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Grand Valley State University

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GRAND VALLEY

Lanthorn

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Lighting the way



CONCERNED ALLENDALE CITIZENS: The completed lighting project on 48th Avenue Friday, Jan. 13. After hearing positive feedback about the permanent lights on 48th Avenue, GVSU is partnering with Allendale Township to bring sidewalks and lighting to Pierce Street for student safety. **GVL | MACKENZIE BUSH**

Plans for Pierce Street sidewalks, lights in works

BY HANNAH LENTZ AND
JESS HODGE
EDITORIAL@LANTHORN.COM

After partnering with Allendale Township and Consumers Energy, Grand Valley State University has helped to install permanent lights along 48th Avenue. With positive feedback about the new lights and more lingering concerns about other dimly lit streets, there are plans underway for both sidewalks and lights along Pierce Street between 42nd and 48th avenues.

The new plans for Pierce Street come after concerns for students' safety have been brought up multiple times to GVSU and Allendale Township. The stretch of Pierce

Street between 42nd and 48th avenues is a popular place for students to walk down. Many students walk that way to head to campus for class, jog during the warmer months and even walk back home from parties at night from different apartment complexes.

Over the past 2 years, there have been 3 accidents near off-campus apartments on Pierce Street and 48th Avenue.

Tim Thimmesch, associate vice president of facilities services at GVSU, said the plans for Pierce Street are in the works to begin after the semester ends.

"If everything gets in place, the project will start the first of May and be done by the end of summer," he said.

Part of getting the lighting expansion started includes planning on the part of Allendale Township regarding timing and costs.

"I am working (on timing and numbers) and will be talking to Grand Valley, the student housing owners and our township board with more details in the near future," said Adam Elenbaas, Allendale Charter Township supervisor.

Thimmesch said this project is slightly different than the lights recently installed on 48th Avenue, as the lights will not be part of the roadway but will instead be installed along the sidewalks.

Despite the off-campus apartments not being within GVSU's jurisdiction since they are not a part of campus, Thimmesch said he still felt

it was important to aid in the project.

"It is our students that live on the west side of 48th Street and the apartments there, and we had security issues that were occurring in those places, (so) we felt it was very important to get involved and help promote and get lighting on 48th Street," he said.

The main role of GVSU, Thimmesch said, was putting pressure on Allendale Township to show the poor lighting was a problem they needed to prioritize and fix.

In addition to putting pressure to start the project, GVSU will also pay for part of the Pierce Street renovations.

SEE LIGHTS | A2

LEADERSHIP

Her Story

Women's Commission event celebrates success of female leaders at GV

BY DYLAN GROSSER
DGROSSER@LANTHORN.COM

Women in leadership positions at Grand Valley State University have the opportunity to share their stories of success through the Her Story series hosted by GVSU's Women's Commission. The next installment of the series will be held Wednesday, Jan. 18, from 12 p.m. to 1 p.m. in the Kirkhof Center Pere Marquette Room.

Suzanne Benet, the assistant vice president for academic affairs at GVSU, will be the featured speaker at the event. Benet was the head of the marketing department at GVSU before recently being hired to work in the Office of the Provost.

"We are very excited to have (Benet) present, to share her time and experiences at GVSU, including her transition from faculty to administration," said Jennifer Palm, co-chair of the Women's Commission who helped organize the event. "Her Story is a great event to learn something more about a person on campus whose name you may have heard, but you never met."

Palm said the event backs the mission of the Women's Commission by supporting women's leadership.

"(It) can be very inspiring to someone early in their career," Palm said. "It's the chance to meet like-minded people and hear stories of women who have been successful at higher levels of the university."

SEE HER | A2



SHARING STORIES: Suzanne Benet poses for a photo. **COURTESY | GVSU.EDU**

ENVIRONMENT

Saving big

GV sustainability programs add \$250 million to economy

BY KYLE DOYLE
ASSISTANTNEWS@LANTHORN.COM

The idea of "going green" and being more environmentally conscious is a concept that has begun to take hold in several institutions around the world. From car manufacturers offering more fuel efficient and electric automobiles, to energy providers switching to renewable forms of energy such as wind and solar, to universities offering larger recycling and composting programs, many people are trying to lessen their environmental impact and help better the earth.

Although such programs may have started slowly, they have recently taken off due to scientific advancements and public interest and have shown promising results in their potential to promote sustainability. But "going green" means a bit more than just helping the environment.

Grand Valley State University's sustainability initiatives in the Grand Rapids area have reached an economic impact of more than \$250 million in the fiscal year of 2015, according to the GVSU Collective Sustainability Initiative Report. The report outlines 11 areas in which GVSU faculty, staff, students and policies have helped make the campus economically, socially and environmentally a better place.

This figure represents about 35 percent of GVSU's total economic impact for the fiscal year of 2015, which was \$730 million.

"The question becomes, 'what impact does sustainability have?'" said

SEE SAVE | A2

DIVERSITY AND INCLUSION



A HELPING HAND: A Teach-In volunteer talks to a student at last year's Teach-In. This year's Teach-In is set for Thursday, Jan. 19. **GVL | LUKE HOLMES**

Fourth annual Teach-In to focus on social justice issues

Session topics will range from rape culture and trans-inclusiveness to studying abroad

BY MEGHAN MCBRADY
MMCBRADY@LANTHORN.COM

After serving eight years as president of the United States, Barack Obama bid farewell to the nation Tuesday, Jan. 10. During his address, Obama said Americans need to renew their efforts to create progressive change within the country.

"If our democracy is to work the way it should in this increasingly diverse nation, then each one of us needs to try to heed the advice of a great character in American fiction, Atticus Finch, who said, 'You never really understand a person until you consider things from his point of view,'" Obama said.

Emulating the president's message of being part of a diverse nation, the fourth annual Teach-In at Grand Valley State University, titled "Power, Privilege and Difficult Dialogues," will be conducted at the Allendale and Pew campuses Thursday, Jan. 19.

Sponsored by the university academic senate and the student senate, the Teach-In's 60 sessions will focus on social justice and inequality issues. Sessions will be held from 8 a.m. to 9 p.m. at the Kirkhof Center and the DeVos Center.

Ella Fritzeimer, GVSU's student senate president, said while the Teach-In is usually conducted toward the end of the school year, it was moved to GVSU's Martin Luther King Jr. Commemoration Week due to the ideals of

both events fitting together.

"The whole purpose of a Teach-In is for mutual education among different groups of people to address topics such as social justice and liberation, which is exactly what Martin Luther King Jr. fought for," Fritzeimer said.

Furthermore, Fritzeimer said, she believed the Teach-In would have a different feel this year with the sessions being the day before the presidential inauguration. She said many of the sessions would revolve around contentious issues, which would lead to discussion and understanding among the GVSU community.

"I hope the results of the Teach-In next week will be a group of people with a newfound understanding of a topic that they did not previously know," she said. "I am also hoping that it will provide students, faculty and staff new perspectives on some of these contentious issues and provide a foundation for moving forward."

"Highlighting the importance of having an informed community, Gipson said each 75-minute session of the event will tie into King by covering ethnic, social class and disability issues, while also addressing other inequities.

"The schedule has sessions that cover all sorts of things, like student debt," she said. "Student debt is not generally considered a social justice issue, but it is a huge problem if (the

SEE TEACH | A2

NEWS BRIEFS

BEING BLACK AND BROWN ABROAD

The Grand Valley State University Students of Color will hold a Q&A about studying abroad as a person of color Tuesday, Jan. 24 from 12 p.m. to 1 p.m. in the Mary Idema Pew Library Learning and Information Commons Multipurpose Room. Students presenting will discuss different aspects of their study abroad experiences, such as challenges they faced, adjusting to being in a new place, talking to parents about study abroad, financing and more. Padnos International Center staff will also be there to talk about scholarships and funding and to invite attending students curious about the program to start planning their experience. The event is LIB 100/201 approved and will have free food.

INTRO TO CLIMBING AT THE FIELDHOUSE

The Climbing Center staff will hold an introduction to climbing session for people who have little to no experience with rock climbing Monday, Jan. 23 from 6 p.m. to 8:30 p.m. The Climbing Center is located in Room 170C of the Fieldhouse. The workshop will introduce new climbers to different skills and terminology, such as general safety, standard equipment and how it's used, basic technique, how and why routes are rated and different styles of climbing.

Different parts of the workshop may require participation, so the Climbing Center advises attendees to dress appropriately for using the wall. Anybody interested in attending should RSVP 24 hours before the workshop at the Outdoor Adventures event page at www.gvsu.edu/outdooradventures.

STUDY ABROAD FAIR SET FOR TUESDAY, JAN. 17

The Padnos International Center will host a study abroad fair in the Henry Hall Atrium from 10 a.m. to 3 p.m. Tuesday, Jan. 17. The fair will be an opportunity for students who are curious about study abroad opportunities and ways to finance them to learn more.

There will be students who have been involved in the program there to field questions interested students have, as well as information on the different programs offered by the university and its affiliates, scholarship information and more. There will also be free food and drink provided by the PIC.

IT'S ON US: BYSTANDER INTERVENTION TRAINING

Grand Valley State University's chapter of the It's on Us campaign will host another session of its bystander intervention training Wednesday, Jan. 18 from 9 p.m. to 11 p.m. in the Kirkhof Center Grand River Room.

The goal of this training is to equip individuals with the knowledge and skills necessary to recognize and intervene safely in scenarios where sexual violence could occur.

The bystander intervention training session is LIB 100/201 approved. To register, visit www.gvsu.edu/itsonus/bit.

It's on Us offers other avenues for getting involved in fighting sexual violence, as well. Individuals can sign an active bystander pledge, learn more about consent and attend various informational events. For more information, visit www.gvsu.edu/itsonus/.

PIPES MUSIC THERAPY AND CHILD LIFE EVENT

Grand Valley State University's organization PIPES, or Promoting Interprofessional Education for Students, is hosting an event Wednesday, Jan. 18 titled "Co-treating children in acute care settings with music therapy and child life."

The event will be held in the Center for Health Sciences' Hager Auditorium from 5 p.m. to 6 p.m.

The presentation will focus on how music therapists and child life specialists can co-treat and achieve similar goals with coping techniques, reducing pain, bereavement work, supporting work and procedural distraction.

Anyone interested in attending can register by going to www.gvsu.edu/miperc and clicking on the PIPES tab.

SAVE

CONTINUED FROM A1

Norman Christopher, executive director of the GVSU Office of Sustainability Practices. "Instead of just trying to save money, the question starts to shift to 'how are you creating value?'"

The report highlights several areas in which GVSU's sustainability programs have shined in bettering the campus and surrounding cities and towns in areas such as job creation, energy-saving programs, new building projects and locally-sourced produce.

Some highlights from the report include the creation of 2,919 jobs due to several construction projects, as well as the existence 20 LEED-certified buildings and six more in the process of being built, certified or designed.

In addition, the report highlights 1 million pounds of food purchased by GVSU Campus Dining from 54 local Michigan suppliers and farms and the completion of over 250 energy-saving projects that have saved GVSU \$1.5 million in one-time annual savings and \$2 million in annual cost avoidances.

"Grand Valley builds LEED silver standards or

better," Christopher said. "That means every single building that's going to go up on this campus is going to be a sustainable building."

The Office of Sustainability Practices was created in 2015 as a renamed version of the Sustainable Community Development Initiative established in 2006. It has the goal of creating a more environmentally friendly campus as well as creating more responsible global citizens. Its staff has undertaken this with several different initiatives, such as the Sustainable Agriculture Project, introducing more sustainability classes into the GVSU curricu-

lum, helping with the expansion of the GVSU recycling and composting programs along with several others.

While the report highlights several accomplishments from the past few years, the staff of the Office of Sustainability Practices has more planned. Christopher said the future is bright for the sustainability program.

"It's now to the point that after 10 years you're adding it all up," Christopher said. "Can we do a better job? Sure. But this certainly describes (how) it certainly has a larger collective impact than one may have expected."



CAMPUS: The Mary Idema Pew Library Learning and Information Commons on the Allendale Campus is pictured Sunday, Jan. 15. GVSU's sustainability programs went beyond campus and had an economic impact of \$250 million in Grand Rapids in 2015. GVL | KEVIN SIELAFF

HER

CONTINUED FROM A1

Palm said the event series has received a lot of positive feedback and requests. Many notable female faculty members at GVSU have spoken at Her Story in the past, including Lee Van Orsdel, retired dean of university libraries, and Marcia Haas, wife of GVSU President Thomas Haas.

Palm said the event helps spread a positive message of women in leadership positions and works to defeat negative stereotypes.

"When we talk about women in leadership, there are a lot of stereotypes, or there's a

stigma attached," Palm said. "And the idea of Her Story is to give a fuller picture and talk about women in leadership in a positive way."

Palm said she was inspired by one presentation given by Melba Vélez Ortiz. Ortiz is a professor at GVSU who suffers from a rare eye disease which is slowly blinding her. Palm said she connected with Ortiz because of a neurological disorder which left Palm with several blind spots.

"Her situation is obviously very different from mine, but to be able to hear from someone who also has experienced a visual disability on campus was very powerful for me," Palm said.

The Women's Commission

is the oldest faculty and staff affinity group on campus. It was established in 1996 and currently has 17 members. Palm said the commission invites membership from faculty and staff across campus, and the goal of the Women's Commission is to forward issues of equity for women on campus.

"(Our) mission is creating dialogue, celebrating women's leadership and exploring issues of advocacy on campus," Palm said.

The Women's Commission organizes several events on campus in addition to Her Story, including the Celebrating Women Awards Ceremony that honors men and women at GVSU who have impacted women's lives.

Another event the commission holds is the Conscious Conversation series, during which participants discuss certain issues for an hour and a half. In the fall of 2016, the Women's Commission held a conversation about family leave, and this winter, the commission members plan to hold a conversation on the Flint water crisis and the Dakota Access Pipeline called "Water is Life." Palm said the conversation will be about the media coverage and protests of both events and will be analyzed from an "intersectional lens."

The Women's Commission also has a YouTube channel, where previous Her Story presentations can be viewed.

TEACH

CONTINUED FROM A1

student) doesn't come from a background where they can afford it and can be a huge problem for all students."

Some of the topic sessions at the Teach-In include

trans-inclusiveness at GVSU, rape culture, physical ability privilege at GVSU, fashion trends and cultural appearance, studying abroad for first generation college students, discrimination within the U.S. justice system and an assortment of other topics.

As a dialogue is established

within the GVSU community about some of the challenges within the country, Gipson hopes students begin to question and challenge the various social issues within their circles.

"Teach (students) how to learn about those issues and be inspired to take action, maybe not now, but eventually some-

time in your life," Gipson said.

For a schedule and descriptions of the Teach-In sessions at the Allendale and Pew campuses, visit www.gvsu.edu/teach-in/teach-in-schedule-4.htm.

