every collegiate athlete dreams about. It's what they work for all year long, and it's why they discipline themselves endlessly. This past spring, four different athletic teams made it to the national competition from Aquinas College: softball, tennis, track and field, and men's tennis.

"It was an honor to represent Aquinas College at nationals by being one of the top 20 teams in the NIAA (National Association of Intercollegiate Athletics) Oo," said softball player Casey Schwebner.

Making it to Nationals were all four of the competing team's main goals. Whether the goals of making it to nationals were implemented or not at the collegiate level, that goal is simply known.

"Our goal is to get as many people to nationals as possible," said track and field middle-distance runner Lisa Wojciechowski. "That's what you're working for the entire season."

All of the other teams set out with that same mindset. They take pride in giving it their all while wearing an Aquinas College jersey, even if a loss is the result of full exertion.

The baseball team got off to a rocky start, but ended up putting everything together when it really mattered. They came third in the Wolverine-Hoosier Athletic Conference with a 9-7 record, but they won the region which carried them a trip to Nationals.

"I thought it was a long-shot for us, but it was something to be proud of," said baseball player Ank Schoenhorn. "It was an honor to be compared to the best teams in Aquinas history, along with all the other great teams from the past."

First year Assistant Coach Matt Bocian played baseball at Aquinas for four years, and not once did he make it to nationals as an athlete. "As a coach I was jealous that I couldn't be on the field, but at the same time, it was a great satisfaction to see the team succeed," said Bocian.

"It felt good to get the monkey off our back."

The Lady Saints softball team won the WHAC with a record of 17-3, and an overall record of 37-14. They went on to win their second Region VIII title in five years, and much of their success was attributed to their season being set around goals from the very beginning.

"Ultimately, the main goal is to make it to nationals, but we established other smaller goals leading up to the main goal, like winning the WHAC and regions to make it to nationals," said softball player McCall Klenkler, "You have to take it step by step."

Even the eight-player men's tennis team accomplished their goals with an overall 18-4 record sending them to Nationals. Half of the team consisted of seniors who showed the underclassmen how it gets done.

"Our goal is to get as many people to nationals as possible," said track and field middle-distance runner Lisa Wojciechowski. "That's what you're working for the entire season."

All of the other teams set out with that same mindset. They take pride in giving it their all while wearing an Aquinas College jersey, even if a loss is the result of full exertion.

The baseball team got off to a rocky start, but ended up putting everything together when it really mattered. They came third in the Wolverine-Hoosier Athletic Conference with a 9-7 record, but they won the region which carried them a trip to Nationals.

"I thought it was a long-shot for us, but it was something to be proud of," said baseball player Ank Schoenhorn. "It was an honor to be compared to the best teams in Aquinas history, along with all the other great teams from the past."

First year Assistant Coach Matt Bocian played baseball at Aquinas for four years, and not once did he make it to nationals as an athlete. "As a coach I was jealous that I couldn't be on the field, but at the same time, it was a great satisfaction to see the team succeed," said Bocian.

"It felt good to get the monkey off our back."

The Lady Saints softball team won the WHAC with a record of 17-3, and an overall record of 37-14. They went on to win their second Region VIII title in five years, and much of their success was attributed to their season being set around goals from the very beginning.

"Ultimately, the main goal is to make it to nationals, but we established other smaller goals leading up to the main goal, like winning the WHAC and regions to make it to nationals," said softball player McCall Klenkler, "You have to take it step by step."

Even the eight-player men's tennis team accomplished their goals with an overall 18-4 record sending them to Nationals. Half of the team consisted of seniors who showed the underclassmen how it gets done.

True, none of the Aquinas teams won the National tournament, but there were many close games against top ranked teams in the nation.
Soccer teams win home openers

Men open season with a win vs. Indiana Tech

By Amanda Baxam
The Saint Reporter

Waking up every morning for a 7 a.m. soccer practice isn’t something every college student wants to do. But the dedicated men’s soccer team has been doing it every morning, working on building their endurance for intense games.

The team kicked off their season with their first win last Friday, when they hosted Indiana Tech. Both teams battled it out and the Saints came on top, 2-1.

In the first half, the team was on offense and the game goals were made by Marcio Farias. Indiana Tech answered back with a goal but with 3:06 remaining, Tim Van Lier scored the goal giving the team a 2-1 lead.

