Exam Cram
Aquinas aids students in preparation for the fall 2013 semester exam week

By Laura Farrell
Editor in Chief

It is no secret that the last few weeks of the fall semester can be a little stressful. Between papers, finals and the encroaching Christmas season, it is easy to feel overwhelmed. A group on campus, however, is here to provide much needed comic relief.

In Case of Emergency, also known as ICE, is an Aquinas comedy sketch troupe that has been dishing out the laughs on campus for years. This year, seniors Ian MacNeil and Katie Glossop lead the team of eight actors. The duo was chosen as captains by last year’s ICE captain, Ciera Sparks.

Roundup Ice cream is served this year to help bring humor to the everyday. The final ICE show of the semester will be this Friday, December 13, in the Performing Arts Center at 11:59 p.m. The show will include a surprise show and promises to bring on the laughs, with new improv games and "a nice going out the window." 

MacNeil promises to bring two humorous study breaks to QC during exam cram. "Our goal is to bring humor to the everyday. We want Aquinas to remember that laughter is the best medicine, no matter how sick you are," said MacNeil.

Be sure to catch the ICE team in action this week around campus, and don't miss their special show December 13 at 11:39 p.m.

Comic relief
In Case of Emergency promises much needed laughs during exam cram

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Pregnant pause

Laura Farrell

My fellow students, I give you magic. Instead of columns, this column ends the semester by reflecting on the rituals of pregnancy that occur in the hearts and minds of expectant mothers, or new moms, and the culture that surrounds them. From stay-at-home moms to A-list celebrities, like Jessica Simpson to Kim Kardashian, the pregnancy period is a time for reflection, reassurance, and ultimate growth.

It seems like the Internet is the new public square, like a town meeting. However, this public square has a social media-fueled climate. Social media has given the public a platform to share their experiences, successes, and failures in the whirlwind of the first days after giving birth, both criticizing and supporting the decision to post what they like and commend or criticize every picture after picture of my new baby, the mother’s “selfie.”

You might not realize it, but these selfies can serve as a form of therapeutic distraction, while contributing to the mental health of the mother. Social media is a tool that can provide acceptance and a sense of community, as seen in the way people share stories with the help of their own children.

One of the most beautiful things is to see how the first days after giving birth inspire other people to join in and share their own experiences.

Living Learning Community Spotlight:
Meijer Hall

By Myra Money

Staff Writer

The idea of an LILC on the campus of the Aquinas College is a growing and wishful thinking goal for the future. The Meijer Hall Living Learning Community (Meijer LILC), located in Meijer Hall, contains 12 young women who are a tight-knit community. The house has been established to provide this home away from home, based on family

The Meijer LILC hopes for "Helping Others, Providing Encouragement, Building Confidence" by giving them the tools they need to succeed. The house has been established to provide this home away from home, based on family likeness.

The LILC is part of the Living Learning Community (LLC) on campus, which is a community that consists of a social and educational component. These communities are designed to foster a sense of community, encourage collaboration, and promote the development of students as citizens of the world.

One of the main goals of the Meijer LILC is to promote an understanding of the importance of diversity, inclusivity, and respect for all individuals. This is accomplished through activities, workshops, and discussions that explore these themes. The community also encourages students to think critically about the issues they encounter in their personal and professional lives.

Meijer Hall is home to the Hope LILC, a living learning community that provides a supportive and inclusive environment for students. The community is designed to foster the development of students as confident, competent, and compassionate leaders who are prepared to make a positive impact on the world. The Meijer LILC is a part of this larger initiative, and its success will be measured by the impact it has on the lives of its members.

The Meijer LILC is an example of how the University of Michigan is working to create an inclusive and supportive environment for all students. The community is designed to promote the development of students as confident, competent, and compassionate leaders who are prepared to make a positive impact on the world. The Meijer LILC is a part of this larger initiative, and its success will be measured by the impact it has on the lives of its members.

Very best wishes to the Meijer LILC as it continues to grow and thrive. The Meijer LILC is an example of how the University of Michigan is working to create an inclusive and supportive environment for all students. The community is designed to promote the development of students as confident, competent, and compassionate leaders who are prepared to make a positive impact on the world. The Meijer LILC is a part of this larger initiative, and its success will be measured by the impact it has on the lives of its members.
World news roundup

Former South African President Nelson Mandela passes

By Yashowanto Ghosh

SOUTHERN AFRICA - Nelson Mandela, the man who led defeated apartheid in South Africa, died in Johannesburg after a long illness on December 5, 2013. Mandela spent 27 years as a political prisoner before being released in 1990 and becoming elected as his country's president in its first multiracial elections in 1994, serving for one term. He was re-elected to another term in 1999 and retired in 2005.

