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Grand Valley State University

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RELAXATION

**'The Practice of Mindfulness'**

Former GV counselor to hold meditation seminars

BY KYLE DOYLE  
ASSISTANTNEWS@LANTHORN.COM

Relaxation: a 10-letter word that means a number of things to a number of different people. To some, it's woodworking, or maybe it's drinks on a beach. To others, it's taking an hour out of their day to meditate and push out their negative thoughts.

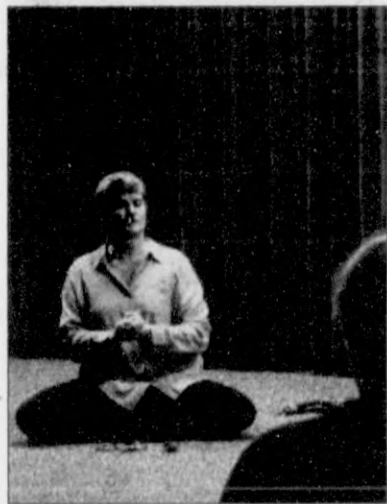
And that's precisely what's coming to Grand Valley State University.

A series of six seminars entitled "The Practice of Mindfulness," put on by former GVSU counselor Dr. Sue Dilsworth, is taking place in the Richard M. Devos Center over the course of the winter semester starting Monday, Jan. 16 and ending Monday, March 27. The seminar is designed to help students, faculty and staff relax, meditate and relieve the stress of their day.

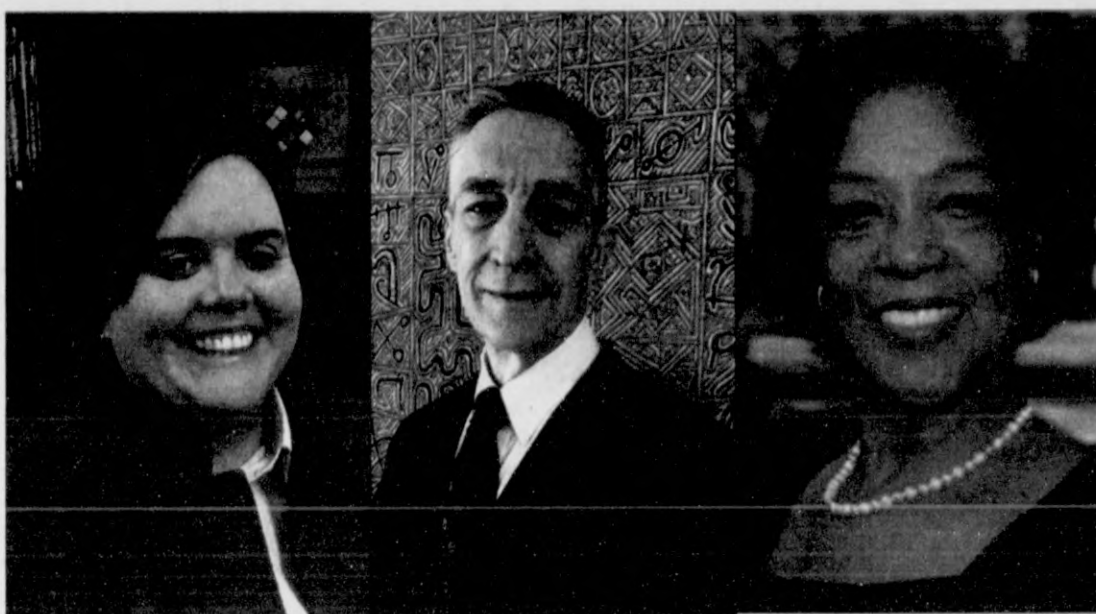
"We live in a very (high functioning) world," Dilsworth said. "I don't think our minds were wired to be on all the time, so this is an opportunity for people to rest and digest in the middle of their workday."

The seminar will include several different types of meditation, all aimed at helping the participant release the stress of the day. Such techniques include mudras (hand gestures), yoga nidra (sleep with a trace of mindfulness), asana (a type of seated yoga), pranayama (breathing

SEE PRACTICE | A5



YOGA: A teacher poses during class. COURTESY | GV HEALTH AND WELLNESS



TOP THREE: Denise Cobb (left), Stephen Esquith (center), Jann Joseph (right) are the three finalists for GVSU's next provost and vice president of student and academic affairs and will visit GV in upcoming week. COURTESY | GVNOW

# Final three

Contenders for new provost announced, will visit GV in upcoming week

BY JESS HODGE  
ASSOCIATE@LANTHORN.COM

After months of searching and narrowing down about 75 candidates, three finalists to possibly fill the position of Grand Valley State University's next provost and executive vice president for student and academic affairs have been chosen.

Denise Cobb, Jann Joseph and Stephen L. Esquith will all vie for the position in the upcoming week. All three are tasked with giving a 25 minute presentation to community members at GVSU that is related to student and academic affairs. The entire campus community is invited to sit in on the presentations. All sessions will be held on the Allendale Campus, but will be simulcast to multiple locations on the Pew Campus.

Cobb's presentation will be Thursday, Jan. 12 from 2 p.m. to 2:30 p.m. in the Grand River Room. Joseph's presentation will be Tuesday, Jan. 17 from 2 p.m. to 2:30 p.m. in the Grand River Room and Esquith's presentation will be Thursday, Jan. 19 from 2 p.m. to 2:30 p.m. in the Grand River Room.

Cobb is the current interim provost and vice chancellor for academic affairs at Southern Illinois University Edwardsville. Joseph's current position is Indiana University South Bend's executive vice chancellor. Esquith hails from much closer as the dean of Michigan State University's Residential College in the Arts and Humanities.

After 15 of years in the position, provost Gayle Davis announced in 2016 her plans to retire at the end of the academic year in 2017. The search quickly started to find someone who could take over her spot and continue to grow GVSU as Davis had for the past decade and a half. GVSU enlisted the help of Isaacson Miller, a firm specializing in recruiting leadership for institutions such as GVSU.

In addition to Isaacson Miller, GVSU formed its own search team consisting of co-chairs Teri Losey and Jon Jellema, and 11 other members some of which

include the student senate president Ella Fritzeimer, the director of admissions and more.

Jellema said each candidate demonstrated some of the key qualities they were looking for in different ways.

"(We were looking for) someone with appropriate experience who understands and appreciates GVSU's culture, values, and goals,"

**"(We were looking for) someone with appropriate experience who understands and appreciates GVSU's culture ..."**

JON JELLEMA  
SEARCH TEAM CO-CHAIR

he said via email. "(Also) someone who is student-centered, someone who listens carefully and whose style is collaborative (and) someone who has supported innovation and is a decision maker."

Ultimately, they were looking for someone who was familiar with GVSU's Strategic Plan for the future years and who wants to help implement it in upcoming years. Each of the candidates showed exactly that in their own unique way.

SEE THREE | A2

MENTAL HEALTH

## Dealing with SAD

Lack of sunlight can trigger seasonal affective disorder symptoms

BY DYLAN GROSSER  
DGROSSER@LANTHORN.COM

Many northeastern states see less sunlight in the winter months than states closer to the equator. According to the United States Naval Observatory, residents of West Michigan will see an average of nine hours of sunlight per day during the month of January 2017. For many people, sunlight is vitally important to mental health. According to Healthline.com, sunlight helps the brain release serotonin, a chemical in the brain commonly examined when evaluating someone for a major depressive disorder.

Seasonal affective disorder (SAD) is a major depressive disorder that refers to certain people's reactions to the shifting amount of sunlight when the seasons change. More specifically, SAD is associated with a person's depressive symptoms in the fall and winter months when there is less sunlight. People who have SAD don't experience symptoms, or experience them at a far lesser intensity, during the spring and summer months when there is more sunlight. Symptoms of SAD can be low energy, difficulty concentrating, craving carbs and wanting to sleep more.

Bonnie Dykstra, a clinical psychologist at Grand Valley State University's

SEE SAD | A2



NO SUNLIGHT: GVSU's campus is covered with snow. GVL | LUKE HOLMES

DIVERSITY

## 'Black America since MLK'

MLK Jr. film, discussion to emphasize many of the challenges, victories post-Civil Rights Movement

BY MEGHAN MCBRADY  
MCMCBRADY@LANTHORN.COM

It has been about 50 years since the inception of the Civil Rights Movement in the U.S., a complex and comprehensive part of African-American history propelled by humanitarians and activists like Martin Luther King Jr. who were central to achieving major civil rights victories.

How far the U.S. has come since then in terms of racial equality will be a central topic explored during a film screening and discussion panel as part of the MLK Jr. Commemoration Week at Grand Valley State University.

About half-an-hour from the film series "Black America Since MLK: And Still I Rise" will be played Monday, Jan. 16 in the Kirkhof Center Pere Marquette Room. The screening will be followed by a question-and-answer segment to give participants the opportunity to reflect on the vari-

ous themes and narratives in the film and to raise questions about the state of the nation. The complete event will last from 2:30 p.m. to 4 p.m.

With the tagline, "We Dream. We Struggle. We Rise," the film series, which was created by historian and filmmaker Henry Louis Gates Jr., looks at the last 50 years of African-American history and the celebrities, scholars and other individuals who have shaped those years.

Crafted to be thoughtful and provocative, the film questions what it means to be black in today's society, examines whether the U.S. can have a black president while events like the Ferguson shooting continue to happen and looks at the challenges and victories post-King and post-Civil Rights Movement.

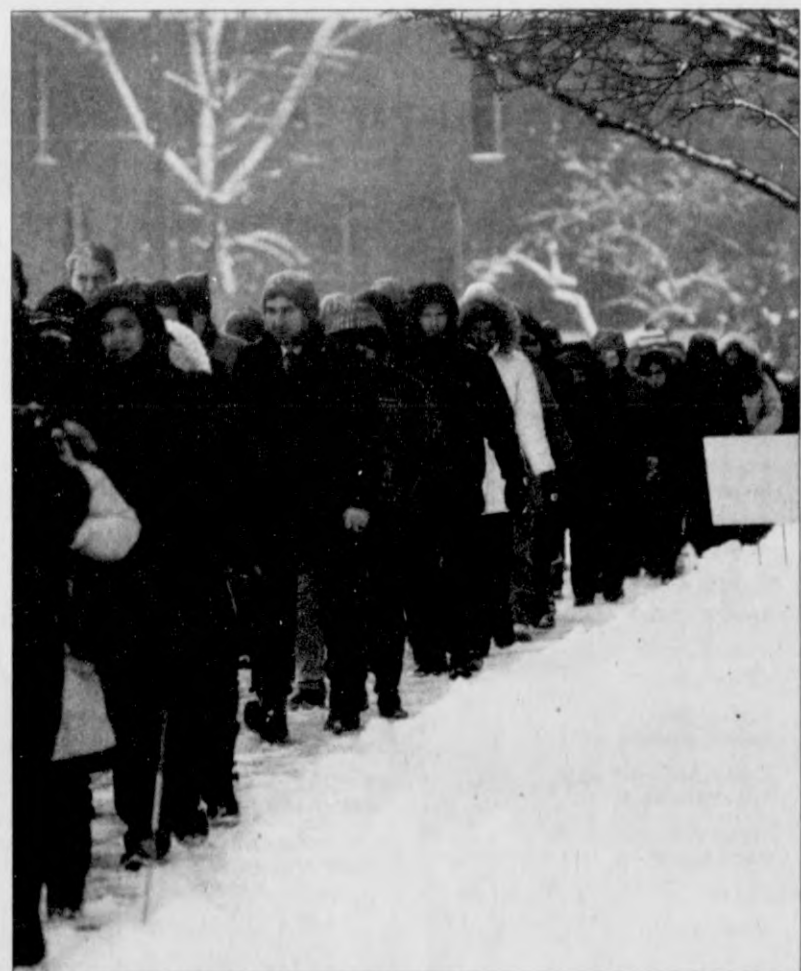
George Davis, the marketing and special events coordinator with WGVSU Public Media, will be facilitating the film and discussion.

Davis, who has facilitated past discussion panels pertaining to King, said viewing a portion of the film series will underscore how African-Americans identify themselves ethically and culturally in an ever-changing society.

"What do we see as the next victory for African-American people is the point that I am hoping to see accomplished during the panel," Davis said.

The panel for the film discussion will include Jennifer Stewart, a sociology professor at GVSU, whose research emphasis is on race and ethnicity. Regis Fox, an assistant English professor at GVSU with an emphasis in African-American literary and cultural studies, and Louis Moore, a GVSU history professor and the coordinator for African/African-American studies, will also be part of the panel discussion Monday, Jan. 16.

Bobby Springer, the associate di-



SEE MLK | A2

MARCH FOR MLK JR.: Hundreds of students participate in a silent march Monday, Jan. 18, 2016 during GVSU's MLK Jr. Commemoration Week. GVL | KEVIN SIELAFF

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NEWS BRIEFS

GVSU CELEBRATES MLK JR. WITH WEEK OF EVENTS

The Grand Valley State University community will commemorate the life and work of Martin Luther King Jr. from Monday, Jan. 16 to Saturday, Jan. 21. GVSU has several events scheduled, including keynote speeches from nationally renowned orator Kevin Powell, an activist and the president of BK Nation, and Kimberlé Crenshaw, a law professor at UCLA and author of several activist books. Powell's speech will be held in the Fieldhouse Arena Monday, Jan. 16 at 1:30 p.m. Crenshaw will present Wednesday, Jan. 18 at 4:30 p.m. in the Kirkhof Center Grand River Room. Along with these keynote speakers, the university has several other events planned every day except for Friday, Jan. 20. Such events include panel discussions on race, privilege and other related topics; a silent march from James H. Zumberge Hall to the Fieldhouse; and numerous other events. For more information about the event schedule, visit [www.gvsu.edu](http://www.gvsu.edu)

GVSU PROFESSOR RECEIVES MATHEMATICS AWARD

Ted Sundstrom, a Grand Valley State University Mathematics professor, wrote a book titled "Mathematical Reasoning: Writing and Proof" that has since been adopted as a teaching tool by almost 50 universities in the United States. Sundstrom will receive the Mathematical Association of America's Daniel Solow Author Award as recognition of the work he put into the book. The book, Sundstrom said, is made specifically for students in their first course of a mathematics major at a university. It is aimed at introducing students on how to go through the process of writing and constructing math proofs. The book also has an emphasis on active learning. Sundstrom also made the book electronically available for people to download. It has since been downloaded more than 50,000 times. Sundstrom will receive his award in July of 2017 in Chicago at MathFest. He has been a professor at GVSU for over 40 years and is set to retire in April.

AMERICAN RED CROSS TO HOLD CAMPUS BLOOD DRIVE

The American Red Cross will hold a blood drive Tuesday, Jan. 17 from 11:30 a.m. to 5:30 p.m. in the Kirkhof Center Pere Marquette Room 2204. The blood drive is being held after a reported winter shortage of donated blood. Potential donors should be hydrated and well-fed before donating blood and will need to bring a list of medications they are taking, as well as a valid form of identification, to the blood drive. For more information, visit [www.redcrossblood.org/](http://www.redcrossblood.org/).

GV COMMUNITY MOURNS PASSING OF FORMER STAFF MEMBER

Former director of institutional marketing at Grand Valley State University, Jacqueline Jean Vansen, died Tuesday, Jan. 3 at the age of 51. After graduating from GVSU with a bachelor's degree in fine arts in 1987, Vansen worked as the director of institutional marketing from 1988-2015. She also spent time serving as the graphic designer, and later the creative director, for "Grand Valley Magazine." There will be a visitation Thursday, Jan. 12 from 2 p.m. to 8 p.m. at A. J. Desmond & Sons in Royal Oak, followed by a funeral mass Friday, Jan. 13 at Gesu Catholic Church in Detroit.

