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Grand Valley Lanthorn

Grand Valley State University

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Thursday, January 8, 2009

Former student pleads guilty to false terrorist threats

Blaine Cronn, 19, made threats against GVSU in October; trial now set for Feb. 16 in Circuit Court

By Lauren Fitch
GVL News Editor

A former Grand Valley State University student pled guilty to false threat of terrorism at 2:30 p.m. Monday in Ottawa County Circuit Court.

Blaine Cronn, 19, made his false terrorist threats through e-mail to

The Grand Rapids Press and other individuals on GVSU's campus on Oct. 14, 2008.

He is charged with a false threat of terrorism because subsequent investigations showed he had neither the means nor intent to carry out the threats.

Cronn's sentencing date has been

set for Feb. 16 at the Ottawa County 20th Circuit Court.

The plea bargain offered to Cronn, of Cedar Springs, Mich., included no federal charges and no other state charges beyond the felony if he pled guilty.

If found guilty at the sentencing, he could receive up to 20 years in

prison according to the Michigan Anti-Terrorism Act.

Due to the circumstances of the charge, it is unlikely he will be given the maximum punishment.

David Dodge, Cronn's attorney, was unable to comment beyond the trial proceedings.

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Out-of-state students make up 3 percent

By Ellen Hensel

GVL Assistant News Editor

When sophomore Jenny Meinke first moved into the dorms more than a year ago, one detail regarding most of her floor mates was apparent. They were all from Michigan.

Originally from Dayton, Ohio, Meinke chose Grand Valley State University because she was majoring in accounting, a flagship program at the school.

Meinke is one of 803 out-of-state students according to the 2008 Accountability Report, constituting about 3 percent of the total student population of 23,892.

"It was hard at first because it seemed as though a lot of people knew each other from high school and I really had no one," Meinke said.

"Beyond that, there are certain things that people from the same area share, such as knowing a certain food or place. I mean, I know it doesn't seem like a big deal, but when you are the only one who doesn't know, you stick out."

"... when you are the only one who doesn't know, you stick out."

JENNY MEINKE
GVSU SOPHOMORE

In the past 10 years, GVSU's enrollment has increased 49.7 percent, the highest increase in the state.

Yet, the gap between the percentage of in-state and out-of-state students does not seem to change.

Gayle Davis, provost and vice president for academic affairs, said although geographic diversity is good for the school, it is not necessarily a main focus.

"I wouldn't say it is a priority," Davis said. "We do want to have some geographic diversity in our student body because it makes for a more well-rounded population, but it is not a priority over in-state students."

Director of admissions Jodi Chycinski said her office recruits outside Michigan, primarily in Illinois, Indiana and Ohio, and has several programs in place to help attract those students, but in-state students remain the first priority.

"We have found that students within a five- to six-hour drive to campus are most likely to consider GVSU if they are looking at going to college out of state," Chycinski said. "We do have a recruiter in Illinois that works to build relationships in that area. The university has viewed geographic diversity as an important way to enhance the experience for all students on our campus."

Recently proposed legislature echoes GVSU sentiments by giving in-state students even more incentive to stay within state borders.

Last April, Rick Jones, R-Eaton County, proposed the Michigan House of Representatives implement a plan to automatically admit the top 10 percent of high school graduates into any Michigan university.

The proposal was mostly aimed at the University of Michigan-Ann Arbor, which has the highest percentage of out-of-state students at roughly 33 percent.

"(Almost) one-third of freshmen students at the University of Michigan are from out of state and foreign countries," said a representative for Jones. "I think we could do (the 10 percent plan) in Michigan. We need to explore everything we can to accept students from Michigan before other states and countries."

However, for most students, the real barrier for traveling out of state is not admission, but finance.

For the 2008-09 school year, in-state students paid \$8,604 in the upper division of credits while out-of-state students paid \$12,932, about a \$4,000 difference annually.

The cost, however, did not stop freshman Julia Nowak who moved from Racine, Wis., to study nursing and run cross country and track.

Although she said the drive home can be a hassle, she likes being able to grow without her parents so close.

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Gas prices predicted to continue increasing

OPEC cuts production of crude oil by 4.2 million barrels per day; students see effects

By Paul LeBlanc

GVL Staff Writer

After almost six consecutive months of falling prices, the cost of gasoline began to climb upwards once more beginning New Year's Eve.

Monday marked the sixth-straight day of price increases, with the average cost of a gallon of gasoline rising 1.4 cents to \$1.672.

The cumulative price increase was more than 4 cents per gallon from New Year's Day to Monday, according to research conducted by AAA Auto Group.

After reaching record highs of more than \$4 per gallon last summer, gas prices have nose-dived in response to shrinking demand and a tumultuous financial crisis, downgrading the prominent position prices had in public discourse for much of last year.

Nevertheless, some consumers believe action must be taken at all times, even if the price seems low, to avoid potentially high prices once more.

Justin Minor, a senior sociology major at Grand Valley State University, spoke of the wide-ranging consequences that high gasoline costs have for consumers, even those who use public transportation.

"Even bus fare is affected by high gas prices because (vehicles) are all based on the same energy source," Minor said. "The sooner we find alternatives (to gasoline), the better, so that when gas prices go up again, public transportation won't be as greatly affected as it was before by the price hikes."

"People who work minimum wage jobs can't afford their own cars, let alone auto insurance or gas."

JOI DUPLER
GVSU JUNIOR

The current price increase arrives as members of Organization of Petroleum Exporting Countries enter the new year with an agreement to decrease their production of crude oil, the raw substance that serves as the chief ingredient in gasoline.

At a meeting held Dec. 17, 2008, representatives from OPEC nations agreed upon a resolution to cut the production of crude oil by

4.2 million barrels per day compared to September 2008 levels.

Scaled-back production is intended to increase the price of crude oil, which has fallen dramatically from a record high of \$147 per barrel in July 2008 down to as low as \$32.40 on Dec. 19, 2008.

According to OPEC, the falling price of crude oil could endanger the ability of member countries to make investments to meet worldwide demand.

An OPEC press release called the production cuts necessary "for the future well-being of the market and the good of producers and consumers alike."

Aside from OPEC, the recent price increases also correspond with instability in oil-producing regions.

The instability stems from increasing violence in the Gaza Strip, as well as a recent attack on an oil pipeline in Niger by unidentified assailants.

As of Monday, crude prices settled at \$48.81 per barrel.

Though gas prices are rising, they remain a far cry from the record high of \$4.116 per gallon reached on July 6, 2008.

GVSU junior Joi Dupler, secretary of the GVSU College Democrats, shared Minor's sentiment.

"When gas prices went up this summer, bus fare increased by a large amount to accommodate them," Dupler said, referring to Grand Rapids' public transportation system. "The affected people are high school students who attend Grand Rapids Public Schools, because they do not have free public transportation — they have to pay for bus fare out of their own pockets."

Dupler also emphasized the effect that bus fare increases have on working Americans who utilize public transportation.

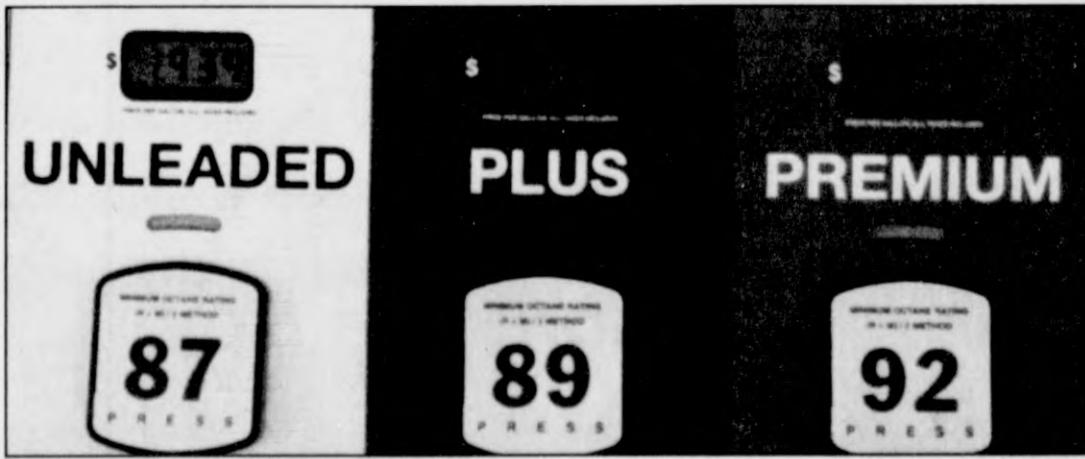
"People who work minimum wage jobs can't afford their own cars, let alone auto insurance or gas," Dupler said.

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GVL / Nicole Somerville

Up again: GVSU senior Rachael Eggesfield pumps gas at a Speedway gas station. Eggesfield, along with many other students at GVSU are concerned that rising gas prices will bring about a repeat of the \$4 per gallon prices seen at the pumps last year. Still in recession, students are not the only ones worried about the impact another spike in gas prices could have on the already unstable Michigan and U.S. economy.



GVL / Becky Reaver

Rising repeat: Gas prices at the pump appear to be on the rise with the price for unleaded gasoline wavering at almost \$2.

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Record snowfall plagues removal budgets

Ottawa County, GVSU hard pressed to remove record snowfalls within budget

By Ellen Hensel

GVL Assistant News Editor

Cleaning sidewalks and parking lots for students has been more of a challenge this winter.

With above-average snowfall during December, assistant vice president of Facilities Services Timothy Thimmesch said his staff was hard pressed to keep up with the demand for snow and ice removal.

"It has been quite a challenge, primarily over Christmas break because we had some very heavy, wet snow and ice, so we were really busy," Thimmesch said. "We've had nearly 60 inches of snow for the year when we are usually less than half that amount."

Facility services is currently one-third past its normal allotted overtime budget, but is on target in terms of their supply budget.

Ottawa County as a whole is going through similar budget crunches, but for the opposite reason: Supplies, not staff.

"This is one of the snowiest Decembers that we've had, and for us it has been the most days of any month that we had to spread salt," said Kent Rubley, Ottawa County Road Commissioner. "There were only three days out of the whole month that we didn't put salt on the road system, so it has been pretty unique (so far)."

Currently, their office has plowed through 45 percent of their snow budget in the past month and a half, which is much quicker than normal.

The Road Commission's budget for both the winter and summer season is \$9.1 million with another \$3 million allotted for only state highways.

"We are still within our budget; it's just that we have used a lot of it early in the season, which is



GVL Archive / Brittany Jacques

Budget woes: A plow truck attempts to combat harsh weather conditions caused by a past snow storm. GVSU's Facilities Services is already one-third past its normal allotted overtime budget.

of course a concern," Rubley said. "If this winter keeps up it will have a major impact on what we can do this summer. That is where the impact will come but hopefully we have more days like we've had recently."

During winter break, Grand Valley State University administrators shut down the campus twice due to inclement weather.

On Dec. 19 and 23, the university sent home any remaining faculty and staff early, citing weather emergencies.

Now, the National Weather Service is forecasting

daily snowfalls during the first couple weeks of January, further hindering the already tight Road Commission budget.

Rubley does not foresee any adjustments, but said if the snowfall stays consistent, they might have to adjust in March.

Freshman Hanna Jones gets up two days a week at the crack of dawn to shovel snow as part of a job she received from the rowing team.

Student workers supplement full-time facility service workers. Jones said she has not really noticed a change in workload due to the weather;

however, there are two teams of workers that remove the snow before students even get out and about.

"The hard part is getting up," Jones said. "There are six of us per shift, so we've been alright so far but it isn't easy."

With several more months to go until the official end of this tumultuous winter season, Thimmesch describes what has happened thus far and what is bound to continue happening simply as "busy."

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New Year's resolutions lack resolve

By Katie Wendt

GVL Staff Writer

As people all around the world celebrated 2009's arrival with friends and family, many pledged to a New Year's resolution.

Common resolutions involve a vow to eat healthier, exercise regularly, quit smoking and various other goals for the year ahead.

Year after year, people set personal goals for the new year, but Grand Valley State University sociology professor Devereaux Kennedy said usually the resolutions are not very effective.

"Fortunately or unfortunately, they don't seem to have an influence either (positively or negatively)," Kennedy said.

He added if people make New Year's resolutions, the best way

to follow through is to form or break the habit, which usually takes a month.

So many people have problems following through because habits are hard to break, he said.

Kennedy also said New Year's Day is nothing more than an ordinary day.

"There is nothing magical about Jan. 1," Kennedy said. "It's just another day."

Krista Leeds, a GVSU sophomore, said she believes New Year's resolutions can be effective, but the success depends on the person and the resolution.

"It's like people say, 'You can talk the talk, but you have to walk the walk,'" Leeds said. "People can say they are going to do something, but it takes

a dedicated person to follow through and keep up with it."

Leeds added people probably give up because they do not see results right away.

"People have to be realistic," Leeds said. "You cannot expect to quit smoking overnight or lose 50 pounds in one month. You have to be honest with what you think you can achieve or get done."

Kristen Kitti, another GVSU student, shared Leeds' view, believing New Year's resolutions are entirely dependent on a person's dedication.

"It takes three to four weeks for something to become a habit, which means that it requires a person to have a lot of will power to make it through that initial habit-developing period," Kitti said.

She said if people can maintain their excitement about changing from the first week, then the

resolutions could be effective. But people are not willing to keep up the effort.

"People usually give up on their resolutions after they fall off the bandwagon just one time," Kitti said. "They think something like, 'I'll cheat just this once.' But one time becomes two, then three and it is downhill from there."

GVSU sophomore Ashley James said she believes people need some sort of motivation other than simply the new year for them to keep their resolutions.

"I think it's great that people want to reflect and see where they need to make changes, but a lot of people are bound to fail if the new year is the only thing driving them," James said.

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GVL / Bri Goodyear

Annual resolutions: Kayla Fortney works out in the Allendale Fieldhouse on Monday. Many GVSU students have started their New Year's resolutions at the Recreation Center. Around the world, New Year's is considered a time to start anew, but many people find their old habits difficult to break and few are able to follow their New Year's resolutions to success.

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Corrections

In Monday's issue of the Lanthorn it was mistakenly reported that Monica Johnstone was the director of GVSU Communications & Advancement. Johnstone is the CLAS director of Communications & Advancement.

GVL DIGEST
Michigan in Brief
Judge asked to approve lease for Rothbury Festival

GRAND RAPIDS, Mich. (AP) — A federal bankruptcy judge has been asked to approve a lease allowing the second Rothbury Festival to be held at the Double JJ Ranch and Resort. U.S. Bankruptcy Judge Jeffrey R. Hughes's approval is needed for bankruptcy trustee Thomas A. Bruinsma to sign the contract with AEG Live, which co-produced last summer's festival. The Muskegon Chronicle says the motion is scheduled to be heard Monday.

The environmentally themed event is to run July 3-5 at the resort near Rothbury, a village about 60 miles northwest of Grand Rapids. About 40,000 people attended the 2008 festival.

The Double JJ was hit with an \$18.7 million foreclosure lawsuit days after the 2008 festival ended, and the owners filed for Chapter 11 bankruptcy in mid-July. The resort is expected to be sold, but not before this summer's festival.

Eleven-year-old killer sentenced in drug case

PONTIAC, Mich. (AP) — A man who spent his adolescent years in state custody for a slaying he committed at age 11 was sentenced Monday to four to 20 years in prison on a drug conviction.

