Fate of staff exercise program decided today

By Sarah Zabka

Current faculty members at Aquinas have the option to choose three hours a week to use for physical activity. However, exercise benefits such as increased energy and mood enhancement are not well publicized. Additionally, exercise is not considered a priority in many schools.

One concern is that it not fairly implemented for everyone. The decision was made in a staff meeting and the decision is final, according to a staff member who wishes to remain anonymous.

The decision was made in a staff meeting to increase the exercise program at Aquinas. The program will begin on Feb. 17 and continue until March 16. Faculty members can have the three hours a week if they choose, usually making a new area.

Reaching for peace: Retired Detroit Auxiliary Bishop Thomas Gumbleton speaks about forgiveness and peace

By Xavier Lopez-Ayala

Editor-in-Chief

Reporter

By Sarah Zabka

Currently, faculty members at Aquinas have the option to choose three hours a week to use for physical activity. However, exercise benefits such as increased energy and mood enhancement are not well publicized. Additionally, exercise is not considered a priority in many schools.

One concern is that it not fairly implemented for everyone. The decision was made in a staff meeting and the decision is final, according to a staff member who wishes to remain anonymous.

The decision was made in a staff meeting to increase the exercise program at Aquinas. The program will begin on Feb. 17 and continue until March 16. Faculty members can have the three hours a week if they choose, usually making a new area.

Reaching for peace: Retired Detroit Auxiliary Bishop Thomas Gumbleton speaks about forgiveness and peace

By Xavier Lopez-Ayala

Editor-in-Chief

Reporter

SNOWING: An April Fool's Day blizzard canceled Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.

Weekend blizzard shuts down Grand Rapids

By Brian Saier

TOWARD BLIZZARD

For the first time in three years, classes were canceled on the Aquinas campus.

A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday's directed study classes and basketball games. Frigid temperatures were added to the woes on Sunday.

"It was pretty nice to have a chance to sleep in like I was in high school," said sophomore Rhythm Rojas. "I wish we got more days like this in the winter."

The weekend storm also dropped 25 to 30 mph winds in Grand Rapids, with high winds expected to continue throughout the week. The winds also caused trees to fall, power lines to snap and traffic lights on Main Street to blink.

The snowstorm also affected areas off campus, with up to 70 cars being involved in accidents on southbound U.S. 131 and the Gerald R. Ford International Airport neighboring the area. Local malls and shopping centers also closed early.

Snowed in: A weekend blizzard dropped over one foot of snow in the Grand Rapids area, canceling Saturday’s directed study classes, postponed basketball games and closed the Aquinas campus.
NEWS

A new environmental perspective: Wangari Maathai, a Nobel Peace Prize Laureate and founder of the Green Belt Movement in Kenya, spoke last Monday at Fourteen Street Church on the interdependence of mankind on nature.

I "told the word to use common sense — something we all forgot. For many professionals, it can be very complex," said Maathai.

The challenge

Many environmentalists are becoming disenchanted with the current political environment as environmental issues are given little or no attention to solve the multitude of ecological problems.

"If it doesn't produce lasting value, it is not sustainable," said Maathai.

According to the Pakistani biologist, the goal of creating sustainable communities is to ensure that the environment is improved and not sacrificed for the sake of business growth.

"Sustainability is about a quality of life that we can continue indefinitely," said Professor Matthew and business investor.

"If you're not on the edge, you're not making history," said Maathai.

The committee decided on the proposed amendment because the program is not fair — it should be available to everyone if it would continue.

"The Bill has tremendous potential to create a new environment," said Velders. Without the need for time consuming the environment.

The Health Care Center encourages exercise. (The Health Care Center) brings in speakers for health promotion throughout the year," said respiratory Therapist Béatrice Poirier and Mona Kim Craig of the Health Center.

"Exercise is important for cardiovascular and mental health," said Velders. "We would love to see this program continue."

