

1-5-2015

## Lanthorn, vol. 49, no. 32, January 5, 2015

Grand Valley State University

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### Recommended Citation

Grand Valley State University, "Lanthorn, vol. 49, no. 32, January 5, 2015" (2015). *Volume 49, July 7, 2014 - June 1, 2015*. 32.  
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GV ATHLETE  
HONORED IN ROSE  
BOWL PARADE

SEE A7



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**BRIAN'S BOOKS**  
GUARANTEED  
LOWER TEXTBOOK  
PRICES  
THAN OUR  
ON CAMPUS COMPETITION

VOL. 49 NO. 32

MONDAY, JANUARY 5



**LAKER TEAM  
WINS FORD VIDEO  
COMPETITION**

SEE A3



**GV ALUMNA  
SHOWCASES  
PHOTOGRAPHS**

SEE A6

## GV exchanges land to prepare for health center expansion

BY DREW HOWARD  
ASSISTANTNEWS@LANTHORN.COM

**G**rand Valley State University's Cook-DeVos Center for Health Sciences is about to get a little bigger.

In a creative deal with Spectrum Health, GVSU acquired new property to expand the Center for Health Sciences, located on the Pew Campus. After a Dec. 9 board meeting, Spectrum Health gave up its parking lot on Michigan Street, located immediately next to the center, in exchange for GVSU's parking lot on Lafayette Street.

James Moyer, associate vice president for facilities planning, said GVSU has been planning to expand in this area for a long time.

"The earliest discussions concerning the possible purchase of property date back to 2003," Moyer said. "With the land transfers, Spectrum has an opportunity to advance its agenda, as does GVSU. This land purchase, coupled with the earlier purchase of the north side of the Interstate 196 Highway, provides GVSU land for its growth for several decades."

Moyer said they are currently discussing the specifics for how the



**UNIVERSITY CHECK UP:** GVSU student Meghan Jordan applies her experience from the classroom in a clinical setting. The university is responding to student needs by expanding its health sciences center.

expansion will be used.

"About two years ago, GVSU undertook a programming study to address space needs for new academic offerings in the health education fields," Moyer said. "Some of these new academic programs have been approved and are underway. Others are making their way through the re-

view processes."

Due to the fact that Spectrum Health's parking lot is slightly bigger, GVSU will compensate the company with \$1.85 million.

Contrary to some assumptions, Moyer said the new property will not change how many people are able to get into nursing and health programs.

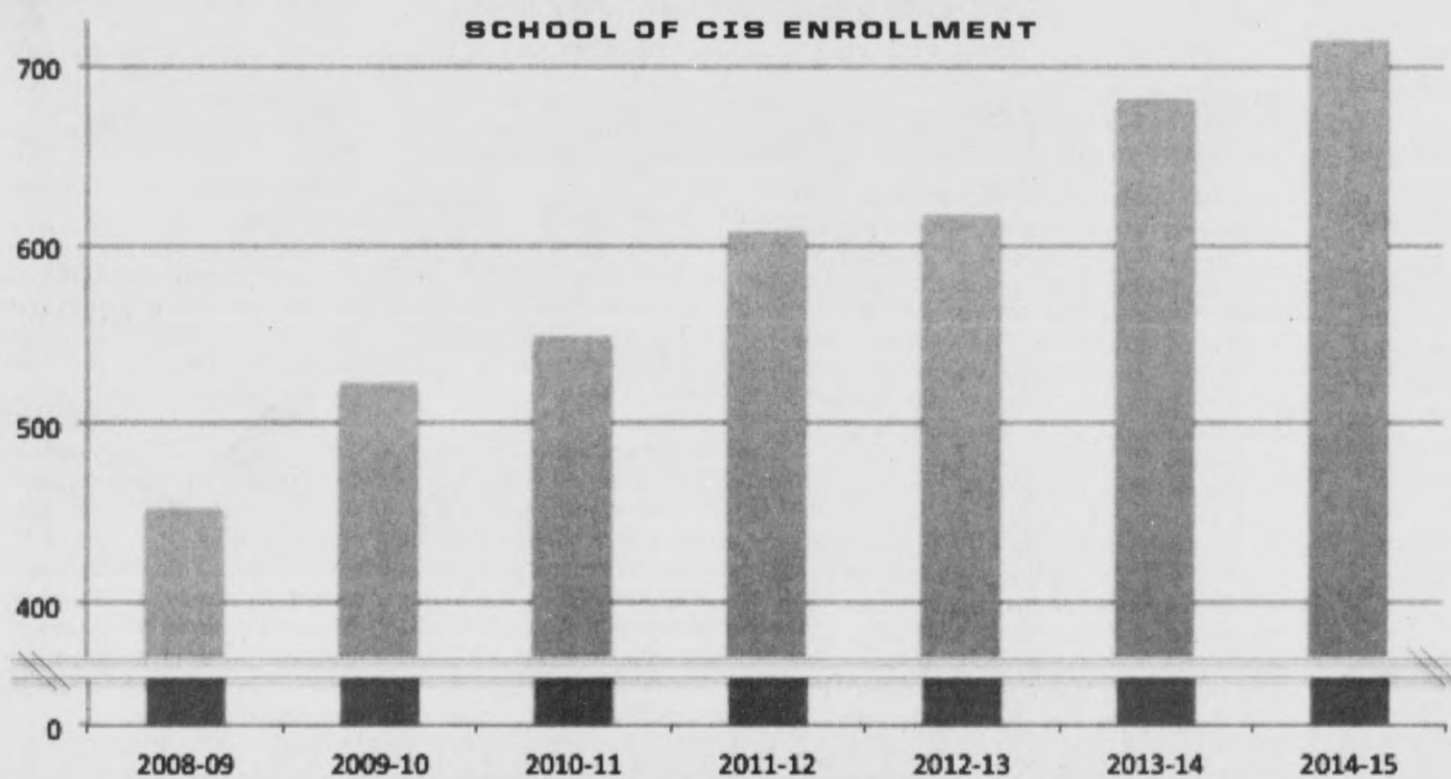
Instead, the greater factors to consider are the new teaching resources and increased space for classrooms, offices and laboratories that will emerge through this exchange.

GVSU president Thomas Haas

SEE HEALTH ON A2

*Back at it, Lakers!*

*special issue:*  
HEALTHY LIFESTYLE  
GUIDE INSIDE!



**POWER UP:** The computer science and information systems program is logging record enrollment, nearly doubling in numbers since 2005-2006. The School of Engineering has also seen rapid growth in recent years. This increase is due to job growth in the technology market.

## CIS, engineering receive record enrollment numbers

BY ALYSSA RETTELLE  
ARETTELLE@LANTHORN.COM

**T**he computing and information systems (CIS) program and the engineering program at Grand Valley State University have logged record enrollment numbers of first-year students for the 2014-2015 academic year.

Paul Leidig, the CIS director, said the record growth for the program is part of a bigger story.

"Prior to the year 2000 Y2K scare, the Internet was taking off and enrollments were ballooning and companies couldn't hire fast enough," Leidig said. "Then the bubble burst and it was economically over-hyped, so businesses didn't hire as many programmers and, because nobody was going into the field anymore, companies had to out-source and enrollment fell by almost 50 percent over four or five years."

Leidig said the decline in enrollment starting changing rapidly at GVSU during the 2005-2006

school year and has seen a steady increase during the nine years since then.

"Our enrollments are back to what they were in 2000, and, in fact, are now double what they were in 2005-2006," Leidig said. "So one half of the story here is that students and employers have gotten the word out for almost 20 years about the program. Guidance counselors and parents have been steering people away from this major, but jobs have always been there."

There are two majors within the CIS program: computer science and information systems. This year, there are 617 total students in the CIS program. Two thirds of those students are computer science majors while the other third are pursuing information systems majors. These numbers are more than double the amount of students enrolled in 2006, when there were only 375 students total.

Leidig said jobs are in such a high demand that students have a 100 percent job-placement rate after graduation.

"There are roughly four jobs for every graduate," Leidig said. "While enrollment is really increasing, it isn't nearly fast enough for the demand in the industry. Over the last six years, the increase has been between three and 18 percent each year, so it's a slow and steady increase, but we should be graduating twice as many as we are."

He also said the increase in registered students also means more diversity in the program.

"There isn't nearly enough diversity, but there is a little more," Leidig said. "As the field has become more visible, it's less where geeks and nerds come to study computing and more where people are seeing it as a cool way to use computers. We have summer camps at Grand Valley for middle school girls to expose students when they're just starting to think about careers. So we do computing things like that, and it's starting to help, but not nearly enough."

Chris Plouff, the director of the School of En-

## Allendale Campus to enlarge U.S. flag

BY ALLISON RIBICK  
ARIBICK@LANTHORN.COM

**O**n Grand Valley State University's Allendale Campus, the American flag, flown near the Student Services building, is currently not up to the regulations of the United States Flag Code and other United States Government flag specifications.

A group of GVSU cadets in the Reserve Officers' Training Corps noticed the disproportionate nature of the flag and its pole while guarding the colors on Sept. 11 as a part of the 9/11: Never Forget project. They brought their concerns to Benjamin Soltis, a Student Senator at GVSU.

The American flag in question is 10 feet by 15 feet and was thought to have hung on a 60-foot flagpole. The flagpole was measured again by GVSU's Facilities Services after Soltis contacted them. They found that the flagpole is actually 75 feet tall.

"If Grand Valley displays this flag, it should be the right size," Soltis said.

Soltis wrote and submitted three resolutions regarding this issue to GVSU's Student Senate. Two of them aimed at supporting Michigan and the United States Constitution at GVSU as a symbolic gesture, but they were suspended indefinitely.

The F-14-02 resolution passed on Dec. 4. It encouraged GVSU Facilities Services to put up a 12 foot by 18 foot flag, the appropriate size for a 75-foot flagpole.

"Whereas, the Federal Government of the United States recommends the flag is at approximately 1/4th the height of the pole it is flying

SEE ENROLLMENT ON A2

SEE FLAG ON A2

**NEW PERSPECTIVES EVERY WEEK**  
TO SHARE YOUR PERSPECTIVE WITH  
THE GRAND VALLEY COMMUNITY **#LANTHORN**



NEWS BRIEFS

GVSU DOWNTOWN TOASTMASTER'S CLUB

The Grand Valley State University Toastmaster's Club invites anyone interested to attend their weekly meetings every Thursday at 7:30 p.m. in Room 107C of the DeVos Center. Toastmasters International is designed to improve communication and leadership abilities. It is a large and growing network that encompasses 116 countries, 13,500 individual clubs and over 280,000 members.

A membership to the Toastmaster's Club costs \$36 a month. The ability to lead and speak in front of a large group of people is one of the greatest assets a person can carry, and Toastmaster's promises the investment will be well worth it.

For more information, go to [www.8177.toastmastersclubs.org/](http://www.8177.toastmastersclubs.org/).

SCHOOLS OF HOPE FULFILLING FOR EDUCATION MAJOR

Grand Valley State University education major Shannon Blood said her time working with Schools of Hope, a program that aims to raise literacy rates in children and adults, has shown her she has a true passion for teaching.

Blood was trained at Dickinson Elementary School to work with students on their reading and writing skills. In addition to working with elementary students, Blood helped train other GVSU students who wanted to volunteer.

Blood said working with Schools of Hope made her realize how much more outside help the program needed. For more information on how to sign up, go to [www.hwmuw.org/soh](http://www.hwmuw.org/soh).

COLLEGE OF NURSING AIDS THE HOMELESS

Students from the Grand Valley State University Kirkhof College of Nursing worked with the Grand Rapids Heartside neighborhood to provide aid to the homeless.

Students in professor Nancy Schoofs' professional nursing course were working to complete their community health clinical experience. Students created a resource board for the Mel Trotter Day Center where Heartside residents can receive meals, a shower and counseling services, among other things. Students presented their research on Dec. 4 at Mel Trotter Ministries.

HIGH SCHOOL STUDENTS PARTNER WITH PADNOS COLLEGE OF ENGINEERING

More than 150 students from more than 10 high schools in West Michigan came to Grand Valley State University on Dec. 4 to experience the opportunities GVSU offers in engineering and computing.

As part of the Padnos College of Engineering and Computing's Project Day, GVSU students presented their semester-long projects in Kennedy Hall of Engineering. The projects included a creative spin on TicTacToe, the Hugging Chair and the Comfortable Catch.

GVSU MOURNS TOM WISNER

Grand Valley State University long-time supporter Tom Wisner died on Dec. 31 at the age of 77.

Wisner was president of Leslie E. Tassell, Inc. and was very involved in the community. He and his wife, Joyce Wisner, created several scholarships at GVSU related to medical and manufacturing areas.

In 2003, the Wisners created a scholarship for doctoral physical therapy students, and another in 2007 that helps first-generation and non-traditional engineering students, particularly students who focus on product design. In 2009, the Wisners received the Enrichment Award for their philanthropic work.

VOL. 49 NO. 32

Lanthorn

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# GV earns recertification for Environmental Stewardship Program

BY DUANE EMERY  
 DEMERY@LANTHORN.COM

**G**rand Valley State University continues to be a leader in sustainability and environmentally-friendly practices. In 2010, GVSU demonstrated its commitment to innovation when it became the first public university to be certified by the Michigan Turfgrass Environmental Stewardship Program (MTESP). GVSU was recognized for re-certification on Oct. 17. At first, the program was not meant to be applied at the magnitude it was, but it's still a work in progress.

"This program was originally set up for golf courses," said Ken Stanton, grounds supervisor at GVSU. "I took a look at it and wondered if we could do it at the level of a university."

