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Grand Valley State University

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Lakers defeat
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Winter fun
locations, B6



Grand Valley Lanthorn

Grand Valley State University

www.lanthorn.com

Monday, January 5, 2009

ADDERALL XR®

'Study drugs' increase in popularity, use among students

By Lauren Fitch
GVL News Editor

While last semester's exams seem like ancient history, some students could still be dealing with the effects of their study habits.

As students feel the pressure of exams and competitive classes, a growing number have turned to Adderall, also known as the study drug, to enhance their studying and test taking at the end of each semester.

Adderall is a stimulant prescribed to ADHD patients to help them focus and stay on task.

It is considered habit forming and can have side effects including high blood pressure, anxiety, dry mouth and weight loss.

The number of adults 18 and older abusing such prescription drugs increased 81 percent from 1992 to 2003, according to a study by the Center on Addiction and Substance Abuse at Columbia University.

In Michigan, illegally using prescription drugs is a misdemeanor punishable with up to one year in prison. Selling or distributing such drugs is a felony with up to seven years in prison.

Still, more students face the risk to enhance their academic performance.

While the Grand Valley State University Health Center had no official record of the number of students on campus with a prescription for Adderall or who are using it illegally, Betty* was given a prescription for Adderall three years ago by her family doctor to help her focus during school. She takes it every day and notices a difference if she does not take it.

"It was not hard at all to get," Betty said.

Because her prescription is a low dosage of 5 milligrams, her doctor refills it whenever she says she is out.

During this past exam season, Betty said she gave Adderall free of charge to her boyfriend, Paul*.

"It's not hard to come by," he said.

Paul took Adderall once last year when he had multiple papers due, and said he only needed Adderall for extra help when many assignments came at the same time.

This year he took two or three pills before entering each of his four exams. Paul credits Adderall for the A's received on his exams.

"I definitely did better with it," he said. "I have a lot of science-based classes with application problems on the exams. The Adderall helped me differentiate the parts of the problems."

For Paul, there was an additional risk in illegally taking Adderall because of his involvement in a varsity sport at GVSU.

According to NCAA rules, Adderall falls into the related drug category of amphetamines, which are banned.

Athletes with a prescription can get it approved by the NCAA ahead of time, but a positive drug test without a prescription could result in suspension from competition for up to a year.

"It isn't really worth the risk, but I researched it and was smart about taking it," Paul said.

Paul passed some Adderall on to his roommate, Mike*, free of charge.

Mike had never taken it before, but used it to study for his last exams because he heard how effective it

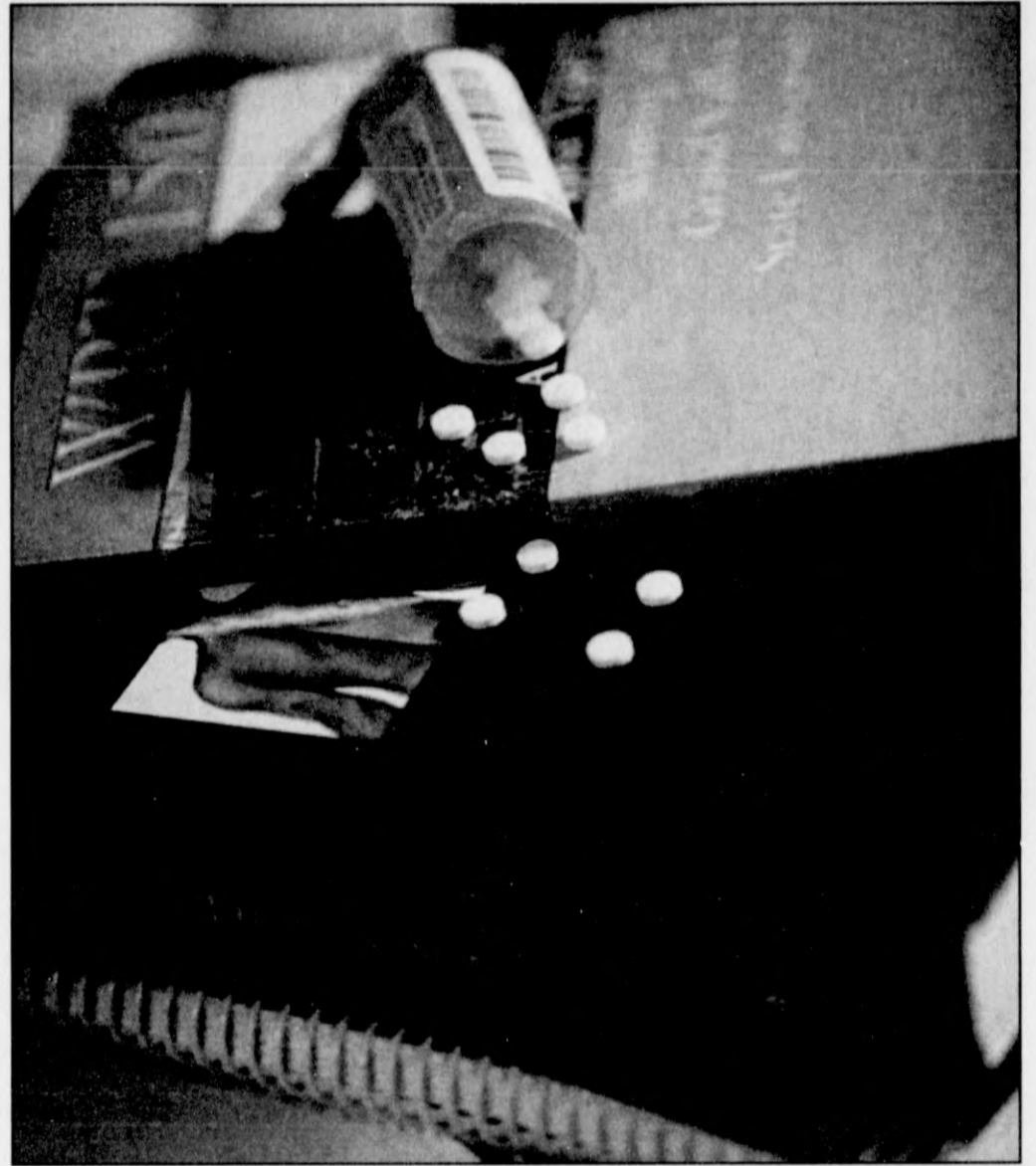
See Adderall, A2

"I have a lot of science-based classes with application problems on the exams. The Adderall helped me differentiate the parts of the problems."

GVSU STUDENT



See more: Go to "Your Insights" and the editorial on A7



Study drug: Though prescribed for ADHD, students have started taking Adderall to enhance their academic performance.

GVL Photo Illustration / Becky Reaver

Holiday sales tumble to 30-year low

By Paul LeBlanc
GVL Staff Writer

There was little holiday cheer to spare among retailers as businesses experienced the worst holiday retail season in more than 30 years.

With a faltering economy tightening personal budgets and bad weather arriving for the critical last few weeks of holiday shopping, Grand Valley State University students joined the rest of the nation in curtailing holiday spending.

The result was what the International Council of Shopping Centers reported as the weakest holiday sales since 1970, measured in terms of annual growth.

A study by SpendingPulse, a report released by MasterCard Advisors that tracks retail and service trends, estimated retail sales decreased 2 to 4 percent compared to the 2007 holiday season.

Those numbers do not include sales of gasoline, which if included, would inflate the size of the decline because of a 40 percent drop in the price of the commodity since last holiday season.

For GVSU sophomore Teresa Bowyer, exercising restraint in her holiday shopping meant shrinking her gift list considerably.

"The past two years I've been able to buy gifts for my family and close friends," Bowyer said. "This year, I mainly just bought for my family and boyfriend."

Bowyer noted her family cut back on shopping as well.

"Usually, (we'll) give three or four big gifts along with several smaller ones," she said. "(This season) we each



Courtesy Photo / Google images

Shopping slump: The current recession, inclement weather and other factors contributed to a significant decrease in 2008 holiday sales.

gave one big gift."

Prior to the holiday season, the ICSC estimated retail sales would grow a scant 1.7 percent compared to the holiday season in 2007.

The group blamed the continuing effects of the current economic recession, large discounting on the part of retailers and foul weather for the decline in sales.

Chris Slattery, also a sophomore at GVSU, spoke of a similar situation to Bowyer's.

"I bought bigger gifts than last year, but for a smaller group of people," Slattery said.

The retail sectors hit hardest by the slump were luxury and electronics, which tumbled 34 percent and 26 percent respectively when compared with numbers from 2007,

according to the SpendingPulse report. Apparel sales also suffered a 19 to 21 percent drop.

However, the bad weather spell may have assisted in cushioning the effects of the slump on online retail sales, which fell the least of any sector at 2.3 percent from last year.

Despite the trend of consumers

See Shopping, A2

"Usually (we'll) give three or four big gifts along with several smaller ones. (This season) we each gave one big gift."

TERESA BOWYER
GVSU SOPHOMORE

School closing policy gets adjusted

'Closed' versus 'cancelled' usage defined, changed in university policy

By Chelsea Ponstein
GVL Staff Writer

Grand Valley State University's emergency closing policy has undergone minor changes from the previous school year in defining different levels of closure.

Three main factors included in the policy determine if classes are cancelled, closed or kept open.

If university road crews cannot keep campus roads cleared, the conditions of primary and secondary roads are reported as dangerous and weather reports indicate worsening conditions, campus will either be closed or classes cancelled.

"We are constantly looking at weather reports and tracking storms and the conditions," said Brandon DeHaan, assistant director of the Department of Public Safety.

During winter break, students received two e-mails stating campus was closed early as a result of the new policy.

"Library employees are now included and the difference in word usage between cancelled and closed

has been changed in the policy," DeHaan said.

Using the word "cancelled" means that classes and activities will not be held but all staff members must report to work.

If the word "closed" is used, it means only essential employees must report to work.

DeHaan said students, employees and faculty should look to the GVSU Web site to find out whether the campus has been closed.

Too many students first call DPS and get mad when the phone lines are busy and no one can be reached, DeHaan said.

The Web site will have the information first, and it will then be broadcast by local television and radio stations.

Maintenance, including the snow plows, respond as soon as possible to get everything clear and the school open for business.

Even though surrounding

elementary, middle and high schools might be closed, GVSU may sometimes stay open.

DeHaan said adult students have the ability to decide for themselves whether they can drive and make it to campus safely.

"I think temperature and bad weather conditions are strong enough conditions to close the school," said sophomore political science major

Curtis Blackwell. "Sometimes even when the school does not close professors will cancel their classes anyway because the roads outside are too bad to travel on."

Sophomore Sarah Parsons, a hospitality and tourism major, looks to her cell phone for alerts on emergency information. She said she has found cell phone texting a convenient way to let students know new information quickly.

"We are constantly looking at weather reports ... and the conditions."

BRANDON DEHAAN
DPS ASSISTANT DIRECTOR

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Snowed in: The busy bus stop was anything but after the university called for a "Snow Day." Blizzard-like conditions and bitterly cold temperatures forced the campus to close. More snow days were called during winter break and more may be expected in the coming months.

GVL Archive / Jennifer Webber

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Adderall

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was and felt overwhelmed with the work from his classes.

Mike reported being totally focused for two hours but could tell when it wore off.

He agreed with Paul that otherwise he experienced no negative side effects from the study drug.

Mike said it gave him an

advantage over other students who did not take Adderall but that he would still take it again, only during exam time.

Both Mike and Paul said they would recommend Adderall to other students.

Guido Saltarelli, a junior at GVSU, has had a different experience with study drugs.

During his last semester, Saltarelli was diagnosed with ADHD and prescribed Adderall.

He underwent three hours of testing and observation before being handed the prescription.

Recently he switched to a different medication, which is refilled monthly. Saltarelli said he has never given or sold any of his prescription drugs to anyone.

*The names of these GVSU students were changed for confidentiality reasons.
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- are taking or have taken within the past 14 days an antidepressant medication called a monoamine oxidase inhibitor or MAOI
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Heart-related problems:

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Mental (Psychiatric) problems:

All Patients experience

- new or worse behavior and thought problems
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Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, becoming suspicious) or new manic symptoms

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Common side effects include:

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- increased heart rate

*Information compiled from a U.S. Food and Drug Administration Medication Guide.

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Shopping
continued from page A1

buying gifts online, Slattery said he bought all of his merchandise at the local Meijer chain store, citing its reasonable prices and proximity to his home.

Indeed, if there was any winner in the holiday economic slump, it was retail chains that sell low-priced goods.

While retail giants such as JCPenney saw their stock value plummet during the course of the past year, chains that cater to value-minded customers have seen pleasant growth.

The Associated Press reported discount chain Wal-Mart Stores Inc. saw an 18 percent increase in stock value in 2008, while Family Dollar Stores Inc. rose 36 percent.

However, the overall industry forecast is not so positive.

Strategic Resources Group estimates 160,000 stores closed their doors in 2008, while 200,000 more are expected to follow in 2009.

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Grand Valley Lanthorn

Volume 43, Number 32

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GVL DIGEST
News in Brief

GVSU to show webcast of presidential inauguration

An event titled, "America United: A Grand Valley Celebration" will mark the historic presidential inauguration of Barack Obama on Jan. 20.

The event will take place in the Kirkhof Center's Grand River and Pere Marquette rooms. President Thomas J. Haas, Gleaves Whitney, director of the Hauenstein Center for Presidential Studies and others will speak before the noon start of the inauguration in Washington. A live webcast will also be available on the school Web site.

This event is one of several planned by Grand Valley State University throughout the presidential election process. On Election Day, the Student Senate provided bus transportation to polling stations.

National correspondent to attend MLK Jr. Day event

National Public Radio correspondent Juan Williams will speak during GVSU's Martin Luther King Jr. legacy celebration.

Williams, who is also a political analyst for FOX News will be the keynote speaker for the King celebration program scheduled for Jan. 19 at 2:15 p.m. in the Fieldhouse Arena.

The celebration will include a silent march to the Fieldhouse as well as speeches regarding voting rights, the 2008 election and its historical effect.

Williams regularly appears on NPR's "Morning Edition" and "Day to Day." Prior to work in public radio, Williams had a 21-year career as a White House correspondent, columnist and editorial writer.

Williams' appearance is one of several events planned for Martin Luther King Jr. Day, including performances from area public school students.

All activities are sponsored by GVSU and Grand Rapids Community College. For more information, contact GVSU's Office of Multicultural Affairs.

Vagina Monologues to benefit local organizations

GVSU's performances of Eve Ensler's provocative play, "The Vagina Monologues" in February, will benefit local women's programs that work to end violence crimes against women.

The play, which is produced every year, has already raised \$100,000 for women's organizations.

"The Vagina Monologues" is part of a V-Day College Campaign. The spotlight for this year is on the women and girls of the Democratic Republic of Congo.

Performances are scheduled for Feb. 12 and 13 at 7 p.m. in the Cook-DeWitt Center on GVSU's Allendale Campus, and Feb. 14 at 7 p.m. at the Wealthy Street Theatre located at 1130 Wealthy St. SE in Grand Rapids.