Nathaniel Abraham, 22, pleaded guilty in November to a charge of possession with intent to deliver a controlled substance.

"I'm not saying I'll never make a mistake again," Abraham told Oakland County Circuit Judge Daniel O'Brien during Monday morning's sentencing hearing. "Given the opportunity, I know I can be a success to the community."

When Abraham was 11 he fatally shot an 18-year-old man in October 1997. He was convicted in November 1999 of second-degree murder and sentenced to juvenile detention.

Abraham was released the day before his 21st birthday in January 2007.

He was arrested May 30 with 254 Ecstasy pills in a bag in his car's trunk. Pontiac undercover officers said they had caught him selling the drug at a gas station.

Defense attorney Byron Pitts said his client is sorry for what he's done. "He's going to have a long time to think about it," Pitts said.

AAA Michigan: State gas prices are up 26 cents

DEARBORN, Mich. (AP) — AAA Michigan says gasoline prices have risen 26 cents per gallon over the past week to a statewide average of \$1.85.

Despite the increase, the auto club said Monday the statewide average is \$1.34 per gallon lower than last year at this time.

Of the cities it surveys, AAA Michigan says the cheapest price for self-serve regular fuel is in the Benton Harbor area, where it's \$1.82 a gallon. The highest average can be found in the Detroit, Marquette and Traverse City areas at \$1.86.

The statewide average for biodiesel is \$2.55 and \$1.75 for ethanol.

U.P. reports first snowmobile fatality; Wisconsin man dead

MARENISCO TOWNSHIP, Mich. (AP) — Authorities say a Milwaukee man whose body was found along a Gogebic County snowmobile trail apparently is the Upper Peninsula's first snowmobiling-related fatality of the winter.

Marenisco Township police say family members reported 45-year-old Scott Makela missing on Wednesday morning. Two officers on snowmobiles found his body about 45 minutes later about 1 1/2 miles southeast of Marenisco.

The Daily Press of Escanaba and the Daily Globe of Ironwood say investigators believe Makela was headed from Marenisco to Watersmeet when his sled ran off a trail and hit a tree early Wednesday.

The Daily Globe says three other snowmobile fatalities have been reported in Michigan. Last winter, 25 snowmobilers statewide died.

Series of quakes hit eastern Indonesia

By Mursidin Ode
Associated Press Writer

MANOKWARI, Indonesia (AP) — A series of powerful earthquakes killed a 10-year-old girl and seriously injured dozens in remote eastern Indonesia, briefly triggering fears of another tsunami in a country still recovering from 2004's deadly waves.

One of the quakes — of magnitude 7.3 — was felt as far away as Australia and sent small tsunamis into Japan's southeastern coast.

Residents near the epicenter in Papua province rushed from their homes in search of higher ground shortly after the first 7.6-magnitude quake struck Sunday at 4:43 a.m. local time (1943 GMT), afraid that huge waves might wash over the island.

The epicenter was about 85 miles (135 kilometers) from Papua's main city of Manokwari and occurred at a depth of 22 miles (35 kilometers), the U.S. Geological Survey said. It was followed by dozens of aftershocks.

Nearly fifty people were admitted to hospitals with broken bones and head wounds, while more than 300 were treated for minor cuts, scrapes and bruises, local health official Henri Sembiring said Monday.

About 135 homes and other buildings were badly damaged or toppled in the province, the National Disaster Coordination Agency said.

Officials initially reported four deaths, but later discovered three people had died from illnesses.

The 10-year-old girl was killed in her home when a wall collapsed, said hospital director Hengky Tewu. "Her head was crushed," he said.

Power lines fell, cutting off electricity, and the runway of Manokwari's Rendani airport was cracked, prompting the cancellation of commercial flights.

The government initially issued a tsunami warning but lifted it within an hour after it was confirmed that the epicenter was on land, not water.

Quakes centered onshore pose little tsunami threat to Indonesia itself, but those close to the coast can churn up large waves that sometimes reach the coastlines of other countries such as Japan.

Japan reported tsunamis between 4 inches (10 centimeters) and 16 inches (40 centimeters) high hitting its shores following the tremors.

A huge quake off western Indonesia caused the 2004 Indian Ocean tsunami that killed about 230,000 people. Four years on, the multibillion dollar rebuilding process is almost complete.

Residents in Papua's Manokwari — a jumble of low-lying brick and cement structures home to 167,000 people — remained wary of aftershocks.

"We don't feel safe," said Simon, 32, who like many Indonesians goes by one name. He



Eastern earthquakes: Residents inspect a collapsed hotel after an earthquake struck in Manokwari, Papua province, Indonesia, Sunday. A series of powerful earthquakes at dawn killed at least three people and injured dozens more in remote eastern Indonesia on Sunday, cutting power lines and badly damaging buildings.

was staying outside with his wife and three kids. "It's just in case there are strong aftershocks."

Local officials drove through the streets warning people not to return to structures that might be vulnerable if an aftershock hit.

The Indonesian Health Ministry was sending an aid team to Manokwari as well as four tons of medical supplies and baby food, spokeswoman

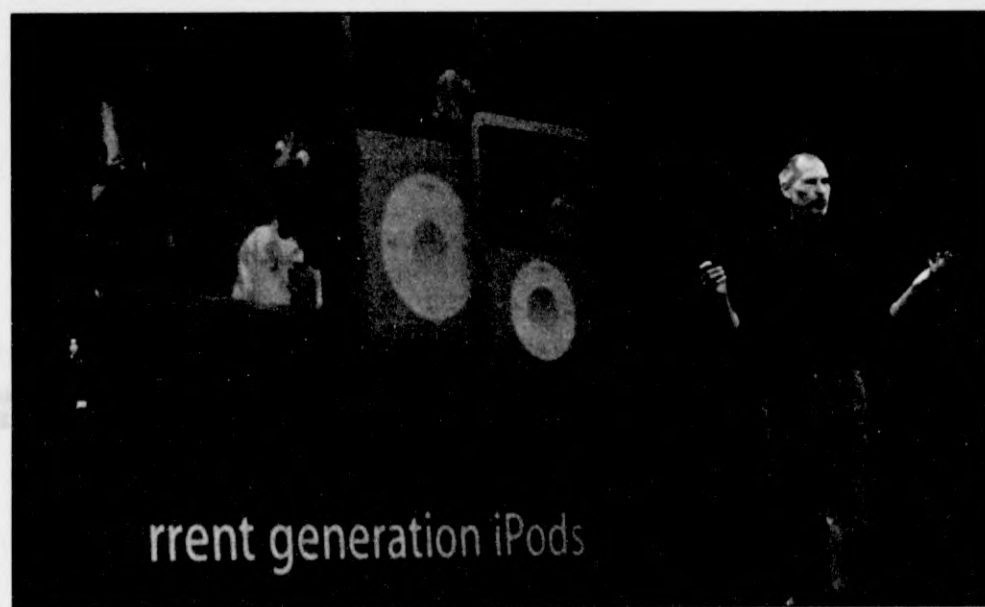
Lily Sulistyowati said.

Relief agency World Vision Indonesia was flying in 2,000 emergency provision kits, including canned food, blankets and basic medical supplies, said spokeswoman Katarina Hardono. She said its team will try to reach Manokwari by plane, but if needed will make a 36-hour trip by boat.

Papua — located about

1,830 miles (2,955 kilometers) east of the capital Jakarta — is among the nation's least developed areas, and a low-level insurgency has simmered in the resource-rich region for years. It is off limits to foreign reporters.

The quake was felt 800 miles (1,300 kilometers) southwest of Papua in Australia's northern city of Darwin but no damage was reported there.



Legend remains: In this Jan. 15, 2008 file photo, Apple CEO Steve Jobs gestures during his keynote speech at the MacWorld Conference in San Francisco. Apple Inc. said Jobs will not be taking the stage at the annual Macworld computer trade show in January. A senior vice president of marketing will deliver the opening keynote instead. The computer and iPod maker also said he will not attend the Macworld Expo after 2009.

Ailing Jobs to remain Apple CEO

By Andrew Vanacore
AP Business Writer

NEW YORK (AP) — Apple Inc. founder and Chief Executive Steve Jobs, a survivor of pancreatic cancer, said Monday that a treatable hormone imbalance is to blame for the weight loss that has prompted worries about his health.

Jobs, 53, said in a public letter that his thinness had been a mystery even to him and his doctors until a few weeks ago, when "sophisticated blood tests" confirmed that he has "a hormone imbalance that has been 'robbing' me of the proteins my body needs to be healthy."

Jobs said he will undergo a "relatively simple" treatment and will remain in charge of Apple.

Jobs, who co-founded Apple in 1976 at the dawn of the personal computer revolution, left in 1985 and returned as CEO in 1997, is considered a marketing and design guru whose demanding standards have made Mac computers, iPods and iPhones into standout products.

Jobs announced in 2004 that he had undergone successful surgery to treat a very rare form of pancreatic cancer — an islet cell neuroendocrine tumor. The cancer is easily cured if diagnosed early.

Jobs did not have a deadlier and more common form of pancreatic cancer, called adenocarcinoma.

Even so, fears that Apple would lose its leadership percolated in 2008 as Jobs appeared gaunt. Apple said he was suffering from a common bug, but The New York Times cited anonymous sources who said Jobs had undergone "a surgical procedure" to address the problem that had caused him to lose weight.

Worries about Jobs intensified after Cupertino, Calif.-based Apple said in December that Jobs would not be making his annual keynote address Tuesday at the Macworld conference in San Francisco.

"I will be the first one to step up and tell our board of directors if I can no longer continue to fulfill my duties as Apple's CEO."

STEVE JOBS
APPLE CEO

Jobs said he was prepared to wind down its participation in Macworld, Apple said Phil Schiller, an Apple marketing executive, would give the company's presentation.

Investors appeared happy to have some clarity on Jobs' health Monday. Apple's shares rose \$3.92, 4.3 percent, to \$94.67 in midday trading.

"There's no doubt that Steve is very important for Apple," Kaufman Brothers analyst Shaw

Wu said. "What we've been trying to tell investors is that the company isn't a one-person show."

Yet others have questioned the company's viability without Jobs, and Monday's announcement isn't likely to end the speculation, unless Apple offers more details on Jobs' condition, AmTech Research analyst Brian Marshall said.

Marshall expects Jobs to step down from the CEO post sometime this year, most likely remaining an adviser to the company. Jobs' departure, Marshall believes, would cut \$10 to \$15 from Apple's share price.

In his letter Monday, Jobs said, "I will be the first one to step up and tell our board of directors if I can no longer continue to fulfill my duties as Apple's CEO."

Jobs offered few details on his diagnosis, however. It was not clear whether the hormone problem resulted from his treatment for cancer or arose in another way.

"The remedy for this nutritional problem is relatively simple and straightforward, and I've already begun treatment," he said. "Just like I didn't lose this much weight and body mass in a week or a month, my doctors expect it will take me until late this spring to regain it."

The company's board released a statement separately, saying, "Apple is very lucky to have Steve as its leader and CEO, and he deserves our complete and unwavering support during his recuperation. He most certainly has that from Apple and its board."

France accuses Sept. 11 plotter for Tunisia blast

By Pierre-Antoine Souchard
Associated Press Writer

PARIS (AP) — Three men charged with involvement in a deadly synagogue bombing in Tunisia went on trial Monday in Paris in a case expected to highlight the reach and complexity of al-Qaida-linked networks in North Africa.

Among those charges is Khalid Sheikh Mohammed, who says he orchestrated the Sept. 11, 2001, terrorist attacks in the United States. Mohammed is being held at Guantanamo Bay, Cuba, by U.S. authorities and was not present for the proceedings Monday. But the French trial has no direct link to the investigation into the Sept. 11 attacks on New York and Washington.

French prosecutors say Mohammed ordered the bombing of an ancient synagogue on the Tunisian island of Djerba on April 11, 2002. The attack killed 14 German tourists, five Tunisians and two French people, prompting the French legal proceedings.

Family members of the victims gathered in the courthouse Monday, urging harsh sentences.

"We are hoping for a life sentence ... and we think there is sufficient evidence," said Judith-Adam Caumeil, a lawyer for the family members of the German victims.

Mohammed's two co-defendants were present for Monday's proceedings, which were largely procedural.

Christian Ganczarski, a German who converted to Islam, identified himself to the court in German. Wahid Naouar spoke softly as he identified himself in French. Naouar's brother Nizar

was the suicide bomber who drove a propane-laden truck into the synagogue.

Mohammed, Ganczarski and Wahid Naouar are charged with complicity in murder and complicity in attempted murder in the synagogue attack. They face life sentences if convicted. The trial is expected to last until Feb. 6.

Ganczarski's lawyer, Stephane Bono, said French authorities have "already declared him guilty, and this poses a real problem for a fair trial."

French investigators say Nizar Naouar called Mohammed in Pakistan by satellite phone on the day of the bombing and received the order to attack. Prosecutors say Wahid Naouar knew an attack was planned and bought the phone his brother used for the call.

Prosecutors say that phone taps by German police show that Nizar Naouar, the suicide bomber, sought Ganczarski's blessing for the attack. Prosecutors say Ganczarski was in contact with top al-Qaida officials, including Osama bin Laden, during trips to Afghanistan and worked with the network as a computer expert.

A month after the Tunisia attack, a statement in the London-based Arabic newspaper Al-Quds said it was carried out by the Islamic Army for the Liberation of the Holy Sites. The group had also claimed responsibility for the 1998 bombings in Kenya and Tanzania. U.S. investigators have long linked the Islamic Army to al-Qaida.

Mohammed has told interrogators he was the mastermind of the Sept. 11 attacks, and said he proposed the plan to bin Laden as early as 1996.



Terrorist trials: In this April 12, 2002 file picture, members of the Tunisian Jewish community look at the fire damage in the Ghriba synagogue in Djerba, Tunisia. A truck carrying natural gas crashed into the synagogue's outer wall and exploded the day before, killing 21 people. From Monday, three suspects in the terror attack will face trial in Paris, France.

Four-year-old boy found at highway rest stop



Ohio murderer: Authorities in Ohio have arrested Myers in the shooting death of a woman whose 4-year-old son was abducted by the gunman and left unharmed at a highway rest area.

By James Hannah
Associated Press Writer

DAYTON, Ohio (AP) — A 22-year-old man was arrested in the shooting death of a woman whose 4-year son was abducted and left unharmed at a highway rest area, authorities said Monday.

Charlie W. Myers of Columbus was taken into custody in the slaying of Jennifer Nelson of Dayton, found dead in her home Friday, Montgomery County Sheriff Phil Plummer said.

Myers confessed to involvement in the case, Plummer said. He didn't elaborate. Investigators were looking at several possible motives, including robbery, he said.

Myers was arrested on a warrant for aggravated murder, according to a spokesman with the Franklin County jail in Columbus. There was no information on whether he had an attorney.

A car police believe was the getaway vehicle was found Sunday

in a parking lot in Columbus, some 75 miles from Dayton. Myers was one of three people the FBI took into custody Sunday evening at a house near Ohio State University in Columbus, Plummer said.

He said authorities are still questioning one other person, but declined to give detail.

Plummer would not say how authorities found Myers. He said a possible murder weapon has been located. Plummer said he believed Myers was the only intruder at Nelson's house and that Myers dropped little William Nelson off at an Interstate 70 rest stop in central Ohio.