Stanton said it made sense to initiate this practice since GVSU was already involved in environmental issues. According to Stanton, when he submitted the certification request, the representative from the MTESP was skeptical that GVSU would be able to adhere to the standards required on such a large scale.

In order to be certified under the program, GVSU had to meet the standards for nine different components, which included emergency response plans, Turfgrass irri-

gation, fuel storage systems and pesticide handling and application.

"You have to hit the nail on the head with every one of them," Stanton said. "This is an all or nothing program, so it represents the best management practices."

Stanton said he knew the process required an intense work ethic, but not every module required massive changes or upgrades and the MTESP was present throughout. After a site evaluation, they worked with Facilities Services to develop an action plan. Some of the components were as simple as making a few changes, while other projects were quite a bit larger.

The largest of the projects involved with recertification was creating new storage tanks for de-icing fluid. GVSU started storing de-icing fluid in 1999, but as the university grew, the single tank was inadequate to meet usage needs, and its environmental integrity was not ideal.

"Containment was just a wood structure," Stanton said. "If there was a leak, it wouldn't hold it; it would go to a drain. Now, the wooden structure has been replaced with concrete, and the tanks have a

double wall to prevent leaks, as well as better dispensing systems."

Although the \$100,000 price tag for the project was quite large, compared to the price of a spill or environmental disaster GVSU is saving money and enhancing environmental awareness.

**"This is an all or nothing program, so it represents the best management practices."**

KEN STANTON  
 GROUNDS SUPERVISOR

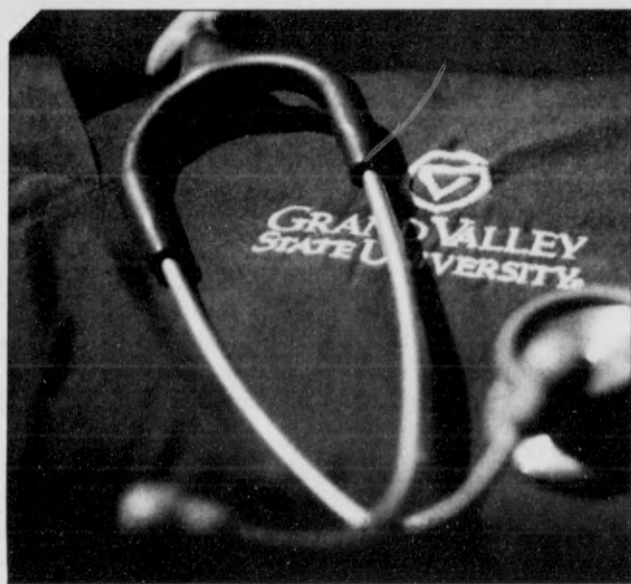
"It's an investment in our department taking care of the campus," Stanton said. "This represents the best way to handle this material in a responsible manner."

"When I found out what was involved with this, I knew I would need the university's support," Stanton said.

Many other university departments worked with facilities to complete the project in record time.

Certification is usually a three-year process, but GVSU completed the requirements in just two years.

"There was a huge investment of my time and energy, but I was driven to get it done and succeed," Stanton said. "We accomplished a lot. Not only did we bring the university into compliance, but we accomplished something meaningful and beneficial for the university and environment."



CAMPUS GROWTH: GVSU traded land with Spectrum Health in preparation for a health sciences building expansion.

HEALTH

CONTINUED FROM A1

said this expansion will benefit not only GVSU, but also the greater surrounding community.

"GVSU is the leading provider in West Michigan for graduates who are in the health professions," Haas said. "It was very important for us to look ahead to the health professions, and the result of this transaction is a mutual gain for GVSU, Spectrum Health and the city of Grand Rapids."

Haas said there is a good chance the state will assist GVSU with the construction of the expansion.

"These are the types of programs the governor of Michigan wants to invest in," Haas said. "The state has listed this building on its plans going forward, and though we don't know if they will appropriate the dollars, the state is definitely interested in investing in GVSU."

Haas added that this process would not be possible without the outstanding partnership between GVSU and Spectrum Health.

"This expansion will help with the revitalization of the state of Michigan," said Haas. "It is important because we can shape talent and provide more people in the health fields."

ENROLLMENT

CONTINUED FROM A1

engineering, said he has also seen record enrollment numbers in the program this year.

"There were over 400 students enrolled in the first-year design course this fall, which compares to just over 250 students two years ago," Plouff said. "That's a 60 percent increase over two years. The number of women students in the program has been increasing as well. Over the same two year period, the number of women pursuing the bachelor's of science engineering degree has increased from 94 to 134 students, a 47 percent increase."

Plouff said the program growth can be attributed to several different factors. First, the reputation of the program has grown locally, regionally and nationally. The engineering program was recognized by both the American Society for Engineering

Education and the National Academy of Engineers for its innovative practices and excellence in programmatic outcomes and student retention.

Another reason Plouff attributes to the growth of the program is the fact that students are becoming more informed about the careers in the S.T.E.M. (science, technology, engineering and math) fields, and they are realizing the career opportunities available to them with an engineering degree.

"There has been extensive work done to promote STEM fields in the K-12 system over the past several years, and it's starting to manifest itself in students choosing STEM majors in greater numbers," Plouff said. "Also, the job market for engineering degrees is very strong, and entry level salaries for engineering graduates is at an all time high. Recent grads are regularly obtaining starting annual salary offers in the

\$50,000-\$60,000 range."

Thomas Demmon, the associate director in the GVSU Career Center, said there is an abundance of employers for both fields.

"I'm confident that every academically approved CIS intern and EGR Co-op will be employed as such in 2015," Demmon said. "My estimation is that we'll have approximately 110 CIS interns and 120 EGR Co-ops seeking employment in 2015."

Demmon added that the GVSU Fall Career Fair had 235 employers, many of them seeking engineering students. The Engineering Recruiting Fair also draws many employers.

"Our Jan. 14 Engineering Co-op recruiting fair already has 45 registered, and there's only room for 50 maximum," Demmon said. "We are pretty busy in the Career Center trying to keep up with the inquiries of interested employers."

FLAG

CONTINUED FROM A1

on," the resolution states.

According to the United States Flag Code and local Veterans Associations, the resolution also mentions that the old flag be disposed of in the proper way, as done by the American Legion and Boy Scouts.

"It should be disposed of in a ceremonial manner," Soltis said. "It represents a lot more than just the fabric you hang up on a pole."

Soltis said the ceremony involves cutting out each individual stripe and

the square of stars, and then burning them individually.

The resolution and Soltis noted that GVSU Facilities Services already does a great job maintaining the university in their work across campus.

In addition to fitting with government regulations, Soltis said replacing the flag will help GVSU maintain aesthetics because the flag is beginning to show wear due to its age.

Since Student Senate cannot have binding resolutions with their authority, the resolution acts as a strong encouragement to Facilities Services to obtain the correct size

United States flag to replace the one that is currently flying near the Student Services building on the Allendale Campus.

As for when the flag replacement will occur, Soltis said he hopes Facilities Services completes the switch once they have the resources to do so. Facilities has responded to the suggestion by ordering a flag of proper size to be put into place upon its arrival.

"My recommendation is to do it sooner rather than later," Soltis said. "It's something that some of our service members may notice before they graduate, and that's one of the things they'll be defending."

# GVSU SUPPORT STUDENT MEDIA



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 Please send form 3579 to:  
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 Grand Valley State University  
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# Honors plans for housing, class changes

BY LUCAS ESCALADA  
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The Grand Valley State University Frederik Meijer Honors College is planning to rework its program by unifying the four-year-program it provides and creating a new, freshman-only building.

Jeffrey Chamberlain, director of the Honors College, said he wants to connect the program's classes by maintaining certain themes during students' time at GVSU. Chamberlain said one of the hallmarks of the program is its foundation in interdisciplinary sequences, which are courses designed to focus on varying subjects.

The future will involve having a connected experience based on sequences. For example, a student may take the Latin American Civilization sequence in their first year, and they can then build on that knowledge in a Latin American Art course their sophomore year. He hopes this unified approach will help prepare students for the real world by helping them connect the different courses they are taking.

"That kind of breadth of understanding and that connection of understanding really helps you function in the world when you leave because

you are able to make connections other people can't," Chamberlain said.

The Glenn A. Niemeyer Learning and Living Center is the main home for the honors program. This building houses the GVSU community of honors students, but it has proved less than ideal for many. Over the years, Chamberlain said he has realized the apartment-style rooms are not the best option for freshmen in the program because many students spend most of their time inside their apartment.

"We're in talks of building a new building that will not be apartments, and we're going to transition as many of our freshman as we can to a new setting that is much more communal, much more open; you get more involved," Chamberlain said.

Chamberlain said he wants honors freshmen to have the same experience on campus as the rest of the freshmen who live in traditional freshman housing. This living situation can expand the social lives of students and help them connect with their entire freshman class instead of solely other honors students.

Taylor Gibson, a sophomore honors student, believes the program can be very helpful in terms of academics, but she said Niemeyer is not the best option.

"The academic experience you

get is very valuable, but the social life in Niemeyer is almost none," Gibson said.

Gibson knew very few people on her floor, and she feels this is attributed to the apartment-style setting of Niemeyer.

For Chamberlain, housing is key

during the first year, but not so much later on, because students want to connect with other friends or students in their same study area.

While splitting up where honors students live could potentially fragment the community, Chamberlain said other things will help

connect the students.

"I'm not really concerned about having several centers," Chamberlain said. "What's more important is that we find ways for people to identify with honors and connect with people across those different living centers."



CHANGE AHEAD: Two students relax in their apartment-style room in the Grand Valley State University Honors College. The program is preparing for changes to the Honors classes and living accommodations.

COURTESY | GVSU HONORS COLLEGE

# GV students win Ford video competition

BY SARAH HILLENBRAND  
 EDITORIAL@LANTHORN.COM

This semester, a group of Grand Valley State University students worked together to create a video sharing the story of inspirational people or organizations

around Michigan as a part of a Ford Motor Company "Go Further" video competition between GVSU, Compass College and Calvin College.

On Dec. 12, the students found out that they won the competition, giving them the opportunity to travel to Team Detroit, Ford's advertising

agency, to help produce a national advertisement and also receive a monetary prize of \$4,000. The team won by having the most unique YouTube views on their video.

"It's opened up a lot of doors for our group," said Lindsey VanDenBoom, a senior studying communications and ad-

vertising and public relations, and one of the students who worked to produce the video. "It's an opportunity to work with Ford and Team Detroit in January, working to create and edit a video."

In their video, the students featured David Milarch, co-founder of Archangel Ancient

Tree Archive, which works to preserve genetics of the largest and oldest champion trees by cloning them.

"It feels great, not to have won the money, but to know that our video has helped spread David's message to more people and gotten the word out about saving the trees," said Ian Kast, a GVSU senior studying film and video.

Frank Blossom, affiliate professor of advertising and public relations and adviser for the GVSU Ford team, said they chose to feature this story over others because it best fit the criteria and was an interesting organization.

"...we started prioritizing and strategically we selected Ancient Archive and Milarch's story because, one, it was someone who really did go further and everyone else told him he couldn't do this and he went ahead and did it. Two, it has that environmental story that ties in nicely with Ford in terms of how they are very much focused on the environment and recycling," Blossom said.

The video now has over 5,500 views, which has outperformed the majority of the videos produced by Ford, Blossom added.

"It says to the students,

'Hey, you can compete and produce work that is professional quality yourself.' So they now have a really strong portfolio piece, and they also have networking because they can list Ford and the marketing team and also the advertising agency," Blossom said.

Kast said he gained a lot from the experience - not only did he learn what goes into making an ad or commercial, but also he learned more about teamwork in order to get the video done on time.

"This is something I am so grateful for, and am glad that my team and I were able to accomplish so much in such a small time frame," he said.

VanDenBoom added that she greatly enjoyed working with other students on the project.

"Our entire group had a diverse group of students pulling all their attributes into one project," she said.

The students will go to Detroit on Jan. 29 and 30 to work with Team Detroit in producing an ad for Ford.

**GO TO:**  
[www.lanthorn.com/article/2014/12/news-ford-video](http://www.lanthorn.com/article/2014/12/news-ford-video)  
 FOR MORE INFORMATION

COURTESY | FRANK BLOSSOM



SHARING INSPIRATION: Students involved in the Grand Valley State University Ford video team examine equipment in preparation to film. The team won the competition by getting the most unique YouTube views on their video.

# Grand Rapids ranked fourth smartest city

BY GABRIELLA PATTI  
 GPATTI@LANTHORN.COM

In a recent study, Forbes magazine named Grand Rapids, Mich. the fourth smartest city in the United States.

Cities that have a high concentration of colleges dominated the list. Grand Rapids is host to many universities including Cornerstone University, Davenport University and Aquinas College. Grand Valley State University is one of the many universities that are part of the educational growth of the city.

As of 2013, 30.6 percent of Grand Rapids' population is college-educated with an increase in share of 7.9 percent since 2000, as well as a 92.7 percent increase in the college-ed-

ucated population since 2000.

Matt McLogan, GVSU vice president of University Relations, said he believes Michigan's most prosperous cities are those that host college campuses. He added that one of the Grand Rapids area's largest employers is health care providers, which nearly always require a college degree.

"The synergy is helpful to both city and school," McLogan said.

Bart Merkle, GVSU dean of students, said an atmosphere full of opportunities encourages residents to pursue a higher education.

"People who are living and working in Grand Rapids see those opportunities and are aware of institutions, and because of that, there is a subtle encouragement to pursue higher education," Merkle said.

Ratings like this can be beneficial to the school, McLogan said. He added that in the past, U.S. News & World Report have named GVSU one of the top public universities in the Midwest. He also stated that GVSU has been named one

of "America's 100 Best College Buys" for 19 years in a row.