Conference to discuss health care initiatives

Statewide organizations will team up Friday for a conference titled, "Developing a Model for Interprofessional Education."

Participants at the conference will create strategies for health care providers and educational institutions. Participants will discuss current interprofessional educational initiatives; opportunities for collaborative research initiatives among major research organizations and how patient simulation resources can best serve the area's health care community.

Conference attendance requires an invitation. The event is sponsored by GVSU, Grand Rapids Medical Education and Research Center and MSU.

New Year's brings thousands to GR

Residents, visitors ring in 2009 with first New Year's celebration held in downtown Grand Rapids

By Lauren Fitch
GVL News Editor

The new year brought new activity to downtown Grand Rapids on Thursday during the "New Year's Eve on the Grand" celebration.

Ring in 2009 was the first time Grand Rapids held its own ball drop and entertainment in downtown in Rosa Parks Circle.

Turnout, estimated between 10,000 and 20,000 people throughout downtown, was much higher than expected as the free event appealed to all ages and economic levels.

"I was shocked at how many people were there," said Monica Kinney, a Grand Valley State University student who attended the event. "The crowds were a bit much."

Katie Alfredson, a nursing

major at GVSU, was downtown for the whole celebration, which started at 5:30 p.m. and lasted until midnight.

Alfredson and her friends took advantage of some of the specials at downtown restaurants and enjoyed the live entertainment.

"It felt like you were in a big city," she said. "My favorite part was seeing everybody dressed up and getting into it."

Citadel Broadcasting sponsored the free entertainment, which included the Plain White T's, Darryl Worley, local band Just Jake and disc jockey Todd Chance from 105.3 HOT-FM.

"We have what every big city has," Chance said.

Shuttles ran from parking lots to the action at Rosa Parks Circle and two warming tents were set up to help people fight the cold all night.

The highlight of the evening for most spectators was the ball drop. This was true of Ashley Botham, a freshman majoring in exercise science.

Botham braved the below-freezing temperatures for the Plain White T's and stayed at the J.W. Marriott after all the festivities.

The Marriott was booked to capacity. Additionally, area restaurants and bars also

benefited from the increased activity.

"It was good for Grand Rapids to do this," Botham said. "People were really friendly, everyone wishing you 'Happy New Year.'"

While most feedback on the event was positive, many complained about how crowded the area was.

Also, Botham recommended a countdown clock in future years.

"Everyone was doing their own countdown and the ball was only three-fourths of the way down at midnight," Botham said.

There will be plenty of opportunities to perfect the celebration as city officials plan to make this an annual event and have already begun preparation for next year.

news@lanthorn.com



Courtesy Photo / Eric Stoike

Downtown revelry: The Plain White T's kicked off the start of 2009 in a downtown Grand Rapids New Year's Eve celebration.

"It felt like you were in a big city. My favorite part was seeing everybody dressed up and getting into it."

KATIE ALFREDSON
GVSU NURSING STUDENT

RSO's to self-fund in revamped budget process

New process to place control of student organization funding within respective organization councils

By Jenny Whalen
GVL Managing Editor

The funding of student organizations is personal again.

Grand Valley State University's Student Senate recently adopted a new budget process that will give student organizations direct control over how GVSU's programming funds are allocated.

"It's been a long process (Student Senate has) been working on to find a better way to allocate money and get it into the hands of the groups that need it and to do it in a timely way," said Bob Stoll, director of the Office of Student Life.

Increasing numbers of student organizations, rollover of unused base budget funds year to year and a lack of co-sponsored events prompted the Student Senate Finance Committee to design the new budget process that will take effect next year.

The former process forced the Student Senate Finance Committee to divide some \$800,000 among all registered student organizations on campus with another \$300,000 to \$400,000 held in the Student Life Reserve for additional requests.

"We ran out of money so fast this year and we keep getting more and more organizations every year," said Mike Krombeen, Student Senate vice president of Finance. "This time, we're not going to give out all the money in February. We're going to make organizations (attend monthly meetings) and basically give the money to themselves."

The new process will divide the

university's programming funds among nine Student Organization Councils. Instead of requesting funds from the Student Life Reserve or keeping base budgets, individual organizations will seek funding through their respective councils.

Council categories include: Academic and Professional, Cultural, Interfaith, Honorary Professional, Greek Life Council, Service and Advocacy, Special Interest, Student Life Sports or Performing Arts.

The Media Advisory Board and Spotlight Productions will also receive funding as well as traditional campus events such as Homecoming and Presidents' Ball.

"I think (the new process) gives student organizations a lot more freedom

to decide what they feel they need for the campus by giving more control to each council to allow organizations to come together and put on the best programs possible," said Autumn Trombka, Student Senate president.

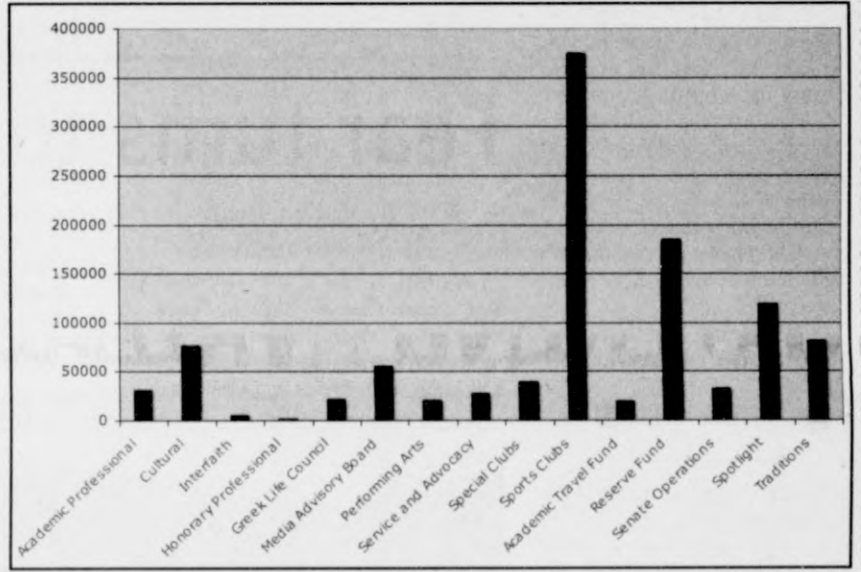
Whereas the Student Senate was formerly the primary decision-maker for funding, the new process transfers that power to the organizations themselves.

"(The transition) will be a process," Krombeen said. "The money that will be allocated won't be available until the next academic year. The idea with the new system is to get more accountability and spend every dollar (available to students)."

In the past, the Student Life Reserve had dried up mid year with thousands of dollars locked in individual organizations' base budgets rolling over unused, Krombeen added.

"The idea with the new system is to get more accountability and spend every dollar (available to students)."

MIKE KROMBEEN
STUDENT SENATE VICE PRESIDENT OF FINANCE



GVL Chart / Jenny Whalen

Budget allocation: The amounts that will be allocated to the councils under the new process.

"We can't allow for any more rollover," Krombeen said. "We can't ask the provost for more funds when we haven't used all (the funds) we already have."

Organizations in each council will have the opportunity to elect student members to the Funding Board of their council. How many people will sit on each board is also decided by the organizations in each respective council.

"Every organization will be in a council and every organization will get one vote anytime they vote on anything," Krombeen said. "All the organizations have to do is send one representative to a (monthly) meeting. It's a way to say, 'Here's what's going on in our organizations.'"

Each council will also be assigned an adviser from the Office of Student Life, and a member of the Student Senate Finance Committee will chair each Funding Board. The Student Senate member will have no voting rights, but will monitor actions of the board to make sure all money is being spent and being spent correctly, Krombeen

added. "(The new process) is a better use of funding and resources with the different boards continuing to meet and have discussions about campus life programming," Stoll said. "It will keep everybody interested. Before, they all came to the table, made decisions and left with whatever (funds they received), never talking again."

Stoll said he believes the new system will keep the lines of communication open between all parties, facilitating the goal of increasing co-sponsorship of events among student organizations.

"If we didn't try to increase co-sponsorship, we wouldn't have enough money for everybody," Krombeen said.

He added the new process will make more funds available to organizations and allow the Student Senate to monitor the appropriation of funds and keep a more accurate account of where the money is allocated.

managingeditor@lanthorn.com

Professor receives state's highest distinction for giving back

By Ellen Hensel
GVL Assistant News Editor

Grand Valley State University communications assistant professor Danielle Wiese was one recipient of the 2008 Michigan Campus Compact Faculty Community Service-Learning Awards.

The award is the highest accolade given by the Campus Compact and distinguishes teachers who make outstanding contributions in the community service field.

"Michigan Campus Compact is a coalition of college and university presidents who are committed to the development of personal and social responsibility as integral to the educational mission of their campuses," said Monica Johnstone, director of GVSU's Communications & Advancement. "The Community Service-Learning

Award is given to one person from each campus who engages or influences students to be involved in community service or service-learning through modeling, influence or instruction."

Wiese, who teaches classes such as Media Literacy and Political Communication, created a Presidential Campaign Communication course this year.

The course taught students about civic participation during election time.

Shelley Long, executive assistant of the Campus Compact, said Wiese's enthusiasm and innovation set Wiese apart from her

competition.

"At the heart of the course objectives was the intent to teach students about civic participation during election time. The in- and out-of-class activities of the course engaged

the students with members of the West Michigan community and area media outlets," Long said. "Student projects included creating and facilitating debate watch programs for the GVSU campus and for East Kentwood High School, designing a voter information project with the

Spring Lake (District) Library and working with the local ABC television affiliate to prepare a weekly news segment, two-hour Web chats and daily Internet blogs on student perspectives about the campaign."

In a historic election year, the campaign communication class focused on connecting students with both the facts and the community.

Wiese is also heavily involved in GVSU's television affiliate, WZZM.

"It makes me proud to work at GVSU and in the state of Michigan because the award shows that as a community, we think it's

important for students to also be citizens who are informed and participate in the political process," Wiese said.

Students gained hands-on experience by educating their peers about political issues, including the importance of voter participation.

"Danielle is a high-energy person with an incisive mind and a real sense of engagement with the world," Johnstone said. "Danielle also served as an election e-media expert for WZZM-TV. Also, consider her campus service through several committees including her elected seat on the College's Faculty Council."

The award, which is in its 15th year, will be presented at the Service-Learning and Civic Engagement ceremony, Feb. 12 and 13 at the Crowne Plaza Hotel in Grand Rapids.

assistantnews@lanthorn.com



Wiese

"Danielle is a high-energy person with an incisive mind and a real sense of engagement with the world."

MONICA JOHNSTONE
COMMUNICATIONS & ADVANCEMENT DIRECTOR

GVL DIGEST Michigan in Brief

Twins born on different days, months, years

ROCHESTER, Mich. (AP) — Tariq Griffin is a New Year's baby, having entered the world shortly after midnight at Crittenton Hospital in Rochester. Twin brother Tarrance was born a bit earlier — 26 minutes to be exact. Tarrance Kyle Griffin Jr. was born at 11:51 p.m. Wednesday, followed by Tariq Lamont Griffin at 12:17 a.m. Thursday. That means the boys have the unique distinction of having been born on different days, months and years. Their mother says she is excited, but finds it weird that her newborn twins own birth dates in 2008 and 2009. The boys' father also is a twin.

Teenager arraigned in slaying of Alabama boy

PONTIAC, Mich. (AP) — A 17-year-old accused of fatally shooting an Alabama teen outside a Pontiac church has been arraigned on a murder charge. James Cecil Willis appeared Friday in district court in Pontiac to face one count of open murder and one count of felony firearm. Bond was denied for the Pontiac teen, who police say had eluded arrest until Wednesday. Police say Willis is a member of the Goon Squad gang and was involved in crashing a birthday party at a Pontiac church June 14. Authorities say Willis fired into a crowd outside the church, hitting the 14-year-old victim twice in the head. The victim's name and hometown have not been released. Willis did not have an attorney on record with the court. A hearing is set for Jan. 13.

Teen charged as adult in Michigan officer's death

OAK PARK, Mich. (AP) — A 16-year-old boy accused of killing a suburban Detroit police officer appeared in court by video camera to hear the first-degree murder charge. Jonathan Belton is being charged as an adult in Oakland County. His attorney entered a not-guilty plea on his behalf Friday in 45-B District Court in Oak Park. Oak Park Officer Mason Samborski was shot in the head Sunday. Police say he was returning Belton to an apartment complex after finding the teen was driving without a license. The prosecutor's office says a hearing is set for Jan. 16 to determine if there is probable cause to put Belton on trial. First-degree murder carries life in prison without parole. A message seeking comment was left with defense lawyer Wright Blake.

Flint plans to double home demolitions to 500

FLINT, Mich. (AP) — The city of Flint plans to demolish about 500 abandoned homes this year, double the number that were knocked down in 2008. The Flint Journal reports Friday that \$1 million in federal block grant money will help pay for the additional demolitions. A neighborhood near downtown and two additional areas on the city's north side will be targeted. A total of \$2.4 million will be available for demolitions in Flint in 2009, including state money and other funds. Residents say increasing the number of demolitions is a good idea. Alice Knox of Flint says nothing has been done about the blight of empty houses in her neighborhood in a long time.

Sri Lankan troops capture rebel capital

By Ravi Nessman
Associated Press Writer

COLOMBO, Sri Lanka (AP) — Sri Lankan forces captured the Tamil Tigers' de facto capital Friday, winning a major victory in a decades-long battle to destroy the ethnic separatists and crush their dream of establishing an independent state.

The rebels, who still control 620 square miles of northeastern jungle — an area about the size of Los Angeles, swiftly sent the message they would fight on. They carried out a suicide attack near air force headquarters in the capital, Colombo, killing three airmen and wounding 37 other people, authorities said.

Sri Lanka's ethnic minority Tamils have long complained they are treated as second-class citizens, with Sinhalese used as the nation's de facto official language and members of the dominant group traditionally favored for government jobs. They have also accused the government of sending Sinhalese settlers into traditionally Tamil regions to overwhelm them demographically.

The fall of Kilinochchi was a devastating blow to the rebels' dream of establishing a state for Tamils in the northeast after decades of marginalization by governments controlled by the Sinhalese majority.

The rebels had built a massive 10.5 mile-long earth and moat fortification to defend Kilinochchi. Over the past two months, they held off government troops — with the aid of pounding monsoon rains, in battles that reportedly killed

hundreds of fighters. But Army troops cleared the way into the town Thursday when they captured a key crossroad north of Kilinochchi that allowed them to close in from three directions, the military said. They said they entered Kilinochchi the following morning.

The capture of Kilinochchi was a milestone in a civil war that has killed at least 70,000 people and plagued this Indian Ocean island nation off and on for 25 years. Foreign mediators have called for a political solution to the fighting, saying that warfare will not resolve the underlying tensions between the Tamil minority, which makes up 18 percent of the population, and the Sinhalese majority that accounts for 74 percent of the country.

The Tamil Tigers have been blamed for scores of bombings and suicide attacks and are listed as a terror group by the United States and European Union. In Washington, State Department spokesman Gordon Duguid described the Tigers as "one of the most notorious and brutal terrorist organizations" but called for a peaceful dialogue to resolve the legitimate concerns of Tamils.