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LEARNING TOGETHER: The third annual Teach-In took place in the Kirkhof Center and the DeVos Center Thursday, Jan. 21, 2016. This year's Teach-In will coincide with Martin Luther King Jr. Commemoration Week at GVSU and center on social justice issues. GVL | LUKE HOLMES

LIGHTS

CONTINUED FROM A1

"Allendale Township is helping to go in and fund the project for the sidewalks and Grand Valley will (pay for) the lighting," Thimmesch said. "It was just (important) having a seat at the table to emphasize to get this done and get the lights installed because it is Grand Valley students being affected."

Allendale Township has also been receiving comments regarding the current light installation project along 48th Avenue from community members that use the road.

"I've heard a few positive comments, but mostly from drivers, not the pedestrians that use the walkways under the new lighting," Elenbaas

said. "This is likely due to the fact that it is winter and there is a lot less pedestrian activity with the colder temperatures. The comments from drivers are that the lighting looks very nice, and they help brighten up the side of road."

Overall, student and community safety as well as traffic flow has been the overall focus of the construction done near the university and is also a major part of the plans to expand lighting down Pierce Street.

"The new lights increase visibility," Elenbaas said. "They should have been a part of the plan when the sidewalks were first installed. Thank you to GVSU and Consumers for installing the temporary lighting until the permanent lighting went up."

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the skin.

SPIELMP

Answer: Pimples

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LANGUAGE

Reinforcing the linguistic diversity

GV cross-program initiative recognizes, validates different non-standard English varieties

BY MEGAN WEBSTER
NEWS@LANTHORN.COM

There is a mission taking place at Grand Valley State University to welcome linguistic diversity. Faculty and staff are making it their goal to promote equality and respect for all dialects of the English

language while acknowledging the skill of code-switching among these different dialects.

The goal of this initiative is for GVSU to follow in the paths of scholarship statements and research that has been conducted by the National Council of Teachers of English (NCTE) and the

American Association for Applied Linguistics (AAAL).

"We want to educate faculty and students about the fact that students are code-switching between academic standard English and Spanish or African-American language," said Lindsay Ellis, director of the supplemental writing

skills program in the English department at GVSU. "We want students and faculty to recognize this as a great skill."

Research states that every dialect of English is a rule-governed dialect, whether it be standard academic English, African-American English or any

other English dialect. This is not a new or radical concept. The original statements from the NCTE were published in 1974 and state that students have a right to their own language and dialect, expressing their community, family and personal identity.

Ellis said opening a conversation about dismissing a hierarchy between dialects allows an open conversation into the policy statements of our SWS programs here at GVSU.

"Academic written English is one dialect of English, African-American English is one dialect of English. There should not be a hierarchy between them," she said. "This is a foundational principal that we teach in English linguistic classes. We want to get that word out across the wider community."

In order to act upon this fundamental principle, representatives from the English department, the anthropology department, the Division of Inclusion and Equity and the Meijer Center for Writing and Michigan Authors are coming together to develop a plan and training to support diversity and inclusion, values reflected in GVSU's latest strategic plan.

The Writing Center consultants will be required to attend training sessions on linguistic diversity. In this training, they will work with the Division of

Inclusion and Equity, along with other representatives from other disciplines, in order to ensure the consultants are equipped to work with different dialects of English. This specialized training will extend beyond the writing center and will be offered in the speech lab, the research consultant program and the data inquiry lab.

"The Writing Center is an important point of contact for all students and it is essential that everyone feel welcome," said Patrick Johnson, director of the Writing Center, via email. "Promoting linguistic diversity means (training) our staff to recognize the equality of non-standard language varieties."

If students want to learn more about the linguistic diversity initiative, they can attend a Teach-In session taking place during Martin Luther King Jr. Commemoration Week. There will be two Teach-In sessions pertaining to linguistic diversity Thursday, Jan. 19. The first will be from 8:30 a.m. to 9:45 a.m. in the Kirkhof Center Room 2259, and the second session will be from 6 p.m. to 7:15 p.m. in the DeVos Center Room 107C.

Students can also find more information in the writing center's policy statement at www.gvsu.edu/wc/ or in the policy statements of the NCTE and AAAL.



SPEAKING DIFFERENTLY: Grand Valley State University senior Renée Cameron revises a set of class notes Sunday, Jan. 15. GVSU's faculty and staff made an initiative with a goal of promoting and respecting all of the dialects within the English language. **GVL | KEVIN SIELAFF**

GOVERNANCE

Focusing on promoting diversity

University Academic Senate creates new standing committee to discuss inclusion, equality in university community

BY TYLEE BUSH
NEWS@LANTHORN.COM

The University Academic senate (UAS) at Grand Valley State University took what its members considered another stride in the direction of promoting equality and inclusion for all student and faculty groups on campus by founding the new standing Equity and Inclusion Committee (EIC).

The idea for this committee was shared by Karen Gipson, the UAS chair, and Felix Ngassa, the UAS vice chair. Both Gipson and Ngassa saw a need for an increased emphasis on equity at GVSU; in addition to feeling an obligation to encourage the embracement of groups of students regardless of race, handicap, sexuality, religion, etc.

"We were realizing that diversity issues were so important on our campus that we needed a committee to promote better practices," Gipson said.

Ngassa agreed a group committed to equity at GVSU is vital.

"At GVSU, we should be committed to ensuring that our resources are equitable for all faculty, staff and students, and this requires us to

provide for groups with diverse needs," Ngassa said.

The UAS voted to create this committee last year, and its first elections will take place this month. The EIC will be comprised of 10 faculty members, in addition to four designees and two students, one being a graduate student and one being an undergraduate. Since it is a standing committee, it will report to the UAS.

Gipson outlined the five main duties of the new committee.

"The first responsibility of this new committee is to promote and facilitate faculty involvement in support of a healthy universal campus climate," Gipson said. "The committee is accomplishing this role by engaging in social justice and diversity issues on campus."

One of the ways the committee plans to do this is by recruiting support for the committee and retain a diverse pool of faculty, staff and students at GVSU. Another way the EIC will promote faculty involvement is to review the affirmative action plan annually.

Second, Gipson said this committee would promote awareness of "the impor-

tance of social just and campus diversity" by organizing and running events to promote that message.

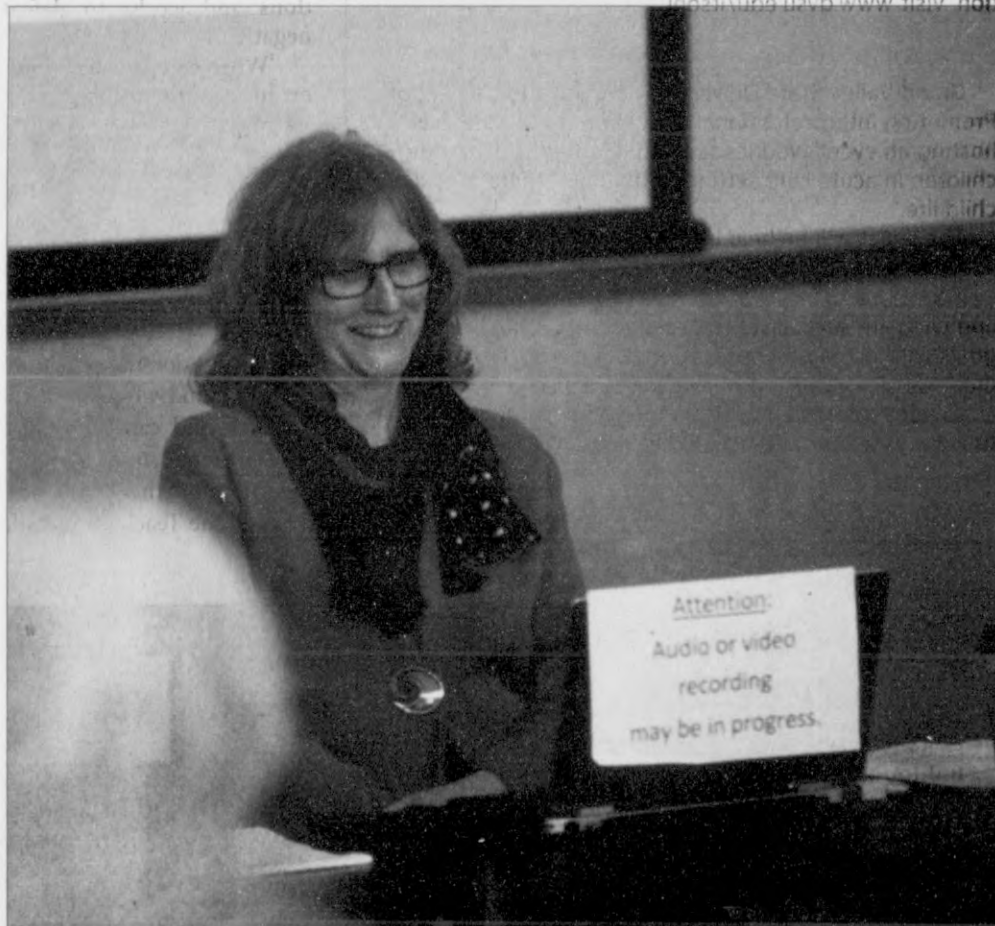
"A third charge is identifying faculty for various university awards relating to diversity," she said. "A fourth charge of this committee is to foster faculty involvement to recruitment and retention efforts."

Finally, the fifth responsibility will be for the EIC to serve as a liaison with the Division of Inclusion and Equity and the student senate diversity affairs committee.

One additional duty the EIC will tackle is the organization and management of the annual Teach-In event, which will be held Thursday, Jan. 19 this year.

Ngassa thinks the establishment of this standing committee brings GVSU one step closer to achieving a campus climate where everyone feels welcome and comfortable.

"I am driven by a vision and a conviction that we have to put structures in place and have strategies that ensure that all faculty, staff and students feel GVSU is a place for everyone" Ngassa said. "The creation of this committee, then, is the right move and its goal is in line with our strategic plan."



IMPROVING: Karen Gipson, UAS chair, opens a meeting. Gipson said the UAS realized issues of diversity were important to discuss at GVSU in order to promote better practices on campus. **GVL | KEVIN SIELAFF**



MAKING STRIDES: GVSU's University Academic Senate convenes Friday, Jan. 29, 2016. UAS recently made a new Equity and Inclusion Committee to focus and promote diversity. **GVL | KEVIN SIELAFF**

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EDITORIAL

A sense of community

GV, Allendale Township should collaborate on more issues, initiatives

Oftentimes, construction projects get stalled along the way due to technicalities, financial requirements and personal politics. We understand many people and permissions are necessary to complete large projects, such as the light installation on 48th Avenue, and we believe there is an important message to take away from the collaboration seen throughout this project.

Though the construction along 48th is technically not within Grand Valley State University's jurisdiction, in order to move the process along, the university split some of the costs of the installation project with Consumers Energy to increase safety along the busy stretch of road. Had Allendale Township contributed, more lights may have gone up and this could have been a great example of where the future relationship of Allendale Township and GVSU should go. Regardless, the pushing and collaborative attitude adopted by GVSU resulted in a very necessary project getting done quickly and efficiently that benefitted both Allendale Township and GVSU students.

In the past, both the university and Allendale Township have acknowledged that there has been a lack of involvement between students and the surrounding community. As college students, we understand, as a collective group, that we aren't always the most likable community. We're young, we're noisy and sometimes we make questionable decisions. However, there is an opportunity for Allendale Township to use GVSU and the potential we hold to grow and prosper. This is a relationship

that goes both ways. In order to work together effectively, we have to maintain respect for the community that we are a part of.

Having a sense of community is an extremely important characteristic for a college campus. In order to spark change, we need to have a mutual understanding that we are here to help one another. Whether that comes in the form of monetary support or volunteer efforts, it needs to be clear that we are all in this together.

Currently, the university has several institutions in place that we can utilize in the future to ensure that we are doing the most for students, as well as community members. Within student senate, we have an external relations committee that works with those around us on various projects to ensure student success. As a student body, we should be pitching fresh and insightful ideas to this committee and supporting the integration of GVSU students within the Allendale and Grand Rapids communities.

Students can also attend the Allendale Charter Township meetings and express any comments or concerns directly to Allendale's Township Board. On GVSU's end, making sure decisions benefit not only the students, but also the surrounding community, goes hand-in-hand with effective communication.

For most students, the lack of lighting surrounding campus has been a cause of concern for as long as we can remember. The fact that this has been acknowledged is just the beginning of the potential that we have to enact change and make a difference as not only members of the GVSU community, but the Allendale community as well.

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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.

Lanthorn is two syllables, pronounced Lant-horn. It is a lantern that was used in mid-to-late 16th century Europe. It was constructed of leather and a

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.

all other reader-generated content can be submitted to the Grand Valley Lanthorn's YourSpace page by emailing community@lanthorn.com.

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

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

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WHAT'S YOUR PROBLEM?



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

EDITORIAL@LANTHORN.COM

GVL EDITORIAL CARTOON

By Oliver Love



editorial@lanthorn.com

Making light of tragedy

Turning real life events into films for entertainment is disrespectful



BY CLAIRE FISHER
EDITORIAL@LANTHORN.COM

Explosions, a love story, an unquestionably heroic main character: these are typical elements that make up your average action movie. Are they appropriate though when you apply them to a "based on true events" story about a tragedy? "Patriots Day," a movie which follows the steps taken by law enforcement following the Boston Marathon bombing came into theaters on Friday, Jan. 13. Turning a tragedy into a one-sided action

movie that the public can view for entertainment is a disrespectful and irresponsible way to record history.

I can't say for certain what the proper amount of time is to wait before making a movie about a disastrous event, but three years doesn't seem like enough time. Not only was the actual Boston bombing and its aftermath traumatic for the people of Boston, but now they have to relive it so that CBS Films and Lionsgate can make money.

Turning a tragedy into a blockbuster film so that Americans can fill up Saturday afternoons, enjoy giant tubs of popcorn, have awkward first dates and root for the "good guys" is a disgusting way to turn a profit.

I can respect the idea that the movie records a significant event in history and specifically details the work done by the law enforcement officials. A

movie meant for entertainment is not an appropriate way to memorialize an event like the Boston Marathon bombing.

Along with "Lone Survivor" and "Deep Water Horizon," the director Peter Berg and the actor Mark Wahlberg have worked together to create three films which record real-life tragedies. Turning history into a "docudrama" comes with a cost.

When you try to turn a complicated event in history like the Boston Marathon bombing, you inevitably paint somebody as the hero. The trailer for "Patriots Day" is full of an "us vs. them" mentality; it even has Mark Wahlberg's character describing the situation as "good vs. evil."

It's possibly acceptable to paint that kind of picture into a movie about "evil" aliens attacking from another planet to come suck our brains out.

But when you label other humans as evil and don't show their side of the story, you disregard their beliefs entirely. I'm not condoning what the bombers did, I'm only saying that making an emotional movie that only records and glorifies one side of the story is irresponsible.

