

9-1-2005

Lanthorn, vol. 40, no. 04, September 1, 2005

Grand Valley State University

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Grand Valley State University, "Lanthorn, vol. 40, no. 04, September 1, 2005" (2005). *Volume 40, July 14, 2005 - June 15, 2006*. 4.
https://scholarworks.gvsu.edu/lanthorn_vol40/4

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Grand Valley Lanthorn

Grand Valley State University

www.lanthorn.com

Thursday, September 1, 2005

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Required reading: Graduate education major, Stephanie Behning purchases her books at Brian's while Melissa Richter cashes her out.

GVL / Misty Minna

Students pinch pennies for books

GVSU students use a variety of ways to pay for their required books

By **MARTY SLAGTER**
GVL Staff Writer

As they file back into classrooms, Grand Valley State University students will once again dig deep into their pockets to purchase textbooks for the upcoming fall semester.

Often students will use a number of different strategies including buying used books, comparing prices between bookstores

and buying their books online to save money.

"You're already paying enough money for your classes," said marketing student Nancy Brown. "I try to save money on books where I can."

Brown said she does many things to save money including buying used books when possible and waiting until after the first day of class to make sure all of the assigned texts are necessary for the course.

"A lot of times I end up buying these thick, expensive books that I rarely end up using throughout the class," Brown said. "I

think if they require you to buy the book, you better use it."

Nursing student Naterra Weathers said one way to save money is by comparing price options before going out and purchasing all of your books. She explained that she compares the prices at Brian's Books and the University Bookstore and buys used books when she can.

Another fairly new resource for saving money on text books is the Internet. A number of different Web sites like Half.com, Amazon.com and eCampus.com

specialize in carrying many of the required textbooks students need, sometimes at discounted prices.

"Buying your books online can save you a lot of money in many cases," Brown said. "It's just a matter of having the time to shop and compare prices, as well as finding the books you need."

There is a downside to purchasing books online, however, some students said.

Weathers said purchasing books online isn't always the best option.

SEE BOOKS, A2

Police cite 55 for MIPs over the weekend

By **ALAN INGRAM**
GVL Managing Editor

The Grand Valley State University Department of Public Safety teamed up with the Ottawa County Sheriff's Department Saturday night when they activated the Youth Alcohol Enforcement Grant.

The grant focuses on underage people who possess or consume alcohol, said Capt. Brandon DeHaan, assistant director of public safety.

During the activation, the departments issued 55 minor in possession citations at mostly off-campus locations at outdoor or parking lot parties. Officers also issued MIPs to some people walking between apartment complexes. They only cited two people on campus, however, DeHaan said.

"There are a number of variables that determine the number of arrests when the grant is activated," DeHaan said. "Some of them include the number of officers working during the evening, the number of people at campus parties, some special events and the weather."

DeHaan said some special events can draw people to campus for underage drinking. On Saturday night, GVSU drew the largest crowd ever to Lubbers Stadium to watch the football team take on Ferris State University.

"We had a suspicion that there would be a number of individuals who would be involved in underage drinking," DeHaan said, explaining why they activated the grant.

He explained that the pleasant weather also resulted in many people spending time on and near campus.

DeHaan said all of the

SEE DPS, A2

Allendale Express

Area businesses offer deals and discounts to students who use the new bus service

By **ALAN INGRAM**
GVL Managing Editor

As gasoline prices soared to over \$3 per gallon and Grand Valley State University students resumed classes earlier this week, area businesses began offering discounts to students in an attempt to draw them to Allendale.

Fortunately for the students, they did not need to worry about using their gas to get to the store.

The Allendale Express bus service began providing service to students, faculty and area residents on Monday, when 175 people rode the free bus, said Jim Fetzer, director of development for The Rapid. On Tuesday, 178 people used the service.

"It's going to grow," Fetzer said. "There's no doubt in my mind that it's going to grow."

Julie Van Dyke, executive director of the Allendale Area Chamber of Commerce, said she hopes the various discounts will entice students to ride the Allendale Express.

Currently, nine local businesses offer various deals and discounts on their goods and services.

While there are about 220 members of the Chamber of Commerce, only about half of them have e-mail, Van Dyke said, which made it difficult to ask many businesses to offer discounts.

She added that she relied on word of mouth to convey the message.

"They didn't even give it second thought," Van Dyke said of the businesses that decided to offer discounts.

"They want to do anything



A new ride: The new Allendale Express bus — route #38 — runs to downtown Allendale departing from Kirkhof every 20 minutes.

GVL / Misty Minna

they can to keep that bus service going.

Family Fare Store Director Tom Visser said they took the opportunity as a way to increase their prescription sales to GVSU students. Family Fare offers a \$10 gift card with their initial prescription for those who show their student identification.

"We always get a spike this time of year," Visser said. "We hope to just get the kids over here and see what we have to offer."

Visser said they employ many GVSU students and support the university's organizations and teams. He added that he hopes the Allendale Express will help keep shoppers in the local community, instead of them going elsewhere.

"We want to keep as much of the business in Allendale as we possibly can," Visser said. He added that he is "delighted" with the bus service and said, "I hope that the kids take advantage of it."

Allendale discounts for students

- Beans to Brew - 10% off
- Byron Bank - Free Checking Account
- Family Fare - \$10 Gift Card with initial prescription
- Jenny's Special Occasions - 10% off
- Pack & Mail Plus - 10% off
- Peppino's Ristorante - 10% off
- Stromboli's - 15% off (excluding specials/buffet)
- Yarn It! - 20% off
- Save-A-Lot - Free bags to carry your groceries home

Bob Chapin, owner of Sav-a-Lot, said he was "all for" the Allendale Express service.

"We get our fair share of students," Chapin said. Sav-a-Lot offers students

free bags for their groceries. Since their prices are traditionally discounted, Chapin said, they did not offer an additional discount percentage but rather waived

SEE DISCOUNTS, A2

"We hope to just get the kids over here and see what we have to offer."

TOM VISSER
FAMILY FARE STORE
DIRECTOR

Student Senate ready to conquer challenges

Legislative body looks to fill empty seats for the new academic year

By **JENNA CARLESSO**
GVL News Editor

The Student Senate has undergone many changes and challenges in the past year. This fall, despite several resignations, returning senators will welcome new members and prepare for the semester turnover.

"We are a legislative body that represents students, but it is also our purpose to empower

students," said Student Senate President Tony Purkal. "[Our] job is to work with the students to help them navigate the complex political landscape that is our university's administration."

This fall Student Senate will showcase a host of new faces.

"I think there are always challenges, especially when you bring a big group of people together at first," said Jeff Green, vice president of political actions for Student Senate. "It'll take some time to get used to how people think and how we're going to be able to work with one another for the betterment

of [our] students."

Although not as active during the summer, student senators attend sessions for the Association of Michigan Universities, where they discuss issues such as funding for the Upward Bound Trio program.

Such issues will also be on the agenda for the fall, Purkal said.

With four recent resignations, including one by one of the vice presidents, the Student Senate now faces the obstacle of seeking out replacements.

"I'm really kind of devastated about these resignations because we

do want to start the year strong," Purkal said. "There's a lot of training

them into the dynamics of the group."

Despite the resignations,

of which were class scheduling and activity conflicts.

Tony McKay, vice president of internal communications for Student Senate, added that it is common to receive resignations at the beginning of the fall and winter semesters.

"We have gotten [resignations] during these times in the past," he said. "Sometimes people realize it's just not for them."

Green echoed, "You're going to get things [like this] throughout the year in any body that tries to hold

SEE SENATE, A2

"We are a legislative body that represents students, but it is also our purpose to empower students..."

- **TONY PURKAL**
President, Student Senate



BOOKS

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simply because it might not be consistently reliable.

"I know two people who got sent the wrong books online, Weathers said. "They might not have a CD-ROM, or something else you'll end up needing for the class."

But often, students aren't as concerned with comparing prices between Brian's Books, the University Bookstore and online resources, as they are with finding all of the available text books for their classes.

"I ended up getting the books they didn't have at the University Bookstore at Brian's Books mainly because they had that particular book in stock," Brown said.

Weathers said another book-buying frustration is having to buy new editions of texts each

semester. She said she and her best friend have the same major and try to use each others' books when they can, but with the texts changing so often, it is not always possible.

Freshman Blake Webster, who was purchasing books for the first time, said buying text books can be an intimidating task.

"I ended up buying a biology book for \$130," Webster said. "I tried looking for used books that were in good condition first, but a lot of the required books I had to buy were only offered brand new."

While students agreed that the prices of textbooks were often high, they found that careful shoppers could save money.

"Some of the prices for the new books are a bit expensive," Webster said. "But if you can get your books used, the prices are pretty fair."

DPS

continued from page A1

15 officers between the Ottawa County Sheriff's Department and the Department of Public Safety were uniformed and drove marked vehicles, including bicycles.

The GVSU Laker football team plays the Gannon University Golden Knights on Saturday, and DeHaan said there is a "likelihood" that additional officers and staff will be on hand.

While DeHaan said the reactions vary among people who are issued MIPs, he said they must understand that there are repercussions for their actions.

"The laws in the state of Michigan are very clear," DeHaan said. "You may not consume alcohol if you're under 21 years of age — consume or possess." In addition to the MIPs,

Department of Public Safety also made arrests for assault and battery, possession of marijuana, urinating in public and resisting arrest. It was also the second time in many days that an individual fled the police, DeHaan said.

He explained that police suspected that both people had consumed alcohol underage. Resisting arrest carries a two-year felony and/or a \$2,000 fine. The two individuals also received an MIP citation.

"If an individual runs away from any GVSU, Ottawa County [or] Michigan State Police officer, they stand a substantial risk of being arrested and lodged in jail for a resisting charge," DeHaan said.

DeHaan said he encourages cooperation with law enforcement officers if someone is suspected of being a minor in possession.

"If you've been had, you've been had," DeHaan said.

DISCOUNTS

continued from page A1

the typical 10 cents per plastic bag and 5 cents per paper bag charge. Boxes for groceries, however, are free.

The timing of the bus service is "great," Chapin said, especially since the Allendale Express provides a way for students to get around town for their quick trips without having to use their own gas.

Chapin said on Tuesday that he had already seen students and other community members waiting at the bus stops.

"It already, in my opinion, has been successful if just a few people are using it — that's great," he said.

Luann Katt, owner of Beans to Brew and Jenny's Special Occasions, said she also noticed students at the different stops. She wants them to both feel welcome at the coffeehouse and know what it has to offer.

Katt said they have wanted to offer a discount for awhile and will continue to do so regardless if the Allendale Express service continues. Currently, she offers a 10 percent discount at both of her businesses.

Since the service only runs for six weeks, Katt said she is concerned that students might not find out about it since they have to

concentrate on many other things during the beginning of the year.

Fetzer said if students want to see the service continued, they just need to keep doing what they are doing — riding the bus.

"Ridership speaks the loudest," Fetzer said. He added that there is not a specific target number of riders needed to continue the service, but that the service will be analyzed at the end of the trial period.

Chapin said he hopes the service will continue, and added that local residents may also begin to use the service more if it is in effect for a longer period of time than the six weeks.

Currently, The Rapid uses eight busses to provide service to GVSU students. They use five for the Campus Connector "50" route, two for the off-campus shuttle "36" and one for the Allendale Express "38."

Fetzer said 3,054 people rode the "36" and 5,481 rode the "50" on Monday, which he described as "really good." On Tuesday, those numbers rose to 3,511 on the "36" and 5,716 on the "50"

Van Dyke, who is also a professor at GVSU, said she will ride the Allendale Express for the first time on Tuesday as she makes her way downtown for her class.

"I hope we have enough ridership (for it to continue)," Van Dyke said.

SENATE

continued from page A1

steady at a number of fifty [members] like we do," he said.

Another challenge Purkal hopes to overcome this fall includes past differences the Student Senate has had with the Grand Valley State University administration.

"Last year was a somewhat turbulent year," Purkal said. "We had issues where the administration really second-guessed what the senate's agenda was. I think this is going to be a year to rebuild some trust."

He added that the Student Senate plans to not only identify problems, but provide more realistic solutions.

McKay said he also hopes to address issues of student rights at upcoming group meetings.

"There are so many things that could change on campus for the betterment," McKay said. "I [would] like for us to be more student-[oriented]."

Every committee on the Student Senate currently has a spot available for a freshman, transfer or graduate student, he added.

Green said he hopes more students will attend the senate meetings to gain awareness of campus affairs and become involved on a higher level.

"There is stuff that is going to impact students' lives that we'll be working on all year," he said.

The meetings will include occasional guest speakers, committee reports, voting sessions and open time for public comment.

"The image of what senate is is different to every individual," McKay said. "But we definitely want to portray that we're here to help."

While most Senate meetings begin at 4:30 p.m. in the Pere Marquette room of the Kirkhof Center, its first meeting on Sept. 8 will be slightly delayed because the group will visit the new Papa John's and the new Campus Health Center.

Lanthorn

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Read by everyone.
On stands Thursday.
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Grand Valley Lanthorn
Volume 40, Number 4

The Grand Valley Lanthorn is published weekly by Grand Valley State University students 35 times a year. One copy of this newspaper is available free of charge to any member of the Grand Valley Community. For additional copies, please contact our business offices.

POSTMASTER: please send form 3579 to Grand Valley Lanthorn, 100 Commons, Grand Valley State University, Allendale, MI, 49401

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CHS ready to offer assistance in case of terrorist attacks

Medical facility and staff are prepared to handle an influx of victims if attacks or natural disasters hit the area

By **AUDRA WALTER**
GVL Staff Writer

Since the terrorist attacks of Sept. 11, 2001, the United States and the public have taken extra precautions in its policy and everyday activities. The national government has continued to mandate countless new safety measures including heightened security at airports, increased surveillance of the country's borders and more

advanced medical facilities in urban areas.

Grand Valley State University's Cook-DeVos Center for Health Sciences in downtown Grand Rapids has taken similar measures with the hope of maintaining safety for students, faculty and residents of Grand Rapids by signing a disaster preparedness agreement.

"The university offers an almost intuitive fit of what Spectrum health needs during a disaster," said Jon Jellema, associate vice president for Academic Affairs. "The convenient location and characteristics of CHS make it an ideal place for aiding medical personnel in case of

an unpredicted catastrophe." The center is the

headquarters for GVSU students specializing in medical education, treatment, research and diagnosis.

It also features advanced training and laboratory facilities and has more than 30 rooms for teaching and research.

Tim Bulson, Kent County

regional preparedness

"It also lets us find non-traditional sites of care. CHS is set up as a quasi-hospital or quasi-clinic."

TIM BULSON
KENT COUNTY REGIONAL BIOTERRORISM PREPAREDNESS COORDINATOR

to plan and find better ways to care for a large number of

bioterrorism coordinator, said the county received federal grants from the Health and Human Services Department to help prepare for terrorist-related disasters.

Thirteen West Michigan counties are incorporated in the regional planning coalition.

"We are able to plan and find better ways to care for a large number of

patients," Bulson said. "It also lets us find non-traditional sites of care. CHS is set up as a quasi-hospital or quasi-clinic."

Given the present circumstances, precautionary measures cannot be taken lightly.

"If an incident such as a terrorist attack did occur, the patients would be better off with this new agreement," said Enid Gage, a senior at GVSU and nurse aid at the downtown campus. "The more resources you can gather in treating victims the safer they will be in the end."

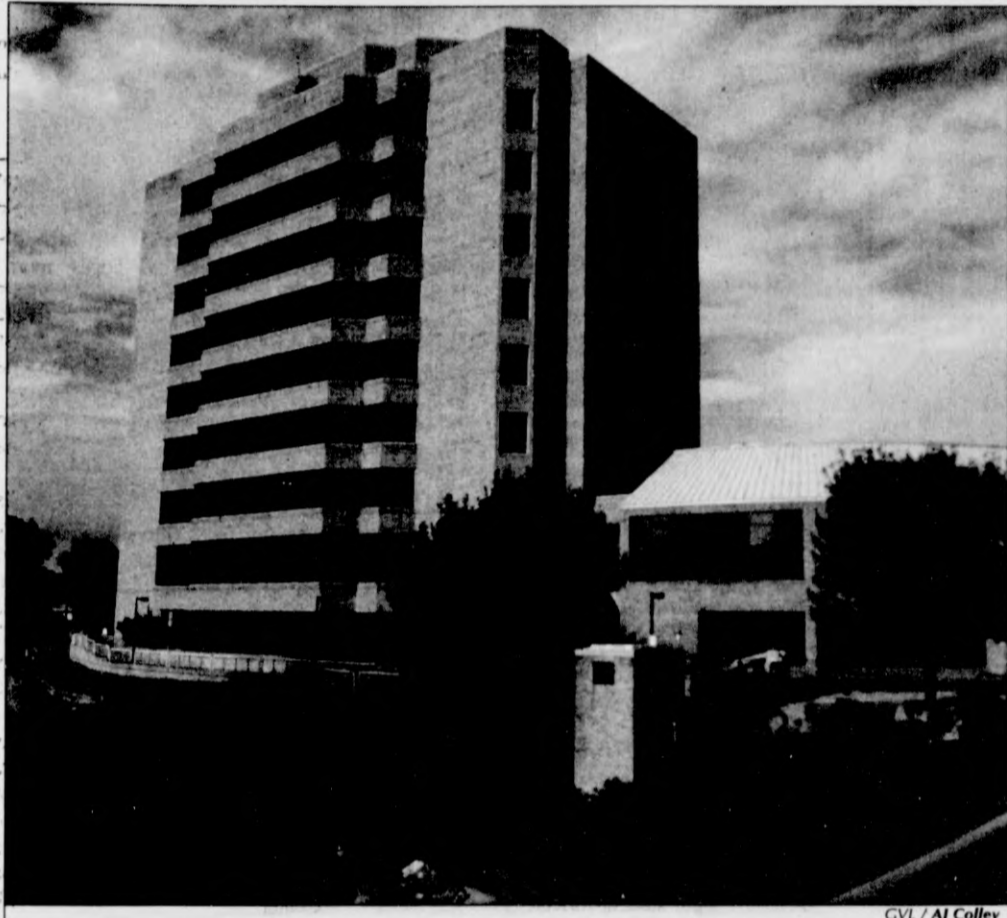
"All the rooms in CHS are basically what you would find in a hospital, so faculty, staff

and students would be well-equipped enough to handle extra patients in need," Gage added.

The agreement's participants hope the deal generates order and stability in an area with many people of all ages. It will affect students on all campuses whether they visit, attend or know someone in Grand Rapids. In the event of a terrorist attack, patient load should not exceed the occupancy limit in area hospitals.

For more information on the Cook-DeVos Center visit GVSU's Web site at www.gvsu.edu. The CHS is located on Michigan Avenue near the Spectrum Health building and the Van Andel Institute.

Eberhard undergoes flood wall repair



Preventative measures: Floodwalls continue to be constructed around GVSU's Eberhard Center.

Ice damage from higher than normal flood levels in recent years have weakened existing flood walls

By **SHAWN ZALEWSKI**
GVL Downtown Editor

As Grand Rapids continues to develop along its main artery — the Grand River — maintenance is an ongoing concern to keep the pulse of the city flowing.

Renovations are currently underway on flood walls located just below the LV Eberhard Center on Grand Valley State University's Pew campus in downtown Grand Rapids. The building's flood walls have sustained seasonal damage throughout the past winter and spring.

The damage is the result of higher than normal flood water levels in recent years, said Robert Brown of GVSU's Facilities Services and Planning. Specifically, increased ice packs within the river have collided with and weakened flood walls.