Taking a step: Brian Diedig and Greg Velders of Information Technology Services utilized their alloted staff time to create an exercise program.

A worldwide campaign for packaging in Kenya. They get littered into the rivers should be going into the "skyscrapers" the workers will see in their lifetime.

The ability to produce material goods for packaging in Kenya. They get littered into the rivers should be going into the "skyscrapers" the workers will see in their lifetime.

The workers will be in their lifetime.

The "skyscrapers" the workers will see in their lifetime.

The ability to produce material goods for packaging in Kenya. They get littered into the rivers should be going into the "skyscrapers" the workers will see in their lifetime.

The workers will be in their lifetime.

The ability to produce material goods for packaging in Kenya. They get littered into the rivers should be going into the "skyscrapers" the workers will see in their lifetime.

The workers will be in their lifetime.
**Moral Value of Reality TV: An Unlikely Combination?**

*By Mary Anne Boyle

ResLife looks to students for input

*By Helen Zakris

The Saint

NEWS EDITOR

WEDNESDAY, FEBRUARY 7, 2007

PAGE 3 - NEWS

RESIDENTIAL LIFE

ResLife will be making some changes on campus this semester, based upon data from a survey that was completed in the fall. The results of the survey are being combined with student input as we evaluate the current system.

One change that may occur is the combination of the residence halls with the academic buildings. The current hall system is a combination of academic buildings and dorms. The new plan would be to have all the academic buildings in one area, with some dorms in the area as well. This would provide a more efficient use of space and reduce the amount of walking students have to do between classes.

Another change that may occur is the integration of the residence halls with the academic buildings. This would provide a more efficient use of space and reduce the amount of walking students have to do between classes.

**ELECTION 2008**

**THE RACE’S ON**

**Grassroots activists and Kansas Senator Sam Brownback speaks in Grand Rapids**

**By the Staff**

"The way much is given much is expected," Kansas Senator Sam Brownback said Monday during a town hall meeting with a group of his many campaign stops of the trip. Brownback, a "compassionate conservative" with a reputation for being a hard worker, was formally running for the Republican nomination for president. By that time, he had won most of the elections. His campaign was put aside for the moment as he was running for re-election. "I'm running for re-election," he said.

A friendly reminder to consider the needs of the consumer. Brownback has been a supporter of the conservative movement, which he feels has been the key to his success.

**FAMILY WEEKEND CONCLUSION**

**Trying to become known?**

Brownback addressed Grand Rapids residents about his support for troops and troops are afraid.

"people choose to use them because it will save you money," said Brownback.

"I've been in these kind of races before...this is going to be a grass roots campaign," he said.

Brownback

**REPORTER**

**Detente or War?**

Two women get shot while attempting to rescue a woman from a rapist.

**Sneak into two flights**

Two women get shot while attempting to rescue a woman from a rapist.

**The Saint**

SMALL TOWN, big ambitions.

Seaver/The Saint

Stephen King's three gods: Bush, American Idol and Space

**The Saint**

The mostly middle-aged and upper-middle-class audience loved him. The audience was made up of mostly middle-aged and upper-middle-class people who enjoyed his performance. The audience was made up of mostly middle-aged and upper-middle-class people who enjoyed his performance. The audience was made up of mostly middle-aged and upper-middle-class people who enjoyed his performance.

**Sneak into two flights**

Two women get shot while attempting to rescue a woman from a rapist.

**NATIONAL**

**NATIONAL**

Stephen King's three gods: Bush, American Idol and Space

**Sneak into two flights**

Two women get shot while attempting to rescue a woman from a rapist.
We're minutes closer to the apocalypse

By Ashley Teffer

It's five minutes to midnight.

It's the latest day's work. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By Gino Sanchez

It's five minutes to midnight.

It's the latest day's work. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By By Ashley Teffer

It's a stunning ticking —-upping in just a few hours as the countdown of any event you fear. For the last 23 years, that fear has been the nuclear war.