Not only does this movie disrespect the citizen's rights and the perspectives of the Muslim characters, but it also neglects to tell any other stories. It gives major attention to a high profile tragedy and neglects to give attention to the shootings and violence that occur every day in many minority neighborhoods.

Taking a complicated piece of history and forcing it into the mold of the average action movie slices out important narratives and paints a single side as the hero. Documenting tragic events in the manner is both disrespectful and irresponsible.

Beware of frigid air

Snow and ice make for hazardous walking, driving conditions



BY KELLY SMITH
EDITORIAL@LANTHORN.COM

Well, Michigan's January weather has certainly begun to set in. As I'm sure we've all noticed, the roads and sidewalks have become very icy this past week. Seeing as classes were cancelled on Thursday, that's a pretty serious issue. And although it hasn't been too much of an issue recently, I have a feeling more snow is definitely on the way before winter's over. So this is a

reminder about the hazards of good old winter weather.

I was reminded a few times this past week about how deceptively dangerous ice can be. We hear about watching out for black ice when we're driving all the time, but how about black ice when we're walking? It's pretty sneaky!

I actually slipped and fell a couple times this past week, one of which I landed on my wrist for support and it ached for a few days afterward, making certain movements not very pleasant. I know that when you're in the process of slipping and falling, you don't really have enough time to put too much thought into what part of you will take most of the impact, but if you can help it, try landing on a less fragile limb like the upper arm or leg. Injuring a wrist or ankle isn't what anyone wants to deal with, especially

this early in the semester.

Black ice can be very dangerous, even on foot. I think the best ways to deal with ice on sidewalks to keep an eye out for the areas that look wet. I also found that, assuming the snow isn't too bad, walking on the grass is good because the ice can't stick to grass like it can to cement, so walking on grass can be another safe alternative.

While this hasn't been too much of an issue so far this semester, I know in December the snow on the roads got pretty bad. Anyone who's tried driving through snow and slush probably knows what I'm talking about. Turning becomes more difficult, your wheels sometimes feel like they're not going exactly where you want them to, braking for traffic lights and stop signs becomes a nightmare, and so on.

Fortunately, those in charge of plowing the roads do a good job, but their

top priority, from what I've noticed, are the main roads and expressways. Side streets always seem to stay covered after snowfall. On one hand, at least driving through downtown Allendale shouldn't be a huge issue, but on another hand, getting there is a different story. Fortunately, there's not enough snow for this to be a major problem right now, but if it does become an issue, slow and steady wins the race every time.

I don't know what kind of weather we're looking at this winter. Sometimes it hasn't been too bad, but other times it's been absolutely nerve-racking. In addition to traveling issues, there's also the headaches of cars taking longer to start up and the dangers of dry skin. Winter is not the time to take unnecessary chances, so be sure to take proper precautions, and stay warm out there!

VALLEY VOTE

Do you plan on attending any of the MLK Jr. events?

Yes	60%
No	40%

THIS ISSUE'S QUESTION

How could we become more involved with Allendale Township?

LOG ON & VOTE
www.lanthorn.com

BLOG

Redefining resolutions

By Danielle Zukowski

www.lanthorn.com

QUESTION OF THE ISSUE HOW COULD WE BECOME MORE INVOLVED WITH ALLENDALE TOWNSHIP?



NATHAN HOFFMAN
"I feel like groups could join together, like volunteer groups, to go clean up the community and make it a fun place."

YEAR: Freshman
MAJOR: Engineering
HOMETOWN: Fremont, Michigan



COURTNEY CONTUGNO
"Have more community events or something?"

YEAR: Junior
MAJOR: Elementary education and Mathematics
HOMETOWN: Chicago, Illinois



LEXINGTON SETTLES
"I would say by going to local schools and letting them know that we would do whatever we can do to volunteer and invest ourselves."

YEAR: Graduate Student
MAJOR: Business
HOMETOWN: Detroit, Michigan



CALLIE OPPER
"Maybe events in Allendale that would bring students down to Allendale? I don't know what events you'd do because Allendale is pretty small."

YEAR: Senior
MAJOR: Writing
HOMETOWN: Lansing, Michigan

STUDENT LIFE

Campus Life Night 2.0 showcases diverse student groups, interests

221 student organizations promote their cause, recruit members

BY EVA PERRON
 NEWS@LANTHORN.COM

Grand Valley State University's annual Campus Life Night 2.0 (CLN) showcased the diverse passions of hundreds of GVSU students Friday, Jan. 13. Veteran students from organizations representing a wide variety of interests sought to recruit new members, who were looking for a new outlet to explore extracurricular activities and hobbies.

Lining the halls of the Kirkhof Center, members from 221 student organizations attempted to inspire passersby with their unique causes. Over the roar of conversation, brief introductions and flyers circulated Crave, the Grand River Room and the Pere Marquette Room.

Throughout the building, vibrant music bounced off the walls from WCKS Whale Radio. Meanwhile, performances by the K-pop Group Evolution, Irish Dance Club and Rhythm In Blue supplied upbeat entertainment. All the while, students wandered the floors in search of a place to belong.

Many student organizations at CLN tried to promote a sense of inclusion.

"We're working to spread our beliefs and bring unity throughout Grand Valley," said Sean Fitzgerald, a member of the University Christian Outreach. "Cam-

pus Life Night 2.0 allows us to see more people this time through. We're really just getting our message out there and recruiting new members."

Meanwhile, Out 'N' About, an LGBTQIA cultural organization present at CLN, focuses on creating a safe place within the GVSU community for its represented students.

"We host and promote social gatherings, such as the drag show, to help get our club out there," said Rachel Schmidt, the social and public relations officer of the organization.

As for cultural diversity, various organizations discussed the conflicts among their social groups.

"Basically, we are trying to distinguish social racism among the Asian culture around campus and across America," said Phuc Nguyen, treasurer of the Asian Student Union. "The reason we have so many members is because of Campus Life Night."

In a similar way, the Native American Student Association (NASA) presented their perspective on culture.

"Our focus is to support Native American students and teach our culture, since not many are aware of us," said Samantha Gann, president of the NASA.

Racial and gender barriers also caused the formation of a myriad of groups. The Black Student Union (BSU), for example, focuses on sup-



GETTING INVOLVED: GVSU students gather on the main level of the Kirkhof Center for Campus Life Night 2.0 Friday, Jan. 13. More than 200 student organizations promoted themselves and their club to recruit more organization members during CLN 2.0. GVL | KEVIN SIELAFF

porting minorities while its members attend a predominantly Caucasian institution.

"We have a central area where we gather, discuss what we have in common, share ex-

periences and things of that nature," said E'lexis Dudley, public relations chair of the BSU.

The Professional Organization for Women Entering Reality (POWER) focuses

on a similar concept.

"Our organization focuses on bringing awareness to gender inequality among women, as well as minority inequality in a professional setting," said

DeChelle Richards, president and founder of POWER. "(CLN) has significantly enhanced our organization. It's a tool we've used to network."

WEST MICHIGAN

Checking health trends

GV releases annual 'Health Check' report, shows financial costs of obesity, heart disease

BY DREW SCHERTZER
 DSCHERTZER@LANTHORN.COM

The eighth edition of the "Health Check: Analyzing Trends in West Michigan" report, commissioned by the Grand Valley State University Office of the Vice Provost for Health, has been released for 2017. The study was conducted by GVSU economics professors Leslie Muller and Kevin Callison, with the help of their students, to see if there would be any changes to health-related insurance costs or employment in West Michigan.

The report was released at the West Michigan Healthcare Economic Forecast event Friday, Jan. 13 at the L.V. Eberhard Center. GVSU President Thomas Haas kicked off the event at 7 a.m. before Muller and Callison gave their presentation to a crowd of about 100 people. Afterward, four panelists from different professions gave their insight on the future of health in Michigan.

"For those under 65, Medicaid expenditures are rising," Callison said. "However,

the biggest cost changes are to coronary artery disease (CAD) since last year."

The cost for people with CAD increased from about \$23,000 last year to roughly \$26,000 this year, according to the Health Check study. Still, Callison said all other costs for patients with depression, asthma and diabetes have gone down since last year. He said the main reason for this was the health of patients, although he also addressed the growing obesity trend and its enormous impact on people's medical costs.

"One third of people are overweight and one third are obese," Callison said. "Exercise is important, but getting people to make healthy lifestyle changes can be difficult."

The other panelists agreed obesity comes at a high financial cost.

"Obesity will have cost people \$66 billion by 2030," said panelist Jim McDonald, vice president of Total Rewards at Meijer. "In the future, we want to improve a health-value-based plan de-

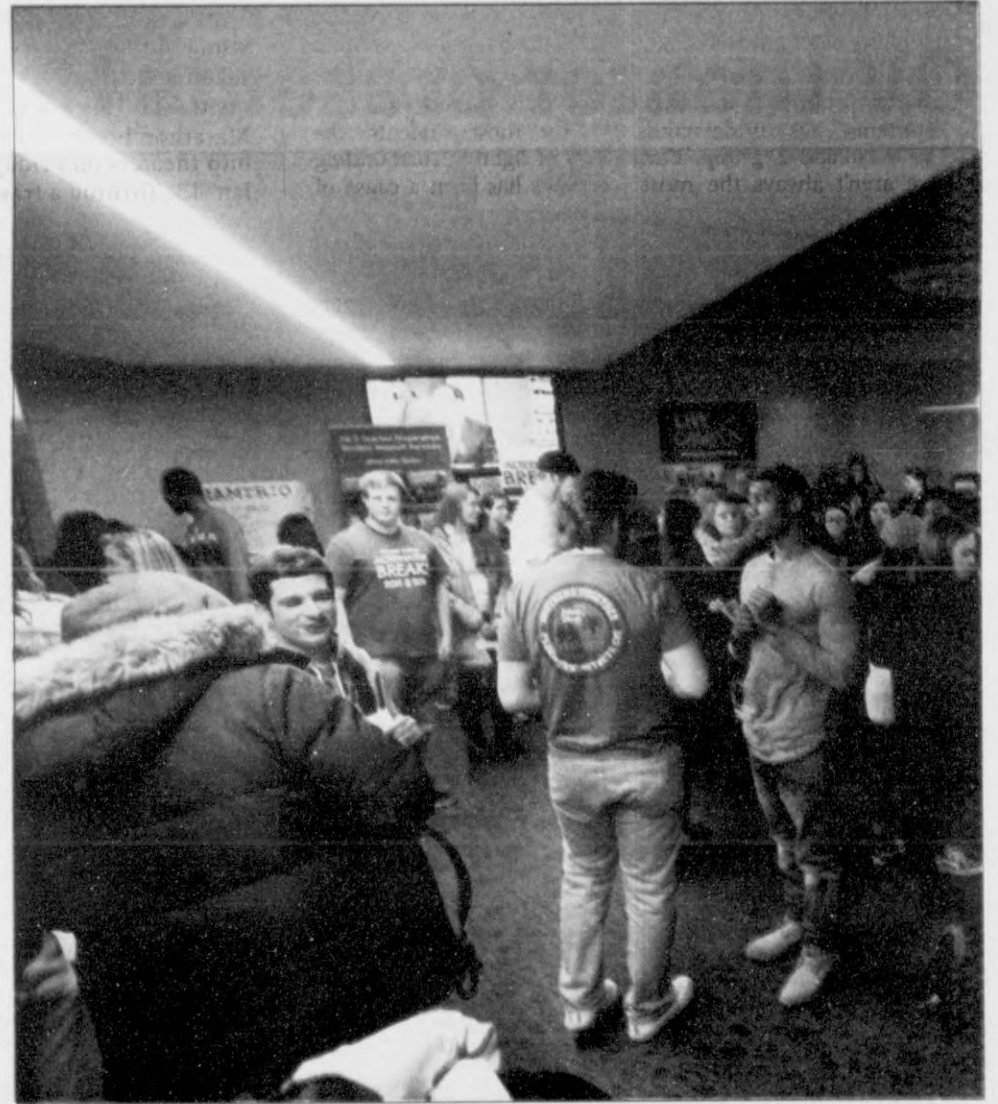
sign to help people, especially those that are at a high risk."

Nick Lyon, another panelist and the director of the Michigan Department of Health and Human Services, agreed that health-related costs go down the healthier an individual's lifestyle is.

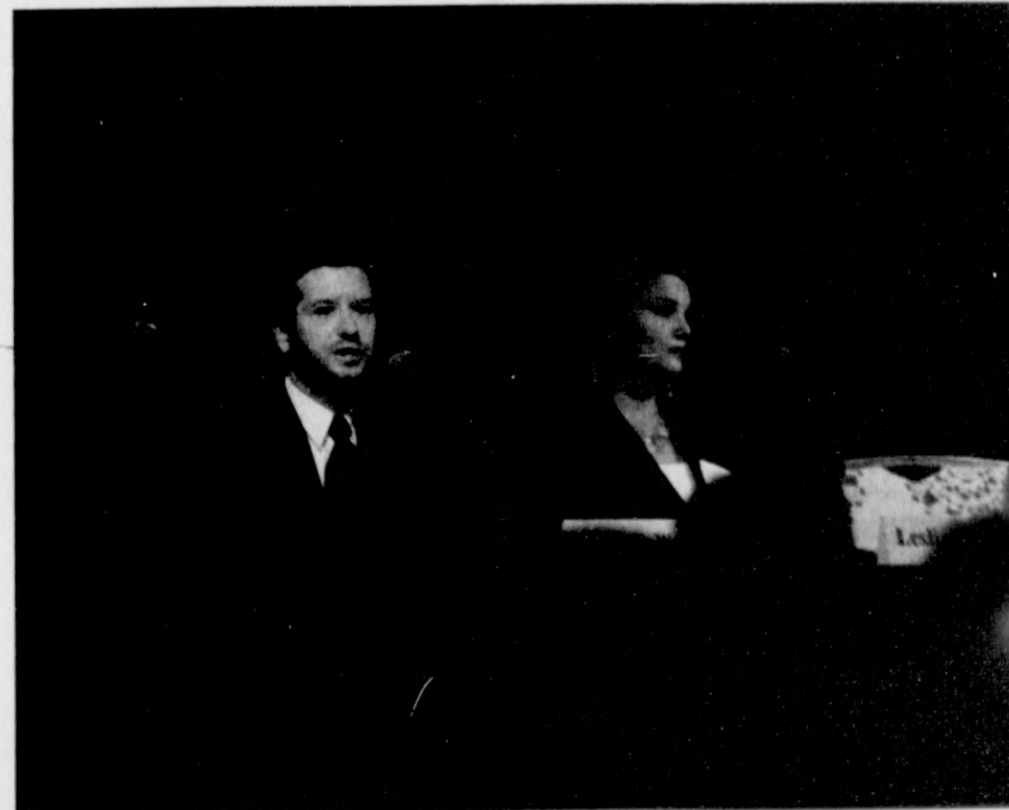
"Cost of chronic diseases are associated with our fitness levels," Lyon said. "It's less costly with a healthy lifestyle for the population as a whole."