The resulting protests against the newly created government included the creation of a new political party called the African National Congress and a number of trade unions. About 50,000 people protested the government's policies in the Orange Revolution forced new negotiations and the suspension of negotiations.

In 1994, serving for one term, Mandela ended apartheid in South Africa. Mandela spent 27 years as a political prisoner before being released in 1990 and becoming elected as his country's president in its first multiracial elections in 1994, serving for one term. He was re-elected to another term in 1999 and retired in 2005.

The South African government summoned the leaders of the opposition parties to a cabinet meeting on December 2, which was attended by the leader of the opposition party, the leader of the African National Congress, and the leader of the United Democratic Movement. The meeting was attended by the leaders of the opposition parties and the South African government. The leaders of the opposition parties and the South African government agreed that the government would be held accountable for its actions.

Remembering a leader

Dr. Jason Duncan publishes book on JFK

By Dylan Hyde

Staff Writer

John F. Kennedy was one of the most fascinating political figures of the 20th century. He was a cult figure of Cold War Liberalism, this biography attempts to re-examine all that the American public knows about JFK.

Duncan has been interested in the Kennedy's entire life, making this book an obvious choice for him. Growing up in New York, New York, an Irish-Catholic family, Duncan became fascinated with the "Kennedy " as early as age 10.

The book begins with a description of the Kennedy's family. They were a powerful family and the Kennedy's extramarital affairs and assassination of their most famous son make it very high profile story. Duncan too has no more to tell about JFK. However, Kennedy led the country through one of the most tumultuous events of the last century: The Cold War. He led the people against the Third World. 

There seems to be little that goes unnoticed and unwatched anymore. With advances in technology, especially those related to surveillance tactics used by the government on games and the Internet, there is little that goes unnoticed and unwatched anymore. With advances in technology, especially those related to surveillance tactics used by the government on games and the Internet, nothing seems to go unnoticed anymore.

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**The Saint | Wednesday, December 11, 2013**

**The omnivore’s diet**

By Stephanie Giluk

Editor-in-Chief

I would like to start this piece by saying I am influentially cooking as a vegetarian. To explain, it is not because of my positive and educational experiences during my time working in the kitchen. To use a metaphor, I do not want to drink from a cup that can use to develop my professional writing skills. That being said, I feel the whole system behind pushing students to work unpaid interns before they graduate or even professional college is flawed.

Unpaid internships are viewed as a way for students to gain valuable experience, and they are an effective and affordable way to educate the workforce. However, unpaid internships really do serve as a form of exploitation. The intern must work long (sometimes unreasonable) hours, with wages that are nonexistent, but still work for free. As a result, many interns are discouraged from taking on paid internships. 

Why should your college department or professor not hire you now? You can work for free when you are providing a service to them. Not only do colleges receive benefits from interns but also the company says they are going to hire you after that point was brought to their attention. Why should the company not hire you now? 

The only reason a company should make you work for free when you are providing a service to them is in no way skewed or defined by my eating habits. My eating habits do not matter. Instead, it is really very silly. Why waste time fussing over who eats what and who doesn’t? As a matter of fact, this is not even the issue. The issue is that the majority of interns are not paid for their work. 

By Stephanie Giluk

Editor-in-Chief

I have the utmost respect for the will of “hands-on experience” in their degrees to prove my loyalty to education does not matter. Instead, I don’t believe I’ve reached that point in my life when I am willing to go to any degree to prove my loyalty to animals and more importantly, my body, by exchanging my omnivorous diet for a strictly plant-based or animal free diet. 

That is the segue to my focal point. The idea of meat-products is a reflection of a cultural change in the way we perceive food. In my life, I am an animal that was probably not of the same species and continued to indulge carelessly. The consumption of meat was brought to its inevitable and with the conclusion that one’s love for an animal cannot be solely decided upon their eating habits.

Critiquing anyone for their eating choices, or any preference for what matters, is a terrible attack on individual liberty. 

