Getting Oriented: Freshmen at Wege Hall and activities of the 2010-2011 academic year.

In with the new:
The new facility will provide a number of much needed amenities for the Saints and the growing athletic program. Out with the old: The Aquinas College Field House had housed the Athletic Department here at AO since 1969. The building was cramped 21 varsity teams, five Olympic-level teams and approximately 400 student athletes, and was cramming 21 varsity teams, five Olympic-level teams and approximately 400 student athletes, with the basketball team. That building built in 1969 and the Sturrus Sports and Fitness Center, which included a basketball court, locker rooms, meeting rooms, classrooms, health and wellness facilities as well as the athletic training programs facilities and rent.

The project began in the fall of 2009 and is costing roughly $17 million. The construction of the new Sturrus Sports and Fitness Center is the first phase of a series of projects that will enhance the Sturrus Sports and Fitness Center at Aquinas College. For more information regarding the project and future phases, please visit aquinas.edu/sports/centers.

With the new facility, the school will be able to host more events, including the Academic All-Stars, a new academic program for high school students. The Academic All-Stars is a new academic program for high school students that will provide a number of new opportunities for students. The program will offer courses in subjects such as science, math, history, and English. The school hopes to attract a diverse group of students to the program.

In addition to new athletic facilities, the school is also planning to build a new dormitory, which will house 250 students. The dormitory will include a gym, a pool, and a number of other facilities. The school hopes to complete the new dormitory by the fall of 2011.

Construction Zone

Old Aquinas Fieldhouse gets a facelift

by Wes Byrd, Editor-in-Chief

In 1969 Aquinas College constructed a brand new, state-of-the-art Field House for its athletic programs. Back then there were a total of eight sports teams at AQ. The college's athletic program has grown dramatically since, and the old Field House could no longer accommodate the demands.

As Aquinas continued to bring in more and more students, and with the anticipation that the college's athletic program would continue to grow, the need for a new athletic facility became more apparent. Aquinas was only able to accommodate a limited number of sports programs in the old Field House, and the demand for a new athletic facility increased.

"As a brand new indoor track, small athletic training area, laboratories, locker rooms, open space, sufficient storage, and a weight room was also a strong value for the campus as a whole," said the principal architect.

The new building is the first of many projects that will enhance the school's athletic facilities. The new facility will provide a number of new opportunities for students, including a new academic program for high school students, a new dormitory, and a new gym.

In addition to new athletic facilities, the school is also planning to build a new dormitory, which will house 250 students. The dormitory will include a gym, a pool, and a number of other facilities. The school hopes to complete the new dormitory by the fall of 2011.
Facts and myths of living on campus

By Monica Rischiotto
News Editor

Facts

1.) There is a tunnel between Wege and AB.
2.) Holstein is haunted, so if you are touched at night being a buddy.
3.) Wege serves ice cream every day, and yes it is delicious.
4.) Dr. Brewer did teach Norah Jones, and she knows him on a first name basis.
5.) Swimming in Wege Pool is both fun and invigorating on a hot day. If you have inner tubes, that would be ideal.
6.) Squirrels at Aquinas are of another breed. They may jump out of a garbage can as you are passing by.
7.) If you don't take a class with Dr. Dawson before you graduate, your AQ college experience has been a waste.
8.) When you are going to the library to study, plan at least 15 minutes to socialize with people you run into, if at all possible after 7pm.
9.) The Writing Center and Academic Achievement are open for all, and Sarah Cox might just be one of the coolest individuals you ever meet. Their offices are located in Lower Wege.
10.) Gilling home every weekend of your entire freshmen year is lame. Sounds harsh, but for real, Aquinas is a 7 day campus. Kayaking anyone?

Myths

1.) If your laptop has been quarantined, it is broken and you will never be able to access the internet again. (Talk to ITS, it is an office of computer geeks located on the third floor of AB in Rm. 350, and they will fix your computer problems for free. Their ext. is 2070.)
2.) If your roommate is consistently having sex with their significant other while you are in the room, there is nothing you can do. (Have a chat with your RA, if you come to them with a problem it will make their day.)
3.) When you are talking to Dr. Marko, he is not listening to you. (Just understand that sometimes eye contact is overrated.)
4.) If you are feeling a little under the weather, there is no one to contact. (Veronica Beitner will become your mom away from home along with the rest of the Health and Wellness Center located in lower Wege).
5.) Orientation activities are a waste of time. (Give them a chance and you might just meet your new best friend.)
6.) If you are freshmen you are required to swipe in upperclassmen for a meal. (However, if you did it would be greatly appreciated and result in automatic friendship.)
7.) Nothing important happens at Student Senate meetings. (Check it out, even if you are not a member, all are welcome. Meetings are every other Wednesday in the Ballroom at 3pm).
8.) Campus Safety is out to get you, avoid them at all times. (Not completely true, the parking tickets are just unfortunate. The officers are actually here to keep you safe and are pretty handy, that would be ideal.)
9.) If your roof is leaking or your sink is clogged, you must become accustomed to a busted bathroom. (Maintenance may at some point this year be your new best friend. You can call them at ext. 2070.)
10.) If you are not a Netflix member, you have no life. (The Media Center located in the library houses hundreds of new DVD's and CD's for your enjoyment, basically a mini Blockbuster right in your backyard.)
10 best places to eat within walking distance

By Benjamin Stillman
Managing Editor

One of the hardest parts of being a poor college student is finding cheap and reliable places to spice up your dining experiences. Below are the best places to grab a bite that won't starve your bank account.

