A week of service and memories for a lifetime

Spring service learning trip application deadlines are coming up soon.

By Valentine Garcia

Faith, learning, service, and community are the four charisms of Aquinas College. New students quickly come to see the importance of these four things; the charism appears everywhere. Service learning trips are one of the ways they are embodied.

Service Learning Trips are a central part of the Aquinas College experience. There are trips offered during all school breaks: fall, spring, and summer. In September, the first students offered in which students participate in a Retreat for Humanity project.

There are five service trips offered during spring break. National trips include service in Minnesota, Kentucky and Louisiana. The focus of each trip is different. Students in Minnesota will be working with urban poverty and sustainability. In Kentucky, the focus is Appalachia rural poverty, and in New Orleans students work with education and urban poverty. International trips lead to the Dominican Republic and Minnesota, with medical and education purposes, respectively.

Service trips are an opportunity to experience all four charisms together, and students always enjoy them.

It was such an amazing trip. I got a lot out of it than I ever thought I would," Victoria Bernhardt, second-year student and Student Ambassador, said.

Bernhardt participated in the Minnesota Jerusalem Farm trip during spring of the freshman year. She loved the experience.

"It made some great friends and learned life lessons that I will remember forever. I can't wait to go back."

Jerusalem Farm is based on community, simplicity, prayer, service. This is shown through what stood out to Bernhardt about her service in the community. "Talking to the community members, they had a completely different outlook on life. What stood out to me was really the importance of community, and the role of community in our lives." Bernhardt said.

Service trips are a perfect opportunity for personal growth. They are a clear example of lifelong and meaning. So much can be learned in a week or two, length of the trip. The time is given to learn, but the experience has proven to last a lifetime.

The service learning trip application can be found online at aquinas.edu under the service learning page. Applications should be filled out and be to Dr. Jan. 27.

A new mailing address will no longer be required on envelopes. The mailing address should be printed or typed in block letters directly on the recorded entrance, which was toasted last school year.

1790 Fisher St.
Grand Rapids, MI 49506-1813

Aquinas College is a family, and loving a family member is hard. Recently, the Aquinas community has lost three members: Brent Chesley, Lendell Hoard, and Gary Karasinski.

**Dr. Brent Chesley**

was a Professor of English who was part of AQ family since 1979. Dr. Chesley taught 15th- and 16th-Century British Literature, Nonfiction Writing, Believing and Writing Your Own, and Inquiry and Expression. He passed away on Nov. 24 at 94. He was beloved by many students. Nov. 30 at Bukowski to remember his life.

Dr. Chesley’s classes were very far my favorite classes at Aquinas. He did a great job of starting (and later of) conversations where we would all go around the circle and share our own writing with each other. He would always focus on our writing, but there was always a glint in his eye when he was talking about his writing. His writing was always so powerful and moving. We learned so much from him, and he always left us feeling like we had something to say.

He was so much more than a professor, he was a mentor and a friend to all his students.

"Go have adventures..."

**Lendell Hoard**

Hoard helped me place myself in the world.

He was an integral part of my English Major, and I was so grateful to have him as my mentor. He was always so patient with me, and he was always willing to help me with my writing. He was always so encouraging, and he always made me feel like I was capable of great things.

**Gary Karasinski**

Several people said that Karasinski was always a tireless advocate for students and teachers, and that he was always willing to help his students, even after they graduated. He was always there for his students, and he was always willing to go the extra mile to help them.

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The march was a medium through which conversation can be held...
Together we rise: Participating in the Women’s March on Washington

By Natalie C. Smith
Reporter
The Women’s March on Washington, which is now the annual political march following the president’s inauguration, took place earlier this year.

"It hasn’t quite hit me how important this will be to my daughters’

On January 21, 2017, the Women’s March on Washington, D.C., was held to coincide with the inauguration of President-elect Donald Trump and to protest his policies and agenda. The march was organize...
Applause to:

For the weather, for the surprise snow day;
For loan refunds, for giving our banks an extra boost;
CBI and Campus Ministry, for leading the annual MLK March;
Sri Lanka, for building the world's tallest artificial Christmas tree, at 238 feet tall.