President Mahinda Rajapaksa, who has vowed to destroy the group formally known as the Liberation Tigers of Tamil Eelam, announced the fall of Kilinochchi in a nationally televised speech. "Our brave and heroic troops have fully captured Kilinochchi, which was considered the main bastion of the LTTE," he said,



Forced retreat: Sri Lankan soldiers secure the site of an explosion outside an Air Force camp in Colombo, Sri Lanka, Friday. AP Photo / Eranga Jayawardena

as Cabinet ministers erupted in applause. "For the last time, I call upon the LTTE to lay down their arms and surrender."

Officials with the Tamil Tigers could not be reached for comment.

Celebrations erupted across Colombo, where people flooded the streets, dancing, waving Sri Lankan flags and setting off firecrackers.

"We ask the government to completely destroy the Tiger terrorists who have ruined this country," said businessman Sudath Walakumbura. Over the past two years, the

military has forced them out of their eastern strongholds and much of the territory they once held in the north, said army commander, Lt. Gen. Sarath Fonseka. Aid groups say about 230,000 civilians displaced by the fighting are also squeezed into the region. The Tamil Tigers have used Kilinochchi as their political and military headquarters for nearly a decade, creating the trappings of an independent nation.

They established a police force, courts and tax offices. They printed maps of the island, highlighting the

borders of their hoped-for state, which they called Tamil Eelam. They feted foreign diplomats and peace negotiators at a rebel guest house overlooking a picturesque reservoir.

The fall of Kilinochchi was the Tamil Tigers' most significant defeat since 1995, when the government captured the city of Jaffna, the emotional center of Tamil life in Sri Lanka.

"We are confident that we can see the end of them within this year," Fonseka said. "We don't need even a year to see their end."

Fear turns to anger after Aspen bomb scares

By Kristen Wyatt
Associated Press Writer

ASPEN, Colo. (AP) — The Aspen that James Charles Blanning knew as a competitive skier, lumberjack and truck driver was nothing like the swank resort town it is today, and friends and family say it ate

at him. "Aspen became trendy," said Dieter Bibbig, a retired ski instructor who knew Blanning for 50 years. "I didn't let it bother me; I just accepted it. Not Jim."

Police say the disgruntled 72-year-old former resident left four gift-wrapped bombs in downtown Aspen on New Year's Eve,

forcing thousands of well-heeled revelers to abandon plans to ring in 2009. He was found dead of a self-inflicted gunshot wound a few hours later east of town.

Bank robbery was the apparent motive, but people who knew Blanning said he had long been disenchanted with his hometown as it changed from a former mining town to a playground for the rich. In 1994, he climbed atop the county courthouse, wrapped a noose around his neck and threatened suicide for hours in what he later said was a protest against the "elitists" of Aspen and for working people.

On Friday, working people were among those most furious about Blanning's attack. The bomb cleanup forced police to clear the mountain resort just as thousands of revelers were pouring into town for dinner, costing bartenders, waiters and other workers on what is usually the town's biggest night of the year.

"People were expecting to pay their rent with that money, and now they're wondering what to do," said sandwich and coffee server Sami Hibner, 21.

Aspen, which already had been getting fewer tourist dollars and lower hotel occupancy rates because of the poor economy, tried to recapture the holiday spirit with a belated New Year's fireworks celebration on Thursday night. But revelers numbered in the hundreds, not the thousands.

"We were the ones hurt," said 22-year-old Milagritos Caballero Alen, a medical student in Lima, Peru, who paused her schooling to come to Aspen on a seasonal work visa. Alen serves banqueters for tips at The Inn at Aspen.

Blanning walked into two downtown banks Wednesday and left homemade bombs — made of 5 gallons of gasoline and cell phone components — with notes demanding \$60,000. Police found two similar packages atop a black sled in a downtown alley.

Police have said James Blanning acted alone in his bank plot, and they considered the investigation complete by New Year's Day.

Blanning grew up in Aspen, once skied competitively and helped clear lumber to construct a ski run at nearby Breckenridge resort.

"It was a small town. Everybody knew everybody. And then little by little it changed," said Blanning's brother, 71-year-old Bill Blanning of Denver.

Bibbig, the retired ski instructor said he liked Blanning and once spent a summer with him clearing lumber. But he added, "He was a little deranged."

Blanning's handwritten "last will and testament," was written on the outside of an envelope of a typewritten note left at The Aspen Times Wednesday. He gave no motive, but wrote, "I was and am a good man."



Threat: Federal agents search Jim Blanning's Jeep Cherokee on Thursday, where he was found dead. AP Photo / Aspen Daily News, Zach Ornitz

Gazans with foreign passports flee strip

By Aron Heller
Associated Press Writer

EREZ CROSSING, Israel (AP) — Israel allowed nearly 300 Palestinians with foreign passports to leave besieged Gaza Friday after pleas from other governments to let them go.

The Gazans were notified Thursday by foreign consulates that they were being evacuated, though some stayed behind. Those who left crossed into Israel then boarded buses to Jordan en route to other countries.

"These are people who are not part of the fighting, they are not part of the equation. They have no affiliation with Hamas," Israeli military liaison officer Maj. Aviad Zilberman said. "This move is part of our humanitarian assistance to the civilian population."

More than 400 Palestinians and four Israelis have been killed in a week-old offensive against Gaza's Hamas rulers triggered by an escalation of militant rocket fire at Israel. The U.N. estimated Friday that a quarter of the Palestinians killed were civilians. Gaza teenager Jawaher

Hajji, who lost two close relatives in the past week, was one of 270 Palestinians who left.

"There is no water, no electricity, no medicine. It's hard to survive. Gaza is destroyed," said Hajji, 14, who has U.S. citizenship. "There is no place to hide."

Hajji said her uncle was killed in one of the first strikes while getting medicine for her cancer-stricken father, who died of his illness a few days later. She said their home east of Gaza City was destroyed and a classmate was also killed. "They are supposed to destroy just the Hamas, but people in their homes are dying too," she said at the Erez crossing between Gaza and Israel. Children cried at the

crossing as they were processed by diplomatic officials from various countries. Then they boarded buses to Amman, Jordan. Hajji said she, her mother and five siblings would fly to family in Virginia from there.

Hajji's 13-year-old sister, Nashwa, said they were both born in the U.S. and had family there and in Canada. They moved to the Gaza Strip three years ago, and she said life was rather comfortable until the Israeli offensive began. She said the Israeli military had called their home before attacking it, telling residents to leave for their own safety. She said her family did, but others refused. "People said 'We don't want to go. We will die where we are,'" Nashwa Hajji said.

"There is no water, no electricity, no medicine. It's hard to survive. Gaza is destroyed. There is no place to hide ... people in their homes are dying too."

JAWAHER HAJJI
GAZA RESIDENT



Escape: Palestinian with foreign passports wait on a bus after leaving Gaza Friday. AP Photo / Bernat Armangué

Those who left hold citizenship from the U.S., Russia, Turkey, Norway, Kazakhstan and other countries. Foreign women married to Palestinians were among those leaving.

In Washington, the State Department said it had assisted 27 American citizens and members of their immediate families to leave Gaza on Friday and stood ready to help others. Department officials said earlier this week they were aware of about 30 Americans in Gaza but that there could be others.

"I believe there are still Americans citizens left in Gaza," spokesman Gordon Duguid told reporters. At the Erez crossing,

Caroline Katba, 15, said her family emerged unscathed from explosions near their home. She said she, her Russian-born mother and three siblings would be fleeing to Russia to join other family members. But her Palestinian father, who did not have a foreign passport, was not allowed to leave. "I feel happy and sad. Happy, because I am going to Russia, and sad, because my father is left behind," she said.

Despite the upheaval, Jawaher Hajji seemed calm and composed. She spoke confidently. "I have to forget what happened. I have to be strong and happy or we will lose," she said.

Obama to meet with lawmakers, former presidents

By Philip Elliott
Associated Press Writer

CHICAGO (AP) — President-elect Barack Obama will meet with congressional leaders to discuss his economic stimulus plan and other legislative issues soon after his arrival in Washington in the coming days.

Obama and his family planned to fly to Washington on Sunday after their holiday vacation in Hawaii and a stopover in Chicago.

The president-elect was to meet with congressional leaders Monday, according to a senior Democratic congressional aide. Obama will meet with Senate Majority Leader Harry Reid and House Speaker Nancy Pelosi, then join with them in a meeting with GOP leaders, said the aide, who spoke on condition of anonymity because he had not been authorized to discuss the plans.

Obama was also scheduled to talk with President George W. Bush and former presidents at the White House on Wednesday.

Obama, his wife Michelle, and their children left his native Hawaii

on Thursday after a 12-day vacation and flew to Chicago, arriving early Friday. The Obamas planned to go to Washington on Sunday so 7-year-old Sasha and 10-year-old Malia can start school on Monday.

The Obamas aren't set to move into the president-elect's traditional Washington quarters until Jan. 15. In the interim, the first family-in-waiting will stay at the historic Hay-Adams Hotel near the White House.

The Obamas kept a low profile while vacationing on the island of Oahu. Aside from daily trips to the gym and golf courses, the president-elect seldom left his vacation retreat, a rented \$9 million home near Honolulu. When he did venture out, it usually was to grab some shave ice, a local treat, go to the zoo or take some other child-friendly excursion.

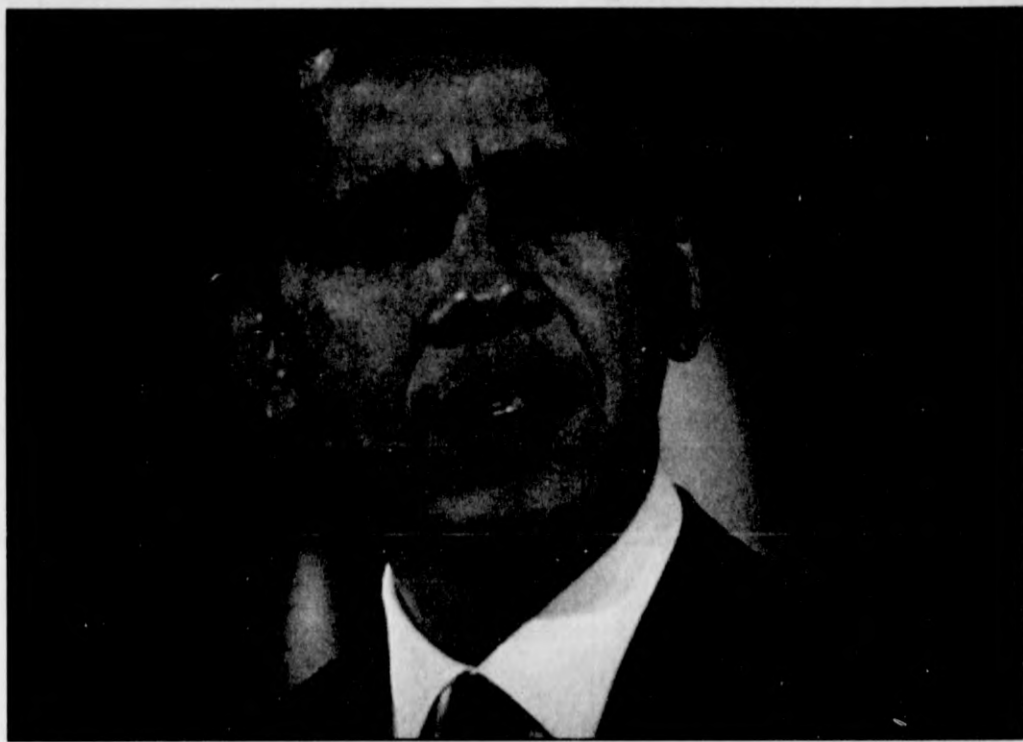
Michelle Obama similarly remained out of sight, other than the occasional trip to the gym. She did not join Obama and the girls when they went to an aquatic park or to the zoo, nor when he visited the nearby Marine base on Christmas

Day. While on vacation, Obama tried to take advantage of his last break before being sworn in as the nation's 44th president on Jan. 20.

Obama and his Democratic allies in Congress want to enact the still-emerging economic recovery plan as soon as possible after he takes office.

The plan, which some Obama aides think could swell to about \$850 billion after negotiations with lawmakers, would be the largest investment in public infrastructure since the federal highway system was established in the 1950s. It also would provide tens of billions in dollars of aid to financially strapped states.

During his holiday, Obama stayed largely out of the escalating hostilities in the Middle East, where Israeli troops have launched an offensive against Hamas leaders who fired rockets from Gaza. Aides say there is only one president at a time, but Obama received security briefings and spoke with Secretary of State Condoleezza Rice and his incoming national security team.



Continued preparation: President-elect Barack Obama speaks during a news conference in Chicago, Dec. 17, 2008. After consulting with economists Obama's advisers are discussing an economic recovery plan that could cost as much as \$1 trillion over two years. Obama plans to meet with congressional leaders in the coming days to discuss his economic stimulus plan.



AP Photo / Jim Rathert

Safe coop: A new state-federal program will pay certain Missouri farmland owners to set aside land as habitat for prairie chickens, which once roamed the state's prairies in large numbers.

Programs pay farmers to help prairie chickens

By Cheryl Wittenauer
Associated Press Writer

ST. LOUIS (AP) — Farmland owners in certain counties can give prairie chickens a boost while earning income in an unsettling economy.

A new state-federal program will pay farmland owners in 11 Missouri counties to set aside land as habitat and nesting grounds for prairie chickens, which once roamed the state's prairies in the hundreds of thousands.

With fewer than 400 to 500 birds remaining in Missouri, their existence is tenuous.

"They're part of our prairie heritage," said Max Alleger, the state's prairie chicken recovery leader with the Missouri Department of Conservation. "They represent the native prairie that once covered a third of Missouri."

Prairie chickens, historic residents of Missouri grasslands, are being managed for expansion in parts of the state. But their need for safe nesting sites and room to roam led to a joint effort by the U.S. Department of Agriculture and Missouri Department of Conservation to create new habitat from cropland.

A long-standing USDA

program that pays farmers not to plant crops on lands that are highly erodible or that could serve as a buffer for streams or as wildlife habitat now includes prairie chicken restoration efforts as a goal in Missouri and elsewhere.

The government payments, over a 15-year contract, would come just as farmers struggle to get operating loans for next spring's planting, said Joe Horner, a University of Missouri Extension economist.

"With all the banks tightening up on credit, this is an opportunity for some people to rent some of their worst (land) in exchange for a nice solid income," Horner said.

The program is limited to specific areas in 11 Missouri counties where prairie chickens are being encouraged.

Farmland owners must pledge a minimum of 20 well-drained, upland acres that provide an open landscape.

It comes through a 2007 program known as SAFE, or state acres for wildlife enhancement.

The habitat also would benefit bobwhite quail, and such migratory birds as the grasshopper sparrow, Henslow sparrow, and upland sandpiper.

GMAC gives up some GM car financing in bailout

By Tom Krisher
AP Auto Writer

DETROIT (AP) — GMAC will no longer have exclusive rights to provide low-interest loans to people who buy General Motors Corp. vehicles, and it will stop financing leases under a complex deal to get federal aid for the troubled lender.