"Positive recognition of Grand Rapids and West Michigan can be useful in recruiting students, faculty and staff to Grand Valley," McLogan said. "Our second largest campus

is in Grand Rapids, and we value our partnership with the city. Creating, attracting and retaining talent is high on our agenda and the city's."

McLogan said GVSU's graduation rate is 70 percent, the third highest out of Michi-

gan's public universities, and 86 percent of these graduates are employed in Michigan.

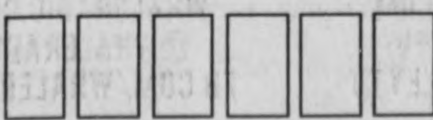
"The Grand Rapids area is one of the Midwest's most vibrant higher education market-

SEE CITY ON A5

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to glaucoma.

C D R O T O



Answer: Doctor

## SUDOKU

	9		6			7		
	8	7				2		
4	5				9			
			9	1			8	
							2	
2		1	8					
		5		4				
	3		1					7
	2			9		5	4	

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate



# A monumental New Year in Europe



BY ANUSH YEPREMYAN  
 EDITORIAL@LANTHORN.COM

**T**he New Year is the most awaited and celebrated holiday in Europe. Everybody looks

forward to it, regardless of their age. The holiday is full of joy and magic. Its approach always gives us the sense of excitement.

According to the eastern calendar, each year is dedicated to a particular animal, and the New Year table varies depending on preferences of that animal. For example, the symbol of 2015 will be the Goat or Sheep, which is believed to bring wealth to the family. Since the animal is herbivore, it is expected to have vegetables and various green goodness such as lettuce, carrots, cab-

bage and beets.

Fruits, dairy products and numerous kinds of cheese will please the animal, and it is believed that it will bring you luck in the coming year.

People prepare for the holiday in advance in order to make it perfect and memorable because in Europe, there is a saying, "How your New Year's Eve goes, so the whole year goes." For that reason, everybody wants to celebrate it in prosperity and luxury.

We start cooking starting Dec. 30. Everything has to be fresh. There are so

many things on the table, starting from entrees and finishing with fanciest dishes and desserts.

The whole family takes part in decorating the Christmas tree and the whole house. In my family, we have a tradition: my dad is the one who puts the star on the top of the tree. We set a fancy table with candles; we put all the presents under the tree. When it gets closer to midnight, we start dressing up. Usually people buy something new to wear that day. At 11:45 pm, the whole family sits at the table and

watches the President give a speech and wish everyone a Happy New Year.

After that, the countdown begins. Clinks of glasses filled with champagne, laughter, fireworks and joy take place when the clock strikes midnight. It is also important to make a wish at that moment.

While everyone is enjoying their food, it is believed that Santa sneaks and puts the presents under the tree. However, our Santa is a little bit different. He wears a red long coat, like a robe. He also does not come alone.

He is accompanied by his daughter, Snow White. She has pale skin with a slight blush on her cheeks and a long blond braid. She wears a light blue coat with white fur and boots.

Friends and relatives can come over at any time. After the monumental dinner, it is high time to exchange presents. Then we dances, tells jokes, have contests and a lot of fun. Usually everybody ends up staying awake until 6 a.m.

If you ever have a chance, go to Europe to celebrate this special day!

## QUESTION OF THE ISSUE

*Do you think GVSU is growing its facilities enough to keep up with student needs and job market demands?*



### AUTUMN STEVENSON

"Yes. I feel like there is always room because they are always adding on."

YEAR: Freshman  
 MAJOR: Nursing  
 HOMETOWN: Detroit, Mich.



### TORENCE WITHERSPOON

"No, because I think our population is growing at much more of a rapid rate than what our facilities can handle."

YEAR: Junior  
 MAJOR: Broadcasting  
 HOMETOWN: Niles, Ill.



### VICKY NEWBERN

"No, because the Rec Center doesn't have enough space, and another thing is housing. They fit like five people in one room."

YEAR: Sophomore  
 MAJOR: Criminal Justice  
 HOMETOWN: Benton Harbor, Mich.



### TAKERA PIERCE

"Yes, because they are getting more housing but we need more jobs available."

YEAR: Sophomore  
 MAJOR: Communications  
 HOMETOWN: Benton Harbor, Mich.



### ERICA CLARK

"I think so, because over the summer I worked at housing and gave tours and that is something I highlighted."

YEAR: Sophomore  
 MAJOR: Biomedical Science  
 HOMETOWN: Midland, Mich.

## VALLEY VOTE

*Do you think students are courteous to others when studying in the library?*

YES 38%  
 NO 55%  
 NO OPINION 8%

## THIS ISSUE'S QUESTION:

*Do you think GVSU is growing its facilities enough to keep up with student needs and job market demands?*

LOG ON & VOTE  
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## BLOG

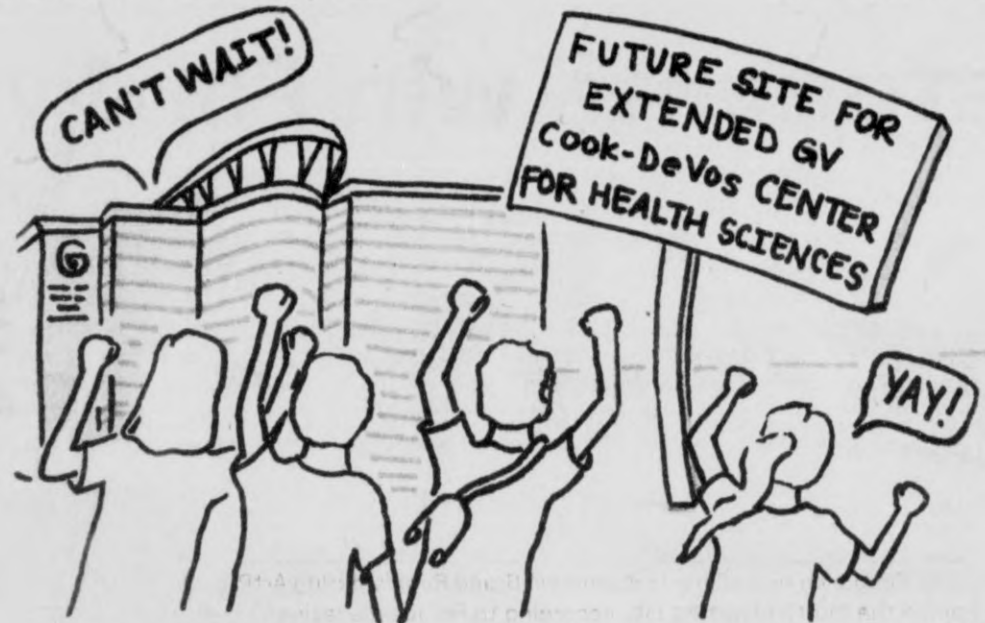
### Creating a start-up company

By Kathryn Christopher & Leah Bauer

LANTHORN.COM

## GVL EDITORIAL CARTOON

By Taylor Scholtens



1/5/15  
 editorial@lanthorn.com

## EDITORIAL

# Expanding campus

*GV's plans to expand the health sciences building is a good step, but other possible expansions should also be explored*

**G**rand Valley State University has recently exchanged land with Spectrum Health so that the university can prepare to expand its Cook-DeVos Center for Health Sciences in the future. Recently, GVSU purchased additional land on the north side of the Interstate 196 Highway and now, with the trade, the university will gain land next to the center on Michigan Street in exchange for GVSU's parking lot on Lafayette Street.

This is a step in the right direction for the university to make, as jobs in healthcare are growing.

According to the Bureau of Labor Statistics, of the 30 occupations projected to have the largest percentage increase between 2012 and 2022, 14 are related to healthcare. The health care and social assistance sector is projected to grow at an annual rate of 2.6 percent, adding 5.0 million jobs between 2012 and 2022. This will account for nearly one-third of the total projected increase in jobs.

The university also needs to expand with a growing student population and accommodate student needs so they have the best learning environment possible to help them succeed. About 21,000 students were enrolled in undergraduate programs at GVSU in the fall of 2014. More than 2,000 of these students are pursuing health-related fields and would be using the new building.

It is important that the university leaps to the front of the pack in terms of innovative ways to teach and research in the different areas of healthcare. The new building is expected to have additional classrooms and laboratories, which would help GVSU to show other universities successful ways to transfer knowledge and create demand for the GVSU healthcare program.

In addition to expanding the health sciences programs, the university should also keep in mind other growing industries, such as Computer Information Systems which has a growing demand and students enrolled in the program. As of fall 2014,

there were 614 undergraduate students majoring in computer science or information systems.

Students in these majors can expect a good job outlook after graduation. According to the Bureau of Labor Statistics, computer and information systems jobs will grow 15 percent by 2022, an above average rate.

Keeping these trends in mind, the university should also look to update necessary equipment and space needs to encourage students to come to GVSU and enroll in these growing fields. For expansion to be successful, GVSU will need to be aware of upcoming trends and technology that will become commonplace in the future that students should be able to use.

This planned expansion of the health sciences building is a step in the right direction for the university, and will be very beneficial for the students studying these healthcare fields. The next step is to look into what other growing industries are and expand the facilities in those programs.

## GVL EDITORIAL BOARD

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- Stephanie Brzezinski *Associate editor*
- Hannah Lentz *News editor*
- Jay Bushen *Sports editor*
- Shelby Pendowski *AGE editor*
- Colleen Schonfield *Laker Life editor*

## GVL OPINION POLICY

The goal of the Grand Valley Lanthorn's opinion page is to act as a forum for public discussion, comment and criticism in the Grand Valley State University community. Student opinions published here do not necessarily reflect those of the paper as an entity.

The Grand Valley Lanthorn aims to be a safe vehicle for community discussion. The Lanthorn will not publish or entertain any forms of hate speech, but will not discriminate against any other views, opinions or beliefs. The content, information and views expressed are not approved by nor necessarily represent those of the university, its Board of Trustees, officers, faculty or staff.

Reader submissions on the opinion page appear as space permits, and are reserved for letters to the editor only, all other reader-generated content

can be submitted to the Grand Valley Lanthorn's YourSpace page by emailing [community@lanthorn.com](mailto:community@lanthorn.com).

Letters to the editor should include the author's full name and relevant title along with a valid email and phone number for confirming the identity of the author. Letters should be approximately 500-650 words in length, and are not edited by the staff of the Grand Valley Lanthorn outside of technical errors for clarity.

To make a submission, email at [editorial@lanthorn.com](mailto:editorial@lanthorn.com) or by dropping off your submission in person at:

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## What to keep in mind when owning a furry friend



BY JESSICA HODGE  
 EDITORIAL@LANTHORN.COM

**M**ost people have had a goldfish sometime in their childhood, maybe for a couple weeks until your parents made you flush it down the toilet, or maybe it lived longer than that and you had it for a few years.

Either way, owning a pet is a special kind of feeling. You feel responsible for another life and it's exciting, in a weird

kind of way.

Obviously the dorms at Grand Valley don't allow pets, but if you move off campus, there are some complexes that let you have animals. And all of a sudden, the prospect of having a cute puppy or a kitten roaming around with you sounds like a ton of fun. But would it really be the best decision for you, or for the animal?

That all depends on the type of animal you want to get. Cats can be pretty relaxed creatures, but they tend to scratch at everything and you'll have to pay for the walls that are destroyed by the end of the year. Dogs are man's best friend, but they sure do like the couch cushions too. Yet another thing you'll have to pay for if they decide to tear that up while you're at class.

Damage control is not the

only expense you will have to pay for an animal either. First, there's the adoption fee, anywhere from \$50 to \$150 for one animal. Then, you'll want your new pet to get a check up and make sure they're healthy and up to date on their shots. That will be another chunk of money out of your pocket. And then there is the food, toys, bedding and any other sort of accessories you can think of to make the animal happy.

Yes, that's a lot of money, is there anything good a pet can give you?

Yes, of course! They will provide you with a great companionship and a lot of fun in your life. Animals can also be beneficial to your mental health.

I actually got a bunny this year because I live alone. His name is Hector, and he makes my lonely apartment a little

less lonely. Every time I come home, he jumps up and down with happiness. He runs circles around my feet, which is a sign of affection, when I give him his favorite treat: carrots and lettuce. He sits on my lap when I do my homework (and occasionally chews on it) and provides a great distraction when my brain is fried from so much studying. Even though he is a little picky and sometimes a nuisance, he ultimately makes my life more entertaining and lively.

The right animal can be perfect for you and make your life much more enjoyable. The wrong animal, however, could be very detrimental for you and for the animal. You must be 100 percent sure that you are ready to take on an animal and that you can devote enough money and attention to them.

## WHAT'S YOUR



HAVE A PROBLEM THAT YOU NEED HELP SOLVING? SEND US AN EMAIL.

EDITORIAL@LANTHORN.COM

PROBLEM



# Campus Leadership Week displays campus opportunities

BY CONSTANCE TURNBULL  
NEWS@LANTHORN.COM

**G**rand Valley State University will celebrate its 11th annual Campus Leadership Week from Jan. 12 through 16 to honor GVSU students who are campus leaders. The event is co-sponsored by the Office of Student Life and Omicron Delta Kappa National Leadership Society.

Maria Beelen, Laker Leadership staff assistant at the Office of Student Life, hopes that the week not only allows for the recognition of GVSU's student leaders, but also informs students of campus leadership opportunities.

"I love seeing all of these students come together, be recognized for what they are doing, and be motivated to continue on in their leadership roles at

the university," Beelen said.