THREE

CONTINUED FROM A1

As part of the search team, Fritzeimer offered a student's perspective on each candidate. She said although narrowing down the candidates to three finalists was difficult, once she heard statements from a select amount of candidates, it was easy for her to decide who she thought the finalists should be. "(The) statements helped us to kind of understand what

their philosophy was and what appealed about Grand Valley to them so we could really find a match for our set of values and our commitment to our liberal education philosophy (and) other things that matter to Grand Valley," she said. One thing Fritzeimer personally thought was important for each candidate to have was a focus on students. "It's not that we (students) don't get to really work directly with the provost, but that's our person, they stick up for us in

every decision that they make so having somebody that does that in every decision is really important," she said. Fritzeimer believes each of the three final candidates who are visiting GVSU has a student-centered focus. Speaking of students, those who attend the presentations by the candidates are asked to give their thoughts and feedback to the search committee. Jellema hopes everyone forms their own opinion about the candidates and shares their

thoughts via a Survey Monkey survey, which can be found at [www.gvsu.edu/provost-search](http://www.gvsu.edu/provost-search). "The 3 candidates share many characteristics but are quite different from one another," Jellema said. "We hope students will show up at the open venues and share their opinions about the candidates." Jellema said after the three candidates visit, GVSU President Thomas Haas will make his final decision no later than Tuesday, Jan. 31.

SAD

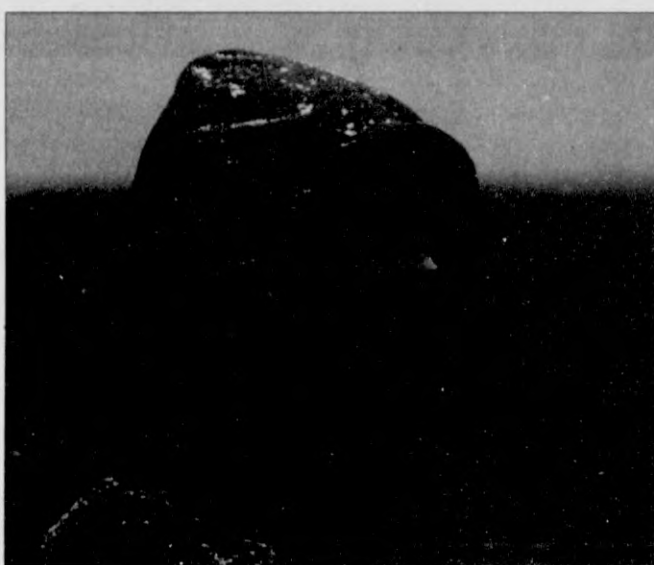
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Counseling Center, said SAD can sometimes be mistaken for other major depressive disorders. "The thing that's separate about them is that pattern and how it's not related to a stressor,"

Dykstra said. "It has to do more with the changes in the seasons. (A) lot of times, individuals will have experienced it for at least a couple years in a row." Dykstra said the number one mental illness the University Counseling Center treats is anxiety, the second being depression. With SAD, she said, the center has a slightly differ-

ent approach for treatment. Treatment for SAD typically includes light therapy, or phototherapy. Phototherapy for SAD involves a specialized light fixture that emits light similar to sunlight. People with the light fixture can use it as a lamp when doing homework or reading for a couple hours a day. Dykstra said people should be cautious, however, when using it if they have a bipolar disorder, as the therapy may induce mania. Treatment for SAD can also include medication and therapy, similar to the treatment prescribed for a more common case of a major depressive disorder. Dykstra said people may or may not be aware they have SAD. She said it's possible for people who move from a sunnier state to a state like Michigan to experience its symptoms. "I think people notice that they're a little bit down, not as energetic, wanting to sleep more, wanting to eat more. I think individuals that have a

deeper level of it might be more aware of it," Dykstra said. Dykstra said other mental illnesses can develop from SAD, such as anxiety. "I think that if you're not functioning with the energy you normally have, or you're not sleeping as well, you may feel more anxiety, because you're not able to perform how you would like to perform," she said. Dykstra said there is a greater concern with leaving SAD untreated. "Anytime you have any type of depression and you're not treating it, it can lead to a greater depression, maybe even health issues," she said. Dykstra said students concerned with SAD or other forms of depression can seek help from the University Counseling Center. She said the center does regular screenings for depression and treats students for depression, as well. She said students can simply call to get information on how they can be helped at (616) 331-3266.



WINTER WEATHER: GVSU students gather Monday, Jan. 18, 2016 for the Martin Luther King Jr. Day silent march. GVL | KEVIN SIELAFF

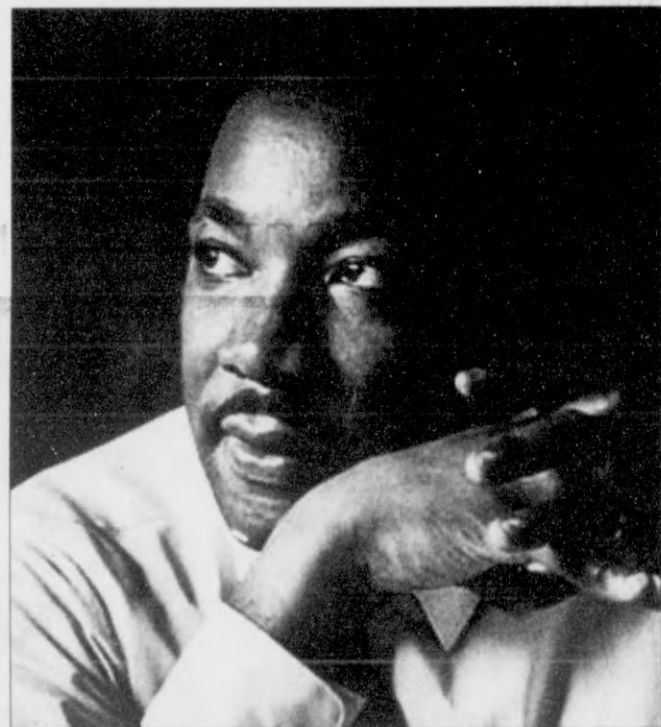
MLK

CONTINUED FROM A1

rector of GVSU's Office of Multicultural Affairs, said the event will inspire real dialogue about King's goals and conversations and how they reflect what is currently happening within society. "Some will say that we have made progress; some will say that we haven't made much progress," Springer said. "But it is a time for us to stop, think about some things that have happened over time and have some dialogue about those things." Noting how the central focus of the event is the video and the discussion, Springer also said the participants in the panel will provide a deep and thoughtful experience for the audience.

"I haven't had the chance to watch the whole (series), just bits and pieces, but it's one that I think will generate a nice conversation of what exactly is happening here in this country," Springer said. Davis said people acting in light of King's story will have to organize, be strategic and believe the causes they are fighting for have merit. "Overall I want students to take away from the discussion (that) they do have the power to change the narrative," Davis said. "Whether they be students of color or part of the majority of students, there is power in their work and in their collective cause."

GO TO:  
[www.gvsu.edu/mlk](http://www.gvsu.edu/mlk)  
FOR MORE INFORMATION



CONTEMPLATION: Debates persist about equality and state of race relations post-Civil Rights Movement. COURTESY | SEATTLE TIMES

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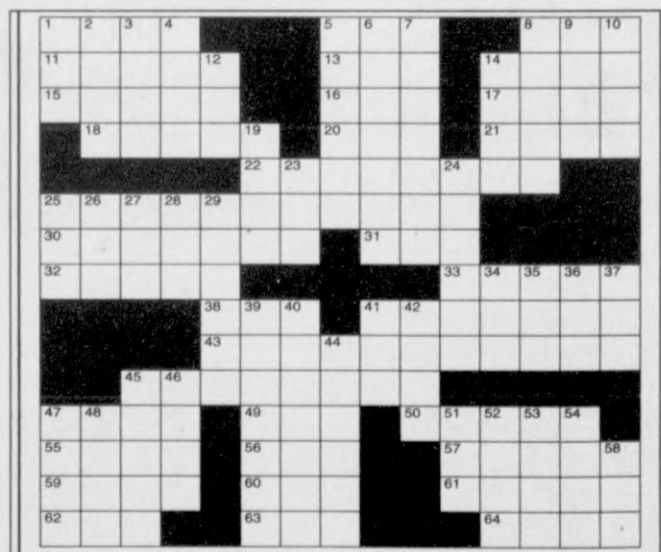
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theme of the week

# WINTER BREAK

Share a photo of your activities from winter break for the chance to win a prize. Tag @GVLanthorn and use #GVTOTW to be eligible



CLUES ACROSS

- 1. Pain
- 5. Near the stern of a ship
- 8. Certified public accountant
- 11. External appearance
- 13. Neither
- 14. He played with Peter & Mary
- 15. Maximum
- 16. Irish republican organization
- 17. Swedish rock group
- 18. Source of chocolate
- 20. Counterparts to women
- 21. Type of levy
- 22. More tasteful
- 25. "Use Somebody" rockers
- 30. Burst
- 31. Flightless, fast bird
- 32. Type of salami
- 33. Charges to live somewhere
- 38. Ji dynasty's ancestral home
- 41. They play music
- 43. One who cancels
- 45. Resin from an African tree
- 47. Shellfish
- 49. Notre Dame coach Parseghian
- 50. Thoroughbred horse race: \_\_\_ Stakes
- 55. Empire in pre-colonial C. Africa
- 56. Small piece of caramel
- 57. Hillsides
- 59. Does great
- 60. Israeli city \_\_\_ Aviv
- 61. Brief appearance
- 62. Danish krone (abbr.)
- 63. Midway between east and southeast
- 64. Database mgmt. system

CLUES DOWN

- 1. Sign language
- 2. In style
- 3. Syrian city
- 4. A long narrative poem
- 5. Living thing
- 6. Envision
- 7. Flat surface on a vessel's stern
- 8. Scottish sport
- 9. They serve beer
- 10. Expression of sorrow or pity
- 12. When you expect to get there
- 14. Bullfighting maneuver
- 19. Double-reed instrument
- 23. Rural Free Delivery (abbr.)
- 24. Hardened
- 25. Small cask or barrel
- 26. Anger
- 27. Female religious figure
- 28. Central mail bureau
- 29. Ruled Russia
- 34. Geological time
- 35. Catches fish
- 36. As well
- 37. Soviet Socialist Republic
- 39. A moderately slow tempo
- 40. Female reproductive organs
- 41. Patti Hearst's captors
- 42. Twitchings
- 44. Suitable for crops
- 45. Cavalry-sword
- 46. Greek sophist
- 47. Dressed
- 48. Tight crowd of people
- 51. Basics
- 52. "Raymond" actor Garrett
- 53. Unstressed-stressed
- 54. Old World tree
- 58. Distress signal

AWARDS

# GV writing professor receives prestigious literature fellowship

Amorak Huey wins National Endowment for the Arts \$25,000 grant for poetry

BY EMILY DORAN  
NEWS@LANTHORN.COM

Any professional writer knows it can take years and hundreds of submissions to get published, let alone receive national recognition for their work.

Some writers, though, manage to achieve both milestones and more.

Amorak Huey, assistant writing professor at Grand Valley State University, was recently awarded a prestigious \$25,000 creative writing fellowship from the National Endowment for the Arts (NEA). He was one of 37 poets selected from more than 1,800 applicants to receive the fellowship.

The NEA awards literature fellowships yearly, alternating between published fiction and nonfiction writers and poets. Huey, who had previously applied for the fellowship, was shocked to learn he had won.

"I got a phone call in November," he said. "The first time was from a D.C. area code. (I) didn't even answer it because it was just after the election, and I thought it was somebody asking for a donation or something. (It) was a big surprise. I

was not expecting it at all."

To compete for the fellowship, Huey had to submit 10 pages of poetry.

"This time, I just sent poems that I liked," Huey said. "Before, I would be (trying) to guess what the judges are going to like and I (realized) I have no idea what the judges are going to like, so I sent some of my favorites. Most of them had been published. A couple of them were newer poems that had not yet been published."

Huey said receiving the fellowship felt like a validation of his hard work as a writer.

"It's a real affirmation of the work that I've been doing," he said. "When you write poetry or create any kind of art, you send it out in the world and you hope it lands somewhere, but you don't always really know. And this is a message that yeah, some of it is working."

Caitlin Horrocks, associate writing professor at GVSU, reiterated the implications of receiving this prestigious fellowship for both Huey and the writing department at large.

"There's lots of writers who apply like clockwork every time they're eligible their entire lives and never get selected just

(because there are) thousands of applications for a handful of slots," she said. "To get this kind of encouragement from an entity like the National Endowment for the Arts with a really nice big check attached is really exciting."

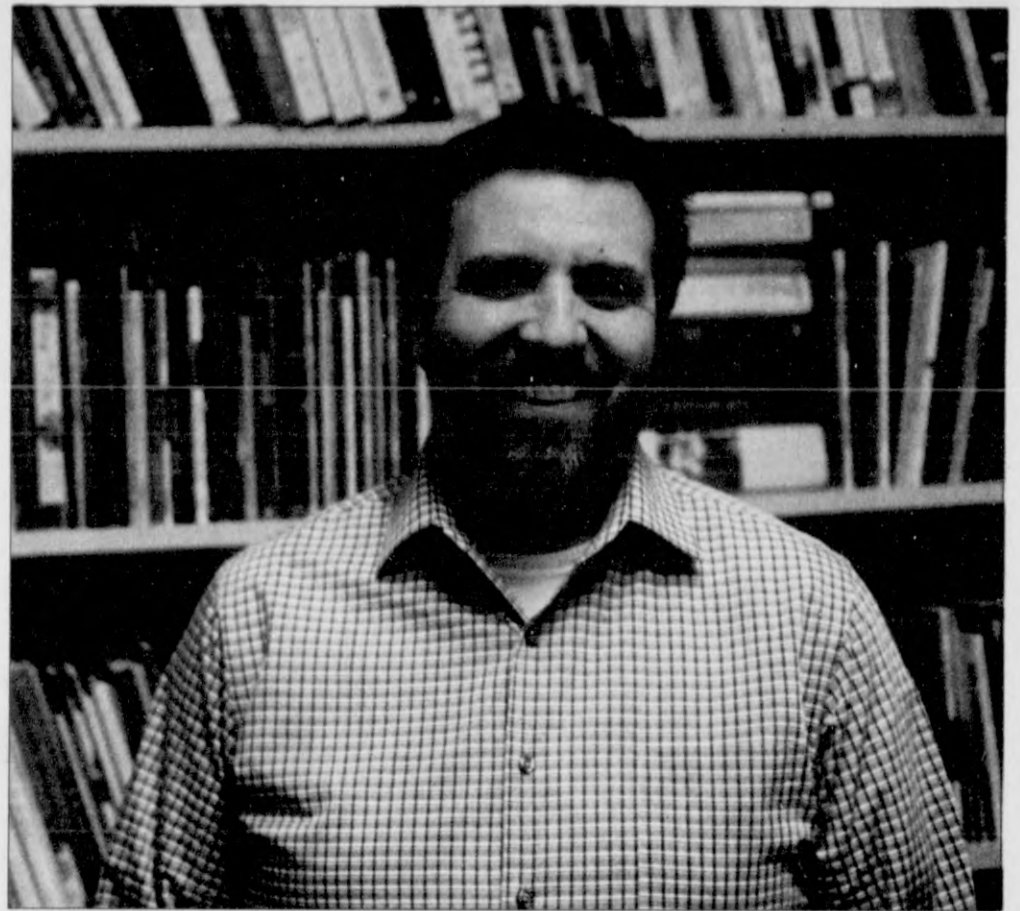
"(Huey is) a fantastic poet, and he has earned (this fellowship) and deserved it all on his own, but I think it does reflect on the type of writing community we have here, the type of faculty, the type of department."

