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SPECIAL REPORT

Students kept in dark about sex crime

Former JCU student sentenced to three years probation for having sex with a minor on campus, went unreported by Campus Safety Services

John Carroll University administrators failed to alert students that a sex crime happened on campus last semester, The Carroll News has learned.

Campus Safety Services never recorded in its police log that a 20-year-old male JCU student was being investigated by the University Heights Police Department for having sex with a 14-year-old girl in his Dolan Hall dorm room on March 14 and 15, 2008. A criminal complaint was filed by the girl's father the next day with UH police, records show.

"If we didn't investigate something, how are we supposed to log it?" asked Timothy Peppard, director of CSS.

University Heights police searched the male student's room, confiscating two partially consumed bottles of liquor and a hookah. Though Peppard said he could not recall the specifics of this investigation, he did acknowledge that the UHPD "probably did notify us that something happened."

It is standard procedure for local authorities to let the University know whenever they are

Andrew Rafferty Editor in Chief

handling a crime on campus, according to UHPD Lieutenant David Novinc.

"I'm sure they notified John Carroll," Novinc said of the UHPD investigators who handled the crime.

Peppard said that if CSS does not determine a crime poses a danger to the community, they may not report it. "You don't want to alarm a community of things that don't pose a threat," he said.

But The Clery Act, a federal law designed to inform the public about crimes committed on college campuses, states a college or university must "make, keep and maintain a daily log, written in a form that can be easily understood, recording all crimes reported."

The former student was convicted of three felony counts of unlawful sexual conduct with a minor and one felony count of corrupting another with drugs, according to Cuyahoga County Common Pleas Court documents. He was sentenced to three years of probation and must register as a sex offender.

The male continued to attend JCU for the

spring semester and was enrolled this academic year until his guilty conviction in September.

He has expressed interest in returning to the University next semester, according Vice President for Student Affairs Mark McCarthy. However, McCarthy said no decision has been made concerning the former student's return.

When sex crimes are reported at JCU, the incidents are routinely recorded in CSS' daily police log and the dean of students sends an allstudent e-mail to notify the campus. However, neither happened in this case.

Peppard said that from his experience, most sex crimes that happen at JCU are reported directly to CSS. The incidents are compiled for the annual security report to provide the University's crime statistics.

"If we are aware that a sexual assault happened on campus...if we investigate it, we will report it on the crime log if there is a danger," said Peppard. "We pay a lot of attention to [the] Clery [Act], we don't want to violate it."

However, Peppard asserted that the law is nuanced and is constantly changing.

SU rules run-off election necessary

Majority vote needed to declare presidential winner

Arts & Life

you, p. 5



Katie Sheridan Campus Editor

Members of the John Carroll University student body gathered around the Student Union office anxiously anticipating the Executive Board announcement, Tuesday night.

As the results were posted, it wasn't quite what everyone expected.

Students flying home for the holidays may need to rely on the Rapid

Meredith Yagelski Staff Reporter

For the past few years, John Carroll University's Student Union has been offering an airport shuttle service for students who need to fly home for holiday breaks. Yet with the raising costs of running the shuttle, the Student Union could not afford the same service as years past.

tem provided only a one-way trip to the airport.

Problems occurred when school resumed. Students needed to get back to school and had no way of getting back.

Sophomore Erin Flaherty, a Manhattan native, has taken the shuttle many times. However, she had some problems with its administration.

Senate members and friends gathered outside the Student Union office on Tuesday to see the winners as the new Executive Board is revealed.

A new president was not announced.

Presidential nominee junior Matt Hiznay received 48 percent of the votes, with his closest opponent, junior Amy Marchlen, receiving 33 percent. Sophomore Juanita Padilla,

Please see ELECTION, p. 2

Beginning in the fall of 2007, the Student Union changed how they operated the airport shuttle.

In past years, full service was only offered on the first day of each break. A student would sign up in one of three time slots and meet the shuttle in the Belvoir lot to go to Cleveland Hopkins International Airport.

However, the old shuttle sys-

The shuttle was a great convenience since I am from out of state, but I never had a way back to campus after break was over," she said.