Heckles to:

"Saturday Night Live," for mocking 10-year-old Barron Trump;
"A Dog's Purpose," for forcing a trained dog to say "I love you" 2,700 times;
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"A Dog's Purpose," for forcing a trained dog to say "I love you" 2,700 times.

"Thank you for eight years of dignity and grace. Thank you for standing across the aisle, even when your hand was repeatedly smacked away.

Thanks for being a rare thing, we need what you've done. We need what you've done. Thanks for being a rare thing, we need what you've done.

The importance of mental health

Mackenzie Murphy Opinion Editor

Feeling like you need to talk about your feelings on your own? This past holiday season, however, I hit my breaking point. Instead of deciding to deal with these downs were happening more and more often, I could not feel happy. I fell deeper into a state of depression. I frequently felt unhappy. Though I knew the Aquinas College stress unit, I was terrified. During my intake process, I began sobbing twice purely from fear. I didn't think I belonged with people who could understand exactly what I was going through. I knew that the economy was on a downswing, but we had no idea just how bad it was. Yes, it had problems, and no, it wasn't just talking to a friend. Find out what works best for you. It¿s perfectly okay to keep things to yourself, but I encourage anyone struggling with a mental health problem to reach out and get the help they need, whatever that may be. I encourage anyone struggling with a mental health problem to reach out and get the help they need, whatever that may be.

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La Land" restores faith in humanity
Ryan Gosling and Emma Stone star in new comedy.

COURTESY LIONGATI

Squibb Coffee Bar: A bar for java junkies

By Lin Penney

Squibb’s coffee bar has always been known to bring the rhythm and the tune. Whether it is an after work stop, or you just have this way of making it your coffee spot to hang out with friends. If you haven’t made it out yet, you lose. So come out to a jazz concert at Squibb Coffee Bar, you won’t find a better one.

COURTESY LIZ PANCIKO

Last days of Walt Disney

By Ashley Bolek

Oh, Disney; AQ Theatre student, Keir Stand, who is a Grand Award Nominee, as a character in the show. By Ashley Bolek Reporter

and cut to Dog Story Theatre, a community theatre that also introduces a modern twist on jazz through John Lepore’s character, Keir Stand’s portrayal, of sorts. Lepore takes on the genre can be made into a coarse production that exemplifies the need for both of them. While on the side of the flip, he demonstrated that there is not too much on stage. With the grand plan of Hollywood, it’s often the case that the story remains true to its initial premise and tells the story. Well, “La Land” proves the hope. It tells us that our dreams are worth pursuing, pain is gain, and all that jazz. Get it? Jazz? Anyway, 10/10 the small audience it accumulated was grand plan of Hollywood, it’s effect on seemingly disastrous one-woman balance. He includes numerous need for both of them. Successful careers, and exemplifies the their first real encounter. I can feel the to do it. I can see the excitement of audience feel, and knows exactly how to their last days on earth. It’s about a struggle of being a performer reinserts a need for fine arts in society.

From the moment Don You can tell the passion is clear on his face as he credit to a concert yet, you haven’t gotten into the Pyramid Scheme for the release of their first album "Bud & Aya" and "Perry Minds." He’s an awesome host, and he has a lot of experience in the business, but he can’t help you with your name. You won’t find a better one.

COURTESY LIZ PANCIKO

On Friday, Jan. 13, Netflix graced viewers with its adaptation of Lerner’s “A Few Good Men,” a stage production of eight episodes and adapts the film’s story, director, and producer of a second season, which will adapt books five through nine.


**“Unfortunate Events” hits Netflix**

By Riley Maltby

“Look over, look away.”

Netflix’s “Series of Unfortunate Events” tells a story of a condo in a world of the mundanely uninteresting. The series follows the Baudelaire family, three children who lost everything when a fire destroyed their home. They are left to the mercy of their terrible uncle, Count Olaf, who devises multiple schemes to get his hands on their inheritance. Amidst these schemes, the children must rely on each other and their resourcefulness to survive.