Huey said the grant will give him time to focus on his writing and attend writers' conferences and retreats.

"I think the big thing that I would like to spend the money on is doing some traveling to go to readings and to perform my work, which is costly and it takes time," Huey said. "And also there's writers' retreats and conferences that I would like to go to. (The) grant allows me to (make) those applications."

Huey said the grant will also give him time to focus on publishing more of his work.

"I have two poetry manuscripts that I'm revising and sending out in hopes of getting a new book, and this grant will help me have the



RECOGNITION: Professor Amorak Huey poses for a photo inside his office Wednesday, Jan. 11. Huey recently received a creative writing fellowship in poetry, with a \$25,000 grant. GVL | KEVIN SIELAFF

time to do that," he said.

Huey's previously published work includes the 2015 poetry collection "Ha Ha

Thump" and the 2014 chapbook "The Insomniac Circus." Both Huey and Horrocks will be presenting excerpts of their

work Tuesday, Jan. 31 from 6 p.m. to 8 p.m. in the Cook-DeWitt Center as part of the Grand Valley Writers Series.

WELLNESS

# Maintaining a healthy lifestyle

GV Rec Center offers programs for students in the New Year



LEADING A HEALTHY LIFE: Healthy living can sometimes be difficult when returning to school after the holidays. GVSU's Recreation Center encourages students to make healthy choices. GVL | KEVIN SIELAFF

BY DREW SCHERTZER  
DSCHERTZER@LANTHORN.COM

Returning to school after winter break always seems to be a difficult transition for students. Still, the hardest

part might not be readjusting to a full class schedule or heavy work load. Instead, many students also struggle with maintaining a healthy lifestyle, particularly exercising, during the winter break.

For some Grand Valley State University students, like Noah Vaitkevicius, the key to getting out of this rut is making a New Year's resolution.

"I really want to improve, but living up north makes it

really difficult to work out with no gyms by me," Vaitkevicius said.

His answer was to make a New Year's resolution and strive to fulfill certain goals, including eating better foods, going to the gym four times a week and running a mile each day.

For other students like Bailey Williams, a sophomore at GVSU, the key to maintaining a healthy lifestyle was to follow an exercise plan consistently.

"It's easy to start one thing, but to stick to that thing every week gets tougher as classes get harder," Williams said. She had tried a variety of events from rock climbing to daily runs, but nothing stuck.

"With a new year, I'm looking to finally find what works best for me," Williams said.

Amy Campbell, the associate director of Campus Recreation, said the GVSU Rec-

reation Center helps students find what works best for them.

"Exercise can improve moods in the winter season," Campbell said. "With a place to be active, people can start the new year with new healthy habits."

She explained that GVSU's Recreation Center has programs available for students, including group exercise classes, yoga, Zumba and spinning. Students can purchase a \$30 pass to gain access to classes like these and up to 50 drop-in classes. The pass is a one-time charge and is good for all semesters.

Campbell said more than 5,000 participants typically are involved in group exercise.

"People set themselves up for success after a month of exercise and need to continue that, not just a few weeks," Campbell said. She suggested beginners

start at around 10-15 minutes of low-intensity training and work up from there. A 10 percent increase each week is the key to success, Campbell said.

One program Campbell specifically suggested for anyone to use is the Ufit plan, which allows students to meet one-on-one with GVSU recreation staff at no charge to create a workout plan to meet their specific needs.

Participants are able to track their progress and see how close they are to their set goals. The program also accounts for nutrition and stress management.

"Exercise helps cognitive function and memory, a sense of well-being and reduces health risks," Campbell said.

She said everyone can find what works for them. GVSU recreation offers fitness and wellness training, sports, outdoor activities and more. Campbell said the key to success is finding what you love and sticking to it.

GO TO:  
[www.gvsu.edu/rec](http://www.gvsu.edu/rec)  
FOR MORE INFORMATION

ADMINISTRATION

# Damstra, Wolters appointed to GV Board of Trustees

BY HANNAH LENTZ  
EDITORIAL@LANTHORN.COM

Randall Damstra and Kate Pew Wolters were appointed to the Grand Valley State University Board of Trustees by Gov. Rick Snyder and began their eight-year terms Sunday, Jan. 1.

Wolters had previously served on the GVSU board from 2005-2012 and then was appointed in the beginning of 2013 and ending Dec. 31. Wolters is currently the president of the Kate and Richard Wolters Foundation as well as chair of the Steel-

case Foundation. Damstra currently serves as the senior managing director and head of global

private equity at RDV Corporation in Grand Rapids. Damstra will be replacing David Way on the board.



APPOINTMENT: Kate Pew Wolters (left), Randall S. Damstra (right) pose in photos. COURTESY | GVSU UNIVERSITY COMMUNICATIONS

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EDITORIAL

# Picking and choosing

Administration should be mindful of the 'big picture' in provost search

For 15 years, Provost Gayle Davis has promoted the development of a diverse and thought-provoking liberal education at Grand Valley State University. From work with the university academic senate to her support of inclusivity, sustainability and efficiency on campus, there has been, behind it all, an emphasis on what is best for students and staff at GVSU. Now, with the announcement of the three finalists for the provost position, we are getting ready to open our doors to a new leader.

Though we are sure that these "final three" are all qualified as well-respected applicants, we want to urge current administration to acknowledge the work that has been done and consider how each of these candidates would build upon the previous work done by Davis' administration.

As students, it is easy for us to say that we want the next provost to be as focused on student success as Davis was. However, Davis made it her mission to be the spokeswoman for students and to always make sure every decision that was made positively impacted all of GVSU's students. Not only was this important to Davis, but to the university as well. We hope the next provost will continue this tradition of caring about each and every GVSU student as much as Davis has for the past 15 years.

One of the things that drives GVSU is its focus on a liberal education. This is something Davis has also been a huge proponent for during her tenure at the university. Although we as students never worked directly

with her, it has been clear to us that she has pushed the university into being a successful liberal education provider. With a liberal education, students have a more broad range of knowledge once they graduate college.

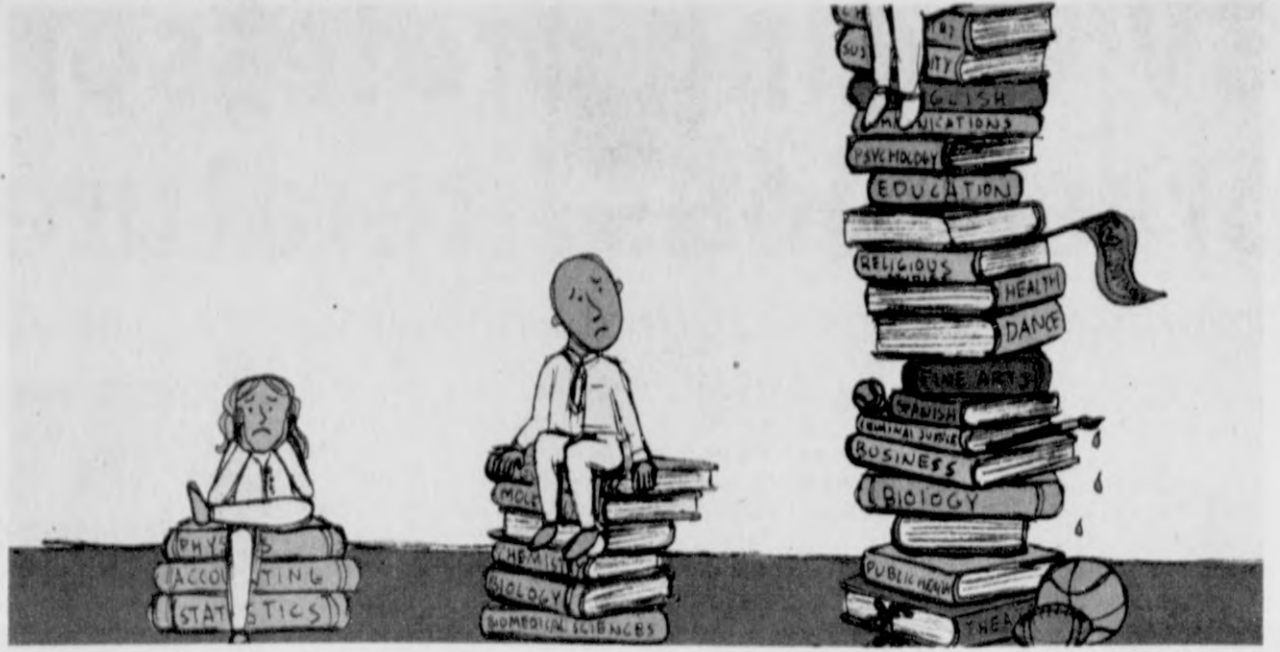
As provost, the selected candidate will have to interact with students, faculty and staff from all disciplines. As such, we want our next provost to not only be accepting of diversity, but to also promote inclusivity and strive to make GVSU a more diverse place in all aspects. They will hopefully work with admissions on finding and attracting a more diverse student population and also work with the Division of Inclusion and Equity.

Not only does the provost have the responsibility to actualize students' needs, but also to oversee what is best for the university in terms of development and sustainability. Over the years, Davis has developed and made vital decisions to expand the university and its programs, further helping GVSU become one of Michigan's most prominent universities. For this reason, many students across state and around the globe have chosen GVSU as an education provider.

And so, as we prepare to welcome a new provost, we remember Davis' service and diligence during her time here and thank her for all of her hard work. She has set the bar high for her successor and we wish only the best for whoever steps up to the plate to fill her shoes. We know any of the three candidates would be great fits at GVSU and we're excited to learn more about them.

GVL EDITORIAL CARTOON

By Jayme Madison



editorial@lanthorn.com

# The Bachelor: a guilty pleasure



BY JAKE KEELEY  
EDITORIAL@LANTHORN.COM

You know the times are changing when "The Bachelor" now spans across genders. No longer do men have to hold on to the savory details relayed to them by their girlfriends. No, in fact, it is completely acceptable, even encouraged, for anyone to watch "The Bachelor" and not list it as a guilty pleasure, because there is nothing to feel guilty about. Just downright riveting TV.

For those unaware, "The Bachelor" revolves around a single male contestant who is surrounded by twenty-some beautiful female competitors who are fighting for his heart on remote islands. For clarity,

"The Bachelorette" also exists, but it is unimportant relative to "The Bachelor." Think of "The Bachelor" like Sunday Night Football on NBC and "The Bachelorette" as Thursday Night Football on NFL Network. Regardless, the show progresses with our handsome and fearless leader, the bachelor himself, eliminating contestants each week ruthlessly and without regard for feelings, until he is left with the girl he wants. Alright, that's not what actually happens, he usually has several kind words for the departed who may, or may not, leave in tears.

What is so impressive about a mere dating show is the longstanding airtime despite the repetitive storyline. For starters, the bachelor should not be single. Whether he had a bad breakup in the past, or just never found the right girl, he has clearly slipped through the cracks and the girls are ready to take advantage. The contestants are the same every year. There is one girl who by any means necessary is always trying to get more

face time with the bachelor, and frankly couldn't care less if any of the girls in the house like her. There is another girl who shouldn't be on the show, but gets some airtime out of the goodness of the bachelor's heart. The normal girls always make it right to the middle of the show, where the girls who are playing to win weed them out. Everyone is always scared, because they've never let someone get this close before.

The highlight of the show comes during the hometown dates. The audience gets to travel to some podunk town and see the Dairy Queen that the contestant worked at when she was in high school. The mother wants to know the bachelor's intentions for her daughter. Does he really love her, or does he have ulterior motives? "Because, her daughter really is a sweet girl." The dad "just wants what's best for his daughter." This is when the real drama starts, because the bachelor has a tough decision to make. The most suspense comes

when the host, Chris Harrison, the actual MVP of the show, consults with the bachelor before the rose ceremony. Chris and the bachelor always get along, therefore Chris always has a good read on him. So after sensing the bachelor's apprehension, Chris halfway seriously asks "You do know how you're going to pick... right?" At which point the bachelor looks like he's going to cry. Ultimately it was a tough decision, but the bachelor picks his soon-to-be girlfriend.

This might leave you with some serious questions, for instance, how can one guy date twenty girls at once? Don't worry about it. What happens if the girls don't like the bachelor? They always like him. How can somebody love more than one person at once? Again, don't worry about it. When the bachelor says "we've had some tough times together," weren't they just vacationing for months? You wouldn't understand. Why don't they show more Chris Harrison? I. Don't. Know

# Being (in)dependent throughout life



BY DANIELLE ZUKOWSKI  
EDITORIAL@LANTHORN.COM

Independence is a fallacy. As much as we may cultivate pride from "self reliance," the essence of humanity is rooted in dependency. Infancy marks the start. Tears stream. Mama feed me. Cries and shrieks; daddy clean me. Piercing yells. Hold me. But that's just when we're babies, right?

I too have fancied myself independent at times. I based my self esteem upon my achievements that I believed to be free of other's assistance. Look at me walking

everywhere. Making my own beauty products. Budgeting our finances. Paying bills. Scheduling appointments. Adulting all on my own. So independent, right?

But let's dissect that. On my walk, I wear boots that were sold by somebody, shipped by somebody, packaged by somebody, made by somebody, designed by somebody, I don't create my own path, I take the sidewalk constructed by a crew. Make my own products? From where do I get the ingredients? The recipes? Where do I get money from to pay these bills? Someone employed me. What does my job entail: interacting with others.

Although our dependency morphs with age, becoming less physically evident at times, it still remains. Our behavior may appear to be solitary if we think in a linear fashion. But if we truly evaluate each area of our lives and the journey those objects or actions have taken to become what they are, I think

we will realize the vast community that exists within every day. Once we let go of our ego, we may recognize this circular path of dependency.

Even alone we represent the interconnectivity of human interaction, which has been furthered immensely by globalization. As the distance between countries symbolically decreases, I would argue that we actually become increasingly reliant on others. As that interaction becomes more accessible, why not utilize it? Skip cooking in favor of going out to eat. Buy clothes instead of sewing them. Our fast-paced culture is reflected by a higher amount of people going into each aspect of our day. In order for our routines to be as quick and easy as they are, there's got to be people behind the scenes. A lot of people.

Perhaps some people are more independent than others. Certainly dependency is a spectrum. We are not all as equally reliant. Some people

definitely achieve success with little help. Emphasis on the little. However, is it really accurate to claim that one's accomplishments were actuated without any help?

Absolutely no other people were influential or gave you a chance? No one hired you or accepted you into a university? You didn't need any references or letters of recommendation? Relatively, you could be more independent than another person but come on, look around.

Recognize those known and unknown that have granted the life you are accustomed to. Find joy in what you have succeeded, but also express humility in recognition of those who may have supported you. In self reflection, as we enter into a new semester, attempt to be mindful of the ways in which your daily routine comes together because of other people. In feelings of loneliness, consider the presence of community.

GVL EDITORIAL BOARD

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WHAT IS A LANTHORN?

Lant • horn, n. [old English] single lens made of a thin piece of ox or steer horn. It was used for illumination and as a beacon.

The Grand Valley Lanthorn slogan is: "Give light and the people will find their own way."

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.

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WHAT'S YOUR PROBLEM?

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

EDITORIAL@LANTHORN.COM

VALLEY VOTE

Do you think GVSU is committed to diversity?

Yes 100%  
No 0%

THIS ISSUE'S QUESTION

Do you plan to attend any of the MLK Jr. week activities?

LOG ON & VOTE  
www.lanthorn.com

VALLEY QUOTE

"The courage in journalism is sticking up for the unpopular, not the popular."

Geraldo Rivera

QUESTION OF THE ISSUE

DO YOU PLAN TO ATTEND ANY OF THE MLK JR. WEEK ACTIVITIES?