William was found Friday by Mike and Judith McConnell, a couple from Maryland who said they took him into their warm vehicle and contacted authorities.

They said he told them a strange man had entered the home and shot his mother. His account to authorities, including his home address and parents' names, led to the discovery of Nelson's body.

"I began asking him questions, and he told me that a stranger had come into his house without knocking," Mike McConnell told NBC from Baltimore. "And I said 'Well, where was your mommy?' And he said 'He shot my mommy.'"

Nelson's husband, Eddie Nelson, was at work at the time she was slain.

On NBC's "Today" on Monday, Eddie Nelson said his son was "still terrified. I don't know that he fully understands what's going on. He's just in total shock right now."

Explaining how the little boy was able to give specific information to authorities, Nelson said: "He's a very sharp kid. He's like a sponge, he just soaks everything up. My wife, especially, insisted that we work on him learning his address, learning the phone numbers, just important things ... a lot of things people would take for granted, and it saved him."

Vickie Nelson, the boy's grandmother, said earlier that her son Eddie's car had been stolen in Columbus about a week and a half before Christmas.

She said she believed the person who stole the car obtained personal information about where the Nelsons live.

"... he told me that a stranger had come into his house ... And I said 'Well, where was your mommy?' And he said 'He shot my mommy.'"

MIKE MCCONNELL
MARYLAND MAN WHO
FOUND MISSING SON

Chopper crashes in Louisiana marsh; eight dead, one injured

HOUMA, La. (AP) — Authorities planned to search a southern Louisiana marsh by boat Monday for clues that might determine the cause of a helicopter crash that killed eight people bound for an offshore oil platform.

The helicopter, operated by PHI Inc., crashed Sunday afternoon shortly after taking off in southern Louisiana, said Richard Rovinelli, a company spokesman. Two pilots and seven passengers were aboard when the helicopter went down near Houma, about 100 miles southwest of New Orleans.

The identities of the victims were not released.

Ted Lopatkiewicz, spokesman for the National Transportation Safety Board, said the plane is believed to have crashed about seven minutes after it took off. Lopatkiewicz said there were scattered clouds and visibility was 10 miles at the time of the crash, and the crew reported no problems before the helicopter went down.

The helicopter, a Sikorsky S-76C, would have had a voice recorder aboard and possibly a flight data recorder, Lopatkiewicz said. NTSB investigators will be on the lookout for evidence as they inspect the wreckage later Monday.

Coast Guard Petty Officer Jaclyn Young said the lone survivor was transported to a medical facility in suburban

New Orleans, and was critical condition Sunday night. No update was immediately available Monday morning.

Lafayette-based PHI is a primary provider of helicopter services to oil and gas platforms that dot the coast of Louisiana. It also flies medical helicopters.

Workers typically are flown to and from their work sites from coastal flight bases.

Young said the Coast Guard assisted Terrebonne Parish sheriff's deputies in recovering the dead and rescuing the survivor from the marshy Bayou Penchant area. A sheriff's office

spokesman did not return a phone call seeking comment Monday morning.

In June, a PHI Air Medical helicopter crashed in Texas, killing four people. The accident in the Sam Houston National Forest killed the pilot, paramedic, nurse and a patient who was being transported from Huntsville to Houston.

That crew agreed to transport the patient after another helicopter company abandoned the mission, saying cloud cover was too low, making visibility poor in the early morning darkness.



Fatal crash: Emergency personnel work at a boat launch in Gibson, La. to coordinate recovery efforts for the bodies of eight people killed Sunday when a helicopter transporting oilfield workers went down in western Terrebonne Parish, about 100 miles southwest of New Orleans.

Fire deaths confirmed at Texas homeless shelter

PARIS, Texas (AP) — Fire tore through a small-town homeless shelter early Monday, partially collapsing the building and killing five men, the founder of the shelter said.

The cause of the blaze had not been determined.

Fire Chief Ronnie Grooms said there were multiple fatalities but would not give a number. Police referred questions to Grooms.

However, Don Walker, who runs the group Seed Sowers Christians in Action, said a fire official told him five men had died.

"It's just really a tragedy," said Walker, who wasn't at the 42-bed shelter when the fire broke out. "It's just some homeless guys that really cared about me and I cared about them."

Grooms said an alarm sounded at about 3 a.m.. The fire burned for three or four hours and partially collapsed the roof.

"It just blew up so quick," Walker said.

The fire started in a storeroom, but officials hadn't determined the cause, Grooms said. The group recycles

cardboard and newspapers at the site to pay for the shelter and soup kitchen, but Walker said the fire didn't spread to the area where recyclables were being sorted.

"We're just in shock over the men dying that way," said Lee Jordan, the wife of Rev. Billy Jordan, a retired preacher who serves on the group's board of directors.

She said the organization took over the building about 10 years ago and turned it into a shelter.

There were 28 men at the shelter — where men stayed in 10-by-10 rooms — when the fire broke out, Walker said.

"I worked with them every day," he said. "They were all good guys — every one."

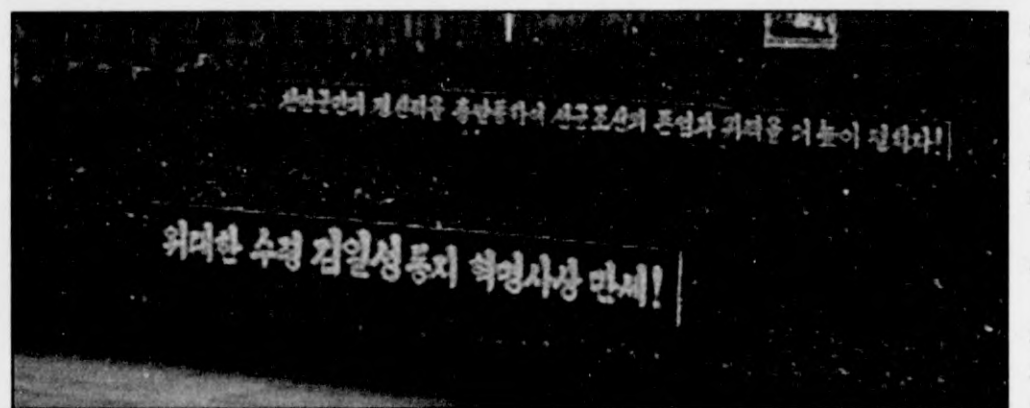
Walker said that they'd had fire drills and Jordan said she'd never heard of any problems at the shelter.

According to the group's Web site, Seed Sowers Christians in Action relies on contributions and its recycling to provide services to the homeless and low-income people and provides meals five days a week. It also operates a smaller shelter for women and children at a different location.

Paris is about 100 miles northeast of Dallas.



Shelter fire: Members of the Paris, Texas Fire Department secure equipment after extinguishing an overnight blaze at the Seed Sowers Christians in Action homeless shelter, in Paris, Monday. Five men were killed when a fire ripped through a small-town homeless shelter in Northeast Texas early Monday morning.



Power rally: Tens of thousands of citizens take part in a mass rally held in Kim Il Sung Square in Pyongyang on Monday to endorse the yearly "editorial," an article published in the state media that comprises an overview of the past year and sets out the policies and objectives of the coming year.

North Koreans rally for military

By Hyung-Jin Kim
Associated Press Writer

SEOUL, South Korea (AP) — Tens of thousands of North Koreans rallied Monday in Pyongyang's main square to show their support for new year's policies laid out by leader Kim Jong Il calling for bolstering the country's military.

Pumping their fists in unison and waving red flags in tandem as they marched through Kim Il Sung Square for the government-organized event, the throng vowed to carry out the country's "military first" policies and pledged their loyalty to Kim Jong Il.

Kim did not appear in footage of the annual march broadcast by APTN. U.S. and South Korean officials believe the 66-year-old leader suffered a stroke in August. North Korea denies it, but Kim has not made a live public appearance that would confirm Pyongyang's claims.

North Korea's three main state-run publications had issued a joint editorial on New Year's Day that foreign analysts read closely for clues to the reclusive regime's policies for the coming year.

Thursday's editorial called for bolstering the military and reemphasized the country's "songun" — or "military first" — policy, notably at a time of heightened tensions with South Korea.

The editorial also cited North Korea's commitment to a nuclear-free Korean peninsula. Analysts noted that it did not include its usual criticism of the U.S.

Kim already has made two military visits this year: a New Year's Day visit to inspect a tank unit and a trip to see an artillery unit, according to the state-run Korean Central News Agency.

On Monday, the spokesman for South Korea's unification minister, Kim Ho-nyeon, noted

that it was the first time since 1995 that Kim Jong Il reportedly kicked off the new year with a military visit rather than visiting factories or his father's grave.

Pyongyang also appeared to be replacing senior policy makers and shuffling top officials as it faces a freeze in relations with Seoul.

North Korea's leadership fired a senior official on South Korea, Choe Sung Chul, reportedly for underestimating how hard a line President Lee Myung-bak's conservative government would take on the North, the mass circulation South Korean newspaper JoongAng Ilbo said Monday.

Lee, who took office in February 2008, had questioned previous liberal policies on the North, and sponsored a U.N. resolution denouncing the country's human rights record.

An enraged North Korea cut off all government-level dialogue and suspended some joint projects in retaliation.

Think Small!

Cook with smaller appliances like an electric grill, toaster oven, or slowcooker for specialized jobs and save on cooking time and energy.

facility services
Energy Department

www.gvsu.edu/facilityservices

EDITORIAL

New resolutions

As 2008 has come and gone, many have leaped into 2009 with a New Year's resolution that statistics say will not last.

Each and every year comes and goes, and each and every year signifies new beginnings and second chances. New Year's is famous for its ball drop in Times Square and champagne kisses on the cheek, but with it also comes the hopes of sticking to resolutions.

About 50 percent of Americans make New Year's resolutions, but only 15 percent manage to keep them, according to <http://www.realscienceofsuccess.com>. Many people promise to work out every day or stop smoking, but the majority never stick to it.

Workers at the Grand Valley State University Fieldhouse said January sees the highest rate of people working out, but then attendance numbers return to normal in March. Two months is all it takes for people to give up and return to old habits. Making a resolution isn't enough to keep somebody motivated to actually stick with it for the entire year.

So why do so many people feel compelled to make a New Year's resolution? What is it about the new year that makes people want to change?

New Year's resolutions began around 4000 B.C. when Babylonians began the new year by paying off old debts and bringing back borrowed goods, according to author and psychologist Stephen Kraus. About 2,000 years later, the Romans started the new year by assessing the old year and vowing to accomplish more in the coming year.

But it's apparent the majority of today's society doesn't accomplish anything in the coming year, and it seems to be more a matter of tradition than personal achievement.

People create New Year's resolutions because it's been done for thousands of years, so what else is there to do?

However, creating a goal just to create one isn't enough. While the 35 percent of Americans fail to keep their resolutions, the other 15 percent creates goals and sticks to them for the right reasons. When someone creates a New Year's resolution, that person isn't really doing it for the right reasons. Create a goal because it's the best thing to do, not because it's expected. And if doing that seems difficult, try to set smaller goals and create new month resolutions instead of New Year's resolutions. In the long run, objectives won't be forgotten and everyday hassles won't get in the way.

So try 12 mini goals this year instead of one big one. The chances of actually succeeding will be better, and that 15 percent won't seem so small.

LETTER TO THE EDITOR

I would consider myself a very liberal Democrat, a lover and protector of our First Amendment freedoms of the press. As a lover of that freedom, I feel that it's my responsibility as a citizen to read what the Lanthorn publishes and respond to those things that I disagree with.

I was upset with the article, "Study drugs increase in popularity among GV students." It read like one big advertisement for prescription drug abuse. The people were quoted praising the effects of the addictive and dangerous stimulant medication. They were cited as saying they would use it again, they were so happy with the results, the good grades.

What about the possibility of becoming addicted? The abusers said they knew when it wore off; that's called withdrawal, detox. This is a dangerous drug to be used only by people with a serious medical condition. Besides the psychological side effects like irritability, insomnia and chemical dependence, there are serious, sometimes lethal physical side effects like weight loss, dehydration, increased heart rate and high blood pressure. These symptoms could lead to a heart attack or stroke.

Abusing prescription medication is a serious crime punishable by jail time. Prescription medications are available by prescription only for a reason. I was ashamed to see my peers interviewed saying it should be allowed for use in academics by those who don't have a legitimate prescription.

Amy Meert
GVSU senior

Grand Valley Lanthorn

The student-run newspaper of Grand Valley State University

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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.

Student opinions do not reflect those of the Grand Valley Lanthorn.

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.

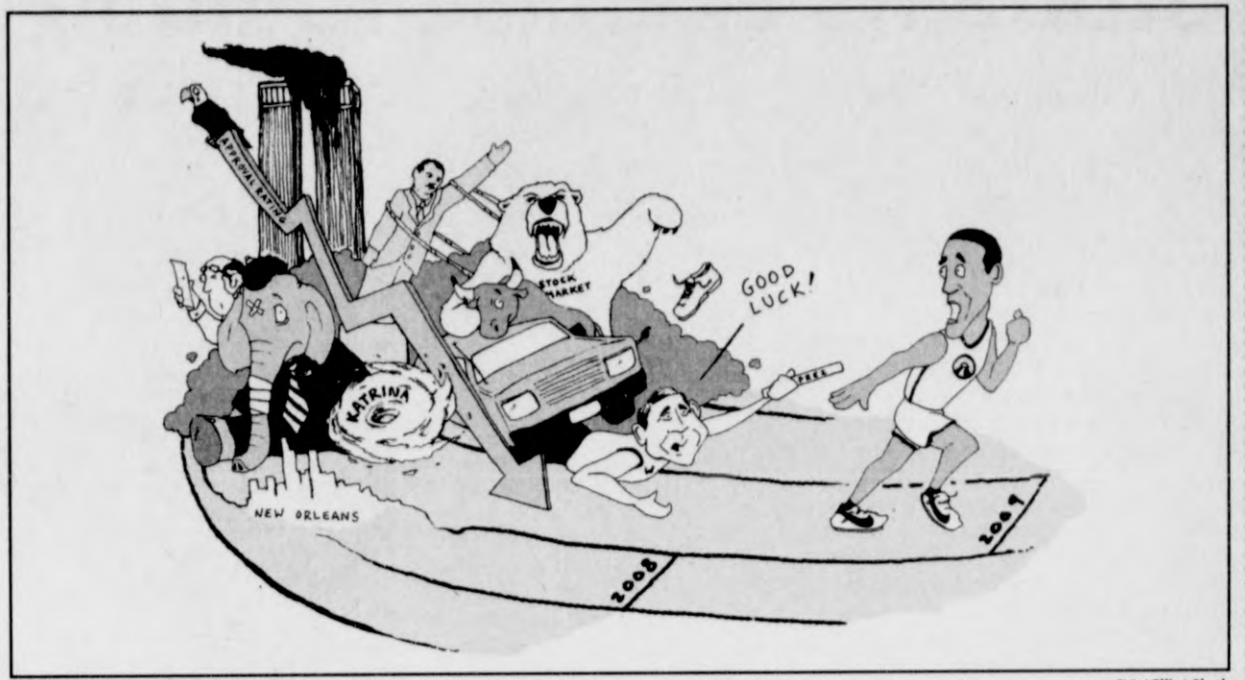
All letters must be typed.

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 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.