Patrick McDermott, SU executive vice president, said a change in the airport shuttle was necessary because of conflicting

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Features

A "healthy" appetite may As students get ready to cause some consumers to choose register for classes, they may veggie chips over potato chips want to consider a change in and smoothies over milkshakes. major. John Carroll Univer-The truth is that some healthy sity offers unique programs snacks are actually worse for unknown to most students on campus, p. 10

Sports

After a somewhat unsuccessful season so far, the JCU hockey team ends an impressive weekend with wins against Washington and Jefferson College and Syracuse University, p. 12

World News

Barack Obama is the president-elect of the United States. He will be sworn into office on Jan. 20. Until then, he prepares his plans for change, p. 15



East Loop Shuttle changes, West Loop in the works

Campus Briefs Swim clinic fundraiser

The JCU men's and women's swim teams are sponsoring swim clinics in the Johnson Natatorium on Nov. 22 and 23 and Dec.13. Sessions will begin at 11 a.m., 12:30 p.m. and 2 p.m. All sessions will be one hour long. The regular price for this clinic is \$20 per swimmer, or \$8 with a JCU ID. All proceeds will support the teams' Florida Training Trip. Please e-mail Liana Sved, lsved10@jcu.edu, or Kate Dart, kdart10@jcu.edu, if you are planning on attending any sessions of the swim clinic or if you have any questions.

2008 Gong Logo Contest

The JCU Career Center is sponsoring the 2008 Gong Logo Photo Contest. Contestants are asked to download the Career Center gong logo and take a picture with it at the most creative place they can think of. Five winners will meet "The Apprentice" winner Bill Rancic and will receive a Career Center Package. Please e-mail the picture to Jenna Lo Castro at jlocastro09@jcu. edu or drop it off in the Center for Career Services. The deadline for this contest is Monday, Dec. 1.

Winter Formal 2008

Winter Formal tickets are now being sold in the Student Center Atrium from 11 a.m. to 1 p.m. The dance will be held at The Signature of Solon Country Club. Tickets are \$20 each and include dinner, dance and transportation. There are only 530 tickets available for all of JCU. Please e-mail mmccool10@jcu.edu, or cweisenberger11@jcu.edu with questions.

Fair Trade sale

Students may support JCU Immersion participants by purchasing Fair Trade Certified coffee, tea and chocolate. There are over 50 products to choose from. Please visit www.jcu.edu/campuslife/ campusministry/socialjustice/fairtrade.htm for an order form.

Caitlin Huey-Burns Campus Editor

A group of students and administrators met with the Cleveland Hopkins International Airport shuttle service last Thursday to resolve issues of neglect by the East Loop Shuttle.

Heather Losneck, director of the Office of Residence Life, and Patrick McDermott, executive vice president of the Student Union, established a set of changes to ensure that no student is left behind by the shuttle.

Effective immediately, a new driver has been assigned to the East Loop Shuttle route. Residence Life has informed students to contact Campus Safety Services if they encounter any problems with the shuttle, such as not being picked up at the appropriate time, on weekend nights.

According to Losneck, the CSS officer will then contact the shuttle driver via a new hand radio system, convey the information and then let the student know when the driver will arrive at the location.

As a result of the meeting last

from AIRPORT p. 1

Thursday, a CSS officer will timestamp the driver's travel log each time the shuttle enters the Belvoir Lot. "This will help us track timeliness as well as assist in investigating student concerns," said Losneck.

Residence Life admitted the current Legacy Village shuttle stop, on the street located outside of the clothing store Coldwater Creek, is unclear.

Students, Jack Kirwin and Lance Street, were abandoned by the shuttle in October, because they thought the stop was located outside of Stir Crazy restaurant.

As a remedy, the office is investigating a more distinguishable spot in Legacy Village where the shuttle will be able to stop for a period of time.

Losneck said that the current location is too congested. "Currently if there is a line of cars behind the bus, it can only slow down there to look for students before it has to keep going," said Losneck.

Over the weekend, Losneck added this information to the office's voicemail, which will direct callers with an East Loop concern to call CSS, and to the

home for Fall Break this term.

Weekend Wowser. The office will print this information into walletsize cards for students in January. Losneck will update the Web page to accommodate these changes as well.

McDermott hopes these changes bode well for implementing a West Loop Shuttle to go to Cedar and Lee, Coventry Village, Little Italy and University Circle.

A two-week pilot program for the shuttle is set to begin on Nov. 21 and will also be managed by Hopkins.

Two Student Union Executive Board members traveled with Christopher Goebel, the assistant general manager of Hopkins Transportation Services last Friday to confirm a West Loop route and identify safe and practical stopping points.

Senior Nick Habursky, vice president for judicial affairs, said

the most effective part of the route is the Little Italy stop because it alleviates parking concerns in the already snug district.

The Carroll News

He sees no major concerns with the suggested route, but said, "Students would just have to be responsible and respectful in order to make sure they are where they need to be and act in an appropriate manner."

Senior Molly Delaney, SU president, said that the shuttle will be "a great way for students to stay connected with Cleveland while taking advantage of the city landmarks. John Carroll prides itself as the Jesuit University in Cleveland, and now the city seems a bit closer for all students."