TE'ASIA MARTIN  
"Yes, I will be at all of the events on Monday, and I'm planning on going to the events on Wednesday. I am teaching a session with two other faculty members here at Grand Valley during the teach-in."  
YEAR: Graduate Student  
MAJOR: College Student Affairs Leadership  
HOMETOWN: Muskegon, Michigan



DEJUAN MURRY  
"Yes I do. I will be attending all of the events on Monday and maybe will be able to make some on Tuesday and Wednesday. I will also be doing the community service this Saturday."  
YEAR: Senior  
MAJOR: Business Management  
HOMETOWN: Detroit, Michigan

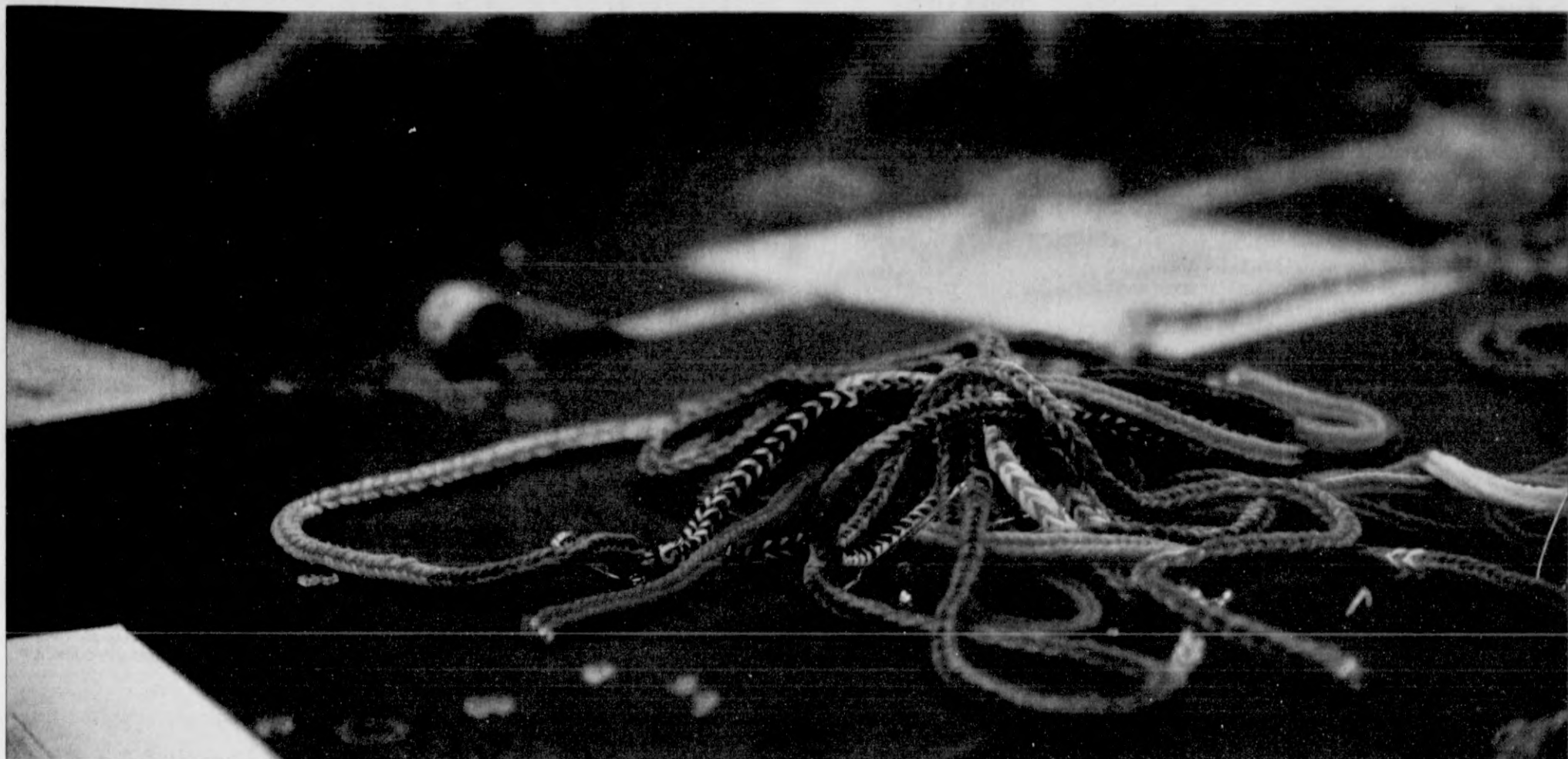


JASMINE BROWN  
"I definitely want to participate in the teach-in. I know one of my professors is teaching at one of the teach-ins so I definitely want to go there. I also want to go to the march."  
YEAR: Junior  
MAJOR: Social Work  
HOMETOWN: Chicago, Illinois



EVAN EISCHER  
"To be honest, I didn't know there were any events. Currently, I don't know and I will have to look into them, but I didn't know what events were available."  
YEAR: Sophomore  
MAJOR: Information Systems  
HOMETOWN: South Lyon, Michigan

MLK JR. COMMEMORATION



'WHAT ARE YOU DOING TO HELP OTHERS?': An upcycling for the Grand Valley State University community event took place in the Kirkhof Center Monday, Jan. 18, 2016. As a social justice event, another upcycling and crafting event will be held during MLK Jr. Commemoration Week Monday, Jan. 16 at GVSU to highlight King's persistence in helping others to empower and engage communities. GVL | LUKE HOLMES

# Crafting for the community

## Upcycling event embodies MLK Jr. vision, serves locals

BY MEGHAN MCBRADY  
MMLBRADY@LANTHORN.COM

Life's most persistent question, stated Martin Luther King Jr., was, "What are you doing to help others?"

Highlighting King's aim to engage and empower communities, one of the social justice activities for the MLK Jr. Commemoration Week at Grand Valley State University will be a crafting/upcycling event Monday, Jan. 16 in the Kirkhof Center Pere Marquette Room from 9:30 a.m. to 11:30 a.m.

Upcycling participants will take items, which would have been previously trashed and/

or were found on campus, to be repurposed into items or crafts to better benefit the surrounding communities.

Yumiko Jakobcic, the campus sustainability coordinator in GVSU's Office of Sustainability Practices in charge of the upcycling event, said she is excited that the project could tie into King's goal of serving and educating a community.

"What we are creating is matching a need in the community," she said. "So that kind of ties into MLK Jr's idea of a beloved community and helping our community partners."

Several crafts will be made

at the upcycling event, such as decorating children's food baskets, making seed bombs and creating reusable grocery bags.

The seed bombs, Jakobcic said, are a new craft for this event, which mixes seeds, clay and compost to germinate into balls which can be planted in or outside an individual's home.

"We are doing a lot of native wildflower seeds so that it will help the pollinators and just does a lot to restore ecosystems," she said.

The only craft that follows the upcycling guidelines, Jakobcic said, is the reusable grocery bags, which are made from shirts

found in the Fieldhouse and from the lost and found.

While the shirts are still in good shape, she said, they need to be refurbished in the armpit region in order to use them for the upcycling project.

GVSU is partnering with the Community Action House, a nonprofit serving the Holland community by providing families with food, clothing and shelter, to hold the upcycling event. The refurbished shirts will ultimately benefit the organization's food pantry, Jakobcic said.

"They were saying that they really couldn't afford to get reusable grocery bags for their

guests, so they were giving out tons and tons of plastic bags," she said. "So this is a wonderful for way for us to use those t-shirts that needed to be used and to also prevent so many plastic bags from being used."

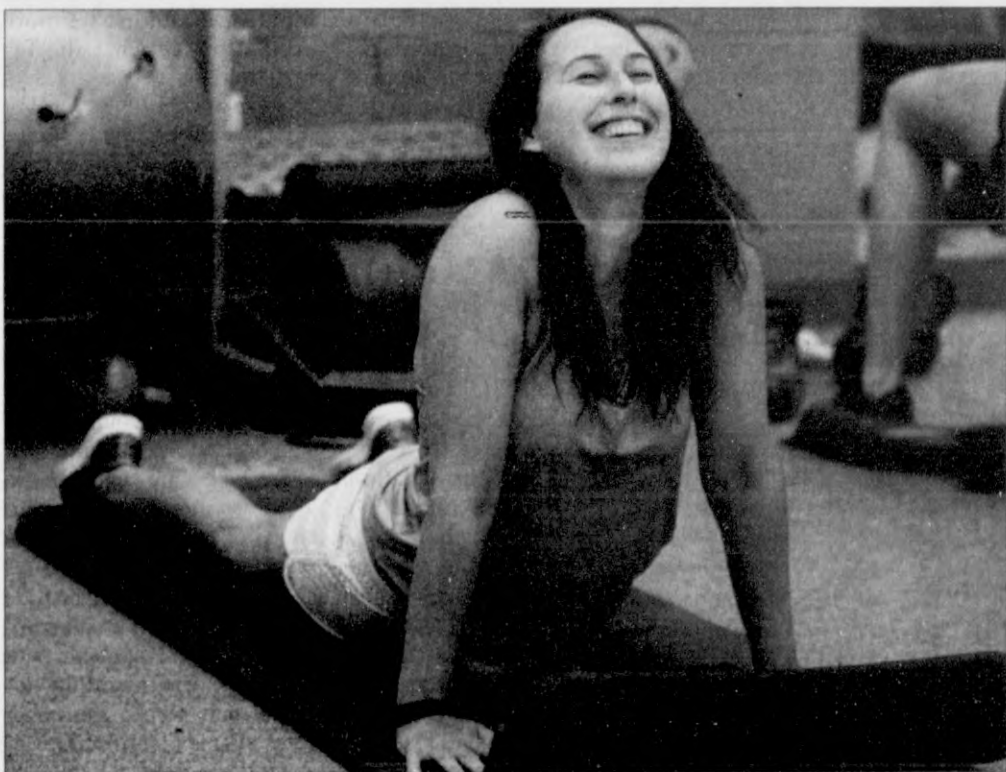
Bobby Springer, the associate director of GVSU's Office of Multicultural Affairs, also stressed how the crafting/upcycling event benefits the surrounding communities and fits within King's ideals.

"I'm giving up my time to do something that's fun, where I get the chance to (have) dialogue and communicate with other people who are doing this experience," he

said. "That particular item will then be used in the community to better someone else's life just by giving up my time, to help with the cause, that can help someone else."

"It takes all of us to make something happen. Whether it is five, 20, 100 or 200, whatever number that is, it takes a community to make something happen and that's why we are reaching out to the community at large to come out and participate and make a difference here at Grand Valley."

GO TO:  
[www.gvsu.edu/mlk/](http://www.gvsu.edu/mlk/)  
FOR MORE INFORMATION



STRETCHING OUT: Amanda Peskin uses a yoga mat Thursday, July 14, 2016 inside the Campus View exercise center. GVSU's Recreation Center encourages all students to stay healthy. GVL | KEVIN SIELAFF

## PRACTICE

CONTINUED FROM A1

techniques) and gong meditation (meditation in which a gong is rhythmically played while a person is lying down).

"Gong meditation is sometimes referred to as a sound bath," Dilsworth said. "Ninety seconds after the gong, you lose your train of thought—and the water in your body moves in such a way that you become insanely relaxed."

The GVSU Health and Wellness center approached Dilsworth with the idea for a series of seminars in order to promote mental health and wellness for the campus community.

Susan Sloop, a work life consultant at GVSU, said this seminar was a great

way to help manage stress and quiet the minds of faculty and students who are under a lot of stress throughout the semester.

"The benefit for the entire campus is to live in the moment," Sloop said. "So many times we are thinking about a million different things."

After leaving GVSU in the spring of 2010, Dilsworth opened a private practice and yoga studio called "Heart's Journey Wellness Center" in an effort to provide people with both psychiatric help and yoga therapy.

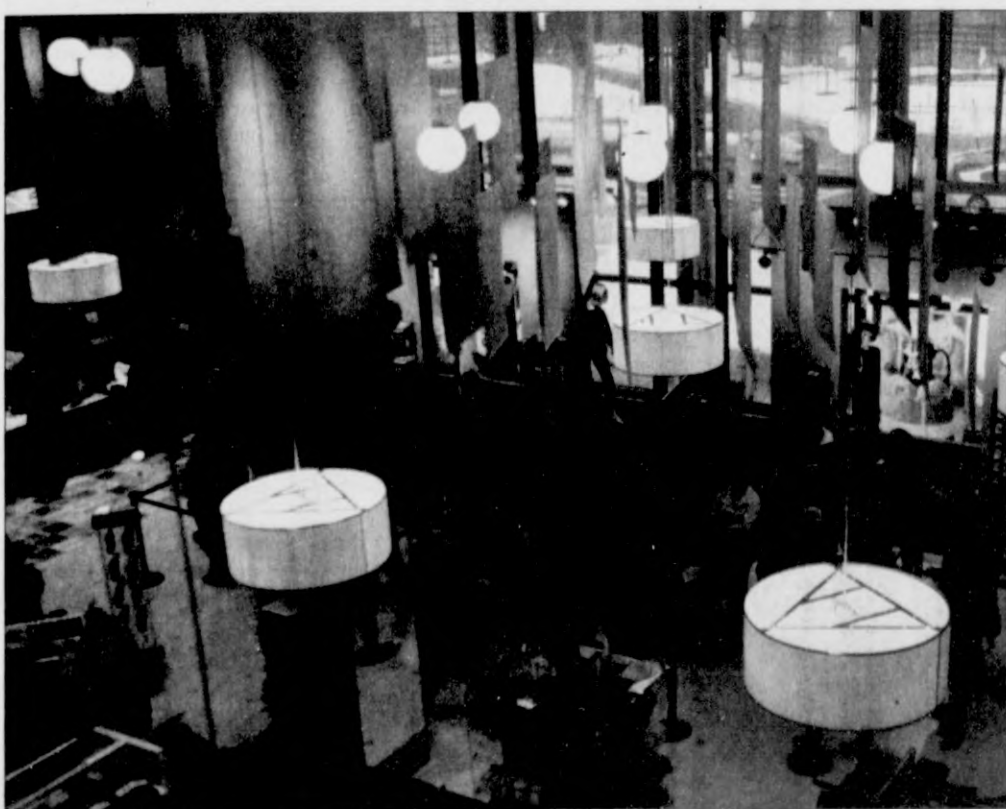
Dilsworth found that people would come to her to talk and they would tell her their story and it would just be a story. She found that combining the two helped more than doing just one or the other. Certain types of meditation, such as yoga

nidra, have been shown to help veterans coming back from overseas with PTSD and are an opportunity to get rid of the negative thoughts. One hour of nidra is equivalent to five hours of sleep, Dilsworth said.

"People aren't born with anxiety, depression or eating disorders," she said. "Yoga and meditation helps shed those layers so people can get back to that blank slate."

The seminar is a way for GVSU students, faculty and staff to get a taste of what Dilsworth teaches at her studio and to unwind and find their definition of relaxation.

"Remember to breathe," Dilsworth said. "If you're thinking about your breathing, you're not living in the past or the future: You're living in the moment."



WAITING THEIR TURN IN LINE: Grand Valley State University students brave the lines during the beginning of the semester at the GVSU Laker Store to prepare themselves for the new winter semester with textbooks, school supplies and GVSU apparel, accessories and licensed merchandise Tuesday, Jan. 10.

GVL | MACKENZIE BUSH

TUESDAY, JANUARY 17

# STUDY ABROAD FAIR

10AM-3PM  
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ARTS AT A GLANCE

**'THE PRACTICE OF MINDFULNESS' EVENT AT GV**

For those interested in learning more about meditation, Dr. Sue Dilworth of Hearts Journey Wellness will visit Grand Valley State University Monday, Jan. 16. The event will span from noon until 1 p.m. located in DeVos Center Room 302E.