"Without further stabilization, over time, continued excessive flood stages could cause the flood walls to fail," Brown said. "This could cause excessive erosion along the river bank."

Erosion along the river could impact the economy of the natural riverfront. Numerous sidewalks and pedestrian bridges connect the downtown campus to the entertainment, financial and hospitality districts of Grand Rapids.

One such connection is a narrow steel box bridge known as the "blue bridge" for its color. It features platforms overlooking the river and several park benches that offer a restful place for visitors, students and local business professionals.

As the flood walls are improved, individuals walking along the sidewalks and bridges will be moderately inhibited in their travel. They will still have access to the blue bridge. Walkways along the river on the west bank beneath the Eberhard Center, however, will be blocked, with the exception of fire escapes for inhabitants, Brown said.

"These egress routes are still separated with fencing from the construction zone for safety," Brown said. "Other than possibly some noise from time to time, there should [be] no or minimal impact on occupants within the building."

In addition to obstructions for pedestrians around the river, the Eberhard parking lot on the campus is closed off to make room for staging activities. Heavy construction equipment currently occupies the lot in preparations for the wall repair.

The flood wall repair must be completed before work can begin on a new addition to the Padnos School of Engineering. Approval from the state and private funding need to be obtained before any further developments can take place.

"The project is being fast-tracked to ensure completion before winter weather sets in," Brown added.

The cost of the renovation is estimated at \$400,000. Pioneer Construction is spearheading the work, which has already begun and is expected to be completed in mid-to-late October.

Business college invites leaders over for breakfast

By **SHAWN ZALEWSKI**
GVL Downtown Editor

To increase communication and ensure higher standards of business professionalism, the Seidman College of Business at Grand Valley State University will host a series of seminars this semester. Students and faculty have the opportunity to connect with their community leaders through the 2005 Breakfast Series.

Since its inception in 1994, the Breakfast Series has brought in speakers from a diverse array of backgrounds to Grand Rapids. Some of the leaders include chief executive officers, vice presidents, mayors and senators from West Michigan corporations including Kellogg, Steelcase and Amway. Representatives from as far away as Japan, the Netherlands and Poland have also made appearances at earlier conferences.

"This program caters to anyone who is looking for insight on the local business world," said Vonnie Herrera, administrative assistant. "Students especially can gain

exposure outside of the classroom by directly interacting with business leaders."

The events will again take place in the Loosmore Auditorium on the Pew Campus. Breakfast will be served at 7:30 a.m. on event days and programs begin at 8 a.m. Traditionally, a crowd of 100 - 200 people come to each speaker to learn about networking, community issues and to simply listen to advice that prominent business leaders have to share, according to the Seidman College of Business Breakfast Web site.

Faculty within the business department often encourage their students to attend. Some may mandate attendance as homework, while others provide incentives for students through extra credit. Herrera said the college emphasizes education outside of the classroom by bringing in individuals from all fields and walks of life. Herrera added that it is not uncommon for Grand Rapids Mayor George Heartwell to attend the breakfast meetings.

David Van Andel, chairman

and CEO of the Van Andel Institute, will present first in the series on Sept. 15. The institute serves as a breakthrough medical and educational research firm, as well as a conference center for professionals in Grand Rapids.

His discussion will update the audience on the VALs current progress and future initiatives in providing west Michigan and abroad with research networks.

GVSU President Mark Murray will speak as part of the series on Oct. 27. His speech, entitled "Higher Education — Key to Strong Communities and a Strong Economy" will discuss the benefits of a college education as an investment.

Nancy Skinner of the Varnum Consulting Firm will speak on Nov. 11. Finally, Hank Meijer, president and CEO of Meijer will present "Meijer in the New Normal" on Nov. 16. Details on the winter lineup have not been presented.

There is no charge to attend, but organizers request an RSVP by contacting busalumn@gvsu.edu or call (616) 331-7100.

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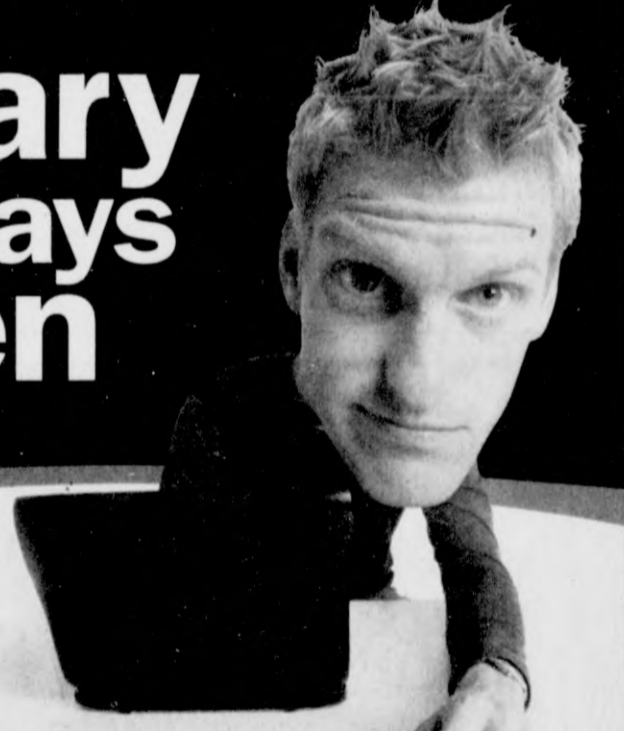
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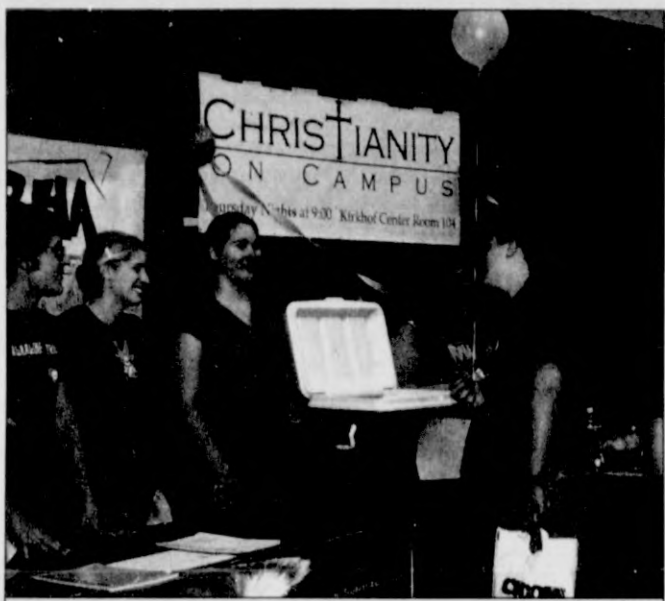
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Campus life night to showcase organizations



Learning about campus: Student organizations shared what they had to offer at Campus Life Night in 2004.

More than 200 organizations will come together in the Fieldhouse

By ANGELA HARRIS
GVL Laker Life Editor

Looking for something to do on campus? Want to join an organization, but do not know where to look?

Then Campus Life Night is the place to be.

With most of the more than 200 organizations on campus coming together in the Fieldhouse to show students what they have to offer, students are sure to find organizations that fit their interests.

Campus Life Night takes place on Tuesday, Sept. 6 from 7 p.m. to

9 p.m. and will also include non-profit groups and local businesses.

Students will be able to "wander around and mingle" with different groups and see what they have to offer, said Aaron Haight, assistant director of the Office of Student Life. She said more than 3,000 students have attended the event in past years.

New to the event this year, six different tables will receive awards at 8:45 p.m. including most creative table and best dressed group, Haight said.

"We wanted to make it more fun and recognize groups for their effort," Haight said.

She added that freshmen can get involved on campus and learn more about different organizations by attending Campus Life Night.

"It is a great way for them to get involved outside of classes and enhances their experience," Haight

said. "When they get involved, it creates a home away from home for them."

Kelly Weir, president of the Cancer Awareness Residence and Education Club on campus, agreed that Campus Life Night is a great way to learn what GVSU has to offer.

"There is a place or something for everyone," she said. "For example, when I came here I did not know that there was an organization on campus that's sole purpose was to raise money to fight cancer, and here I am, as president. I would not have known about it had it not been for Campus Life Night."

She added that it is also a way for organizations to share their excitement for the coming year with potential new members.

"It is a way to welcome new members and show them that we

are excited for the new school year," Weir said.

In addition to handing out information on their group, organizations will hand out goodies or decorate their tables to draw attention to themselves.

Ty Kruger, president of Resident Housing Association, said that RHA will hand out candy at their table and the executive board members will wear their pink welcome shirts to make themselves visible.

Quentin Groce, RHA vice president of public relations, added that the table will also have a slide show showcasing RHA's past events and activities.

"It shows all of us just having fun and what we are all about," Groce said.

For more information on Campus Life Night, visit the Office of Student Life's Web site at <http://www.studentlife.gvsu.edu>.

The First Night:

Returning students pass down GVSU traditions to freshmen

By MATT MARN
GVL Staff Writer

The weekend of Transitions activities at Grand Valley State University closed on Sunday evening with a celebration as one community.

The Cook Carillon clock tower played host to both new students and returning students alike on First Night, the night before classes began at GVSU.

Many traditions were passed down to the new students on Sunday night, from the GVSU fight song and the alma mater to GVSU's values.

Bart Merkle, dean of students, delivered a brief message about the mission and vision of GVSU and about the university and some of its expectations of students. Other student leaders also spoke to the crowd of freshmen students.

Carillonneur Julianne Vanden Wyngaard provided a musical performance from the Cook Carillon clock tower. GVSU student senators Aaron Wilkerson and Brian Coleman served as the night's masters of ceremonies.

First Night is a program designed to create a community among GVSU freshmen and new

students, said Lynae Cuddy, junior and GO Team Transitions leader. The GO Team comprises eight students who provide training, communication, supervision and evaluation of their experience, as well as overseeing the remaining Transitions leaders.

"It is a tradition of GVSU that takes place the night before school starts and acts as a passage into the GVSU community," she said. "First Night has been a GVSU tradition for seven years and has been very successful each year. The First Night program and the Transitions program share a lot of the same goals. Both programs attempt to introduce and acquaint students [to] the Grand Valley campus culture."

Both programs attempt to introduce and acquaint students [to] the Grand Valley campus culture. First Night and Transitions have developed into meaningful events that will stay with students for a long time to come, said Bob Stoll,

director of student life. "It's part of a ritual, it's part of a tradition." Stoll said First Night helps freshmen and new students make the transition to campus life smooth.

"Right now, everybody's here, and you're a little anxious, you've got that sense of being an individual," Stoll said. "Soon, you start to realize that I'm not the only one that's maybe a little bit anxious or afraid. ... [First Night] helps students realize that they're not the only one, and they are now part of a community."

Stoll said he hopes students will remember the messages expressed during First Night throughout their college careers.

"The more we can get these messages to sink in, the more [students] they can understand the responsibilities of their academic career. Sometimes they may not realize it a month down the road, but for some it will click, and they will realize why they're here. You're now in this community of academic learning, and you are responsible for yourself. It's a real good place and a real good time in their lives, and this event reinforces those messages."

The Office of Student Life organized First Night and Transitions and Stoll coordinated the events.

"The First Night program and the Transitions program share a lot of the same goals. Both programs attempt to introduce and acquaint students [to] the Grand Valley campus culture."

LYNAE CUDDY
GO TEAM TRANSITIONS
LEADER

St. Margaret Mary Catholic Church
SOCIETY OF ST. PIUS X
Traditional Latin Mass

Sunday Mass 2:30 pm

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Call to verify time at:
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Sharing a welcome: Ashley Litke, international business major talks with senior computer engineer major and Transition Leader Jon Ashley on Sunday, the last night of Transitions for freshmen.

Kung Fu Club prepare to learn from Chinese master

Master Wang Bin Wen to teach two clinics from Sept. 11 to Sept. 14

By ANGELA HARRIS
GVL Laker Life Editor

Kung fu translated does not mean martial arts, but rather time and effort.

"People think that they will be great in two weeks, but that is not going to happen," said Stephen Matchett, Grand Valley State University's Kung Fu Club adviser.

Matchett would know because he has advised the Kung Fu Club for 14 years and does not consider himself great.

"I am good, not great," Matchett said. "I do not have time to practice as much as him [Master Wang Bin Wen, from China]. He's a master."

Master Wang will visit GVSU from Sept. 11 to Sept. 14 to teach two kung fu clinics to students.

These clinics will focus on Cha Chuan, an extended flowing northern kung fu style, and the two-handed straight sword. Both clinics require advance registration, and spots are limited.

Since Master Wang does not speak English, a translator will break the language barrier.

"I am worried about not being able to speak Chinese," said Nathan Puplis, president of the Kung Fu Club. "But I am excited to learn where my instructor learned his art from."

Since kung fu is a movement art and the movements are internalized, students will learn a lot simply by watching Master Wang's movements, Matchett said.

"In our culture, we have a tendency to think we have to ask questions, and we do not use our other skills," Matchett said. "We have to listen with more than just our ears."

Matchett said he is excited to have Master Wang come to teach his students. "It is a privilege to learn from someone of that skill," he said. "Watching him move is impressive."

Puplis added that he is also excited to learn the tradition of kung fu.

"In China and Japan, martial arts are more rigorous and strenuous," Puplis said. "Here in the U.S., we have watered down the martial arts to fit into our rigorous schedule. We are

more of martial hobbyist. Over there, it is a way of life."

Master Wang began his studies of Shaolin Kung Fu at the age of six and since then has trained at the Shandong Athletic University in China, the Shaolin Temple and performed with the Shaolin Kung Fu performance group in Germany.

In addition to the clinics, the Kung Fu Club also offers classes to its members twice a week for three hours.

GVSU's Kung Fu Club teaches the traditional Northern Long Fist Shaolin style of kung fu that does not have a belt system because its focus is about journeying and continuous learning, Matchett said.

"When there is a black belt, people aim for that and think that once they have achieved that, they have learned everything," he said. "But in reality, they've learned the basics."

Matchett related martial arts to owning a sailboat or motorboat.

"People who own a motor boat are all about the end product, whereas those who

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A Time
Of Growth
And You Can't
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The Daffodils Opened
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Raw art show features work from downtown artists



Raw but real: This gigantic artwork by Jeff Vandenberg titled "Gorilla," is one of many interesting works on display in the PAC gallery.

Untrained artists got a chance to show off their work to the GVSU community

By MICHELLE PAWLAK
GVL A&E Editor

"It's not always pretty but it's real" Paris Tennenhouse, curator for the art gallery, said when referring to Grand Valley State University's new exhibit "Raw Art: Division Avenue Artists." The exhibit gives students a new way of looking at art and at the artists themselves.

The exhibit features artists who live and work near, and on, Division Avenue in Grand Rapids. These artists have not been formally trained. Hence why it is called Raw Art.

Curator Tennenhouse believes that this is a good opportunity for GVSU students.

"It offers a chance to learn about a major field in art that is,

frankly, hidden," Tennenhouse said. "It's dismissed a lot because of our nature to lean towards academia ... It's a chance to learn about this kind of artwork and the significance behind it. It's a very inspiring show."

There are 50 pieces from 20 different artists in the exhibition. Tennenhouse, guest-curator Reb Roberts and Ruth Zwier chose the artwork on display. Roberts, of Sanctuary Folkart, was asked to help because of his relationship with many of the artists through his gallery. Zwier, of Heartside Ministry, also has a relationship with many of the artists and was able to locate more.

The term Raw Art was coined by Jean Dubuffet, a French artist, who began seeing a connection between art done by children and art done by the mentally challenged. He saw their artwork as unaffected by academics and inspired solely by the mind of the artist. Raw art is generally viewed as art done by untrained self-taught artists, which Tennenhouse said doesn't

fit many galleries' interests. Recognition of this genre has increased as more trained artists find their inspiration from these Raw Artists.

"Much of this artwork has been a catalyst for many trained artists to work outside of the parameters they've been taught. Sometimes it's hard to unlearn what we've learned and use what's inside," Tennenhouse said.

The exhibit opened Aug. 29 and will continue through Sept. 23. The public can attend an opening reception on Sept. 8 where they can speak with several of the artists.

"This is their [artists] first opportunity to ever be in an academic setting. It's a great community outreach opportunity with a lot of

diversity of the artists and of their work," Tennenhouse said.

Along with meeting some of the artists, Mantra will play live music, Bill Lubben will read poetry, food and beverages will be available and the premiere showing of Kenny Smith's documentary "In the Realms of the Unreal" will take place. The documentary was made especially for the Raw Art exhibit and shows the lives of the artists.

"Kenny's documentary gives another dimension to the artists than what you get just from their work" Tennenhouse said.

The reception will be held in the Performing Arts Center from 5 p.m. to 7 p.m. For more information about the exhibit or the reception call the Art Gallery at (616) 331-2564.

"It offers a chance to learn about a major field in art that is, frankly, hidden."

PARIS
TENNENHOUSE
CURATOR

Band marches to its own beat

Practice pays off as band provides entertainment for GVSU fans at sporting events

By MICHELLE PAWLAK
GVL A&E Editor

They provide the fans with music to gear up for every home game. Their half time show is entertainment to fans' eyes and ears. If the students are the heart of Grand Valley State University's school spirit, then they are its beat — but it is not easily accomplished.

The GVSU marching band has put in many hours preparing for the year ahead.

This year GVSU has its largest marching band yet. The 145-person band, which includes the drum line and color guard, had its first performance Saturday, Aug. 27 at the GVSU and Ferris State University football game. The show was a product of a nine-day camp that all 145 students attended.

The camp is typically one week long, but was extended for the early season. It was held on campus. Students met from 9 a.m. to 9 p.m. each day to practice both indoor music rehearsal and outdoor marching rehearsal.

Professor Barry Martin, director of bands at GVSU, said the first days the band focuses on the basics of marching band.

"We teach them how to stand, bring instruments up, move bodies down the field. It's difficult because the students come from 90 different schools, so they have to break old high school habits and be retrained to do it the GVSU way," Martin said.

He said the last few days were for learning the pre-game show and the half-time show.

This is Martin's twelfth year at GVSU. He said he is very excited for this season.

"It's an outstanding group," he said. "[It is] the best one I think we've ever had, but time will tell. It makes it easy to get excited when you have good



All in step: The Laker band performs at the first home game against Ferris State.

kids who work hard and want to make it great. The work ethic of this group is probably the best I've ever seen."

Martin writes the drills for the entire marching band, which includes the drum line and color guard. The drum line must also learn additional music. Color guard choreography is written by student captains Tiffany Myers and Becky Hetjonk. The color guard must learn Martin's

drills plus their own routines.

This is Myers' second year in the color guard. She is also excited for the season.

"There is a lot of good attitudes and good talent this year. Even though some of the older members haven't come back we have a lot of freshman who absolutely love marching and performing," Myers said. She said marching band has helped her to better schedule

her time.

"It's one of those activities that makes a lot of fun times with people," she said. "Some of the best stories are from marching band, but it really teaches you time management. If you don't know how to handle your time you might get messed up."

The marching band has several performances to prepare for this year outside

of home games. It will follow the football team to Ashland, Ohio on Sept. 17 for its yearly away game. The band will also perform as a guest band at the Jenison Marching Invitational Oct. 22. On Nov. 20, the marching band will hold its indoor Band-O-Rama in the Louis Armstrong Theatre. The free show is open to students and showcases all of the season's music.

Martin thinks that it is important for GVSU to have a marching band.