While the SU is prepared to fund the West Loop pilot program, it cannot confirm a permanent implementation of the route.

If you encounter any problems with the JCU East Loop Shuttle Service on Friday or Saturday nights, contact Campus Safety Services at: 216-397-4600 or 216-397-1234

from ELECTION p. 1

flight times. "Parking is lir

"Parking is limited at the airport and the Student Union could not afford for the van to park in the parking lot all day. Flight times of students were different and the van could not drive back and forth for a fraction of the student population," said McDermott.

In order to help fix these problems while still serving students, a pilot program was initiated in spring 2008 to better serve the students' needs. The airport shuttle now takes students from JCU's Belvoir Lot to the Belvoir Rapid station. The SU provides students with Rapid passes and the students take the Rapid to and from the airport.

When returning back to JCU after break, students can call a JCU number given to them prior to leaving and the shuttle will meet them at the Belvoir station to pick them up.

This seems to be the most effective way to get students to and from the airport, according to the SU.

However, with the addition of the Green Road Shuttle, a few students were confused and ended up taking the wrong shuttle when they went

"A couple of students signed up for Fall Break to take the airport shuttle. However, only a handful actually got on the shuttle. We later found out that a few students got on the Green Road shuttle instead," said McDermott.

This mistake prompted the SU and CSS to begin working together to provide a cost effective, less confusing system that benefits the students.

For now, the Green Road Shuttle will suffice.

"The Green Road Shuttle will take students to the station and the Student Union will still continue to offer the Rapid passes to the students. It's really the best of both worlds and the most effective," said McDermott.

Some students, however, were content with the old airport shuttle system. Junior Ryan Tipping, a Philadelphia native said the former service was convenient, saving both time and money.

"It was also nice knowing that I always had a ride to the airport that would not only leave on time but make sure it got us there in more than enough time to make our flights," said Tipping. another nominee, took 18 percent

of the votes. According to SU's election policy, the highest percentage of votes wasn't enough to give Hiznay the title as Student Union president.

The SU rules state that the person running for president must win by a majority. Since no candidates received the majority of the votes, a winner could not be announced.

Hiznay and Marchlen had different feelings about the run-off.

Hiznay said, "It's the rule. I feel that we have to follow the rule but it's not the best way to go about the process."

Marchlen feels the run-off is a much-needed procedure.

"Yes, I do feel that [the run-off] is necessary. It was very close and the voting turn-out was very low," Marchlen said.

Both plan to continue to campaign in the coming week, but don't expect much voter turn-out.

Over the past four years, the number of voters for president has dropped significantly from 1,084 in 2005 to only 580 this year. Even last year there were nearly 300 more voters than this year. Hiznay said, "I believe unless Amy and I do a really good job, [the students] have done their part once and there is no reason to expect a higher voter turn out."

Marchlen agreed. She said, "I do think less people will vote because they might think they already voted once and not vote again."

Nevertheless, the run-off will take place next Monday and Tuesday, Nov. 17 and 18.

The remainder of the Executive Board was announced. Sophomore Amanda Papa claimed the title of Vice President with a 19-vote lead against Chelsey Neuhaus. Although their vote was also close, since there were only two candidates a run-off was not mandatory.

The rest of the positions ran uncontested so the results came with little surprise.

Andrea Capasso and Carolyn Pici will keep their current titles as VP for student organizations and VP for programming, respectively.

New positions were accepted by sophomore Maura Jochum for VP for communication, junior Jenny Schmidt for VP for judicial affairs and junior Jill White for VP for business affairs.

- Compiled by Caitlin Huey-Burns

Campus Safety Log



October 28, 2008 An Infocus projector was stolen at 3:27 p.m.

October 30, 2008

A staff member reported that her wallet was stolen from the O'Malley Center at 9:54 a.m.

October 31, 2008

A theft in the catering kitchen was reported at 10:06 a.m.

October 31, 2008 A burglary was reported by a student at 12:04 a.m.

November 1, 2008

A small window pane of glass was broken in the stairwell of Murphy Hall at 1:42 a.m.

November 1, 2008

A sprinkler head was torn off the ceiling in Hamlin Hall at 2:28 a.m. **November 1, 2008** Damage to ceiling tiles in Campion Hall was reported at 3:14 p.m.

November 2, 2008 A Pepsi machine was thrown in front of an elevator at 10:14 a.m.

November 2, 2008 A noise complaint was reported at 1:43 a.m. **November 2, 2008** Obscene signs were placed in the basement of Campion Hall at 1:26 a.m.

November 2, 2008

Damage to a men's bathroom in Millor Hall was reported at 1:11 a.m.