EDITORIAL CARTOON



YOUR INSIGHTS

What is your New Year's resolution?



"Drink less pop because I drink way too much. I need to (stop drinking pop) to get in shape because I'm out of shape."

Norman Vermeulen
Senior
Political Science
Holland, Mich.



"To work out more. I need to get in shape. (But) I don't know how long it will last."

Mike Telfer
Senior
History
Battle Creek, Mich.



"I do an evening walk with my dog every day, but I would also like to start walking him in the morning. I watch that Cesar Millan show, and he's always saying 'Walk the dog, it's good for 'em,' so a good morning run would relax him for the rest of the day."

Peter Vankuiken
Junior
Political Science, Public Relations
Grand Rapids, Mich.



"To stop eating so many cookies. Basically, if I have (cookies), I eat them; so I need to stop eating so many."

Genna Davis
Junior
Psychology
Grosse Pointe, Mich.



"To manage my time better so I have more time to study because I need to raise my GPA to 3.5. I'm going to try to set aside an extra two hours a night for studying."

Mandi Burrell
Senior
Behavioral Science
Port Huron, Mich.

GUEST COLUMN

As President of Grand Valley State University, I have been asked this question numerous times over the past years: How does GVSU do what it does? Here's my answer:

GVSU is a successful public university because of the strong public/private relationships developed since it was chartered in 1960. Students, parents, state legislative and executive leaders, donors and others know the value that we bring to the region and State. GVSU stays close to the fundamentals of being excellent stewards of funds and resources. We are dynamic, lean, adaptable and responsive to regional needs...and this year we were recognized as one of the top two "up and coming" universities in the Midwest by US News and World Report.

Academic excellence is the foundation of our reputation. Fundamentally, students select a university

or college based on their perception of reputation, quality, and value; they stay if they are satisfied.

Faculty are attracted to a university on the basis of the quality of their peers and students, and stay if they can thrive professionally.

GVSU has doubled its number of graduates in the past twelve years, with the vast majority staying to live and work in west Michigan. Enrollment only grew by 75% in the same period of time, indicating that we are ever more productive as a university, sending out graduates to lead successful lives. These grads assume responsibilities in relevant professions or further education and take on their civic responsibilities. Our curriculum, founded in a



Haas

liberal education philosophy, positions them well to serve and lead.

We have done what we do while for decades being lowest of the 15 state public universities in state appropriation per student. In spite of this, we continue to keep tuition below the average of our sister institutions in Michigan.

We do what we do with great efficiency and open accountability. Our reputation is founded on the principles of quality and service.

We do what we do because we understand our mission as a comprehensive university and resist "mission creep" while also staying innovative, adaptable, flexible and hard-working. We do what we do with a faculty that is student-centered, focusing primarily on excellent teaching and learning. As a university we fulfill our responsibility in economic development, scholarly contributions in our

fields and contributions to the community's quality of life through the support of the arts and sports.

We do all of what we do with pride, knowing that we fulfill our promises to our students, families, donors and taxpayers. We strive to do the best we can with what we have. We offer degrees that continue to appreciate in value.

GVSU...US News and World Report calls us one of the best in the Midwest...13 years among the 100 America's Best Buys...top 25 in sustainability...NCAA DII Directors Cup 5 years running...and a NCA/HLC Team recommendation for 10 years without qualification.

Marcia and I share our appreciation for everyone at GVSU and our sincere hopes for a healthy, safe and prosperous 2009 for all.

See more: Visit Lanthorn.com for an extended version

GVL STUDENT OPINION

Struggling economy hits home



Sara Commet
GVL Columnist

I didn't notice all of the economic effects that made 2008 unforgettable. Sure, I read about businesses closing, people losing jobs and houses and cars...but I didn't fully grasp the severity of these problems until I left campus.

I kept up with the occurrences in my hometown through conversations with my parents during the course of the semester. I knew our city was facing many problems — though finals and projects weighed a little more heavily on my mind. But when the last final was taken and I headed home — upsetting articles and unfortunate news stories sprang to life.

Our downtown has not been very dynamic for as long as I can remember, yet it was disheartening to see more windows displaying "For Sale/Lease" than "Open." I half expected to see a tumbleweed roll across the practically empty streets. Stores at both of our malls sit empty, including a Circuit City — one of the 155 locations the corporation closed in 2008. I am not going to pretend all of these problems just started in the last few months — it is just this time they have become even more noticeable — and worrisome.

With all of the difficulties faced by small business owners right now, it was even more alarming to learn Wal-Mart wants to push a second location in our city. Keep in mind, my hometown's population rests well below 60,000. We already support several grocery stores, several

Polly's Country Markets, two Krogers, two Meijers and one Wal-Mart. I am having trouble justifying our "need" for the first Wal-Mart, let alone a second one.

I am not going to try to blame our city's current economic woes on its appearance. It is merely a coincidence a family-owned grocery store and a hardware store, both within walking distance of Wal-Mart, have been forced to close since the supercenter's arrival.

It is beyond me to understand the logic of all the Wal-Mart supporters. "The prices are so low — they must be because Wal-Mart says they are!" I know this is one of their biggest selling points. I don't see such a significant difference. By planning out your purchases and shopping smart you can save even more by shopping elsewhere.

I will admit, they do a wonderful job of portraying themselves as a community friendly corporation in their commercials. Taking away jobs (in the long run), stifling small business growth and wiping out competitors does not seem very friendly, but that's just me talking.

So if your hometown looks anything like mine, and I'm betting it does, do your part to stimulate the economy. Shop at stores that pay their workers fairly, release product source information readily and give back to the community in ways that truly make a difference — allowing for economic growth and entrepreneurship.

See more: Visit Lanthorn.com for Patricia Saenz's column

Students exercise to build spring break bods

GVSU's annual six-week 'Get Buff for Break' program starts Jan. 19; students, faculty, staff can track progress online

By Lauren Sibula
GVL Laker Life Editor

When spring break rolls around each year, thousands of college students flock to exotic locations hoping to soak up sun and show off their bikini bodies.

Those hoping to shape up before spring break in March can join Grand Valley State University's "Get Buff for Break," a six-week program designed to help students, faculty and staff be active and make healthy lifestyle choices.

All progress is tracked online where participants enter the activities they performed as well as the length of time they performed them. The program is based on a point scale, and points are awarded based on intensity of a workout and the activity performed.

Amy Campbell, assistant director of Health and Wellness, said the program is broken into two sections — one section is for participants who do not regularly work out, and the other section is for participants who exercise regularly. Participants who have the highest amount of points in their section by the end of the program will receive prizes.

A new element was added to the program this year where participants can enter their individual exercise goal on the Web site and work toward it each week.

"This element is for self checking, because you want to get into that habit on a regular basis," Campbell said. "It's much healthier than competing against other individuals."

Campbell said the individual goal is an intrinsic motivator and helps participants get in the habit of setting goals, which will benefit their exercise and lifestyle habits after the program is completed.

While many people who exercise find comfort in keeping a consistent routine, others find themselves getting bored doing the same exercises day

after day. To combat exercise boredom, the Health and Wellness Center recommends finding a workout partner to keep participants motivated and to try new exercises each time they work out. Campbell said the center always encourages people to try new activities to burn calories and have fun with their workout sessions.

The Web site lists many options of physical activities in which participants can engage. If a participant engages in physical activity that is not listed on the Web site, they can submit the activity and the Health and Wellness staff will consider adding it to the accepted list. Campbell said the center is always open to suggestions and new ideas for physical activities.

The "Get Buff for Break" program does not promote unhealthy exercise sessions or dieting. In fact, participants cannot earn points for exercising any more than two hours per day.

The program is geared toward encouraging a healthy amount of regular physical activity, according to <http://www.gvsu.edu/rec/getbuff>.

By the end of the six-week program, the ultimate goal for the Health and Wellness Center is not to help students fit into a bikini for one week, but to help participants make a lifestyle change.

"We encourage people to continue on with the program after the six weeks," Campbell said. "We want for people to make exercise a part of their lifestyle and to make it a habit."

In the future, Campbell hopes to extend the program past six weeks to help guide students, faculty and staff toward a healthier lifestyle.

Participants can sign up online and track their weekly progress at <http://www.gvsu.edu/rec/getbuff>.

The program begins Jan. 19 and ends Feb. 27.

lakerlife@lanthorn.com



GVL / Bri Goodyear

Hard core: GVSU students use the Recreation Center for weight-lifting, cardio equipment, basketball courts and the indoor track. The annual "Get Buff for Break" program, a six-week program designed to help students, faculty and staff be active and make healthy lifestyle choices, begins Jan. 19.

Health and Wellness Weight Loss Tips

- * Limit refined, simple sugars as well as white, processed breads, crackers and rice.
- * Increase the amount of fiber in your diet. Your goal should be a minimum of 20 grams of fiber daily. To meet this goal include plenty of fruits, vegetables and whole grains in your diet.
- * Include two to three servings of low-fat dairy foods that are rich in calcium each day.
- * Select proteins that are low in saturated fat; try replacing at least one serving of meat per week with a soy food.
- * Drink plenty of water throughout the day.
- * Reduce or eliminate the amount of saturated and hydrogenated fats in your daily diet.

Students start new year off running

By Susie Skowronek
GVL Staff Writer

For students, money is always an issue, so a sport requiring little to no equipment is a budgetary dream for the college-age crowd. The answer is running.

The program, "Run with Us," is run similar to a clinic by the Health and Wellness Center. It takes place each Tuesday night, beginning at 6 p.m. in the Laker Turf Building. Any student can come to gather information about running, learn safety tips and work out in pairs or small groups.

At the end of the clinic, the group will decide upon a goal and run a race together — probably a 5K or a run of similar length, said Jocelyn Root, graduate assistant in the Fitness and Wellness Center.

The session can hold up to 20 people, though members must sign up from the beginning for a \$20 admission fee.

Root encourages participation for the education aspect and to improve fitness, but primarily for the companionship that comes through running in groups.

"Some people like to run alone," she said, "but having people at the same ability level and the same speed makes running more fun."

Many health benefits also come with running. It strengthens muscles and bones, and improves lung capacity, Root said.

"Running brings a certain peace of mind," Root added. "It can help you work through problems."

For the past few years, the Fitness and Wellness Center has

given students the opportunity to sign up for "Run with Us," she said. This year, however, the center hopes to bring students outside of the Turf Building to teach them how to run safely outdoors despite the cold weather.

The clinic will explore many safety aspects of running from strength training to injury prevention, teaching students how to properly stretch and providing local resources for runners, Root said.

Sophomore Megan Carter started racing with her father as early as 6 or 7 years old, and joined her junior high cross-country team to begin competing. Now she runs for GVSU.

"Running is a great exercise to do anywhere at anytime," she said. "It's great for stress relief when classes become too hard. It also gives a great sense of accomplishment when you have met your goal."

However, Carter warns new runners to begin slowly. Her freshman year at GVSU, she could not run for more than half the year because of a foot injury. This year, she came back to run the whole season, only to strain her Achilles tendon, and now wishes she had started slower and done more physical therapy to prevent the second injury.

"Getting started is the hardest

part," Carter said. "It's hard when you are just getting in shape. But a program like this offers motivation. Just don't do too much at once, because you do not want to get injured."

For runners who have been with the sport, "Run with Us" provides accountability — a night each week to show up at the Turf Building and make new friends to push them on the track, Root said. For new runners, the program debunks myths to calm nerves about the first race.

First-time runners should not worry about starting at base speed or time — even walking is alright at the beginning, Root said. With each week, hopefully progress will be made so everyone can achieve a unified goal in the end.

Sophomore Alex Mitchell made a New Year's resolution to get in shape, such as many students who pack the Rec Center after the holidays.

"Running is something that I've always wanted to do, but I've never really had time, so why not start now?" Mitchell said.

Additionally, Mitchell set goals for the semester as she begins her new workout routine.

"I want to work on my stamina and feel better about myself," she said.

sskowronek@lanthorn.com

"Running is a great exercise to do anywhere at anytime. It's great for stress relief when classes become too hard."

MEGAN CARTER
GVSU SOPHOMORE



GVL Archive / Brittany Jacques

Working together: Juniors Michelle Clancy and Lauren Hyduk stretch before a group fitness class. Group fitness is a great way to keep motivated and stick to your New Year's resolutions.

Fitness class pays students to exercise

By Allison Bleeker
GVL Staff Writer

Now that winter is here, students may find it hard to get motivated to work out and stay in shape.

Extremely cold weather, blowing winds and snowstorms are just some factors that may keep students curled up in front of the TV instead of heading out to the gym.

However, getting paid to work out can be a great motivator, and students have the chance to do just that by participating in a small group training class.

The class, which starts Jan. 15 and runs through April 2, costs \$20, but students will earn some of their money back after attending each class session. Students who attend every session will earn all of their money back.

"This class is a different way of going over fundamentals of strength and conditioning in a group setting," said Derek Thom, a clinical exercise technician at Grand Valley State University's Fieldhouse Arena. "Each week a new topic will be covered, and each topic builds on the previous one."

Some of the topics to be covered include how to use free weights when exercising, how to use bands during exercise and how to use balls when exercising, Thom said.

He added the group may go outside toward the end of the semester to learn new and different techniques in the outdoor setting.

While it may be difficult for students to stay motivated, Thom offered some tips that may help students keep up with their exercise plans, including setting a schedule, making a routine and

working out with a friend.

"This is where small group training helps because you will be working out with other people who are motivated," he said.

More tips for a successful workout can be found at <http://www.wholefitness.com/basicworkout.html>. Some tips found on this Web site include warming up before stretching, not resisting difficult exercises and not doing the same workout repeatedly.

The Web site also suggests doing cardio after lifting weights, rather than before.

"If you perform aerobic-type exercise first, you'll be fatigued for your weight training," said Richard Cotton, a spokesperson for the American Council on Exercise. "As a general rule, strength training has less of an impact on cardio than cardio has on strength training."

The Web site also suggests easing into an exercise routine, rather than working out excessively.

"At first, your muscles aren't ready to do a lot more than they were doing before — they're ready to do a little more," Cotton said. "You increase your chances of success by moderating your activity a little bit. The morning after a workout, you want to feel like you trained, but you don't want to have to crawl to the bathroom."

The small group training class will run for 11 weeks. The class will be held every Thursday from 4 to 5 p.m. in the dance studio at the Fieldhouse Arena.

Students must register for the class by Monday by contacting the Fitness and Wellness Center at (616) 331-3659.

ableeker@lanthorn.com

GV students use many methods to keep fit

What do you do to stay in shape?

"I drink a lot of water and make it to the gym as much as possible."

Stephanie Schultz
Sophomore
Radiation Therapy
Plainfield, Ill.



"I take at least one P.E. class per semester and go to the gym a lot."

Dan Plaggemars
Freshman
Criminal Justice
Allendale, Mich.