Lyon said a communal approach for health and wellness is more productive than simply reaching out to individuals who need to improve their lifestyles. He said people in his line of work strive to build a model that integrates all services together, ultimately helping people live healthier lives and reducing their hospital costs.

David Blair, another panelist and the CEO and president of Mercy Health Physician Partners, suggested improving the framework from grades K-12. He said if children's health education were improved, then obesity could be combated at a much younger age.



RECRUITING: More students walk around the upstairs dining area of the Kirkhof Center for Campus Life Night 2.0. Smaller clubs on campus use CLN 2.0 to represent themselves. GVL | KEVIN SIELAFF



STAYING HEALTHY IN WEST MICHIGAN: Kevin Callison (left) and Leslie Muller (right) speak during the Health Check Forecast at GVSU's Eberhard Center Friday, Jan. 13. COURTESY | AMANDA PITTS, GVNOW

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ARTS AT A GLANCE

MARTIN LUTHER KING JR. DAY: RACE AND THE AMERICAN DREAM

In commemoration of the life of Dr. Martin Luther King Jr., the Grand Valley State University Division of Inclusion and Equity has partnered with the Hauenstein Center to host a lecture by award-winning staff writer at the New York Times Magazine, Nikole Hannah-Jones and editorial board member at the Wall Street Journal, Jason Riley. The event will take place Tuesday, Jan. 17 at 7 p.m. in the Eberhard Center, Room 215 on the Pew Campus. Jones and Riley will speak about solutions to the problem of racial inequality and the importance of finding a common ground that we all share. Their talk will highlight the progress that has been since the civil rights movements of the 50s and 60s and the problems that still exist in today's society.

HERSTORY

The Women's Commission at Grand Valley State University presents: HerStory, a dialogue by Suzanne Benet Wednesday, Jan. 18, in the Kirkhof Center, Room 2204 at noon. The HerStory series provides an opportunity to hear stories of women in leadership positions. The stories are intended to offer first-hand experiences and how these women climbed the ladder of success.

SURVIVOR BEHAVIOR: NAVIGATING A CULTURE OF BLAME

The Grand Valley State university academic senate and the student senate have sponsored a Teach-In session Thursday, Jan. 19 from 10 a.m. to 11 a.m. in the Kirkhof Center, Room 2215 on the Allendale Campus. This interactive conversations session will explore the ways in which rape culture impacts survivors of sexual violence. The conversation will also take a look at how the our "culture of blame" affects survivors' behaviors.

SNOWSHOE DEMO DAY

Outdoor Adventures (OA) will be providing snowshoes to rent for all Grand Valley State University students, faculty and staff Saturday, Jan. 21 from 10 a.m. to 5 p.m. at the Kirkhof Center on the Allendale Campus. All participants can rent the snowshoes for up to one hour free of charge with a valid GVSU student or faculty ID. The snowshoes can be tested on any of the nearby trails. OA will have a stack of helpful maps and directors for a few of best places both on and off campus.

RECOGNITION

GV violin professor receives nomination for Grammis Award

BY KATE BRANUM
ARTS@LANTHORN.COM

The music department at Grand Valley State University is home to many influential and talented faculty members who have gained recognition in their areas of expertise, including Sweden-born associate professor of violin, Gregory Maytan.

Recently, Maytan has received a nomination for a Grammis Award in the "Classical CD of the Year" category for his CD "Amanda Maier Volume 1."

In Sweden, the Grammis Awards are considered to be the equivalent of the annual United States Grammy Awards. Each February, the Grammis Awards facilitate a gala-style ceremony in Stockholm. Awards are presented to one of five records nominated for each genre of music, including classical, folk, hard rock, hip-hop, jazz and pop.

Maytan's interest in violin began during his early childhood.

"I grew up in northern Sweden and my parents are both musicians," Maytan said. "They wanted me to start an instrument early, so I started (violin) when I was four and then become serious when I was 10 or 11."

Maytan began working on his CD during the fall of 2015 when he went on his sabbatical and released it in October 2016.

He drew inspiration from Amanda Maier, a Swedish female romantic-style compos-



CLASSICAL MUSIC: Maytan, professor of violin at GVSU, has been nominated for a Grammis Award in the classical music category for his recent album, "Amanda Maier, Volume 1." COURTESY | SVEN JACHENS

er in the 19th century who is well-known for becoming the first woman to graduate with a degree in violin.

Maytan first learned about Maier at the age of 14 after one of his music teachers introduced him to one of Maier's pieces. Maier's music reflected pieces created by famous composers including Mendelssohn, Beethoven and Brahms—all composers that Maytan was also heavily interested in.

"She was really quite a remarkable talent, and she wrote some wonderful music that was forgotten for a long time," Maytan said. "The CD producer and myself found a few works by her that had never been recorded before, including a violin concerto and several chamber music pieces."

The music featured on

Maytan's CD echoes the style of classical composers like Schumann, Mendelssohn and Beethoven, which expresses his enjoyment of complex and emotional pieces. Maytan describes the musical form on his CD as clear and traditional, providing listeners with a genuine 19th-century-style experience.

The CD features three pieces of music including one of Maier's violin concertos, produced in collaboration with the Helsingborg Symphony Orchestra, a piano quartet and a set of chamber pieces created with the help of award-winning pianist Ann-Sofi Klingberg.

"I love playing (Amanda Maier's) music; it's very passionate and energetic and very expressive music—it's very emotional and very

from the heart," Maytan said.

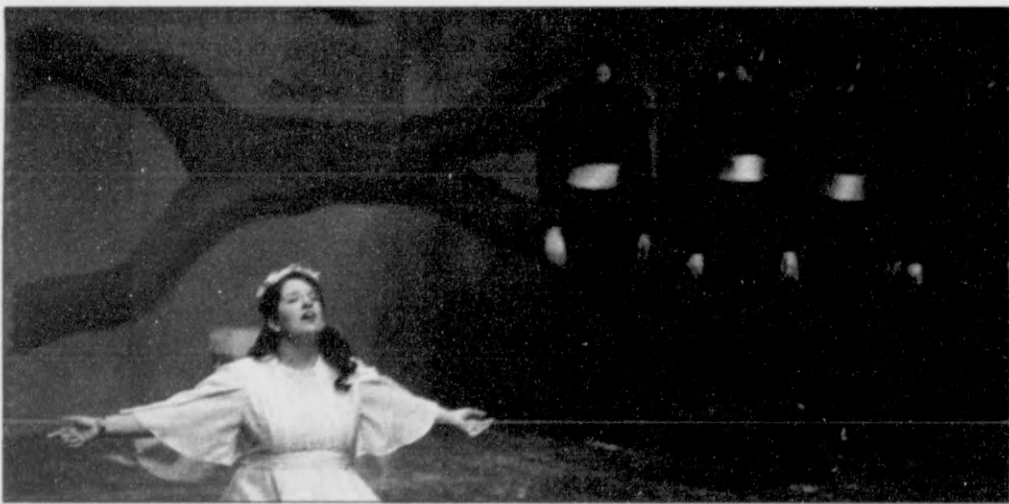
Prior to the Grammis Awards, Maytan's CD had gained quite a bit of attention. Before his nomination, "Amanda Maier Volume 1" was named "Classical CD of the Year" by another major publication in Sweden.

Maytan is excited to travel back to Sweden to attend the Grammis Award gala on Tuesday, Feb. 28 in the Stockholm Concert Hall.

In addition to the Grammis Awards, Maytan has been invited back to Sweden to play a solo piece in a concerto with the Amanda Maier Violin Orchestra in April and will play alongside the Kent Philharmonic Orchestra in Grand Rapids Tuesday, Feb. 28.

PRODUCTION

GV theater presents Helen for spring production



PERFORMANCE: GV theater has performed classic historical tales in the past, including "Antigone" and "Oedipus." This year, the cast will present the story of "Helen of Troy." COURTESY | DIANA RAYOR

BY CARMEN SMITH
CSMITH@LANTHORN.COM

Grand Valley State University encourages all students who are interested in acting and theater stage production to mark their calendars for the upcoming auditions for this year's spring play, Euripides' "Helen."

Auditions will be held Tuesday, Jan. 24 from 4 p.m. to 6 p.m. in the Performing Arts Center, Room 1103, on the Allendale Campus and Wednesday, Jan. 25 from 6 p.m. to 8 p.m. in the Performing Arts Center, Room 1525.

The production features a unique twist on the classic tale of "Helen of Troy,"

by presenting an alternate story of the Trojan War.

The play begins by establishing a plot set in post war years with main character Helen never fleeing to Troy. After the gods intervene, Helen is taken to Egypt and a phantom Helen remains in Troy. The classic story of "Helen of Troy" includes a 10-year war fought

over Helen, but in the play, the war is fought over nothing.

Unlike many Greek tragedies, Euripides' "Helen" contains little death and destruction and more humor and philosophical questionings. It contains many modern parallels and presents the themes of the perception, beauty, rationale for war, reality and trust.

"Helen will offer something in that it's a Greek tragedy that's funny and not full of death, but full of really interesting questions about appearance and reality, and acting without full information," said Diane Rayor, a GVSU Classics professor. "I think it'll be a good combination of something that'll make you think but something that's also funny and enjoyable to watch, and also has a story that people know."

This production of "Helen" will be directed by Karen Libman, along with a talented team of faculty collaborators.

Rayor translated "Helen"

into a new stage script that she will continue to tweak when the cast is formed and rehearsals begin. After the production, Rayor plans to have the script published under the Cambridge University Press.

Nayda Collazo-Llorens, the current Padnos Distinguished Artist at GVSU, is a visual artist who will be creating the projections used with the production. Along with Rayor and Collazo-Llorens, Pablo Mahave-Vegila, the director of early music ensemble, is going to be doing the music direction and bringing live music to the production.

"One of the greatest things about theater is the collaborative nature of theater; you can't really do anything by yourself in the theater world, that's just how it happens," Libman said. "So it's really exciting to be having all of these other areas from Grand Valley involved."

All upcoming auditions will be a "cold read," so students do not need to have anything

prepared prior to try-outs. Participants will also be split up into small groups and assigned small scenes from the script called sides. To sign up for audition slots, all interested students can visit the box office in the Performing Arts Center or attend one of the audition days.

Students of all majors, ages and races are welcome and the directors and faculty collaborators encourage everyone interested to give it a shot.

Callbacks will be held on Thursday, Jan. 26 from 5 p.m. to 7:30 p.m. in Kirkhof Center on the Allendale Campus.

Libman encourages students to come in with a goal of trying their best, not getting the part.

"Try to learn from the people around you, take risks, be willing to try something goofy if you're asked to or even if you're not, and be aware that we're interested in seeing a wide variety of people on the stage," she said.

COLLABORATION

GV, Grand Rapids Public Museum to collaborate on commemoration conference about Apollo

BY NICOLE BOBB
NBOBB@LANTHORN.COM

Grand Valley State University will be co-hosting a two-day conference with the Grand Rapids Public Museum (GRPM) to honor the life and work of Roger B. Chaffee.

The "Roger That!" conference will take place Friday, Feb. 10 and Saturday, Feb. 11.

A photo exhibition in the West Wall Gallery in the Eberhard Center on the Pew Campus documenting the life of Chaffee is on display from January 9 to March 31. The exhibition was made possible by the GVSU Art Gallery, the Chaffee Family and GRPM.

Chaffee was born in Grand Rapids and graduated from Grand Rapids Central High School. He went on to graduate with a degree in aeronautical engineering

from Purdue University.

Chaffee served in the United States' Navy as a Lieutenant Commander before working on a master's degree in reliability engineering at the Air Force Institute of Technology at Wright-Patterson Air Force Base, Ohio.

Chaffee was recruited by NASA to be an astronaut on what is now known as the Apollo 1. He lost his life after a pre-flight test resulted in a tragic fire, but his courage and memory remains preserved and honored by his family and others who have continued his work.

The conference is designed for an academic audience and will feature speakers covering topics spanning from archeology to astronomy. The event is open to the public, as well.

All speakers at the conference will be addressing three main themes: space and sci-

ence, space and the arts and space and society. Students in grades 6 through 12 will also present design challenges that attempt to solve challenges in space exploration.

GRPM expects to bring in many school groups from the West Michigan area for activities centered around space exploration through hands-on activities and a planetarium show located next to the Eberhard Center.

GRPM will also provide a variety of activities in conjunction with the conference for the public on Saturday from 10 a.m. to 3 p.m., which are free after general admission to the museum. The winners of the design challenge will be announced at GVSU.

Tickets to the 11 a.m. conference presentation, "Discarded Worlds, Astronomical Ideas that were Almost Correct," presented by Brother

Guy Consolmagno, director of the Vatican Observatory are available for purchase on the GRPM website.

"I think it's a great sign of community collaboration to bring in so many people from these different areas within this community in order to educate about one cause," said Kate Moore, vice president of marketing and public relations for GRPM.

GVSU professors Glen Swanson and Deana Weibel are co-organizers of the symposium and came up with the idea of honoring the 50th anniversary of Chaffee's death.

"I used to work for NASA in the Johnson Center in Houston, Texas and one of the things that we always were cognizant of was if an anniversary date ended in zero or five, it was always usually a sign that something needed to be done," Swanson said.



SPACE: The Grand Rapids Public Museum will be hosting a planetarium show for local school groups. COURTESY | JAMES RICHARD FRY

Swanson is a native of Grand Rapids and was aware of the legacy of Chaffee growing up, which sparked his interest in space throughout his middle and high school years.

"None of this would have been possible without our partnership with peo-

ple here at Grand Valley and the museum," Swanson said. "The affiliation with Grand Valley was just natural because of our relations but we also wanted to keep it to the West Michigan area in tribute and honor to Roger B. Chaffee."

QUICK HITS

CORBY'S NAME GOES UNCALLED IN NWSL 2017 DRAFT

In the 2017 National Women's Soccer League Draft, only 40 names were called and each pick came from a Division I school. Former midfielder for the Grand Valley State women's soccer team Marti Corby was left off the list of draftees.

Corby was one of 184 players eligible for this year's draft. With only 10 teams in the league with four picks each, the fight for a spot on a team was highly competitive. Wisconsin midfielder Rose Lavelle went No. 1 overall, and USC had five players drafted.

Corby was a two-time NSCAA Player of the Year at the Division II level and finished her career after the 2016 season. She led GVSU to four consecutive NCAA National Championship games, winning three of the appearances.

She ended her career as 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 scored 61 goals during her career, making her the third-highest point-scorer in GVSU history with 183, one point behind Mirela Tutundzic for second.

WOMEN'S CLUB HOCKEY ROUTS OHIO STATE

The Grand Valley State women's hockey club's offense exploded against Ohio State Saturday, Jan. 14. The Lakers won the game 8-0 to move to 9-6-3 on the season.

The Lakers dominated puck possession and offensive opportunities. GVSU outshot the Buckeyes 68 to 8 in the three periods, giving goalie Morgan Lang an easy night in net.