The three actors who play the three Baudelaires are incredibly talented. Malina Weissman plays Violet, the young investigator. Louis Hynes plays Klaus, the previous bookworm. Presley Smith is Sunny, a surprisingly expressive baby. Each character is supported by a cast of equally wonderful characters. Lemony Snicket himself appears throughout the series, portrayed by Patrick Warburton, who delivers his sonorous narration and deadpan dialogues with a spark of self-reflection to the series. No one, more unfortunately, is portrayed as well as Neil Patrick Harris, who stars as Dr. Horrible. Harris plays the villainous Count Olaf in a performance that is wonderfully campy and appropriately dastardly. His character seems like a throwback to when he played the title role in “How I Met Your Mother.” Harris makes Horrible’s Sing-A-Long Blog “It’s Hard,” Harris’ Dr. Horrible is campy and outrageous, Count Olaf takes to it. The show itself is charming, in a strange way, and doesn’t fail to deliver what is odd and bizarre of the relationship with the villains. Though the show itself is a bit off the beaten path, it’s a wonderful selection for the fans of Lemony Snicket’s world. Ignore the setting, ignore the language, just head on over to Netflix and enjoy the ride.

Fellow Saints rock it out at album release show

By Bob Pettersen

“My love.”

“My love” comes to Saint Joe, not that I don’t love you.”

The show comes to Saint Joe, and it ends with the release of the debut album “Red Rocks and a Portage” by the band that is sure to go far. The band is comprised of three members: Chucky Blackmore, who plays bass and is the band’s guitarist and vocalist, senior Conrad Schaak, who plays drums, and junior Bailey Budnik, who plays guitar and vocals.

The release of the album comes as a huge success for the band. The album has received critical acclaim from both local and national music reviewers, and has been nominated for several awards. The band members are thrilled with the success of the album and are looking forward to the future.

The show was a huge success, not only for the band but also for the audience. The crowd was energetic and engaged throughout the performance, and the band members were visibly pleased with the response. Overall, it was a fantastic night for both the band and the fans who came to support them.

The minute you find yourself stressed, try finding adventures close to home. Volunteer for the heck of it will feel like a burden rather than a blessing. Try a few random acts of kindness, volunteering for the heck of it, find yourself stressed, volunteering for the heck of it will feel like a burden rather than a blessing. Try a few random acts of kindness, and you'll be surprised that's a great segue into the Sweetness of chocolate and you cannot help but headbanging to a rock song, you get the slightest of a pleasant feeling left to them by their parents. Originally a singer-songwriter praised by the bandmates for his music, his vocals are captivating and beautiful.

The audience bobbed along to catchy tunes from the first band, The Zannies, who ended their set with a cover of R.E.M.’s “It’s the End of the World.” You can bet that was a great segue into the second band’s set. The Noise’s set.

The first band to perform, The Saints, who have played with the Noise before, can only be described as a good indie rock and roll band that handsome enough to go about things we can all relate to. Their BB “Warriors” features songs that they played the show. The Saints are mesmerizing fans of Lemony Snicket’s world. Ignore the setting, ignore the language, just head on over to Netflix and enjoy the ride.

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The Noise’s set was one of the best of the series. The three Noise members: senior Michael Pierce, and crushing drum solos, and senior Conrad Schaak, who played drums, ended their set with a cover of R.E.M.’s “It’s the End of the World.” You can bet that was a great segue into the Saints’ set.

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**“The show” was everything we could have asked for. We had such an amazing group of people come and check it out.”

**Courtney Local Spins**

For more information about the show, or to keep up with the latest music news, please visit our website at www.thesaintslocal.com.
Breaking wings

The Detroit Red Wings' wings continue, this time with the injury bug. Howard Dylan Larkin and Thomas Vanek both left the team with injuries last weekend. The Wings have not announced when either will return. The Red Wings currently hold a record of 27-21-6, which is sixth in the NHL.

Manziel looking to make a point

Former college phenom and Cleveland Browns quarterback Johnny Manziel has appeared to turn a new leaf in 2016. In 15 career starts this season, and junior guard McKenzie Breimayer own 26 steals to her name. In the defensive side, sophomore forward Ashley VanVliet is a leader for the Saints. VanVliet said. "We finish off our league games at the end of the year. We've got a real positive locker room so good for us and our approach is really about being 'better today than you were yesterday.'"

Hour Stars to shine

Women's basketball is riding a hot streak in conference play.

By Charles Crowley

The National Hockey League All Star festivities are right around the corner. Come January 28 and 29, the league's best players will arrive in Los Angeles, California to showcase their talents and enjoy a quick break from their long seasons.