GMAC LLC disclosed the terms of the deal in a filing early Friday with the U.S. Securities and Exchange Commission. The lender said the federal government will get 5 million preferred shares of GMAC paying 8 percent interest in exchange for its \$5 billion capital injection to help GMAC avoid bankruptcy.

GMAC is the financial arm of General Motors Corp. and is responsible for making car loans and financing dealer inventories.

In the filing, GMAC disclosed that for the next two years, GM will be able to offer financing incentives such as zero-percent loans through other lenders. After the two years, GM can offer the loans through other lenders in addition to GMAC, the filing said.

The filing also says GMAC won't have to provide lease financing. Auto finance companies have lost money on leases as trade-in values have dropped due to the collapse in U.S. vehicle sales. Also, high gasoline prices devalued pickup trucks and sport utility vehicles, depressing their after-lease values.

GMAC had paid GM an annual exclusivity fee and had been required to meet targets for leases and loans, the filing said. The exclusivity deal was effective through November 2016, according to the filing.

Also in the filing, GMAC said the government exercised a 10-year warrant to buy 250,000 more GMAC preferred shares for a penny each.

GMAC said if the U.S. Treasury doesn't get interest payments on its preferred shares for six

straight quarters, or more than six nonconsecutive quarters, it will get two seats on an expanded GMAC management board.

GMAC is 49 percent owned by GM and 51 percent owned by private equity firm Cerberus Capital Management LP.

On Wednesday, GMAC finished a complicated debt deal designed to raise capital and help the struggling auto and mortgage loan company ride out a historic collapse in auto sales.

GMAC, which has been hit this year by the downturns in both the automotive and housing markets, posted losses totaling \$5.59 billion for the first three quarters of this year.

GMAC got the \$5 billion in aid from the Treasury Department earlier this week. In addition, the Treasury said it would lend up to \$1 billion to GM so that the automaker would be able to buy more equity

from GMAC. Those purchases are expected to raise more capital for GMAC.

GM also received federal help this week to hold off bankruptcy protection.



Discussing GMAC: Pat O'Brien, who owns a Chevrolet dealership in a Cleveland suburb, talks about GMAC financing Dec. 30, 2008 in Willoughby Hills, Ohio.

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AP Photo / Olivier Asselin

Waiting game: National Democratic congress supporters gather outside the electoral commission building to wait for election results to be announced in Accra, Ghana on Tuesday. Thousands of supporters gathered after local media announced the victory of NDC candidate John Atta Mills. Final results were expected Tuesday but officials announced that a revote to be carried on Friday was needed in one of 230 constituencies following irregularities. Partial results from 229 constituencies show opposition leader John Atta Mills leading by less than 0.15 percent.

Ghana leader urges peace amidst presidential revote

By Akwasi Appratwum-Mensah

Associated Press Writer

NSAWKAW, Ghana (AP) — Ghana's leader appealed for calm and urged his people to accept the results of a tight presidential election as voters in a single district cast ballots Friday that could decide the West African nation's next president.

Voters in the tiny western district of Tain were unable to take part in Sunday's nationwide runoff because not enough ballots were distributed. A makeup vote was held there peacefully Friday despite the ruling party's attempts to stop it.

"What we need to have is peace," farmer Kwadwo Fordjour said as he waited to vote in Nsawkaw.

Election results from all other districts show opposition leader John Atta Mills ahead of his ruling party rival Nana Akufo-Addo by only around 23,000 votes out of

more than 9 million cast.

Some 53,000 people are registered to vote in Tain, so ballots there could decide the election. During the Dec. 7 first round, Atta Mills narrowly won the district.

It is not clear when the Electoral Commission will announce a winner, but vote-counting in Tain is expected to start immediately after the polls closed (noon EST, 1700GMT).

President John Kufuor said it was "important to meet the constitutional timetable" for handing power over Wednesday to his yet-to-be named successor.

"I therefore urge all the stakeholders to yield to the authority of the electoral commissioner when he declares the results. Any outstanding issues may be settled by due process later," Kufuor said.

Both candidates are 64-year-old lawyers educated in Britain. They are vying to succeed Kufuor, who must step down after serving two

terms.

Africa expert Peter Pham said it will be crucial "for the loser to concede graciously and for the victor to accept his win in a restrained manner."

"The closeness of the poll ... indicates a sharp divide and the need for both sides to work together to preserve what has been a hitherto model African democracy," said Pham, director of the Nelson Institute for International and Public Affairs at James Madison University in Virginia.

Pham said many voted along ethnic lines and warned that if tensions rise, Ghana could possibly face "a repeat of Kenya" if official results are not accepted by either side.

Ghana is a rare example of democracy in a region of totalitarian states. The country suffered coups in the '70s and '80s but turned toward democracy when coup leader Jerry Rawlings organized elections.

Historians battle Wal-Mart over key Civil War site

Preservationists urge Wal-Mart to build farther from landmark locale

By Steve Szkotak

Associated Press Writer

LOCUST GROVE, Va. (AP) — Wal-Mart wants to build a Supercenter within a cannonshot of where Robert E. Lee and Ulysses S. Grant first fought, a proposal that has preservationists rallying to protect the key Civil War site.

A who's who of historians including filmmaker Ken Burns and Pulitzer Prize winner David McCullough sent a letter last month to H. Lee Scott, president and CEO of Wal-Mart Stores Inc., urging the company to build somewhere farther from the Wilderness Battlefield.

"The Wilderness is an indelible part of our history, its very ground hallowed by the American blood spilled there, and it cannot be moved," said the letter from 253 scholars and others.

Wal-Mart and its supporters point out that the 138,000-square-foot store would be right behind a bank and a small strip mall, a full mile from entrance to the site of the 1864 clash that left thousands dead and hastened the war's end.

Local leaders also want the \$500,000 in tax revenue they estimate the big box store will generate for rural Orange County, a gradually growing area about 60 miles southwest of Washington.

"In these economic times, the fact that Wal-Mart wants to come into the county is an economic plus," said R. Mark Johnson, a



AP Photo / The Washington Post, Tracy A Woodward

Expansion opposition: A view from the Salem Church Battlefield is seen Dec. 10, 2008 in Fredericksburg, Va. Wal-Mart wants to build a Supercenter within a cannonshot of where Robert E. Lee and Ulysses S. Grant first fought, a proposal that has preservationists rallying to protect the key Civil War site.

tire shop owner and chairman of the county's board of supervisors. "This is hardly pristine wilderness we're talking about."

Grant's Union troops were headed to Richmond on May 4, 1864, when they confronted Lee's Confederate Army of Northern Virginia. The Battle of the Wilderness involved more than 100,000 Union troops and 61,000

Confederates. The fighting, according to National Park Service estimates, left more than 4,000 dead and 20,000 wounded.

Some 2,700 acres of the Wilderness Battlefield are protected as part of the Fredericksburg and Spotsylvania National Military Park.

Preservationists regularly square off against developers in Virginia, where much of the Civil War was fought.

This dispute, however, has stirred an outcry similar to the one in 1994 over The Walt Disney Co.'s plans to build a \$650 million theme park within miles of the Manassas Battlefield. The entertainment giant bowed to

public pressure and abandoned the project.

Bentonville, Ark.-based Wal-Mart, which opened nearly 200 stores in the U.S. in 2007, said it studied a lengthy list of sites in Orange County before settling on the spot near the battlefield and its gentle hills dissected by neat footpaths.

"We recognize the significance of the Wilderness Battlefield, but we are not building on the battlefield," said Keith Morris, a spokesman for the world's largest retailer.

Preservationists argue the store site is still significant because it was used as a staging area by Union troops.

"Is it blood-soaked ground? No, but it is a part of the battlefield," said Jim Campi, a spokesman for the Civil War Preservation Trust.

Supervisors will have the final say, after county planners decide if the retailer should be granted a zoning variance. Hearings likely will be scheduled in February and March.

Supervisor Teri Pace said there are "more appropriate places" in the county for Wal-Mart to build. She envisions an economic development plan that taps the county's history — including President James Madison's, restored home, Montpelier — and its agricultural heritage.

"The Wilderness is an indelible part of our history, its very ground hallowed by the American blood spilled there, and it cannot be moved."

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EDITORIAL

An Adderall aid

As 'study drugs' are becoming more and more popular, one such drug, Adderall, gains popularity among Grand Valley State University students who turn to the drug for academic assistance.

Adderall, a stimulant prescribed to ADHD patients to help with focus and concentration, is now being used by many college students across the U.S. to enhance studying and test-taking abilities. But while Adderall is a medication that can only be retrieved through a doctor's prescription, some students are finding easier and cheaper means to obtain the drug.

During the Lanthorn's investigation into Adderall use, some students openly admitted to using the drug for academic use, while others blatantly said they were using Adderall illegally.

Students have stated they have either given or received Adderall free of charge, or have lied to a doctor about lack of focus to retrieve a prescription. It is easily obtainable no matter what venue is used, but that still doesn't make it right.

Adderall is considered an addictive drug with side effects that range from high blood pressure to anxiety and weight loss. Although it has been proven to enhance focus and concentration, which is something many students find themselves lacking at times, the effects of taking the drug are more severe. It's difficult to not stress about final exams, papers and projects, but no grade is worth sacrificing the health of the body to academically perform better.

An 81 percent increase in the abuse of prescription drugs from 1992 to 2003, according to a study by the Center on Addiction and Substance Abuse at Columbia University, is too high, and Adderall abuse is a contributor.

The consequences of illegally using Adderall include serving one year in prison, or even up to seven years in prison if selling or distributing occurs. However, taking Adderall to enhance academic performance is also an unfair advantage that puts students who do not use "study drugs" behind. Steroids are prohibited in all athletics, and "study drugs" should be treated the same in regards to academic purposes.

It may be difficult to determine if Adderall really affects a student's performance, and some may say students could have done just as well without taking the drug, but the fact students use Adderall to get ahead is saddening.

What happened to students who study so hard they earn an A on the test? And how can doing well on a test really feel if the student doesn't know if the drug is to blame?

College students today are faced with so much more than classes. Students are faced with the reality of working full time, engaging in extracurricular activities or even raising children. Sometimes focus and concentration can be hard to come by; but a good grade should come from each individual person and their potential to do well rather than from the drug he or she popped before class.

Grand Valley Lanthorn

The student-run newspaper of Grand Valley State University

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Valley Vote

Is the holiday season hurt by being too politically correct?

Yes: 68.52% **No: 31.48%**

This week's question:

Is it OK for students to use Adderall for academic enhancement?



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GVL OPINION POLICY

The ultimate goal of the Grand Valley Lanthorn opinion page is to stimulate discussion and action on topics of interest to the Grand Valley Community.

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

The Grand Valley Lanthorn welcomes reader viewpoints and offers three vehicles of expression for reader opinions: letters to the editor, guest columns and phone responses.

Letters must include the author's name and be accompanied by current picture identification if dropped off in person. Letters will be checked by an employee of the Grand Valley Lanthorn.

Letters appear as space permits each

issue. The limit for letter length is one page, single spaced.

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

All letters must be typed.

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

The name of the author may be withheld for compelling reasons.

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

EDITORIAL CARTOON



GVL / Jacob Bowen

YOUR INSIGHTS

Should drugs, such as Adderall, be permitted for use in academics?



"I feel it helps people focus a lot better. But, I don't feel it's helping them any more or any less than any other student."

Meghan Huber
Junior
Movement Science
Lansing, Mich.



"It would be useful because everyone has like a 6 second attention span. But I don't really condone the use of any drugs."

Gabby Baudendistel
Freshman
Geology
South Range, Mich.



"I would only condone Adderall use if it is doctor prescribed. I don't think it should be taken without being prescribed."

Neil Kaufman
Junior
Writing
Grand Rapids, Mich.



"I think yes. If you're doing that to yourself than you're going to hurt yourself in the long run anyway."

Leighton Kyle
Freshman
Engineering
Muskegon, Mich.



"I say no, because you are not depending on yourself. You are depending on a drug to do well."

James Start
Freshman
Pre-Health Science
Muskegon, Mich.

GVL STUDENT OPINION

Come together, right now



Greg M. Schumaker
GVL Columnist

It's time to start taking The Beatles seriously. No, we're not all going to live in a yellow submarine. We won't shudder in horror at the violence described in "Maxwell's Silver Hammer." And while we all can sing "All You Need Is Love" from the heart, there's one thing we've all forgotten to do the Fab Four demanded of us in the '60s: Come together.

During winter break I learned two bits of good news. The first is there are now prominent scholarships for LGBT students: The West Shore Award and the Grand Valley State University LGBT scholarships. This surprised me because for the longest

time, I thought being gay meant we simply have fancier bars. Four years ago when I was a frightened freshman, I didn't know of a single scholarship for LGBT people and even whined about this to my friends.

"I'm a minority, why isn't there a scholarship for gay people?" I said.

Done. Too late for me, but all you youngsters can buy my best-seller someday to help me pay off my student loans.

The second delightful news was that Colette Beighley has been hired as GVSU's LGBT Resource Center's full-time administrator. This is fine for me because she's my friend on Facebook and this networked connection ups my importance. Also, it's great for GVSU's already successful LGBT Resource Center.

I read this news in The Grand Rapids Press. The newspaper that endorsed Mitt

Romney. You can save the lectures about unbiased news — I've seen FOX News on YouTube. I'm filing this one under "miracle." Looking for a good time? Check out the reader comments on the article's Web site.

This is my favorite: "The leaders of GVSU are quite intent on pushing their wrong-headed social agenda." Yes, that old agenda of education, tolerance and moving past the days of lynch mobs. All young whippersnappers are at it again!

While drowning in free time I had a chance to read Fareed Zakaria's "The Post-American World." It came out last May and in it he doesn't declare America is crashing down (despite Sarah Palin), but other countries — especially India and China — in the world are getting larger, richer and more powerful. He concludes we must deal

with this shift; to survive on our shrinking planet, we must remain "inviting and exciting."

Denying people civil liberties would be the wrong direction.

I was reading Zakaria's book when the news broke that Rick Warren would be speaking at the inauguration. Go to any political blog and you'll change your mind seven times on the subject.

But our new president's idea behind this choice is simple. We need to get together. Because there's a place on the other side of the globe right now where people have let their disagreements get the best of them. Innocent kids are dying.

They are dying in the U.S. as well, not from bombs, but from ignorance. When we come together, we might just finally learn. Happy New Year.

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Move over racism, there's a new prejudice in town



Nicole E. Avery
GVL Columnist

During this holiday break I called a friend who lived in one of the suburbs near my hometown. It's a relatively well-off area with few middle-class residents and almost none who identify as the lower-class or impoverished people. We were going to meet up and hang out, but when I mentioned where I lived she refused to get me because she wasn't about to be white and in the "ghetto." I could hear her family gawking and laughing in the background while she giggled to herself on the phone and made slights about how poor my family was, and how she couldn't travel into a bad

neighborhood at night because she didn't want to get shot up.

Trying not to get too offended by her ignorance, I told her I actually lived in a pretty decent neighborhood and never had any serious problems that I could remember. Her response was to giggle, laugh some more and then say, "Well of course it's OK for you. You're half Black."