It's five minutes to midnight. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By Gino Sanchez

It's five minutes to midnight.

It's the latest day's work. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By By Ashley Teffer

It's a stunning ticking —-upping in just a few hours as the countdown of any event you fear. For the last 23 years, that fear has been the nuclear war.

It's five minutes to midnight. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By By Ashley Teffer

It's a stunning ticking —-upping in just a few hours as the countdown of any event you fear. For the last 23 years, that fear has been the nuclear war.

It's five minutes to midnight. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?

We're minutes closer to the apocalypse

By By Ashley Teffer

It's a stunning ticking —-upping in just a few hours as the countdown of any event you fear. For the last 23 years, that fear has been the nuclear war.

It's five minutes to midnight. Does anybody care?

It seems that nobody likes talking about it is so final. Yet we know that for every moment we lose the power to share our lives with our loved ones.

It's five minutes to midnight. Does anybody care?

It's five minutes to midnight. Does anybody care?
Seven great things to do during the blizzard of ’07

1. Set a time limit: Who says the colder weather means you can’t do anything? By setting a time limit, you are more likely to get a lot done. If you’re a bit more ambitious, you can always set a “time limit” on other things as well, like driving. If you’re tired of driving, you can set a time limit of 10 minutes and then stop and think about the “time limit” you just set.

2. Shop for necessities: Whether you’re a regular shopper or a thrifty shopper, you can always find something interesting to do in the winter. If you’re a thrifty shopper, you can shop for necessities like food, clothing, and medicine. If you’re a regular shopper, you can always find something to do in the winter, like shopping for decorations, books, or the latest technology.

3. Start a new hobby: Winter is a great time to start a new hobby. If you’ve always wanted to learn a new skill, like painting, cooking, or knitting, the winter is a great time to do it. If you’re looking for something more challenging, you can always try a new sport, like snowboarding, skiing, or ice skating.

4. Read a book: Winter is a great time to read. If you’re a book lover, you can always find something interesting to read, like a new novel, a classic, or a non-fiction book. If you’re looking for something more challenging, you can always try a new genre, like science fiction, mystery, or horror.

5. Take a break from work: Winter is a great time to take a break from work. If you’re a working professional, you can always find something interesting to do in the winter, like a winter break or a vacation. If you’re a student, you can always find something interesting to do in the winter, like studying for finals or preparing for a new semester.

6. Make a movie: Winter is a great time to make a movie. If you’re a movie lover, you can always find something interesting to do in the winter, like making a movie. If you’re looking for something more challenging, you can always try a new genre, like a horror movie, a romantic comedy, or a sci-fi movie.

7. Start a new year resolution: Winter is a great time to start a new year resolution. If you’re a resolutions maker, you can always find something interesting to do in the winter, like making a new year resolution. If you’re looking for something more challenging, you can always try a new resolution, like a diet, a workout program, or a new hobby.

Karen and I were fortunate to have Dr. Little bring to life this unique opportunity. The lecture was overwhelmingly positive with a record number of attendees who enjoyed the performance of the lecture. The final chapter of Harry Potter comes to an end. This is the 60th anniversary of Tennessee Williams classic A Streetcar Named Desire. The final chapter of the series, “The Final Chapter,” will run through Feb. 25, with performances on Thursdays, Fridays, and Saturdays at 8 p.m. There will be an open discussion following the performance on Thursdays and Fridays.”

Book
Harry Potter comes to an end

As the blizzard begins, local Hall of Fame football player and former basketball player, John Holland, is ready to take on the task of making sure that the fans of the local sports team are well taken care of. Holland is a former basketball and football player who played for the University of Michigan and the University of Notre Dame. He is also a former football player who played for the University of Michigan and the University of Notre Dame. Holland is known for his dedication to the game and his ability to make sure that the fans of the local sports team are well taken care of.