The celebrations will begin on Jan. 12 with the display of student artwork in the Thorntapple Room of Kirkhof. The pieces that will be available are a selection of what has been acquired for display in the new science laboratory building, which opens in 2015.

The week will continue with the Leadership University Information Night on Jan. 13 in Kirkhof. This informative event has no formal presentation. Students are encouraged to drop by to learn more about Leadership University, a student-driven program designed to highlight unique leadership development, and how to get involved.

On Jan. 14, the Wheelhouse Talk will take place in the Charles W. Loosmore Forum Room of the Seidman

College of Business. Judge Sara Smolenski, a native of Grand Rapids who is highly regarded as a community leader, will speak at the event.

The day will continue with the "I am Grand Valley" Leadership Reception in the Grand River Room. This event will honor Grand Valley's student leaders who were nominated through the "I am Grand Valley" recognition program. Nominated students who attend will receive a unique "I am Grand Valley" T-shirt and a certificate recognizing their contribution to campus leadership.

The festivities will continue on Jan. 15 with the Study Abroad Fair in the Henry Hall Atrium. This is an informal event where students can browse the programs GVSU offers and meet with fellow students who have studied abroad.

Faculty program directors will answer any questions students may have about participating in a GVSU study abroad program.

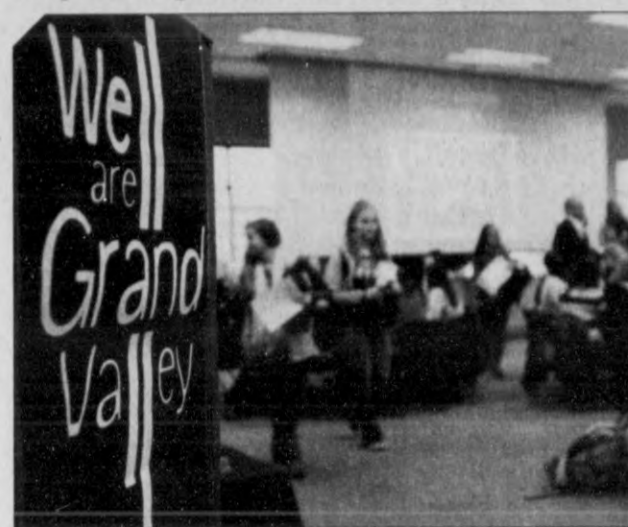
A Brown Bag Lunch event will also take place on Jan. 15 in the Center for Health Services, as well as a resume workshop in the Student Services building. The University Round Table, intended to emulate Arthur's Knights of the Round Table and the sharing of ideas between different members of the university, will occur in the Alumni House at 6 p.m. Students and faculty who represent leadership on campus are encouraged to attend.

Campus Leadership Week will finish with Max it Out and Campus Life Night 2.0 on Jan. 16. Max it Out, a student organizational mini-conference designed to assist student leaders in their organization leadership development, will be held

in the Grand River Room. Max it Out will include a keynote presentation, breakout sessions and a council meeting. Campus Life Night 2.0 will also take place in the Kirkhof Center. Campus Life Night allows stu-

dents to learn about and meet with more than 350 student organizations.

"Hopefully this week will be an event filled week of recognition, leadership growth and discovery," Beelen said.



LEADERS: Students at Grand Valley State University will be recognized at the "I am Grand Valley" reception on Jan. 14.

## CITY

CONTINUED FROM A3

places with public and private colleges and universities providing services to the state's second largest metropolitan area," McLogan said.

Forbes based its list of cities

on three different criteria: 25 percent of the final score was the growth rate in the number of residents with at least a bachelor's degree from 2000 through 2013, 50 percent of the final score was the percentage points increase in the share of the population that is college-educated over that same

time span, and the final 25 percent was determined by the number of educated people in the population as of 2013.

Grand Rapids ranked lower than San Jose-Sunnyvale-Santa Clara, Calif. and higher than the Washington D.C.-Arlington-Alexandria, Va. area.



EDUCATED POPULATION: People enjoy walking in downtown Grand Rapids during ArtPrize. Grand Rapids was named the fourth smartest city according to Forbes magazine.

# GET CAUGHT

READING THE LANTHORN

**NAME: JENNIE HEADY**  
**MAJOR: EDUCATION**  
**YEAR: SENIOR**  
**WHY JENNIE READS THE LANTHORN:**  
**"GREAT WAY TO STAY UP TO DATE WITH WHAT IS HAPPENING ON CAMPUS"**  
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## ARTS AT A GLANCE

FOUNDERS BREWING CO. PRESENTS  
EARTHWORK MUSIC COLLECTIVE WINTER TOUR

Founders Brewing Co., located on Grandville Avenue in downtown Grand Rapids, will welcome a variety of artists in the Earthwork Music Collective Winter Tour on Jan. 10 at 9 p.m. The tour, which is open to those 21 and older for \$5 a person, will allow attendees to sip on brews while listening to 10 artists. The tour will feature Joe Reilly, Seth Bernard, Micah Ling, Sam Cooper, Gifts or Creatures, Red Tail Ring, Joshua Davis, Lindsay Lou & the Flatbellies, Max Lockwood, Ralston and Dede & the Dreamers.

## A ONE-NIGHT PERFORMANCE BY G-EAZY

Rising rap star G-Eazy makes a stop at The Intersection on his Bay to the Universe Tour on Jan. 11 at 6 p.m. All ages are welcome, and tickets are \$30 per person. G-Eazy, known for a variety of performances including his appearance on Late Night with Seth Meyers, will not be the only musician to perform Sunday evening. Kehlani, Kool John and Jay Ant will also take to the stage. For more information visit [sectionlive.com/events/g-eazy-bay-universe-tour/](http://sectionlive.com/events/g-eazy-bay-universe-tour/).

(MORE THAN) "PRETTY FACES":  
FILM PREMIERE AND FUNDRAISER

Summer Journeys presents "Pretty Faces," a film about women who thrive in the snow, at the Peter Wege Auditorium at the Wealthy Theatre on Jan. 10 at 8 p.m. The doors of the fundraiser event open at 7 p.m. with activities such as a raffle, free helmet fittings and ski and snowsport vendors. All the money will benefit the Summer Journeys Scholarship Fund. For more information visit [www.grcmc.org/event/8874](http://www.grcmc.org/event/8874).

## Local film stars GV talent

BY SHELBY PENDOWSKI  
ARTS@LANTHORN.COM

In 2009, 228 people boarded Air France flight 447 in Rio de Janeiro to make a routine flight to Paris, but the passengers and flight crew never reached their final destination. The Air France flight disappeared over the Atlantic Ocean.

The mystery of the flight and its recovery in May 2011 inspired local producer and screenwriter Roger Rapoport to create the film "Pilot Error" about Nicola Wilson, an investigative reporter personally impacted by the plane crash, and her search for answers.

"Malaysia happened well after we had filmed and shot most of the movie," said Jacqui Bernhardt, an actress in the film. "It is just a relevant issue similar to things that are happening right now. That is when I thought, 'Oh my gosh, this movie could really change the way we are looking at airlines.'"

Production began July 31, 2013 in Muskegon, Mich., but before filming began, Rapoport and director Joe Anderson casted a variety of local actors. Three members of the Grand Valley State University community were chosen, including Bernhardt who graduated from GVSU in 2014.

"I love being a part of inde-

pendent films, especially when it is in West Michigan, because I think Michigan is a great state to have film professionally done," Bernhardt said. "So anything I can do to be a part of that I want to do."

Kate Thomsen, an adjunct theater professor at GVSU, stars as Nicola Wilson, and fellow professor and WGVSU Morning Show host Shelley Irwin plays a TV reporter throughout the film.

With professors and alumni starring in local films, it can impact current GVSU students who are looking to pursue a career in acting, Bernhardt said.

"Having a Grand Valley professor lead in a film that is showing across the country but that was made not even a half hour away from Grand Valley, I think it just says a lot about the future and about the potential Grand Valley has," Bernhardt said.

The film highlights regional locations in the majority of the scenes.

"I think a big reason our films are so widely attended when we do events is because it was made in our backyard," Bernhardt said. "It is just very exciting to have a film

that was made in our area, produced in our area and premiered in our area."

The film's cast and crew traveled to many different locations to film the project. As the projector rolls, attendees are transported internationally. The film shot a total of 12 Michigan locations, plus scenes in Milwaukee and Paris.

"Pilot Error" premiered at the Kalamazoo Air Zoo on Nov. 8, 2014 and since has played in theaters locally and nationwide.

"Not truly having read the whole script, I was in the audience just as the person next to me," Irwin said. "The premiere itself was done so professionally. You had a stage, you had a VIP section and you had comments afterwards from a panel. So it was a first class premiere."

The film has many upcoming showings including at the Fremont Cinema in Fremont, Mich. on Jan. 9 and at the Harbor Cinema in Muskegon from Jan. 16 through 22. For more information on the film and other showing times, visit <http://www.pilot-errormovie.com>.



LOCAL FILM: Kate Thomsen, a GVSU adjunct professor, stars in the film "Pilot Error" about Air France flight 447.

COURTESY | PILOT-ERROR.COM

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TO READ THE FULL ARTICLE

## GV alumna's photography transports China to GR

BY MORIAH GILBERT  
ARTS@LANTHORN.COM

Megan Lendman's sense of adventure, creativity and desire to find out what it means to be human led her to create an exhibit called "China: The Life of a Civilian." The exhibit will be on display at the Blue Wall Gallery in the Grand Valley State

University Richard M. DeVos Center from Jan. 5 to April 25.

Lendman recently graduated from GVSU with a photography major and a Chinese language minor. While attending GVSU, she sought out opportunities through the Padnos International Center to travel to Kunming, China.

"With the exhibition, I wanted my viewers to see the

beautiful colors of clothing and exotic foods the Chinese choose to eat," Lendman said. "I invited my audience to discover the similarities in the seemingly obvious differences between our two cultures."

Shortly after proposing a potential gallery, she won the Study Abroad Photography Scholarship from the Padnos International Center to help finance her expedition.

Instead of Beijing or Shanghai, Lendman chose to highlight Kunming, a large city located in the Yunnan Province.

After her return, she won the Alexander Calder Honors Scholarship and earned a permanent spot in GVSU's art collection, which can be hung whenever and wherever on campus.

"My mark has been made on GVSU, and I feel like my



CULTURE IN PHOTOS: Alumna Megan Lendman looks at a photograph in an exhibit. Her own exhibit is called "China: The Life of a Civilian," on display at the Blue Wall Gallery.

COURTESY | MICHAEL DYKSTRA

cultural legacy will live on," Lendman said.

What she cherished most about traveling was learning the real quality of independence, especially when she was one person in 50 who

spoke English fluently.

"Independence is not easy, nor is it always fun, but it's rewarding, hopeful and skill building," she said.

Although it was not an easy journey, Lendman en-

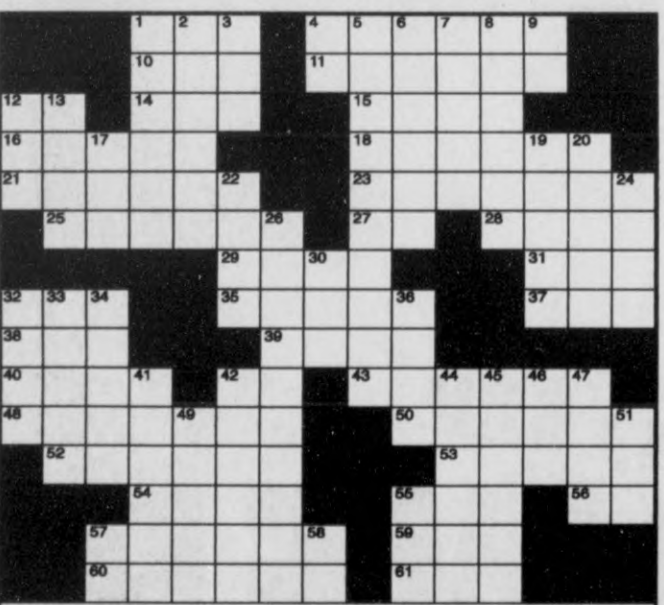
courages anyone to pursue similar opportunities.

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## CLUES ACROSS

1. Humbug  
4. Meaningless talk  
10. Conceit  
11. Not studied  
12. Megabyte  
14. When born (abbr.)  
15. Placed on a golf ball stand  
16. Melekeok is the capital  
18. Mischievous  
21. Mason's mortars  
23. Spain's former monetary unit  
25. Small fries  
27. Article  
28. Capital of Yemen  
29. Type of Theater companies  
31. Plastic, paper or shopping  
32. Electronic countermeasures  
35. Language along the lower Yenisei River

37. Institute legal proceedings against  
38. Beam  
39. Old World buffalo  
40. Latch onto  
42. Physical therapy  
43. Conditions of balance  
48. Half pro  
50. Resounded  
52. Sales event  
53. Separates seating areas  
54. N.M. Pueblo people  
55. Bridge building degree  
56. Fullback  
57. Peyote  
59. Afflict  
60. Rests on one's knees  
61. Having negative qualities

## CLUES DOWN

1. Besmeared  
2. Genus dasyprocta  
3. A male ferret  
4. Unit of volume (abbr.)  
5. Italian hors d'oeuvres  
6. N.W. German city & port  
7. Signal sounds  
8. Adult females  
9. \_\_\_ denotes past  
12. Gas usage measurement  
13. Fishhook point  
17. Mauna \_\_, Hawaiian volcano  
19. In a way, thrusts  
20. Grimm brothers birthplace  
22. Withered; dry  
24. Genus salvia  
26. About senator  
30. Livestock enclosure

32. Work units  
33. Hebrew name meaning dog  
34. A tumor composed of muscle tissue  
36. Satisfy to excess  
41. Third mast  
42. A horse's strut  
44. Tree producing gum (Arabic)  
45. Armour carried on the arm  
46. Winged goddess of the dawn  
47. Ego  
49. Hesitancy  
51. Young woman of society  
55. Founder of Babism  
57. Mark (abbr.)  
58. Jeans maker's initials

NEED TO GET SOMEWHERE ON CAMPUS  
BUT DONT KNOW WHERE TO GO?