Ironically, I really didn't live in a bad neighborhood, but even when I tried to say that, she didn't believe me and continued to make fun of me.

It seems the only people who obsessively fear the "hood" could use a brush-up course in manners. I'd always been raised to believe respect is a universal language.

I do not understand why people with a deluded

perception of their own greatness think they have the right to look down on someone who has worked for every last thing they have.

This classmate sat there and ridiculed my family because we didn't have all the things her family had. Many people make comments that the people who are in poverty have financial problems because they're lazy and do not make an effort to pull themselves back up. I come from a town with a lot of lower, working-class families, and I can tell you if there is one thing the majority of them are, it is not lazy.

Even though my family never had a lot of money, we always had a clean house and food on the table; not to mention I felt loved growing up. Isn't that what really

matters?

There is a growing aversion to people in our society who are less fortunate. It's almost as if we think poverty is a sickness that can be spread or caught like a virus. Where did this attitude come from? It's not the mindset I was brought up with, but then perhaps that's because my family was the less fortunate.

Even so, with so many Americans claiming to be Christians, you would think this would not be their attitude because it certainly isn't what Jesus would do.

Making fun of someone else's hard times will never be funny to me. That's just not me, and frankly it shouldn't be the mindset of anyone else either.

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Ways to get involved this semester

The Women's Center

The center values activism and advocacy among other core principles. The Women's Center is located in Room 1201 in Kirkhof Center. Phone: (616) 331-2748 womenctr@gvsu.edu To learn more, visit http://www.gvsu.edu/women_cen.



Community Service Learning Center

The Community Service Learning Center is open Monday, Tuesday, Thursday and Friday from 10 a.m. to 6 p.m. and Wednesdays from 10 a.m. to 8 p.m. The CSLC is located in Room 110 B in the Kirkhof Center. The center helps students, staff and faculty to create and find service opportunities in the community, network with local non-profit agencies, and support faculty with academic service-learning needs, according to the Web site. Phone: (616) 331-2468 service@gvsu.edu To learn more visit <http://www.gvsu.edu/service>.

Intramurals

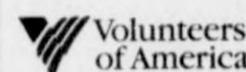
Play your favorite sport or join a new team as a rookie. To learn more visit <http://www.gvsu.edu/rec>.

Student Organizations

Choose from the many student organizations from academic to athletic at <http://www.gvsu.edu/studentlife/stuey/home>. If there are no clubs that interest students, they can go through the process of creating and registering their own official student group.

Volunteers of America

Volunteers of America serves more than 2 million people each year including at risk youth, the elderly, men and women returning from prison, homeless individuals and families, people with disabilities and those recovering from addictions, according to their Web site. To learn more visit <http://www.vo.org/>



Sleep schedule key to successful semester

Sleep Foundation recommends students keep regular sleep schedule to ensure healthy lifestyle, classroom success

By Lauren Sibula
GVL Laker Life Editor

Hours of endless studying, a healthy diet and a rigorous exercise schedule are key to having a successful semester of college.

However, the best way to ensure a healthy lifestyle and to excel in the classroom is to get an adequate amount of sleep.

College students are notorious for excessive sleeping and having strange sleep hours. By setting a strict sleep schedule and sticking to it, the life of any student can be greatly enhanced. The Lanthorn offers the following tips to a healthy sleep schedule.

Maintain a regular bed and wake time schedule

Our sleep-wake cycle is regulated by a "circadian clock" in our brain and the body's need to balance both sleep and wake time. A regular wake time in the morning strengthens the circadian function, and can help with sleep onset at night, according to <http://www.sleepfoundation.org>.

With work, class and a social life, Grand Valley State University students may struggle with maintaining a consistent sleep schedule. Students who vary their sleep hours every night may face severe health issues in the future, such as depression and heart disease, according to <http://www.sleepfoundation.org>. Even though the weekends are often used as a time for students to sleep in and take a break from their hectic weeks, it is recommended to wake up and go to bed at the same time to be consistent with a weekly sleep schedule.

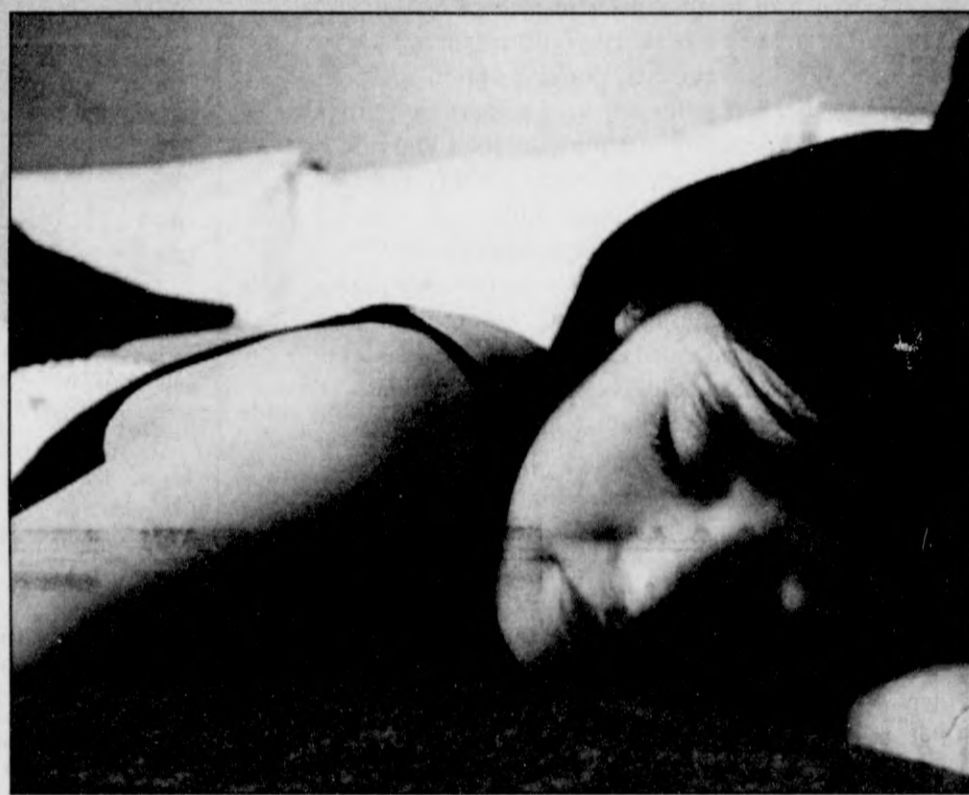
Have a comfortable bed

It is common knowledge dorm mattresses are not the most comfortable beds in the world. And with every student on a budget, hand-me-down mattresses from family are common. The life expectancy of a mattress is nine to 10 years, according to <http://www.sleepfoundation.org>. Sleeping on a rickety, uncomfortable mattress will not provide a chance for students to catch up on much

needed zzz's. Foam mattress pads and comfortable pillows that support every individual's sleeping position can be purchased at stores such as Target and Meijer.

Establish a relaxing bedtime routine

In the life of GVSU students, it is not uncommon to watch a TV show, check Facebook profiles or cram in a homework assignment before bed. To ensure a solid night of sleep, it is important to establish a relaxing activity that calms and sends the body messages that it is time to unwind. According to <http://www.sleepfoundation.org>, nightly routines should be conducted away from bright lights because they cause excitement, stress or anxiety, which can make it difficult to fall asleep. Many students sleep with their televisions on all night, or keep their computers on. The lights from these apparatuses make it difficult for people to get a deep sleep or remain asleep. Relaxing routines depend on the needs of the individual, but some helpful methods could be soaking in a bath or



Courtesy Photo / www.readersdigest.com

Sleep schedule: Students are encouraged to keep to a regular sleep schedule to aid healthy living and academic success. The Sleep Foundation Web site gives numerous tips for students and others to improve their sleeping habits.

learning relaxation therapy.

Use your bedroom for sleep only

Many people make the mistake of making their bedrooms an all-purpose

room. However, students in particular set themselves up for problems when they watch TV, study and sleep in the same spot. By using your bed solely for sleep, students can strengthen their body's association

between sleep and the bed. The Sleep Foundation Web site recommends avoiding items or activities that make students anxious before bed, for they often disrupt the pre-sleep schedule.

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Ten ways to save big this semester

* Tips compiled by Lauren Sibula, GVL Laker Life Editor

1. Make your own coffee

Instead of running to Java City every morning before class, use your own coffee maker. The pricey café coffees and drinks will empty a wallet very quickly. Instead, buy a large can of coffee and brew your own every morning.



2. Ride the Rapid

Grand Valley State University students are lucky to have a free busing system around campus and the city of Grand Rapids. The price is rolled into tuition, so students can save by not purchasing parking passes and instead utilizing the bus service. For students who need to drive a portion of the way to campus, the park and ride services can be utilized and will keep your gas tank fuller, longer.



3. Do not eat out

After a long day of classes, meetings and working, many students find they are too exhausted to cook a decent meal. A common option is to buy fast food, where meals cost an average of \$5. Instead, choose one day a week to cook meals that will last you throughout the week. This way you are dedicating one day to cooking and can heat your meals up the rest of the week.

4. Buy in bulk and split with roommates.

Grab a group of friends and borrow your parent's Costco or Sam's Club card. If you make a trip with several friends, you can buy bulk items and split the cost. You may end up with three sticks of deodorant to store in your apartment or dorm, but you will not have to shop as often (which will save on gas) and you will avoid the drug store prices.

5. Save leftovers

For those who do eat out, make sure you grab a box from your waitress and bring your leftovers home. You have already paid for the meal, so make sure to ease up on your wallet by finishing the meal later that night or saving it for the next day.

6. Keep the thermostat down

Students living in dorms can turn their thermostats down and help GVSU's sustainability efforts, and students living in apartments can save big on their energy bills. Many people can live comfortably in the winter by keeping the thermostat turned down to 68 degrees and wearing a sweater. You will see your energy bill decrease significantly, especially if the heat in your pad does not fluctuate - keep it at the same temperature consistently.

7. Unplug electronics

Many people do not know when items such as coffee pots, toasters and phone chargers are left plugged in, even when they are not in use, run up the electricity bill. To save a few bucks, keep your appliances and other electronics unplugged when they are not in use.



8. Save your cans and cash them in

You have already paid the 10 cent deposit when you purchased your 12-pack of Coca-Cola, so make sure you redeem that money and cash in your cans at the supermarket. If you collect the cans left at your house after a party, you can capitalize on other people's deposits as well.

9. Buy used books

There is basically no point in purchasing brand new books when you can find books gently used for much cheaper. By purchasing used books at the University Bookstore or Brian's Books, students can save lots of cash. Students can save even more, though, by utilizing Web sites such as <http://www.p2pspot.com/> or <http://www.amazon.com/>.

Page design by
Joey Salamon

GVL DIGEST Sports in Brief

Former Laker coach delivers Big East title

When he took the head coaching position at Cincinnati in 2006, former Grand Valley State University football coach Brian Kelly made a promise to the team they would win the Big East and reach a BCS game in his tenure. Cincinnati (11-3) did just that before falling to Virginia Tech 20-7 in the Orange Bowl last Thursday.

Kelly's resume includes two national titles with GVSU, a Mid-American Conference title with Central Michigan and now a Big East title.

Four GVSU athletes honored for fall 2008

The GLIAC announced last week four GVSU student-athletes have earned the fall 2008 GLIAC Commissioner's Award.

Alex Gilde (football), Chris Hammer (cross country), Natalja Stanski (soccer) and Katy Tafler (soccer) won the award for their performance both on the field and in the classroom.

For Hammer and Tafler, it was the second consecutive year to have earned the award.

GVSU top in Division II

The Lakers still lead the NCAA Division II Directors' Cup standings, despite not winning a national championship during the fall season.

GVSU finished in the top 10 of the five championships they qualified for — women's cross country (second), women's volleyball (third), men's cross country (fifth), football (fifth) and women's soccer (ninth).

Men deliver with break at stake

Basketball dribbles past Marygrove College 116-51 to win extra days to relax during GVSU winter break

By Matt Kuzawa
GVL Sports Editor

Following two disappointing losses and a short winter break, the men's basketball team appears to be back on track with back-to-back victories at home.

While most Grand Valley State University students went home for the break, the basketball players did not have a chance to rest until a week after final exams.

"I don't know if people quite appreciate what college basketball players go through," said GVSU head coach Ric Wesley. "It's not unusual to miss Thanksgiving break, most of Christmas break and toward post-season play (to) miss spring break. As a normal student you live for those opportunities to get away."

The Lakers (8-2, 3-2) began the break with a 68-47 loss to No. 1-ranked University of Findlay on their home court, before bouncing back with a 71-49 win over Hillsdale and a 116-51 trouncing of Marygrove.

Wesley said the lengths of holiday breaks in basketball are usually dependent on how well the team is playing.

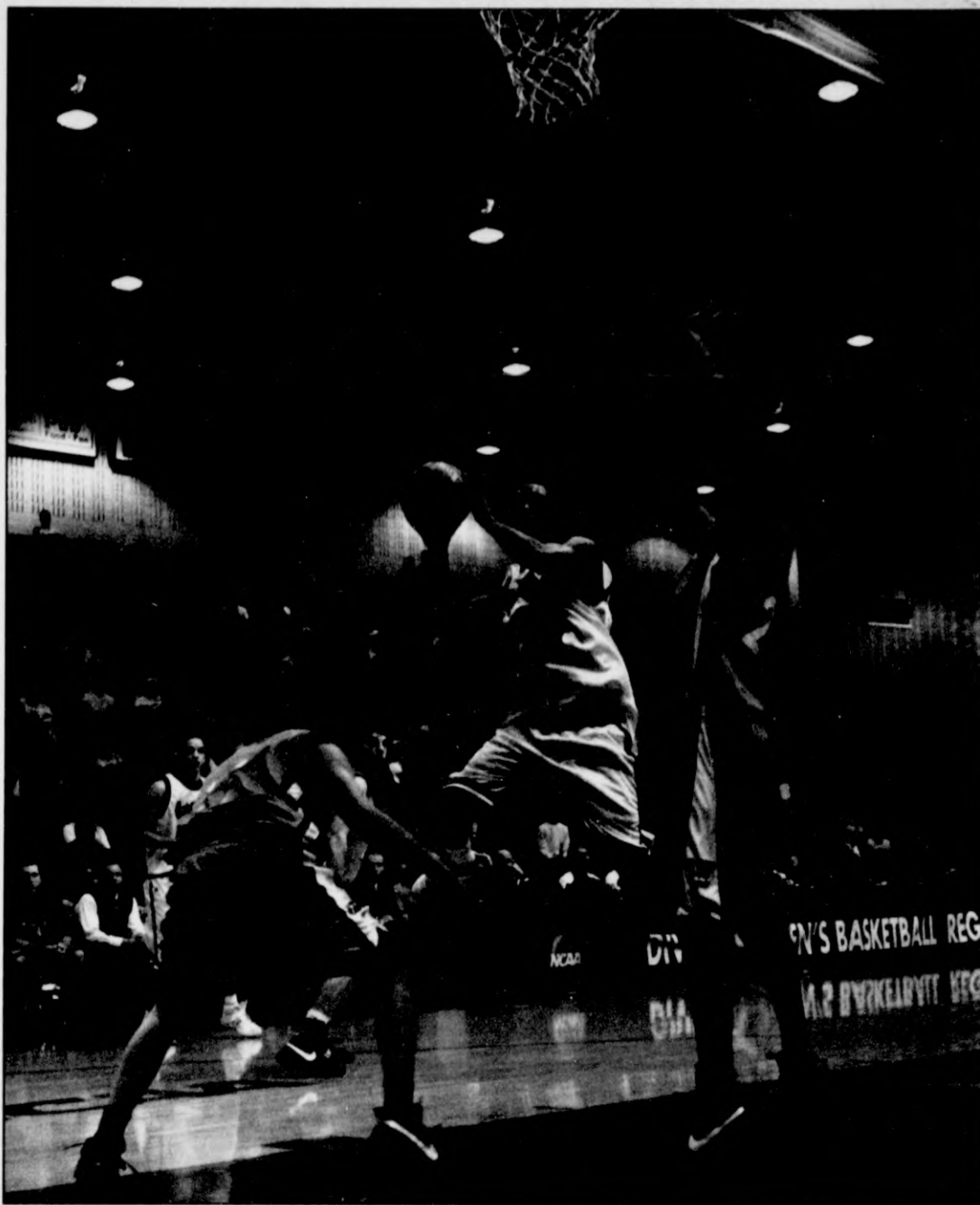
"As a coach we certainly have the option of making the team practice more days," he said. "It's easier to take some time off when you feel like you've played a little better. If we don't play well, with a three game losing streak, our break may very well be pretty short. I'm sure there was some motivation in there for all of us."

