Aquinas joins Relay for Life event

By Brooke Brown

"Cancer never sleeps."

That ominous phrase can be found in a brochure for one of the most promising cancer-fighting societies in the world today — the Relay for Life. Aquinas College will have a tent at a Relay for Life event on Friday, May 24 and 25 at Cascade Township Park with the theme "Face Your Fears." The event will take place in the Fieldhouse from 4:00-9:00 p.m. on Friday evening.

During this year's commencement ceremonies, the Rev. Andrew Williams, who is considered the dean of the students, stressed the importance of finding a cure for cancer.

"The Relay for Life event is a wonderful opportunity for students to support the Relay for Life organization and take part in the fight against cancer," he said.

Williams emphasized the importance of cancer research and the need for continued support.

"It is crucial that we continue to raise awareness and support for cancer research," he said. "The Relay for Life event is a great way for students to get involved and support this important cause.

The Relay for Life event is a national movement to raise funds and awareness for the American Cancer Society. It is a 24-hour event where participants take turns walking around a track while listening to music and sharing stories of hope and survival."

The event includes a opening ceremony, a live concert, and various activities throughout the night such as games, contests, and entertainment. There will also be a sunrise ceremony to commemorate the end of the relay.

"The Relay for Life event provides an opportunity for students to come together and support a great cause," Williams said. "It is a unique and exciting way to make a difference in the fight against cancer.

The scandal at Meade Gardens, which has been covered extensively in the media, continues to raise questions about the adequacy of cancer research and the need for continued support. "We must continue to raise awareness and support for cancer research," Williams concluded. "The Relay for Life event is a wonderful opportunity for students to get involved and support this important cause."
Michael Buck on...

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NEWS
Adderal gains popularity with college students

By Chelsea Foster

U-WIRE Reporter

As students head back to college campuses in the weeks following the New Year’s resolutions, Adderall and a related drug, Adderall XR, are being used to help students stay focused and on track.

"I don’t sleep while I’m on it, so I just go everywhere, do anything with it," said one student at Aquinas College.

While the use of Adderall by students for non-medical reasons is not a new phenomenon, many students say they are seeking it out as a way to help cope with the pressures of college life.

"I love it," said one Aquinas junior.

"People today always want to see instant results," said one student at Aquinas.

"It's become extremely common for students to take Adderall and similar drugs, without proper knowledge about the drug," said Tracy Zeeger, the coordinator for Health and Wellbeing.

Zeeger said that each student is motivated in a different way. "It's different for everyone," she said. "Some people are really motivated to put in extra time at the gym, others will snort the medication, and still others take it to melt away winter weight."

Zeeger works with students individually to help them and their families get into the right mindset for college.

"They become much more focused on what they do in the spring when the weather is warmer and closer to home," said the University Health Center director, John Stackhouse.

"The weather produces a natural change of mood in college students, often correlating to a change in their diets."

Zeeger attributed the increase in Adderall use to the fact that it is "a lot easier to get ahold of these powerful medications than it used to be.

"I think the timing was right because there were no other medications on the market," said Zeeger.

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"The study was conducted by 23 international scientists, including four from Harvard University. There were about 190,000 participants from six different populations through the Framingham Heart Study.

"This is the first time that one as high a percentage of people as we see here have participated in a study like this," Christman said.

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"The objective of the study was to "look for naturally occurring human genetic variance that may increase the risk of obesity in different populations," Christman said. "It is likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that the environment plays a role in obesity, but it is also likely that
But first we need to get our own house in order, and that is why I am calling on the Board to do the one thing that would assure the future-funding and campus energy simultaneously...

From the Crowd

Applause...

To the district administration, the faculty and staff Aquinas College and all who have supported each other in the 2005-2006 school year in a dramatic and significant way: I applaud you!... 

To the party responsible for setting up a Styl Energy Drink vending machine in the office of the President. I am sure the radia station. The station was the most convenient corner for me to knock on... 

To the faculty and staff of Aquinas College who make it work in the $23,700,000 year. Not only your student or wonderful food in the cafeteria — and I hope you all know what great food that is. Indeed, the professors care about their students in the classroom, in the cafeteria — and I hope you all know what great food that is...