"It's very important when it comes to school spirit," he said. "It's part of what the whole college scene is about. It's what makes college football special. The band is one of those essential elements to have. It's one of those groups that's loved and admired by the students, faculty and administration."

Reviewer chooses pink eye over Craven's 'Red Eye'

REVIEW BY
MICHELLE PAWLAK
GVL A&E Editor

"Red Eye," Wes Craven's latest thriller, stars "The Notebook's" Rachel McAdams and "28 Days Later's" Cillian Murphy.

McAdams plays a hotel manager flying the red eye flight to Miami. Get it? Red eye flight ... title of the movie ... yeah, not too creative. After a long introduction over-emphasizing the fact that Lisa Reisert (McAdams) is one of those nice people who keep people calm in a world where everyone is surprisingly rude,

the audience is introduced to Murphy's character, Jackson Rippper.

Yes, not only did they name the character after Jack the Ripper, but they even wasted a few minutes of dialogue just to solidify the audience's connection between the two. Rippper is one of those bright-eyed gentlemen with a flare of creepy going on.

After some casual run ins, the two sit down for a drink. Here the story of Reisert's dead grandma comes up and is discussed in great detail only to be left at the bar and hardly brought up again. The slightly tipsy Lisa, who had wine at the funeral and a bay breeze at the

bar, finds her seat on the plane which just happens to be next to Jack. Fancy that.

Turns out that Jack is stalking her out for her hotel manager power. He makes this pretty clear when he tells her very nonchalantly of his assassin job, that her dad is being held hostage, and then head butts her causing her to pass out. Rippper needs her manager connections to switch the room of a government official staying at her hotel ... the missile they are shooting from the boat off shore simply could not hit the room he reserved.

This motiveless tale comes from nowhere and seems to be

going there also. Perhaps Wes doesn't think that his audience cares about the "why" anymore. What he doesn't realize that people do wonder. He could have easily gotten out of it and made Murphy's character a psycho — nobody asks a psycho why — but instead he tries to make it all too real.

Here's a reality check: There are other ways to get someone to change rooms, clog the toilet, put some bugs in it... if you've got the resources to shoot off a missile from a yacht, surely you can get someone to act like an exterminator and bug bomb the place.

And another reality check: "Red Eye" is 1 hour and 25 minutes long ... that's an hour and a half of my life that would have been more productive staring at a wall. If Wes doesn't care to spend more time on an already ridiculously short movie giving a frickin why then why the hell should we spend nine bucks on his movie?

One of Wes's best moves in this film was putting Rachel McAdams in the leading role. What a babe. This girl can pull anything off. In "Red Eye" McAdams gets to show off her "Oh hell no" skills and get physical.

A not so good move was

putting Cillian Murphy in the assassin seat. Sure he's hot, especially with that jaw line, but come on — it's hard to take a guy threatening your father's life seriously when you've got a five dollar bet with yourself that you could take him.

A for effort, Wes. C for not explaining the motive. D for getting the audience concentrating on useless facts. F for the crappy airplane shot that looked like a model hanging from some floss. Suggestion to make it better: Have them on a plane full of zombies. Murphy's hot when he's getting chased by the living dead, and every movie is better with a good zombie.

What's on tap: Events Calendar

Sept. 1-6

On campus:

Thursday, Sept. 1

- 9 a.m. — Poster sale at the Performing Arts lawn
- 10 a.m. — FREE FLICK: Mr. and Mrs. Smith at the Kirkhof Center
- 2 p.m. — FREE MOVIE: Mr. and Mrs. Smith at the Kirkhof Center
- 3-7 p.m. — World's Longest Ice Cream Sunday at the Kirkhof Center
- 5 p.m. — FREE CINE-MA: Mr. and Mrs. Smith at the Kirkhof Center
- 5-6 p.m. — Intramural Sports Employment Information Session at the field house
- 5-7 p.m. — Women's rugby practice at the Intramural fields.
- 6-7 p.m. — 12 step meeting located at the Oakland/Liberty House
- 10 p.m. — FREE MOVIE: Mr. and Mrs. Smith located in the Kirkhof Center

Friday, Sept. 2

- 12 a.m. — Intramural Sand Volleyball entry deadline in the field house
- 12 a.m. — Intramural softball entries due at the field house
- 12 a.m. — Intramural tennis singles entries due at the field house
- 9 a.m. - 5 p.m. — Poster sale at the Performing Arts lawn
- 10 a.m. — FREE FLICK: Mr. and Mrs. Smith located at the Kirkhof Center

- 10 a.m. - 7 p.m. — Women's Volleyball Fall Classic located in the field house
- 2 p.m. — FREE MOVIE: Mr. and Mrs. Smith at the Kirkhof Center
- 4 p.m. — Women's soccer against Southern Illinois at the varsity soccer field
- 10 p.m. — FREE CINE-MA: Mr. and Mrs. Smith at the Kirkhof center

Saturday, Sept. 3

- 9 a.m. - 5 p.m. — Poster sale located at the Performing Arts lawn
- 12 p.m. — GVSU Volleyball Fall Classic at the field house
- 2 p.m. — FREE MOVIE: Mr. and Mrs. Smith located at the Kirkhof Center
- 4-7 p.m. — Open Volleyball at the Robinson's volleyball court
- 5 p.m. — FREE FLICK: Mr. and Mrs. Smith at the Kirkhof Center
- 6 p.m. — GVSU Football vs. Gannon at Lubbers Stadium
- 10 p.m. — FREE MOVIE: Mr. and Mrs. Smith located at the Kirkhof Center

Sunday, Sept. 4

- 10 a.m. — FREE FLICK: Hitch at the Kirkhof Center
- 1 p.m. — Women's Soccer vs. University of Missouri St. Louis at the varsity soccer field
- 2 p.m. — FREE MOVIE: Hitch at the Kirkhof Center

- 10 p.m. — FREE CINE-MA: Hitch at the Kirkhof Center

Monday, Sept. 5

- 2 p.m. — FREE MOVIE: Hitch at the Kirkhof Center
- 5 p.m. — FREE FLICK: Hitch at the Kirkhof Center
- 10 p.m. — FREE CINE-MA: Hitch at the Kirkhof Center

Tuesday, Sept. 6

- 2 p.m. — FREE FLICK: Hitch at the Kirkhof Center
- 2-4 p.m. — RSO Registration at the Kirkhof Center
- 5 p.m. — FREE MOVIE: Hitch at the Kirkhof Center
- 5:30-7 p.m. — Women's rugby practice at the intramural fields
- 7-9 p.m. — Campus Life Night at the field house
- 9-10 p.m. — All Greek info Night at the Kirkhof Center
- 10 p.m. — FREE CINE-MA: Hitch at the Kirkhof Center

Wednesday, Sept. 7

- 2 p.m. — FREE MOVIE: Hitch at the Kirkhof Center
- 5 p.m. — FREE CINEMA: Hitch at the Kirkhof Center
- 5:30-7 p.m. — Women's rugby practice at the intramural fields
- 10 p.m. — FREE FLICK: Hitch at the Kirkhof Center

Off campus:

Thursday, Sept. 1

- What: "What It Is"
Where: Billy's Lounge
When: 9:30 p.m.
Cost: \$3
Restrictions: 21 and up
- What: "Jonny Lang — The Acoustic Band Tour 2005"
Where: Frederik Meijer Gardens & Sculpture Park
When: 7 p.m.
Cost: \$34.50 members, \$39.50 non-members
Restrictions: None

Friday, Sept. 2

- What: "Frank Bang's Secret Stash"
Where: Billy's Lounge
When: 9:30 p.m.
Cost: \$5
Restrictions: 21 and up
- What: "Friday Nights at GRAM"
Where: Grand Rapids Art Museum
When: 5 p.m. to 8:30 p.m.
Cost: \$3 (free to members)
Restrictions: None

Saturday, Sept. 3

- What: "Rob Blaine & Urban Blues Union"
Where: Billy's Lounge
When: 9:30 p.m.
Cost: \$5
Restrictions: 21 and up
- What: "Kinto Sol"
Where: The Intersection
When: 8 p.m.
Cost: \$20

Restrictions: 18 and up

- What: "U.S. Beat and Friends"
Where: Hungry Heart Cafe
When: 9 p.m. to 11 p.m.
Cost: None
Restrictions: None

- What: "Rikets"
Where: Ten Bells
When: 8 p.m.
Cost: \$8
Restrictions: 16 and up

Sunday, Sept. 4

- What: "Reaganomics"
Where: Billy's Lounge
When: 9 p.m.
Cost: \$3
Restrictions: 21 and up

Monday, Sept. 5

- What: "Open Mic Night"
Where: Billy's Lounge
When: 9 p.m.
Cost: None
Restrictions: 21 and up
- What: "Nobody's Darlin'"
Where: Hungry Heart Cafe
When: 7 p.m. to 9 p.m.
Cost: None
Restrictions: None

Tuesday, Sept. 6

- What: "'Fever' with DJ Hustlah"
Where: Billy's Lounge
When: 9 p.m.
Cost: \$2
Restrictions: 21 and up
- What: "June"
Where: The Intersection
When: 6 p.m.
Cost: \$7
Restriction: None

- What: "Seven Mary Three"
Where: Ten Bells
When: 7 p.m.
Cost: \$12
Restrictions: 17 and up

Wednesday, Sept. 7

- What: "Souper Stoopid"
Where: Billy's Lounge
When: 9:30 p.m.
Cost: \$3
Restrictions: 21 and up

- What: "Mark and Lynette Explore the Great American Songbook"
Where: Hungry Heart Cafe
When: 7 p.m. to 9 p.m.
Cost: None
Restrictions: None

Ongoing


- What: "4 Under 40 Exhibition"
Where: Grand Rapids Art Museum
When: Tuesday through Thursday, 10 a.m. to 5 p.m., Friday 10 a.m. to 8:30 p.m., Sunday noon to 5 p.m.
Cost: Adults \$6, Seniors \$, Children (6-17) \$3, under 6, free
Restrictions: None

- What: "Sports: Breaking Records, Breaking Barriers"
Where: Gerald R. Ford Museum
When: 9 a.m. to 5 p.m.
Cost: Adults \$5, Seniors \$4, Children (15 and under), free
Restrictions: None

- What: "Cherished Possessions: A New England Legacy"
Where: Van Andel Museum Center
When: Monday through Saturday, 9 a.m. to 5 p.m., Sunday noon to 5 p.m.
Cost: Adults \$7, Seniors \$6, Children (3-17), \$2.50
Restrictions: None

— King Crossword —
Answers

ADO	CREAM	POW
BOW	LANCE	OBI
STENO	POOL	OIL
SETTLE	NEST	
ASP	REALTY	
ALA	TRY	STABS
NIBS	SAM	OBEY
SALAD	YES	LIEN
ELEC	ETICETIC	
BATTLE	REP	
OVA	TALK	RADIO
LIL	ASIAN	TION
ASK	SIEETI	DUE



GRAND VALLEY STATE UNIVERSITY

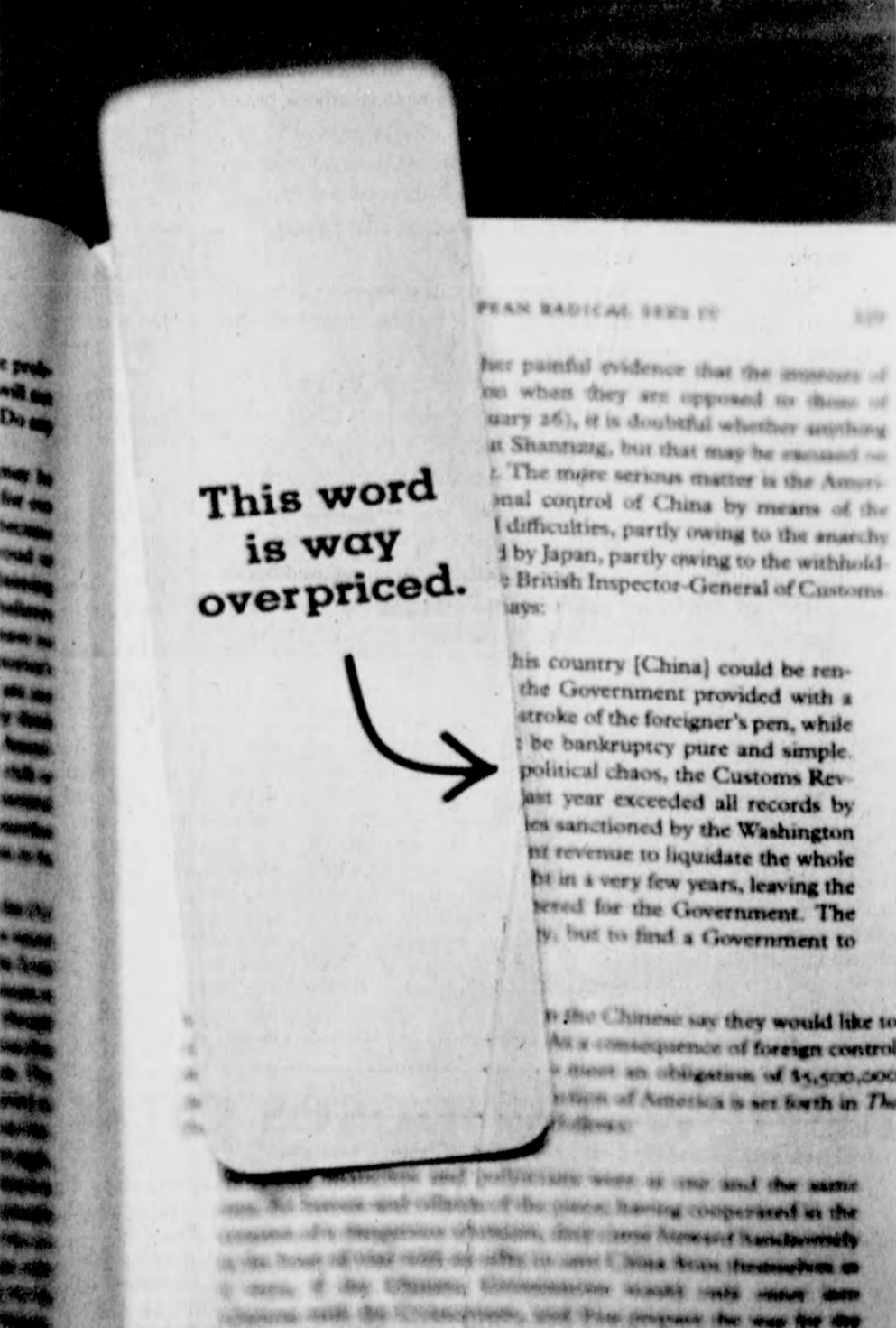
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Open House for the new Papa John's and Campus Health Center
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Grand Valley Lanthorn

The student-run newspaper of Grand Valley State University

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Book blunders

We have all seen them. We have all used them. And, likely, we have all purchased them. Textbooks are an inevitable cost in college, but having two bookstores on Grand Valley's campuses helps keep costs down.

Buying textbooks is one of those necessary evils to attending college. Although some students may try to get by classes without them, most students end up shelling out a sizable chunk of cash for books.

Every student takes a different approach to buying textbooks. Some wait until the classes start to see what books they'll actually need. Others are adamant shoppers of Brian's Books. Still, others run to the University Bookstore. Certain people may also purchase online at a variety of stores, or even trade books with friends.

Whatever the method, some students looking to online sources for books are finding something surprising — the books aren't always cheaper than Brian's or UBS.

Given that GVSU has two bookstores, competition keeps prices low. According to the National Association of College Stores' 2005 College Store Industry Financial Report, the average gross margin on new textbooks is 22.5 percent. Gross margin is the difference between what the store pays and what they charge students. At GVSU's bookstores, the average gross margin is lower. Both UBS and Brian's Books boast smaller margins, at about 18 to 22 percent for UBS and about 19 percent for Brian's.

As textbook prices rise, Brian's and UBS cut how much they make off of books in order to keep prices down for students.

It's easy to blame the bookstores for that \$100 textbook the professor never used. But like shooting the messenger, blaming the bookstore does no good. Bookstore and textbook managers are just as frustrated as students when it comes to textbook prices.

Publishers continue to increase prices and change editions of books to compete with the industry of used textbooks. For every textbook students buy, publishers get back about 64.8 percent, according to the NACS. College store income, after paying employees and bills, averages 4.5 percent.

No student gets off lucky when buying textbooks — they aren't cheap. But, GVSU students are luckier than many students with the prices they have to pay.

There's always room for improvement though. Professors should always consider their book choices carefully (and many do) and only require books that will be used. Likewise, students should communicate to their professors the necessity to choose effective but inexpensive books for the class. Also, the faster professors let the bookstores know what books they will be using, the higher the chances of the bookstore getting used books.

Textbook purchasing can be like pulling teeth, but with a little understanding students can see that the only people not getting root canals are the publishers.



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GVL STUDENT OPINION

This week the Grand Valley Lanthorn asked four community members:

Will you take advantage of the new Allendale Express?



"I didn't know there was one, but if I ever need to I will."

Rachel Scholten
Freshman
Undecided



"Probably not, I'm a commuter student. I have no reason to."

Lisa Mentzer
Senior
English and German



"No I don't have any reason to go to Allendale."

Derek Ringman
Sophomore
Accounting



"No because I live too far away and it's easier just to drive."

James Schin
Sophomore
Business management

GVL STUDENT OPINION

For starters, a review

By BRIAN PERRY
GVL Columnist

Welcome back. Or, for the young ones, welcome. This handsome face will be smiling at loyal readers every Thursday. Yes, the powers that be forgot to fire me at the end of last year, so I'll keep writing until they notice. Actually, the response to this column was so overwhelmingly positive (two good letters to the editor to one negative) that I nearly held out for a better contract. Terrell Owens isn't the only superstar looking for more dough.

The summer months tend to cause students to forget everything they learned in previous years. Freshmen have never been here before. I'd say we could all use a little reminder about where we, the



Perry

Grand Valley community, have been recently.

Last year's presidential election caused more than a little political bickering, and while I tended to avoid confrontation, the presidents of both the College Republicans and the College Democrats seemed unable to restrain themselves. The Lanthorn served big cans of shut the heck up to both men. After that, George Bush won re-election, taxes were eliminated, so was financial aid and everyone lived happily ever after.

The Laker football team won a game at the Big House

in Ann Arbor to secure another playoff spot (and extinguished the potential riot that would have ensued if they hadn't). We didn't win a National Championship, though. Tough year, Mel Gibson blew his earnings from "The Passion of the Christ" by purchasing a private island. Thank you, Lord, indeed.

Last spring, young men in designer jeans reminded us that it's tough being a white man in today's America. Not only are we barely represented by our federal government (hopefully adding another white man to the Supreme Court will eliminate some of the disparity), some of us have to pay for our designer jeans. We also face discrimination almost every day. Despite the nearly insurmountable odds, white men have risen to the challenge

and (still) comprise 92 percent of the male population on this campus. I'd like to thank Lance Armstrong for the inspiration.

Sometimes I have a tendency to be pompous in this little corner of the Lanthorn (see above), so it's important to recall my many failures from last year. I failed to get a single driver to remove their cell phone from their ear while driving. I also failed to get the Department of Public Safety to ticket these lethal weapons. We ask smokers to smoke 25 feet away from buildings, but I failed to get the ashtrays moved to a more accommodating location. I failed to earn more than two pieces of hate e-mail, and I failed to earn the right to sign a single autograph. I'm humbled.

We're going to have a great year. Stay classy, Allendale.

"We're at the end of the pipeline."