November 3, 2008

A handicapped sign and pole were found in a Murphy Hall bathroom at 10:20 p.m.

These incidents are taken from the files of Campus Safety Services, located in the lower level of the Lombardo Student Center. For more information contact x1615.

SU lacking student interest

Campus www.jcunews.com

Five of seven Executive Board members-elect ran uncontested in the Student Union elections Tuesday

Kate McCall Managing Editor

When John Carroll University students voted earlier this week for Student Union Executive Board positions, they may have noticed a lack of choices. That is because five of the seven positions available on the board went uncontested.

Vice President for Programming Carolyn Pici and Vice President for Student Organizations Andrea Capasso both ran unopposed to secure their second terms on the Executive Board.

Junior Jill White, junior Jenny Schmidt and sophomore Maura Jochum were elected to their first terms as vice president for business affairs, vice president for judicial affairs and vice president for communications, respectively. All ran unopposed.

The most contested race, however, was that of the presidency. Hiznay and Amy Marchlen, and sophomore Juanita Padilla ran for the position.

Next Monday and Tuesday, Hiznay and Marchlen will participate in a run-off election.

Sophomore Chelsey Neuhaus challenged Executive Vice President-elect Amanda Papa.

Each of the seven positions come with a salary.

Current SU President Molly Delaney asked Nick Habursky, vice president for judicial affairs, to respond

to a Carroll News inquiry about the lack of competition.

Habursky said that positions such as the vice president

for judicial affairs and the vice president for programming have strict guidelines as to who is eligible to run for these positions.

"There is actually only a small Three candidates, juniors Matt pool of students who are eligible to run for those offices," said Habursky.

> For example, only current members of the Student Union Hearing Board who have been on the board for a year can run for vice president

for judicial affairs.

Schmidt, who has been on the board for one year, said that only three board members were eligible for the position, and the other two members did not show an interest in running for the position.

Capasso said that students may

"I think that no one ran for my position, or many others, because a lot of students feel that the

Student Union doesn't actually do anything."

Jill White

who is an incumbent, although she also said, "I hope that would not deter anyone."

Others, Capasso said, may not want to campaign and go through a competitive election.

While many people also gave the above reasons for students not running, White expressed another view.

"I think that no one ran for my position, or many others, because a

lot of students feel that the Student Union doesn't actually do anything," she said.

However, White said that this perception by students is not true, and that the SU can create an atmosphere "more conducive to all students by holding meetings in student-friendly

places and also by publishing what is actually happening," said White.

"I believe that the vice president for communications will help this a lot," she said.

Jochum's position, vice president for com-

munications, was just recently created by the SU in order to increase dialogue between the student body and the SU.

However, Jochum felt that even though the position is new, it had been well-promoted.

"The lack of opposition is not the result of students being unaware," she said.

None of the candidates who ran

unopposed said they changed their campaign strategies; rather, many ran just as if someone was still running against them.

Jochum said she used the days leading up to the election to allow JCU to become familiar with her and her intentions for the communications position.

White used her campaign to express her beliefs and goals for the business affairs position.

Similarly, Capasso used the time to outline her goals and explain to students what she wants to accomplish this upcoming year in the Legion of Student Organizations.

Schmidt wanted to show the student body that she would make a great leader, regardless of whether she ran against someone else for the position in this election.

Although some of the races may have been less competitive because they were uncontested, Habursky said that does not make them less important.

"It seems those who are running uncontested campaigns are using it as an opportunity to really listen to what students have to say," said Habursky.

Maura McCool named Outstanding Undergrad of the Year

John Carroll University junior Maura McCool was awarded the National Association for Campus Activities Outstanding Undergraduate of the Year Award for the Mid-America Region on Nov. 1. NACA advances campus activities in higher education through a business and learning partnership, creating educational and business opportunities for its school and professional members.

Established in 1960 to help increase the buying power of campus programming dollars, NACA now has more than 1,000 college and university members and close to 650 associate members who represent artists, lecturers and performers.

They realize that undergraduate student leaders are the heartbeat of campus activities and this award honors up to three undergraduate students who demonstrate leadership, citizenship and cooperation, as well as impact student activities on their campuses.

How many people were also How did you win this up for this award?

Over 100 schools attended the Mid-America conference this year. These schools are in the region which includes, but is not limited to, Ohio, Michigan, Indiana, Illinois, West Virginia and Kentucky.

award?

I was nominated for this award by my advisers in the Office of Student Activities, Ashlee Burrs and Erin Grzegorzewski. All applications that were submitted were reviewed by a committee of Student Activities advisers who read of support and chose three students out of the group.

What does the award mean to you?