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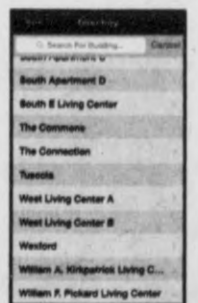
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5 Click "Map it"



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6 Click the  
symbol in the  
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7 Choose to open  
map directions  
in an external  
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**QUICK HITS**

**GVSU'S MARTI CORBY NAMED NCAA DIVISION II PLAYER OF THE YEAR**

Grand Valley State sophomore Marti Corby was named the NCAA Division II Player of the Year by the National Soccer Coaches Association of America (NCSAA) on Dec. 18.

Corby, a midfielder, was earlier named an NCSAA All-American, her second selection in two years, becoming just the fifth Laker to earn two All-America selections.

Corby becomes the third Laker to earn Player of the Year honors, joining Irie Dennis and Jenna Wenglinski, who won the award in 2009 and 2010, respectively.

Corby ranked eighth nationally with 13 assists, while posting 12 goals, good for second on the team. The sophomore notched 37 total points to finish the season tied for 18th most among Division II players.

The Ada, Mich. native helped lead the Lakers to their fourth national championship with a 3-0 win over Rollins in December.

**GV IN LINE TO WIN 10TH STRAIGHT DIRECTOR'S CUPS AFTER STRONG START**

After winning nine Directors' Cups in the last 11 years, Grand Valley State is in strong position to capture another.

Learfield Sports and NACDA released the first set of standings in December, showing GVSU atop the rankings with 373 points. Long Island University-Post follows in second place (294 points). GVSU catapulted itself to the top of the standings with a big showing at the NCAA Division II Fall Sports Festival in Louisville, Ky. in December, competing in four Division II national championships and garnering 373 out of 400 possible points.

GVSU won national titles in women's cross country and women's soccer (each worth 100 points), while finishing second in men's cross country (90) and third in volleyball (83).

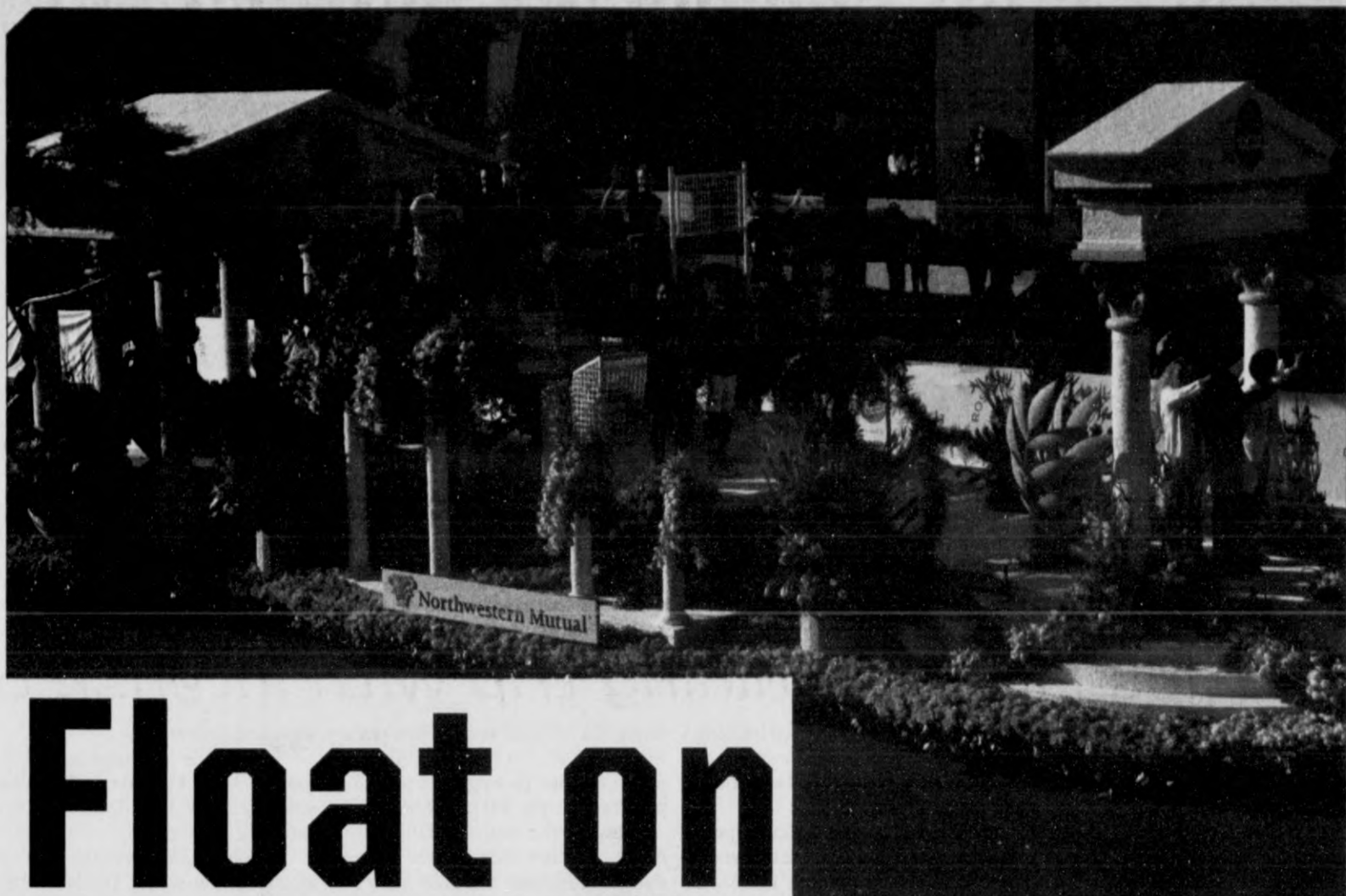
**GLIAC STANDINGS**

**MEN'S HOOPS**

- Ferris State 6-0
- SVSU 6-0
- LSSU 5-1
- Hillsdale 4-1
- Michigan Tech 4-2
- Ashland 3-3
- GVSU 3-3
- Northwood 3-3
- NMU 3-3
- Findlay 2-4
- Lake Erie 2-4
- Wayne State 2-4
- Walsh 1-5
- Tiffin 1-5
- ODU 1-5
- Malone 1-5

**WOMEN'S HOOPS**

- Michigan Tech 5-1
- Wayne State 5-1
- Hillsdale 4-2
- GVSU 4-2
- Ashland 4-2
- Northwood 4-2
- Ferris State 4-2
- NMU 4-2
- Walsh 3-3
- Malone 3-3
- Findlay 2-4
- Lake Erie 2-4
- Tiffin 2-4
- LSSU 1-5
- ODU 1-5
- SVSU 0-6



**Float on**

**BLOOMING POTENTIAL:** GVSU volleyball player Clair Ruhenkamp waves to the crowd Thursday in the Rose Bowl Parade before the Oregon-Florida State game in Pasadena, Calif. Ruhenkamp was one of six NCAA athletes chosen to ride Northwestern Mutual's "Inspiring Potential" float.

*Laker athlete chosen to participate in Rose Bowl Parade*

BY JAY BUSHEN  
 SPORTS@LANTHORN.COM

**F**or every inspiring story in the realm of collegiate athletics, there are two that go untold. Recognition is typically reserved for those who excel in the starting lineup.

That's where Clair Ruhenkamp's four-year career with the Grand Valley State University volleyball team began. Ruhenkamp was GVSU's starting setter in her first two seasons, but, as a junior, she lost her starting spot for good to a standout transfer who played the same position.

Ruhenkamp was left with two choices: quit the team or accept her new role as the team's practice-squad

setter. She chose the latter, and later wrote an essay about the experience which earned her a \$5,000 scholarship to continue her education.

Northwestern Mutual, the presenting sponsor of the 2014 Rose Bowl Game, selected six "Inspiring Stories" from NCAA athletes who have achieved greatness by overcoming adversity. The athletes were not only awarded the scholarship, but also a chance to ride on the company's float ("Inspiring Potential") in the Tournament of Roses Rose Parade prior to the Florida State-Oregon national semifinal football game on Jan. 1 in Pasadena, Calif.

"Her story gives you chills," said Paul Barthelemy, the assistant director of brand and advertising at North-

western Mutual. "It is the ultimate test of someone finding their true meaning and being inspired to reach a different level of potential than they thought they were going to."

Ruhenkamp (Fort Loramie, Ohio) found herself in GVSU's starting lineup for 22 of 27 matches as a freshman and all 33 contests as a sophomore, earning back-to-back All-GLIAC Honorable Mention laurels in the process. In just two seasons, she racked up the eighth-most assists in program history (1,912).

Her role on the team would never be the same. In 2013, Kaitlyn Wolters transferred to GVSU, won the starting job and earned a number of accolades in the next two seasons: (including GLIAC Player of

the Year) while GVSU put together a two-year record of 58-10.

Ruhenkamp wrote about the start of her junior season in the essay:

"Fall approached and when our first game came along, I wasn't in the lineup. I was shocked and felt as if I had just been kicked right in the gut. I stood on the sidelines the entire game, holding back tears of confusion, anger, and disappointment. The transfer setter had an amazing game and at that point I knew that she had just become GVSU's starting setter.

"I remember going back to my house that night and calling my parents. I never had to sit on the bench before and I wasn't sure if I could

SEE PARADE ON A8

**Bumps (and bruises) in the road**

*GV's win streak snapped in hiccup at Findlay*

BY JAY BUSHEN  
 SPORTS@LANTHORN.COM

**T**he Grand Valley State men's basketball team is having a hard time finding its midseason rhythm. Inconsistent lineups and the injury bug may have a lot to do with it.

GVSU (7-5, 3-3 GLIAC) suffered a 75-67 setback at Findlay (5-5, 2-4) on Sunday after struggling to connect from long range. Both teams launched 21 3-pointers in the contest: Findlay knocked down 10 (47.6 percent); GVSU made four (19.0).

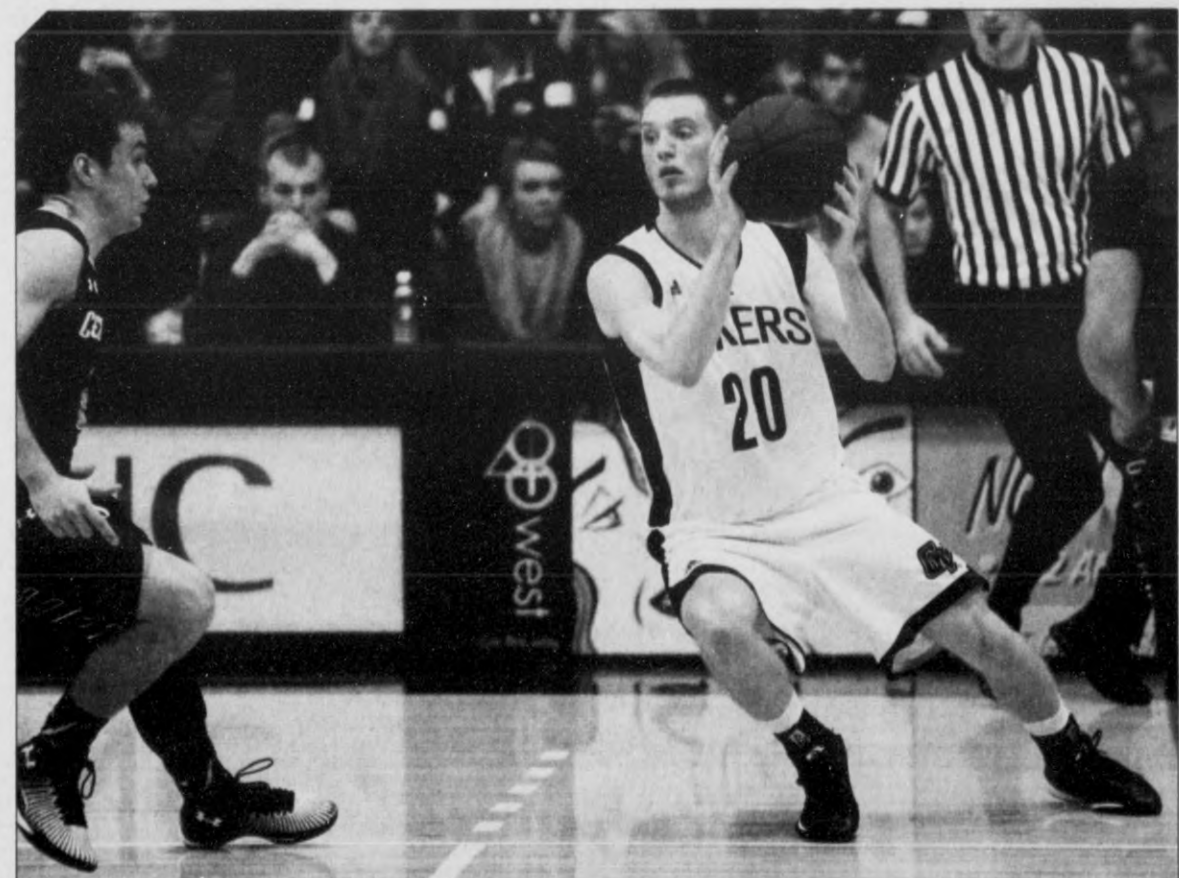
"We just didn't play quite good enough for the most part," said GVSU coach Ric Wesley. "Pretty good effort against a team with their back against the wall - but a team that has a great tradition and was really focused and ready to play. I just didn't think we played good enough. We had some defensive breakdowns in the second half with the game on the line.