John Griffin
Executive Director of Associated
Petroleum Industries of Michigan

GVL OPINION POLICY

The ultimate goal of the Grand Valley Lanthorn opinion page is to stimulate discussion and action on topics of interest to the Grand Valley Community. The Grand Valley Lanthorn welcomes reader viewpoints and offers three vehicles of expression for reader opinions: letters to the editor, guest columns and phone responses.

Letters must include the author's name and be accompanied by current picture identification if dropped off in person. Letters will be checked by an employee of the Grand Valley Lanthorn. Letters appear as space permits each issue. The limit for letter length is one page, single spaced.

The editor reserves the right to edit and condense letters and columns for length restrictions and clarity.

All letters must be typed. The Grand Valley Lanthorn will not be held responsible for errors that appear in print as a result of transcribing handwritten letters or e-mail typographic errors.

The name of the author is usually published but may be withheld for compelling reasons.

The content, information and views expressed are not approved by nor necessarily represent those of the university, its Board of Trustees, officers, faculty and staff.

By JAY FRENCH
GVL Guest Columnist

When you think of college, what comes to your mind? I thought of hard classes, all nighters, junk food, stress, parties, and somewhere in there, some fun. Yes, you are here to study and learn, but you must also take care of yourself. Sleep deprivation, bad diet, lack of exercise, and stress can lead to an ugly you. Many students neglect their own personal health so much through college that it becomes a permanent lifestyle. In their pursuit of wealth, they lose their health. It's not worth it. If you don't have your health - physical, mental, or spiritual - you have nothing, because you can't fully enjoy anything. Remember, it's not just about looking good. It's more about feeling good. You need to prepare for this barrage on your body. Now I can't help you with that unruly cellmate or the noise down the hall, but I can help you take care of yourself. There are three main points I want to cover: Sleep, Diet, and Exercise. I am going to give you some advice, information, and guide you

through a basic outline to help you feel your best.

First off, and most importantly, you cannot function on insufficient sleep. Most college students treat sleep like more of a hobby. I realize that every student has different sleep needs. However, science has proven that we need an average of eight hours of sleep a night, or we will start to develop a sleep deficiency. Now, I understand it is unrealistic to expect to get eight hours every night. That is why I said an average. If one night you get six hours of sleep, the next night four, and the following night ten, you're averaging around seven hours of sleep. Not bad. Only, I'm willing to bet that on that last day, you're really tired and ready to sleep. You can get by like this for a long time, taking naps when you need them. You may even sleep very little during the week, and try to pile it all in on the weekends. This does not work. It will catch up very quickly with you. That is unless you're amazingly lucky, which some of you are. But don't bet on it. The best thing to do is to try to get no less than six hours of sleep on any given week night. These are

the most important. That way if you start to feel tired during the week, it's easy to catch an extra two hours on another night to make up for any that you might have missed.

Ah, the freshman diet. Yes, you really are what you eat. Not always at first, but over time, it shows. If you eat mostly junk, you'll mostly act like junk, feel like junk, and look like junk. I also notice that people are eating way too much, like its going out of style. You've heard of the freshman fifteen, right? Well, it happens because they stuff themselves under stress. Food becomes an escape. Here are some simple things to try to kick that craving or oral fixation. Try chewing gum. It works great. Keep a giant stash around and just go through it. Its better for your teeth, satisfies the need to chew, burns calories, and costs less than buying actual food. Another thing to try is toothpicks. There are cinnamon ones or mint ones that work great and are also good for teeth. Also, try to always keep a bottle of water around. This helps too by keeping you hydrated throughout classes and your

day.

A good rule to follow is the newest version of the food guide pyramid. You don't have to always have the serving amounts it recommends. More importantly, it's the ratio's you should pay attention to. The ratios are a good way to achieve a balanced diet. You can never go wrong with fresh (raw, uncooked) foods, such as nuts, fruits and vegetables. You can substitute these in place of heavier items if you want a break. Try to eat as much raw, uncooked foods as possible. This will raise your enzyme levels, give you more vitamins, minerals, and more fiber. The best benefit is you will just feel better. Lastly, drink plenty of water. At least a liter a day, and two if you can. Water is the most important thing for regulating normal functioning in the body.

Exercise is also very important. It is the magic bullet. It is what moves our blood and keeps us strong. Let me make an important point...

To read the rest of the column, please visit us at www.lanthorn.com.

Gas prices soar past \$3 in Michigan



Digging deep: Prices at a Citgo Gas Station in Smithtown, N.Y., start at \$3.29 for regular unleaded, Wednesday.

AP Photo / Ed Betz

From grumbling to car-sharing, Michiganians take on pricey gas

ASSOCIATED PRESS

WEST BLOOMFIELD, Mich. — Some Michigan drivers react with shock. Some complain. And some are taking action in the face of rising gasoline pump prices.

For 14 years, computer analyst Steven Schneider of West Bloomfield drove by himself, 30 miles a day, to his job in Dearborn.

Then earlier this month, co-worker Scott Curtis, who lives nearby in Oakland County's White Lake Township, asked him if he wanted to car pool.

"I thought about the positives and negatives," Schneider told The

Oakland Press of Pontiac. "With gas prices getting higher, the cost saving would be a positive."

The Southeast Michigan Council of Governments operates RideShare, a free program that promotes car- and van-pooling through matching people with similar home-to-work routes.

In August 2004, the council got 27 applications. In Aug. 1-25, 2005, it had 214.

This spring, a prepaid car-sharing business called Viacar opened for business in metropolitan Detroit.

"It's like having your own car, without the gas prices, the insurance and the maintenance," nurse Dorothy West of Detroit told The Detroit News.

Southfield-based Viacar has five sites in Detroit and two in Southfield.

"It's cheaper than a cab and better than a bus," said co-owner John Steuf.

Flexcar, Zipcar and other companies operate similar programs in Chicago, Los Angeles, Seattle, Boston and some other locations.

In West Michigan on Tuesday, Jim Steinke filled the tank of his Chevrolet Caprice at a Holland gas station and watched it set a personal record.

"My previous high for a tank of gas was \$50," Steinke told The Holland Sentinel. "Today I put in \$62."

"It's unfortunate, but I still have

to drive to work," said Jane Visser, who travels daily from her home in Jenison to her teaching job in Holland.

John Griffin, executive director

"We are at the end of the pipeline."

JOHN GRIFFIN

EXECUTIVE DIRECTOR OF ASSOCIATED PETROLEUM INDUSTRIES OF MICHIGAN

of Associated Petroleum Industries of Michigan, said Michigan's location makes it particularly vulnerable to problems in the Gulf of Mexico, hit by Hurricane Katrina.

The Gulf supplies 1.9 million barrels of crude oil to the Midwest each day. "We are at the end of the pipeline," he said.

Water keeps rising in New Orleans

By BRETT MARTEL

Associated Press Writer

NEW ORLEANS — Army engineers struggled without success to plug New Orleans' breached levees with giant sandbags, and the governor said Wednesday the situation was worsening and there was no choice but to abandon the flooded city.

"The challenge is an engineering nightmare," Gov. Kathleen Blanco said on ABC's "Good Morning America." "The National Guard has been dropping sandbags into it, but it's like dropping it into a black hole."

As the waters continued to rise in New Orleans, four Navy ships raced toward the Gulf Coast with drinking water and other emergency supplies, and Red Cross workers from across the country converged on the devastated region. The Red Cross reported it had about 40,000 people in 200 shelters across the area in one of the biggest urban disasters the nation has ever seen. The death toll from Hurricane Katrina reached at least 110 in Mississippi alone, while Louisiana put aside the counting of the dead to concentrate on rescuing the living, many of whom were still trapped on rooftops and in attics.

A full day after the Big Easy thought it had escaped Katrina's full fury, two levees broke and spilled water into the streets on Tuesday, swamping an estimated 80 percent of the bowl-shaped, below-sea-level city, inundating miles and miles of homes and rendering much of New Orleans uninhabitable for weeks or months.

"We are looking at 12 to 16 weeks before people can come in," Mayor Ray Nagin said on ABC's "Good Morning America," and the other issue that's concerning me is have dead bodies in the water. At some point in time the dead bodies are going to start to create a serious disease issue."

Blanco said she wanted the Superdome — which had become a shelter of last resort for about 20,000 people — evacuated within two days, along with other gathering points for storm refugees. The situation inside the dank and sweltering Superdome was becoming desperate: The water was rising, the air conditioning was out, toilets were broken, and tempers were rising.

At the same time, sections of Interstate 10, the only major freeway leading into New Orleans from the east, lay shattered, dozens of huge slabs of concrete floating in the floodwaters. I-10 is the only route for commercial trucking across southern Louisiana. The sweltering city of 480,000 people — an estimated 80 percent of whom obeyed orders to evacuate as Katrina closed in over the weekend — also had no drinkable water, the electricity could be out for weeks, and looters were ransacking stores around town.

"The logistical problems are impossible and we have to evacuate people in shelters," the governor said. "It's becoming untenable. There's no power. It's getting more difficult to get food and water supplies in, just basic essentials."

She gave no details on exactly where the refugees would be taken. But in Houston, Rusty Cornelius, a county emergency official, said at least 25,000 of them would travel in a bus convoy to Houston starting Wednesday and would be sheltered at the 40-year-old Astrodome, which is no longer used for professional sporting events.

To repair one of the levees



AP Photo / Gary Coronado

Waist high in water: Hurricane Katrina pounded the New Orleans Monday causing widespread damage and flooding. The Red Cross is bringing in supplies to the Superdome.

holding back Lake Pontchartrain, officials late Tuesday dropped 3,000-pound sandbags from helicopters and hauled dozens of 15-foot concrete barriers into the breach. Maj. Gen. Don Riley of the U.S. Army Corps of Engineers said officials also had a more audacious plan: finding a barge to plug the 500-foot hole.

Riley said it could take close to a month to get the water out of the city. If the water rises a few feet higher, it could also wipe out the water system for the whole city, said New Orleans' homeland security chief, Terry Ebbert.

"I can only imagine that this is what Hiroshima looked like 60 years ago," said Mississippi Gov. Haley Barbour after touring the destruction by air Tuesday.

All day long, rescuers in boats and helicopters plucked bedraggled flood refugees from rooftops and attics. Louisiana Lt. Gov. Mitch Landrieu said 3,000 people have been rescued by boat and air, some placed shivering and wet into helicopter baskets. They were brought by the truckload into shelters, some in wheelchairs and some carrying babies, with stories of survival and of those who didn't make it.

"Oh my God, it was hell," said Kioka Williams, who had to hack through the ceiling of the beauty shop where she worked as floodwaters rose in New Orleans' low-lying Ninth Ward.

Looting broke out in some New Orleans neighborhoods, prompting authorities to send more than 70 additional officers and an armed personnel carrier into the city. A giant new Wal-Mart in New Orleans was looted, and the entire gun collection was taken. The Times-Picayune newspaper reported. "There are gangs of armed men in the city moving around the city," said Ebbert, the city's homeland security chief. Also, looters tried to break into Children's Hospital, the governor's office said. In Biloxi, Miss., people picked through casino slot machines for coins and ransacked other businesses. In

some cases, the looting took place in full view of police and National Guardsmen.

Blanco acknowledged that looting was a severe problem but said that officials had to focus on survivors. "We don't like looters one bit, but first and foremost is search and rescue," she said.

Officials said it was simply too early to estimate a death toll.

One Mississippi county alone said it had suffered at least 100 deaths, and officials are "very, very worried that this is going to go a lot higher," said Joe Spraggins, civil defense director for Harrison County, home to Biloxi and Gulfport. In neighboring Jackson County, officials said at least 10 deaths were blamed on the storm.

Several of the dead in Harrison County were from a beachfront apartment building that collapsed under a 25-foot wall of water as Hurricane Katrina slammed the Gulf Coast with 145-mph winds Monday. Louisiana officials said many were feared dead there, too, making Katrina one of the most punishing storms to hit the United States in decades.

Across Louisiana, Mississippi and Alabama, more than 1 million residents remained without electricity, some without clean drinking water. Officials said it could be weeks, if not months, before most evacuees will be able to return.

Emergency medical teams from across the country were sent into the region and President Bush cut short his Texas vacation Tuesday to return to Washington to focus on the storm damage.

Katrina, which was downgraded to a tropical depression, packed winds around 30 mph as it moved through the Ohio Valley early Wednesday, with the potential to dump 8 inches of rain and spin off deadly tornadoes.

Associated Press reporters Holbrook Mohr, Mary Foster, Allen G. Breed, Adam Nossiter and Jay Reeves contributed to this report.



AP Photo / David J. Phillip

Overflowing its banks: Floodwaters from Hurricane Katrina flow over a levee along Inner Harbor Navigational Canal near downtown New Orleans on Tuesday. Hurricane Katrina did extensive damage when it made landfall on Monday.

Michigan companies send aid for Katrina victims

DTE Energy, Kellogg and the American Red Cross among those

ASSOCIATED PRESS

DETROIT — DTE Energy says it has sent about 400 workers and 75 vehicles to Florida, Louisiana and Mississippi to help restore power knocked out by Hurricane Katrina.

"It's massive devastation," Scott Simons, a spokesman for the utility, said Tuesday. "There's a lot of work to be done."

The Southeast Michigan

chapter of the American Red Cross sent three staff members to relief missions in Texas and Alabama and likely will send more, spokesman Bryan Peckinpaugh told The Detroit News.

The Red Cross said it is collecting money for relief efforts but is not collecting other items because of shipping difficulties. The Red Cross said it has opened 200 shelters in six states and has about 2,000 volunteers in the hurricane area or on their way.

Battle Creek-based Kellogg Co., the nation's largest cereal maker, said it will provide more than \$500,000 in cash

and product donations to assist America's Second Harvest with hurricane relief efforts.

Seven truckloads of Kellogg products such as crackers and cookies were en route Wednesday, with more planned.

Meanwhile, Sparta-based Old Orchard Brands LLC has teamed up with Feed The Children, a nonprofit relief organization, to provide relief for victims by donating three tractor trailer loads of juice, worth \$65,000.

Feed The Children will oversee the distribution of the nearly 25,000 half-gallon bottles of juice and juice cocktail products.

Asian encephalitis kills children

By MARGIE MASON

Associated Press Medical Writer

HANOI, Vietnam — A Japanese encephalitis outbreak that has killed hundreds of children in northern India and Nepal in recent weeks has no cure or effective treatment. It is easily preventable, but the necessary vaccines are simply not available to millions.

The disease has overwhelmed hospitals in Uttar Pradesh, India's most populous state, since an outbreak began there last month. More than 400 have died and about 1,100 others remain hospitalized. Blinding headaches, seizures, nausea and high fever usually precede death.

Last week in the state capital of Lucknow, a rickshaw driver's 6-year-old son died in his father's arms, gasping for breath outside a government hospital. There were no beds and not enough doctors to help in the overcrowded facility.

"We can understand the anguish of a father. But what can we do?" asked Dr. Anurag Yadav, a physician at the hospital. "We do not have space to admit any more children."

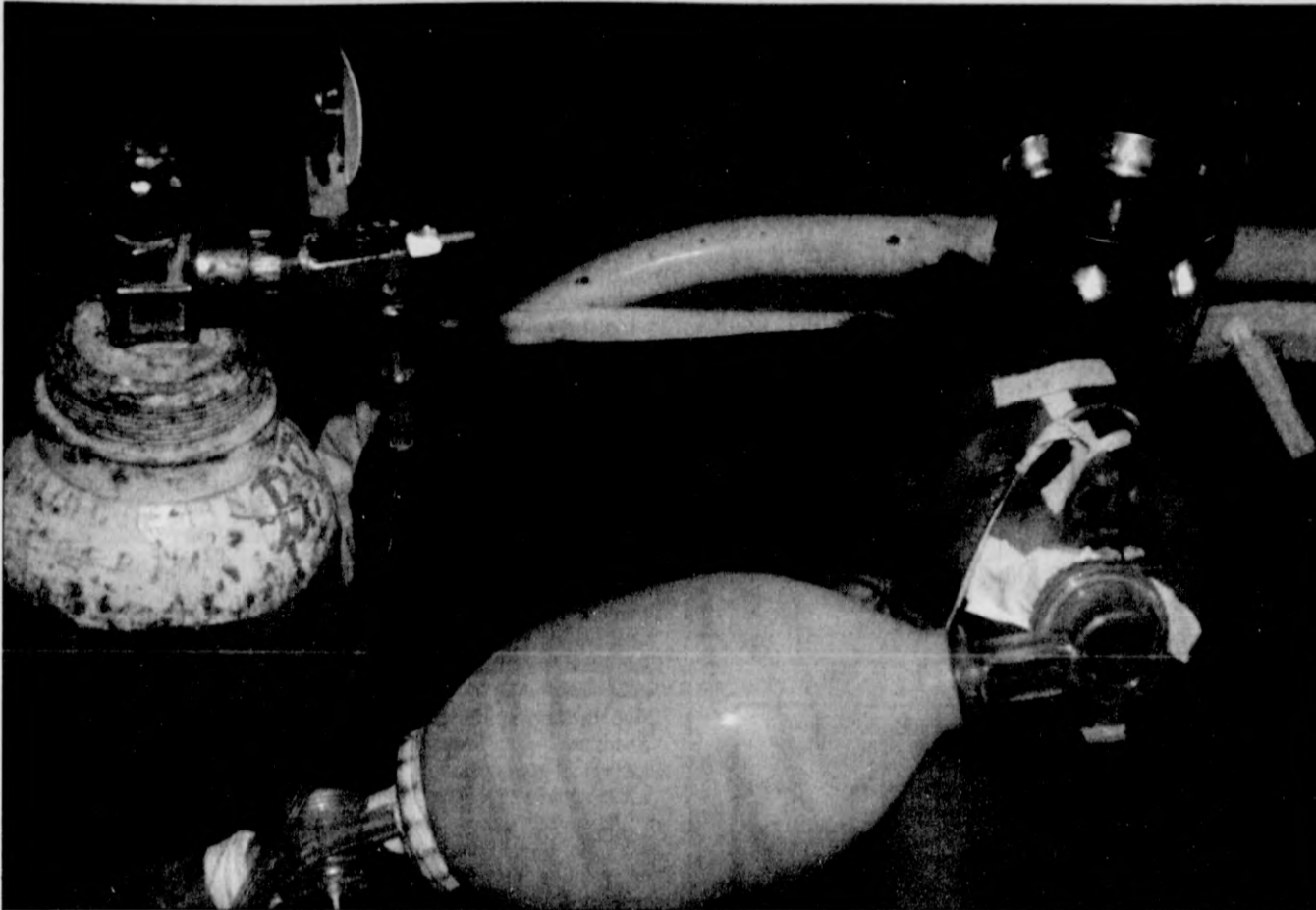
On Wednesday, health officials in India said 41 children had died in the previous 24 hours, raising the country's death toll to 308.

In Nepal, the disease has also been spreading since April in the country's south, across the border from Uttar Pradesh. Nearly 100 have died there.

About 50,000 cases of Japanese encephalitis are recorded each year, according to the World Health Organization. Of the survivors, up to 75 percent suffer disabilities, including paralysis and mental retardation.

Though closely related to West Nile virus, this illness isn't as widely known as other mosquito-borne diseases such as malaria or dengue fever. It is found only in Asia and kills about 15,000 people each year.

A Chinese vaccine, made from a weakened form of the virus, has been used widely within the communist country



Searching for a cure: A child afflicted by Japanese encephalitis, or JE, is treated at the Baba Raghav Das Medical College hospital in Gorakhpur, 250 kilometers (155 miles) southeast of Lucknow, India on Aug. 26.