Two different Lakers scored hat tricks in the game, forwards Megyn Beebe and Kendra Myers. Beebe completed her hat trick late in the second period, and Myers finished hers halfway through the third. Myers also assisted on two of Beebe's goals. Myers leads the team in points with 26 and assists (13), and Beebe leads the team with 12 goals.

The Lakers have the eighth most wins in the national league, ahead of Lindenwood-Bellefonte and behind Colorado.

SHOOTING CLUB PARTICIPATES IN CAMP PERRY OPEN

The Grand Valley State shooting club participated in the two-day Civilian Marksmanship Program Camp Perry Open at the Gary Anderson CMP Competition Center in Port Clinton, Ohio Saturday, Jan. 14 and Sunday, Jan. 15. It was the club's 11th competition so far this season.

The Lakers sent four shooters to the event, along with the head coach Cameron Zwart and assistant coach Gerry Cooke who also participated. Both coaches had the highest scores on the team, but the players were not far behind.

Out of a possible 600 points, Zwart posted a 549 and 545 in two days. Cooke scored a 521 and 524, with freshman Joseph Lentine just behind. Lentine scored a 516 and 523 in two days.

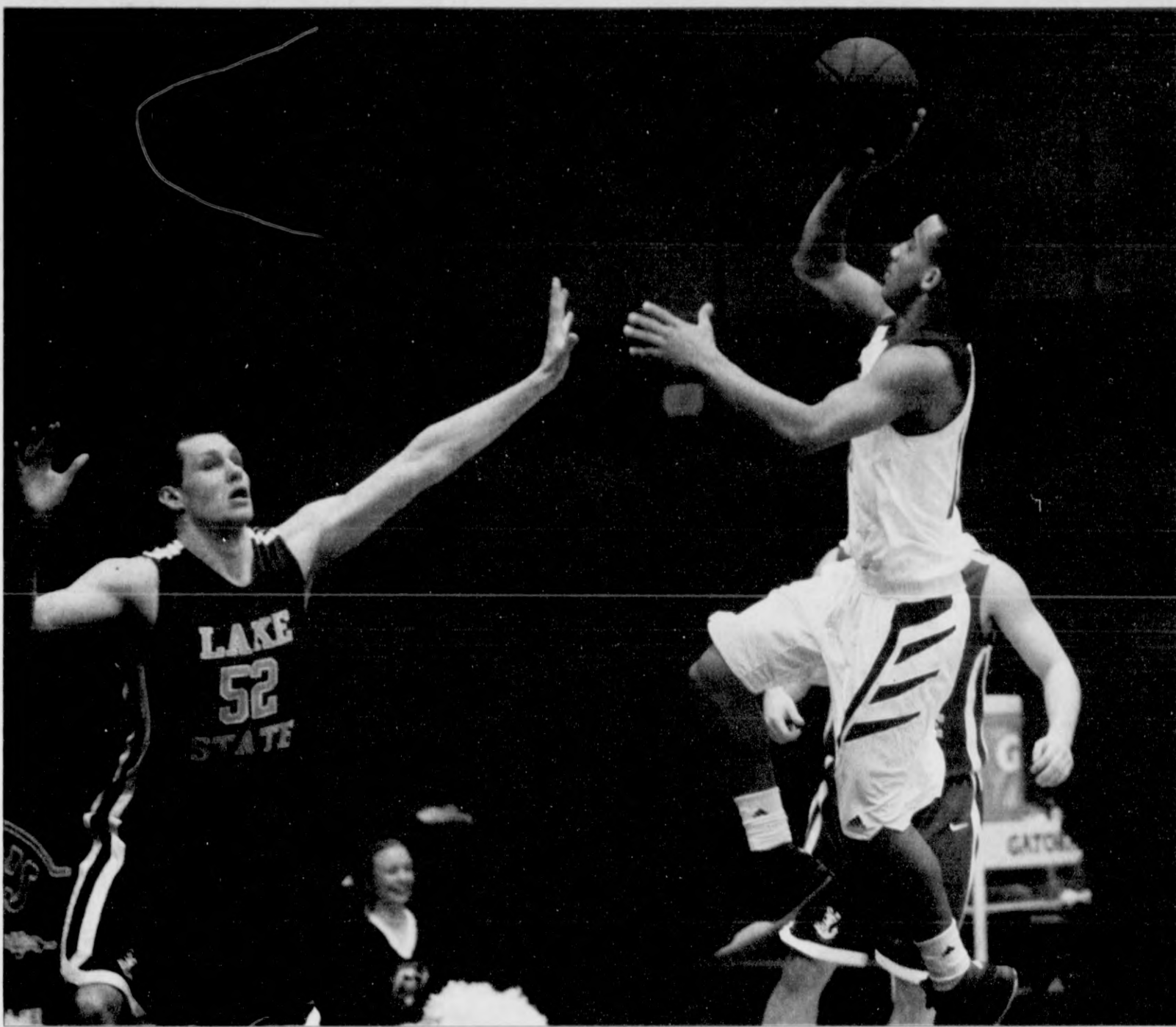
The three other shooters, Sidney Selvig (503, 466), Christian Yap (484, 481) and Stephen Thomas (415, 371), all showed off their marksmanship skills during the event.

ONLINE

Check out the Lanthorn Sports official podcast, "Beau Knows Sports" for interviews with GV athletes and coaches.

www.lanthorn.com
CLICK "PODCASTS" UNDER THE MULTIMEDIA TAB

M. BASKETBALL



FLOATER: Grand Valley State point guard Myles Miller puts up the floater to avoid the defender against the Lake Superior State Lakers during a game this season at the GVSU Fieldhouse. The Lakers hit the road for a two-game GLIAC series this weekend, defeating Northwood 93-78 but falling to LSSU 99-78. GVL | LUKE HOLMES

Toughness

GV hoops splits two-game road trip

BY BEAU TROUTMAN
SPORTS@LANTHORN.COM

The Grand Valley State men's basketball team continued its brutal January slate, splitting a two-game road trip this past weekend. The Lakers started the weekend with a 93-78 victory over the Northwood Timberwolves Thursday, Jan. 12, but ended with a 99-78 loss to Lake Superior State Saturday, Jan. 14 in the

Upper Peninsula. The Lakers (10-6, 6-3 GLIAC) are now in a five-way tie for second place in the conference with LSSU, Findlay, Wayne State and Michigan Tech. The upcoming stretch of games will prove crucial for the Lakers, as they will play five games between Jan. 19-Jan. 30. All five of those opponents are in the GLIAC North with the Lakers. "At the end of the year, the teams that are going to be at

the top directly correlate to their mental and physical toughness," said GVSU coach Ric Wesley. "The ones that are the toughest are the ones that are going to get through that and find a way to deal with it. The ones who make excuses and feel sorry for themselves are the ones who will move toward the bottom."

In the win over Northwood, all five GVSU starters scored in double figures: Senior forward Trevin Alexander (career-high 21

points), junior point guard Myles Miller (career-high 19), senior forward Luke Ryskamp (19), sophomore center Justin Greason (13) and senior forward Juwan Starks (10). Those five accounted for 88 percent of the team's offensive output.

The Lakers shot a season-best 64.9 percent from the field on a night that saw them also eclipse their highest single-game point total. The Lakers dominated in hustle plays, and out-

scored the Timberwolves 46-18 in the paint and 11-0 in fast break points. Greason set a career-high in blocks (four) while Miller did the same in steals (four) and assists (seven).

Wesley said Miller, who's in his first season running the point, has done a nice job leading the Laker offense.

"Thursday it really all came together for (Miller)," Wesley said. "We need that

SEE M. BALL | A8

W. BASKETBALL

Come together

GV women's hoops goes 1-1 in GLIAC weekend

BY JOSH PEICK
JPEICK@LANTHORN.COM

For the third time in the past four weekend series, the Grand Valley State women's basketball team split against GLIAC opponents. The Lakers were upset by Northwood 60-53 Thursday, Jan. 12 and beat Lake Superior State 74-46 Saturday, Jan. 14.

In the first game of the weekend, the Lakers (11-4) GLIAC-best defense pitted against the GLIAC-best three-point shooting team Northwood. The GVSU defense planned to stop the Timberwolves three best shooters, but the rest of the team still managed to cause damage from behind the arc.

"We took away their three best shooters and they didn't make threes, but everybody else did," said GVSU coach Mike Williams.

The Timberwolves shot almost 43 percent from beyond the three-point line, distancing themselves from the Lakers. Northwood scored 20 points in the first quarter and 17 in the third to take an 11-point lead into the fourth quarter.

In the fourth, the Lakers cut the lead to as little as four but were unable to get any closer. Janae Langs finished the game with a team-high 14 points while Piper Tucker and Taylor Parmley each scored 11.

After the game, the Lakers had a team meeting to address the team's current state after a loss to

a .500 team in Northwood. "We had a tough loss on Thursday, but then we came together and had a great team meeting," said senior Taylor Lutz. "We talked about how much we appreciate each other and that really showed (against Lake Superior State) on the court."

Right from the opening tipoff, the Lakers trounced on Lake Superior State and put the game out of reach early. In the first quarter, the Lakers sported a 20-3 lead, and by halftime led 33-12.

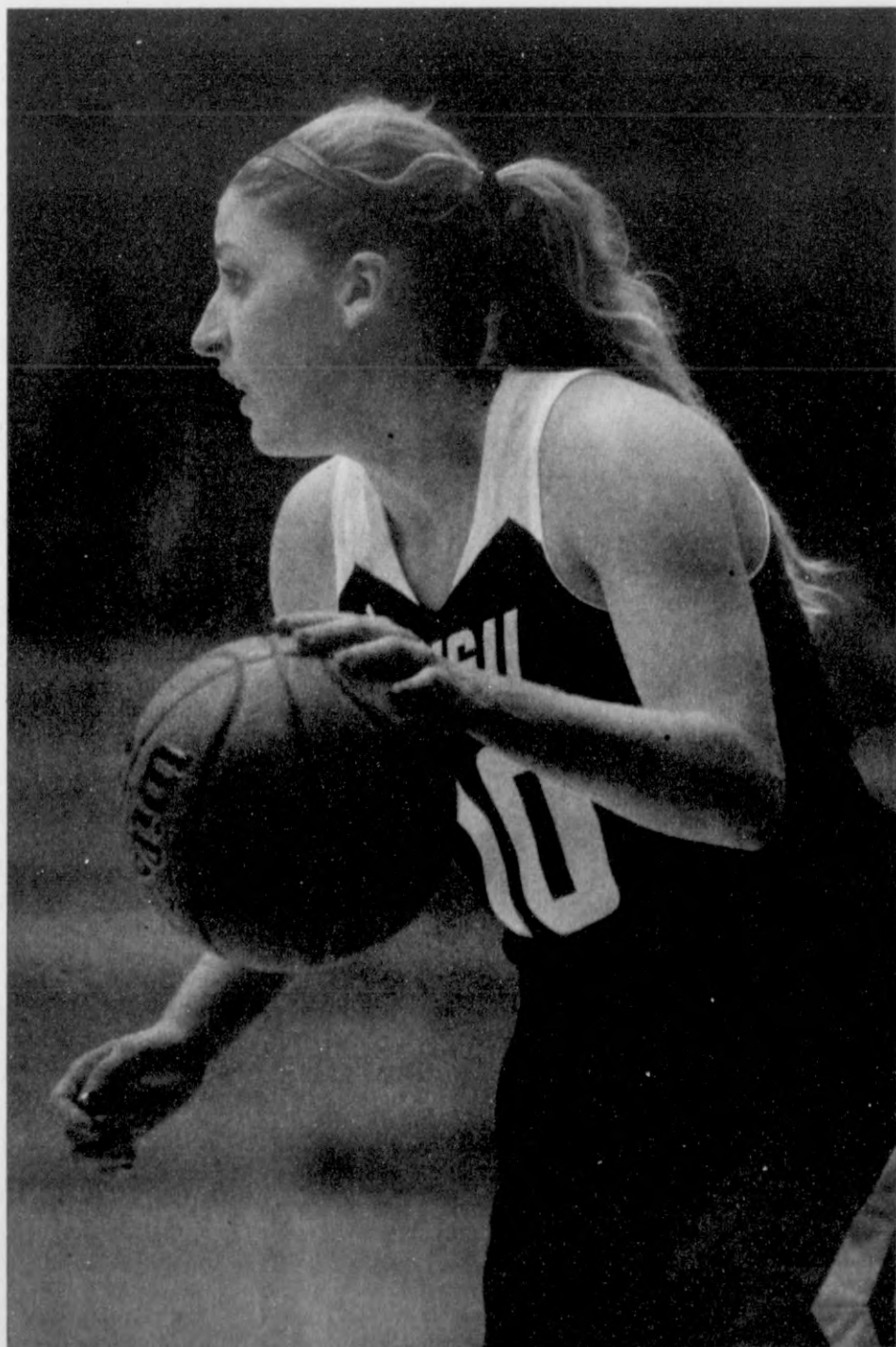
"We were more aggressive on the offensive end," Williams said. "We really did a good job with the basketball. We took care of it and made great decisions."

GVSU continued to pour on the points in the second half, scoring 41 points for a much needed 74-46 GLIAC win. Four different Lakers scored in the double digits with Lutz leading the pack with 14 points on 6-of-9 shooting.

"She was hunting shots, and I thought that freed up some more penetration and she got to the rim," Williams said.

Langs and Bailey Cairnduff each added 11 points with Cairnduff shooting a perfect 3-for-3 from behind the arc. Freshman Jenn DeBoer also got into the mix, scoring a career-high 13 points on 5-of-8 shooting.

"(DeBoer) has a lot of energy and she's a very talented



TEAMWORK: Grand Valley State point guard Taylor Lutz dribbles the ball during a game against the Truman State Bulldogs this season. GVSU is 11-4 this year. GVL | LUKE HOLMES

SEE W. HOOPS | A8

W. HOOPS

CONTINUED FROM A7

freshman," Langs said. "We have that trust in her that she can give (Lutz) and myself a break. The coaching staff trusts her that she can run the point when she's out there."