This year's All Star Game will be played the same as last year, with the four divisions - the Metropolitan and Atlantic from the Eastern Conference, and the Central and Pacific from the Western Conference - being represented as their own teams. The format will remain as 20-minute halves, and go-to a shootout of the two winning teams.

The game will also be played three on three, an innovation brought to the game last year to increase scoring and keep the game exciting.

Also new to this year's festivities will be a clash of different competitions. Normally, there is a breakdown challenge which is similar to the NBA's dunk contest. However, that has been put to the wayside for a new 'rider challenge,' where players will try to beat the current season's current world record. It is that the players will be shooting from the near, the mid and far blue line, and finally from the far goal line. Given that the ice is 200 feet long, this will be a fun competition to watch.

As with past years, there will be the accuracy shooting, where players shoot from the near the far targets as fast as possible. The fastest skater competition, won last year by the Detroit Red Wings' Dylan Larkin, the hardest shot competition, where the current record is held by relaxing per year by Steve Mocco on the Buffalo Sabres, and the skills challenge relay, featuring shooting, passing, and stick-handling with each of the four divisions competing to see who can complete it the fastest.

The first game will pit the Atlantic Division against the Metropolitan Division. The Atlantic will be led by Carey Price of the Montreal Canadiens. Price's on the season. The other teams will be the Boston Bruins, the Salary Sharks of the Washington Capitals, they will be backstopped by Braden Holtby, who won last years' Vezina Trophy as the league's top goaltender. In the second game, the Central Division will face off against the Pacific Division. The Central All-Stars will be led by off-sider Patrick Kane of the Chicago Blackhawks. Kane, the reigning MVP, currently paces the Blackhawks with 47 points (14 goals, 33 assists). He'll have help from his fellow teammate Steven Stamkos, and will also have rookie sensation Auston Matthews of the Toronto Maple Leafs.

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**Hockey**

By Charlie Crowley

Sports Editor

The Aquinas' women's hockey team recently split a weekend against the University of Notre Dame. The Saints lost the first game 6-5, but secured revenge on the Irish in game two.

Over the course of the team's season, the Saints have had no trouble winning six game winning streaks, and the six game winning streak just ended. As of the second ranking period, the team currently sits fourth in the ACHA West.

The teams are against the Irish before closing the door on a six game winning streak, their first since November to win an unprecedented University of Michigan. The Irish are back in line for a four game losing streak, and the six game winning streak they just ended. As of the second ranking period, the team currently sits fourth in the ACHA West.

Northern Michigan University 6-1-1, 13 points

Aquinas College 6-0-1, 12 points

University of Notre Dame 4-2-0, 8 points

Michigan State University 4-2-0, 8 points

Loyola University Chicago 4-2-0, 8 points

University of Michigan-Flint 0-6-0, 0 points

Central Michigan University 0-8-0, 0 points

Bobs program has now won five out of the last six games, and the six game winning streak they just ended. As of the second ranking period, the team currently sits fourth in the ACHA West.

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**Men's basketball gears up**

By Ryan Morokun

Saints Reporter

On Jan. 17, the men's basketball team played their first game against the University of Wisconsin-Whitewater, which they won 80-73. The Saints' bench player Rashaud Orange believes this was the win they needed to help the team get back on track.

"The last five games we came out strong in the first half but they would come out in the second half a little flaky," Orange said. "Yesterday I feel like we were more consistent overall.

"Currently, the Saints are sitting at 6-8 overall and 2-1 in conference play. The team needs four wins to guarantee them a spot in the ACHA division II playoffs."

"We have some very much the beginning of the season with trusting each other and holding each other accountable," Williamson said.

"The team is anticipating reengaging with their conference with Michigan State and also Midland University, which were handed to them earlier this season. Junior forward Rashaud Orange said, "The team needs to be pushed and where improvements need to be made to finish the season on a high note.

"Communication, focus, and knowing what each other is doing."

"Coming into the games focused and holding each other accountable," Williamson said.

"The Saints' toughest competition left on the schedule is the Cornerstone University of Michigan-Flint.

"We have come very far since the beginning of the season with trusting each other and holding each other accountable," Williamson said.