Personally, this award was very exciting to receive because I was recognized out of hundreds of very talented students who are also actively involved with programming boards on their own college campuses. I was very surprised and who attended the conference, but I through the applications and letters touched to hear my name announced because I had no idea that I had even been nominated for this award.



Junior Maura McCool won the Outstanding Undergraduate of the Year Award.

What about your future plans?

for Student Affairs for a career in Student Activities, or getting involved with an event planning company. I would also like to get more involved with NACA and eventually be on the board of directors. -Compiled by Alex Sword

SU Vice President for Business Affairs not want to run against someone

There were over 500 students am not sure how many were nominated for the award.

I am currently an Early Childhood Education major at JCU, but looking ahead to my future, I see myself going to Graduate School

Campus Calendar: Nov. 13-Nov. 19								
13 Thursday A group of NBC- sponsored come- dians who focus on diversity will perform at 8 p.m. in Kulas Audito- rium.	14FridayKnucklehead Zoo, a group of breakdanc-	15 Saturday The first JCU Fash- ion Show, put togeth- er for the different groups on campus to work together and produce a Project Runway-type show, will take place at	16SundayAnyone interestedin running for Stu-dent Union Senatemust submit a let-ter of intent, withno more than 500words to EmilyJackson at ejack-	17 Monday The Psychology De- partment is sponsor- ing Jim Simone, a	18 TuesdayFree salsa lessons will take place from 8 p.m. to 9:30 p.m. in the Annex Gym in the Student Center.	19 Wednesday There will be a va- riety of dances and songs plus an op-		

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Arts & Life

5 November 13, 2008

The Marinello 'One Acts' bring rhinos, DMV debacles and more

Caitlin Crissey The Carroll News

Theatrics are at their best during John Carroll University's Marinello "One Acts" which debut Nov. 13 through 16.

"The One Acts" are in their 11th year at John Carroll University. All of this year's directors are first timers and the productions promise to probe imaginations and entertain audiences.

The directors purposefully chose more comedic plays this year after a more serious production in October, "The Laramie Project."

Senior Brandon Keller is directing a production of "Rhinoceros," which addresses morality and the pitfalls of following the crowd.

Be prepared for a crazy production, with characters turning into rhinos. Keller was inspired to direct the play after seeing the production in London at the Royal Court Theatre while studying abroad in 2007.

Senior Joe Griesmer, a first-time actor, said, "Working on 'Rhinoceros' has been a blast. The play itself is one of my favorites, really funny to watch, but with a much deeper message that still applies today."

The "DMV Tyrant" is being

directed by JCU theatre veteran, Eric Simna. Now in his senior year, Simna explained that the show follows a woman at the DMV and the infuriating results that ensue.

"I wanted to give everyone the chance to laugh at an experience everyone has been a part of in one way or another," said Simna. "You get heated in the moment and never really have the chance to find the comedy in the action. This show gives you that chance."

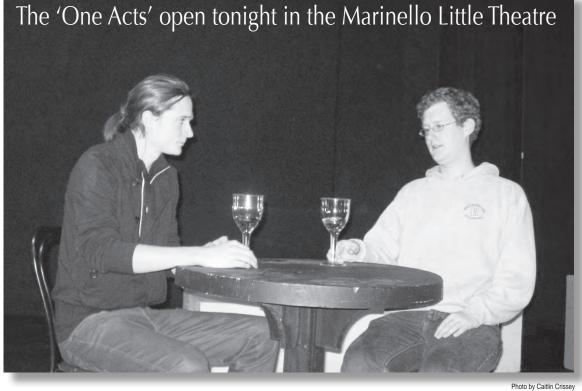
"Zoo Story," with elements of comedy and drama, is directed by senior Jon Sauline. Sauline describes the show's theme as the "meaning of life from an absurdist perspective."

The show follows the relationship development between the two main characters and how they affect one another's lives. Sauline said the audience should be ready for a surprise ending.

The student actors involved in The "One Acts" enjoyed the process and the experience that the plays provide.

"What makes the 'One Acts' special is the small cast," explained senior Erin Currie, who is one of the actors in "Zoo Story."

Currie said, "With only two ac-



Seniors Adam Miclot (left) and Joe Griesmer rehearse their roles in the one-act play, 'Rhinoceros.'

tors and a short running time, the cast and directors get to work closely together and the bonding helps us produce a better production because we can feed off each other."

The "One Acts" are sure to make

the audience step back and consider their meanings while entertaining them. Support for the actors, directors, and Communication and Theatre Arts Department can be shown by attending the "One Acts." Tickets are \$5 in advance or \$7 at the door and will be sold in the Atrium during the afternoon. Productions are tonight through Saturday at 7:30 p.m. and Sunday at 2 p.m.