No prior education or practice with meditation is necessary, but the experience will include a brief lecture and discussion on evidence-based practices. Additional sessions will focus on other methods such as breathing practices, gentle seated yoga poses and visualizations or hand gestures.

Register online at [www.gvsu.edu/sprout](http://www.gvsu.edu/sprout).

**SPOTLIGHT PRODUCTIONS TO HOST FREE 'THE ICARUS ACCOUNT' CONCERT**

Music enthusiasts and students interested in attending a free concert are invited to attend the Grand Valley State University Spotlight Production's event Tuesday, Jan. 17 featuring the artistry of The Icarus Account.

This acoustic band features twin brothers from Florida, Ty and Trey Turner, who write and record acoustic pop music.

Their 2016 album called "Over the Moon" features the single "Cherry Street."

The duo's first album "Hold on for Dear Life" was released in 2007, as the duo is currently not signed to a label — recording songs at home.

The event is located in the Kirkhof Center's Grand River Room an doors open at 8 p.m. The show is set to begin at 8:30 p.m.

**7TH ANNUAL COLLEGIATE 'A CAPPELLA-OFF' PERFORMANCE**

Hosted by the Ceglarek Fine Arts Center and Euphoria at Grand Valley State University, 10 college organizations, including GVSU's sorority Sigma Alpha Iota, will perform in the 7th annual "A Cappella-Off."

The event will take place Saturday, Jan. 14 from 7 p.m. to 10 p.m.

As students compete in a battle of song, the show will be located at the Allendale High School.

Other universities will be in attendance including Michigan State University, Central Michigan University and the University of Michigan.

Tickets can be purchased at [www.itickets.com/events/372466](http://www.itickets.com/events/372466) or by calling Kathy Anderson at Allendale High School at (616) 892-3402. General admission is \$10 and student tickets cost \$5.

**DOMINICAN REPUBLIC: GRADUATE EDUCATION STUDY ABROAD**

All Grand Valley State University students interested in studying abroad in the Dominican Republic hosted by the graduate education program are encouraged to attend an informational meeting Saturday, Jan. 14.

The meeting will take place from 11 a.m. to noon in the DeVos Center, Room 119E located on the Pew Campus.

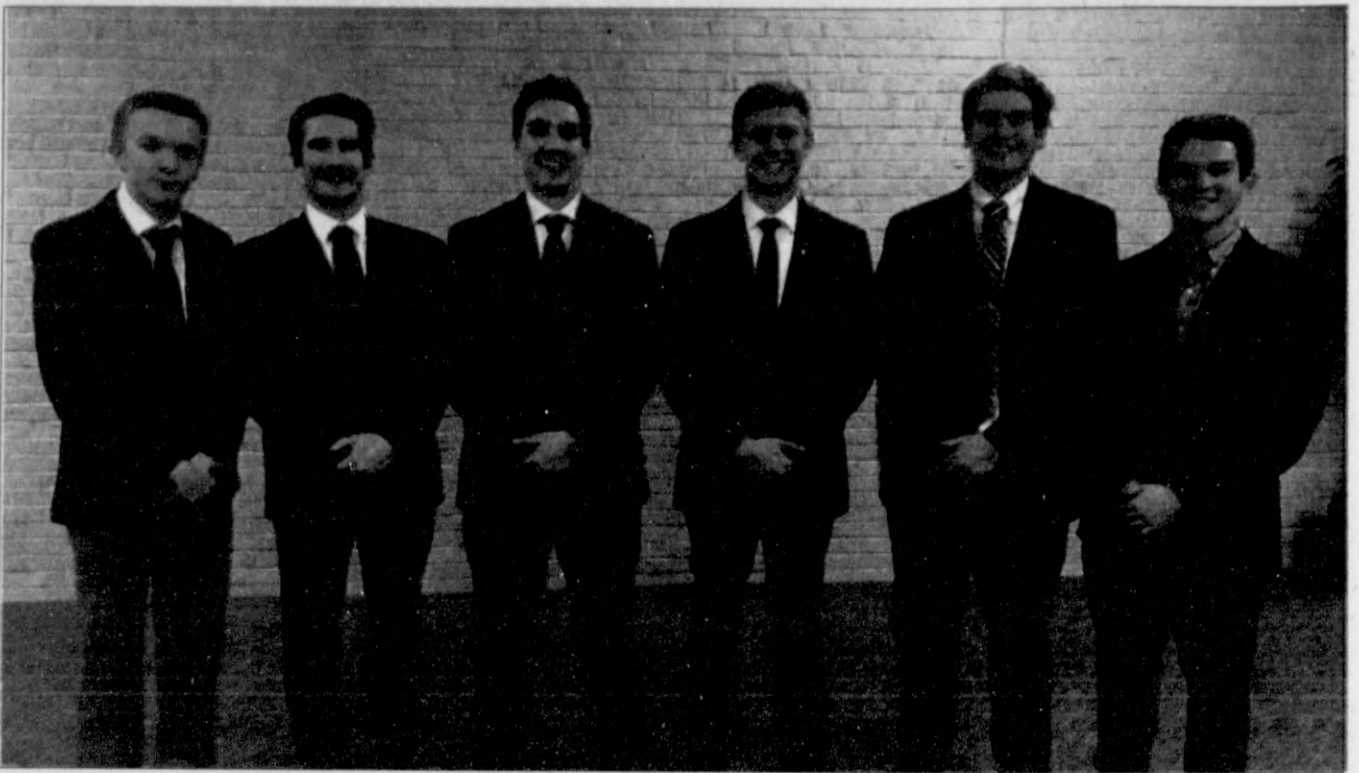
This program was created to provide students in the College of Education with an opportunity to learn about diverse social and cultural differences.

In addition, students will be able to apply knowledge learned to systems of education in the United States.

An overview of the program will be included in the session as well as travel dates, financial aid options for graduate students, housing and course content.

The application deadline for this program is Wednesday, Feb. 1.

GREEK LIFE



**BROTHERHOOD:** Celebrating their positions on the GVSU Interfraternity Council, the new executive board members for 2017 pose for a photo after the IFC election Nov. 15, 2015. Joshua Woolard will serve as the IFC's 2017 president. COURTESY | INTERFRATERNITY COUNCIL

# Interfraternity Council welcomes 2017 with new board members, philanthropy

BY ASHLYN KORIENEK  
LAKERLIFE@LANTHORN.COM

With hopes to continue the initiatives their predecessors began in 2016, the Grand Valley State University Interfraternity Council has elected executive board members to serve for 2017.

Among the many changes made in December of 2016, Joshua Woolard, who previously served as the vice president of executive records, was named the Interfraternity Council's president and Patrick Wagner, who served as the philanthropy chair, is the new IFC vice president.

Speros Panagos, the former IFC president, felt his term was progressive and the executive board pushed to achieve goals and prepare future members to continue making vital strides in the Greek community.

"(I feel) honored to have given back to Greek life here at Grand Valley," Panagos

said. "It has done so much for me. The task now is to carry that momentum to future executive boards so the IFC can continue to serve as a useful resource to fraternities here."

Preparing for his 2017 term, Woolard said his goals as president rely on building a strong support system with organizations, increasing philanthropy and inspiring other board members to sustain success within the community.

"My goals for my term are simple, provide any and all support that any organization may need," he said. "I plan to also encourage and try my best to inspire my executive board to strive for successes within the community, and through philanthropy that will blow all of our past events and endeavors out of the water."

The fall of 2016 overturned many philanthropic opportunities and funds. In November, Wagner announced a partnership between the IFC with the

Special Olympics Michigan chapter as its official philanthropic organization.

The first event held, a Grand Rapids Griffins ticket fundraiser, raised \$600 toward the Special Olympics.

Raising the bar for the next event, the IFC's "Broomball Tournament" is expected to raise around \$1,000. If accomplished, Woolard said the total would exceed \$1,600 within the first six months of adopting the Special Olympics.

As the IFC hosts winter recruitment until Bid Day Wednesday, Feb. 8, IFC recruitment chair John Polakowski said the first task in the council's plan is to inspire others to join the Greek community during recruitment.

During the winter semester, the Greek community experiences a significant drop in the number of bids compared to formal recruitment in the fall.

"In the winter, recruitment

is slower and not as active," Polakowski said. "We are expecting a good group to go through recruitment this winter."

Typically, each fraternity might bid on five to 15 individuals during the winter recruitment process. Last semester, the fall of 2016 brought in more than 300 total bids.

Despite the change in campus climate, Polakowski is predicting a successful semester. In addition, Woolard added the IFC searches for quality, eager members throughout the year.

"I never intended on going Greek," Woolard said, "but after hanging out with the men of Delta Tau Delta, it never felt like I was joining a Greek organization. It just felt like I was gaining an amazing support system and friend group. I couldn't be more thankful for the opportunities GVSU Greek life has given me."

"As for the upcoming months, I couldn't be more excited to see what the future holds."

STUDENT ORGS

# Personal best Get Better Every Day club encourages students to self-improve daily

BY RILEY COLLINS  
RCOLLINS@LANTHORN.COM

Grand Valley State University's new club Get Better Every Day can be seen as an embodiment of modest resolutions for the new year.

These improvements are not life-changing alterations seeking instant gratification. Rather, club members adopt small efforts carried on throughout each day, challenging the traditional one or two large goals per year model.

"I'd like to work a little bit every day to get better," said Melanie Brennan, president of Get Better Every Day. "Every little thing counts. Our message is to 'get bet-

ter every day' and we want to inspire other people to be their personal best."

The message is simple and relatable for determined GVSU students with busy schedules. Everyone could be focusing on something to self-improve at any time.

While the new year may seem like the perfect time to start achieving one's goals, Get Better Every Day seeks to make resolutions and improvement a year-round goal.

Kyle Henegar, vice president of Get Better Every Day, plans to use volunteer activities to make the club's goal a reality. These include working with assisted living centers, elementary schools and animal shelters in the

Grand Rapids area.

In addition, he also plans to partner with other GVSU clubs to expand a volunteer-base and provide members with more opportunities in the area.

The club is scheduled to officially start meetings during the winter semester and has already developed interest on campus. From Henegar's experience, it is

easy to find students with a similar interest and he hopes to add more to the club's

ranks this semester.

"We're all pretty confident in our abilities and think our message hits home to a lot of people," he said.

"We've been talking about what we want to do for a long time now and a lot of people have wanted to be on board."

For Brennan and Henegar, the positive response from interested GVSU students reinforced the notion that many students want to make a difference, but do not

always have an abundance of time to do it.

Brennan said this situation has primarily determined the structure for the club.

"I'm interested in a lot of ways to volunteer but can't be a part of five clubs at once," she said. "Our members can volunteer in a lot of ways and come to club meetings once a month as opposed to five."

Get Better Every Day seeks to provide a casual commitment to those seeking to improve themselves by improving the situations of others — something that doesn't happen overnight.

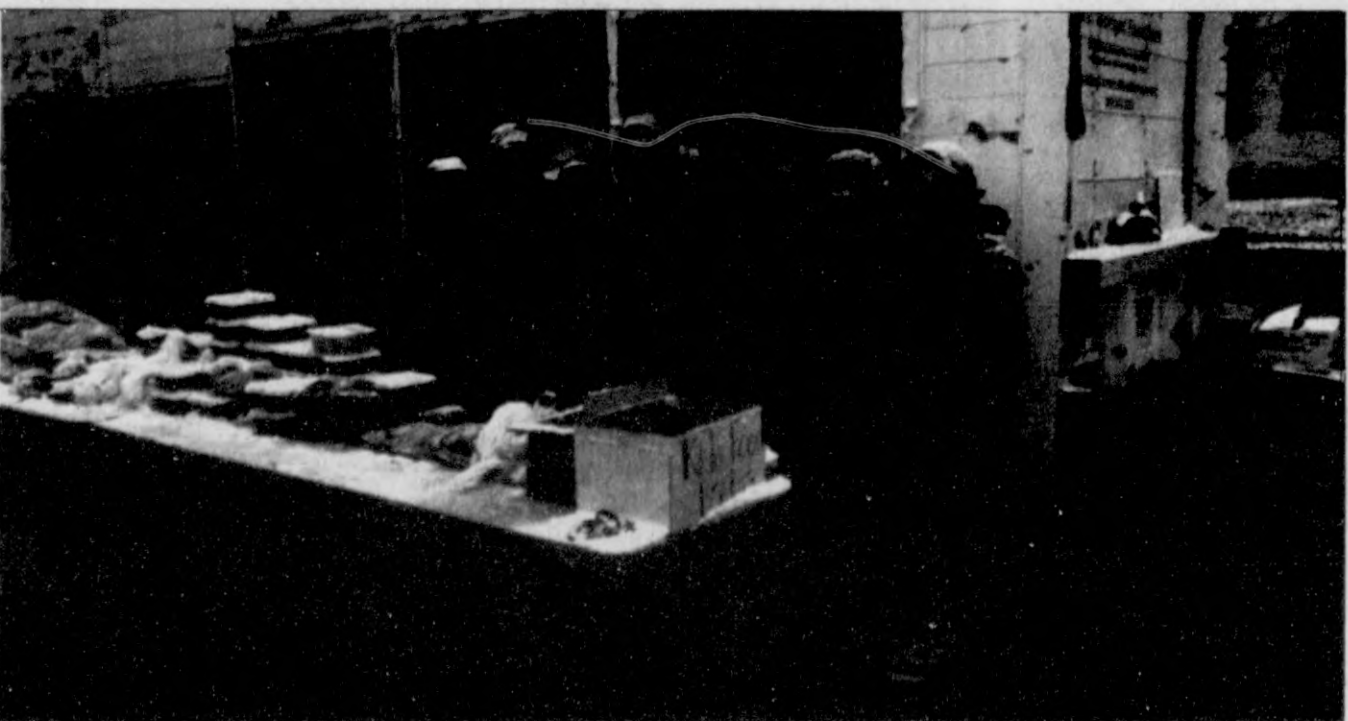
Volunteer activities are not limited or specific, Brennan said this allows room for exploration.

She said the group aims to support and listen to the situations others are facing, but to also learn more about the situations of other club members seeking the same goals.

Brennan hopes to provide opportunities to a small community of these students with achievable goals, working together and within the larger Grand Rapids community.

"Our goal is to help motivate each other and other people, and show them how helping others can allow you to help yourself even more sometimes," she said.

To learn more about Get Better Everyday visit the official Twitter page @BetterOnDaily or check the club's Orgsync page for updates.



**SELF IMPROVEMENT:** New at Grand Valley State University, the members of Get Better Everyday pose for a photo at a Grand Rapids Kids' Food Basket drive. The group works to inspire others to make small changes each day throughout the year. COURTESY | MELANIE BRENNAN

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to exercise.

IGWHTE

□ □ □ □ □ □

Answer: Weight

QUICK HITS

**CORBY ELIGIBLE FOR NWSL 2017 DRAFT**

Former midfielder for the Grand Valley State women's soccer team Marti Corby has entered her name in the 2017 National Women's Soccer League College Draft.

Corby is one of 184 players eligible for this year's draft.

Corby, a two-time NSCAA Player of the Year, recently finished her career in a Laker uniform after the 2016 season.

She led GVSU to its fourth consecutive NCAA National Championship, winning in three of the appearances. The Lakers were edged by Western Washington 3-2 in the 2016 championship game.

With her collegiate career finished, Corby's name is scattered throughout the GVSU record books.

She is the program's assist leader with 61, 16 more than the next closest player. Her 24 assists in the 2016 season led the nation.

She also added 61 goals during her career, solidifying herself as the third-highest point-scorer in program history with 183.