After the disappointing defeat, Wesley challenged his players to step up and gave them a chance for a longer break based on how they played in their next two games.

"The things we were playing for against Hillsdale and Marygrove were freedom," said sophomore center Anthony Ianni. "We knew if we didn't play well, then we weren't going anywhere. We were playing for our break. We were playing with that motivation, and the will to get back on track."

Ianni credits Wesley for the team being able to respond to the two losses with two victories.

"We went through basically a hell week of practice," he said. "The practices before the Hillsdale



Jump shot: L.J. Kilgore finds his way through two defenders to add two points to the GVSU scoreboard in a past game. GVL Archive / Matt Butterfield



Bouncing: The men's basketball team improved their record to 8-2 with a 116-51 win against Marygrove College during the winter break. Winning meant the team could take a longer break. GVL Archive / Becky Reaver

game were the most intense we've had all year. He challenged us to step up to the plate and see how we do. We answered his challenge."

Sophomore guard K'Len Morris said the team was more disappointed because they knew they could have played better than they did.

"We felt like we let another team come into our gym and walk all over us," he said. "As a good team you never want that to happen. The loss definitely showed us what we need to do to be one of the top teams in the country. It was a tough loss but at the same time it was a great lesson for us."

In the Lakers' final game during winter break, the team shot 60 percent from the field in a 65 point rout of Marygrove, 116-51. Six GVSU players scored in

double figures and multiple players had career high games.

"We expected it," Morris said. "We knew that if we came out, played hard and followed our game plan that would be the outcome. We're a confident team. We know what we have and we know what we're capable of."

Wesley said the team knew Marygrove probably was not at the level of most teams in the GLIAC.

"It was more about us, and coming out and playing well," he said. "A number of guys had good minutes and solid contributions. And we needed a game like that to help boost our confidence, especially with the relatively young team that we have."

"The things we were playing for ... were freedom. We knew if we didn't play well, then we weren't going anywhere."

ANTHONY IANNI
GVSU SOPHOMORE

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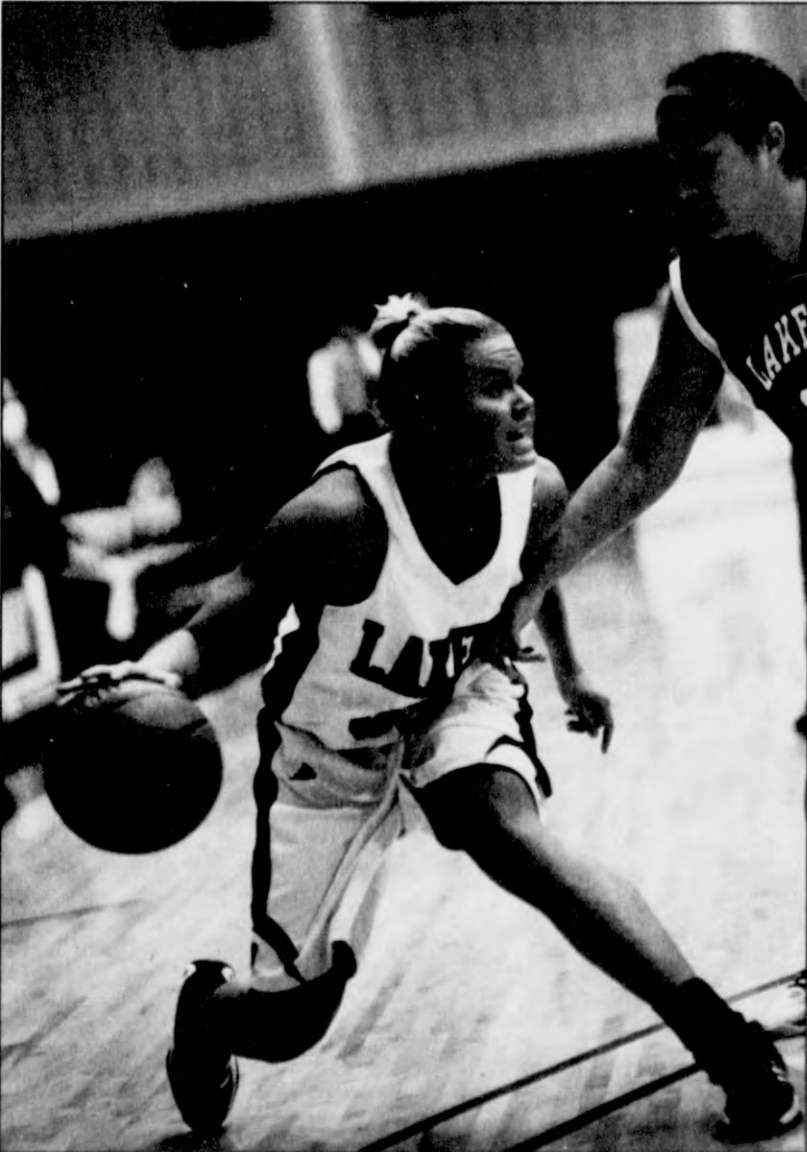
GLIAC Standings

Men's Basketball	Conf.	Ovr.
North Division		
Lake Superior St.	4-2	7-4
Grand Valley St.	3-2	8-2
Northern Michigan	3-3	8-3
Michigan Tech	3-3	6-5
Ferris St.	2-3	3-6
Saginaw Valley	1-5	1-9
South Division		
Findlay	6-0	10-0
Northwood	4-2	8-3
Ashland	4-2	6-4
Hillsdale	3-3	5-5
Wayne St.	2-4	4-6
Tiffin	0-6	1-10

Women's Basketball	Conf.	Ovr.
North Division		
Michigan Tech	6-0	9-2
Grand Valley St.	4-1	8-2
Lake Superior St.	2-4	9-5
Ferris St.	1-4	3-6
Northern Michigan	1-5	6-5
Saginaw Valley	0-6	1-10
South Division		
Hillsdale	6-0	10-0
Ashland	4-2	8-3
Northwood	4-2	6-4
Findlay	3-3	5-5
Tiffin	2-4	4-6
Wayne St.	0-6	1-10

Courtesy www.gliac.org

Women's basketball thrives despite inexperience



Intense concentration: Well-executed plays and a strict defense resulted in a 84-39 win for GVSU during Tuesday night's game against Marygrove College. The Lakers face SVSU Saturday. GVL Archive / Becky Reaver

Laker women sweep Marygrove College Tuesday night 84-39, move on to face SVSU on Saturday

By Emanuel Johnson
GVL Staff Writer

While most of the student population had already left for winter break, the Grand Valley State University women's basketball team stayed behind to continue its path toward the postseason.

Tallying a fifth straight victory over Marygrove College last week, the team pushed its record to 8-2 in the season and 5-1 in GLIAC play. Three of its past four opponents (Ashland University, University of Findlay and Hillsdale College) were previously undefeated.

GVSU head coach Janel Burgess attributes the team's success to the embracing of a mentality the team has played with since the beginning of the season.

"Our attitude hasn't changed since the beginning of the season," she said. "We're just continuing to get better. We're playing hard and learning new things about ourselves every time we hit the court."

Burgess cited the game against Hillsdale as specific evidence of the team's overall growth and maturity.

"You could see it in their eyes," she said. "They had that we're-not-going-to-give-in look in their eyes. Even when things got tight, they continued to execute and hit key free throws. They're really embracing that they need to finish possessions off with a bucket."

In the game against Marygrove College, no Laker played more than 20 minutes en route to an 84-39 blowout victory.

"It's all a growing process," Burgess said. "These young ladies know they've got to perform every single minute. I

think the greatest thing is that you're seeing them continue to do it as a unit — there's no great superstar because it's a complete team effort."

The players themselves feel more comfortable settling into a groove with their teammates, said freshman guard Emma Veach.

"We've improved a lot," she said. "We're feeling pretty good about how we're playing together. Hopefully we can take this all the way to a GLIAC Championship."

What is lost in all of this success is the team's youth. The Lakers were able to knock off three straight proven veteran teams with a Laker team comprised of eight freshmen, three sophomores, three juniors and only one senior.

"It definitely gives these kids some gratification after working hard for four months," Burgess said. "There's so much more left for the season and so much more that we could do better as a unit. But it's so good for us to have this success as we head deeper into the schedule."

But, as senior forward Kim Wyngaard said, the team is focused on avoiding contentment and instead on improving with every game.

"It's a mentality," she said. "If we play together and play hard, then good things will happen for us. It's a long season, and we want to be able to keep up our success through the break."

The team's next competition is against rival Saginaw Valley State University on Saturday. The Lakers will not have another home game until Jan. 15, when they take on Ashland University for the second time this season.

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Ice fight: GVSU player Scott Rood advances down the ice as CMU tries to keep up in the game at 52 Arena in Kalamazoo, Mich. on Saturday. GVSU lost in overtime 4-5.

Hockey pushes for nationals

Following a long winter break, ice hockey to face MSU, U of M this weekend

By Jared Greenleaf
GVL Staff Writer

With an 11-5 record in the first half of the season, Grand Valley State University men's hockey coach Denny McLean gave his team a long break. A break in which he wanted his players to focus not just on hockey, but on life itself.

"It was a very good half of hockey," he said. "I thought it was necessary to give the players a long break. We needed it to rekindle our spirit and focus."

"When the Lakers returned to practice on New Year's Eve they began to work on fundamental skills, such as skating and passing. The powerplay is another key aspect the team looks to improve upon."

"The percentage (on the powerplay) for the first 16 games was around 19 percent," McLean said. "I would like to get it up to 25 percent. That means we will be generating better offense with that kind of percentage."

He also added team defense is another key to success for the team in the second half of the season, moving toward postseason play.

"We are very defensive-minded," McLean said. "So it's important for execution on the penalty kill, as well as our goaltending."

One player who was not able to practice with the team during break was junior goaltender Grant Lyon, who traveled to his hometown of Phoenix, Ariz.

"While I was back home I skated every morning and worked with my former goalie coach," Lyon said.

During the holidays, McLean made a key addition to his staff, bringing in former Florida Gulf Coast University head coach and Mount Pleasant, Mich. native, Alex Weisenberger. McLean said he is very excited to have Weisenberger on his staff and believes he is a bonus.

"Weisenberger is really passionate about the sport and he will be a challenge for the guys," he said. "I believe the players will really adapt to him because he has a great knowledge of the game and he's a player's coach."

Heading into 2009, the Lakers look to improve in the GMHL standings, where they currently sit third, behind Miami University and first-place Davenport University.

"We have some big tournaments coming up, but the most important tournament for us to make is the GMHL playoffs," said senior forward Nate Morang. "We really want to make a push toward nationals and if we want to do that, we know we have to be ready because every game is crucial."

The Lakers will have to make their push for nationals without a couple of key players

— sophomore defenseman Brian Dunn and sophomore goaltender Josh La Vigne. Both suffered injuries.

Team unity may be the most important asset if the Lakers are to make it to Van Andel Arena, where the national tournament will be held, Lyon said.

The team will host Michigan State University on Friday, followed by the University of Michigan on Saturday.

Both games will be played at Georgetown Ice Arena.

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Hockey Slideshow: Visit Lanthorn.com for a slideshow



Puck chase: GVSU player Danny Thomas chases the puck in the game against CMU at 52 Arena Saturday.

Tafler to receive one of eight NCAA Top VIII Award

By Matt Kuzawa
GVL Sports Editor

Despite earning numerous awards during her four-year soccer career at Grand Valley State University, senior Katy Tafler said this one tops them all.

Tafler was selected as one of eight outstanding student-athletes in the nation for the 2009 NCAA Top VIII Award, based on athletic success, academic achievement and community service.

While finishing her career as the GVSU and GLIAC point leader, ranking third in Division II in goals (114) and points (269), Tafler was also a two-time Division II Player of the Year and three-time All-American.

Tafler said this award means a lot to her because it is more than just athletics, recognizing the other things she has worked hard on, which is a big part of her life.

"The All-American stuff is awesome, but that's all for what I've done in soccer and on the field," she said.

"This one was mostly athletic as well but it encompasses a lot of volunteering and my work academically as well. It encompasses me as a person, and not just me as an athlete."

Tafler is GVSU's first-ever Top VIII recipient. The award will be presented at the NCAA Honors Celebration at the Newseum, The Interactive Museum of News in downtown Washington, D.C. on Jan. 15.

"Katy Tafler is very deserving of the NCAA Top VIII Award, which is one of the most prestigious awards given by the NCAA," said GVSU Athletic Director Tim Selgo on the Athletics Web site. "Katy committed herself to being the best student-athlete she could be and is very deserving of this award for her performance in the

classroom as well as one the soccer field. She has been an outstanding representative of Grand Valley State and Laker Athletics."

She is just the fourth student-athlete from the GLIAC, and the 10th from a Michigan college to be awarded one of the NCAA's most sought-after awards.

"There have been so many great athletes that have come through (GVSU)," Tafler said. "A lot of them have won national championships and done things I haven't done. So for me to win it, with what I've done, is really cool."

In a report from the Athletic Web site, GVSU head coach Dave Dilanni said Tafler has never settled for having an average work ethic, and in most cases she has exceeded their expectations.

"Katy has had the drive and determination from the beginning of her career to be the best she could possibly be," he said. "Katy has been a leader for our team both on and off the field and puts her academics as a top priority."

She understands and craves the opportunity to learn and make the most of what she has been given."

Even though she recognizes it is an individual award, Tafler gives some credit to her team and GVSU.