Junior Jordan Damery scored the second goal in the second half, adding to the team’s score of 290, beating second-placed Calvin College in the Ferris State Invitational on Wednesday.

By Rebecca Brown
The Saint Reporter

Men’s golf produces winning strategy at home

By Laura Bertram
The Saint Reporter

The men’s and women’s Cross Country teams stepped their way to solid finishes on a hot, humid Friday evening at the annual Aquinas Invitational.

“The heat affects everyone,” said Head Coach Mike March.

While the team was practicing in the heat all summer, the runners are pretty much used to it. The heat is a point where we’re pretty much used to it,” said Coach March. He said he planned to use the heat as a strategy to improve the team’s endurance for intense games.

“We have a good group of upperclassmen and a very large freshmen class to work with,” Head Coach Abrahm Shearer said.

With ten golfers, the team is very competitive for the top five spots. Still, they have a unified team, with senior Jeff March and Matt Joseph providing leadership for what should be another good year.

“I think this will be the best season in my career at Aquinas. There isn’t just one top player. We have a lot of really good golfers,” said March.

Junior Andrew Tschetter said, “We expect more great things from the team. She is a mature young lady who is also a lot of fun. She holds the team together and she has a lot to be envied of to me.”

As the only senior on the team, Brewington is excited that she’s gotten to see the team improve and expand over the past four years. “We keep getting better, and I hope that we can continue to compete,” said Brewington.

Several more matches are in the future for the Saints, including the Aquinas-Cross Country Invitational at Scott Lake Country Club. There, the women will play against Calvin College, Triffton College, Olivet College, Belbig College, and St. Francis of Fort Wayne, Indiana.

Men’s golf produces winning strategy at home

By Laura Bertram
The Saint Reporter

The men’s and women’s Cross Country teams stepped their way to solid finishes on a hot, humid Friday evening at the annual Aquinas Invitational.

“The heat affects everyone,” said Head Coach Mike March.

While the team was practicing in the heat all summer, the runners are pretty much used to it. The heat is a point where we’re pretty much used to it,” said Coach March. He said he planned to use the heat as a strategy to improve the team’s endurance for intense games.

“We have a good group of upperclassmen and a very large freshmen class to work with,” Head Coach Abrahm Shearer said.

With ten golfers, the team is very competitive for the top five spots. Still, they have a unified team, with senior Jeff March and Matt Joseph providing leadership for what should be another good year.

“I think this will be the best season in my career at Aquinas. There isn’t just one top player. We have a lot of really good golfers,” said March.

Junior Andrew Tschetter said, “We expect more great things from the team. She is a mature young lady who is also a lot of fun. She holds the team together and she has a lot to be envied of to me.”

As the only senior on the team, Brewington is excited that she’s gotten to see the team improve and expand over the past four years. “We keep getting better, and I hope that we can continue to compete,” said Brewington.

Several more matches are in the future for the Saints, including the Aquinas-Cross Country Invitational at Scott Lake Country Club. There, the women will play against Calvin College, Triffton College, Olivet College, Belbig College, and St. Francis of Fort Wayne, Indiana.

Cross Country goes 2-3 at Aquinas Invitational

By Rebecca Brown
The Saint Reporter

The men’s and women’s Cross Country teams stepped their way to solid finishes on a hot, humid Friday evening at the annual Aquinas Invitational.

“The heat affects everyone,” said Head Coach Mike Wojciakowski.

“We’ve been practicing in the heat all summer, so the runners are pretty much used to it.” The heat didn’t seem to bother the Men’s and Women’s teams as they finished second and third, respectively.

The top runners for the men and women included two juniors, Chris Roberts, who finished second overall with a time of 19:3-4, and Ashley Holman, who finished tenth overall behind a host of Grand Valley State runners with a time of 19:3-4.

While the team was fairly pleased with these results, everyone agrees that there’s room for improvement.

“It was a good first meet, but the team has been really welcoming, and there isn’t a lot of pressure. My goal is just to run on Varsity as long as possible,” said Second Splash.

For their next meet, September 24, the Saints travel down to Louisville, Kentucky to compete in the Louisville Invitational.

“We feel we are a better team than last year, we have the talent to improve,” said senior Josh Luehm.

Miller and Luehm say the key to their success is teamwork, “We rely on and support one another, and there’s energy in running with the group.”

With such expectations for the men’s and women’s Cross Country teams, what is it like for a freshman to come into such a successful program?

“It’s a strong program,” freshman Heidi Swihart said.