AP Photo / Ajay Kumar Singh

since 1988. Last year, about 200 deaths were reported nationwide there, according to the Chinese Ministry of Health.

Dr. Scott B. Halstead, an American research director at the Pediatric Dengue Vaccine Initiative, has seen its promise firsthand. He conducted a study in Nepal that showed one injection of the Chinese vaccine was effective almost immediately with no side effects.

So far only South Korea, Nepal and Sri Lanka have licensed the Chinese vaccine, but it is still not being widely used in many places there. The United States and many other nations, including India, rely on limited supplies of another vaccine derived from mice brains. It is more expensive, causes more side effects, and requires multiple doses and at least a month

to take effect, said Dr. Julie Jacobson, director of the Japanese Encephalitis Project at the U.S.-based nonprofit PATH. No Japanese encephalitis vaccines have been added to the WHO's prequalified list, which keeps U.N. agencies from procuring them and may also deter some countries from licensing them.

"If the product is not prequalified, it doesn't mean you cannot use it. It doesn't mean the product is bad," said the WHO's Joachim Hombach in Geneva. "It just means we have not seen it."

Halstead urged affected countries not to wait for the WHO's endorsement but to license the Chinese vaccine now and begin immunizing children in high-risk areas.

"Here with Japanese encephalitis, you've got a vaccine that

really works," he said. "There's no need to sputter or procrastinate."

Japanese encephalitis is spread mostly from pigs to people via mosquitos. Annual outbreaks occur across Asia, often near rice paddies after water is left following monsoon rains. Like polio, only about 1 in 250 people infected ever develop symptoms. Japanese encephalitis has also expanded, reaching northern Australia in the 1990s.

In India, Dr. O.P. Singh, Uttar Pradesh state's director-general of health, said it would cost about \$58 million to vaccinate more than 7 million children. The state's entire health budget is only \$25 million.

Jacobson's project works to raise awareness about Japanese encephalitis and push for countries like India to license and

administer the Chinese vaccine.

She said one hurdle is convincing leaders that the traditional spraying of houses with mosquito repellent and using bed nets do little to prevent this disease because the mosquitos that carry it typically bite people outside.

"The first JE patient that I saw just broke my heart," Jacobson said. "It's this little girl in this beautiful little pink dress and she had slipped into a coma, and there she was lying there in a pool of her own urine, completely unconscious while her family was there holding her hand."

Associated Press writer Joy Banerjee contributed to this report from Lucknow, India.

News in brief...

769 dead, 307 hurt in Iraq bridge stampede

BAGHDAD, Iraq (AP) — Trampled, crushed against barricades or plunging into the Tigris River, more than 700 Shiite pilgrims died Wednesday when a procession across a Baghdad bridge was engulfed in panic over rumors that a suicide bomber was at large. Most of the dead were women and children, Interior Ministry spokesman Lt. Col. Adnan Abdul-Rahman said. It was the single biggest confirmed loss of life in Iraq since the March 2003 invasion. Dr. Swadi Karim of the Health Ministry operations section said 769 were killed and 307 injured.

Officials helpless against looters

NEW ORLEANS (AP) — With law officers and National Guardsmen focused on saving lives, looters around the city spent another day brazenly ransacking stores for food, clothing, appliances — and guns. Thieves commandeered a forklift and used it to push up the storm shutters and break the glass of a pharmacy. The crowd stormed the store, carrying out so much ice, water and food that it dropped from their arms as they ran. The street was littered with packages of ramen noodles and other items.

KUNG FU

continued from page A4

own a sailboat, are out to enjoy the journey," he said.

Both beginning and advanced classes are offered. The beginning class is one hour long and the advanced class lasts three hours.

All members must pay \$40 for protective equipment and instructor fees. There is no additional charge for the advanced class since the members "pay in sweat."

Kung fu focuses on not resisting force, but rather on deflecting it, Matchett said. It is based on circular and linear movements.

"It is the mother of many styles since it has all four aspects of the other styles," Matchett said.

Those styles include "ti," kicking, "da," striking, "shuai," throwing and "na," joint locking and manipulation.

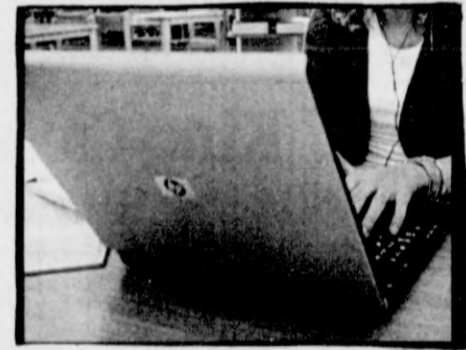
"If you are involved in martial arts, you have a respect for all of the different kinds, so one kind is not better than another," Matchett said.

For more information about the kung fu clinics or the club, contact Matchett at (616) 331-3879 or matchetts@gvsu.edu.

Share your space, but live on your own.



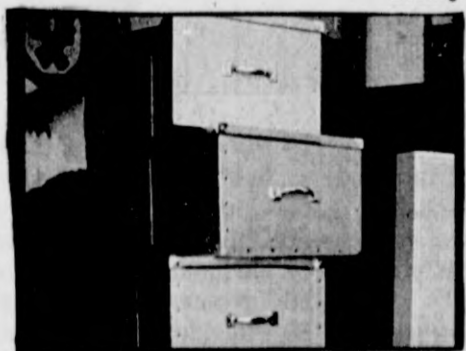
All furnishings pictured are from Wal-Mart.



HP Laptop



Bedding



Storage

Get everything for your dorm room at Walmart.com and still afford tuition.

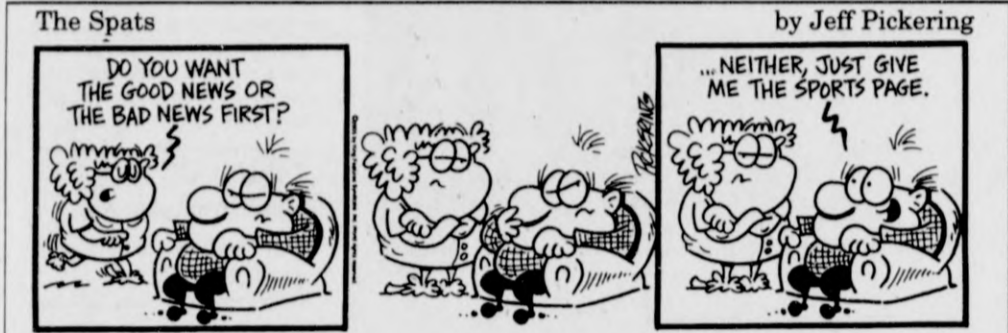
WAL*MART
ALWAYS LOW PRICES.

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Lanterns

STRANGE BUT TRUE



TOKYO (AP) — Declaring you're a "geek" might get you strange looks in some places. But a Japanese movie theater is offering outspoken nerds something positive: a discount.

A small movie theater outside Tokyo is offering cheaper tickets to so-called geeks for a summer romance movie about a nerdy guy who falls in love.

All that's needed to get the discount is to ask for "one ticket for a geek" at the booth for the Japanese movie "Train Man." "Customers are getting a kick out of saying it," said Koji Nitta, sales chief the Fujisawa Chuo theater, south of Tokyo. "There are only a few who look like typical geeks, though."

The movie, "Densha Otoko" in Japanese, takes so-called geeks into a genre they're not usually associated with: romantic love. The 22-year-old hero turns to a favorite geek refuge in search of girlfriend advice — the Internet.

Offering a discount seems to be widening the types of people eligible to be otaku, the Japanese term for geeks: Nitta said about 70 percent of the theater's customers now claim to be geeks.

SAVANNAH, Ga. (AP) — Michael Lyons apparently had a funny practical joke planned for daughter's birthday. In the end, no one was laughing — especially Lyons.

Lyons, 45, was arrested after he told a 13-year-old girl to hand a note to a bank teller, police said. The note said, "Give me all of your money, this is a stick up," according to a police report.

The incident happened Friday when Lyons and a group of girls were celebrating his daughter's birthday. While he was getting money out of an ATM, the girl went into the bank and handed the note to a teller.

The teller sounded the bank's alarm, and police and FBI surrounded the building. Instead of robbers, they found Lyons and the girls.

Lyons was charged with criminal attempt of robbery by intimidation, said Savannah-Chatham Metropolitan Police spokesman Bucky Burnsed.

"You can't yell 'fire' in a

crowded theater, can't joke about a bomb in your luggage at the airport, and you can't write notes to cashier that say "This is a stick up," Burnsed said.

SHANGHAI, China (AP) — A Chinese researcher has warned of a new threat to public health and morality — naked Internet chatting.

Up to 20,000 Chinese log on to chatrooms each night in which users in various states of undress talk to each other with the help of Web cams, the Shanghai Daily newspaper said Tuesday.

"At first, we thought it was merely a game for a few mentally abnormal people," the paper quoted China Youth Association researcher Liu Gang as saying. "But as our research continued, we found the problem was much larger than expected."

Participants download chat software and attach video cameras to their computers. They then "talk with others while exposing themselves and performing provocative poses," the paper said.

Communist authorities have struggled to rein in free discussion and other online content considered subversive or obscene while encouraging the Net's commercial applications.

SAN FRANCISCO (AP) — Commuters are used to traffic backups during the rush-hour commute on the Golden Gate Bridge. But even this had to throw some of them for a loop.

An ostrich got loose from a minivan Monday and started roaming around near the toll plaza on the bridge.

Ron Love, the owner of Love Farms, was transporting two of the odd-looking birds in the back of his van. Love was stopped in traffic when he suddenly accelerated, jolting one of the ostriches, who smashed through the back window of the van and got loose on the bridge.

The ostrich began running around on the bridge, stopping traffic for about eight minutes before police were able to move it out of traffic.

"It was quite an adventure," Love said. "Strange things

always seem to happen with ostriches. I guess this proves it."

The ostrich had road rash from the fall but was not seriously hurt and was resting comfortably back home, California Highway Patrol Sgt. Wayne Ziese said.

SAN ANTONIO (AP) — Authorities are investigating how a male inmate managed to lock himself up with eight female prisoners at the Wilson County Jail.

"Everyone says nothing happened, they only talked," Chief Deputy Johnnie Deagen said Thursday.

Officials believe Joseph Krist, 34, sneaked into the cell after he moved a mop and bucket from his cell into a vestibule located between his and the women's cell.

Krist apparently didn't return to his cell, but instead stayed in the vestibule until the women's cell door was remotely opened by a jail employee for them to get the mop.

Deagen said Krist was in the cell for about 11 hours Monday. He was jailed on a bank robbery charge.

Deagen said staff and inmates may face disciplinary action.

DES MOINES, Iowa (AP) — A man test-fitting a \$17,000 artificial leg ran off without paying the bill, police said.

The man visited Spectrum Prosthetics and Orthotics on Aug. 19 to be fitted for the prosthetic and "was allowed to take it for a couple hours to ensure that the fit was proper," a police report said. But the man didn't come back, Sgt. David Murillo said.

Todd Schweizer, one of the owners of the company, said employees had been working with the man for about a week.

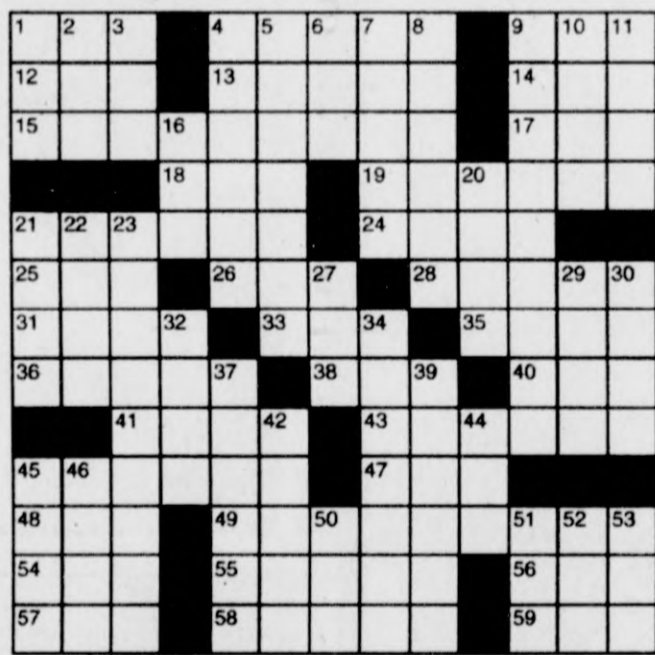
"We were trying to meet his needs," Schweizer said.

No one answered the door at an address left by the man, and calls to a cell phone number also were not answered, Detective Robert Lewis said. Company employees waited several days to report the theft because they may have believed he was coming back, Lewis said.

King Crossword

ACROSS

- 1 Hurly-burly
- 4 Coffee enhancer
- 9 "Wham!"
- 12 Acknowledge applause
- 13 Jousting weapon
- 14 Sapporo sash
- 15 Office group
- 17 Lubricate
- 18 Cleopatra's slayer
- 19 Lots for sale
- 21 Midsized sofa
- 24 Fit inside snugly
- 25 Chicken-king link
- 26 Attempt
- 28 Attempts
- 31 His - (self-important one)
- 33 America's Uncle
- 35 Do as you're told
- 36 Dieter's lunch
- 38 "Certainly"
- 40 Actor Cariou
- 41 A util.
- 43 Long list's shortener (Abbr.)
- 45 Skirmish
- 47 Agt.
- 48 Eggs
- 49 Limbaugh's medium



- 54 Abner's adjective
- 55 Oriental
- 56 Charged bit
- 57 Request
- 58 Take care of
- 59 Payable
- DOWN**
- 1 "Six-pack" muscles
- 2 Morse code E
- 3 Have bills
- 4 Storage area
- 5 50 Cent and Eminem
- 6 Music producer Brian
- 7 Oak, once
- 8 Donnybrooks
- 9 "The Color of Money" prop
- 10 Last writes?
- 11 Crafty
- 16 Natalie's pop
- 20 Regarding
- 21 Without (Fr.)
- 22 Director Kazan
- 23 Dinnertime conversation
- 27 "Whoopee!"
- 29 Borscht base
- 30 Harmonization, for short
- 32 Halite
- 34 Timon of "Lion King," e.g.
- 37 River-mouth deposits
- 39 Fondue fuel
- 42 Call a halt to (Abbr.)
- 45 Gaucho's weighted cord
- 46 Hertz rival
- 50 Falsehood
- 51 Accomplished
- 52 Debtor's letters
- 53 "A Chorus Line" song

GV Lanthorn sports quiz

By CHRIS RICHCREEK

1. Name the three players since 1980 to have four consecutive 200-hit seasons.
2. Who is the only baseball player to be chosen for the All-Star Game at five different positions?
3. Who was the last Eagles receiver to catch at least 80 passes in a season?
4. Name the only three Ivy League men's basketball teams other than

Penn and Princeton to win at least a share of the conference title since 1969.

5. How many times did Marcel Dionne tally at least 50 goals in an NHL season?
6. How many times has the U.S. hosted the Summer Olympics?
7. Who was the last male amateur golfer to win the U.S. Open?

Answers

1. Wade Boggs (1983-89), Kirby Puckett (1986-89) and Ichiro Su-

- zuki (2001-04).
2. Pete Rose (second base, right field, left field, third base, first base).
3. Irving Fryar had 86 receptions in 1997.
4. Brown (1986), Cornell (1988) and Yale (share of conference title in 2002).
5. Six times.
6. Four. In 1904 (St. Louis), 1932 and 1984 (Los Angeles) and 1996 (Atlanta).
7. Johnny Goodman in 1933.

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1. COMICS: What was the favorite food of Popeye's pal Wimpy?
2. GEOGRAPHY: What is the world's largest coral reef?
3. MOVIES: What was the profession of Jimmy Stewart's character in the movie "Rear Window"?
4. HISTORY: During which war was the Battle of Midway fought?
5. DISCOVERIES: When was Coca-Cola invented?

6. GENERAL KNOWLEDGE: What was Carry A. Nation's favorite weapon to use against saloons?

7. BIOLOGY: What is the name of the pigment that makes plants green?

8. ART: Which abstract painter was dubbed "Jack the Dripper"?

9. SPACE: Who were the first and second humans to walk on the Moon?

10. MUSIC: The movie "Bound for Glory" tells the story of which

famous singer/songwriter?

Answers

1. Hamburgers
2. Great Barrier Reef
3. Photographer
4. World War II
5. 1886
6. Hetcher
7. Chlorophyll
8. Jackson Pollock
9. American astronauts Neil Armstrong (first) and Buzz Aldrin (second)
10. Woody Guthrie