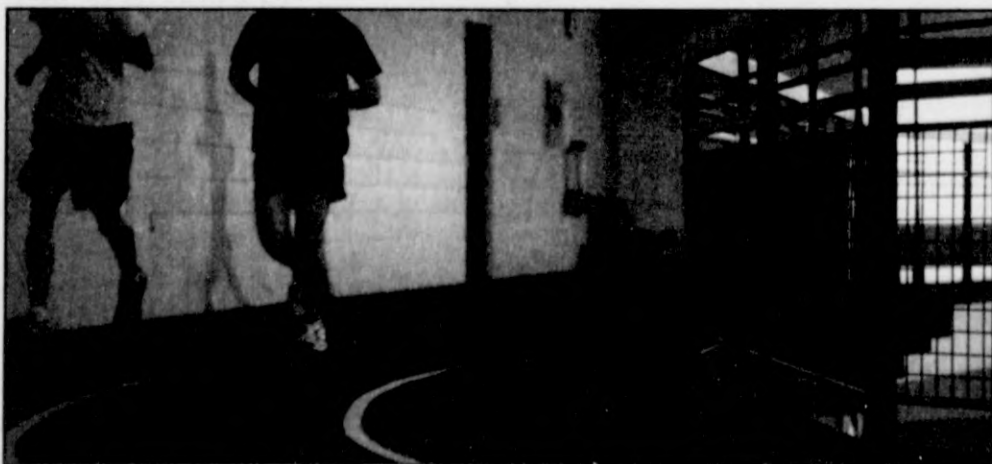
"I take the land and spin classes offered here and also play tennis in the summer."

Faith Richards
Senior
Nursing
Hudsonville, Mich.



"I work out at least three times per week — just trying to work out a lot."

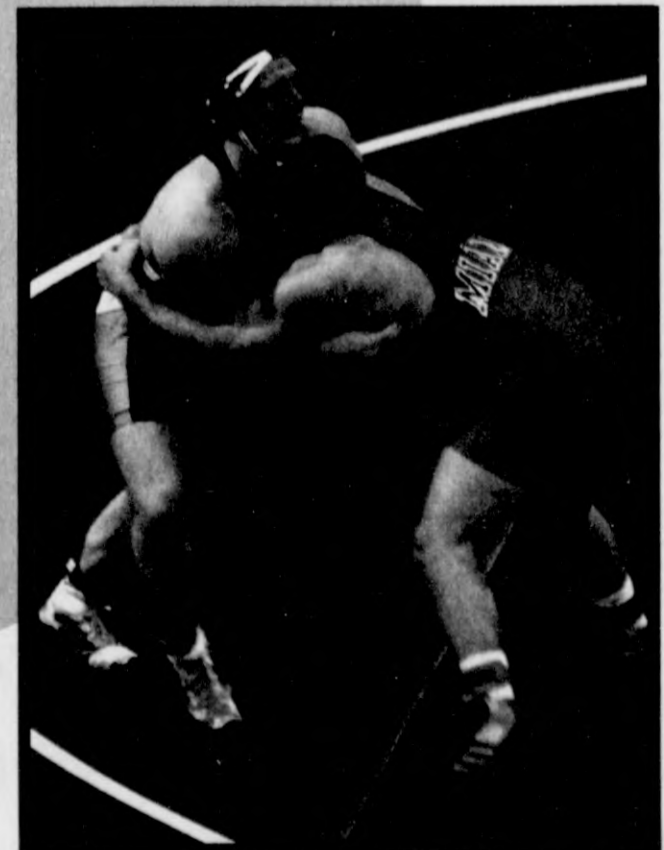
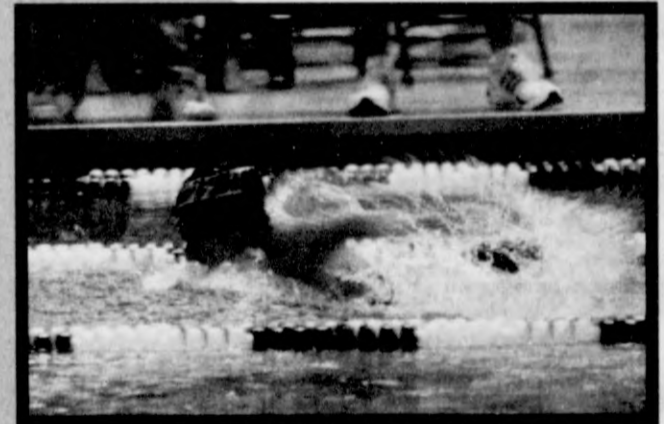
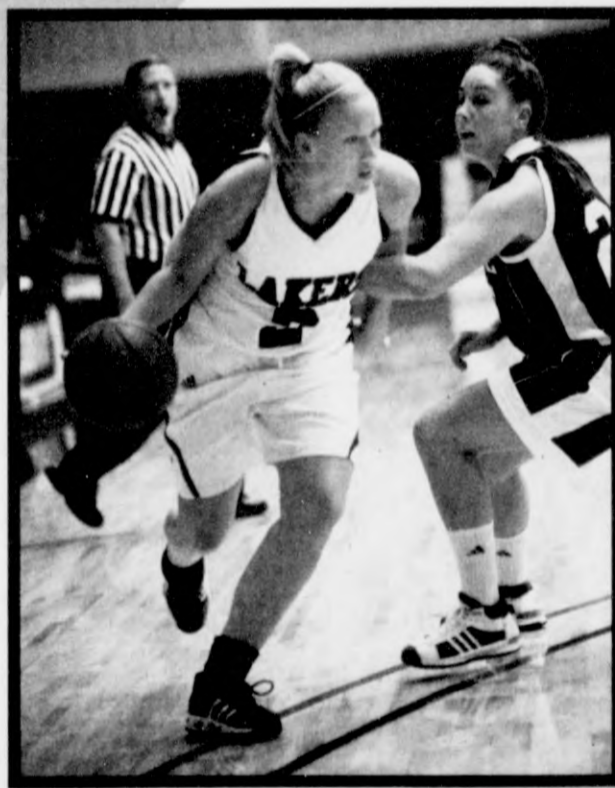
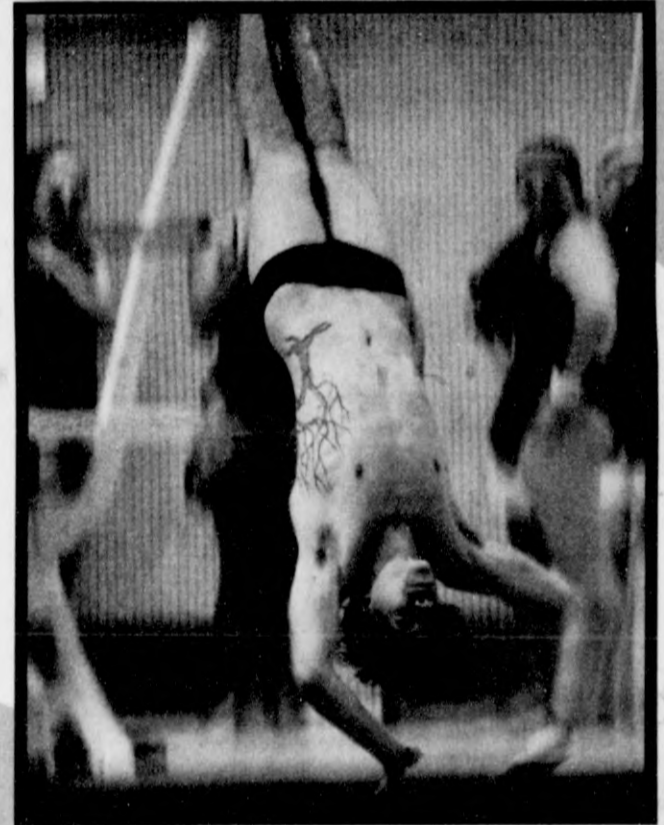
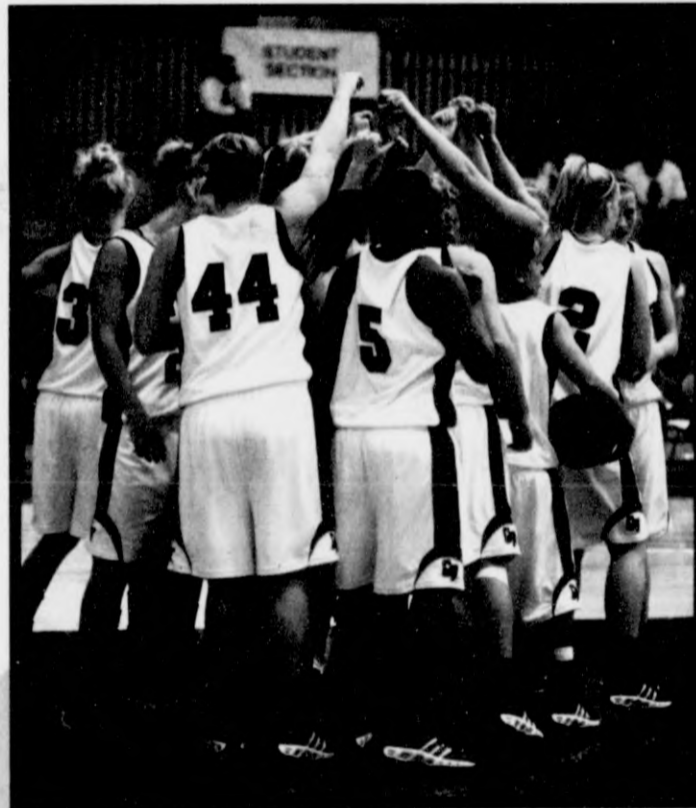
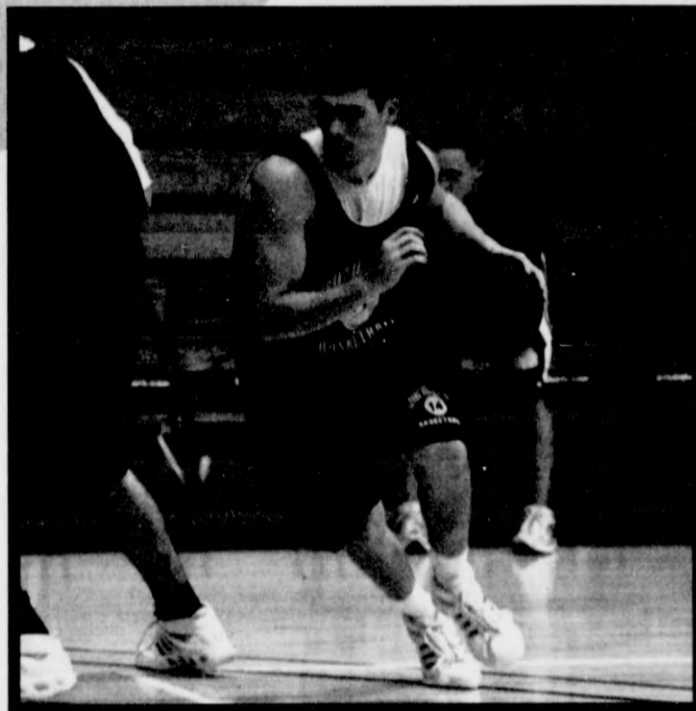
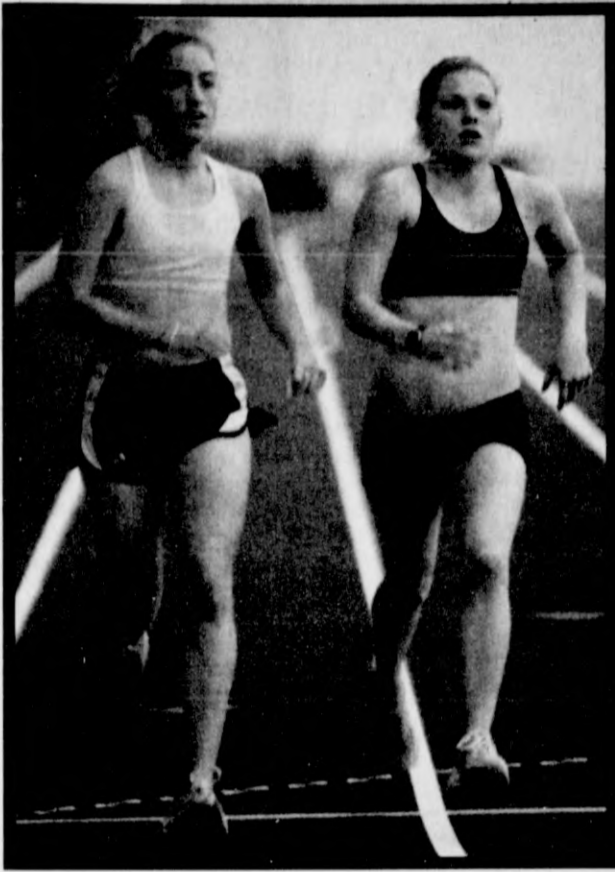
Shingi Mavima
Junior
International Relations
Harare, Zimbabwe



GVL Archive / Katie Hamilton

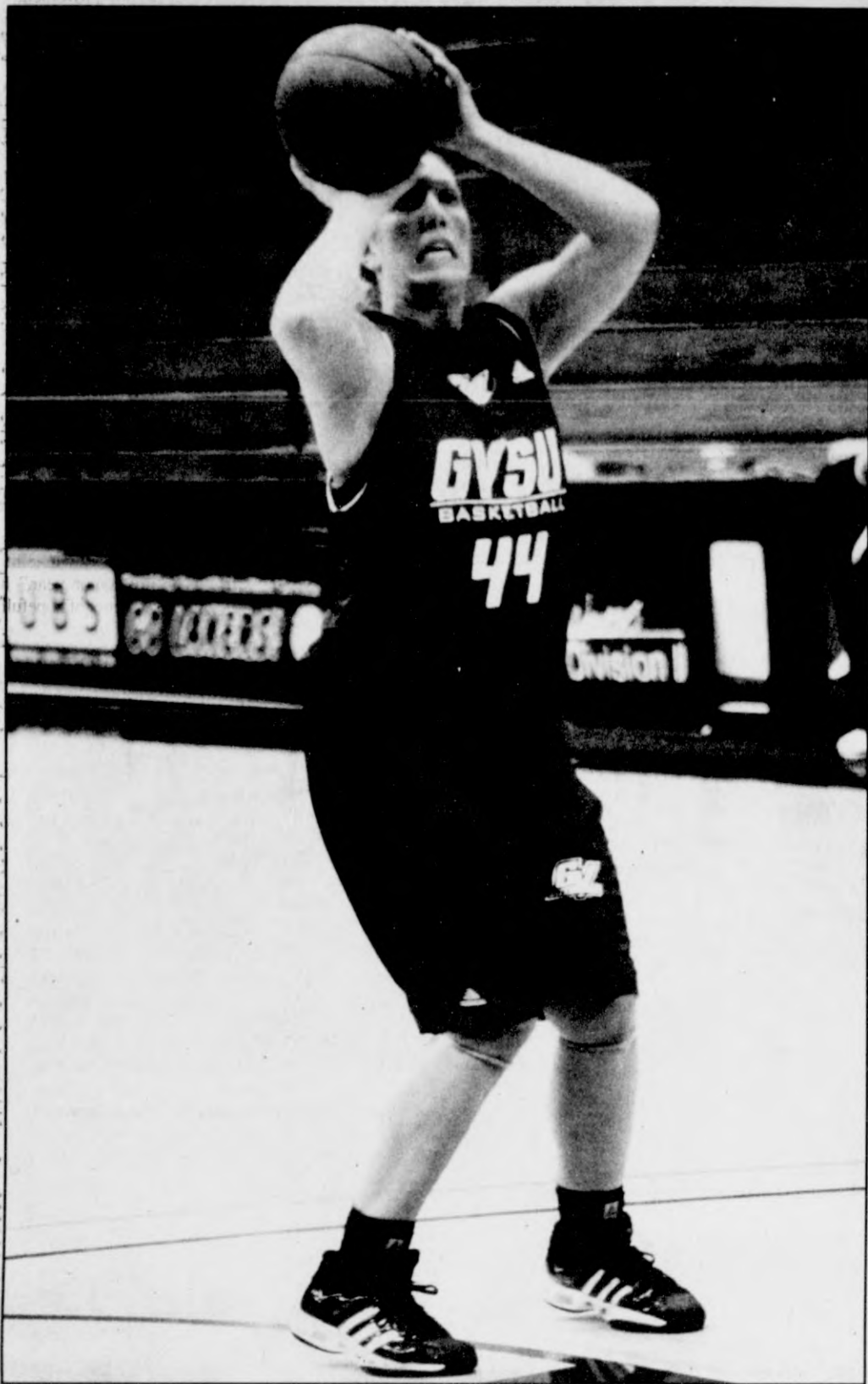
Run around: GVSU students run on the indoor track to stay fit this semester. "Run With Us" is a program offered by the GVSU Health and Wellness Center to encourage students to get out and run together to stay in shape.