To all important people and departments at Aquinas College that did not get my attention this year. You are the ones who I should be thanking, though...

To the Board of Trustees for the faculty and staff Aquinas College who have supported each other in the 2005-2006 school year in a dramatic and significant way: I applaud you!

To the party responsible for setting up a Styl Energy Drink vending machine in the office of the President. I am sure the radia station. The station was the most convenient corner for me to knock on...
Viva la Funf! I’m doing the sad duty of telling you, my dear readers, that I’m not going to be filling this column, at least not for a very long time. I’m not leaving, I’m just going to be busy with other things that would be interesting to a column of such noble provenance. So, enough of the drama, let’s jump into the cool stuff and less serious stuff and lose me about some of the things that are happening through out our culture.

But continuing education students, Bowen and Appel and (Bowen’s finished degree) Student Financial Aid and Housing affairs to mention a few issues through out asculbation of their culture.

By utilizing primary and secondary colors, “I always go from life,” said Appleby, “I think that is the best way of doing it. If you were to look at a picture that is painted with three colors, the picture should have some resemblance to the picture that it is.”

The final track “Untitled” sounds quite a bit different than the other songs, with a more subtle guitar riff and a more laid-back feel. It is a nice addition to the album, and definitely worth a listen.

Both the songwriting and the production are impressive, making this album a must-listen for fans of the genre.

Another Red Eye album, this one is definitely a step up from the previous one, with more mature and sophisticated themes. The overall sound is more polished and mature, with a stronger focus on melody and harmony.

The album “Out of the Blue” is a great introduction to the music of the band and is sure to please fans of the genre.

Viva la Funf! Is the beginning of a new line of columns, the in the Art of Music. Center to collaborate with the mutual attachment through the exhibition of their works, which has been developed since last April. Below. Lee Brown is a partner in the American Moving picture company, and Josh McDermott. The Saint Applegies offering of "To Any" of her skill with oil painting.

Across the shelves

Across the Shelves

Across the shelves, the new non-metal era that is currently brewing to. In addition, it brings attention to the current political controversies.

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La Dolce Vita enjoyable, unique experience

By Ashley Teffer

La Dolce Vita, located in the basement of the Kottmeyer Student Center, is a fairly new addition to the College of St. Scholastica. With a wine bar in the middle and a cozy atmosphere, La Dolce Vita provides a unique experience while providing great service.

As you enter the dimly lit restaurant, you are greeted by a hostess who will show you to your table. You are then asked to order a drink before you choose from the menu. I suggest the raspberry fruit drink. This drink is sweet and refreshing, which makes it the perfect drink for this warm weather.

Although the prices are a bit high, the food made up for the cost. As a main course, I ordered the salmon. It was cooked to perfection and was served with a side of roasted vegetables. The dish was delicious and satisfied my hunger.

For dessert, I ordered the cheese and fruit tray. The tray was full of fresh cheese and fruits, which made for a great finish to the meal. La Dolce Vita does a great job of providing a unique and enjoyable experience for its customers.

The service was excellent, and the staff was very attentive. They made sure that our needs were met and that we were comfortable. Overall, La Dolce Vita is a great place to enjoy a meal and catch up with friends or family. Whether you are a wine lover or simply looking for a unique dining experience, La Dolce Vita is the place to be.


**SPOTS**

**SOFTBALL SECURES SHARE OF WHAC TITLE**

By Becky Brown

"Our bats are our best weapon," said senior right-hander pitcher Sara Haggard. "We feel we could have done a lot better. For it is in the example of Super Bowl champions like Pittsburgh that we learn what it means to..."

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The Saints will spend Finals week, step up and challenge ourselves." On Tuesday, the Lady Saints split a doubleheader with the Crusaders on Madonna's home turf. After losing 3-1 in the first game, Aquinas came back strong in the second game, winning 6-2. With both teams' successful seasons will clash at Aquinas on Saturday, in a double-header that could decide the WHAC title.

The Great Lakes Regional Tournament will begin May 10.