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A11

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INTERNSHIPS

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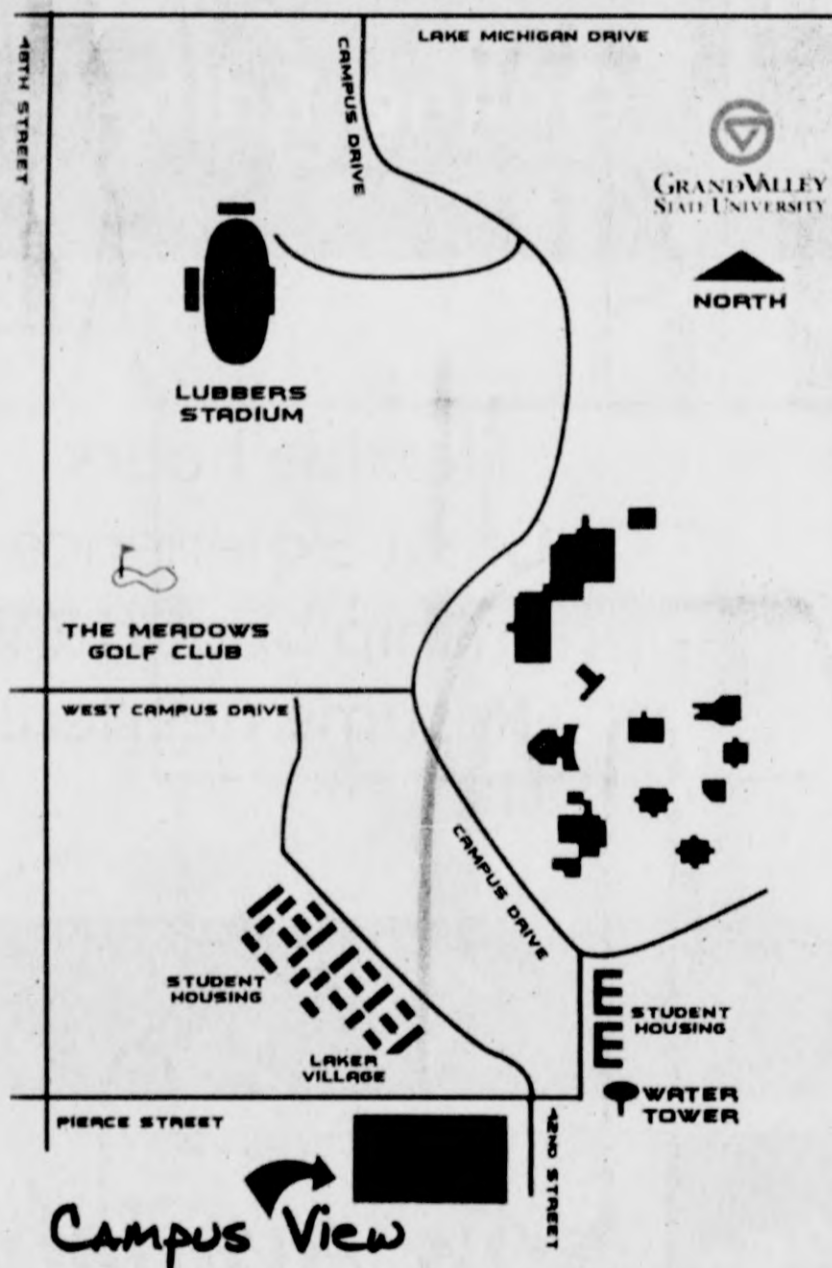
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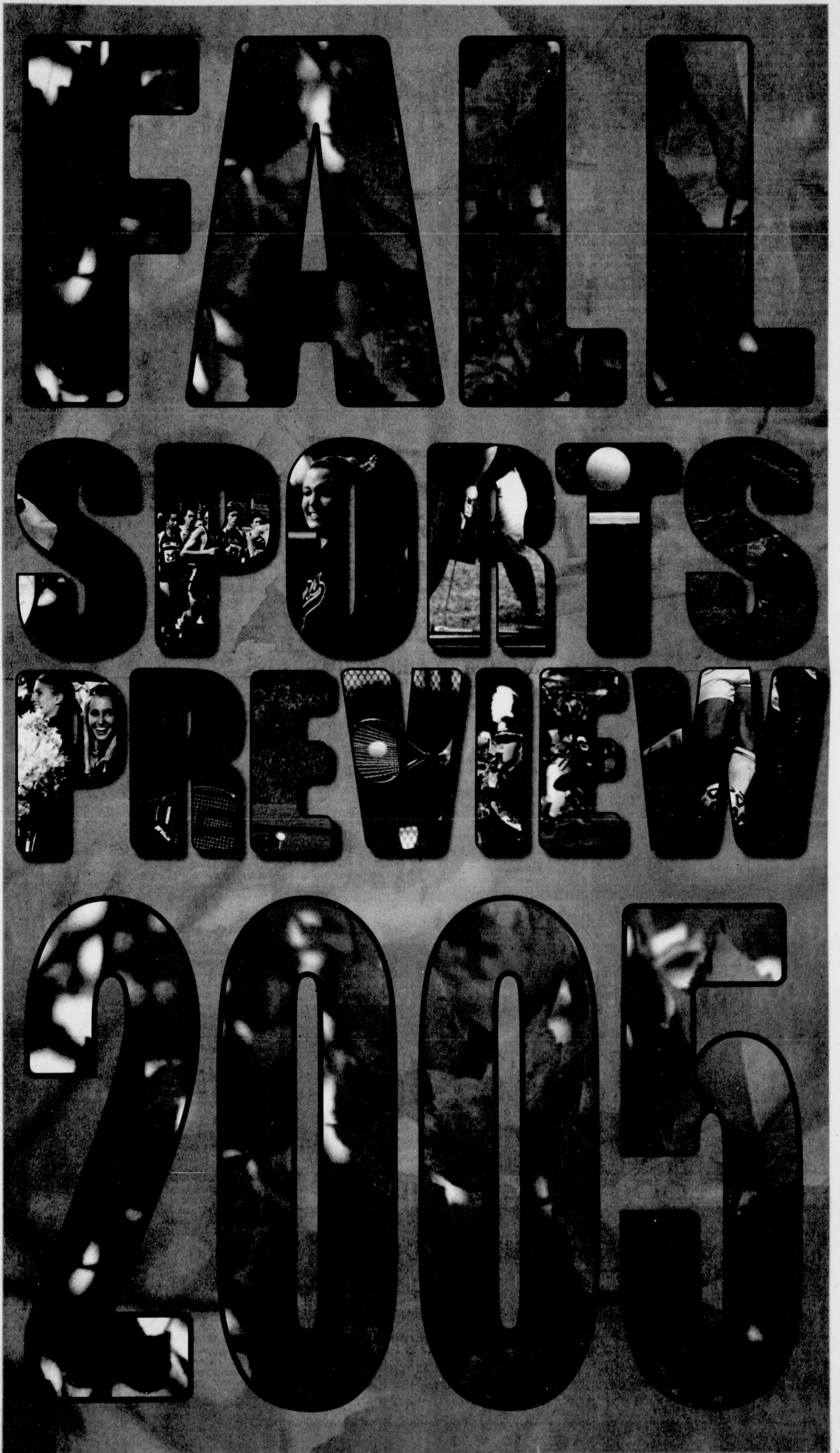
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Soccer faces tough schedule

By **ANDY HAMILTON**
GVL Staff Writer

The season has just started for the Grand Valley State University's women's soccer team and already they are fighting for a tournament spot. The Lakers play their first eight games in 2005 against regional opponents, which will be vital in determining positions for the postseason.

Third-year head coach Dave Dilanni said the schedule will match the Lakers against some of their toughest opponents early in the season. The Lakers will play two big games in Allendale over the weekend. On Friday at 4 p.m. GVSU faces Southern Illinois University-Edwardsville, and on Sunday at 1 p.m. the Lakers play the University of Missouri-St. Louis.

From goal keeping to forward, Dilanni said the Lakers have strong middle positions. Beginning in the back, goal keeping duties may alternate between freshman Kristina Nasturzio and sophomore Lindsey Klykken. The two center back sophomores Kourtney Willert and Susan Christenson will anchor the defense.

Dilanni said the team's strength in the middle starts with senior Jenny Swalec. Before switching to center midfield for this season, Swalec started at forward for three years.

Last season Swalec earned All-GLIAC Second Team honors for the third season in a row. She also posted eight goals and seven assists, ranking third on the team.

"That's a pretty selfless move," Dilanni said of Swalec's switch. "Not a lot of people would agree to do that."

Freshman Meaghan Robinson and Shannon Carrier, a junior who earned All-Great Lakes Region first-team honors in 2004, will control the midfield.

The Lakers finished the 2004 season with a 15-5 record and ranked in the top 10 of Division II for goals scored.

Senior Mirela Tutundzic and freshman Katy Tafler will play forward for the Lakers, and Dilanni said they work well finding each other in front of the net.

Behind his starters, Dilanni said he has a group of solid players that give him a lot of options.

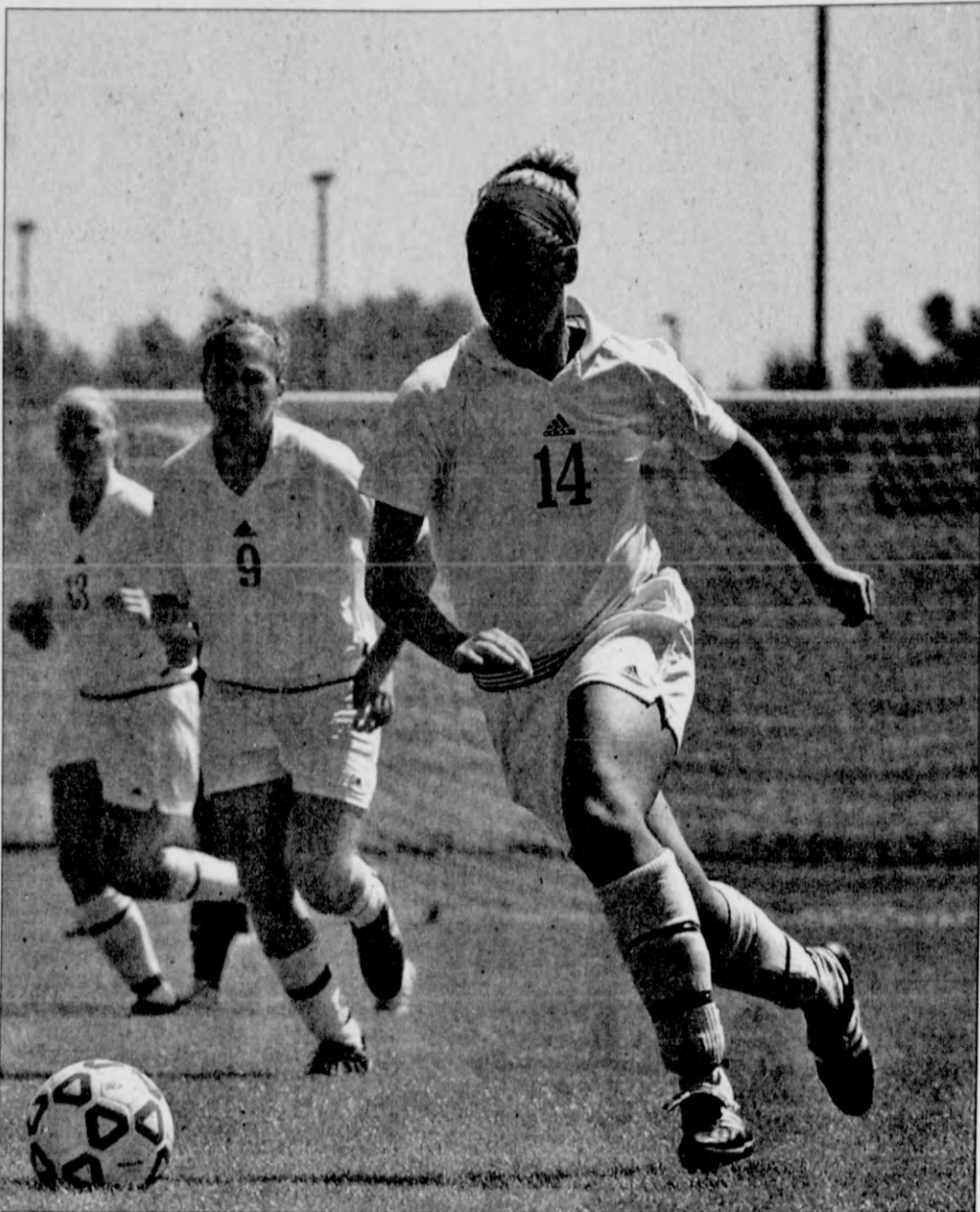
"Our subs are able to keep the level of play up when they enter the game," he said. "We are very competitive and deep."

The Lakers used their strength in the middle to crank out a five-goal win in Allendale on Sunday against the Screaming Eagles of Southern Indiana.

They showcased their crisp passing on the second goal of the game when freshman Ashley Elsass sent a cross from the right sideline to Tutundzic in the middle, who finished with a half-volley shot past the Eagle's keeper.

Swalec and Tafler also netted goals. Tutundzic had an assist on one of two goals scored by sophomore Tara Stacy. Carrier assisted on the game's first goal by Swalec.

The five goals on Sunday contributed to local children. With each score, the team helps the Children's Miracle Network at DeVos Children's Hospital with "Goals for a Cure 2005." Fans can make a single donation or a certain amount per goal and all donations stay local.



On the move: Senior forward, Jenny Swalec moves the ball down the field during the Aug. 28 women's soccer game against Southern Indiana. Teammates Katy Tafler and Susan Christenson follow Swalec to the goal.



FALL CLASSIC

By **DAN KILIAN JR.**
GVL Staff Writer

In college, few things are followed more closely than the school's sports teams. The student body and the players share a certain bond that strengthens with the teams' success.

For a school to have one team in contention is great, but great seasons seem to be in the forecast for all of Grand Valley State University's fall sports teams. In fact, GVSU has more teams competing for national titles than most schools in America.

Sports Illustrated and many other known publications picked the Laker football team to win its third national title in four years. The Lakers are off to a fine start with their 30-10 victory over Ferris State University. GVSU is the pre-season No. 1 team in the nation and looks to keep that spot for a while.

The women's volleyball team is also hot on the trail of contending for a national title. Picked as the No. 1 team in the Great Lakes Conference North, the Lakers are ranked 14th in the nation, and put up a great showing at the opening invitational this weekend in Big Rapids. The girls have a tough schedule, but judging by their past seasons, they have what it takes to complete a successful year.

The GVSU men's golf team finished second at the NCAA Great Lakes Regional last year. Couple that with 2005 GLIAC Head Coach of the Year honors for Don Underwood and the men's golf team could make a major push this year.

The women's golf team also had a great season last year, and has the experience to make another run for the title this season.

The women's soccer team is off to an amazing start this season: They are 2-0 and have allowed no goals in either game. The team qualified for the NCAA Great Lakes Regional Tournament last year, and things are only bound to get better.

The men's cross country team had great performances at the national championships the last three years. With a roster that returns most of the players from last year's squad, there is no reason they cannot run to another national title this year.

The women's team topped that record, as they have been to five national championships in the last six years, and they do not seem to be slowing anytime soon. They too return almost a complete roster.

The men's tennis team made it to their first ever NCAA Championship last year, and hope to repeat that feat this year. The men's team lost a lot of players from the previous roster and may have a tough time rebounding.

The women's tennis program made it all the way to the Regional Finals last year before it dropped a match 5-1 to Ferris State University. The team returns its entire squad this year and looks to return to the NCAA Championship.

All the sports teams this year look like championship teams, but how many will come out on top? With this many chances at the championships, this season may be the most fun to watch.



Fooball looks ahead after beating Ferris

By **SARAH HAWLEY**
GVL Sports Editor

"Football: A game played by two teams of 11 players, each on a rectangular 100-yard-long field with goal lines and goal posts at either end.

"The object: To gain the ball and advance it in running or passing plays across the opponent's goal line or to kick it between the opponent's goal posts," according to American Heritage dictionary.

The team: Grand Valley State University Lakers

With a background in championships, a new scoreboard, the support of

record breaking numbers of fans and a first game victory, the football team seems to have it all under control.

"For the first game we did all the things we wanted to," said head coach Chuck Martin. "As far as playing hard, playing aggressive and playing for 60 minutes."

Quarterbacks Jeff Dock and Cullen Finnerty return to the field this season. For Dock, it will be his final set in Laker uniform. In 2004 he earned his third varsity letter after completing 18 of 28 passes which tallied 168 yards. On the rushing end Dock gained 51 yards in just five sprints.

He found the end zone twice last season, once in the air and once on foot.

The GLIAC Freshman of the Year title in 2003 came after Finnerty spent 2002 off the field and 2001 redshirted at the University of Toledo. His marks in the end zone went from 22 in 2003 to 25 in 2004.

Four starters will return to the defensive line — Michael McFadden, Matt Beatty, Rory Steinbach and Joe Ballard. McFadden completed 51 tackles last season (21 on his own and 30 assisted), including five sacks on the quarterback. As an All-American candidate he brought a tougher game this season, completing 6 tackles in the opening win against Ferris State University.

Beatty will add 6 tackles from last Saturday night to the compiled 66 of last season. Steinbach made 75 tackles (31 of which were on his own) in 2004 and looks to improve that mark.

Ballard started at safety in all 13 games last season with one interception and a recovered fumble to boot. He also posted 35 tackles alone and 33 assisted.

"We were very pleased with the plan defensively and the execution from all of our kids," Martin said in regard to the 30-10 win over Ferris last Saturday.

GVSU Special Teams Player of the Year 2004, kicker Scott Greene returns to the turf as a senior. He held the scoring record last season of 102 points, which included completing 19-of-23 field goals. In the Ferris match-up he connected on all three of his field goals building a solid start on the season.

"The kickers also helped a ton to keep the ball out of the All-American's [FSU's Carlton Brewster] hands," Martin said.

The Lakers have a fearless group of athletes ready to dive in the dirt this season. After stepping over the Bulldogs, the University of Gannon is next. GVSU fans will pack Lubbers Stadium on Sept. 3 at 7 p.m. for kick-off.

"I'm looking forward to this weekend against Gannon," Martin said. "It should be an exciting football game ... defensively they are over-aggressive and offensively they are over-aggressive."



Running for it: GVSU quarterback Cullen Finnerty makes a run to gain yards at Saturday's game against Ferris State.

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Cross country ready to run to more success

By SARAH HAWLEY
GVL Sports Editor

Grand Valley State University cross country teams will run another championship race this year as they cruise toward a competitive season in the Great Lakes Conference and the Region.

"Our goal is victories at the GLIAC and Regional championships by striving to reach our full potential along the way," head coach Jerry Baltes said. "In addition we feel confident that if we compete up to our potential throughout the season we will be in position to get up to the trophy stand at the national championships."

The women's team nailed

a fourth place finish at the NCAA Division National Championships in 2004, which places them in good position this coming year. The fourth place finish was their fourth consecutive year in the top five.

The Lakers will return five out of the seven top performers from the national meet for the women.

Senior Mandi Zemba earned a fourth place finish at Nationals last season with a time of 22:42.7. She also competes with the women's track and field program, where she earned GVSU's first women's National Champion title in the 1,500 meters at the 2002 NCAA Outdoor Championships. Zemba will help lead the Lakers for yet

another year.

"All-American Mandi Zemba looks to have great fitness at this point," Baltes said. "We have very solid depth on the women's side."

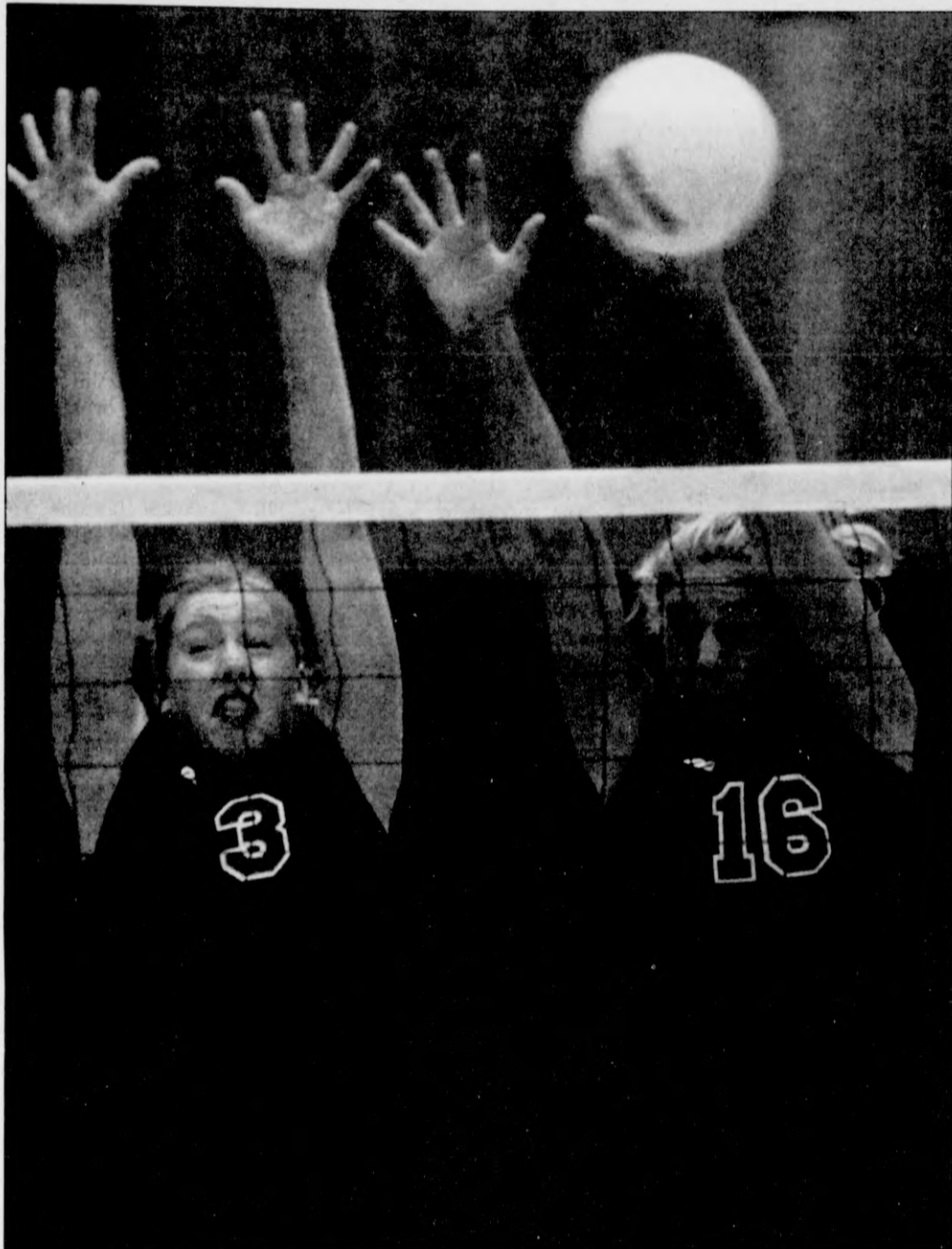
The men's side boasted a sixth place mark at Nationals last year and is building a solid line-up. The top seven male runners from the 2004 Nationals will return one man short. Only six return, however, including All-American Nate Peck. Peck, Coopersville native, ran in a time of 34:53.5 for a 19th place finish as a freshman last season. Peck also accumulated quite the track record. He is currently the leader in the "26 minute club" (8k) with the

SEE CROSS COUNTRY, B5



Photo Courtesy of Pat Garrett

On their way: GVSU cross country members, Aaron Rogers (238), Tim Nichols (235) and Mark Terpstra (242), lead a pack of runners midway through the race.