So yes, thank you for making invalid and my eating choices, or any preference for what matters.
Statham's performance sure to lull you to sleep

Ooops, she does it again

I was not impressed with it's is a tedious slog of a film, full of phony sentimentality and bland or unremarkable acting, of which you can get elsewhere with more satisfyingly good and better fight choreography.

By Veronica Bums

The Saint Reporter

By Nathan Gimby

The 2014 Grammy Awards nominations are in.

Rory in walk, Walker, you will be missed but never forgotten.

The words on the action "Juno Statham isn't the same when he's not going rare."
The Hunger Games: Catching Fire burns bright

By Stephanie Giluk
Editors-Chief

The Hunger Games: Catching Fire impresses on the final movie in every way while remaining true to the heart of the series.

Jennifer Lawrence (Katniss Everdeen) is back and dealing with the trauma that comes with surviving the events of The Hunger Games. Katniss has become a symbol of rebellion to the oppressed citizens living in the 12 districts of Panem (North America of the future) who are ruled by a fascist, tyrannical government.

The film was directed by Francis Lawrence (The Hunger Games) and is the second installment in the adaptation of the books by Suzanne Collins. It is set one year after the events of the first film.

The narrative follows Katniss and her fellow tributes as they prepare for the Quarter Quell, a special Hunger Games that only previous victors can compete in. Katniss and her allies must not only survive but also take care of the Katniss problem for good.

Now, along with the new villain, President Snow (Donald Sutherland), Katniss and her allies must face the consequences of their actions. The film ends with the film's oft-quoted line, "Fire the mockingjay, take care of the Katniss problem for good."

The film's tone is darker than the first, and its themes are more adult. It deals with the guilt and trauma that come with surviving the games and the toll it takes on the characters. The film also explores the idea of rebellion and the cost of fighting for freedom.

The film is a hit with fans and newcomers alike, earning $403 million in its opening weekend, setting a record at the box office. The film has received critical acclaim, with many praising the performances, particularly Jennifer Lawrence's, and the film's direction. It is a fitting end to the Hunger Games trilogy.

The film's soundtrack includes songs by popular artists such as Imagine Dragons, Lorde, and Ellie Goulding. The album features songs that promote "not taking it lying down," making it a perfect fit for the film's tone.

But what about the criticisms? Some have argued that the film is too generic, with little character development or depth. However, the film's themes and messages are clear, and the performances are strong, making it a worthy conclusion to the series.

The Hunger Games: Catching Fire is a fitting end to the Hunger Games trilogy, dealing with the themes of rebellion and the cost of fighting for freedom. It is a hit with fans and newcomers alike, earning critical acclaim and setting a record at the box office. It is a perfect end to this beloved franchise.
**Aquinas men’s basketball**

The Saints are determined to turn the season around.

By Alyssa Free

Sports Editor

The Aquinas men’s basketball team is currently 4-7 on the season, and are struggling to get more wins under their belt. The Saints lost four in a row recently, but dominated their last game against Marquette, winning 83-62.

On November 26, the Saints played their final non-conference game against High Point and won 94-70. High scores for the Saints were Marko Nedomlel, who scored 20 points and Patrice Plaisir, who put up 13 points for the Saints. The Saints play their last non-conference game on November 28.

With determination to work hard and give 100 percent on the court, the Saints are looking to turn this season around. “I would like to be a part of a championship team and reach the national tournament where we can compete against some of the best competition across the nation,” said Plaisir. “Learning this program is better shape than when I came to be a huge goal that I am aspiring for and I am working on every aspect of my individual game to do just that.”

**BSC National Championship: Florida State will play Auburn**

The BSC National Championship quarter-final game took place in Pensacola, Florida. The number one Florida State Seminoles with an undefeated record of 3-0 will face the number two Auburn that finished with a record of 1-3.

**Michigan State Spartans: Rose Bowl Bound**

The Michigan State Spartans will head to the Rose Bowl after finishing the season with a record of 12-1. Since 1988 that the Spartans will compete in the Rose Bowl, the last time Michigan State participated was the 2002 Sugar Bowl against the Stanford Cardinals who finished the season with a record of 11-1 and 1-0 against the Spartans.

**Record broken: Denver Broncos kicker breaks 63 yard record**

Capoziel’s recent record of 61 was set by New Orleans’ Tom Dempsey in 1970 and was tied by Denver’s Jason Elam in 1998. Oakland’s Sebastian Janikowski in 2011 and San Francisco’s David Akers last season.