Yesterday's
An experience you'll have to experience. Look for the yellow awning and exotic array of sofas, guaasas, punks, hipsters, scrumsters, and families.

HowBagelicious
Cheap prices, modest portions, great people watching.

Gino's
An AQ favorite. Fast and local just like we like it. Winner of the Saints "Best Local Piza Award" award. Tip well because you will get the same deliveryman.

Sandwich Carousel
The first in the Ethel Trinita-thi no frills Asian restaurant offers a great lunch buffet and tongue-pleasing home brewed iced tea. Portions are well sized but leftovers should be dealt with promptly.

Easy Corner Cafe
Easy to miss but hard to forget. This family-run and customer-oriented burger joint is a great experience. Below are the best places to spice up your dining season.

The Saint
This pizza place makes dreams come true for vegans and carnivores alike. Their lunch buffet on Thursday and Friday can easily be a monthly tradition for roommates.

Faculty Highlight
Q&A with Aquinas College's Dr. McDaniel

By Monica Rischiotto
News Editor

Throughout the upcoming four or five years of your collegiate career here at Aquinas College, you will come across a multitude of intelligent, fascinating, and maybe even a bit quirky professors who will succeed in educating both your mind and soul. At Aquinas, you will have the opportunity to get to know your professors. Take note of the syllabuses you will be receiving in the upcoming weeks, and the office hours that are available to you.

A: Ask me if I'm an orange.
Q: If you were little and watching Sesame Street, what would your ideal number of the day be?
A: The unique mutual Bombieri's
Owned and operated by Grand Rapids gunsmith. A half-slab of succulent beef will only cost $10. Who could ask for anything more?

City Station: Station Store
Very veggie friendly, this small shop offers eclectic mouth watering treats on the cheap.

Brandywine: A great place to treat your parents to breakfast when they come and visit. Be sure to take advantage of the AQ discount.

A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: What is your favorite mathematical lesson to teach?
A: The unique mutual

Hometown: Muskegon Heights, MI
Q: Most embarrassing moment in college, and/or most memorable?
A: Muskegon Heights, MI
Q: Where are you from originally?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: What is your advice for freshmen?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: Where are you from originally?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: What is your favorite math course at Aquinas?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: What is your favorite math joke?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
Q: What is your favorite math course at Aquinas?
A: Hiding a walkie-talkie in Professor Gross's ceiling. Having her track me down with Campus Safety.
100 things to do before you graduate

So, here you are - Moving into the dorms for the first time, getting acquainted with your new (modestly) Understandable living quarters, meeting new folks, etc. You’ve probably been thinking of all the great things you’re going to be able to do now that you have finally escaped your parent's regime (yes, freedom really is as great as you are anticipating).

This being your first day on campus, it probably feels like you’ve got a whole lifetime ahead of you here at AQ. But, before you know it, you’re going to have to start thinking about graduating, grad school or starting your career. Yes, it’s sort of cliché - but these next four years are going to fly by. Seriously. Why do you think everyone says it? Any freshman who completes the whole list this year (with photographic evidence) will receive a gift card to the restaurant of their choice. What the heck, we’ll pay your tuition too.

Well, what are you waiting for? Start thinking about graduating, grad school or starting your career. Yes, it’s sort of cliché - but these next four years are going to fly by. Seriously. Why do you think everyone says it? Any freshman who completes the whole list this year (with photographic evidence) will receive a gift card to the restaurant of their choice. What the heck, we’ll pay your tuition too.

Any freshman who completes the whole list this year (with photographic evidence) will receive a gift card to the restaurant of their choice. What the heck, we’ll pay your tuition too.

DONT BE THAT GUY.

Be smart with your money. Open a Student Banking account for your chance to win a $10,000 scholarship or other great prizes. Go to 53.com/students.

Play Capture the flag in the dark

Play beach volleyball in Regina Bowl.

Call your parents - and DON’T ask for money.

Study abroad.

Eat at Yesterday.

Play Pac-Man in the second floor of the Moose.

Attend at least one event for EACH sports team at Aquinas

Swim in Wege pond.

Walk/run/ride around Reed’s Lake

Learn about St. Thomas Aquinas

Take a Polar Plunge

Take a late night trip to SHLP

Join a club (and participate)

Pull an all-nighter.

Study outside

Watch a movie in the science lecture room

Take a service learning trip

Lie on the turf at night and watch the stars.

Order a drink at the Moose

Talk to a squirrel

Make an effort to volunteer

Go to 2 student art shows as a study break

Play in a Euchre tournament

Try to find a Riff Raff from Dr. McDaniel

Honestly and accurately fill out at least one teacher evaluation form

Give Joe Conway a high five

Fly a kite

Help a Sister Out

Till your friends how much better AQ is than where ever they ended up

Give Blood

Take part of your friends how much better AQ is than where ever they ended up

Play or coach an intramural team

Take advantage of a Professor’s office hours.

Vote

Walk across the pipe at St. Joe’s

Toll your friends how much better AQ is than where ever they ended up

Find an old Wege tray.

Go to at least one Aquinas Lecture series

Use that tray for sledding.

Go to at least one contemporary writers series events

Tell your friends how much better AQ is than where ever they ended up

Go to at least one AQC campus a year

Go to at least one 100 things to do before you graduate

Fill out at least one teacher evaluation form

Go to 2 student art shows as a study break

Play beach volleyball in Regina Bowl.

Call your parents - and DON’T ask for money.

Eat at Yesterday.

Attend at least one event for EACH sports team at Aquinas