"Some of their secondary-type players beat us."

Both teams had four players score in double figures. GVSU's usual suspects, Ryan Sabin and Ricky Carbajal, scored 16 points apiece while sophomores Trevin Alexander and Luke Ryskamp both chipped in with 11. Alexander also pulled down a game-high nine rebounds.

Alexander, who ranks second in the GLIAC with 8.1 rebounds per game and first with 40 offensive rebounds, has played a key role in the absence of senior forward Chaz Rollins. Rollins, GVSU's leading rebounder in 2013, has missed nine straight games with an injury.

"Chaz has had an ongoing ankle/foot issue really since last summer," Wesley said. "He worked his way back, got back in practice but had an issue with a stress reaction in his foot. At



**A GRAND CAREER:** GVSU senior guard Ryan Sabin became the 32nd player in school history to score 1,000 career points with a 3-pointer at Findlay on Sunday. GVSU lost 75-67, snapping its four-game win streak.

this point we're considering holding him out for the season."

Injuries have also been a factor in the backcourt, as seven different guards have started games for the Lakers this season. Junior point guard Aaron Hayes, who battled a nagging hamstring injury in the pre-season, injured his other hamstring in practice on Wednesday.

Freshman guard Miles Miller has started five straight games.

"We're pretty interchangeable," Sabin said. "When one guy goes out and another comes in - that's not an issue. It's a big advantage. ... The season still

goes on no matter who plays. Whoever's next in line will step up, and we're confident in that."

Sabin has scored in double figures in 10 of 12 games this season, and inked his name in the GVSU record books Sunday by becoming the 32nd Laker to score 1,000 career points.

"It was one of my goals coming in, so it was nice to get it over with," Sabin said. "I think in high school I had 998 points so I really wanted to get it in college."

The senior leader's steady offensive presence has been good enough for 13.8 points per game this season, second only to Carbajal's mark of 14.6.

Carbajal, who played through a heel injury at Findlay, said the team plans to refocus after the tough road loss.

"Our lineups have been crazy," Carbajal said. "It's almost a new lineup every other game - so you just have to trust each other, be there for each other, listen to the coach, play tough and play with passion. We just have to feed off each other's energy."

"The road games are the toughest ones."

The team, which is 4-0 at home this season, returns to Fieldhouse Arena this week for a pair of GLIAC games against Walsh (Thursday at 8 p.m.) and Malone (Saturday at 3 p.m.).

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# Lakers split showdown at Nova Southeastern



SWIMMING SOUTH: GVSU swimmer Tristan Comerford looks back between strokes during a competition. The Lakers competed at Nova Southeastern on Saturday in Florida. The men's team won with a score of 107-98 while the women lost to the Sharks by a score of 115-90. The teams practiced twice a day to prepare for the upcoming season.

## GV caps Florida training trip with intense competition

BY NICK DEMAAGD  
NDEMAAGD@LANTHORN.COM

**J**ust as the weather heated up in Fort Lauderdale, Fla. over the weekend, so did the competition for Grand Valley State's swimming and diving teams.

The GVSU men and women competed at Nova Southeastern on Saturday. The No. 5 Laker men claimed a 107-98 victory over No. 15 Nova Southeastern while the No. 10 Laker women fell to the No. 11 Sharks, 115-90.

In preparation for the meet, GVSU spent a week of intensive training in Fort Lauderdale to gear up for the second half of the season. This year marked GVSU's fourth

trip to Fort Lauderdale for training purposes. Head coach Andy Boyce said the experience has always been well worth their time.

"It's a great team bonding experience and we get to practice and compete outdoors," Boyce said. "It's a lot of fun for the team but we do train four to five hours a day."

The Lakers spent their time practicing twice a day and even had a short practice before their meet on Saturday.

In the meet against the Sharks, the Laker men were led by junior Gianni Ferrero who picked up first-place finishes in the 200 free (1:41.74) and 500 free (4:32:13) and a second-place finish in the 200 medley relay (1:32.62) with teammates Milan Medo, Nathaniel Stoller, and Danny Abbott.

For the Laker women, freshman

Samantha Postmus secured first place in the 1000 free (10:29.31) and 500 free (5:11.14) while picking up a second-place finish in the 200 free (1:54.37).

Despite the women falling to Nova Southeastern, there were many consistent top-five performances for the Lakers. Senior Sarah Roeser claimed second-place finishes in her three events while teammates Emily Eaton, Julia Suriano and many others followed right behind her. Eaton also helped snag a top finish in the 100 IM (1:01.10).

Looking back on the week and the competition, the Lakers were happy to have had the experience.

Ferrero, whose first collegiate meet was on the very same trip three years ago, said the team bonding during the trip and during practice

was good for everyone.

"I think the trip helps a lot with team bonding," Ferrero said. "We were strong before we went down but it was definitely awesome."

Having bonded with one another in an already strong family-like atmosphere, the teams' training proved fruitful both physically and mentally.

Freshman Samantha Postmus said the experience was really helpful in preparing for the meet and bonding with her team.

"It was tiring at some points but the team pushes you on and it was kind of an emotional booster," Postmus said.

Pushing fellow teammates to keep moving forward has been a core aspect of the team dynamic. Boyce said Postmus and Ferrero have been great leaders for the team this season be-

cause of their work ethic and attitude in practice and at meets.

"I don't really see myself as a leader," Ferrero said. "I try to do my best in meets and practices and it motivates others."

Ferrero also said leading by example works both ways and that when teammates push him in practice or at a meet it inspires him to do the same.

"We're looking forward to try and win the conference because we've worked for it all season," Ferrero said. "With only four weeks left we want to finish the job."

The Lakers will be back in the pool again at home in Allendale on Saturday against GLIAC rival Wayne State University.

## PARADE

CONTINUED FROM A7

do it and still be a good teammate. After talking to my parents many times, I decided that I was going to find the positives, take on whatever role the team needed me to take, and do it to the very best of my ability (while, of course, also still trying to fight my way back to the starting role). I decided

that if the coaches needed me to be the 'practice' setter, I was going to do everything in my ability to push my teammates on both sides of the net and make our team better."

To GVSU coach Deanne Scanlon, Ruhenkamp did just that.

While the starters spearheaded the team's run to the NCAA Final Four in December, many of the reserves played a key role. For Scanlon, the leadership and volleyball IQ pro-

vided by the practice-squad setter – or quarterback – sped the progression of GVSU's younger players.

"We were able to go to our bench so much this year," Scanlon said. "Those people being able to come in and contribute are a direct result of how Clair performed at practice."

"She set such a good example to everyone of how important it is for everyone to accept what role you're given. It was emotional for her. She's

a competitor, she's always been on the court and has been a winner. Yet she was able to come to terms, work herself to understanding how important of a role she could play. She turned her attention toward how could she contribute and best help this team to be successful. It's a hard thing to do."

Ruhenkamp, who majors in elementary education and plans to graduate in April, wrote that the four-year journey helped her "become a bet-

ter teacher, coach and person." It also helped her learn that "it's not about being the best – it's about being better than you were before."

"We don't always take the time to understand the hard work, how hard it is to be a great teammate and come to practice everyday and not get the glory of playing in game time," Ruhenkamp said. "I hope after this essay it helps some other people see that."

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# From hot to cold

## Lakers lose third straight after 7-0 start

BY ADAM KNORR  
ASSISTANTS@SPORTS@LANTHORN.COM

**A**fter ripping off seven consecutive wins to start the 2014-15 campaign, the Grand Valley State women's basketball team came face to face with a three-game gauntlet on the road.

On Dec. 21, the No. 17 Lakers lost their first game of the season at No. 2 Lewis. On Friday, GVSU (7-3, 4-2) was overwhelmed, 89-63, by Shareta Brown and No. 11 Wayne State in Detroit. Findlay (6-4, 2-4 GLIAC) handed the Lakers their third straight loss on Sunday, 79-60.

Friday's matchup pitted the Lakers against Wayne State and reintroduced GVSU to Brown, a Detroit-Mercy transfer, who controlled the game in the low post with efficiency and power. Brown scored 32 points and pulled down 24 rebounds while shooting 12-of-15 from the field and converting 8-of-9 free throws.

The Lakers led 2-0 following a Piper Tucker jumper just 20 seconds into the game, but lost the lead and never regained it. Wayne State took a 44-30 lead into the half, and continued to

coast following the break, outscoring GVSU 45-33 in the second half to improve to 8-1 (4-1 GLIAC).

"We didn't come out with that sense of urgency like you need to," said GVSU coach Janel Burgess. "You have to give them credit, especially in the low block... At the end of the day I'm really proud of how we finished the game. This is a learning experience."

Tucker and fellow forward Jammie Botruff led the Lakers on the scoresheet, posting 11 and 13 points, respectively. GVSU made just 20 of 60 shots in the contest, including an 8-of-26 clip from the 3-point line. The Lakers pulled down 39 rebounds, but were outscored in the paint 46-14.

Kat LaPrairie nailed a pair of triples to give her 124 for her career, good for sixth place for career 3-pointers in GVSU history.

Following the defeat, GVSU tripped to Findlay, Ohio for its second conference tilt in three days. Again, the Lakers fell behind early and were unable to recover, ultimately falling 79-60 to the Oilers, who notched just their second conference win of the season.

"We need to have better starts, have

more energy and be more aggressive," Tucker said.

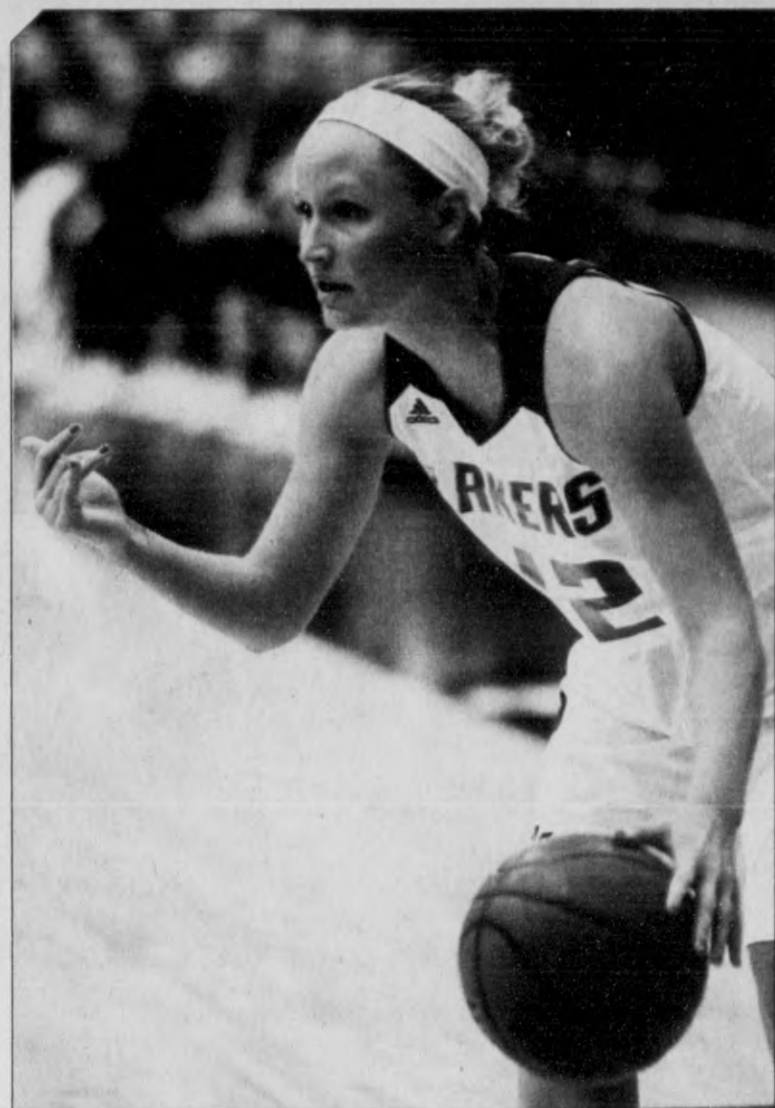
GVSU struggled to convert opportunities from the field, shooting 41 percent overall and 23.5 percent from behind the arc. Sophomore Kayla Dawson paced GVSU with 14 points on 4-of-14 shooting, while Tucker and Brionna Barnett each added 12.

LaPrairie was in foul trouble throughout the contest, and was held scoreless for the first time this season.

Findlay outrebounded GVSU 40-27, shooting 52.6 percent and pouring in over half its points within the paint. Karli Bonar drained six triples on seven attempts to lead Findlay with 18 points, while Lacey Kessler added 16 points and eight rebounds. Kelsey Lewis scored 10 points and pulled down 10 rebounds.

"We had a rough start to the game and it definitely starts on defense for us," Dawson said. "We need to come in and have a chip on our shoulder and have that attitude."

The Lakers, who are 5-0 at home this season, return to Allendale for their next game on Thursday as they play host to Walsh (9-2, 3-3 GLIAC) at 6 p.m.



TEAMWORK: Grand Valley State University basketball player Meryl Cripe (12) calls to her teammates as she looks for an open Laker.

GVL KEVIN SIELAFF

# GV women find different dynamic

## Sophomores, transfers stepping up for GV this season



DRIVING IT HOME: Grand Valley State University basketball player Kayla Dawson (23) keeps possession of the ball against an MSU defender.