Actors' deaths haven't stopped film releases

Jennifer Holton Staff Reporter

When Heath Ledger died suddenly in January 2008 with his upcoming film "The Dark Knight" yet to be released, Warner Bros. and fans around the world saw a catastrophe.

"Here, you have this hugely anticipated film coming out in five months, and the actor who plays one of the most popular characters unexpectedly dies," said John Carroll University freshman Jack Haitz. "I didn't know what Warner Bros. was going to do about releasing the film."

Several Hollywood figures have suddenly passed away with their work unreleased. Including Ledger's "The Dark Knight," the most recent posthumous releases are those of actor and comedian Bernie Mac, soul legend Isaac Hayes and comedian Mitch Hedberg. Released Nov. 7, the film "Soul Men," starring Mac and Hayes, is about two soul legends that reunite for a one-off show in celebration of their former band mate who recently died.



said Haitz. "An element like that powerful must create a powerful performance."

Still, some go to see the film or buy the CD as a tribute to the fallen performer.

"You go out of respect to the actor because it's the last time you'll see him or her in theaters," said JCU freshman Lauren Jakubowski.

Posthumous releases can also prove to be a critical and commercial success. During opening weekend, "The Dark Knight" brought in over \$158 million, and continued to reach a total domestic gross of over \$528 million.

"My friends saw the film at least five times, and I'm sure a lot of people saw it multiple

Mac died of pneumonia on Aug. 9 and Hayes died the following day due to a stroke.

Mac also lent his voice to the film "Madagascar: Escape 2 Africa," now in theaters and has another film titled "Old Dogs" that is currently in post-production.

"I know that a lot of people went to see 'The Dark Knight' because they loved 'Batman' and Ledger, but unfortunately I don't think 'Soul Men' is going to get the same reaction," said JCU sophomore Kelsey Ott.

These aren't the only recent posthumous

The late Heath Ledger played the Joker in the recent film, 'The Dark Knight.'

film releases. "Queen of the Damned" was released after a plane crash took the life of singer-actress Aaliyah. Chris Farley's final performance was in "Almost Heroes," released five months after his death.

Although there's no set pattern as to how an audience will respond to a film released after the death of its star, some have high expectations of the star's performance in his or her final film.

"I expected Ledger's character to be his best performance because I'd heard that he put himself in a dark place to become the Joker, and that might have been a factor in his death," times," said Ott. "People would have gone to see it if Ledger were alive, but maybe not five times."

Because Warner Bros. had been building their Web campaign around Ledger's Joker, Internet-savvy movie fans had been tracking the campaign months prior to Ledger's death as they slowly unveiled the new look for the Joker.

"It was rumored that Ledger had taken the character to a new level of violence and force that was darker than Jack Nicholson's character in '89, and with his death I think people felt more inclined to see his performance," said Haitz.

Peter Finch is the only actor to be awarded an Oscar posthumously, for his performance in "Network." But Jakubowski feels as if Ledger's performance was also Oscar-worthy.

"Even if he hadn't died, I still think he'd deserve an Oscar because he captured the essence of the Joker with a dark twist and it was truly iconic," said Jakubowski.

November 13, 2008 www.jcunews.com The Carroll News Not-So-healthy health foods

Arts & Life

Find out why some foods aren't as healthy as they seem

Maria Ciccolini The Carroll News

At the tail-end of a dinner at Schott Dining Hall, you crave something sweet that won't make you feel as if your afternoon workout was a waste. You eye the crowded ice cream machine but immediately rule that out with the notion that ice cream is fattening. But, "Ah!," there is orange frozen yogurt too. A healthy alternative, right? Unfortunately, no. Frozen yogurt is just one example of food that is commonly referred to as healthy, but which actually fits better in the not-so-healthy category. When comparing taste to calorie intake, in this case, you might as well stick with the rich, creamy treat that you initially wanted.



Bran Muffins:

Most muffins are not any healthier than eating a glazed Krispy Kreme, but people assume that bran muffins are a safe bet. The truth is, they are bland and not much better than eating a tasty Carrot Walnut muffin from Panera Bread. The Carrot Walnut has 430 calories and 19 grams of fat. In comparison, Trader Joe's Honey Bran Muffin contains 330 calories and eight grams of fat, according to thedailyplate.com. It is still better to eat the bran muffins over any other kind, but you should not get into the habit of eating these as healthy alternatives to doughnuts and cookies; try fruit instead.