Winter 2009 Sports Preview



Grand Valley State University

Women's basketball shoots for ring, banner



GVL / Bri Goodyear

Aim: Junior Lauren Buresh sets up for a basket during Tuesday afternoon's practice. The Lakers face SVSU tonight at University Center.

By Emanuel Johnson
GVL Staff Writer

With the halfway point nearing in the women's basketball season, Grand Valley State University women's basketball coach Janel Burgess took some time to analyze her team's progression toward postseason play.

But as far as seasonal goals go, Burgess said nothing has changed.

"Our goals are to get better as a unit, play together and play hard every single night," she said. "For the most part we're at a good point in those three categories. As long as we make those our focal points, we will continue to get better every time we go out there."

Some players, however, expressed goals that hold more glorious implications.

"We all work along the same mindset," said freshman point guard Jasmine Padin. "We want the chance to become conference champs, to become regional champs, to become national champs, to come away with a

ring, to be able to walk into the arena and see our banner on the ceiling. I want to be able to tell my kids, 'Yeah, I won a national championship and I was a part of that history.'"

Heading into the beginning of the season, however, that goal seemed to be far from realized

as Burgess faced a huge issue concerning the great number of inexperienced players to join the team. Her starting five is currently comprised of two freshmen, two sophomores and a lone senior.

"The game's a lot quicker and the coaches expect a lot more out of you," Padin said. "In high school I was the big shot basketball player, but now there are people out there that have the same abilities as me. In high school you may have to watch out for one or two players, but here

everyone's a threat."

Thus far, the team has thrived from its youthful energy. Freshman guard Emma Veach is averaging 12 points and five rebounds through 10 games in the season, including a season team high 25-point performance against Ferris State University.

She has led the team in scoring three times.

Padin averages eight points per game and leads the team in assists with 38. She scored a career high 24 points against the University of Findlay and has led the team in

"I want to be able to tell my kids, ... I won a national championship and I was a part of that history."

JASMINE PADIN
GVSU FRESHMAN

scoring twice. "All eight of (the freshmen) have adjusted very, very well," Burgess said. "They're all great competitors, and that's definitely helped us. They all have the mentality that they want to be on a successful team together."

Padin said the success of the team's younger players can be attributed to its senior leadership in Kim Wyngaard, who leads the team in average scoring at 14 points and six boards.

"She's the best captain I've ever seen," Padin said. "She has all of the leadership that we need, especially with us being such a young team. When she does well, we all fall in line behind her."

Wyngaard said her biggest concern when she steps on the court is setting the tone for the course of the game.

"Five and 10 years from now I want people to be able to look back and see that my biggest concern was the team," she said. "I always wanted to make sure that I was the hardest working player on the court so that I could set the example for the other players."

The Lakers will look to build on their recent success when they take on rival school Saginaw Valley State University tonight in the first of three games away from home.

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GVL / Bri Goodyear

Practice block: Freshman Emma Veach dribbles by a block during a practice scrimmage on Tuesday afternoon. The Lakers will face off against SVSU tonight.

Men's basketball gets no free passes to tournament

By Matt Kuzawa
GVL Sports Editor

Every year, high expectations loom for each of Grand Valley State University's athletic teams as seasons ending short of a national championship are often viewed as failures.

But regardless of past success or expectations, GVSU men's basketball head coach Ric Wesley said his team still has to earn their way to the big dance.

"I know we have a high standard here, but we can't just show up because we're Grand Valley and think that we're automatically going to get into the NCAA tournament," he said. "To think that we would get back to the Elite Eight with four new starters would have been an easy thing to say, but I don't know if that would have been a realistic goal. If we get to the NCAA tournament, that would be a tremendous accomplishment for this group."

After two early season losses for the 8-2 Lakers, the team has rebounded with a pair of wins. Wesley said the team has made slow progress, and he feels better about the team now than he did at the start of the season or even just three weeks ago.

"That's the great thing about athletics - it's a journey that you go on every year," he said. "You start down that road and there's bumps and turns in (it). How you navigate and how you get through them ultimately determines what the season is like. We're still right in the middle of it. We've got to keep going, anticipate what lies ahead."

With close to 30 games on the schedule, sophomore center Mike Przydzial said players will get tired or drained out, so it is important to communicate and pick each other up.

"I think if we don't stay connected with each other, that's the one thing that could really bring us down," he said. "The coaches are always telling us how important communication is. That's something that can carry us throughout the season."

To do that, Przydzial said on the court everyone must have high

intensity with continuous talking. And even staying connected off the court by hanging out with each other or going to get lunch together really helps.

"The past few games, the past few weeks of practice we've been coming together and really meshing as a team," Przydzial said. "I think if we continue to do that the possibilities are endless, anything can happen."

Coach Wesley said the key to success is continuity and the more the team works together the better it will get.

"It's not like track or cross-country where you can run as fast as you can, no matter what your teammate's doing," he said. "It's definitely more like a relay race. You've got to all work together. Some of that is through repetition;

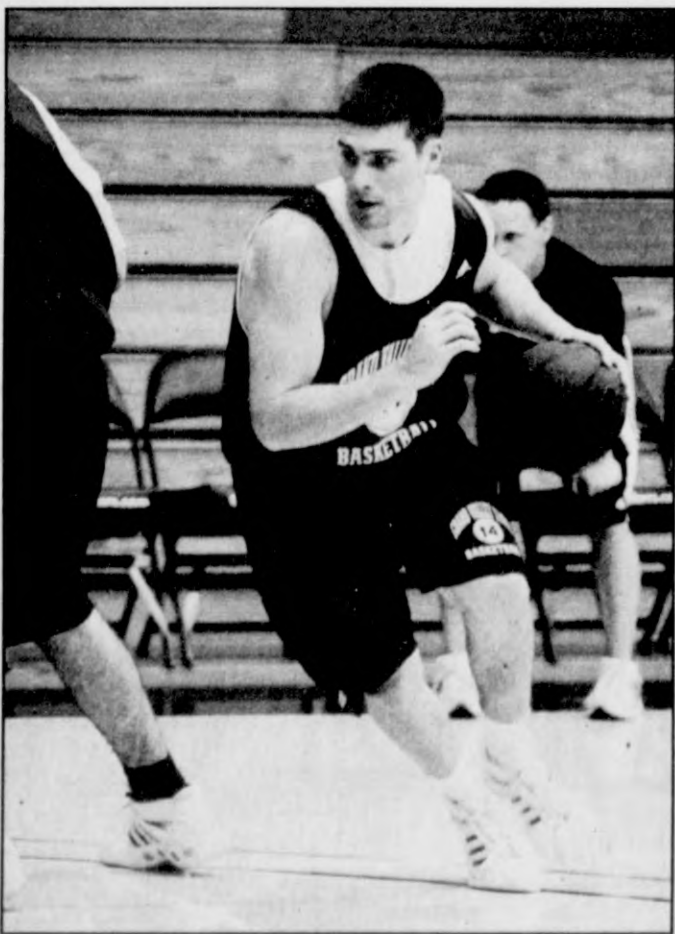
a lot of it is through game experience."

Sophomore center Anthony Ianni said it is particularly important to gain the experience now, to prepare the younger players for next season.

"As we lose our seniors, our freshmen are going to have to learn to step up," he said. "We need to keep working together. The more hard work we put in with each other, the better we're going to be on the court. That's going to be big for us in the future."

The Lakers will travel to face Saginaw Valley State University tonight before a long trip to the Upper Peninsula to take on Lake Superior State University on Saturday.

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GVL Archive

Traveling around: Sophomore Justin Ringer dribbles toward the basket during practice in the Fieldhouse. The GVSU men's basketball team will play at SVSU tonight.



Left: (left to right) GVSU freshmen Amy Kolin, Jessie Vickers and Megan Macerati lead the pack during track practice at the Fieldhouse Tuesday. The women's track team has an upcoming meet at 6 p.m. today and 11 a.m. Friday.

Right: GVSU sophomore Nate Miller does high jump training during track practice at the Fieldhouse on Tuesday. Miller was one of three Lakers who qualified for nationals.

GVL / Andrew Mills



New turf gives track, field team leg up over regional competition

By Grant Wieman
GVL Staff Writer

The Lakers enter the 2009 indoor track and field season with lofty goals, matched only by the pole vault runway to be set up in the middle of the new Laker Turf Building.

The raised approach is one part of the state-of-the-art facility that will allow the Lakers to host a total of seven meets.

"We've got the best show in town - no secret," said Ray Williams, Grand Valley State University sprint and hurdle assistant coach. "The new facility is immaculate, it's incredible."

In addition to the almost full-length field, the new building houses a 300-meter track, separating GVSU from other indoor facilities in the region.

Williams, who has been involved in track and field at all NCAA levels, compared the Turf Building to a national championship-level facility. Only the University of Notre Dame, University of Akron, University of Kentucky and Iowa State University have 300-meter indoor tracks, but few are as spectator-friendly as GVSU's, Williams said.

After finishing fourth in men's and sixth in women's

last season, the Lakers are hoping to use the new site to launch a run at postseason glory.

"In the nine years that I've been here we've never not won an indoor conference championship," said GVSU head coach Jerry Baltes. "We want to keep that going."

To do that, Baltes said his coaches will try to take pressure off individuals.

"We really stress the team aspect of track," he said. "We want to have that team synergy. It's definitely a focus of ours."

The team may be more important to GVSU's men, who are talented but lack some experience.

"We're pretty young but we have some heavy hitters," said distance assistant coach Joe Lynn. "We'll lean on a few guys: Todd Schuster, Bryant Wilson - they've been through it, been through some wars."

Lynn said the men would be happy to match last year's fourth-place national finish.

However, the women are in a different situation.

"On paper all the tools are there," he said. "I think we're pretty balanced across the board. We return with a lot of experience, especially national championship experience. We've got to be looking at the big picture, not just settling for top five

or six, or getting a trophy, but focused on getting the national championship."

After hosting a non-scored event in December, the Lakers continue the drive this weekend. The GVSU Laker Early Bird meet will take place today and Friday, starting at 4 p.m.

each day. "We have every anticipation of it selling out, or coming close to it," Lynn said.

The Turf Building will have its biggest event Feb. 13-14, two weeks before the GLIAC championship, when the Lakers hope to post national qualifying times to take pressure off during the stretch run.

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"We've got the best show in town - no secret. The new facility is immaculate, it's incredible."

RAY WILLIAMS
GVSU SPRINT AND HURDLE ASSISTANT COACH



Cut off: GVSU player Mike Slifco skates toward the puck as Central Michigan University player Nick Kent chases after him in a past game at 52 Arena in Kalamazoo, Mich. GVSU lost to CMU in overtime 4-5. The Lakers will face CMU again, as well as MSU and Ferris State University in January weekend games.

Big games loom for hockey team

By Jared Greenleaf
GVL Staff Writer

As the second half of the season begins, the schedule is a grind for the Laker men's hockey team in their pursuit of a league championship and perhaps a national championship.

The Lakers will have no weekends off in January and are pitted against ranked conference opponents and league rivals, such as Michigan State University, Central Michigan University and Ferris State University.

"Central and Ferris have both been playing great hockey and are ranked 12 and 13," said Grand Valley State University head coach Denny McLean. "It's important to come out prepared for these teams and to not take them lightly. These games are very big for us because it has a huge effect on seedings heading into the playoffs."

A statement series could come on Jan. 30-31 as GVSU hosts the defending national champion, Davenport

University, who swept the Lakers with 6-4 and 9-4 victories in October.

"It's always exciting to play a team like Davenport," said senior defenseman Andy Dykstra. "Davenport will be a big series because they are our cross-town rivals, and it will also be extra motivation to play them because they are the defending champions." McLean said this time around the team should be ready for the Panthers.

"I believe our top players match up well with their top players and we are deeper on defense and our forward lines," he said. "The main key is that we need to stay mentally tough, and if we do that we should

have success."

In February, the Lakers will travel to Atlanta to play in the Southeast Regional Shootout, with opponents such as Boston University, Liberty University

and the University of North Carolina.

McLean added the trip will be a fun one for his team.

"This will be a good trip for us in terms of team camaraderie," he said. "It will be nice to get away for the weekend and have the

team come together, have a good time and play well on the ice."

The Lakers round out February with games against Wright State University and Oakland University before beginning the GMHL playoffs

in March.

One player looking to repeat from a solid first half performance is sophomore Scott Rood, who was sidelined most of last season with a broken collarbone.

"After my injury, I just stayed focused and it really has helped me on my success," Rood said, who tallied 12 goals and nine assists through the first 16 games.

Rood also credited his linemates — brother Brandon Rood, a senior, and sophomore Ryan Welch — for his recent success.

"We played so well together and we never really lost focus throughout the first half," he said.

Rood added even with the success he has had, it is important for the team to accomplish goals.

"We need to continue to play well and win the GMHL championship," he said. "It's important for us to stay motivated and play together, so we can make that happen."

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"It's important to come out prepared for these teams and to not take them lightly. These games are very big for us because it has a huge effect on seedings heading into the playoffs."

DENNY MCLEAN
GVSU HEAD COACH

'Gritty' wrestlers look to bounce back from injuries

By Matt Kuzawa
GVL Sports Editor

With injuries plaguing veterans in the first half of the season, the now healthier Grand Valley State University wrestling team hopes to build on the experience gained by younger wrestlers in the coming months.

After winning three consecutive NCWA National Championships and five in the past eight years, the team looks to regain that championship caliber swagger, despite injuries at key starting positions.

The health of the team is especially a concern considering the youth and inexperience of the squad. With key injuries to a few All-American wrestlers, the freshmen on the squad were forced to learn on the fly.

"We're going to go through some growing pains but we have a talented group of young guys that's hungry and really want to get better," said GVSU head coach Rick Bolhuis.

To teach the freshmen, the coaches match up, where weights allow, an experienced wrestler with some of the younger guys, Bolhuis said.

"Wrestling with somebody that has experience is one of the best ways to learn," he said. "If you're getting beat up every day by somebody that's older than you, you're either going to get better or you're going to go home. Our kids have responded well to that."

Senior Richard Doherty said if there is one downfall for the team this season, it will be their inexperience on the mats in what he called "making freshman mistakes." The upperclassmen can correct those mistakes by pulling them aside after a match and telling the young wrestlers

where they need improvement. "We have a lot of starting freshmen but they're learning real fast," Doherty said.