"I wouldn't have the stats and all the records if I didn't have the team around me," she said. "I never would have been able to do it without a strong team behind me, and an athletic program as a whole. I never would have done it if I hadn't gone to Grand Valley."

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Tafler

"(This award) encompasses a lot of volunteering and my work academically ... It encompasses me as a person, and not just me as an athlete."

KATY TAFLER
GVSU SENIOR

Football team suffers, looks to address recent arrests of key student players

Football players Chris Huley, James Berezik may face jail time for charges

By Grant Wieman
GVL Staff Writer

Legal trouble has marred an already disappointing offseason for the Grand Valley State University football team as two players were arrested and charged with felonies.

Of the two players, sophomore Chris Huley faces a much more serious charge. The starting cornerback is being charged with first-degree home invasion after he broke into an apartment in Hillcrest in the early morning of Dec. 12, 2008. Huley, 20, has been suspended indefinitely from all football activities, and faces a maximum sentence of 20 years in prison.

"We are surprised and deeply disappointed in the reports that we received," said Tim Nott, GVSU director of media relations, in a statement. "Behavior of this nature is not acceptable, does not reflect the values of our football program, and will not be tolerated at Grand

Valley State."

Huley was arrested without incident and no injuries were reported.

In a separate incident, starting running back Jimmy Berezik was suspended from the team and missed the quarterfinal loss to Minnesota-Duluth after an arrest on Nov. 22, 2008 on charges of misdemeanor minor in possession of alcohol and felonious assault of a police officer.

Berezik, 19, plead not guilty in district court and will have a pretrial at the 20th Circuit Court in Grand Haven, Mich. later this month.

"This is a situation which is troublesome to Jim and his family," said the sophomore's attorney, Bill McDonald. "He's trying to turn a bad situation into a good one;

maybe make it into a learning experience."

GVSU head coach Chuck Martin said he expects the student-athletes to grow from the experience.

"They're going to have to answer the bell," he said. "Not only legally, but they're going to have to answer the bell within our football program. We're going to try to learn from it, and hopefully the kid learns from it and hopefully becomes a better person because of it."

Martin said despite the recent news, he is proud of his team's character and will continue his commitment to recruiting kids with a high ability to play football and high character.

"I'm very happy with the character of our football team," he said. "That doesn't mean we have 110 kids that don't make mistakes. In my opinion we've won all these football games because of the character of our kids."

Junior defensive lineman Alex Gilde was recently named a recipient of the fall 2008 GLIAC Commissioner's Award, given to athletes who excel both in the classroom and on the field of play. Gilde, who holds a 3.95 GPA, will forgo his senior season to enter medical school.

"He's one of many of our great kids who doesn't get much publicity," Martin said.

Gilde started eight games and was also named honorable mention All-GLIAC in 2008.

"If you want to dig in our

program, dig in our program," Martin said. "We work our tails off to here to try to recruit great kids; to try to do the right thing."

The football team will meet today to discuss the expectations and responsibilities of playing for

GVSU.

"If you want to part of our program you'd better be making some really good decisions," Martin said. "The coaching staff is on the warpath."

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Influx of youth prepares track team for years to come

By Emanuel Johnson
GVL Staff Writer

With the cross country season complete, Grand Valley State University head coach Jerry Baltes can now concentrate the majority of his attention toward the upcoming track season.

Unlike cross country, the head track and field coaching position involves organizing a number of different events in a collaborative effort to earn a victory in team points. Baltes brings several experienced athletes from his cross country teams over to the spring season to help with the distance events, but said they make up only a small portion of the team.

"We're actually pretty young on both the male and female sides," he said. "We should be in a great position to do some pretty big things in the next couple of years."

Baltes, however, stressed he did not believe the team's youth would inhibit their performance in the upcoming season.

"We try not to think about ourselves as rebuilding," he said. "We just try to take the talent that we have and compete at high levels of play. I think our women have a shot at taking the top couple of spots at the national championships, and if the men keep on rockin' and rollin' then they'll be in the top four or five at the national meet."

The team got a chance to test its collective potential in the GVSU Holiday Open three weeks ago. Though unscored, the meet set a school record for largest meet

with more than 1,100 people in attendance.

The men demonstrated their strength in the jumping events. Junior Nate Miller took home the gold in the high jump event with a leap of 6 feet and 8.75 inches. In the long jump event junior Ryan Rademacher came in second place with a jump of 23 feet and 1.25 inches, 2 inches behind first place Jared Krout of Hillsdale College.

The women's side produced promising results in pole vaulting as GVSU senior Dianna Noonan won the event and set a new school record with a vault of 12 feet and 11.5 inches. In the racing events junior Katherine McCarthy (1600m), senior Stephanie Ostrenga (800m) and junior Candice Wheat (60m hurdles) each won their respective events.

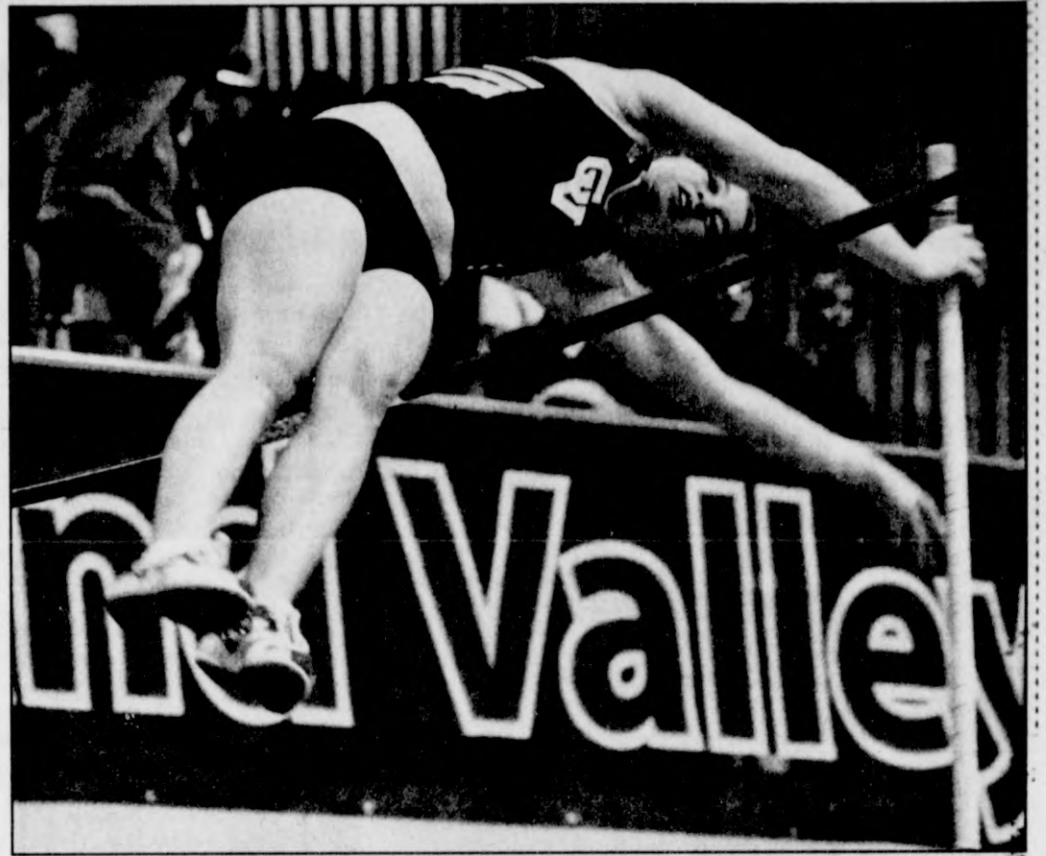
"I feel like we've got a lot of talent across the board," said senior distance runner Kelly Gibbons. "From what I've seen, every event group looks pretty strong, and we have a strong group of incoming freshmen."

Baltes said he was pleased by what he saw at the event.

"It went pretty well," he said. "It showed me we have a lot of talent that should produce big results. Now we just need to make sure that we take care of business on the track. We're pretty excited to get things rolling along now."

GVSU will host the Laker Early Bird meet on Thursday and Friday this week.

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Brush over: Senior Dianna Noonan pole vaults over a bar in a past meet. Noonan set a new Grand Valley State University record in the pole vault with 12 feet and 11.5 inches during the GVSU Holiday Open.

Swimmers, divers train under Florida sun

Laker men's, women's swim, dive teams return from training in south to face GLIAC power Wayne State on Friday

By Grant Wieman
GVL Staff Writer

After impressive victories at the Wheaton Invitational, the Grand Valley State University swimmers deserved a break. Along with the divers, the men's and women's teams traveled to Florida for a week of training in the sun.

And all the hard work will be put to the test Friday night when the Lakers face GLIAC power and top-ranked Wayne State University.

Senior Jenna Thayer said the trip gave the swimmers an opportunity to refocus on their goals as they move forward.

"Everyone's attitude is a lot more positive and ready to work hard," she said. "It's a lot nicer swimming outside, it changed our perspective."

The team practiced outdoors in a 50-meter pool, which differs from the 25-yard pool they compete in during the season. This gave the swimmers a chance to focus more on conditioning on their stroke-technique, said GVSU head coach Andy Boyce. He said he believes there is more to the trip than simply the physical conditioning.

"The team really bonded well together," Boyce said. "It's refreshing to be able to change the venue and be around your teammates the entire week."

The swimmers had an exhibition meet against Gardner-Webb University to break up the training; however, divers did not participate. GWU was also practicing at the Lakeland, Fla. facility.

Thayer said they made the meet fun by putting together relay teams that pitted juniors against seniors.

"I think the other team was as relaxed as us," she said, adding despite the tempting beach so close to the facility, the team found it easy to get to work.

"Each practice is going to help us," she said. "We only have a month and a half left until (the GLIAC Championship)."

Diving coach Josh DeVries said his athletes felt the same motivation about the trip.

"It's time to work hard and really come back with a bang," he said. "It gave us a new environment to sit, gather and talk about getting ready for conference and nationals."

Although they did not have a meet during the trip, the divers had an opportunity to learn new dives and grow closer to the rest of the team, DeVries said.

"It brought us closer to the swimmers," he said. "There's always just a slight difference between swimmers and divers. We're sort of separated naturally, and to be together this much all week long brought us closer together."

Junior Evan Betts said he

believes the divers are ready for the second half of the season.

"We needed a break from Michigan," Betts said. "I think it'll get us looking forward to these next couple of weeks."

The second half begins with GVSU having already qualified 14 athletes for nationals. The school record set last year is 16. Despite the success, Boyce said the expectations have not changed.

"If we win the conference,

finish in the top 10 nationally, that's great," he said. "But you can only control what you're doing."

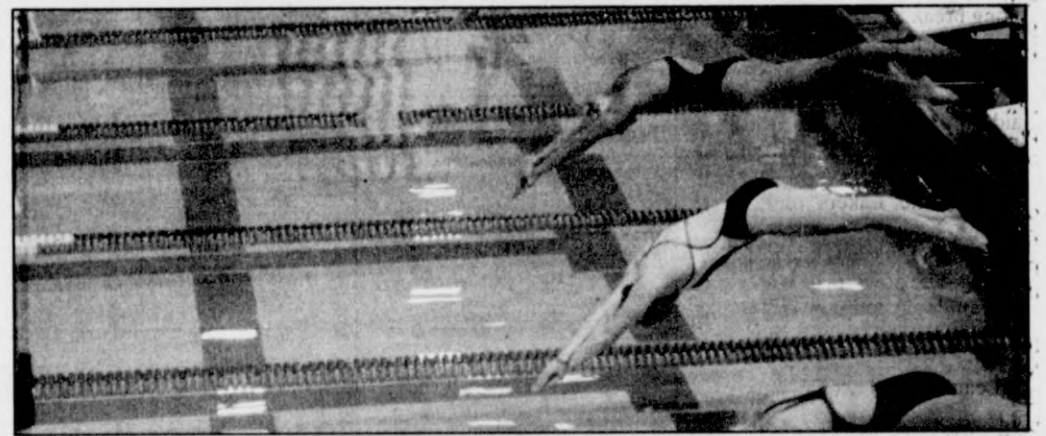
DeVries said the athletes are ready to show just that.

"We're excited to get back and show our competition what we did down there," he said. "It was a great trip, a great thing; we had a lot of fun and we're looking forward to the second half."

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Control: The men's swim team gets ready to dive in for the freestyle event at the Wheaton Invitational on Dec. 8, 2008. The teams will meet Wayne State on Friday.



Dive in: The women's team begins a race in a past meet. The Lakers dominated the Wheaton Invitational with 951 points.

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10 to 11 pm

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Good Golly: A chat with rock star Ryder

Detroit Wheels singer, songwriter Mitch Ryder shares his thoughts, feelings about music in '60s through today

By Haley Otman
GVL A&E Editor

During the holiday break, the Lanthorn received the opportunity to speak with William LeVise, Jr., better known as Mitch Ryder, the man behind such '60s and '70s hits as "Jenny Take a Ride," "Devil

with a Blue Dress On" and "Good Golly Miss Molly."

Ryder, 63, served as singer and songwriter for the band, Mitch Ryder and the Detroit Wheels.

Ryder was recently the subject of a biography, "It Was All Right: Mitch Ryder's Life in Music" by his friend and fellow southeastern Michigan resident James A. Mitchell. The book can be purchased from the Web site <http://www.amazon.com>, or from select Border's or Barnes & Noble bookstores.

Lanthorn: How did you come up with all of your songs?

Ryder: A lot of practice, a lot of hard work (and) some degree of talent, I would hope.

Lanthorn: What is your favorite song you've made?

Ryder: My favorite songs that I've done have been recorded overseas. Out of the songs that the American audiences have heard, probably "Devil with a Blue Dress On."

Lanthorn: What other musicians have been the most fun to play with?

Ryder: There (are) so many of them! I've had the opportunity to play with just about everybody. Fun-wise, I had fun with Bruce Springsteen; playing with him was fun. (I) also had fun playing with the Contours, the Coasters ... Billy Joel, there's just a whole bunch of people. The list is too long.

Lanthorn: Have you performed for any presidents or governors?

Ryder: Yeah. My favorite party was playing for a wealthy family in Portugal. Henry Ford was there, Princess Grace Kelly was there ... that was fun because she was lookin' beautiful that night, the king of Spain was there ... I've played for heroin addicts and I've played for royalty, so I've covered the whole spectrum.

Lanthorn: So, why the sunglasses indoors?

Ryder: I have no idea. It's a secret we don't share. Some people do it for certain reasons, other people do it for other reasons ... The spotlights are so bright ... There's a million reasons for it. Some people wear (them) because (they make) them look glamorous.

Lanthorn: Do you own an iPod? If so, what's on your playlist right now?

Ryder: A couple (songs). Actually, 200 or 300 ... but I could think of 20,000 songs I could put on for sure. Right now, I'm listening to the Slovenian Circus and Toy

Matinee. A lot of the music I get, though, is from other artists, and they give it to me before they put it out because they want to get an opinion about it. I don't listen to a lot of radio music at all - it's music I seek out or people give me.

Lanthorn: Would your song, "Sock it to me Baby," be banned from radio today? (The song was banned from many radio stations when it came out in 1967.)