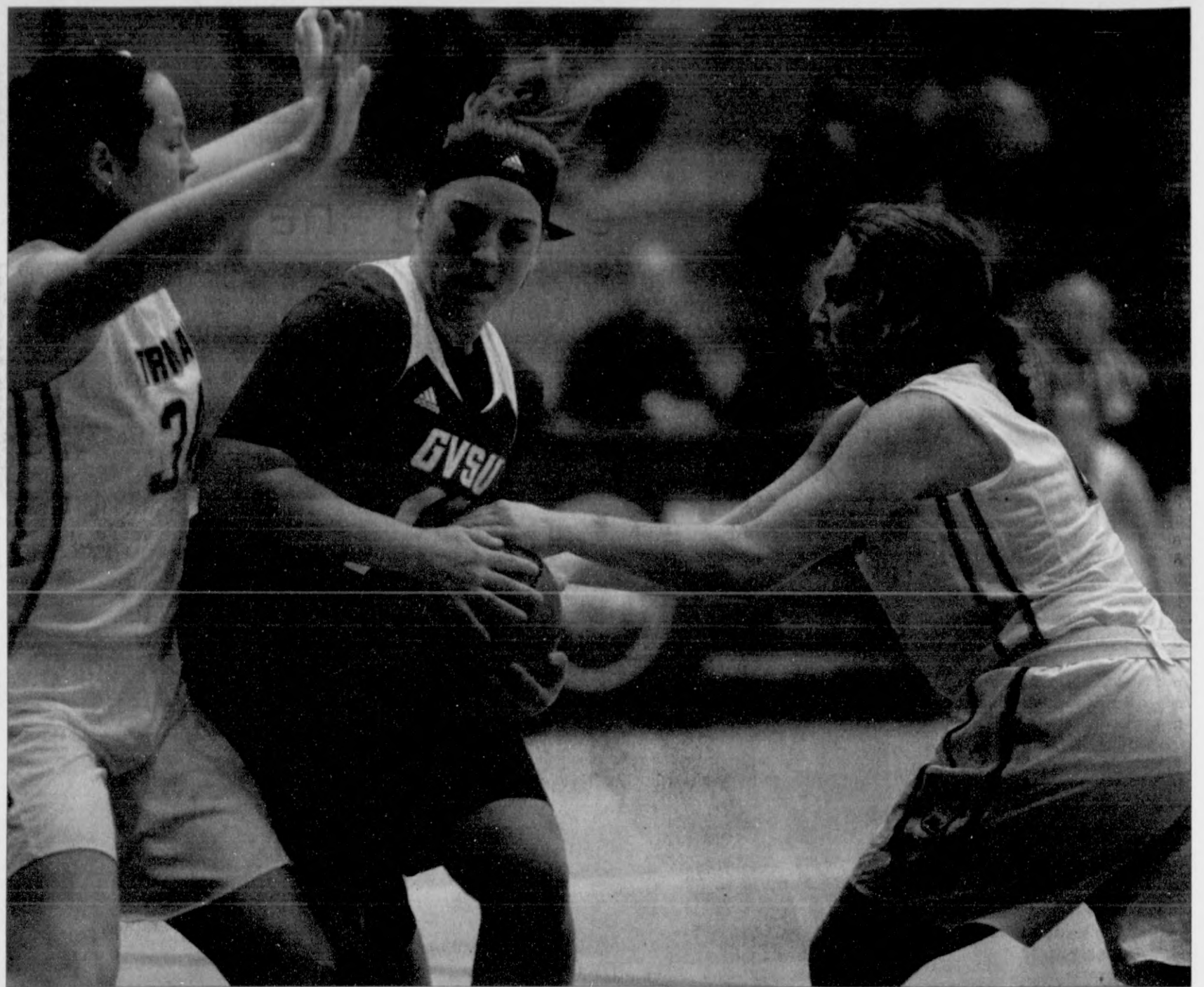
For the first time this season, only one GVSU player surpassed 30 minutes on the court in a single game this weekend. The Lakers have been riding their seven seniors with heavy minutes for the starters, but this weekend was the first time the bench received ample minutes in key situations in the game.

"We felt that we were wearing (the starters) out a bit, and we're healthy again too," Williams said. "We had stretches where we didn't have as many bodies. Now we're back healthy so it allows us to play a few more players."

The win on Saturday gives the Lakers a 6-3 record in conference, and more importantly, a confidence boost heading into the rest of the season.

"It wasn't just the win, it was the togetherness and we got back to who we were," Lutz said. "We got excited for one another and that's what we need to continue to do throughout the season."

After a four-game road trip, the Lakers will return to home court to face off against two GLIAC opponents. GVSU will host Wayne State Thursday, Jan. 19 and rival and GLIAC North Division-leading Saginaw Valley State Saturday, Jan. 21.



AGGRESSIVE: Grand Valley State sophomore forward Taylor Parmley fights through traffic near the basket during a game against Truman State this season at home. GVSU took to the road this weekend, falling 60-53 to Northwood Thursday, Jan. 12, but rebounded with a 74-46 win over Lake Superior State Saturday, Jan. 14. GVL | LUKE HOLMES

M. HOOPS

CONTINUED FROM A7

kind of consistent play out of that position. As you look at our league, the top teams have outstanding players at that position."

Miller is averaging 6.5 points-per-game this season and leads the team

with 53 assists.

While the starters all achieved double-figure scoring in the first game, they did the opposite against LSSU. Not a single member of the starting rotation went over 10 points, and the group as a whole combined for 17 total points on 10-of-29 shoot-

ing (20 percent). In comparison, LSSU's Akaemji Williams had 23 points and 12 assists, and Blake Marquardt added 22 points.

Though Ryskamp said there are no excuses for the team's performance Saturday, he acknowledged it is tough to prepare for an Upper Peninsula game in two

days on the road.

"After you come off a good win, you're feeling pretty good, you're not really thinking about the Saturday game quite yet," Ryskamp said. "But then you wake up Friday morning, and you've got practice, you're a little bit sore and you've got stuff you've got

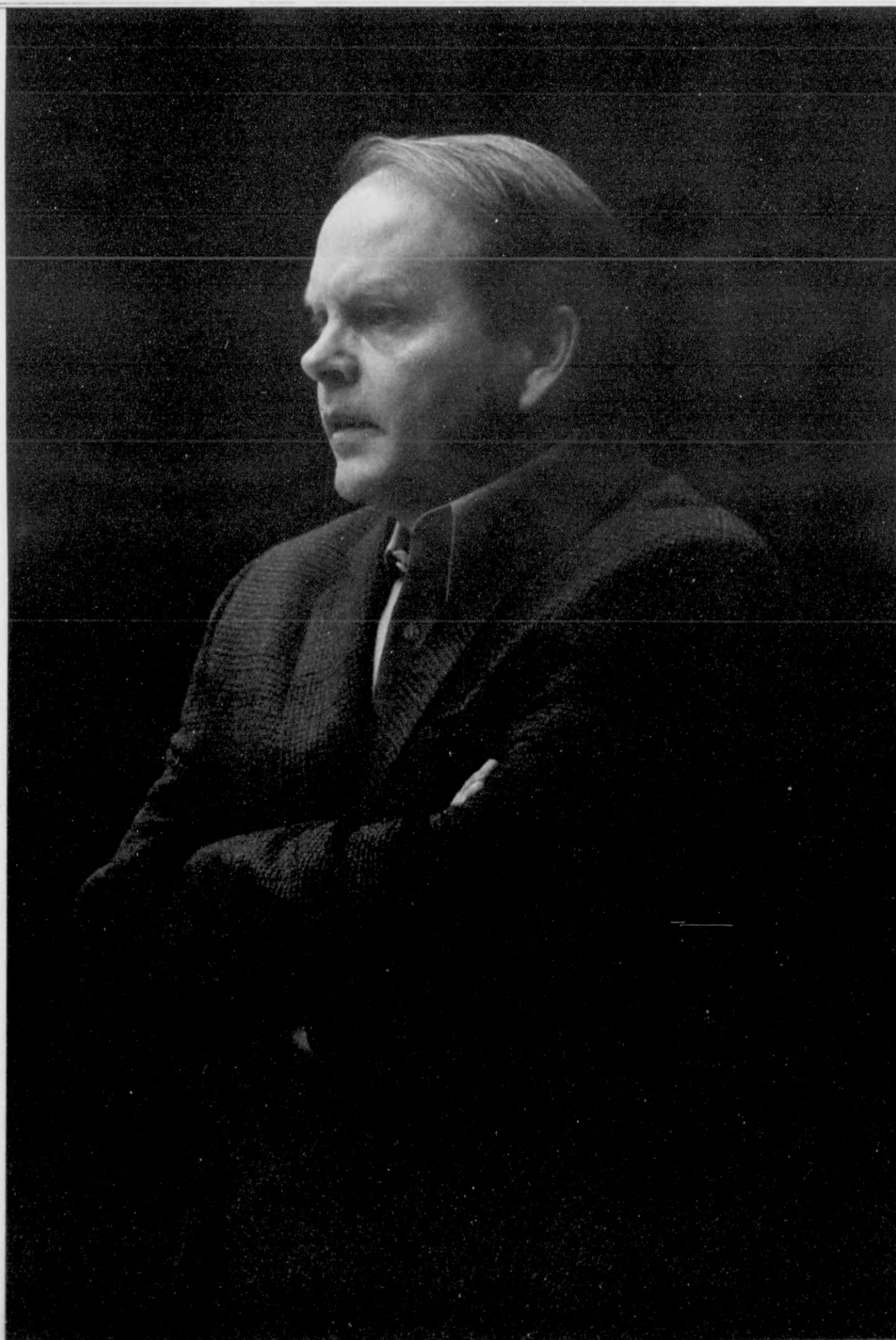
to get over.

"Winning or losing, we've got to come in with the mindset that if we're going to be warriors, then we've got to refuse to lose."

The Lakers' bench players found success though, as Drake Baar led the team with 22 points with six boards. Drake Baar had 15

points and Chris Dorsey had 11 points with five assists.

The toughest part of the January stretch will begin this weekend with a two-game home-series. The Lakers play Wayne State Thursday, Jan. 19 and then Saginaw Valley State Saturday, Jan. 21.



FOLLOW THE LEADER: Grand Valley State men's basketball head coach Ric Wesley looks on. Wesley is preparing his team for an intense stretch of the schedule, in which the Lakers will play five teams from the GLIAC North in less than a two-week span between Jan. 19-30. GVL | KEVIN SIELAFF

THEME OF THE WEEK

NEW YEAR'S RESOLUTIONS

Let us know what your New Year's Resolution is and you could have the chance to win a prize. Tag us @GVLanthorn and use #GVTOTW to be eligible.

CLUB HOCKEY

'Buying into the system'

GV D2 hockey sweeps Indiana 2-0 on the road

BY ROBBIE TRIANO
 RTRIANO@LANTHORN.COM

The Grand Valley State men's club hockey team (Division II) set high expectations for themselves to continue improving its offense moving forward into 2017.

Those points of emphasis happened sooner than expected, as the Lakers (13-4-1) swept a weekend series on the road at Indiana, capturing two 8-0 blowout victories in convincing fashion last Friday, Jan. 13 and Saturday, Jan. 14.

GVSU coach Mike Forbes' philosophy of moving the puck unselfishly at a fast tempo has finally paid dividends compared to their offense the first half of the year.

"From day one, our goal was to be a team that is effective at sharing the puck to open more scoring possibilities," Forbes said. "We realized that we can't have one player carry the team, but use the team to create opportunities for our best offensive weapons."

This weekend's offensive standouts for the Lakers were Austin Koleski and newcomer Ryan Hein, who combined to account for eight of the team's 16 total goals over the two games. Koleski capped game one with a hat trick and one goal in game two, while Hein scored two goals each game.

Forbes was quite complimentary about Koleski's game, but has been surprised at the development of Hein, who just recently joined the Division II team.

"These two have really taken the load offensively for this team and have proven



LACE UP: Grand Valley State club hockey (Division II) forward Austin Koleski brings the puck up the ice during a game against the Michigan State Spartans. The Lakers, who have been focusing on offense in 2017, outsourced the Indiana Hoosiers 16-0 over two road games this past weekend, improving their record to 13-4-1 this year. GVL | EMILY FRYE

to be the next leaders of this squad," Forbes said. "Hines came to this team late, but has really developed into one of our better players."

The first game may have fallen on Friday the 13th, but the Lakers had nothing to be afraid of as the team had consistent success from each one of their lines, highlighted by Koleski's hat trick. Other goal scorers were Hein, Alex Ostrowski, and Matt Sherman.

GVSU finished the game with 44 shots on goal.

Saturday's game was a similar story as the Lakers continued their offensive attack, opening the first period with four goals and cruising by to grab its second straight 8-0 victory. Scorers were: Hein (2 G), Koleski, Tommy Carey, Troy Marrett (2 G), Spencer Godin, and defenseman Buck Maynard, who scored his first career goal during his three-year

stint with the Lakers.

Freshman leader Sherman said Maynard's first goal was a great spectacle for his team to see.

"The whole team just started to go crazy," Sherman said. "He's been a big part of this team for some time, and we've always waited until the day he finally scored."

Although it has occurred later than he envisioned it, coach Forbes has seen his team

finally come together as one, which was highlighted by this weekend's success.

"There's two types of phases most teams go through, which is storming and norming," Forbes said. "The storming phase is when a team goes through the process of finding their identity and what they want to be, and we were stuck in that phase longer than expected. But now, we're finally in the norming phase where

we can finally perform at a high level consistently.

"It was difficult to have so many personalities mix together, but people are finally buying into the system and it's shown by the final scores lately."

The Lakers hope to continue their streak of success during a three game road-trip against Florida Gulf Coast, Penn State and Miami of Ohio next weekend.

CLUB WRESTLING

No place like home

GV wrestling defeats Toledo 35-19

BY BRENDAN MCMAHON
 BMCMAHON@LANTHORN.COM

The Grand Valley State men's club wrestling team began the second semester with a convincing win at the GVSU Fieldhouse over the Toledo Rockets Sunday, Jan. 15.

The Lakers captured an early lead but the Rockets would not go back to Ohio without a fight. The Rockets pulled within 10 points of the Lakers with just a few bouts remaining.

With key wins from Derek Desloover and freshman Langston Mitchell, the Lakers were able to regain control of the dual, ultimately winning 35-19.

Mitchell picked a cli-

matic time to win his first ever collegiate bout.

"It was exhilarating," Mitchell said. "It gave me confidence that I can win at this level."

This was no small feat for the Lakers. The Rockets have several nationally ranked wrestlers and as a team they are the No. 1 ranked Division II team in the NCWA according to TheOpenMat.com rankings.

"We beat a pretty good team today," said GVSU coach Rick Bolhuis. "They don't have a lot of depth but they have a bunch of really scrappy guys so we knew we would have to show up and compete hard."

While the Rockets struggled with depth issues, the Lakers had nearly 20 wres-

tlers participate, and for the most part, they all wrestled well—exactly what Bolhuis wanted to see from his team following a long winter break.

"We wanted to get a chance to get everyone a match and we wanted to win the dual and we did both those things," Bolhuis said.

It is a rare occasion the Lakers compete at home. They are mostly on the road when they compete in dual, a reason the Lakers were having participation issues in the first semester.

Certainly competing at home helps with team participation. Forfeits were a major issue just a month ago, but according to Bolhuis, after some

team discussion, "a new process was made crystal clear."

The process that the club has been emphasizing lately consists of doing the right things at the right times, properly fueling their bodies and meeting the teams expectations.

Sophomore Daisuke Jimenez, who wrestled well versus a nationally ranked opponent, believes the whole team has bought in to the process.