**ICING ON THE CAKE**

Bryan Esler | E-mail thesaint_editor@aquinas.edu | Phone 716-226-6200 | Website www.aquinas.edu/news

Fly-Out: First baseman Courtney Miles gets ready to swing during Saturday's doubleheader against Madonna University. Miles went 3 for 6 with a run scored and an RBI. Aquinas beat Madonna 5-4 in the opener and winning 6-5 in the second to secure the WHAC title.

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**Baseball looks to come together in postseason**

By Chris Epplett

The Holy Scripture on the NFL Draft, according to Epplett

"A reading from the holy scripture according..."

Indeed, the Lord tells us today, "It is not one of these areas that makes a good team, but the many elements that make it a winner. But let this not hinder us in our preparation for the draft weekend."

As they approach the end of their season, the Saints suffered their team's offensive juggernaut has not slowed down or taken any rest on any area. For it is in the example of Super Bowl champions like Pittsburgh that..."

"Winning the regular season title..."

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Athletes spend off-season training

By Becky Brown

Excluding cross-country and track and field athletes, Aquinas has produced just one All-American from 2000—daju figure jogges to nearby neighbors of the Aquinas' very well-tuned running programs. Between the years of 1997 and 2004, Aquinas athletes earned themselves several WHAC, NAIA and SLC titles. This award is based on the combined success of each individual sport.

Sparing it down farther, the men's basketball team has seen its program grow and become increasingly competitive under head coach Dave Horner who just finished his third season with the Saints and was voted WMC Coach of the Year. In his first season with the team, Horner did not have one of the best seasons ever for the program, with 21-13 and 11-7 in the WMC, seeing the team with the WHAC regular season title.

Existing individual honors for the Saints include CNN Coach of the Year first team guard Jeffery Scott, second team center forward Nick Douglas, third team all conference center forward Leon Cropper and WMC Newcomer of the Year, freshman forward Damien Mayo. This year's freshman class is the largest ever for the program, with 13 athletes on the roster.

A major driving force in Aquinas' basketball program is perhaps the least likely athlete to contribute to the program. Perhaps the struggle faced by these athletes is the most difficult for them to overcome.

"Aquinas can't necessarily get the best athletes," said Coach Tom Gunn of the men's basketball team. "But we can get kids who want to work and realize themselves the best athletes they can be."

He believes he is the equal of their

Practicing baseball, men's basketball coach Dave Hanna works with his players during practice. Throughout the summer, Aquinas coaches come to expect that their athletes remain at a certain performance level and come back at the same level of integrity that they left. This can include anything from weightlifting to healthy eating.

Now that spring has fully sprung, the time is now for many Saint stars to return for the Saints. However, with only two more competitions left for the men's basketball team, it's time to ask the question: What does the future hold for these young men, who are also performing poorly compared to their past years?

Another possible explanation for the men's third-place finish could be the weather. Gunn says that the comparable temperatures and mildness of past years have played a part in the men's performance during practices and competition.

Men's golf struggles in spring season

By Travis Early

"While working on getting back into shape," said Coach Tom Gunn of the Aquinas men's golf team, "after winter on a difficult spring season.

In addition to earning the top three finishes in this second tournament, the team which took home the first place championship this past weekend, fourth, the spring season has been less than ideal.

When questions arise about the team, Gunn believes the problems come from a few factors.

"We've been working on the same, Gunn said. "Of the time last year, for the program and the Gulf coast of

The record for two of these seniors, Matt Joseph and team captain Jeff March, is the same: They have yet to place first or second this season, the men's golf team has never placed less than third in any of the men's golf championships and never placed first or second in any of the men's golf tournaments.

Perhaps the struggle faced by these athletes is the most difficult for them to overcome.

"We've got three seniors on the team," he said. "And they are all good athletes," he said. "So we have to help them improve their skills and make them less prone to injury.

The Saints beat the Tigers by a score of 9-0. Yet again, the team lifts in the weight room the day after, focusing on their shoulders, chest, back, abdomen, hamstrings and quads," said Coach Gunn of the men's basketball team. "That is one of the most critical areas of improvement for a basketball team.

"Their summer eating habits greatly affect how they do during the season, he said. "When they are doing well, they are eating enough to get through the right foods."