Frozen Yogurt:

This refreshing delight is often preferred to ice cream by health-conscious people all over the world, but they are often misguided in their reasoning. If made with skim milk, frozen yogurt is generally considered to be 100 percent fat-free. However, fat-free does not mean calorie-free. These treats are loaded with calories from carbohydrates, which essentially turn into body fat. There are about 25 to 30 calories per ounce. To give you an example, half a cup of plain vanilla frozen yogurt has 200 calories and 4.5 grams of fat, according to Glamour magazine. But choosing this over a half a cup of Ben & Jerry's "Chocolate Fudge Brownie" is still a wise decision. Thecaloriecounter. com lets you see the ice cream for what it really is: 230 calories, 11 grams of fat and 22 grams of sugar.

Photo courtesy of novanewsnow.com

Cereal Bars:

If you need something to hold you over for about an hour or so, you may pick a cereal bar to snack on because they seem mildly nutritious. However, these miniscule cereal bars are not the best bang for your buck. Thedailyplate.com shows that Kellogg's Blueberry Nutri-Grain Cereal Bars have 140 calories, three grams of fat and 26 grams of carbohydrates. KUDOS candy bars, such as the M&M kind, actually have only 100 calories, three grams of fat and 17 grams of carbohydrates, which make for a surprisingly slightly better health choice.

These can be a great way to obtain the necessary daily fruit serving; however, it is unlikely that the fruit content will outweigh the high sugar and saturated fat contents also found in smoothies. A 16-ounce Piña Colada Smoothie from Orange Julius, according to thecaloriecounter.com, contains 330 calories, seven grams of saturated fat and 45 grams of sugar. Don't worry though. This thirst-quencher is still a much better choice than ordering a regular mocha shake at Steak n' Shake, which amounts to 724 calories, 22 grams of fat and 112 grams of sugar. Yikes! Still, beware the next time you want a smoothie because of its "healthy" contents. It may be better to make your own at home so you can control exactly how many calories you consume.

Smoothies:

Photo courtesy of artsetcandcafe.com

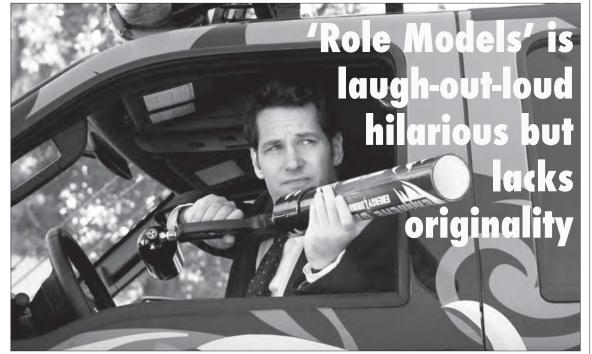


Veggie Chips:

These are supposedly a better snack than your typical Lay's potato chip, but in actuality their contents are quite similar. They are still made mostly with potato and corn flour, and usually have more sodium and about the same amount of calories, but fewer grams of fat. One ounce of Snyder's of Hanover EatSmartVeggie Crisps contains 140 calories, seven grams of fat and 290 mg of sodium. This is not a tremendous step up from Lay's Classics, where the same serving has 150 calories, 10 grams of fat and 180 mg of sodium, according to ConsumerReports.org.

The Carroll News

Arts & Life



Seann William Scott and Paul Rudd (above) star in the new film, 'Role Models' as two men who have taken the wrong path in life and are now being forced to act as mentors for troubled children.



Nicholas Petroni The Carroll News

"Role Models" hits theaters following an already impressive year of comedic movies. At first glance, this movie looks like a rehashed plot from recent box-office bombs, like "Drillbit Taylor."

This misconception may make moviegoers want to see other new releases such as "High School Musical 3."

I hope this is not the case because in director David Wain's first attempt at wide release in theaters, "Role Models" has hints of comedic genius.

The plot of the film is extremely simple, to the point of almost ruining the movie. It starts with two men who seem to have, at some point, taken wrong turns in their lives and ended up working as salesmen for an energy drink company called "Minotaur."

One of these men is Wheeler (Seann William Scott), a womanizing partier who loves his dead-end job, while the other, Danny Donahue (Paul Rudd), seems to hate everything in the world, especially his job.

The story really begins when Danny and Wheeler have a particularly bad day and end up running over a police officer and mounting a statue of a horse with the company truck.

At this point, the two are given an option: 30 days of jail or community service at a big brother-like center called Sturdy Wings. This is where we meet Augie Farks (Christopher Mintz-Plasse) and Ronnie Shields (Bobb'e J. Thompson), kids in need of role models.

From here the movie could have gone in one of two directions: either boring and childish or shocking and hilarious. Good thing they chose the latter.

As the movie continues, the "R" rating comes into play. Ronnie, a 10-year-old raised by a single mother, steals the show with his sexually explicit jokes about women and disrespect for his role models with the foulest language possible.