BY PETE BARROWS  
PBARROWS@LANTHORN.COM

**D**espite the graduation of star player Dani Crandall last season, the Grand Valley State University women's basketball team has arguably developed into a better top-to-bottom team.

With a 7-3 record, it doesn't appear to be a case of addition by subtraction, either.

"Dani was a big part of our success last season, but we've adapted our style and personnel to compen-

sate," Janel Burgess, GVSU coach, said. "Instead of setting up 3-point looks, we're creating more simple inside-out shots."

"Instead of one main go-to player, we have several."

What the lady Lakers, who finished 14-12 in 2013-14, have lost in Crandall - experience, leadership and skill - they've replaced with a more experienced sophomore class and a pair of transfers.

Sophomore Kayla Dawson is second on the team with a 13.2 point per game average, while fellow soph-

omore Piper Ticker leads the squad with 5.8 rebounds per game to go along with her 7.0 points.

Wisconsin-Green Bay transfer and junior point guard Brionna Barnett in turn leads GVSU in scoring with 13.8 points per game, while Saginaw Valley State University junior transfer Jammie Botruff, a forward, has contributed 4.9 points per game and 3.6 rebounds.

"Brionna Barnett is a very versatile, quick guard able to break down

SEE DYNAMIC ON A10



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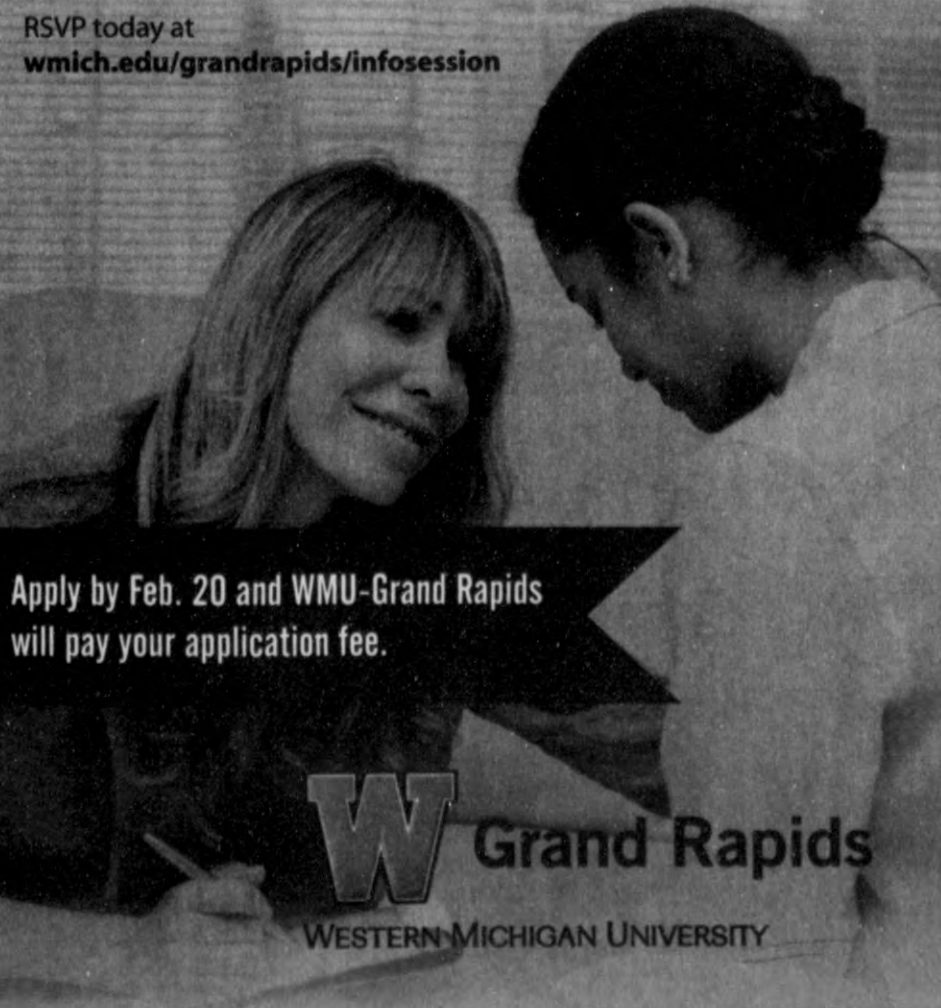
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# GV takes training to Tampa



**BUSINESS TRIP:** The club rowing team practices during their training trip in Florida. The team worked on a number of technical aspects of the sport during the trip, which figures to help this this season.



**RISE AND SHINE:** The Lakers rowed for 20 miles per day on average off the coast of Tampa Bay, Fla. GVSU returns to action on March 8.

## Laker Navy heads south for winter tune-up

BY MARK WASHBURN  
SPORTS@LANTHORN.COM

**W**inter break is not only a chance for rest and relaxation, but, for some, it is a chance to travel somewhere warm. The Grand Valley State University club rowing team took a trip to Florida over break, but its intent was much more than a chance for some R&R. The team took on the "work hard, play hard" mantra to train for the upcoming spring season. The weather was near perfect for GVSU's rowers as they trained for

eight days on the smooth waters near Tampa Bay. The annual trip provided time to work on technique before strength training in the winter. GVSU coach John Bancheri, in his 10th year at the helm, sought to use the time to really iron out the technical aspects of the sport. "We took the time out there on the water to improve upon our weight placement," Bancheri said. "Bladework was also a huge focus for training." Such technical aspects increase the length of the stroke, which has more effect on the synchronization

and length of stroke. Improvements in these areas are vital to the team's speed and subsequent success. Senior captain Austin Burris said he was excited about building up a strong base for the team. "We were really focused on getting the most out of each stroke," Burris said. "We want that great reach. Another focus during training was just getting a lot of mileage." The Lakers rowed 20 miles a day on average, and the extra time spent on the water figures to pay dividends when the spring season gets underway.

The trip also gave the athletes an opportunity to bond. Three days were designated beach days, when the teams were able to hang out at the beach or walk around town. "We had a great chance to get to know each other better, especially the novice (first-year) class," Burris said. The team has a few months of strength training before heading back to Florida for spring break. Then the spring season begins, which has incited a lot of excitement. For GVSU, there is much to look forward to in the upcoming season. "It will be great to go back to

San Diego in April because both the men and women have been invited back," Burris said. "The men won last year, and we were able to level up a race." "We have the potential to be the fastest Grand Valley team to date." With the Florida training helping technique and team chemistry, the Laker Navy figures to be a force on the water once again in the 2015 spring season, which kicks off in the Georgia Tech scrimmage on March 8. To read more about the trip, visit [www.grandvalleyrowing.com](http://www.grandvalleyrowing.com).



**CHEMISTRY:** GVSU players slap hands during a 2014 preseason game.

### DYNAMIC

CONTINUED FROM A9

the defense from the perimeter," Burgess said. "Jammie Botruff is a grinder inside, and all of sophomore players - Kayla and Piper in particular - have assumed larger roles." Another major factor in GVSU's hot start has been the leadership of Kat LaPrairie, who is third on the team with 12.1 points per game and entered Sunday's contest at Findlay leading the GLIAC with

a sizzling 49.3 shooting percentage from beyond the arc. LaPrairie and point guard Meryl Cripe are the team's only seniors. Neither is played at disproportionate usage rates compared to the rest of the team, but their combined leadership is proving to be invaluable. "The role some of the more experienced players have assumed on this team have had a tangible impact on how our team has played," Burgess said. "I'm not sure what this team's fullest potential is, yet, but I know that leadership up top will have to continue if we're going to reach it."

After starting the season 7-0, the Lakers have dropped their last three games. The first two were against ranked opponents, No. 2 Lewis (Dec. 21) and No. 11 Wayne State University on Friday, with the most recent loss coming at Findlay on Sunday. All three games were played on the road. Despite the tough stretch, GVSU still seems to have found a formula for success that should bode well for the rest of its GLIAC schedule. "We're anxious to push these young ladies every day to get better," Burgess said.

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A Cappella-Off, Saturday January 17th, 7pm at Allendale High School. Groups from all over Michigan, as well as Ohio, Indiana, and Illinois are invited to this 'midwest' event! There will be prizes for Best Group Overall, Best Male Group, Best Mixed Group, and Best Female Group. This year the competition will feature all four a cappella groups from GVSU! Please contact Rachel Xydis, [Xydisr@mail.gvsu.edu](mailto:Xydisr@mail.gvsu.edu) if you have questions.

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**Student Org Events**

Campus Leadership Week is celebrated January 12-17, 2015. Sponsored by the Office of Student Life (Laker Leadership Programs) and Omicron Delta Kappa National Leadership Honor Society (O?K), the GVSU campus community is invited to participate in various events representing the Five Phases of Campus Life recognized by O?K during Campus Leadership Week. Please contact [jonesval@gvsu.edu](mailto:jonesval@gvsu.edu) for more info or with questions

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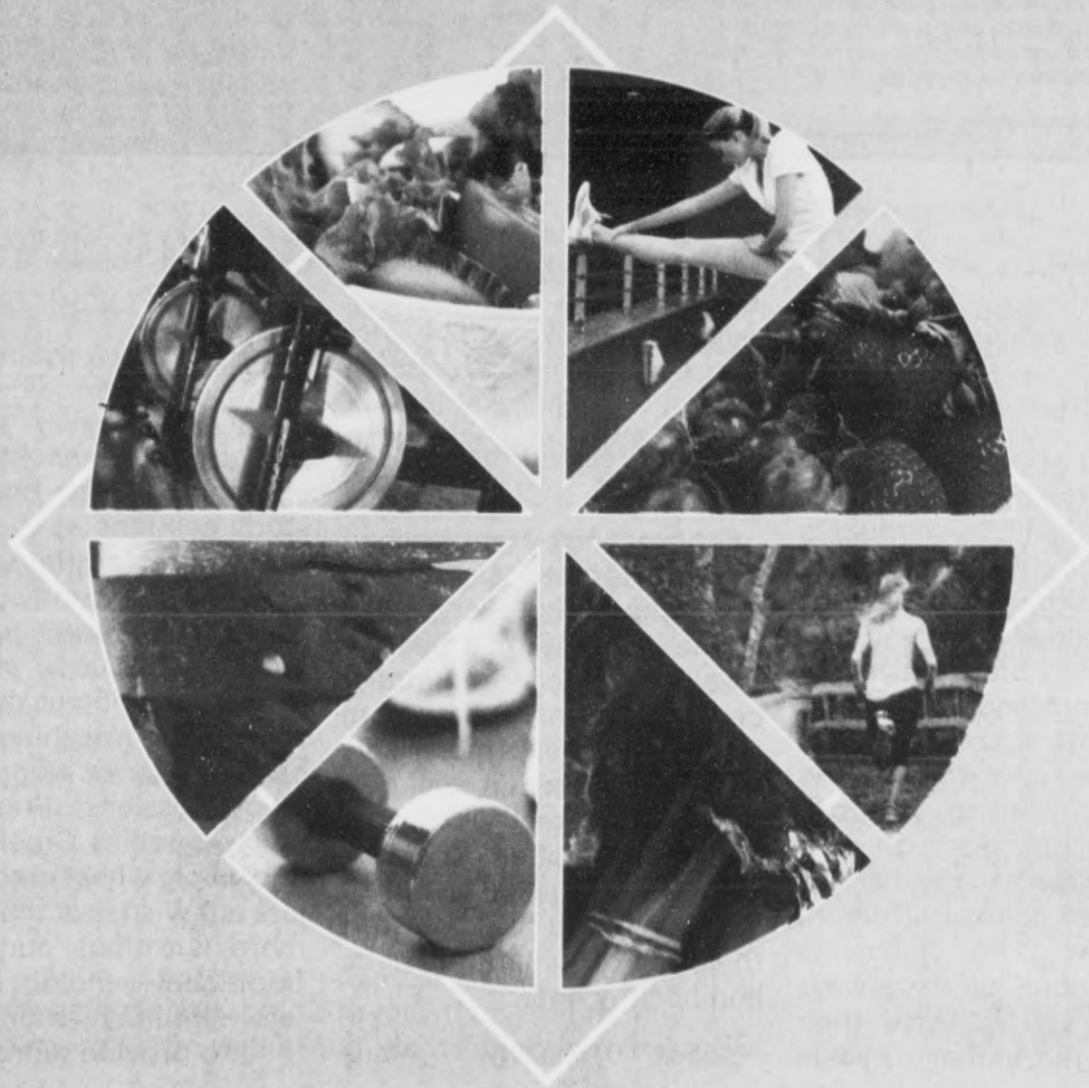


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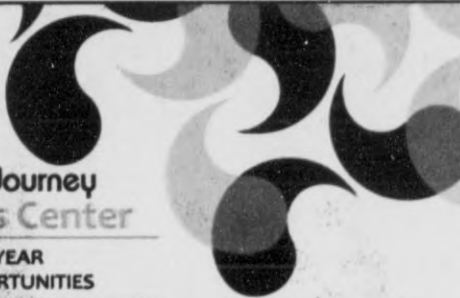
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## How college students can eat healthy



**I**f asked to reflect on their college years, many graduates likely would not recall healthy eating habits. Many college students at Grand Valley State University are often pressed for time and short on funds, so a nutritious diet is often sacrificed for the sake of convenience and cost. But a healthy diet can help GVSU students handle the stresses of college life more effectively. The following are a handful of easy ways students can improve their diets' nutritional value

without breaking the bank.