Even though some wrestlers are nursing injuries, if the team needs them, they are willing to step in, Bolhuis said.

"We have a bunch of really gritty guys," he said. "Some of the guys hinted at if we would have needed them in December then they would have wrestled. But December didn't matter, what matters is in February and in March more than anything else."

Senior Ryan Lancaster, an All-American at the 235-pound class, has been out with a knee injury for about a month. He said he took some time off to see what was really important in his life, and it was wrestling, so he is going to stick it out no matter what.

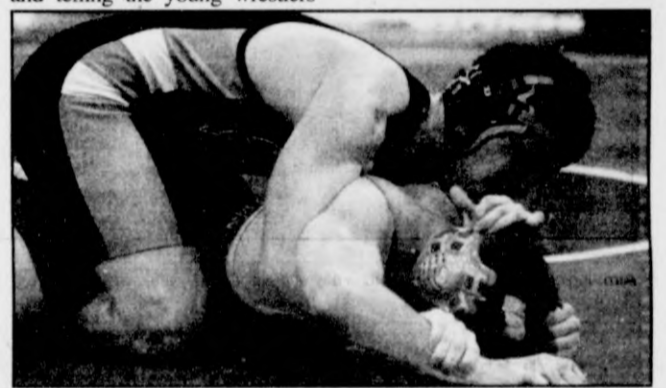
"It's one of those things where I've been doing it my whole life, and this is my senior year," he said. "It's not a matter of hopefully I can do it; I have to do it. This is it. This is my last dance."

The Lakers have a few upcoming matches that could determine the direction the team is headed.

GVSU will host the Olivet Duals at Allendale High School on Jan. 25 before preparing for the NCWA National Duals in Murfreesboro, Tenn. on Jan. 31. Lancaster said the NCWA Dual is usually a good indication of who will contend for the national championship in March, adding, he likes their chances this season.

"We are just as good as we were last year, and I think the competition is weaker than last year," he said. "So I definitely think we're in the hunt. What they lack in experience, they make up for with intensity."

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Pinned down: GVSU wrestler Chris Eggleston competes at the North Central Conference Championship held at GVSU in 2007. The wrestling team gears up to host the Olivet Duals at Allendale High School on Jan. 25.

Swim, dive stroke for GLIAC

By Grant Wieman
GVL Staff Writer

Grand Valley State University's swimming and diving team is riding its best start ever in school history. The Lakers hope to make a run at the conference and national championships, and begin the second half of the season Friday with a dual-meet against conference rival Wayne State University.

Here is how they plan to get it done, including a run-down of the races, scoring and qualifying rules.

The Race

Swimmers compete in four different strokes — freestyle, butterfly, backstroke and breast stroke. Races range from 50 yards to 1,000 yards. The Lakers, as is typical with all colleges, compete in a 25-yard pool. This differs from the 50-meter pool seen in the Olympics.

"Swimming here in a short course, you have to have a better start and a better turn," said GVSU head coach Andy Boyce.

Senior Eli Frans, a backstroke and freestyle sprint swimmer, has spent time swimming competitively in a meter pool, but uses the shorter pool to her advantage.

"For me it's more exciting for a shorter distance," she said. "... it gives swimmers more opportunities to use their walls to go fast."

Scoring

Points are awarded based on the order of finish. In a dual-meet, three swimmers from each team

compete in the same race. Because of the points, a team that takes first place in a race automatically scores the most points in the event in a dual-meet. This is a detriment to GVSU because the school's greatest attribute is team depth.

"That's one thing we have on our team is a lot of depth," Boyce said. "We may not have the strongest dual team, but we should do well at the conference championships."

At the GLIAC or national championship, a team that places three swimmers in the top eight can outscore a team that wins the race.

For divers, scoring is done by judges. Dual-meets have three judges, each of them score counting. At the GLIAC championship, seven judges will score each dive, with the top two and bottom two scores being thrown out. Dives get scored, and then multiplied based on difficulty. The higher the score for a dive, the better.

In most cases, judges are the diving coach for both schools and a third official. Athletes report to the scorer the type of dive they will do in advance. GVSU diving coach Josh DeVries said judges look for completion of the attempted dive, height, tightness

of the body and entry.

"High scores come from all of that combined," DeVries said, adding he prefers coaches' judging to officials'. "It's been my experience with officials that they don't know how to judge a dive. They're so much better at the swimming part. Some are pretty good, but for the most part I would rather have coaches judge."

Qualifying for Nationals

To compete at the national championships, held in Houston on March 10-14, swimmers and divers must achieve a qualifying time (score).

The times are predetermined before the season. For individual swimming events, there is an "A" standard time and a "B" standard time. If an athlete meets the "A" standard in any event, he is eligible to compete in nationals in that event, as well as all of his "B" events, but a swimmer must have at least one "A" time to go.

Relays have only an "A" time, but swimmers who qualify with an "A" relay time are eligible to compete in "B" individual races.

The Lakers currently have eight men and six women with "A" times, and Boyce said they hope to qualify a total of 24 athletes, which would surpass the

previous school record of 16 set last year. No school can qualify more than 18 men or 18 women.

For Frans and other swimmers, winning a race can become less important than getting a fast time.

"You really only can work for yourself to prove that you can do it," she said. "I can get last and get a personal best and be ecstatic."

The Lakers host the GLIAC championship at Jenison High School on Feb. 11-14.

gwieman@lanthorn.com



Sure strokes: The GVSU swimmers and divers compete against Hillsdale and Lewis colleges during a previous meet in the Allendale Fieldhouse. The next home swimming and diving meet is Friday, where the Lakers will face Wayne State.

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WGVU's GM reflects on 2008, plans for 2009

Walenta discusses preparations for digital conversion, new WGVU shows

By Jessica Pawlowski
GVL Senior Reporter

The Lanthorn recently spoke with Michael Walenta, general manager of WGVU, to reflect on 2008 and discuss the station's plans and goals for 2009. WGVU is a TV and radio station whose mission is to provide educational, informative and entertaining programs and events to the West Michigan community. It is a service of Grand Valley State University.

Lanthorn: How did everything go at WGVU in 2008?

Walenta: It was overall a very good year. We did as well as anyone else could given the economy and how the economy is affecting nonprofits across the country.

Lanthorn: What is the biggest thing WGVU accomplished in 2008 or something the station is most proud of?

Walenta: I think we are, as a whole, most proud of the fact that we are ready for the digital

conversion on Feb. 17. We have maximized both of our broadcast channels—both the Grand Rapids and Kalamazoo signals. We have AM/FM radio in the Muskegon area, and the Grand Rapids area is doing well. I think we're doing extremely well in all digital technologies coming forward.

Lanthorn: What are WGVU's plans for the new year?

Walenta: We keep raising the flag on digital conversion. One concern is approximately 30 percent of people in West Michigan receive broadcasting over the air. For those who don't understand they need to get a digital conversion box, they will receive no channels, (and) they won't get WGVU.

There is also a new show coming in September. It is six nights long, two hours a night. It will deal with national parks. We are very excited about this and how we are going to move forward with this show and this

opportunity. It's called "Ken Burns National Parks." His father worked at GVSU. He does long form in-depth programs on different topics.

Lanthorn: What changes will be made to the station in 2009?

Walenta: Since Dec. 17 1972, we have broadcast on Grand Rapids WGVU-TV Channel 35 and WGVK-TV Channel 52. Following the digital transmission those channels will cease to exist in West Michigan. That is the single biggest change we will make.

Lanthorn: What are you most looking forward to in 2009?

Walenta: (We are looking forward to) the smooth transition to the digital transmission, the economy picking up again (and) hoping the auto industry picks back up again. For our general funds, we only receive 9 percent from Grand Valley, 15 percent from the government, 11 percent local and 65 percent from the West Michigan people. Luckily,

"I think ... as a whole ... (WGVU) is most proud of the fact that we are ready for the digital conversion on Feb. 17."

MICHAEL WALENTA
WGVU GENERAL MANAGER



Courtesy Photo / Grand Valley Magazine

WGVU: Michael Walenta is the general manager for WGVU, a TV and radio station that is offered as a service of GVSU.

up to this point people have been very generous. We try to help out other nonprofits. We do a live call-in talk show every day of the week—it's a great way for us to get the word out in what's going on in their organizations. We do a live call-in show called "Ask" to help people learn more about what's going on locally. We do a "News Makers" show, (and) there are elected officials on that program as well. There is also a "West Michigan Week" show we

do every Friday.
Lanthorn: Does WGVU have any goals it hopes to reach during the new year?
Walenta: We've been very actively involved to get our membership base to grow—to bring more people who set aside public television and remind them we are still here, we still need their help. We need people to help us help them. If everyone who watches just made a small donation we would be where

we need to be. We certainly would like to do some more local programs. We won Emmys on a program we did on the Holocaust. We are bringing one (Holocaust) survivor to Grand Valley at the end of January. There will be two presentations in the Cook-DeWitt Center and one presentation in (the) DeVos (Center)—Jan. 27, 28 and 29. (The program) has been on PBS and it started it here locally.

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New music fraternity to come to campus

By Haley Otman
GVL A&E Editor

Liliana Guerrero is hoping to be an official member of Sigma Alpha Iota this summer.

The group is in the process of becoming Grand Valley State University's newest music fraternity, and currently has 11 committed members.

"We're not even an official chapter (of SAI) yet," said Renee Boltze, because the group needs 15 members before it can get colonized.

Boltze, who is very interested in music, attempted to start a GVSU chapter of SAI during the 2007-08 school year, but it did not get off its feet until fall 2008 when Guerrero came onboard.

An important step to becoming a new chapter of the music fraternity is to host a visit from a representative of SAI's national headquarters.

Jan Tietsort, an SAI province officer who was initiated into SAI in 1987, came to talk to the 11 women about colonization Tuesday evening.

"It's about music, but it's about sisterhood too," Tietsort said of the women's fraternity.

All of those women interested came with a love for music, but each had her own specialty. There were composers, vocalists and women who played instruments.

Boltze said she cannot wait to begin sharing her love of singing and the violin, not to mention involving the whole community through philanthropy.

SAI chapters send musical instruments and scores to schools in other countries that do not have the ability to purchase them.

The fraternity also helps its own members by giving out scholarships and assisting them with loans.

Guerrero said she is extremely excited about the prospect of

earning a scholarship from SAI and believes it could be a reason to persuade other women to join.

"The only requirement is that you have a music credit and a 2.5 (GPA)," Guerrero said.

She was proud of the number of women she had rounded up who are as interested in music as she is, but said the group's largest problem is getting to 15 members so it can officially become a chapter of SAI.

Guerrero wanted to re-invigorate the fight to bring SAI to GVSU this year because all other universities in Michigan with really good music programs have an SAI chapter, she said. Guerrero has also created a Facebook group and posted flyers around campus to attract interested women.

Marlen Vavrikova, a GVSU assistant music professor who teaches oboe, joined as the group's adviser.

Tietsort said the group will have to turn its petition in by Feb. 1 to have a spring initiation, but since there are not enough members they will wait until the summer.

SAI was founded in 1903 by seven women who were graduate students at the University of Michigan's Ann Arbor Campus. More than 100,000 women have since been initiated into the fraternity.

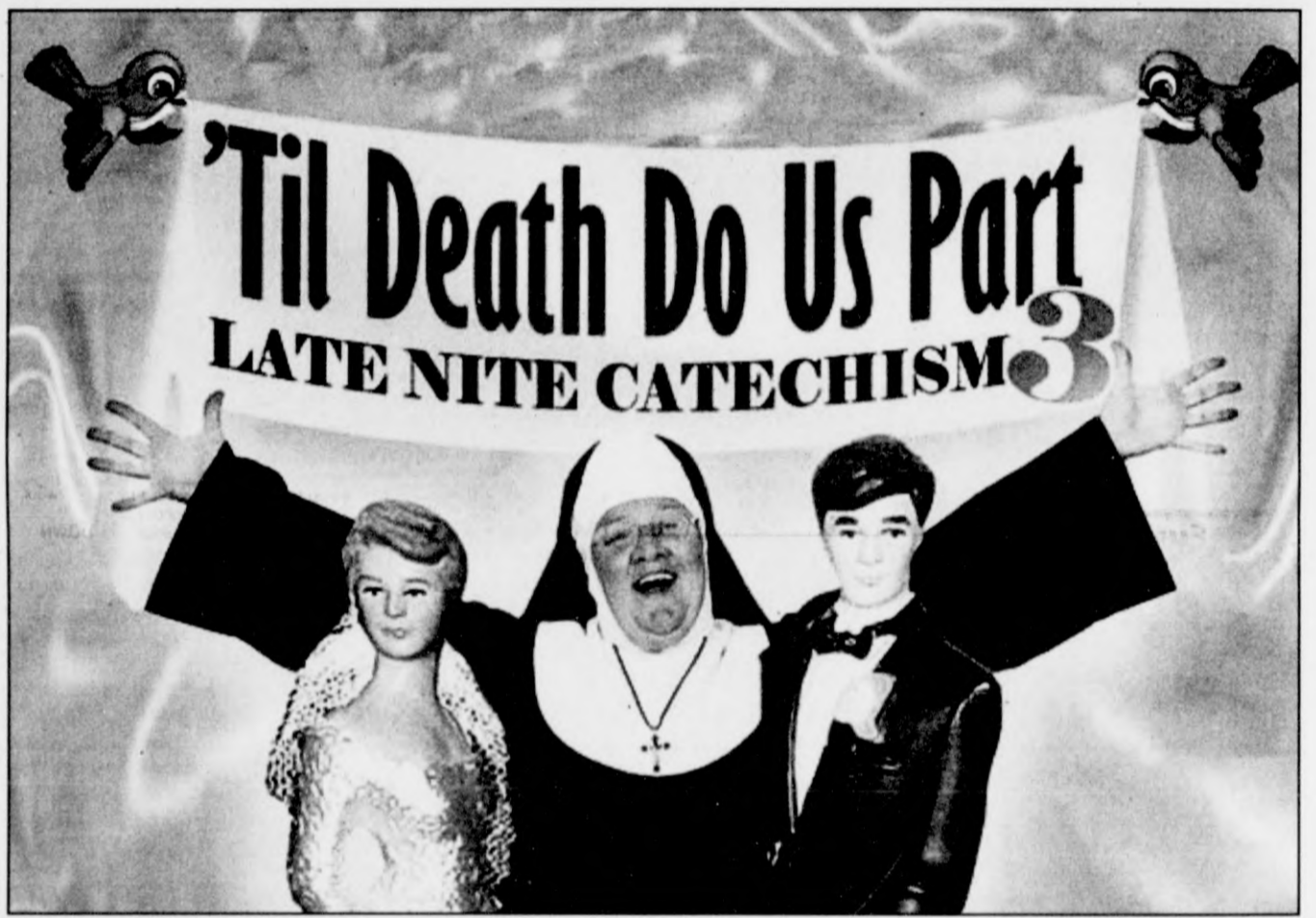
"I think that's the coolest thing ever (that SAI was founded in Michigan)," Tietsort said.

Boltze said a main reason she hopes to see SAI initiated soon is to get all of the women who love music together.

"They just blossom," said one SAI alumna in an SAI information video.