The NWSL draft will take place on Thursday, Jan. 12 at 3 p.m.

**FORMER LAKER GIVES BACK TO THE COMMUNITY**

On his day off before preparing for the playoff game against Green Bay Packers on Sunday, Jan. 15, Dallas Cowboys cornerback and former Grand Valley State football defender Brandon Carr spent his day reading to preschoolers at a local school.

Carr spent an hour with three to five-year-old children reading books at Lancaster-Kiest Head Start campus in Dallas, Texas.

Carr won the Cowboys' Man of the Year award twice in his NFL career. The award is given to an athlete that works hard off the field volunteering in the community.

Carr also heads the Carr Cares Foundation.

The foundation's mission is to "inspire young students to become proficient readers by providing learning tools and resources to help them reach their full potential."

**JUDON FINISHES FIRST SEASON IN NFL**

Matt Judon, a former defensive star for the Grand Valley State football team, finished his rookie season with the Baltimore Ravens.

Judon played in 14 of the team's 16 games, recording a tackle in all but two of the games.

Judon, a defensive line-man linebacker hybrid, saw an increase in playing time due to an injury to one of the Ravens' top defensemen, Terrell Suggs. In just his fifth game, Judon recorded two sacks against the New York Jets.

He finished the season with four total sacks and 27 total tackles.

Along with his sacks and tackles, Judon recovered a fumble.

The Ravens finished the season with an 8-8 record, just missing the playoffs.

Judon is GVSU's all-time career leader in sacks (34) and led the nation, regardless of division, in sacks with 21 his senior year.

**VARSITY SCHEDULE**

**MEN'S BASKETBALL**

Thursday, 8 p.m. at Northwood

Saturday, 3 p.m. at Lake Superior State

**WOMEN'S BASKETBALL**

Thursday, 6 p.m. at Northwood

Saturday, 1 p.m. at Lake Superior State

**TRACK AND FIELD**

Friday, 3:30 p.m. at GVSU Bob Eubanks Open

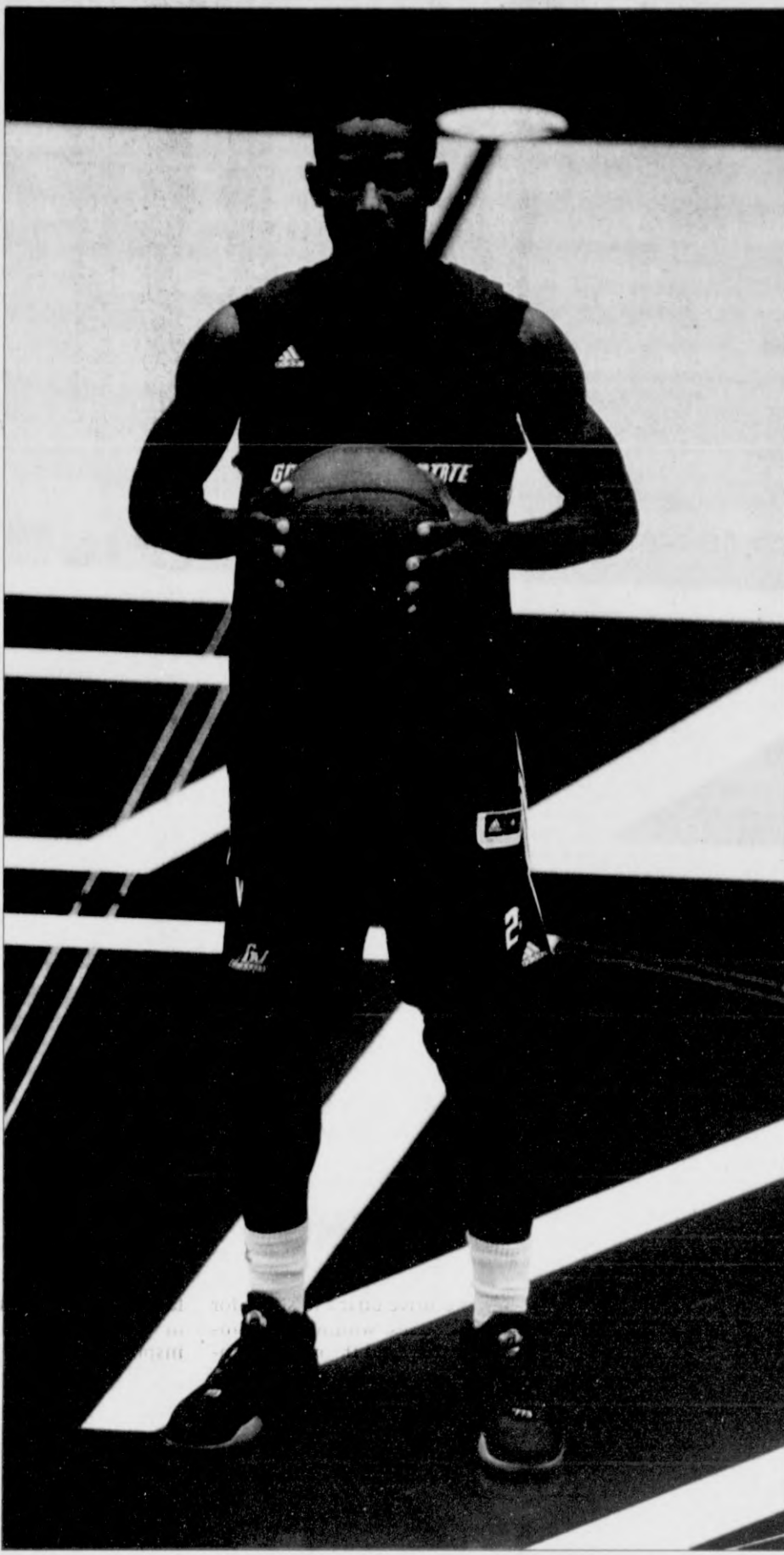
**SWIM AND DIVE**

Saturday, 1 p.m. at Findlay

M. BASKETBALL

# For the love of the game

## Juwan Starks taking nothing for granted in senior season



**LEADER:** Juwan Starks stands at center court of the GVSU Fieldhouse after practice Tuesday, Jan. 10. Starks is in his second year at GVSU after transferring from a JUCO. GVL | KEVIN SIELAFF

BY BEAU TROUTMAN  
SPORTS@LANTHORN.COM

Juwan Starks broke up with one of the loves of his life. It wasn't a girlfriend—it was basketball.

Luckily for Grand Valley State, Starks and the game he's been playing since he was a kid were able to make amends, and just ask his teammates. It was for the better.

Starks is in his senior season of eligibility and his second year at GVSU after transferring from Kishwaukee College in Malta, Illinois. He is averaging 9.9 points-per-game this season playing wing, and with his play as of late, he has earned a spot in the starting lineup after beginning the season as a role player.

His journey to a starting role at GVSU is one that happened by chance.

Starks attended West Aurora High School in Illinois. He began a power forward/center because he said he was "always the biggest guy." He converted to playing wing full-time by his junior season, and the position change paid huge dividends.

In all four seasons of his high school career, Starks was named to the First-Team All-DuPage Valley Conference team, team MVP and team captain. He was also named the Aurora Beacon News Player of the Year in 2012 for his senior season.

Starks ended his career at West Aurora as the school's all-time scoring leader with 1,627 points, breaking a 21-year mark (1,613 points) set by West Aurora graduate Billy Taylor. Starks broke the record in his final high school game, a loss to Proviso East in the Central Supersectional round.

"It was a bittersweet moment, had we won that game we would've went to state," Starks said. "After the game, after a couple days, you look back and you're like, wow, a lot of great players have come through here. It was a

surreal moment for me."

After his storied high school career, Starks committed to play basketball at Casper College, which competes in the National Junior College Athletic Association (NJCAA) in Casper, Wyoming. He committed without taking a visit. It was far from his home in Illinois, but Starks wanted to be away from home and try something new.

It was also where he lost his love for the sport.

"I was contemplating quitting basketball because I wasn't having fun out there," Starks said. "It was different. I wasn't really used to the culture."

Starks said Casper was a culture shock, as the only sports to follow were basketball, volleyball and rodeo. He didn't plan on trying his hand riding a bull anytime soon, and he was disappointed to find the social aspect wasn't what he envisioned. Not only that, but the head coach who recruited him left the school, causing other players he had come to know to leave as well.

What was supposed to be the start of his career as a collegiate basketball player ended up being a turbulent nightmare. With Aurora 1,057 miles away from Casper, Starks didn't really have anyone to turn to.

Starks left Casper after his first semester there to return home, and quit competitive basketball all together.

Eventually, Starks began following his high school team, going to games and reliving his days as an All-State caliber basketball player. It didn't take long for his passion for the sport to return.

"I actually fell back in love with it when I started going back to my high school games," Starks said. "I saw how everyone was enjoying it, but I really wasn't too sure about playing competitively still."

A former teammate at West Aurora who played at nearby Kishwaukee College, another NJCAA school, convinced

SEE STARKS | A8

TRACK AND FIELD



**ENDURANCE:** Grand Valley State track and field distance runner Zach Panning (517) competes at a cross country race this season. Panning, a sophomore, is excelling this season and is already turning heads in the GVSU program, setting a new school record in the 5,000 meter run with a time of 14:02.23. COURTESY | ALAN STEIBL

GV distance runner Zach Panning scratching the surface of his potential in sophomore campaign

BY JACOB ARVIDSON  
JARVIDSON@LANTHORN.COM

He holds a Grand Valley State track and field record, finished 2016 as a top-five cross country runner nationally, received All-American honors more than once and yet he's only a sophomore.

Laker distance star Zach Panning has proven he is one of the best, but unless you're his teammate, his friend, or one of the numerous opponents he's whizzed past during a race, you probably wouldn't be able to pick

him out of a crowd.

As teammates Nate Orndorf and Trevor Sharnas said, he doesn't look like a championship runner.

"He has a weird body type. He's an anomaly," Sharnas said. "He's known as 'the fat kid' on our team. You look at him and you wouldn't guess that he's a distance runner."

"If you looked at the top 15 to 20 people at the cross country national meet, Zach would definitely be the one you would think is not a runner," Orndorf said.

Yet Panning is as talented

a runner as they come. In other sports it's called basketball IQ or football IQ, and in the same way there's a running IQ. Panning has that understanding and mental edge that helps him succeed.

That intelligence when racing has led Panning to the brink of distance running greatness. His performance at the NCAA Division II Cross Country National Championship, where he took fifth with a time of 29:58.3, was enough to lead GVSU to a second-place finish.

"We've finished second

a few times now, so it's just fueling the fire," he said. "It was a good experience to finally get to run with some of those guys from out west, just to see where we stack up. With a kilometer to go we were winning the meet, proving to us that we can compete with an Adams State or a Colorado Mines."

Just weeks later, Panning was back at it, this time as part of the Laker indoor track and field team. He picked up right where he left off, setting a school record in the 5,000-meter run with a

time of 14:02.23 which also earned him an automatic berth to the national meet.

"It's good because now I'm just chasing the 3,000-meter mark to get (to the national meet) in multiple events," he said. "Last year I didn't run another 5,000 until nationals, so it's good not having to worry about it."

Earning an appearance at nationals in the first meet of the year is a far cry from where Panning sat just two years ago.

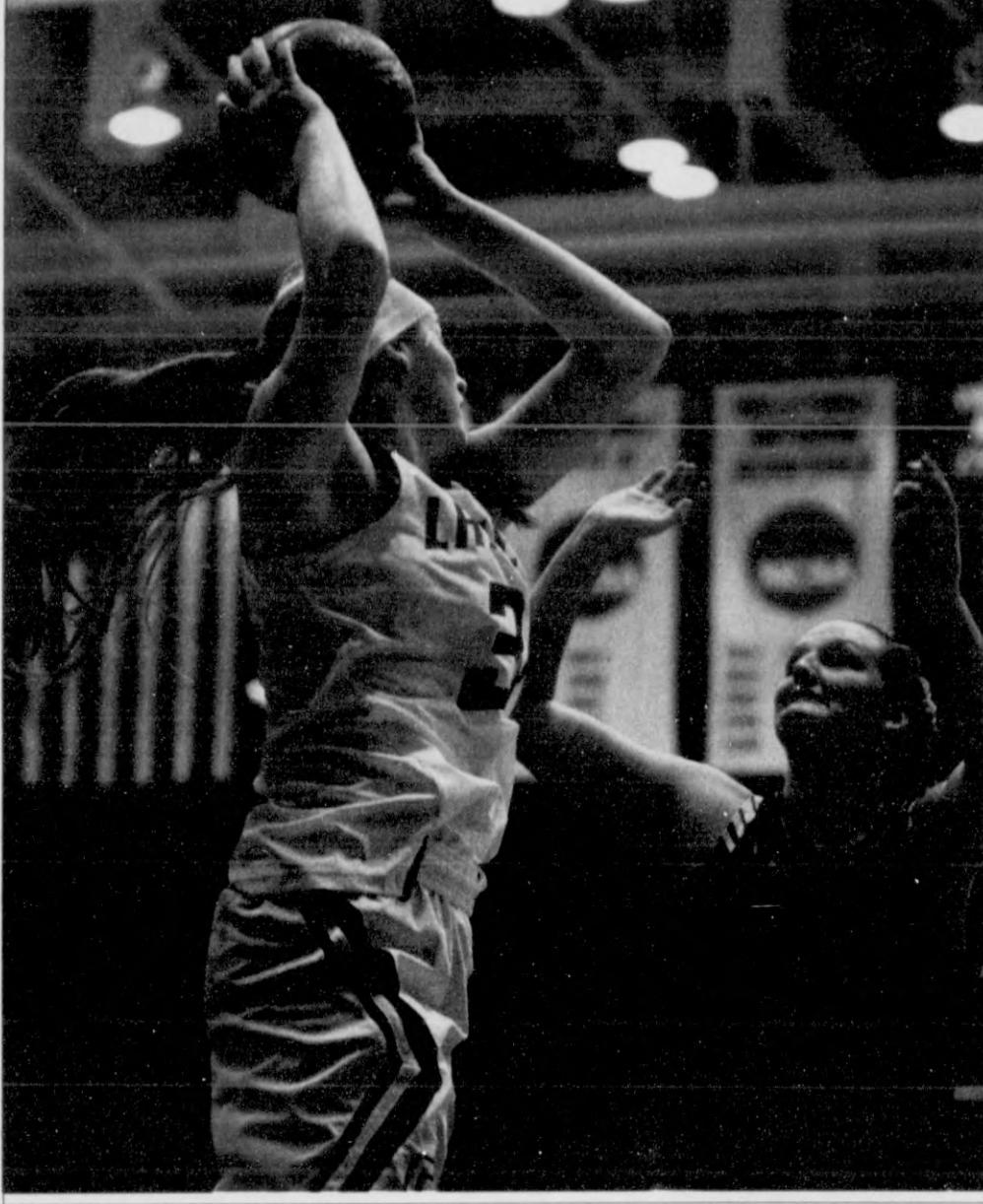
SEE PANNING | A8



W. BASKETBALL

# Towering over all

Cassidy Boensch showing promise in first season of GV women's basketball



**CRASHING THE GLASS:** Grand Valley State's Cassidy Boensch (left) snatches a rebound before the defender can get to it against Rochester Nov. 18. Boensch has 12 blocks this season. GVL | EMILY FRYE

BY JOSH PEICK  
JPEICK@LANTHORN.COM

Following a run to the Final Four last season with an all-junior starting five, the Grand Valley State women's basketball team is relying again on the same five this season. In the first half of the season, the seniors consistently played 30 minutes or more per game and have started all but one game.

But in recent weeks, the Lakers have turned to their youth for quality minutes off the bench. One beneficiary to the added minutes is 6'4" freshman Cassidy Boensch.