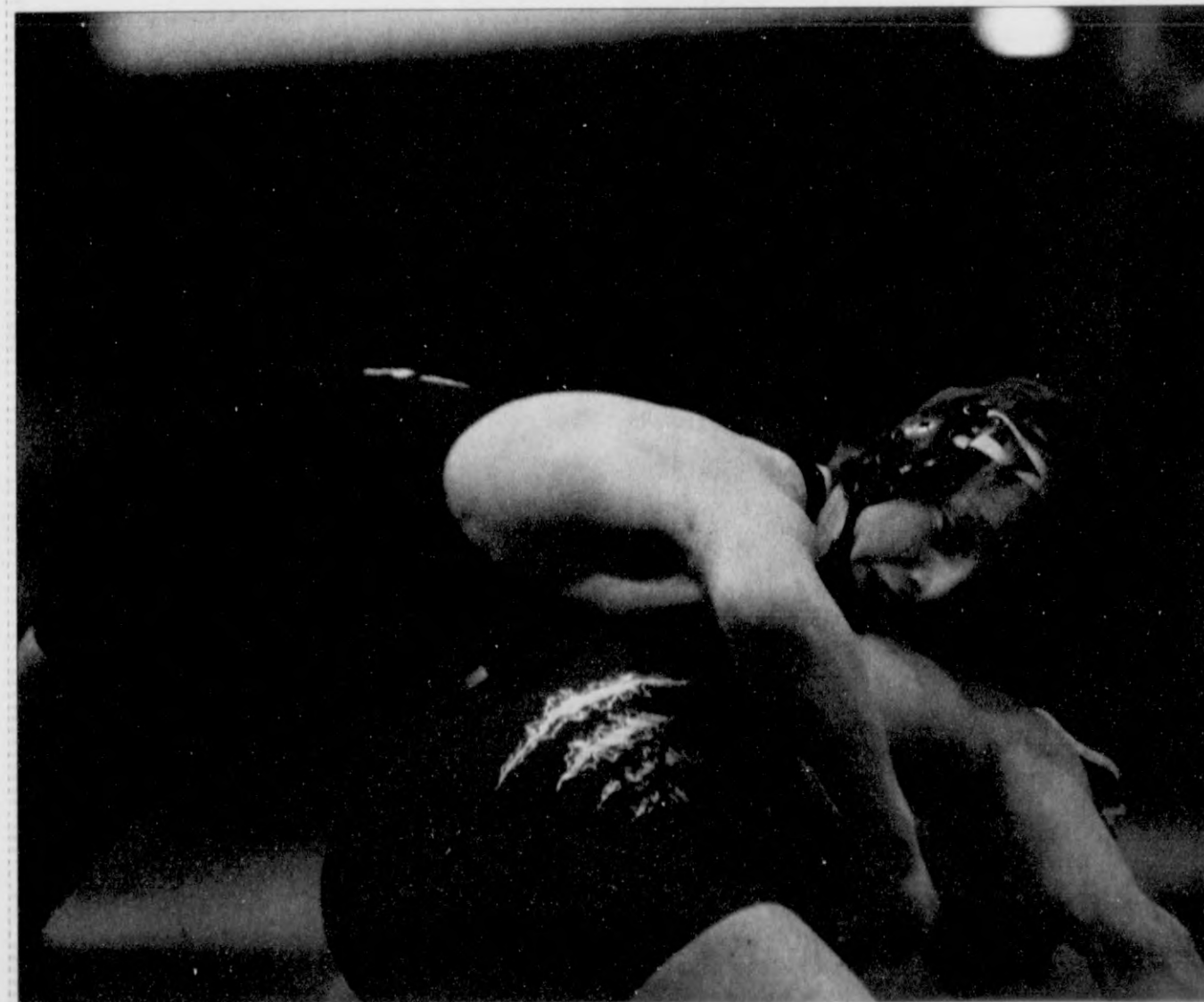
"We work really well together as a team and we push each other all the time," Jimenez said. "We just keep continuing to grow and improve and keep getting these 'W's.'"

The win improves the Lakers record to 8-3 on the

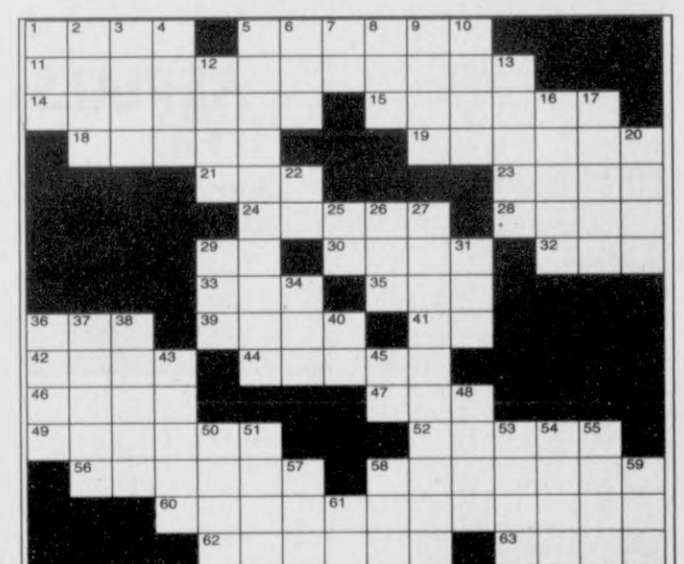
season but more importantly, this win will help the Lakers come nationals. This dual had crucial seeding implications for the national championships at the end of the season. The Lakers are putting themselves in a prime position for that tournament. The Lakers still have a

couple months until then, and in the meantime, plan to improve day by day.

Next up, the Lakers will compete again Friday, Jan. 27 and Saturday, Jan. 28, at No. 3 ranked Liberty University in Lynchburg, Virginia, for the NCWA National Duals.



WRAP UP: Grand Valley State club wrestling sophomore Brendan Hazelton works to hold his opponent down during a match last season. The Lakers are coming off of an upset over the No. 1 ranked Toledo Rockets (according to TheOpenMat.com), a 35-19 win. GVL | ARCHIVE



ANSWERS PG. 10

CLUES ACROSS

- 1. Unruly groups
- 5. Colorful flowers
- 11. December 25
- 14. Final stages of insects' development
- 15. Breadmakers
- 18. Spanish man
- 19. In the middle
- 21. Bill
- 23. Noted editor Alexander
- 24. Swollen
- 28. Paddles
- 29. Cirrus
- 30. Seeped into
- 32. Skeletal muscle
- 33. Japanese traditional drama
- 35. Licensed practical nurse
- 36. Sibiu Airport
- 39. Rebuff
- 41. Sun God
- 42. Astringent
- 44. Feeling of humiliation
- 46. A device attached to a workbench
- 47. Wood sorrel
- 49. Among
- 52. Horizontal passages
- 56. Father of Alexander the Great
- 58. Utter repeatedly
- 60. Linked together
- 62. Literary effect
- 63. Held onto

CLUES DOWN

- 1. One-time phone company
- 2. Units of electrical resistance
- 3. Hillside
- 4. Omen
- 5. Repetitions
- 6. Royal Mail Ship
- 7. Farm state
- 8. Sino-Soviet block (abbr.)
- 9. Dutch cheese
- 10. Japanese alcoholic beverage
- 12. Black powdery substance
- 13. Tokyo's former name
- 16. Monetary unit
- 17. Bones
- 20. To avoid the risk of
- 22. Dry goods unit of volume (abbr.)
- 25. Megabyte
- 26. Unwell
- 27. Expresses disapproval of
- 29. Central nervous system
- 31. We all have it
- 34. Expression of bafflement
- 36. Tributary of the Danube
- 37. Flies over sporting events
- 38. Chinese city
- 40. College degree
- 43. Dispenser of first aid
- 45. Momentum (slang)
- 48. Red Sea port
- 50. Sloven
- 51. Turner, rock singer
- 53. Asian nation (alt. sp.)
- 54. Manson victim
- 55. Go forward
- 57. Primary Care Trust
- 58. Simpson trial judge
- 59. Sun up in New York
- 61. Exclamation of surprise

NFL

Column: Two NFL teams in Los Angeles is bad for everyone



BY BRADY MCATAMNEY
BMCATAMNEY@LANTHORN.COM

When the news broke on Thursday, Jan. 12 that the San Diego Chargers were planning to file for relocation to move upstate into Los Angeles, I felt a flurry of different emotions.

For starters, I actually felt a sense of excitement. I have always been someone who likes change in life and enjoys seeing different things happen in different places. Hell, every single year I relocate my team in Madden to a different spot.

However, the key word here is different. It was only a year ago when the St. Louis Rams announced that they were ditching Missouri to find a new home in the City of Angels.

The first order of business for the Chargers was updating their logo in a re-branding attempt, and the internet had a field day with it. It does, in fact, look like the love child between the Los Angeles Dodgers logo and the Tampa Bay Lightning logo, after all.

But don't worry—the Chargers have since said that the blatant rip-off is not their "official" logo, whatever that means.

The newest SoCal sports team is soon expected to announce their interim home field, and thankfully for everybody involved, it will not be at the LA Coliseum, which is already being used by the University of Southern California Trojans and the Los Angeles Rams.

No, the Chargers are opting to settle into what will be the smallest NFL stadium by a mile – the StubHub Center in Carson, California – about 20 miles down the road from the Coliseum.

The StubHub Center is currently home to the Major League Soccer team the Los Angeles Galaxy and has an occupancy of – wait for it – 30,000. Compare that to Qualcomm Stadium, which is the Chargers' now former home, which held 71,500, and that home field advantage is about to sound like nothing more than a few whispers in the ears of opposing offenses. What NFL player wants to play in front of a crowd that is smaller than most of the crowds they saw in college? You have to feel for their young stars like Joey Bosa and Melvin Gordon as well as veterans who deserve better like Philip Rivers and Antonio Gates.

Of course, the Chargers do plan on moving into the new mega-stadium being built in Inglewood that was originally for the Rams, so they have that to look forward to, but that will not be finished until 2019, giving them two seasons in the MLS stadium.

The move is awful for the fantastic city of San Diego, which the Chargers played in since 1961. I visited there in spring 2014 and fell in love with the area. A beautiful, serene city filled with walkable streets and relaxing sights will survive without its middling-at-best pro football team, but the revenue and tourism generated by the Chargers was nothing to scoff at for the city. The move leaves them with only the San Diego Padres of the MLB, as far as professional sports teams. In most years, the city will see no major athletic activities taking place from the months of October all the

way up to April. The move is bad for St. Louis. There was hope in the area that they would perhaps get an NFL team back within the city very shortly and the Chargers were one of those possible teams, but that obviously cannot happen now, leaving only the Raiders left, and they seem all but destined for Las Vegas.

The move is bad for fans of the NFL. There are now two teams in Los Angeles when just a few short years ago there were zero. Teams were spread more evenly across the country, but now there are two clear epicenters in LA and New York. Fans want to see different things happening, and that cannot truly happen if all the teams want to live together.

The move is bad for Los Angeles. Wait, what? How can the same thing be bad for the city receiving the team and the city losing it? It is actually pretty simple:

LA is built off its stargazing and fabulous image. If the inhabitants and tourists are too busy taking in a product that is different from that, their epicenter may begin to shift and even collapse. Besides, the city already has the Dodgers, Lakers, Clippers, Angels, Ducks, Rams, Galaxy, and Kings. Did they really need to add another franchise to the fold?

Above all, if the Chargers keep the powder blue uniforms, put a good product on the field and generate revenue for the league, the relocation really cannot be that bad of a thing, but if the myriad of activities in Hollywood and the surrounding areas infringe on the franchise's ability to shine in the spotlight city, trouble will arise quickly.

Do not be surprised if by 2030, the Chargers are jettisoned from Los Angeles and are left with only a new Red Hot Chili Peppers song to remember them by.

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Housing

Roommate wanted for 2 bedroom downtown loft. 235 Division. \$50 a month. 50 more or less for bills. Contact me at clarkmat@mail.gvsu.edu for more info.

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>

Housing

Looking for a sub-leaser 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 if interested!

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.

Leasing a Leonard Street Apartment. Two bedroom, renovations just completed. Next to Shakedown Street and just down the street from the news Breweries and Distilleries. Great neighborhood and very convenient for going to GVSU. Contact patrick@mohneyrealtor.com if you're interested.

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.

Hi guys! I am looking for a sublesser 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 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!

Housing

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!

Looking for a female sublesser 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 for more information!

Looking for a sublesser 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

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

Employment

Work on Mackinac Island This Summer – Make lifelong friends. The Island House Hotel and Ryba's Fudge Shops are seeking help in all areas: Front Desk, Bell Staff, Wait Staff, Sales Clerks, Kitchen, Baristas. Dorm Housing, bonus, and discounted meals.

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www.theislandhouse.com

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.

Announcements

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 or 616-331-3898

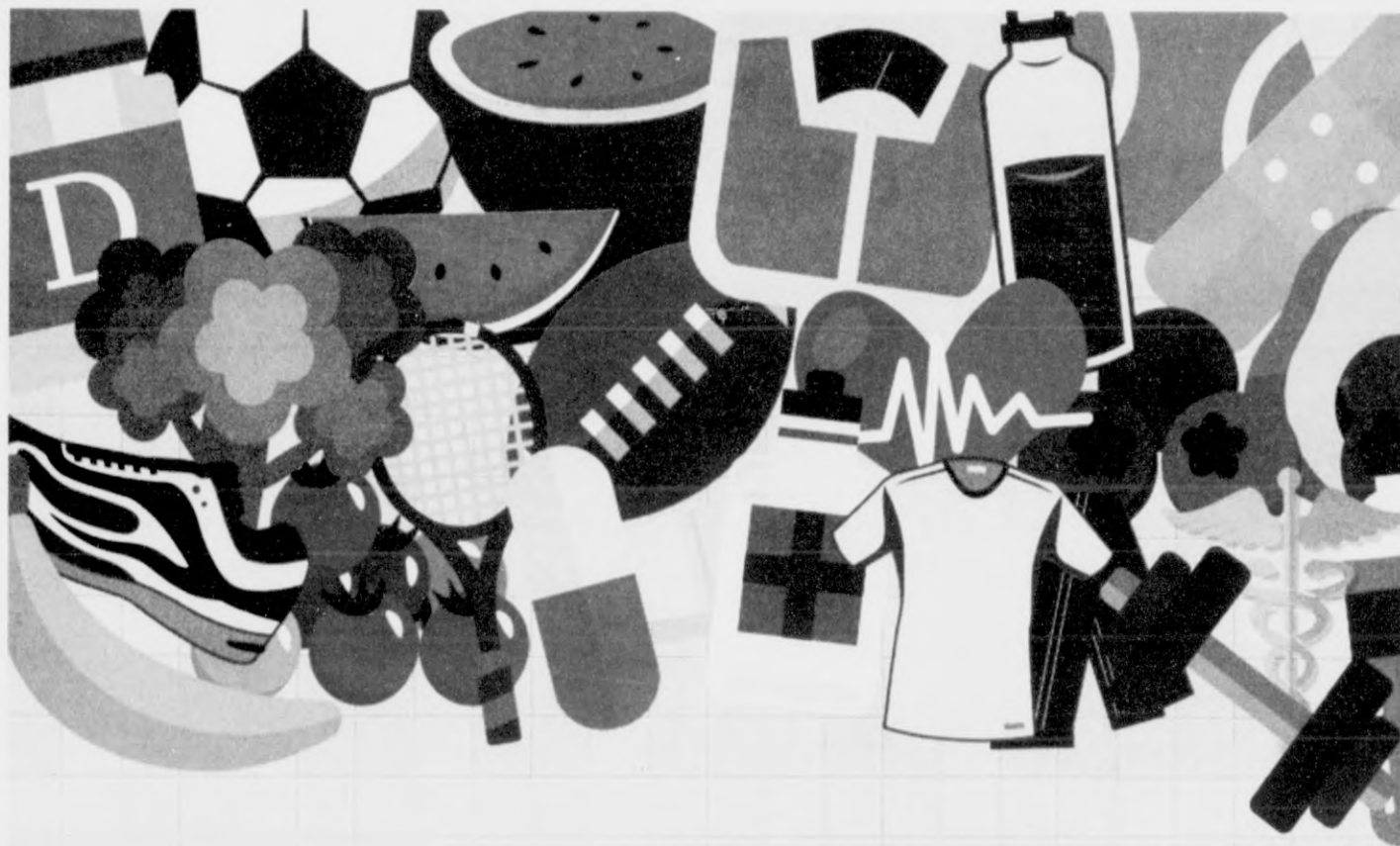
Announcements

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.