The group meets at 8 p.m. every Wednesday in the choir room of the Performing Arts Center on GVSU's Allendale Campus.

arts@lanthorn.com



Courtesy Photo / www.circletheatre.org

Catholic comedy: "Til Death Do Us Part: Late Nite Catechism 3," one in a series of popular Late Nite Catechism comedies, will be shown through Sunday at the Aquinas College Performing Arts Center. The show is sponsored by the Circle Theatre and part of the proceeds will go to local Dominican orders.

Late Night Catechism explores stand-up matrimony

By Liz Reyna
GVL Staff Writer

Who says there is no such thing as a funny nun? Whoever said it should check out Late Night Catechism 3.

As part of the wildly popular LNC series, "Til Death Do Us Part," is writer Maripat Donovan's latest piece. It aims to teach students about the Catholic faith in a funny and entertaining way.

Donovan, who also plays "Mother Superior" in this one-woman show, will teach humorous lessons on the sacraments of marriage and the last rites, which are important parts of Catholicism.

Because each show is meant to be unique, audience members are encouraged to participate as the "Sister" performs her own version of the Newlywed Game.

"We have done the two other productions of Late Night Catechism in the past, including the Christmas version, and found they were very successful in the past so that is why we choose to have this event," said Lynne Brown Tepper, production manager at the Circle Theatre.

She added the event is not only a way to better their own and Aquinas' operation, with proceeds going to the Performing Arts Center, but also a way to work with the local Catholic community—part of the proceeds will go to local Dominican orders.

And because the 1.5-hour

show is mostly improvisation, Brown Tepper said students will get a good laugh while also helping out their community.

"It is really funny," she said. "And truthfully, I have seen people of all ages really enjoy this."

Sheldon Kopperl, Grand Valley State University professor who teaches classes on science and medicine in the Bible and post-Biblical Jewish texts, said the event might be a good learning experience for many students.

"Late Night Catechism provides an environment (which) is very informal and non-threatening and uses humor to introduce various aspects of the religion, but might also raise questions in many students (which) could serve for discussion," Kopperl said.

And as an event hosted by Aquinas College, Kopperl said he hopes the show presents religion in a favorable light, because although laughter is a good medium for learning, it should still be respectful.

Kopperl equated this event to the movie "Fiddler on the Roof" and said although the movie does not directly address Judaism, it certainly raises questions about the faith for its viewers. He said "Til Death Do Us Part" might do the same.

"It might raise points that students ... might want to get information about by visiting the library," Kopperl said.

Andrea Yungfer, a GVSU nursing major who attended a Catholic high school, said the Newlywed Game, although fun, might carry a stronger message for students.

"Through our busy lifestyles now the ideas of marriage and lifetime commitment have been lost and this is a way to refresh the ideas of marriage but through (humor)," Yungfer said.

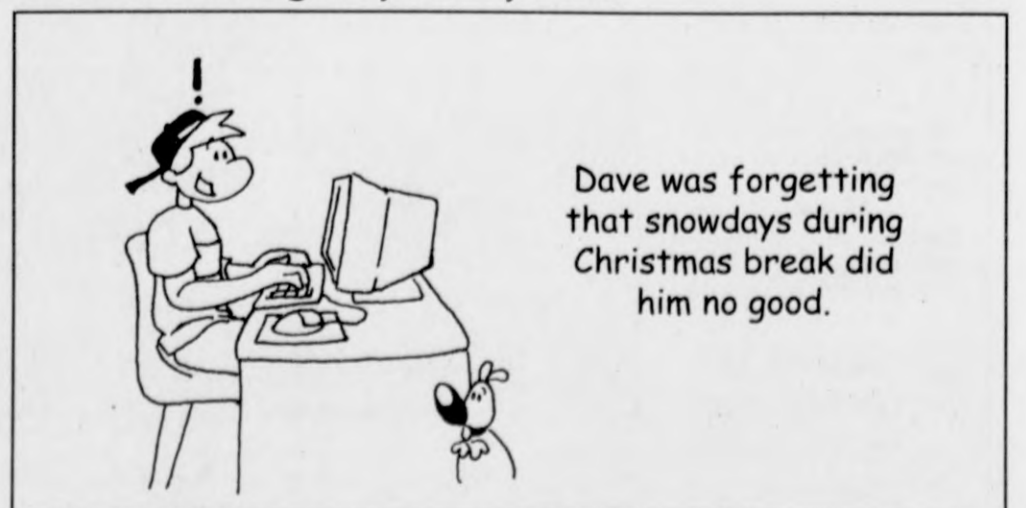
LNC3's comedy series "Til Death Do Us Part" will show today through Sunday at 7:30 p.m., with matinee performances at 2 p.m. Saturday and 5 p.m. Sunday.

Hosted at the Aquinas College Performing Arts Center and sponsored by the Circle Theatre, the event is a fundraiser for both venues.

Tickets are \$35 and may be purchased by calling the Circle Theatre box office at (616)-456-6656. For more information, visit the Circle Theatre's Web site at <http://www.circletheatre.org>.

lreyna@lanthorn.com

Dave and Doogie by Jeremy Leiter



Courtesy Photo / www.sigmaphiiota.com

CLASSIFIED RATES

DEADLINES: Noon Thursday for Monday, Noon Monday for Thursday
E-mail your classifieds: classifieds@lanthorn.com

FREQUENCY	COMMERCIAL	DEPTS/ NON-PROFIT	STUDENT ORGANIZATIONS:
2 Issues min.	60¢/Word	55¢/Word	\$5.00 per week up to 20 words,
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ANNOUNCEMENTS

Nominate deserving students for "I am Grand Valley"! Please visit www.gvsu.edu/iamgv for more information about the "I am Grand Valley" campaign and to complete the nomination form. Nominations will be accepted until November 24. Please direct any questions to iamgv@gvsu.edu.

Need to make an important announcement? The Lanthorn can help you spread the word 331-2460.

OPPORTUNITIES

Want to do some free advertising? Students and staff can submit classifieds online at www.lanthorn.com.

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SERVICES

CD/DVD Exchange on Alpine Ave. & 28th Street buys and sells games, textbooks, CDs, DVDs, and collectibles. Visit their website at www.cddvdexchanges.com

Trying to serve Grand Valley and the neighboring community? Let the Lanthorn serve you by placing your ad! 331-2460.

EMPLOYMENT

Hiring? Get in touch with thousands of people who may be looking for work! Contact the Lanthorn at 331-2460.

Perfect job for student! Child care needed in East Grand Rapids home. M-F 2:30- 6 PM. Two children. CPR, first aid a plus. \$10/hour. Call 616-608-6784.

MISCELLANEOUS

Looking for up-to-date news and events? Look no further! Come check us out on the web at www.lanthorn.com. If your student organization has something to say, post it with us! We keep you informed. For contact information feel free to e-mail lanthorn@gvsu.edu or call 616-331-2460.

ENTERTAINMENT

Thursday Jan. 8th, 8 PM. Grand River Room. The Interfraternal Council is showing the BCS Championship game on a big screen. Free pizza, raffle for Xbox 360.

Have an upcoming event you want to publicize? Submit your event to our free entertainment calendar online at www.lanthorn.com.

WANTED

Need help? Find it by running an ad in the Lanthorn! Call 331-2460 to get started today.

HOUSING

Whether you're selling, leasing or sub-letting your home, let the Lanthorn help! Give us a call at 331-2460 and let people know what deals you have to offer!

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FIRST MONTH FREE! Female sublessee needed ASAP in Hillcrest Townhomes. Contact Shelby @ 616-566-8559 if interested!

Bedroom for rent in Allendale house. \$450/month (one person) or \$300/month (two persons). Includes all utilities. Females only, no smoking, no pets. Call 616-460-4639.

Looking for a new roommate? Placing an ad in the Lanthorn is a great way to reach students who need a place to live. Call 331-2460 to set up your ad!

BIRTHDAYS

What better way to show your friends that you care about them on their birthday than wishing them a happy birthday through us? Let the Lanthorn know about your friends' birthdays and we will advertise a message to make this birthday one they won't forget. 331-2460.

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Missing car keys? Found class notes or a student ID? Advertise with us at 331-2460 and let the Lanthorn help you find what you're missing.



Super Crossword FOREIGN FILMS

- | | | | | | |
|-----------------------------|-------------------------------|-----------------------------|----------------------------------|--------------------------|-----------------------------------|
| ACROSS | 56 What a feller needs | 102 On — (doing great) | 7 Contemporary | 42 DEA officer | 84 Chilean pianist |
| 1 Voucher | 57 In-your-face item | 104 Down meas. | 8 "Don't touch my bone!" | 43 Theatrical Joseph | 87 Without reservation |
| 5 Plane place | 58 Dancer | 105 Clone | 9 Ginger — | 44 Literary pseudonym | 88 Bonaparte's buddy |
| 11 Big bargain | 60 Pamphlet | 106 A Bobbsey twin | 10 Dollars for quarters | 45 Thrill | 89 Ward (off) |
| 16 "Major Barbara" monogram | 63 Floor covering | 109 Intense | 11 Audiophile's equipment | 48 Motorcycle feature | 91 Shoe width |
| 19 Clair or Coby | 64 Hoarder | 110 — Claire, WI | 12 Eastern "Way" | 49 Wagon part | 94 Farm feature |
| 20 Swimmer Gertrude | 66 Taxing time? | 112 "Blueberry Hill" singer | 13 Wee one | 52 Marsh sight | 95 Examine |
| 21 Garrulous | 68 "I Love a Parade" composer | 114 Jane Fonda film | 14 "America's Most Wanted" abbr. | 53 Olive — | 96 PD alert |
| 22 School subject | 69 Gregory Peck film | 122 Leave out | 15 Ira Gershwin, for one | 59 Monty's milieu | 99 Forsyth's "The File" |
| 23 "Bus Stop" playwright | 74 Jeweler's weight | 123 Fireworks reaction | 16 Libreville's land | 60 '82 Jeff Bridges film | 100 Firstborn |
| 24 Peter O'Toole film | 76 Exodus figure | 124 Gives the green light | 17 Escort | 61 Volcano | 101 Rock's — Speedwagon |
| 27 Medal material | 77 — "Butterfly" ('66 hit) | 125 Pageant props | 18 Command to Fido | 62 Clerical garb | 102 Blessed sound? |
| 29 Pine product | 80 Ken of "Hill Street" | 126 Misplace | 25 Immobile class | 63 Baseball's Speaker | 103 Mercedes of "The Fisher King" |
| 30 Incongruous state | 81 Conductor's concern | 127 Neighbor of Ger. | 26 "La Rondine" rendition | 65 Genghis — creator | 106 Shatner co-star |
| 31 Command to Fido | 83 Endangered herbivore | 128 Actress Davis | 28 Energy | 66 Curly coil | 107 Absinthe ingredient |
| 32 Eventually | 85 Solidify | 129 Least conventional | 33 "For shame!" | 67 Supportive of | 108 Famous |
| 37 Where the buoys are | 86 In error | 130 — in-the-wool | 34 Alberiz or Asimov | 68 Blue hue | 109 Perched on |
| 39 Glaze | 87 Twisted | | 35 Penpatetic Polo | 70 Tasty tuber | 111 Proverb preposition |
| 40 Judy Davis film | 88 Way over yonder | DOWN | 36 "Gracious me!" | 72 Agt. | 113 Shape |
| 43 Jury member | 90 Little laugh | 1 Corn holders | 38 Pitch in | 73 Got off | 115 Turner or Pappas |
| 46 Mr. Miyagi's forte | 92 Kyser or Starr | 2 Matisse or Rousseau | 39 Numskull | 74 Quiche | 116 Rob Roy's refusal |
| 47 Emcee's site | 93 Rushes | 3 Gold brick? | 40 Onassis' nickname | 75 — Romeo | 117 Writer Rand |
| 48 Spigot | 95 Giza god | 4 "— Wolf" ('85 film) | 41 Catchall abbr. | 78 Swerve | 118 "— not!" |
| 51 Kindred | 97 Raison d'— | 5 Montana's capital | | 79 Gen. Robt. — | 119 Math abbr. |
| 54 Aussie rockers | 98 Bob Hope film | 6 Penodontists' org. | | 81 Experiment | 120 Vein contents |
| 55 Plant disease | | | | 82 Checked out | 121 Bell and Barker |

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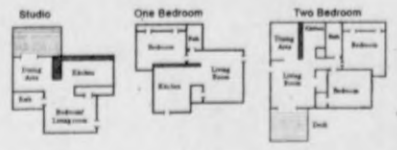
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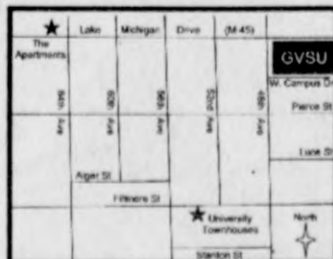
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Grand Rapids Symphony to showcase 'Wonder of youth'

performances, which are part of the Grand Rapids Symphony's "Wonder of Youth" series.

"We encourage GVSU students to participate in these performances," said Carol Tanis, public relations manager for the Grand Rapids Symphony. "This is a great opportunity for students to experience live music by a full-time professional orchestra."

In 2007, the Grand Rapids Symphony received a Grammy nomination for Best Classical Crossover Album for its CD "The Wonder of Youth: A Journey Through Time and Space" and composer Deborah Henson-Cox.

The Youth Chorus and symphony will come together to perform Estonian composer Arvo Pärt's spiritual "Beata Virgo."

The Youth Chorus will also perform "The Wonder of Youth" by the same composer. The concert is the only one of its kind in the Grand Rapids area.

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Courtesy Photo / www.graysymphony.org

support from the Michigan Council for Arts and Cultural Affairs, a partner agency of the National Endowment for the Arts.

The concerts are also a part of the Richard and Susan DeVos Classical Series.

jpawlowski@lanthorn.com

Don't miss out on the night out

****The Rapid Weekend Connector (Route 50) runs until 2 a.m. on Fridays and Saturdays.**



GVSU students age 21 and older can enjoy live music every Friday and Saturday night at the Breakroom in Grand Rapids. The Breakroom prides itself on offering local talent and music to its customers, said Manager Rob Butler. Breakroom books mostly local music and all original music. In addition to the music, there are two bars, 13 diamond billiards tables, 15 large screen televisions and a full-service menu. There is a \$5 cover charge for most performances. Call (616) 454-0899 for more information.

For students with their own musical talent, Billy's in Grand Rapids offers open mic nights every Monday, and band open mic nights every Tuesday. Billy's has been hosting open mic nights for more than five years. The artists and bands each have unique sounds, said Manager Doug Cnossen. There is hip-hop, rock 'n' roll, acoustic and even comedy acts. The bar is open to those age 21 or older, with no cover charge. Those interested in performing are encouraged to arrive around 8 p.m. to sign up. Call (616) 459-5757 for more information.



**Information compiled by Haley Otman, GVL A&E Editor



Mocha-N-Music in Hudsonville offers just what its name implies: Live nightly performances along with a fine cup of coffee, said Owner Martin VanEyck. It is no small café, though Mocha-N-Music can accommodate more than 120 people. Each night, a different artist or band plays, and the variety of music types is immense. Genres heard include rock, gospel, bluegrass, folk, Irish, indie and classical music. The café also boasts African, Indonesian, South American and Kona coffees for patrons to sip while enjoying the live entertainment. Visit <http://www.mocha-n-music.com> for more information.

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See Puzzle B5

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