Boensch, a product of John Glenn High School in Westland, Michigan, led her high school team to a Final Four appearance in her senior year. Her arrival at GVSU gave the Lakers a unique presence on the low block.

"She brings a spark to the team because you don't have too many 6'4" players in the GLIAC," said senior Piper Tucker. "I just (tell her) go hard and make your minutes worthwhile."

Tucker is just one of many seniors that assist Boensch in becoming more acclimated with the intensity of college basketball. In her freshman year, Boensch will have the unique experience of being able to learn from seven seniors who have deep postseason experience.

"I was excited to play under seven seniors because they worked so hard four years here and they are great people to learn from," Boensch said. "(Tucker) is always pushing me to do my best and get better every day."

Through 13 games this season, Boensch has gradually received more playing time. In six of the last eight games, she has logged double-digit minutes.

But for Boensch it is not about the number of minutes she plays on the floor, but how effective she is when she is in the game.

"(My role) is being able to get quality minutes in whenever they need it," Boensch said. "We have such a strong group of seniors and juniors, so it's not about the quantity of minutes but the quality."

Not only has she provided the Lakers with quality minutes, but she has provided production on the offensive side of the floor. She is beginning to draw more defenders to her on the low block, which is opening up the perimeter for the Lakers' deadly outside attack.

"She has a great presence in the paint and when her confidence gets even higher she's going to draw even more defenders," said senior Bailey Cairnduff. "She opens up (the outside) for all of our shooters."

With each added minute, Boensch is becoming more comfortable on the floor and

surprising opposing defenses with her ability. She has scored double-digit points in two games so far this season.

"She can put it on the deck," said GVSU coach Mike Williams. "She can put it on the floor and get by people at her size which is another added weapon."

Boensch's contributions are not limited to the offensive side of the ball. She provides the Lakers with a menacing force in the paint for opposing offenses.

The Lakers hold the top defense in the GLIAC, and Boensch has recorded a team-high 12 blocks on the season.

"Her length is something that really helps us," Cairnduff said. "If a 5'5" guard drives and sees her (in the paint), they are most likely not going to go in there."

According to Williams, post players take more time to develop compared to other positions. This is due to the fact that many teams try to expand the range of a taller player, making them a threat from the outside. But through the first half of the season, Williams is pleased with Boensch's development and gives her high praise and aspirations.

"She's got a chance to be one of the best players in our league the next few years," Williams said. "I think she wants to be, and I think she will be."

## STARKS

CONTINUED FROM A7

Starks to attend an open gym workout at the college. Starks agreed, and the workout went well—Kishwaukee coach Rob Buss offered him a scholarship on the spot.

Just like that, Starks was back as a college basketball player, and this time, he was only 30 minutes away from home.

"He could shoot home on weekends, his family, friends could come see him play, he was around familiar faces," said Buss, who's in his 14th year at the helm for Kishwaukee. "Just being comfortable in the atmosphere he was at kind of relaxed him and allowed him to focus more on academics and athletics."

Starks started at Kishwaukee the next fall and redshirted his first year there. This allowed him to catch up on class credits, reduce a knee injury and get acclimated to college life.

"I didn't play that whole year, it really grounded me a lot," Starks said. "I pretty much just stuck with class, practiced with them, I couldn't really play in games, just did that and grinded it out. The next year, that's when I got really anxious to play."

When the time finally came for Starks to return to the court, he was ready. In his lone season with the Kougars, Starks played in 36 games and averaged 18.4 points-per-game, 6.3 rebounds-per-game and shot a ridiculous 51 percent from behind the arc. He was named to the All-Arrowhead Conference First Team and led the Kougars to a regional championship and conference title. He was named the All-Region Tournament MVP.

The Kougars only had a nine-man active roster, and Starks was called upon to be one of the leaders of a small team.

"Every single day, he was ready to lace them up and give it his best," Buss said. "Whether it was game day, practice, a walkthrough, lifting, film session, whatever it was. We actually had to hold him back at times and say, 'Hey, you've got to rest, you've got to take it easy.'"

"He was always ready, willing and able."

His final game there was

an 81-74 loss to then No. 1 overall team Schoolcraft in the third round of the national tournament, and Starks knew he would have options heading into the next stage of his career.

"It was bittersweet because we had a great season, nobody really thought that was going to happen," Starks said. "We were No. 1 in the nation at one point, had two All-Americans on our team, a lot of guys went on to other schools. It was fun for us, we loved each other like brothers. I wasn't really sad, I knew there was more basketball for me to play."

With the help of Buss, Starks opened up his recruitment and eventually narrowed his choices down to four schools: Delta State, Southern Indiana, Ferris State and GVSU. Buss said GVSU was involved early and visited Kishwaukee "five or six times."

"We really liked what we saw," said GVSU coach Ric Wesley. "His ability to shoot the ball, as well as his size, he's 6'4" or 6'5", long arms, so it was pretty easy to see (why we wanted him)."

Starks visited the first three schools, and GVSU last. His choice became apparent while in Allendale.

"I felt like (his future teammates at GVSU) were my brothers before I even knew them," Starks said. "I fell in love with the campus, fell in love with the program. On the last day before I went home, I told (coach Wesley) I wanted to come here."

In Starks' first year at GVSU, he appeared in seven games total, but flashed his potential in his first game, scoring 12 points in just 13 minutes. It took time for him to adjust to the speed of the game at the Division II level, and he learned to change his mindset after his first season.

"Confidence and trusting my teammates (are differences now from last year)," Starks said. "Last year I trusted my teammates, but it was more of me trying to prove myself. I guess I could say I was selfish in a way because I had such a big career at my other school. Now, I feel like it's not about me, it's about the team."

Starks got acclimated to his new home and was embraced by his new teammates, and had a connection with one in particular—

current sophomore Zach West, who is from the same hometown as Starks. Starks played West's older brother, Ryan, a quarterback on the GVSU football team, several times in high school.

The two are now roommates and good friends.

"I reached out on social media and followed (Starks) and talked to him a little bit, got to know him, and we became really good friends because we came from the same background, the same area, same people, so it was really good to know I was going to have someone from my hometown close here," West said.

West, who started the season in the starting lineup, suffered a concussion a few weeks ago and saw his playing time reduced while he recovered. Starks replaced him in the lineup, and scored 23 points in a loss to Tiffin (Dec. 17) and 26 in a win over Ashland (Dec. 19).

Wesley decided to keep Starks in the lineup permanently for his shooting ability, defensive mindset and penchant hustle plays, while opting to use West in a more varied role off the bench.

West couldn't be more happy for his teammate, roommate and Illinois counterpart.

"I'm very happy for Juwan," West said. "He's playing great basketball and he deserves to be in the starting lineup with how he's playing. Having to take that step back down and be a big guy off the bench, I mean, I did it last year. We're just really good friends, we're always looking for the same goal and that's to win every game."

As one of three seniors on the team along with Luke Ryskamp and Trevin Alexander, Starks constantly reminds his teammates that being a college basketball player is a privilege. He says to be successful in the sport, the love for the game has to be at the top—that's coming from a guy who briefly lost it.

He knows that's never going to happen again.

"(My journey) humbled me a lot, I don't take anything for granted," he said. "I tell my teammates, 'you're so fortunate to come straight to the university. You pretty much have it made. You didn't go through the struggles that I had to go through.'"

## PANNING

CONTINUED FROM A7

The distance star was redshirted during his first academic year. He learned a lot from the process, but found it hard to sit and watch as the cross country team came up just short of a national title in 2014. Panning said in the back of his mind, he wondered if he could have possibly performed well enough to get the team over the hump.

"Distance running is something that takes time," said GVSU distance coach Aaron Watson. "It's not an overnight process, and that's true across the board. You look at any program, at runners of any level, they're going to be better, if done correctly, in their third, fourth or fifth year, than in their first couple years."

"He's done a good job of sticking to the plan and staying focused. It's easy to get lost in the forest or not be able to see the light at the end of the tunnel for a lot of our first and second year kids on the distance side."

But wisdom and skill come with experience and patience. Watson credits Panning's dedication to the process and to training as a big reason for his steady rise in success.

"He always finds ways to get better," Watson said. "He

had some fluke injuries and illnesses throughout high school that kept him from putting in continuous mileage. Even his first eight or nine months here he's had some of those.

"He's found some consistency in training. We really worked on his core strength and lifting and he's improved those a bunch. From there we've improved his diet. He's made the changes, but we've encouraged him to."

The mentor-mentee relationship between Panning and senior Bryce Bradley has helped the budding star stay devoted to the training preached by the GVSU coaching staff. The two have spent a lot of time training together.

"He just lives the lifestyle you have to live," said Panning, who roomed with Bradley during the 2015-16 school year. "I think it's important to see that in someone else as a leader, not always saying something, but watching the person that you look up to actually do these things. Having that chance to live with him, and see all the things that he did that made him the way that he was and is, was probably my best experience."

Panning's success and recent accolades are a testament to the time he has put in as well as to the natural talent he

possesses, and though Bradley is proud of him, he still believes the apprentice has yet to eclipse the master. Even given Panning's new school record in the 5,000 meters, Bradley feels he still owns his under-study on the track.

"I think in the 3,000 I've got him and in the 5,000 it's going to be a great race, but I have to take myself on that one too," Bradley said. "I have faster personal records in both as of right now. I think it would be a great race, but I don't know if he could hang on in the last lap."

Only a sophomore, Panning's GVSU legacy is still to be determined, but his teammates and coaches all feel his name will be next to several more records before he graduates.

Watson is excited to have a talent like Panning coming back for two more years, but he is more excited to bring Panning's personality and attitude.

"He's got great energy, he's a great team person, and he's taken fifth place at the cross country meet the last two years," Watson said. "It's great to have that thought process from the person who's leading your group out on the course. We're excited. He's got a lot of potential. We've scratched the surface, but we haven't reached the ceiling of what Zach's capable of."

## FITNESS TIME WORD SEARCH

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## WORDS

- ACTIVITIES
- AEROBIC
- AGONIST
- ANAEROBIC
- BODY
- CALISTHENICS
- CARDIOVASCULAR
- CIRCUIT
- CLASSES
- CONCENTRIC
- CONTINUOUS
- CORE
- CROSS-TRAINING
- ELECTROLYTES
- ENDORPHINS
- ENDURANCE
- EUSTRESS
- FLEXIBILITY
- IMPACT
- INDEX
- INTENSITY
- INTERVALS
- JOINTS
- LACTIC ACID
- LEAN
- MASS
- MUSCLE
- OVERLOAD
- OXYGEN
- PHYSICAL
- REPETITION
- RESISTANCE
- STRENGTH
- THRESHOLD
- TISSUE
- TRAINING

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

SWIM AND DIVE



**CHECKING THE TIME:** Grand Valley State swimmer Sam Postmus checks her final time during the GLIAC Swim Championships in 2015 at the Jenison Aquatics Center in Jenison, Michigan. This season, Postmus is looking back at her times to see record-breaking numbers. She has broken four different pool records this season for the Lakers, showcasing her versatility in a number of different events. GVL | KEVIN SIELAFF

# Record breaker

GV's Sam Postmus leaving swimmers in her wake in junior season

BY JAKE CARROLL  
JCARROLL@LANTHORN.COM

Sam Postmus is a dominant force in the pool for the Grand Valley State women's swim team. In the past season she has broken not one, not two or three, but four different records.

The first coming in the form of a pool record in the 1650-yard freestyle, touching the wall in 17:18.50.

Her second was a pool record that was broken during the same meet as the 1650-yard record. This one, though, coming in the 400-yard individual medley. She finished in an impressive 4:28.55.

Her third record came during the team's mid-season meet at the Calvin Invitational in the 22-yard individual medley event. Postmus finished with a final time of 2:03.49.

The fourth and final record was broadcasted on ESPN3 for the whole nation to see when the Lakers took on Wayne State in their most recent meet. Postmus beat the pool record in the 200-yard freestyle with a time of 1:51.64.

"I think Sam's records are awesome," said teammate Julia Suriano. "She's always a great teammate and a great sport about it, and it couldn't have happened to a better person."

One might assume that in

high school, Postmus was unbeatable—almost Olympian Katie Ledecky-like. Interestingly enough, she actually quit the high school swim team.

Postmus attended Wayland High School, even though her family moved to Byron Center during her senior year. She swam for Wayland for the first two years she was there, but ultimately quit the team to focus more on her academic studies.

Postmus did not stop swimming, though. She still trained on her club team which was based in Byron Center, and attracted attention from collegiate swimming programs for her ability. The school

most notable to her at the time was Michigan State.

Postmus decided to attend one of MSU's swim meets to get an idea of what their program was about, and possibly make her college decision. The meet she decided to watch was one against GVSU.

"I loved how Grand Valley was cheering the most, and how they cheered on their teammates," Postmus said. "When I watched them I really felt like Grand Valley was more of a home-style kind of place, where people felt welcome."

Postmus' first two seasons at GVSU established the type of competitor she is. In both seasons, she was able to qualify for

nationals and finish 8th in the 400-yard Individual Medley with a time of 4:22.46 in 2016, and also finish 8th in the 1000-yard freestyle with a time of 10:06.03 in 2015.

GVSU coach Andy Boyce spoke on what type of competitor Postmus is.

"She is always willing to step up and do an event if we need her to," Boyce said. "She can do anything from the 100-yard freestyle to the 1650-yard freestyle. She's extremely versatile."

That versatility is allowing Postmus to move from more of a distance swimmer to a mid-distance swimmer, something that seems to be working for Postmus this sea-

son after breaking three records in mid-distance events.

"A personal goal for this season was to work on my mid-distance events," Postmus said. "Andy (Boyce) and Justin (Vasquez) have been having me swim the 200-yard freestyle, 200-yard backstroke, and the 200-yard breaststroke to work on my individual medley strokes."

Those events seem to be paying off as Postmus has become one of the best individual medley swimmers in the nation.

Postmus will be back to leaving other swimmers in her wake Saturday, Jan. 14 against the Findlay Oilers.

CLUB WRESTLING

## Shorthanded

GV club wrestling splits dual meet

BY BRENDAN MCMAHON  
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The Grand Valley State men's club wrestling team concluded the semester by splitting a dual meet hosted by Davenport University Sunday, Dec. 18.

The Lakers first dual of the day was against Calumet College (Indiana), a severely inferior opponent. The Lakers won the vast majority of the bouts only allowing Calumet College points from forfeits.

Sophomore Kyle Benkarski and senior Harun Bogdanic were key contributors late in the dual, putting it well out of reach with their performances. The Lakers ended up beating Calumet College handily 40-12.

"We rolled right through them," said junior Nick Reddy. "We wrestled really well from top to bottom and the score showed that."

The Lakers were just getting warmed up for a much more challenging dual against Davenport University. Although they are a relatively new club, they do not lack strength and competitiveness.

Davenport got out to an early 18-6 lead. Dylan Dwyer, a freshman and No. 1 ranked wrestler in his weight class (157-pounds), narrowed the lead by winning a bout with multiple takedowns.

The effort was too little too late, as Davenport would go on to win 31-20, in what was considered by players and coaches, one of the most frus-

trating losses of the season. "We had a lot of people out of the lineup that day," Reddy said. "Had they not been, the result likely would have been different."

A few of the Lakers' key contributors were not at the event. This event was not originally on the schedule, but was added late. With inclement weather and the semester ending, certain wrestlers could not compete, resulting in numerous forfeits for the Lakers.

The forfeits, which were an afterthought versus Calumet, haunted the Lakers against Davenport.