**Football Frenzy**

Alyssa Free Sports Editor

After watching back for Thanksgiving Break, I feel as if I have become obsessed with football. Between the college and the NFL, tailgating has become a very big part of my life. This past year, I have been doing this for the big time stuff, I know football, and I am working at every tournament, “something that was definitely missing from my life.”

That was until I got into high school, because football games were a big deal where I came from. I know that my family and friends really enjoyed but especially the thing that was my high school was when I used to watch Widows
town football. I was always a big fan of football, and to this day I know that the love for football never left since I had graduated.

When I came to Aquinas, however, I would log onto Facebook and stare at the comments, trying to find something. Football games bring people together in a way that is unique, they are the perfect way for a football team to represent the whole town.

This past Sunday a Jets vs. Saints game was held at MetLife Stadium in New Jersey. After watching the game, the game was cancelled and the Saints will be competing in Buffalo on Saturday, January 4.

**Detroit Lions**

The Lions remain first in the NFC North

Calvin Johnson had six receptions for 105 yards and one touchdown. Reggie Bush also had a game with 117 yards and one touchdown. The Lions are now 6-4-1 and would be playing in their next game on Sunday.

**What to Watch**

**Blown Track and Field**

The team’s track and field season has just began. The Saints will compete in the BSC Championships again on December 13. Other upcoming meets are the College on January 29 and Middlebury Open in Athens on January 17. Both the men and women’s teams are competing.

**Grand Rapids Griffins**

By Taylor Hodge

**Auburn bowling**

By Chuck Hyde

Staff Writer

The Aquinas Bowling team is huge to host a home tournament this weekend with three others. With those three events this weekend, they will be giving Break combined with the NFL for the big time stuff, I know football, and I am working at every tournament, “something that was definitely missing from my life.”

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Playing with devotion
Senior Hugh Ingalls Leads AQ hockey on and off the ice

By Alyssa Frese
Sports Editor

Senior Hugh Ingalls leads AO hockey on and off the ice. Ingalls is comfortable in his role as having the largest influence on his family and he credits his parents for supporting him throughout his journey. "My dad was involved with hockey and skating since," said Ingalls. "I fell in love with the game." Ingalls credits his parents as having the largest influence on his development as both a person and an athlete.

Since hockey has played such a large role in Ingalls' life, he plans to stay as involved as possible with the program after he graduates in May. "I would love to help;" Ingalls said. "I will definitely start to stay in touch with the program, especially as VanVliet and Meehan and the Management Office."

None of it would have been possible without the support from the Athletic Department and (Vice President for Athletics, Enrollment Management and the Management Office.)

During the past few weeks, the Spartans have established that the Spartans will definitely stay in touch with the program," said Ingalls. "I would love to help recruit. I will definitely stay in touch with the program, especially as VanVliet and Meehan and the Management Office."

"He was an instrumental part in the development of our 'top tier' talent and progression of our 'start up' of AQ Hockey - and being part of the inception of the program," said Ingalls. "I could play a bigger role in the recruitment process."

Since Ingalls was an instrumental part in the development of the program and an athlete of the past few years, the Aquinas head coach Mark VanVliet. "It's been a privilege to watch Hugh develop as both a person and an athlete," said Ingalls. "Our team unity and being a family is big strength and so is our defense and our pressure."

"Our team unity and being a family is big strength and so is our defense and our pressure." said sophomore Dani Lollo. "Every day we push each other and we work hard together with the team."

"When we meet our goals we gain a sense of accomplishment," said Ingalls. "We have been headed to the Rose Bowl. The Spartans have beat the Buckeyes coach Urban Meyers, but it is a big strength and so is our defense and our pressure."

"The Saints play tonight at home against Ohio and we'll keep up the hard work, we may come out with a few wins and anything is possible with the talent displayed on the court this season." said Ingalls. "Our team unity and being a family is big strength and so is our defense and our pressure."

Steve Novak, a former Spartans assistant coach, resigned after the season and is expected to become the defensive coordinator at Bowling Green. "It's been a privilege to watch Hugh develop as both a person and an athlete," said Ingalls. "Our team unity and being a family is big strength and so is our defense and our pressure." said sophomore Dani Lollo. "Every day we push each other and we work hard together with the team."

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