Ryder: No! It shouldn't have been banned from the radio when it came out, but America's pretty hypocritical when it comes to their moral standards - they like to keep a front, but what they do behind closed doors is an abomination. It gets kinky and crazy in the bedroom but when they get outside they try to be Puritans ...

Lanthorn: What are you working on right now?

Ryder: I'm working on an album for Europe. I'm going over touring in February and I'll be back here April 21. (Also), I just recorded an album with Don Was, basically it's still the same because it has an R&B rock influence to it. It's going to be my first American record release in 25 years, so it's really important.

Lanthorn: What would you tell GVSU students who aspire to make it big in the music industry?

Ryder: Do a lot of networking, it really comes down to who you know. There's so much talent around the country - who you know is the biggest part of it. There's a lot of politics involved ... I wish it was all based on the beauty of the music but that's not the case. You still have to have talent in most cases, (but) it's really about networking, getting to know people, never leaving a bad impression. Always be a gentleman or a lady so they can't say anything bad about you other than whatever lies they can concoct. Always learn from every conversation, make your mind a library of everything you learn about music. It happens in strange ways, but you have to

keep sniffing around (and) make sure when your opportunity comes around you're prepared. (You have to) be ready to audition in a second's notice.

arts@lanthorn.com



Courtesy Photo / James A. Mitchell
Rock legend: Mitch Ryder (seated) and the Detroit Wheels in 1965. From left: Guitarist Jimmy McCarty, bassist Earl Elliott, drummer Johnny Badanjek and guitarist Joe Kubert.



Courtesy Photo / James A. Mitchell
Rock duo: Mitch Ryder (right) with Bruce Springsteen doing the "Mitch Ryder Medley" at Detroit's Cobo Center in the early '80s.

'Tulia, Texas' to highlight racially motivated arrests

UICA to screen controversial film that documents 1999 drug sting

By Jessica Pawlowski
GVL Senior Reporter

One decade ago, a stir was caused across the country when more than 80 percent of the people arrested in a 1999 Texas drug sting were Black.

Cassandra Herrman and Kelly Whalen then created "Tulia, Texas," a documentary about Thomas Coleman, an undercover narcotics agent who executed one of the biggest drug stings in Texas history.

The Urban Institute for Contemporary Arts will offer a free screening of the film "Tulia, Texas" on Tuesday.

The sting prompted an uprising

because it led to the arrest of 46 Tulia residents, 39 of them Black.

Many of those arrested received exceptionally harsh sentences, and evidence used by Coleman was questioned.

This questioning led a team of lawyers and Tulia citizens to declare the arrests racially motivated, said Emily Maurin, WGVSU's marketing coordinator.

The film is being presented by WGVSU, a TV and radio station which is a service of Grand Valley State University. For the past three years, WGVSU has presented free community screenings the first Tuesday of every month at the UICA.

WGVSU is part of the national Community Cinema program, run by the Independent Television Service.

The ITVS also produces the PBS Independent Lens Series.

All Community Cinema films, such as "Tulia, Texas," are part of that series.

"These films often touch on diverse cultures, current events or issues and social commentaries - films that will generate discussion amongst the audience members," Maurin said.

The UICA can show films that commercial venues would shy away from because of the creative environment, said Ryan Dittmer, UICA's film program manager.

Louis Moore, GVSU assistant professor of history specializing in Black history, said it seems

Coleman in "Tulia, Texas" played on the convergence of people wanting to protect the moral fiber of America, and he pointed to Blacks as the problem.

"For a short while, most people did not bat an eye," Moore said.

"There are a number of interesting dialogues in this case that speak to the contemporary problems of a bad American economy, but also the historical problem that Blacks and criminality is synonymous. In this story the two submerged."

In the film, Coleman is shown fabricating evidence against

Black residents and arresting innocent people.

"Tulia, Texas" does a fine job of capturing the injustice of the situation, Maurin said.

Emotions and reactions of the victims, their families and the townspeople are also captured. Moore said it seems Coleman's answer to the drug problem was similar to law enforcements in the '80s after President Ronald Reagan announced his War on Drugs, both playing on the historical fears of Black criminality and arresting Black youth.

"Using the perception of Black crime to promote an agenda is nothing new in America," he said.

Maurin said it is a "very moving film" and one she believes will make some people angry.

However, she said she thinks

that is what all documentary films should aspire to do - get people interested enough in a topic to feel angry, sad or inspired.

The hour-long film begins at 7 p.m. and is followed by a discussion moderated by Shelley Irwin, producer and host of WGVSU.

The discussion will also include panelists.

Maurin said she believes GVSU students would enjoy the film because it is thought provoking without being preachy, and the combination of the film and discussion offer opportunities for learning and to voice opinions.

The UICA is located at 41 Sheldon Blvd. SE in Grand Rapids.

WGVSU's complete season line up can be found at <http://wgvu.org/cinema>.

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"Using the perception of Black crime to promote an agenda is nothing new in America."

LOUIS MOORE
GVSU HISTORY ASSISTANT PROFESSOR

"The public loves 19th century French art. The works are very desirable, (we've received a) very, very positive response on the show."

CELESTE ADAMS
GRAM DIRECTOR

GRAM's 19th century French art display reaches final days

'Toulouse-Lautrec and La Vie Parisienne' exhibition to finish its three-month run at Grand Rapids Art Museum Sunday

By Jessica Pawlowski
GVL Senior Reporter

As Grand Valley State University students return from winter break, they are just in time to catch a last minute glimpse of the "Toulouse-Lautrec and La Vie Parisienne" art exhibition on display at the Grand Rapids Art Museum



Courtesy Photo / www.latifm.com
Parisienne life: Toulouse-Lautrec based many of his paintings and sketches on the Bohemian nightlife he observed in Paris during the 19th century.

The exhibition opened Oct. 3 and will run through Sunday. It is drawn entirely from the GRAM's permanent collection.

Twenty-nine pieces are featured by a total of 13 artists. Cindy Buckner, associate curator at the GRAM, said it took about three months to prepare.

The exhibit features 19th century French art in which artists drew inspiration from Parisian life.

To capture the scene around them, artists created French prints, lithographs, etchings and woodcuts.

According to information on the GRAM's official Web site, artists experimented with prints as a new subject matter during this time period.

Prints could be created in multiples and sold cheaper than paintings.

Artists created prints that turned into posters on public streets and connoisseurs also collected smaller prints.

Featured works in the exhibition are by Edgar Degas and Félix Vallotton, as well as works by Henri de Toulouse-Lautrec, Pierre Bonnard and Théophile Steinlen, which are on display for the first time.

Dellas Henke, GVSU professor of printmaking, said most of Toulouse-Lautrec's

works were not meant to be framed or hung in a museum at the time.

"They were literally event announcements, posters - meant to be up in informal public spaces for short periods of time and then discarded," he said.

Celeste Adams, the director of the GRAM, said the museum put on "Toulouse-Lautrec" for two reasons.

"There were a number of new acquisitions from that era that were not yet shown and we were very eager to share," she said. "It was also a beautiful compliment to our Richard Avedon show."

Buckner said it was decided the "Toulouse-Lautrec" exhibit would complement the Richard Avedon photography exhibition since both men worked in Paris and are known for their portraits. She added late 19th century French prints are one of the strengths of the GRAM collection.

Henke, who also viewed the exhibition, said Toulouse-Lautrec was an important figure in the art world because he bridged the gap between fine and commercial or ephemeral art.

"The exhibit is a representation of a kind of explosion (that) took place in Paris in the graphic arts," Henke said.

Adams said the exhibition has received a wonderful response from the public.

"The public loves 19th century French art," she said. "The works are very desirable, (we've received a) very, very positive response on the show."

Buckner said she believes GVSU students will enjoy the exhibition because it is "world-class art in an internationally acclaimed building."

She added it is a unique opportunity to see both the "Toulouse-Lautrec" exhibition and the "Richard Avedon" exhibition and then compare and contrast the two.

The exhibition costs \$7 for college students with proper identification, and \$8 for adults. It is made possible by the Wege Foundation.

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See Puzzle B5

King Crossword
Answers

Solution time: 21 mins.

EACH	ROAD	ROAD
PLAY	ODE	OPAL
TONS	SO	ROUND
GENOR	SO	OPLES
	OPAM	ODE
COMPUTER	ONCE	
ARE	FINER	COW
DIS	BO	PLETE
PAR	STARS	
SCARLE	NV	PHS
COMPLETED	GLTO	
ALFA	AVE	NOVA
MAST	HER	STEP

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King Crossword

ACROSS

- 1 Apiece
- 5 Despondent
- 8 Vagrant
- 12 Sly tactic
- 13 Praise in verse
- 14 October birthstone
- 15 Charged particles
- 16 Walled-in group of buildings
- 18 Use a seven-second delay, e.g.
- 20 Scads
- 21 Brilliant-hued fish
- 23 Female deer
- 24 UNIVAC, for one
- 28 Formerly
- 31 Honest politician
- 32 Paddock papas
- 34 Intimidate
- 35 Platter
- 37 Entire
- 39 Opposite of "dis"
- 41 Tragic
- 42 Beetle talisman
- 45 Mythical maidens
- 49 Collected into a volume
- 51 Hodgepodge
- 52 Sheltered

1	2	3	4	5	6	7	8	9	10	11	
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49					50			51			
52					53			54			
55					56			57			

- 53 "Hail, Caesar!"
- 54 PBS science show
- 55 Sail support
- 56 That woman
- 57 Dance lesson
- 7 Showroom sample
- 8 Jinx
- 9 Wealth
- 10 Poison
- 11 Automaker
- Ransom Eli
- 17 Legume holder
- 19 Piece of work
- 22 Biblical king
- 24 Scoundrel
- 25 Sapporo sash
- 26 Messieurs' counterparts
- 27 String around your finger
- 29 Barracks bed
- 30 Ram's mate
- 33 Agile
- 36 Rug
- 38 Slot-machine fruits
- 40 Mai — (cocktail)
- 42 Con job
- 43 Pop flavor
- 44 Mediocre
- 46 Whodunit blueprint
- 47 Apiary structure
- 48 Daytime drama
- 50 Prior night

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See Answers on B4

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Cool winter fun

By Haley Otman and Liz Reyna
GVL Staff

▶ See more: Visit Lanthorn.com for a column by Liz Reyna, the Week in Pop Culture and this week's CD and DVD releases.

The ground is covered with white, the temperature is bringing parkas and hats back into style and electricity bills are skyrocketing. Winter is here to stay, at least for a while.

Instead of hibernating by a fire, though, Grand Valley State University students have many winter entertainment options at little to no cost.

Rosa Parks Circle in Grand Rapids

Visit Rosa Parks Circle in Grand Rapids for the ultimate inexpensive skating experience. When does the chance ever arise to ice skate on an outdoor refrigerated skating rink? That chance is here until March 8.

The ice rink is part of a park designed by artist/architect Maya Lin, offering an alternative option for those too weary to join in while they wait, or as a setting for indulging in hot cocoa after skating.

Admission is \$1, and skate rental is free with an I.D. The Rosa Parks Circle Ice Rink is located at the intersection of Pearl Street NW and Monroe Avenue in Grand Rapids.

Call (616) 235-0303 for more information.



Courtesy Photo / www.mlive.com
Downtown skating: Skaters take to the ice after the opening of Rosa Parks Circle ice rink Friday afternoon.

Downtown Holland



Courtesy Photo / NICA
Ice art: Two winners at the NICA's 2007 Ice Carving Championships in Frankenmuth, Mich. The championships will come to Holland, Mich. on Saturday.

Downtown Holland has partnered with the National Ice Carving Association, and will host a Collegiate Invitational ice sculpting competition on Saturday.

By the end of the competition, culinary students from around the Midwest will have not only learned the basics of ice sculpting, but transformed 150-pound ice blocks into pieces of art. There are three rounds: A compulsory event, an instructional seminar and a sanctioned competition.

"This is a really good reason to get bundled up and head outside," said Kara Barney, event coordinator for the downtown Holland principal shopping district.

Barney encourages GVSU students to attend this competition, because other college students will be the people sculpting the ice.

The competition will take place in downtown Holland, beginning at 1:30 p.m. Saturday. For more information, visit <http://www.downtownhollandice.com>.

Van Andel Arena in Grand Rapids



Courtesy Photo / Lance Wynn
Semi-pro: Grand Rapids Griffins defender Tom Galvin collided with a player from Quad City's team during their Nov. 13, 2008 game. The Griffins play at home on Wednesday.

Pucks will careen through the air as men zip across the ice, pushing others out of the way, desperately trying to score that winning goal.

The Grand Rapids Griffins professional minor league ice hockey team will battle the Rockford Ice Hogs, from Rockford, Ill., on Wednesday.

Darren McCarty and Chris Osgood, in addition to others, went on from the Griffins to win multiple Stanley Cups with the Detroit Red Wings, the NHL affiliate of the Griffins.

Tickets can be purchased in advance for as low as \$5.

Wednesday's game begins at 7 p.m. at Van Andel Arena in downtown Grand Rapids. For more information, visit the arena's Web site at <http://www.vanandelarena.com>.

Walker Ice and Fitness Center

With the winter months still looming ahead on the calendar, GVSU students can hit the ice this season at Walker Ice and Fitness Center.

The center offers an array of facilities ranging from fitness equipment, relaxing saunas and a full line skate and equipment dealer called the Pro Shop.

But for GVSU students, the ice arena will be the main attraction this winter, said employee Mary Kay Sherman, with the center's 85-by-200 NHL-sized indoor skating rink.

The center also offers a heated lobby viewing area equipped with heated seats for those chilly skaters wanting a break from the cold.

And for Michigan students, Sherman said the center is the

perfect escape from the harsh winter weather.

"Students should come on out because it's great fun and great exercise and just a good way to get out of the house, especially with the weather here in Michigan," Sherman added.

The center is located at 4151 Remembrance Road NW in Walker, Mich. For more information and to view the center's open skating schedule visit their Web site at <http://www.walkericeandfitness.com> or call (616) 735-6286.



Courtesy Photo / walkericeandfitness.com
Wall hug: People enjoy ice skating at Walker Ice and Fitness Center in Walker, Mich. Walker Ice and Fitness offers open skating, lessons and more.

Lakeview Elementary School in Holland

Want to have the real outdoor experience while skating?

To have snow while you skate, the city of Holland maintains an outdoor ice skating rink at Lakeview Elementary School to

suit skaters' winter needs.

The rink is a converted tennis court that is flooded ever year to create an outdoor skating experience.

Not artificially refrigerated, the rink is open to all with free skate from dawn to dusk for late night and early morning skaters.

That is good news for GVSU students with difficult schedules, said Andy Kenyon, interim division manager for the Parks and Cemetery Department in Holland.

Additionally, Kenyon added the rink is a great way to escape from hectic college life.

"This is just good recreation and good exercise and good break away from their own college life and to get new scenery different from being on campus," Kenyon said.

Kenyon added the rink is a great way for GVSU and Hope College students to share in winter activities together.

"With the park Grand Valley students (should) bring their Holland or Hope college friends along," he said.

Lakeview Elementary School is located on the corner of West 32nd St. and Lugers Road in Holland.

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