Music

CULTURE

BRIEF REPORTS

The Saint

FEEDBACK

Maria, Mike and the rest of the Saints

CULTURE QUEENS

TELEVISION

Viacom and YouTube go to war

The final chapter of the series, “The Final Chapter,” will run through Feb. 25, with performances on Thursdays, Fridays, and Saturdays at 8 p.m. There will be an open discussion following the performance on Thursdays and Fridays.”

BOOK

Harry Potter comes to an end

As the blizzard begins, local Hall of Fame football player and former basketball player, John Holland, is ready to take on the task of making sure that the fans of the local sports team are well taken care of. Holland is a former basketball and football player who played for the University of Michigan and the University of Notre Dame. He is also a former football player who played for the University of Michigan and the University of Notre Dame. Holland is known for his dedication to the game and his ability to make sure that the fans of the local sports team are well taken care of.

Music

CULTURE QUEENS

TELEVISION

Viacom and YouTube go to war

The final chapter of the series, “The Final Chapter,” will run through Feb. 25, with performances on Thursdays, Fridays, and Saturdays at 8 p.m. There will be an open discussion following the performance on Thursdays and Fridays.”

BOOK

Harry Potter comes to an end

As the blizzard begins, local Hall of Fame football player and former basketball player, John Holland, is ready to take on the task of making sure that the fans of the local sports team are well taken care of. Holland is a former basketball and football player who played for the University of Michigan and the University of Notre Dame. He is also a former football player who played for the University of Michigan and the University of Notre Dame. Holland is known for his dedication to the game and his ability to make sure that the fans of the local sports team are well taken care of.
cacophony that is equally thunderous and sparkling music doesn't sound like it's coming from hearing range in order experience the another small increment of my audible

Deerhoof rocks harder than any other animal-themed band

Bayside smiles about latest album, The Walking Wounded

Finally complete: After many years of switching members, Deerhoof is now satisfied with its current lineup.

BILLY’s, cont. from pg. 5

Several musicians from the opening night have even gone on to play bigger venues such as The Troubador and The Wiltern Theater.

The Franciscan Sisters of Christian Charity. Catholic women religious in service to the world. Our ministries include education, health care, community and parish services in a diversity of rewarding environments.

Call Sr. Julie Ann Sheahan, OSF at 920-682-7728. Or visit www.fsc-calledtobe.org

The world needs you.
God calls you.
We invite you.

FRANCISCAN SISTERS of Christian Charity
Sports

BRASPENNINX STANDS TALL SENIOR YEAR

By Becky Brown
Sports Editor

Jackie Braspeninnx has been the centerpiece of the women's basketball team this season. She is averaging 17.7 points per game and nearly eight rebounds per game. She also ranks fourth in division two in blocks per game with 2.435.

The Aquinas men's basketball team won a first game win streak and advances to the next season of their win streak, after playing their 16th game of the season.

"As a collective, everyone is playing their best football and working hard to improve together," said senior guard Jeff Jamerson.

The Saints van was driven by student Anthony Dore, and the Saints arrived at the game at 11:30 p.m. The Saints then walked to a team win and entered. Against their largest conference competition in the game, the Saints built a 21-6 lead, and never looked back. At the end of the first half, the Saints held Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor.

As seconds ticked away, Cornerstone was at the top of the Saints.Jamerson was the high scorer for the Saints, tonight at 7:30 p.m. at the Aquinas College field house. The Saints, entering the highly anticipated game with the leading scorer.

"As a captain, I have to lead by example, and that's what I'm doing," said Jamerson.

"As a team, we didn't play as well — it was one of those nights," said Porter.

"A couple of us couldn't agree more. Jamerson is the high scorer for the Saints, tonight at 7:30 p.m. at the Aquinas College field house. The Saints' leading scorer, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor.

Women's team at Cornerstone, tonight at 7:30 p.m. at the Aquinas College field house. The Saints' leading scorer, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor, holding Kevin Wurn to 1-for-9 from the floor.