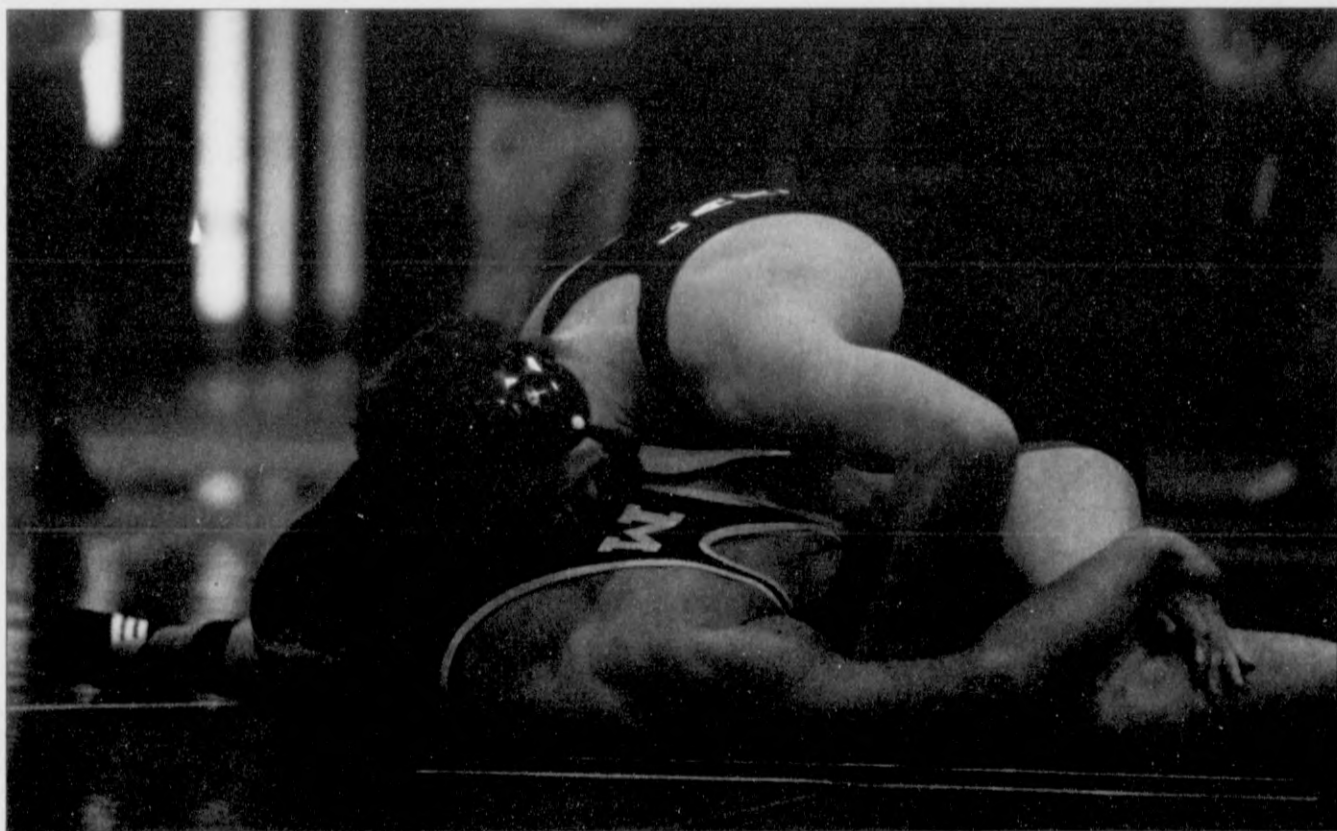
"Even though it looks like an individual sport, it's very much a team sport," said GVSU coach Rick Bolhuis. "It's hard to win without contributions in all weight classes."

Bolhuis was frustrated with the forfeits but happy with the way the wrestlers that were there competed, especially Reddy, who was put in a tough position against Davenport.

Reddy was winning the match by a wide margin, but knew he had to attempt some riskier moves to gain more points to make up for the forfeits. Reddy ended up getting pinned, which resulted in Davenport claiming an unreachable lead.

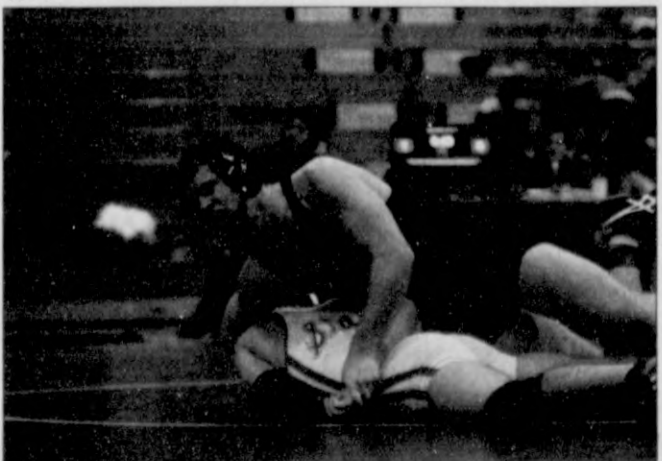
"It would have been a whole new meet if we had all of our guys," Dwyer said. "I definitely believe we were the better team."

The Lakers ended the first semester with a 7-3 record and find themselves ranked No.



**DETERMINATION:** Eric Dietz of the Grand Valley State wrestling club holds his opponent down during a home match on Feb. 6, 2016. This season the Lakers are ranked No. 5 in the nation after starting the season with a 7-3 record before winter break. GVL | KASEY GARVELINK

problem for the Lakers to reach their full potential. "As long as we stay focused and work hard, we have a chance to compete for a national title," Reddy said. The Lakers will be back in action Sunday, Jan. 15 at the GVSU Fieldhouse.



**PINNING:** Grand Valley State wrestling club's Eric Dietz looks to the ref while pinning an opponent in a match. GVL | KASEY GARVELINK

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# A10 | SPORTS

## CLUB SHOOTING

# Lock and load

BY BRADY MCATAMNEY  
BMCATAMNEY@LANTHORN.COM

Just about every Grand Valley State student knows about the Laker football team. One would be hard-pressed to find a GVSU scholar who had no knowledge of the men's and women's basketball teams. But how many Lakers know about their school's very own shooting club?

The GVSU coed club shooting team is a small but devoted group of individuals that meet for three hours on Tuesdays and Thursdays to hone their skills on the firing range and in open fields. While some of the shooters on the club have long been into the sport, others are brand new to firing off rifles, like freshman Joseph Lentine. "Joining Grand Valley fall semester was my first

experience with any firearm. I had no prior experience," Lentine said. "I guess for me, moving to college is about trying new experiences. The sport is always something that I've been interested in and I found that for me it was personally relaxing. Focusing on your breathing, keeping still, focusing on your body to get the shot that you'd like. It was relaxing and something

## Laker shooting club competes at Junior Olympic Qualifier

that I'd never tried before." One of the aspects that the club prides itself on is that it will accept anybody into their club as long as they are a student at GVSU. Whether someone is male or female, a freshman or a senior and somebody with no experience or somebody with all the experience in the world, the club welcomes them with open arms. "I think it's important to realize that we're accepting members all year long. The more the better," said head coach Cameron Zwart. "I want to make sure we get everybody we can. We include everyone, we don't cut anyone. People don't have to strive for all the remarks. If someone wants to come down twice a week to shoot that's fine, if they want to do it much less that's good to. If they want the opportunity it's there." Zwart, who is in his second year as head coach of the club, has already revitalized the program and has even brought on his own assistant coach: Gerry Cooke, the founding member of the club from 1995. With new staff comes new challenges, and Zwart has already brought the

Laker shooters into the most events—17—that the club has been in a season and there is still a whole semester left to go. One of these events was the Junior Olympic Qualifier in Bay City, Michigan Sunday, Dec. 11. While only three Lakers competed in the event, they represented Allendale well despite none of them reaching the qualifying mark. Lentine shot a 459 out of 600 possible points in small-bore competition, good for seventh place. He also shot a personal best 501 in air rifle which landed him in 10th place. Each of these marks were tops out of the three Laker participants. Freshman Alexander Straith shot a personal best of 455 in smallbore, finishing right behind his teammate in eighth place, as well as 13th overall in air rifle with 472. Lastly, sophomore Sydney Selvig shot two personal bests with a 403 in smallbore (11th place) and 469 in air rifle (14th place). "It was a fun competition. It was a few hours of a drive, but overall the competition was worth it," Straith said. "For a shooting event there were a decent amount of people there. The competition was fun, every

event I've been to has seen an improvement and that was the next one in my path." In addition to an already historic season for the club, the Laker shooters have a big event ahead of them in the coming weeks when they will host the inaugural Peninsula Invitational between GVSU and Michigan Tech. The event will be live-streamed online—which is extremely uncommon for a shooting match—and a watch party will be hosted at Schmoz Brewing Co. in Grand Rapids as a fundraiser. In addition to the big event, Zwart anticipates that as many as seven Laker shooters may qualify for the National Rifle Association's Intercollegiate Club Rifle Championship, which would be a major uptick from the two they saw qualify last season. Qualifiers take place in February, and overall there are another ten events that the Lakers will load their magazines for. Anyone interested in participating with the club can simply attend one of the weekly meetings at the Grand Rapids Rifle & Pistol Club on Tuesdays from 4 p.m. to 7 p.m., or Thursdays from 6 p.m. to 9 p.m.



**FIRING SQUAD:** The Grand Valley State shooting club line up shots during the Great Lakes Invitational Dec. 3. The club has increased popularity and members this year. COURTESY | SHOOTING CLUB

# LAKER EXCHANGE

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**Announcements**

The Barbara H. Padnos International Scholars program provides scholarships for year long study abroad programs. Students are expected to engage in serious study for an extended period of time (minimum 9 months) in an approved study abroad program. Preference for the largest award will be given to qualified applicants who plan to be abroad longer than 10 months.

Looking for a female subleser for Winter 2017 semester in a 4 bedroom Style E in Meadows Crossing. Rent is \$469/month and I will pay the first month. The apartment is shared with 3 other female roommates. Lease goes until July 2017. Email [godlewj@mail.gvsu.edu](mailto:godlewj@mail.gvsu.edu) for more information!

**Employment**

Check out the Tripp Lake Camp job application online, and apply to be a part of our staff for summer 2017! Apply online at [www.triplakecamp.com](http://www.triplakecamp.com).

**Housing**

1 bedroom, 1 bath, 750 sq. foot condo for \$1200/month available for 7-month sublease with an option to renew. If sublessee signs by February 1st current tenants will put \$50/month towards rent until the sublease ends August 31st (option to renew at \$1200/month). This idyllic Heritage Hill condo is situated on the 5th floor with a beautiful view of the downtown skyline. Walking distance and close to local restaurants, coffee shops, Cherry Hill District, Medical Mile, GRCC and GVSU. Heat, water, internet and garbage included. Tenants are responsible for electric. Included are two parking permits for the Hillmount parking lot. Off street parking is readily available. This modern condo has a carpeted bedroom, hardwood floors, stainless steel appliances, including a refrigerator, dishwasher, stove, and microwave. Bathroom has large mirror. Card operated laundry room, fitness facility, personal storage unit, and separate common bike storage area are located in the basement. Secured mail room on the 1st floor. Patio/deck area provides 360-degree view, includes grills and patio furniture to relax in. Air conditioning unit also included, which is very convenient for the summer months. Building is secured with card access and intercom system. Pets ok, extra \$10/month for dogs. Rental application required and subject to landlord approval. For full view of the unit please see Youtube video. Any questions don't hesitate to ask.

Youtube video of condo: <https://youtu.be/McQHW4trK7o>

Hi guys! I am looking for a subleser for this upcoming semester. The apartment is in Meadows, it is located very close to the bus stop, has a garage, laundry room, pantry, kitchen, large living room and of course your

**Housing**

room with a bathroom connected (including extra storage space and a bath tub in the bathroom). There are 3 other girls that live there. There is also free gym and pool/hot tub services as well as free tanning. I would give January and February to you free of charge! But the monthly payment after that would be \$509 not including utilities which is usually between \$30-\$40. Contact me with any questions, my number is 248-765-8704. Thank you!

Looking for a subleser for my Copper Beech lease from winter till the end of the lease in the summer. I have a 4 bedroom, 4 1/2 bathroom townhome. Rent is 437 a month without utilities (electric) and includes water. I currently live with two guys and a girl. My apartment is across from the basketball court, close to guest parking. Looking for someone ASAP! Please email me at [jimenezd@mail.gvsu.edu](mailto:jimenezd@mail.gvsu.edu)

**Housing**

Downtown home with 2 empty rooms! Looking for a student to sublease, big house, 5 bedrooms, 2.5 bath. Dog friendly! Fenced backyard, 2 car garage, private parking. Gas, cooking, and heat. \$420/ per month w/ utilities! Call 517-375-6089

I'm looking for someone to take over my lease for a room in Evolve. The lease goes until the end of July, and is \$600 a month. All utilities except electric are included, which is about \$30 a month. It is fully furnished with a full sized bed, and has high end appliances, including a dishwasher, washer and dryer. My roommates are two girls that are super nice and easy to get along with! Contact me at 231-342-5072 if interested!

I'm looking for someone to take over my lease in a Campus West two person apartment starting Winter semester with a move-in before Christmas break if possible. Rent is about \$550 plus utilities and roommate is a super chill girl who has furnished much of the apartment already. Please let me know if you're interested. Feel free to message me or email me at [haverdan@mail.gvsu.edu](mailto:haverdan@mail.gvsu.edu)

**Housing**

Looking for a roommate for January-May 2017. House is located on the NE side of GR, less than 10 minutes away from Pew campus. \$400/month flat, utilities included. No formal lease to sign, no deposit required. Contact me at (616)901-2355 or [ludtker@mail.gvsu.edu](mailto:ludtker@mail.gvsu.edu).

Looking for a roommate for January-May 2017. House is located on the NE side of GR, less than 10 minutes away from Pew Campus. \$400/month flat, utilities included. No formal lease to sign, no deposit required. Contact me at (616) 901-2355 or [ludtker@mail.gvsu.edu](mailto:ludtker@mail.gvsu.edu).

Looking for a roommate for January-May 2017. House is located on the NE side of GR, less than 10 minutes away from Pew Campus. \$400/month flat, utilities included. No formal lease to sign, no deposit required. Contact me at (616) 901-2355 or [ludtker@mail.gvsu.edu](mailto:ludtker@mail.gvsu.edu).

Looking for a sub-leser for the 2017/2018 school year at Enclave. Rent is \$558 a month for everything including electric, it is a 4 bed/4.5 bath townhouse! It is a 12 month lease, but I am willing to pay for the summer months if needed. Please contact me at [resnickg@mail.gvsu.edu](mailto:resnickg@mail.gvsu.edu) if interested!

**Housing**

Roommate wanted for 2 bedroom downtown loft. 235 Division. 350 a month. 50 more or less for bills. Contact me at [clarkmat@mail.gvsu.edu](mailto:clarkmat@mail.gvsu.edu) for more info.

**Miscellaneous**

Peppino's Pizza located 5065 Lake Michigan Dr. offers lots of great food, including a \$6.95 1 item pizza if you show your college ID! Call them today for more information 616-895-1615

**Services**

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**Student Org Events**

Start your adventure at the Study Abroad Fair on Tuesday, January 17 from 10am-3pm in Henry Hall Atrium (Padnos Hall of Science!) Whether you're just browsing or ready to grab your passport and pack your bags, you don't want to miss this event! Browse GVSU study abroad programs, meet students that have participated in the programs and talk to program directors! There are programs for every major and minor at GVSU. Get answers to questions about program selection, funding, academics and more. FREE FOOD & drinks will be provided! Questions? Contact the Padnos International Center at [studyabroad@gvsu.edu](mailto:studyabroad@gvsu.edu) or 616-331-3898

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