**Eat breakfast.** Many college students tend to stay up late and sleep in, but sleeping in at the expense of a healthy breakfast can impact performance in the classroom and make students more likely to overeat later in the day. A bowl of cereal with some fresh fruit is not an especially expensive breakfast, but it can help GVSU students start their day off on an energetic and healthy note.

**Snack healthy.** Many

students find snacks are an integral part of hours-long study sessions at the library. But trips to the vending machine for candy bars or potato chips won't add much nutritional value to your diet. Instead of being at the mercy of vending machines, bring healthy snacks along during study sessions. Fresh fruit, raw vegetables, Greek yogurt, and whole wheat crackers are just a few snacks that pack a more nutritious punch than traditional vending machine fare. Healthy snacks also tend to provide more energy,



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making it easier to endure late-night study sessions.

**Make pizza healthier.** Pizza is a staple of many GVSU students' diets, so it's likely unrealistic for them to quit pizza cold turkey, especially since there are ways to make pizza healthier. When ordering a pizza, students can request their pizza be prepared with whole wheat dough, which is healthier than traditional pizza dough. In addition, ask for less cheese and more tomato sauce. Such alterations are simple and healthy without sacrificing taste.

**Scale back on sugar.** Sugar can cause weight gain without providing much in the way of

nutrition. Students at GVSU can cut back on their sugar intake by avoiding sugary beverages, including soda and drinks like sweetened iced tea or lemonade. College is also when many people first start drinking coffee, which some people prefer to take with sugar. But students looking to keep weight off and reduce their sugar intake can choose to drink their coffee black or with just light cream or fat-free milk to ensure their morning cup of joe is not contributing to a bigger waistline.

**Drink more water.** The symptoms of dehydration mimic those of hunger, and students might turn to snacks

when all they really need is a glass of water. If you find yourself snacking shortly after eating a meal, then you might just need to drink more water.

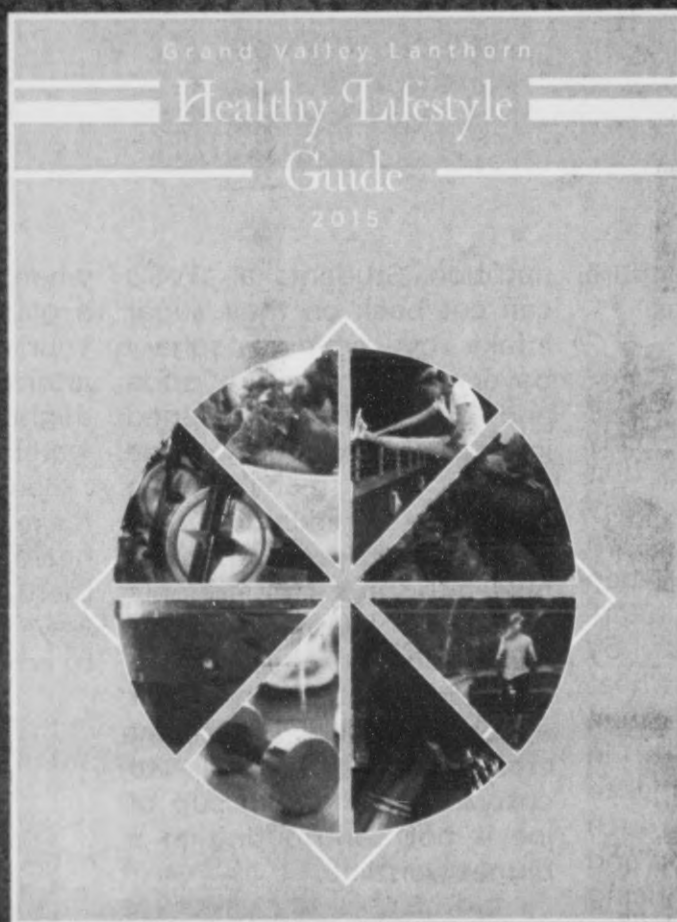
Many students tend to forget the importance of healthy eating habits. But there are some inexpensive ways for on-the-go students to enjoy healthy diets.





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# — What's in your Diet? —



**L**ets face it - College isn't the place people go to be healthy. With tight schedules and dining out options at every corner, it is safe to say the "Freshman 15" is brutal. A healthy diet is essential to long-term health, and there are ways you can maintain a good diet in college. When coupled with

routine exercise, healthy diets can be an effective way for men and women to reduce their risk of contracting a variety of diseases, not to mention the positive impact that such a healthy lifestyle can have on an individual's quality of life. The following are a handful of easily found foods that pack a nutritious punch.

### **Whole wheat and multigrain pasta:**

Once difficult to find, these low-calorie alternatives to traditional pastas are now available in many large chain grocery stores as well as organic marketplaces. That's good news, as a typical two-ounce serving of whole wheat or multigrain pasta typically includes about seven grams of protein and six grams of fiber.

### **Nonfat Greek yogurt:**

Nonfat Greek yogurt is a great low-calorie source of protein, making it a great snack option for men and women who want a snack that can boost their afternoon energy levels without compromising their waistlines. Single serving containers of Greek yogurt tend to be right around six ounces, and that six ounces can include 120 grams of protein or more

### **Russet potatoes:**

If baked potatoes are a side dish you typically only enjoy in restaurants, you might want to consider eating more of them at home. One medium-sized Russet potato is roughly 170 calories and includes three grams of fiber, five grams of protein and 25 percent of your daily recommended dosage of potassium. Russet potatoes also are high in vitamin C and iron.

### **Fresh spinach:**

Popeye was on to something, as a four cup serving of fresh bagged spinach is just 20 calories and loaded with vitamins and nutrients. Just one serving of fresh bagged spinach can provide 160 percent of the recommended daily value of vitamin A and 40 percent of the daily value of vitamin C. Spinach is also a great source of folic acid, which can help prevent heart disease, stroke and certain types of cancer.

### **Dried lentils:**

Dried lentils make great additions to salads, soups and stews and pack a nutritious punch despite their relatively small serving size. A single serving of dried lentils is 1/4 cup, and that serving includes 10 grams of protein and 11 grams of fiber.

### **Brown rice:**

A single 1/4 cup serving of brown rice has roughly 20 less calories than a similar serving of traditional white rice, and brown rice is also a much greater source of dietary fiber (1.8 grams) than white rice (0.4 grams). Brown rice also is rich in selenium, which can reduce a person's risk of developing arthritis, certain cancers and heart disease.





# Winter superfoods

for optimal health



**I**llnesses seem to peak during the winter months, especially on college campuses with students in close quarters. A tapped-out immune system as well as dry, cold air may encourage the spread of common viruses and bacterial infections more easily. As a result, it's important that faculty, staff and students at Grand Valley State University take every step possible to ward off sickness when the temperatures drop. Dietary changes can make a world of difference, and more and more people in the GVSU community are including these proven superfoods in their winter diets.

**Avocado:** Avocado has high levels of essential fatty acids and vitamin B6, which is important in the biosynthesis of important neurotransmitters. Foods high in B vitamins may be able to counteract some of the symptoms of winter-related depression.

**Pomegranate:** This quirky fruit has vitamins C and K, folate and potassium and is a good source of fiber. Pomegranate has anti-inflammatory properties, which can help in reducing joint pain and preventing strokes. Pomegranate may also help the body fight viruses.

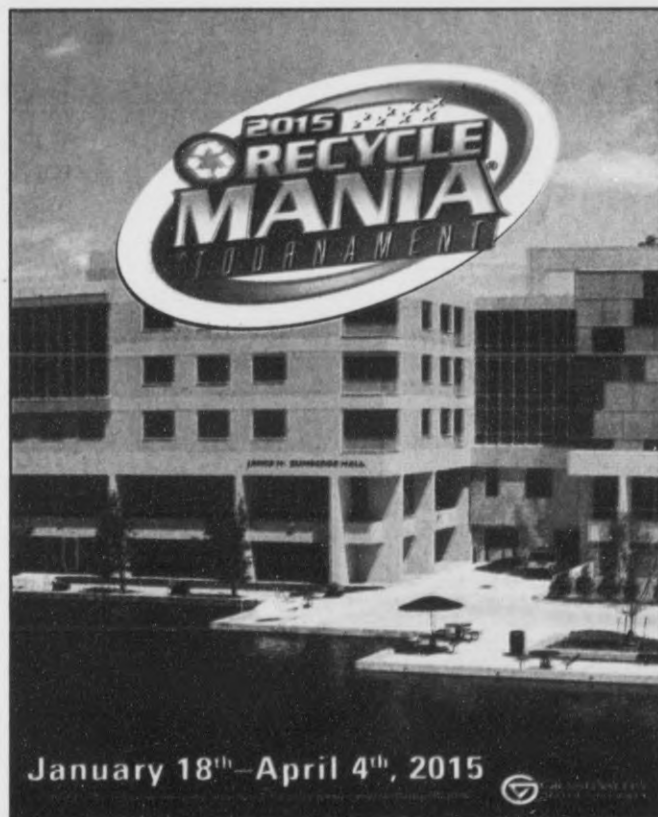
**Cinnamon:** Cinnamon has high levels of antioxidants, and some studies point to cinnamon as a natural antibacterial agent. Cinnamon also can help regulate blood-glucose levels, which is beneficial for those with diabetes.

**Prunes:** Now widely referred to as "dried plums," prunes are an important source of boron, which could prevent osteoporosis. High in antioxidants, prunes help the body fight a variety of illnesses.

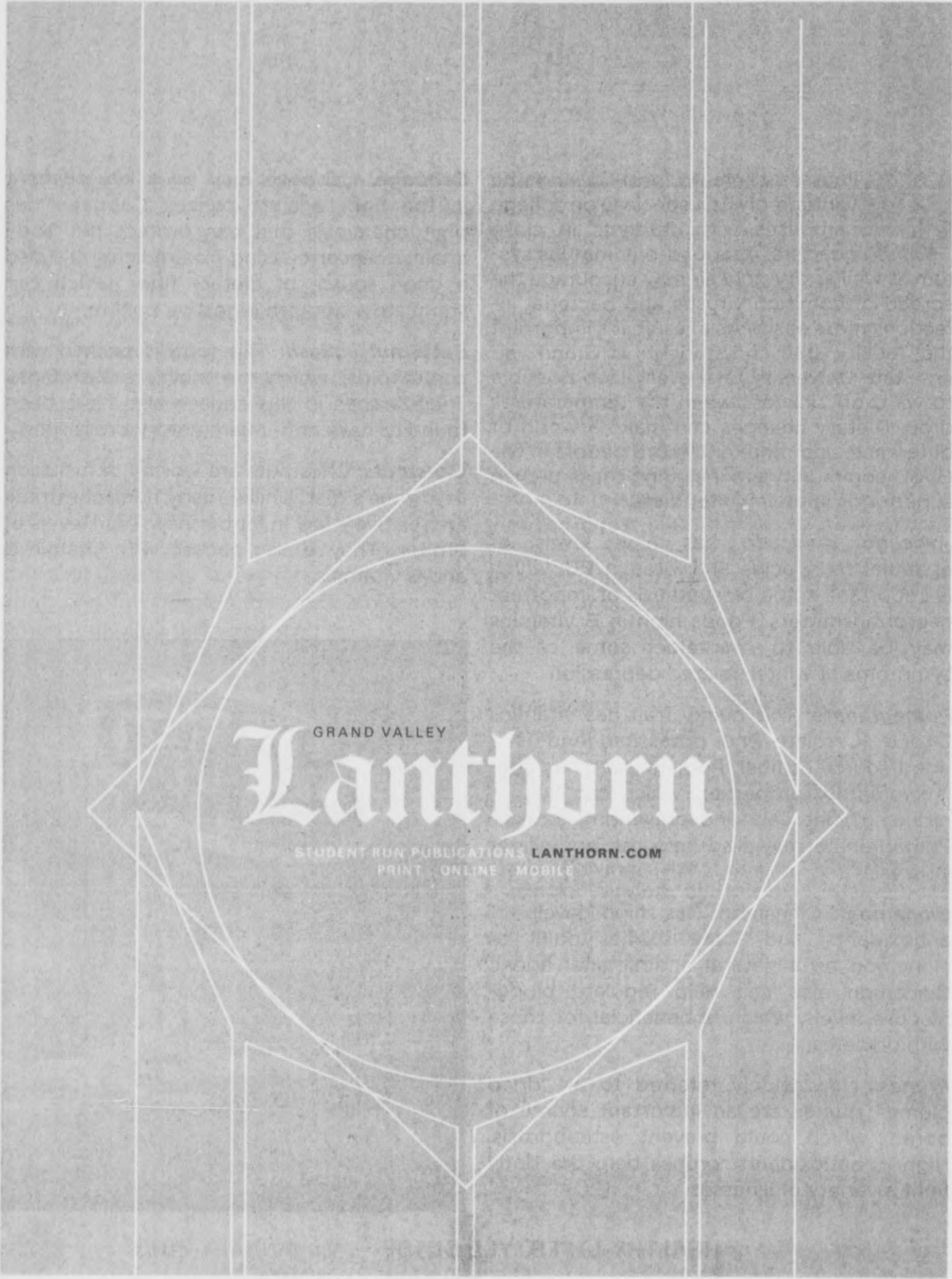
**Cabbage:** Cabbage may be a key element in the fight against cancer. Cabbage has phytochemicals that can protect the body against cancer-causing free radicals. It's also a good source of dietary fiber, which can stimulate a sluggish digestive system.

**Butternut squash:** This food is packed with carotenoids, which are stellar antioxidants. The starches in this squash also have been found to have anti-inflammatory properties.

**Chestnuts:** Chestnuts are worthy of inclusion in anyone's diet. Unlike many nuts, chestnuts are relatively low in fat but have high levels of protein. They're also packed with vitamin C and B vitamins.







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