For over 25 years of service Brian's Books has GUARANTEED lower GVSU textbook prices than our on-campus competition. DARE TO COMPARE! We offer delayed billing for GVSU financial aid students! We have MORE GVSU textbooks than ever, awesome GVSU clothing selection and all the supplies that you will need. Why not check us out this semester??

ANSWERS TO PUZZLES

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



Healthy Lifestyle Guide

January 16, 2017

GRAND VALLEY
Lanthorn

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Healthy
Campus
Dining
options

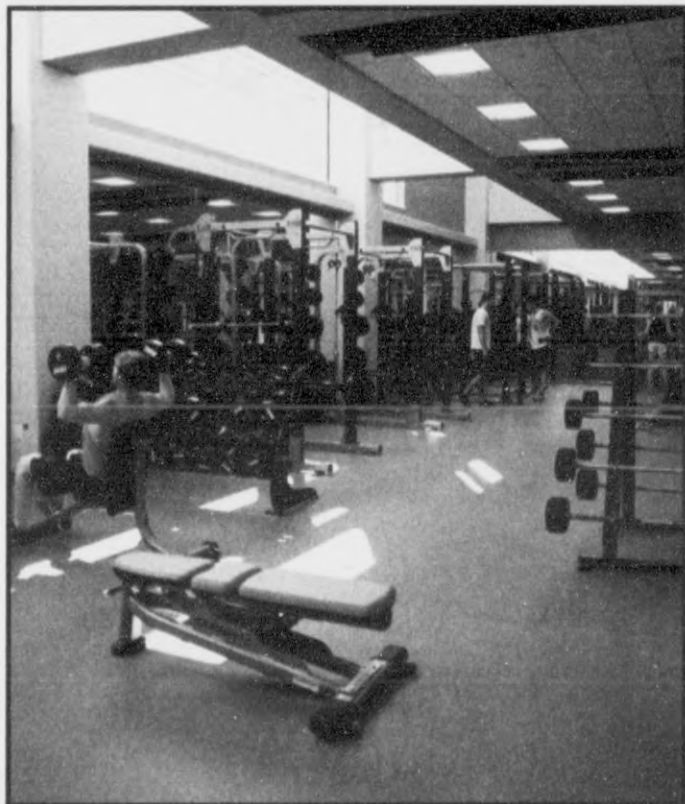
Winter fitness tips



Step 1: Get a set of weights to keep in your room, find simple exercises you can do between classes

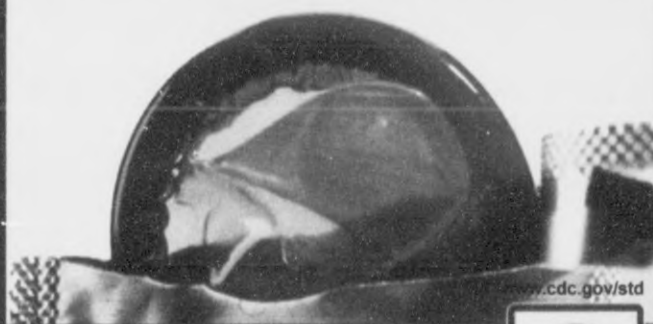


Step 2: Try out new, healthy Campus Dining options (listed on Page 7)



Step 3: Visit the GVSU Rec Center, try out classes, new equipment with a friend or get a personal trainer

1 in 2 sexually active young adults will get a **STD***
Use condoms. Get tested.



Find **FREE** condoms near you
www.miOttawa.org/sexualhealth

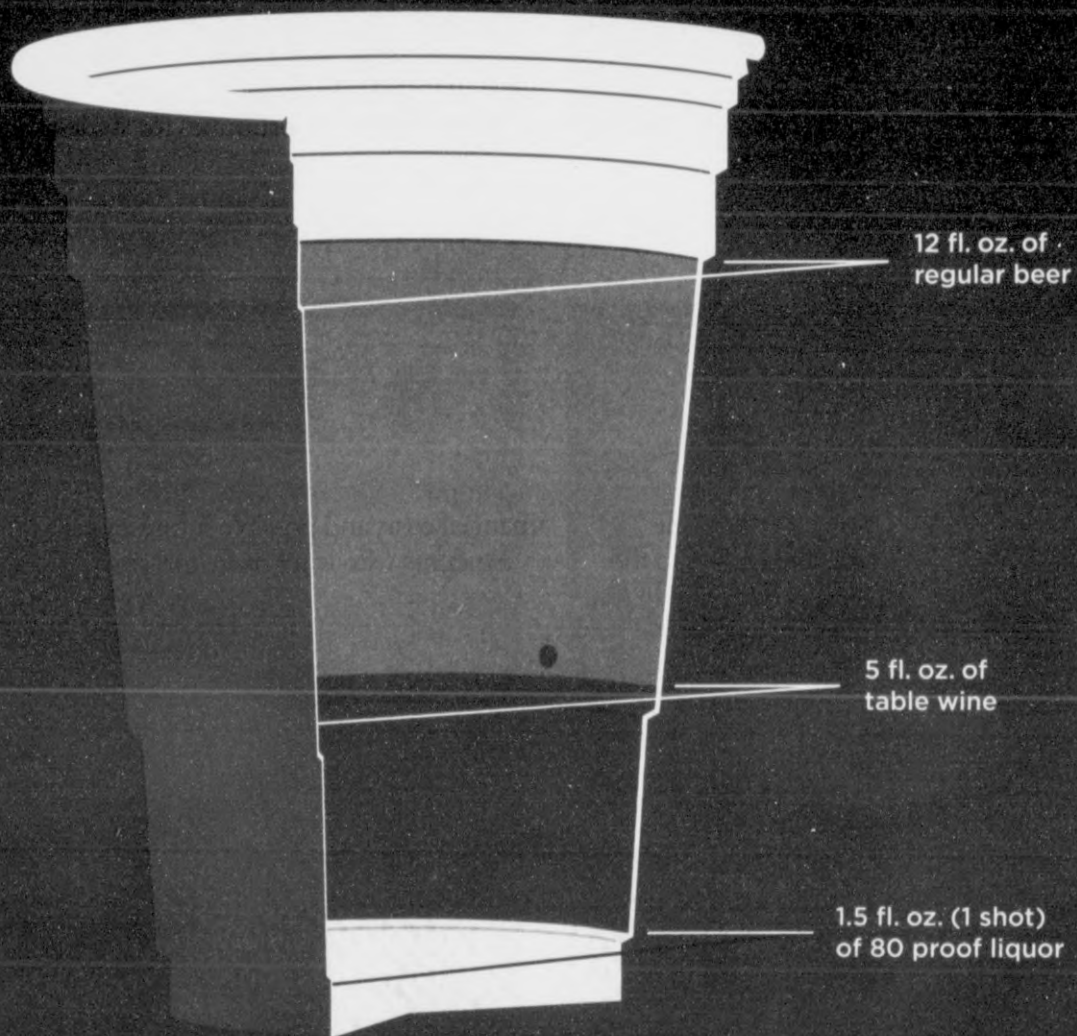


STD Testing & Treatment - Birth Control
Pregnancy Testing - Pelvic & Breast Exams

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Public Health

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A drink is defined as...



ACES

Alcohol & Other Drugs
Campus Education and Services

ACES program provides variety of options for substance control, education at GV

College students face many challenges throughout their time in a college setting. From the stressors of classes, family pressures and the trials that come along with looking for jobs, the ACES program at Grand Valley State University wants to ensure that worrying about alcohol is not added to that list.

The mission of ACES is to shape a community that engages and challenges students to make healthy, life-long decisions regarding alcohol and other drugs. The program at GVSU works toward this goal by offering a variety of options for those looking for counseling resources regarding substance abuse. However, abuse is not the only area of focus of the ACES program.

Throughout the year, there are several events held at campus locations that offer an alternative to drinking. These events include a game night, movie night and a variety of other activities. All events are posted on Twitter as well as on the ACES website. Though the ACES program does look to provide alternatives to the party environment they also realize that drinking can be a part of the college experience for some students and look to provide information to students about healthy ways to handle alcohol.

"We're not telling students that they should not be drinking," said Eric Klingensmith, Assistant Director, Coordinator of Crisis Intervention and ACES. "Instead, we are informing students about how to make smart, responsible decisions to help students succeed both physically and mentally."

By providing opportunities for students to take part in a 12-step program, ACES also can help students who recognize that they have an issue with alcohol that they need help resolving, something that is especially important in a high-stress environment such as college said Bonnie Dykstra, Coordinator of AOD Prevention Services.

"We look at managing stress in a healthy way," Dykstra said. "Habits and patterns made in college have a tendency to stick with you after college so we focus on a model of success that then reflects in academics, financial costs and possible future career paths."

Students who want more information on how to get involved with the ACES program at GVSU can contact the counseling center at 616-331-3266 or gvcounsel@gvsu.edu.

Tips for living a healthy lifestyle

Think about decisions made today in a long-term sense. How will this decision impact me in five years?

Use campus resources to find a fun and healthy way to life such as the rec center or sports

Remember that binge drinking can impact more than just your health

Create healthy patterns now that will stick with you after graduation, now is the time to build a foundation

Find a good support system, someone to talk to, vent to and touch base with

Take advantage of ACES if you or a friend is struggling with alcohol or drugs



Finding time to work out and lead a healthy lifestyle is difficult, especially for college students. Between classes, jobs, internships and endless studying, many students don't have the time or the energy to head to the gym. Students at Grand Valley State University are no exception to this. GVSU's Recreation Center is aiming to help students lead a healthier lifestyle by providing classes, resources and a place to come and exercise.

The Rec Center was recently renovated over the summer of 2016 and received updates in all areas including new equipment, updated locker rooms and an addition of 50,000 square feet.

The extra space and equipment allows for more students to utilize the resources, which is a goal for the Rec Center's staff.

"Our goal is to either start or maintain healthy life-

style habits at college," said Amy Campbell, associate director for Campus Recreation.

According to their website, Campus Recreation's mission is to "enhance and engage the GVSU community by providing inclusive and diverse recreational opportunities that inspire participation, promote health and wellbeing, and encourage student development and success."

Campbell encourages students to use all of the resources the Rec Center offers. These include massage services, nutrition services, swim lessons and training classes. Students can choose to either be a part of small group training or have a personal trainer. Campus recreation also offers an online training program specific to the student.

GVSU also offers "U-fit" program free to all students. The program helps discuss individual goals and further assists them with discussions regarding their current health, fitness, lifestyle and nutrition status and their goals.

They offer more than just treadmills and ellipticals for student to use.

"Some people like recreational sports or more of a social environment: intramurals, wall climbing, group exercise classes or a u-fit plan," Campbell said.

The American College of Sports Medicine recommends 150 minutes of exercise per week. This is recommended to be broken up into maybe 30 minutes a day for five days a week of moderate-intensity aerobic physical activity to "promote and maintain health."

Students who are interested in more information about the resources and classes GVSU's Recreation Center offers can visit www.gvsu.edu/rec, email rec@gvsu.edu or call 616-331-1732.

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CAMPUS DINING

HEALTHY CHOICES

Fuel in Commons

Freshens
Egg White Florentine Crepe
Florence Rice Bowl

Fusion in Kirkhof

Zoca
Burrito Bowl
Grille Works
Veggie Burger
Grilled Chicken Sandwich
Croutons
Grilled Chicken Caesar Salad
Michigan Salad
Asian Salad

Plaza Cafe in Devos

Grille Works
Veggie Burger
Grilled Chicken Sandwich

Lobby Shop

Skinny Pop Popcorn
Baked Lays Originals
Nature Valley Oats and Honey
String Cheese
Hummus & Pretzels
Yogurt



Kleiner POD

Quaker Oats
Skinny Pop Popcorn
Baked Lays Originals
Nature Valley Oats and Honey
JIF Peanut Butter
Fruit Cup
V8
Tropicana Grapefruit
Bolthouse: Green Goodness
Bolthouse: Strawberry Banana
Naked Juice: Green Machine
Coconut Water
String Cheese
Carrots & Ranch
Apples & Peanut Butter
Hummus & Pretzels
Yogurt

Connection POD

Quaker Oats
Baked Lays Originals
Nature Valley Oats and Honey
JIF Peanut Butter
ChiChi's Salsa
Fruit Cup
V8
Tropicana OJ
Bolthouse: Green Goodness
Bolthouse: Strawberry Banana
Naked Juice: Green Machine
POM Juice
String Cheese
Hummus & Pretzels
Yogurt

Au Sable Corner Store

Baked Lays Originals
Nature Valley Oats and Honey
Naked Juice: Green Machine
String Cheese
Apples & Peanut Butter
Apples & Yogurt Fruit Dip
Hummus & Pretzels
Yogurt

Mackinac POD

Nature Valley Oats and Honey
Naked Juice: Green Machine
String Cheese
Apples & Yogurt Fruit Dip
Hummus & Pretzels
Yogurt

Seidman Cafe

Baked Lays BBQ
Skim Milk 8 oz.
Naked Juice: Green Machine
Carrots & Ranch
Hummus & Pretzels
Yogurt
Side Salad

Plaza Cafe

Side Salad
Nature Valley Oats and Honey
String Cheese
Hummus & Pretzels
Yogurt