Jump! Women's volleyball players Lauren Hanson and Megan Helsen leap to block a shot last year.

GVL Jaslyn Gilbert

Volleyball faces stiff competition this season

Women off to a good start following a 3-1 record at last weekend's invitational

By DAN KILIAN JR.
GVL Staff Writer

In a weekend where most eyes were shifted toward the football home opener, the Lady Lakers volleyball team returned to the court for a grueling two day tournament. The opening weekend invitational, hosted by Ferris State University, was nothing short of a slug fest.

Teams traveled from all over the nation to compete against some of the best in Division II college volleyball. Teams like West Virginia State University and Midwestern State University, Texas traveled to Big Rapids for the fierce competition. The invitational brought four of the American Volleyball Coaches Association Top 25 teams together under one roof for probably the only time this season.

Grand Valley State University (#14), Northwood University (#16), Ferris

State (#17) and Lock Haven (#24) all came out to defend their respective spots in the standings. With the rankings so close and the fact that three of the four teams play in the same region, these teams were in the spotlight and many coaches were there scouting the competition.

Picked to win the GLIAC North division, the Lakers had a lot to live up to coming into the tournament. Playing in the competitive North division, GVSU got a preview of what they can expect when they meet these teams again in regional play.

The girls returned to form this season when they met up with West Virginia State in the first round. Erica Vandekopple had 11 kills and 17 total attacks, and Tracy Kirk ended up with 9 kills and 12 total attacks.

With the first game under their belts, GVSU rolled on to another match against Seattle-Pacific where they could not quite squeak out with a win. Though they lost three sets to none, the scores were so close (31-29, 31-29, 30-21, 30-19) that the match could have gone either way. The Lakers held

three players in double digits in both kills and tried attacks, but they just did not put it together for the win.

GVSU disposed of their last two opponents quickly, winning both games in three straight sets. GVSU faced-off against Lock Haven and then Lees-McRae. In the Lock Haven game Tracy Kirk and Megan Helsen stepped up once again, combining for 19 kills, 37 total attacks.

Against Lees-McRae in their final match of the tournament, Megan Helsen had 14 kills and 24 total attacks to pace the Lakers. Tracy Kirk added 9 kills and 18 total attacks to back her up.

The players ended the tournament with a 3-1 record and reasons to expect great things this upcoming season.

The team has all the motivation it needs, having to defend its first place regional title and the possibility of shooting for a national championship. The Lakers have a lot of pressure, but more than that have a lot to look forward to as this could be one of the most memorable seasons in years.

Swimming, diving make waves in pool and in the classroom

By ANDY HAMILTON
GVL Staff Writer

The Grand Valley State University swimming and diving teams received a little bit of help from everyone last season.

During the Great Lakes Conference championships, each member of both teams scored at least once in an event. The men went on to win the title and the women finished second.

Coach Dewey Newsome credits last year's success to total team effort and depth.

"Everyone focused on winning the championship at the beginning of the year," he

said. "This year we have talent across the board again for both men and women."

In 2005, the men look to repeat after graduating all-American Ben Raap, and the women are out to take the title from the University of Indianapolis. For the women, Newsome says it is the fourth or fifth year in a row they have finished behind Indianapolis.

Newsome said the women lost many athletes to graduation in 2004 including three of the four members of the sprint-relay team. Senior Mackenzie Mikulenas will continue to swim the event while junior Kelli Anguilm and freshmen Dana Blinder and Elizabeth

Leskovar will step in to fill the remaining spots.

Mikulenas also competes on the 200-medley relay team that graduated one swimmer. Remaining members, EB Phillips and Kelly Meerman, will be joined by Danielli

Buglio, a freshman already recording national times.

Other women returning for 2005 include seniors Bridget Higgs and Brittany Lutke, Raelyn Prelewitz and Megan

SEE SWIMMING, B5



Swimming hard: Women's swimmer Mandy Burton competes in one of last year's meets.

GVL Jaslyn Gilbert

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Lady lakers ready to swing into fall competition

Returning players should help fill the gap after the team lost four key players

By ROSS ANDERSON
GVL Staff Writer

With the summer almost over, it is time for the Grand Valley State University women's tennis team to hit the courts again and get ready to face big-time fall competition.

The team made it to the second round of the NCAA Division II tournament last year, finishing the year at 22-8. Although the NCAA Division II tournament is in the spring, the women will have their conference competitions in the fall. That leaves little time for the Lakers to prepare for the big Great Lakes Conference matches coming up within the next two months.

"Ferris [State University] is always a key match but we do not have any trouble bringing

our best tennis for them," coach John Black said. "A good showing against Northwood is also very important."

There are other key matches as well. The Lakers face Ferris and the University of Northwood on the road and will play key matches at home against Wayne State University on Sept. 2, Michigan Tech University on Sept. 9 and Lake Superior State University on Sept. 10.

Black said the Lakers have improved and are making up ground on the other top dogs in the GLIAC.

"In recent years we have closed the gap between them and us, but we need to get over the hump of going out and beating them on the courts when it counts," Black said.

"Northwood and Ferris are usually top 20 nationally," Black said. "Right behind them are Mercyhurst, Wayne, Lake Superior and Michigan Tech. All four teams are very competitive and will prove a challenge for

our young squad this season."

Black said that the Lakers have several key returning members to help them close the gap. Senior Alison Koopsen was selected Second team All-GLIAC last season after playing the number two singles. She finished the year ranked 15th in the Great Lakes Region in singles and seventh in doubles with Emily Zellner.

Sophomore Jenna Killips played No. 4 singles and No. 3 doubles last season. She also finished with the most wins on the women's team and was selected Honorable Mention All-GLIAC.

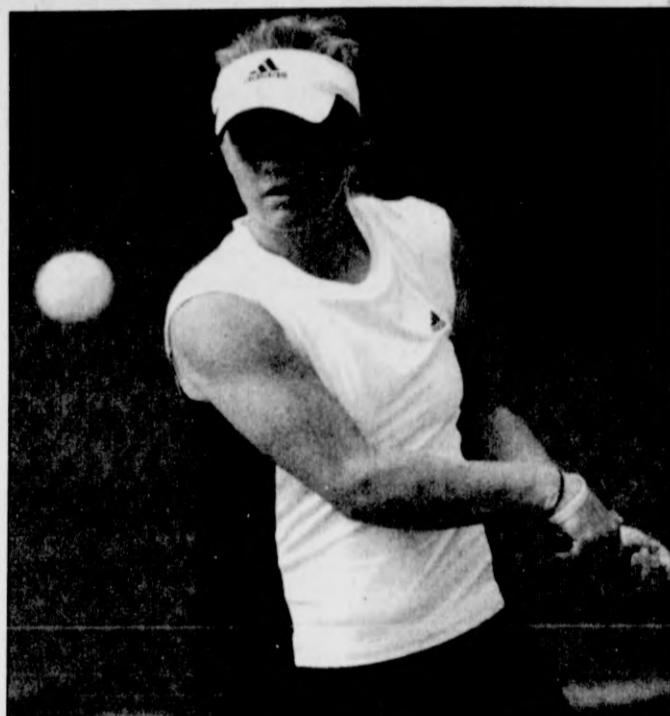
Expected to contribute are sophomores Emily Zellner, who played No. 5 singles and No. 5 doubles last season, and Stef Prociw.

Black said he counts on his strong freshmen class of Lindsay Grimmer, Audrey Koopsen, Jaime Oppenlander and Sarah Schweickart to have an impact this season.

"All four freshmen are very talented players and will form the core of our team for the next four years," Black said. "All four have been working very hard in the pre-season and will likely fill spots in the middle and bottom of our line up."

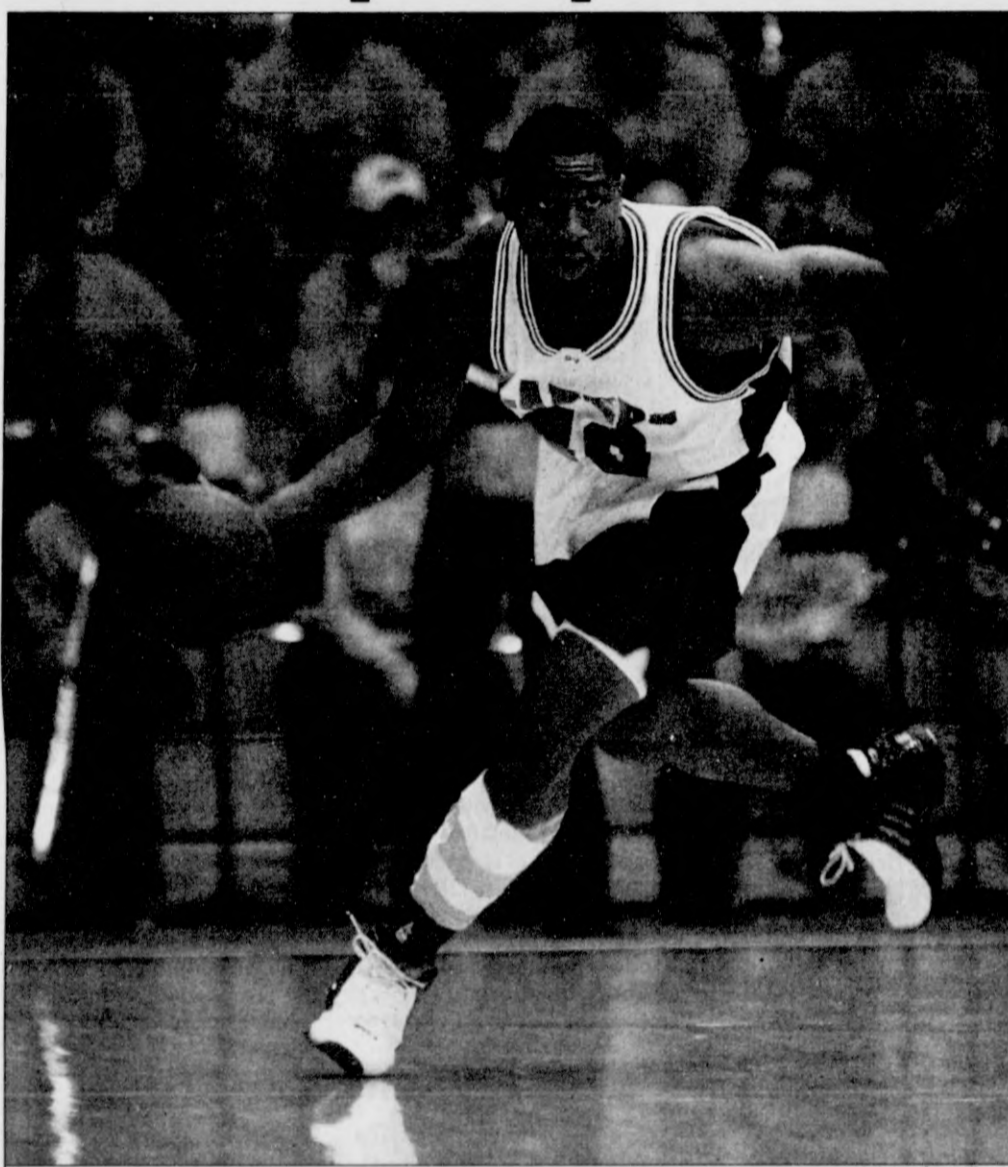
With the freshmen class in mind, Black said he hopes that they can fill the shoes of the group of players that they lost after last year.

"We lost 4 key players [Marie Cameron, Arcelia Gomez, Natalie Pallett Zanobia Syed] from last year's number three regionally ranked team that advanced to the second round of nationals, and they will be impossible to replace," Black said. "However the group of freshmen is my strongest recruiting class I've had as a coach here at GVSU. If they adjust quickly to the college level game and come together as a team we will be capable of producing an outstanding season."



Staying focused: Tennis player Alison Koopsen keeps her eye on the ball during a 2004 match.

Men prepare for 'great' season



Keeping his head up: Mike Hall dribbles the ball down the court during a game last season.

Experienced newcomers and returning players come together on the court

By JAYSON BUSSA
GVL Staff Writer

"I think this is a season that can be a great one."

With the loss of only one senior and the addition of three collegiate veterans of the Grand Valley State University men's basketball program, there is no evidence that proves head coach Ric Wesley is wrong in saying that.

"Having a lot of guys back from last year increases the familiarity between the guys on the team," Wesley said. "We also added three guys to the team that will be real contributors."

With the graduation of senior guard Marcus Wallace last year, the GVSU coaching staff did a more than sufficient job erasing the ramifications of his departure.

All three additions to the Laker roster bring experience to the table because of basketball careers at other colleges and universities.

One of the transfer players that will not play on the hardwood floor this year, but sets to make a difference on the team in practice already, is Joel Whymer, a guard from Lake Superior State University. Last year Whymer averaged 12.7

points a game for the LSSU but now must sit out for the year in order to comply with the GVSU athletic code for transfers. After his season on the bench, Whymer will have two years of participation left in him to make a difference on the court.

"The good thing is that he [Whymer] can practice with us every day," Wesley said. "It will give him a chance to get ahead of things and learn the system."

Another transfer student in the same boat as Whymer is LJ Kilgore, who will take to the court for the Lakers after making a move from the junior college ranks. For Kilgore it is a homecoming after being prepped at local high school, Grand Rapids Creston.

"Both of those guys [Whymer and Kilgore] are new and good players, very capable of helping us out this season," Wesley said.

Another addition to the Lakers squad is a man that will bring a Division I feel to the Lakers practice is post player Dan Redder, who joins the Lakers from Eastern Michigan University. Redder, prepped at

Zeeland High School also has two years of eligibility left in efforts to boost the Lakers inside game.

"He brings size to our team," Wesley said. "Our team didn't have a surplus of size last year and his presence alone will be a big plus for us."

In addition to the transfers for GVSU, another new face expected to contribute for the Lakers after coming off his first year being redshirted is Pete Trammel, who was played at Jenison High School. Guard Trammel has been worked into the system and finally gets his shot to prove himself on the court.

The Lakers will be led by four seniors whom Wesley will be the leaders of this year's team. Guards Courtney James and Jerry Wallace as well as forwards Nate Bassett and Jeff Grauer will be the

source of savvy for this year's Lakers in addition to star players, Callistus Eziukwu and Jason Jamerson.

"They set a good example for us day in and day out," Wesley said. "We're looking for those four guys to step up."

"Having a lot of guys back from last year increases the familiarity between the guys on the team. We also added three guys to the team that will be real contributors."

RIC WESLEY
HEAD COACH

Softball preps to bat away the regional competition

By SARAH HAWLEY
GVL Sports Editor

Ferris State University and the University of Northwood better look out because Grand Valley State University women's softball is fighting for a top finish in 2005-06 with a heavy pre-season schedule.

"In the league, Ferris State will be very good again," said head coach Doug Woods.

"Ferris State and Northwood have a lot of returning players and were at the top of the league last year. We hope to be

in that mix."

The Lakers hold a full roster of returning players. However, star shortstop, Sarah Paape, is not on the list. She rounded out her time on the field last season starting in all 44 games. She led the team with four home runs, six triples and seven doubles last season, not to mention the fact that she stole three bases and recorded five walks due to being hit by the pitch.

"Sarah started for us for two years and was a very good shortstop," Woods said. "It is

going to be very hard to fill her spot, but we have athletes that are very capable."

Woods brought in freshman Nichole Woityra, an infielder who will try her luck at shortstop. If need be, there are returning players with some experience that can be rotated down to that position as well.

There is no team captain for the field, just leadership from the upper classmen. Woods said he hopes the experience and background of the team will provide the edge needed to compete at higher levels.

Practice begins with tryouts on Sept. 7 with eight games to follow.

"Fall gives us a chance to play some Division I schools," Woods explained. "We've got a pretty aggressive schedule."

The Lakers will fire up the bus engines and head for round one at Central Michigan University on Sept. 17, then they trek to the University of Detroit for another match-up. Then the bus will travel to Chicago, where the Laker's will bat with the University of DePaul and Illinois State University on Sept. 24 and 25.

By Oct. 2, they will host a tournament at home with games against Lake Superior State University, St. Joseph's College and Oakland Community College. The pre-season ends at Western Michigan University in the final round on Oct. 9.

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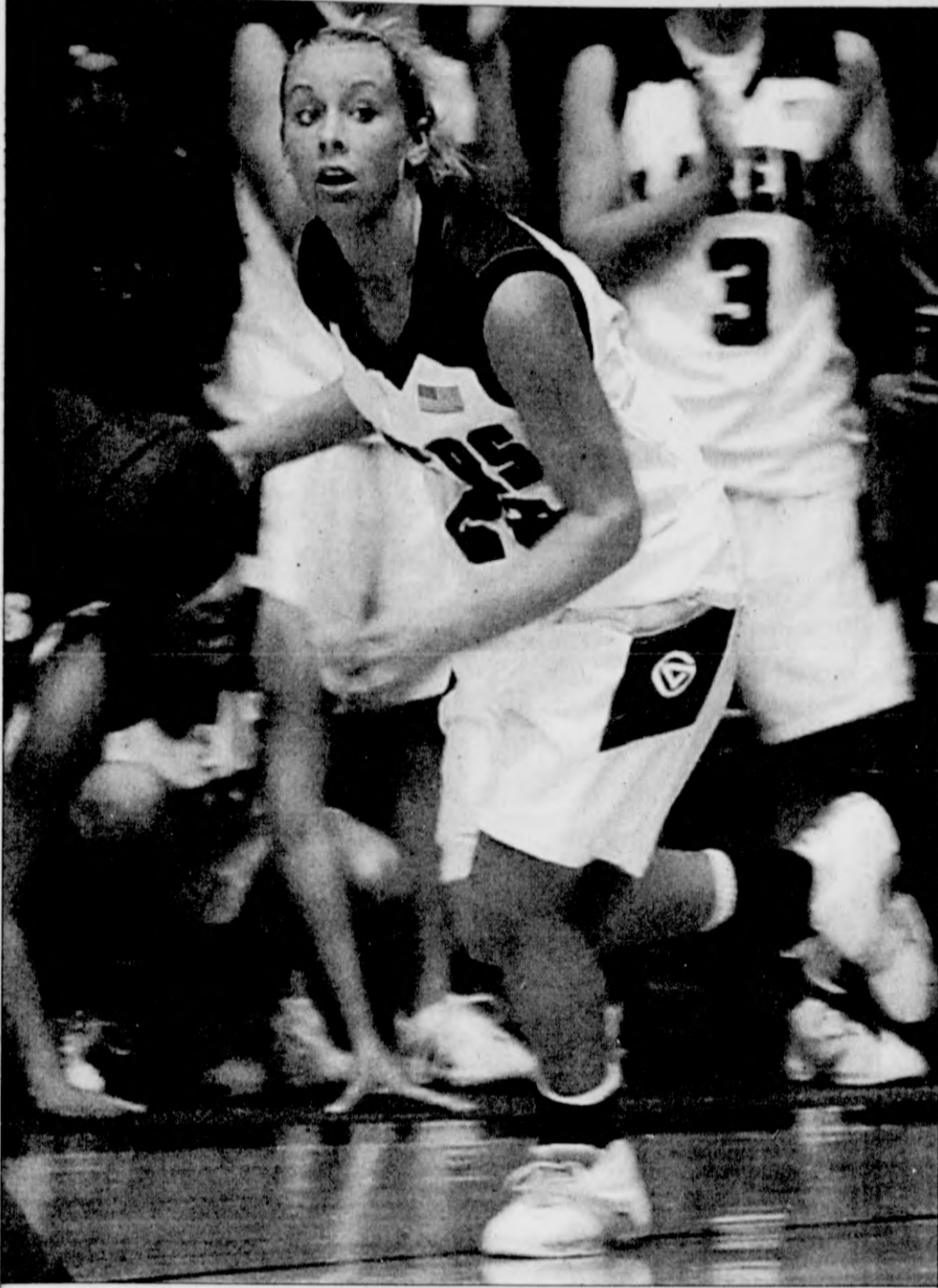
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Staying alert: Crystal Zick moves the ball down in the court in one of last year's games. *GVL Archive / Andrew Ngare*

Laker men set to serve up another NCAA run

By ROSS ANDERSON
GVL Staff Writer

After a long summer away from the courts and the competition, the Grand Valley State University men's tennis team looks to build upon its success from last season and make it back to the NCAA tournament.

Last year, the team finished 16-11, while also taking fourth in the Great Lakes Conference tournament. They recorded a 5-0 record at home and a 4-3 record in GLIAC play. The squad also made it to NCAA Division II tournament for the first time in school history before falling to Ferris State University in the first round of the Great Lakes Regional. Most of the players on that team have returned for another run at the tournament.

"With most of last year's men's team back we have again set as our goal qualifying for nationals," coach John Black said. "In order to do so this year, the men will have to work hard, stay injury free and come together as a team."

This year's team includes a slew of returning stars. They have two returning All-GLIAC players, juniors Kyle Dehne and Kyle Klinge. Dehne played No. 1 singles and No. 1 doubles last year and finished ranked #13 in singles in the Great Lakes Region while also ranked #5 in doubles with junior Adam Sandusky. Klinge played No. 2 singles and No. 2 doubles. Sandusky also played No. 3 singles and was selected Honorable Mention All-GLIAC last season.

Black said other returning



Swinging hard: Adam Sandusky prepares to hit the ball in one of last year's meets. *GVL / Jaslyn Gilbert*

players will play key roles this year. Senior Nirun Raju played No. 4 singles and No. 3 doubles and had a strong year last year. Senior Scott Gregory won 49 matches last year, playing No. 4, 5 or 6 singles and No. 2 doubles. Juniors Mike Bambini and recently-named Intercollegiate Tennis Association Scholar-Athlete James Farmer are also expected to see significant playing time.

Another key returnee is Justin Sauerbrey, who played No. 5 and 6 singles and No. 3 doubles with Raju, but did miss the end of last season due to a hand injury. Freshman Jose Rivas, who is expected to win a starting spot this year, will also have an impact.

With so many returning players, the Lakers have the elements to repeat last year's success or maybe even better. It will be a long year, however,

since the NCAA Division II tournament is not until May.

"We will be stronger than last year," Black said. "But the competition in our conference is always tough, and we need to be ready for it come this spring. Normally, Northwood and Ferris are the teams to beat. Wayne [State University], Lake Superior [State University] and Mercyhurst are always tough."

Black also mentioned the conference and NCAA competition for men is in the spring, while in the fall most of the competitions are individuals only. The team will play in only a few competitions this fall.

They will host one tournament, the GVSU Invitational, on Oct. 9 and 10. They also compete at the ITA Regional Tournament in Midland on Sept. 23 through 25 and a tournament in Shepherdstown, W.Va., on Oct. 15 and 16.

Women look for return to Sweet 16 Tournament

By JAYSON BUSSA
GVL Staff Writer

Before the women's basketball team of Grand Valley State University makes traveling arrangements for a return to the Sweet 16 portion of the Division II Tournament, head coach Dawn Plitzuweit and her team are looking to achieve goals on a somewhat smaller scale.

"What we really want to do is play our best, day in and day out," Plitzuweit said. "We want to be the most well-practiced team in the nation. If there were such an award like that I would want that to be us."

After Plitzuweit's Lakers were eliminated in the first game of the Sweet 16 of the Division II National Tournament, the furthest that any Laker team had gone in school history, the squad feels a little bit of pressure to repeat their accomplishments, but it is pressure that they think they can handle.

"I think that pressure is something that you put on yourself," Plitzuweit said. "I think we're all feeling a little pressure, but we just have to focus on playing the best basketball that we possibly can."

Many eyes will be on them

to see if they can repeat the feat from last year. With one glance at this year's personnel, there are no blaring reasons why the Lakers can't repeat. Last year they graduated only one senior, guard Janine Guastella.

The Laker to make the most noise last year was University of Michigan transfer Niki Reams, who will be back for her final season at GVSU. Reams led GVSU in scoring in nearly every game while tallying a total of 647 points on the season (averaging 19 a game). She also pulled down 292 rebounds.

With the breakout season, the Lakers expect to see an increased defensive effort towards GVSU's star player. "She [Reams] saw a lot of double and triple teams last year," Plitzuweit said. "That concept is not really that foreign to her. We have a lot of girls that are willing to step up whether that's the case or even if Niki is on the bench in foul trouble."

Behind Reams are a number of both proven and unproven talent on the Lakers' roster.

Junior guard Erika Ryskamp returns after averaging 12.4 points a game last year, evening out the threat at the guard position. Behind the Ryskamp/Reams combination are a number of players that,

Plitzuweit said, have flown somewhat under the radar and have the potential to breakout and have a career-best season.

"That's the great thing about this team, there's so many girls like that," Plitzuweit said. "There's so many girls that are working hard and making a difference: Julia Braseth, Peaches Churchwell, Crystal Zick [and] Rachael Willett just to name a few."

Zick and Willett were solid contributors last year as freshmen, and have a lot more time to find their rightful place on the team. Zick was the third leading scorer, averaging 8.7 points a game, while Willett gives the Lakers depth in the post position.

Braseth and Churchwell will both be juniors this year.

The Lakers will also welcome in four freshman that Plitzuweit and company hope to integrate into the system. Two of the freshmen were recruited from the state of Wisconsin.

"They're all about the same size and build," Plitzuweit said about the incoming freshmen. "They are versatile and will have a lot to offer this team."

With a national tournament run or not, the Lakers have their sights set on becoming the hardest working team in college basketball.

SWIMMING

continued from page B3

Hahler. Higgs was a backstroke finalist in last year's conference championships, and Lutke and Hahler are back to swim the middle distance freestyle event. Prelewitz is an NCAA qualifying diver from 2004.

Newsome said the men face an extremely competitive conference with Wayne State University and the University of Indianapolis. He expects the Lakers to be strong in specialty strokes, with Wayne State excelling in the distance freestyle events.

Seniors Corey Thomas and Keith Trampler and sophomores Bart Kassel and Chris Connor will compete in the breaststroke. Two juniors, Justin Vasquez and Kyle Barrons, will swim butterfly, and junior Ryan Whitsitt returns after being a conference finalist in the backstroke.

New members to the men's squad include sophomore transfer Evan Kober, who will swim backstroke, and a freshman, Justin Barble, who will compete in the breaststroke.

Newsome says the seniors are excited about the incoming

freshmen and the chance to compete for the conference again.

"They have set a goal of winning conference but do not feel the pressure to repeat," he said.

Both teams also boast high marks in the classroom. Between the men and women there are six athletes who have a national qualifying performance combined with a grade point average of 3.5 or higher, making them academic all-Americans. The men were also awarded for the highest team G.P.A. among men's varsity teams at Grand Valley.

CROSS COUNTRY

continued from page B3

time of 24:32 from last year. Baltes is confident that the 15 runners with the men's team have a good chance at making the varsity by the end of the year.

Where do the freshmen factor in?

"We have a handful on each side that are looking solid at this point," Baltes said. "The greatest expectation we have for our freshman is to learn and adapt to the new lifestyle and training that we ask of them. I feel each of them are doing a great job at this point."

The GLIAC championship meet at the end of October is one step away and tough competition is lining up. Baltes figures that the women will get a great challenge from Northern Michigan University, while the men

will battle with Wayne State University. As the regional finals roll around, GVSU will battle on both sides once again with Southern Indiana.

But first on the list is the

Aquinas Open on Sept. 9 and 10 at Aquinas College. The women will start off at 6 p.m. on Friday and the men will take off at 5 p.m. on Saturday.

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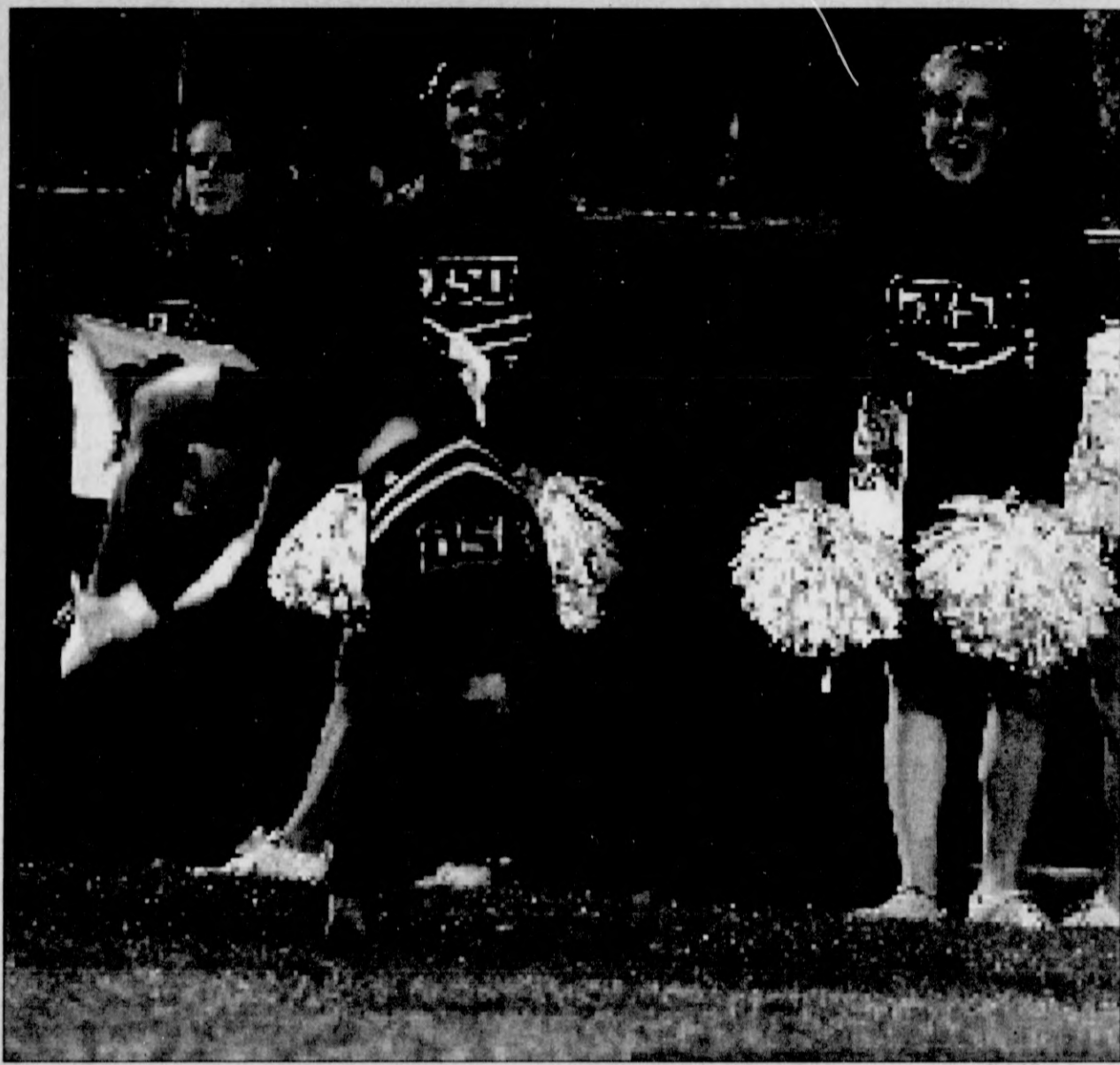
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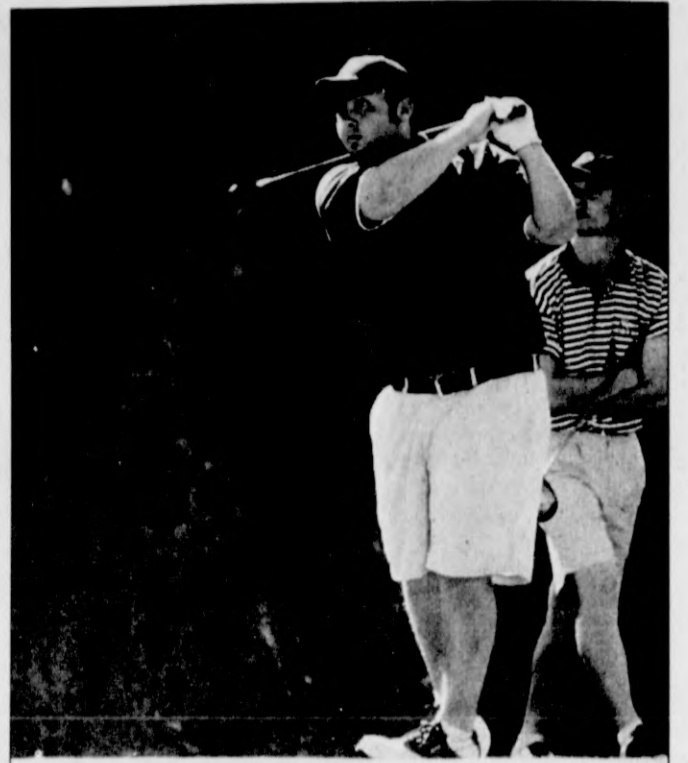
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Flipping for football



GVL / Kate Brown

Pumping up the crowd: The Laker cheerleading team revs up the crowd at the first home football game, against Ferris State.



GVL / Kate Brown

Following through: Kyle Murphy watches his shot at a golf tournament in 2004.

Youth golfers to strike again

By JAYSON BUSSA
GVL Staff Writer

Remember the men of the Grand Valley State University golf team who finished their season off with an impressive runner-up position at last year's Great Lakes Super Regional?

Well if not, fans better start getting used to the faces and names of the men's golf squad because the heavy contributors on the team started their careers young and will travel a long way with each other until they graduate.

Last year, the overlying issue that hung over any feat of the team was the fact that they performed well in most instances and at such a young age. In most occasions, the Lakers' leading scorer was one of the team's many freshmen.

This year, the team boasts a few more seniors than last year, but youth remains an intangible that runs rampant on the team. Darin Arnett, Jacob Hamilton, Gary Witkowski and Chris Johnson will supply the senior leadership for this year's team, which is quite a contrast compared to last year's team who had just two seniors.

With senior leadership playing a key role on any successful team, the focal points for the Lakers on the links this year will come from its younger class along with a junior that has already made some rumblings in the news.

Sophomore Tony Mango ended last year's season on an individual high note and looks to continue his solid performance this year. Mango led Laker scoring in its second place finish at the Great Lakes Super Regional with a three-round total of 225.

Mango contributed to the team in large volumes last year, but he also captured some individual attention, the high point was when he won the individual title at the GVSU Invitational on Sept. 18. Mango also led scoring for the Lakers at invitational events held at Saginaw Valley State University and Northwood University.

While Mango faded toward the end of the season, fellow (now) sophomore Josh Orler picked up where he left off to gain a lot of attention, making him one of the most crucial golfers to watch in 2005.

On April 12, Orler captured the individual title at the Findlay Invitational, which is the second time a GVSU freshman has won an individual title. Orler was also a medalist at the Great Lakes Regional #3.

Junior Kyle Murphy also took his share of turns leading the Lakers in scoring last year and has already made a statement that his presence will be felt on the team this year.

On July 17, Murphy won his third straight Ottawa County Amateurs Championship that was held at the Lakers home course, The Meadows. Murphy was forced into a playoff for the championship, but a birdie on the first hole crowned him champion.

This triad of players led scoring for the Lakers in nearly every event last year and under the guidance of Don Underwood, who was named Great Lakes Conference Coach of the Year in 2004, they have all the potential to grow and mature into a team whose achievements are endless.

Get acquainted with their names, they'll be topping the leader boards for a few more years to come.

Senior golfers to help women's team

By SARAH HAWLEY
GVL Sports Editor

A round of awards went to the Grand Valley State University women's golf team in the past. And this season all sights are set on improvements and repeats.

The Lakers earned an NCAA Division II National Championship second place finish, just behind Rollins College in 2005. They also placed first in the NCAA Division II East Regional ahead of Ferris State University and Northern Kentucky University. Not to mention a total accumulation of four trips to the national finals throughout the course of the last five years.

GVSU returns five seniors to the line-up for the 2005-06 season, however, will be without GLIAC Women's Scholar Athlete of the Year Melissa Sneller. Sneller completed her final season as a senior and claimed GVSU's first Women's Golf National Championship title in the process. She will be missed, but the team is still full of experienced athletes.

"We have a very experienced crew coming back," said three-time running Great Lakes Conference Coach of the Year Lori Stinson, who is back for her sixth season as a Laker. "The five seniors are going to do a great job leading us. They all have been in

our program for three years now. We are looking to them to keep us going and to really be mentors."

Senior Kristi Vienneau, from Bathurst, New Brunswick, Canada, will return after earning a spot on the All-GLIAC first team last season. Senior Laura Leatherman from Caledonia, with All-GLIAC second team honors will also return wearing Laker colors. Enid Gage, Melissa Riegle and Roxanne Saladin are the remaining three seniors returning to take on leadership roles for the squad this season.

The Lakers brought on two freshman as well, Lauren Mack from Livonia and Tracey Puckering from Midland. Mack and Puckering come with credible backgrounds, Stinson said.

"The two freshmen had great high school seasons and will do some great things for us," Stinson said.

The Laker Classic presented by the Sleep Inn will take place on Labor Day at GVSU's Meadows Golf Course. Stinson's squad will tee-off on Monday at 8 a.m. Seventeen teams will make the trip to compete. GVSU's rival Ferris State University looks to be the top challenger for the front spot on the course.

"The course is in great condition," Stinson said. "I hope we can shoot some low scores and some personal bests."

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