Augie, on the other hand, is a reincarnation of Christopher Mintz-Plasse, who played McLovin in the film "Superbad." Augie, like McLovin, has the attitude that he is the biggest geek in the room but also the coolest.

The sex jokes don't stop as every line seems to either make a pun about male genitalia or blatantly express the character's desire to pursue women. Even though this movie has some of our generation's youngest comedians, by no means should any child view this movie.

Overall, I feel that the plot line of "Role Models" makes no real attempt to be original. On the other hand, the entertainment value matches some of the best comedies that have come out in the past 10 years.

The jokes made by extremely funny comedians alone are worth seeing this movie in the theaters. So, if you have nothing going on Friday or Saturday night, I suggest grabbing a buddy and preparing to laugh your heads off.



Entertainment media going too far

Rachel

Szuch

Arts & Life Editor

Just before I had two of my wisdom

teeth painfully yanked from my

mouth by a cruel oral surgeon that

reminded me of an elderly Chris

Farley, I found myself in front of a

Brooklyn Heights judge pleading no

debt, the judge asked me what my

major was. "Communications, your

honor, I plan to be a journalist," I

replied. I couldn't help but be of-

fended as the judge laughed and

turned to the bailiff (or whomever

the gentleman to his left was) and

jokingly said, "She could be our

study," I said. "I find my major to

be commendable and worth while,

you arrogant jerk!" (OK, so I really

didn't say that; but I desperately

wanted to. Instead, I nodded politely

house, I began to rehash the 2008

presidential campaign and I had to

laugh at how entertaining the last

few months have been. Whether you

were for or against McCain/Palin,

you have to admit that the media hit

the entertainment jack-pot with this

presidential candidate John McCa-

in's decision to appoint Alaska Gov.

Sarah Palin as his running mate,

there were countless magazine

Following former Republican

vice presidential nominee.

As I pulled away from the court

and proceeded to the cashier.)

"How dare you mock my field of

next vice president."

As he prepared to total up my

contest to a speeding ticket.

Last Thursday was a lovely day.

covers and television shows either bashing or poking fun at Palin.

The media pointed to her lack of political experience and "family drama" as reasons why she was ill equipped to take on such a high office.

Noting her pregnant, unwed teenage daughter and young son with Down syndrome, the media stressed the idea that it was irresponsible for a woman with such issues to be spending time away from her family to run on the 2008 ballot.

Well, I have to wonder, if Mc-Cain had chosen a male with the same situations in his personal life, would the media have condemned him for it as well? I doubt it! This is yet another example of how men unrightfully have more power than women in the political world.

But I'm getting side-tracked; back to the point that I am trying to make – this election has been a whirlwind of entertainment. The media dwelled heavily on Palin's personal life as a way of hindering the McCain/Palin campaign, when they should have judged them based on the issues.

The same is true of the newly President-elect Barack Obama. Several months ago, tabloid magazines criticized Obama for being a Muslim, which of course anyone who actually bothered to pay attention to reputable news outlets would know was not true.

Politics and entertainment became one and the same this past election year, and it's sad that some people based their decisions on who to vote for as their next president and vice president of the United States on things that had either had no real truth at the heart of them or simply didn't have any affect on the candidates ability to lead.

Contact Rachel Szuch @ Rszuch09@jcu.edu



Check out what's happening in Cleveland this week!

<u>11.14</u> Hellogoodbye The Grog Shop 5 p.m. \$15

<u>11.14</u>

Margaret Cho Lakewood Civic Auditorium 8 p.m. \$28.50-\$45.50 11.15 The Clarks The Grog Shop 8 p.m. \$15

11.17 Secondhand Serenade House of Blues 8 p.m. \$18

11.19 Agent Orange Pirate's Cove 7 p.m. \$10

11.20 Sound Tribe Sector 9 House of Blues 7:30 p.m. \$18

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The Carroll News

The Carroll News

we the People

John Carroll students open young minds to the Constitution and ideas of civic virtue

Virginia Rivera Staff Reporter

John Carroll University has an extraordinary reputation for service around the University and community. Amongst school districts in Northeast Ohio, there is a high demand for JCU student involvement in low-income districts.

There are tons of opportunities for students, and teachers, to volunteer, whether it is through the immersion trips, feeding the poor or giving to kids who may not have as much as most of us at JCU.

One place in particular is responsible for the majority of these service opportunities and that is the Center for Service and Social Action. The Center was founded in 1992 to help JCU engage the community, providing students with many ways to get involved and focus on social justice issues. The director of the Center for Service and Social Action is Margaret Finucane, a communications professor. The goal of the Center is to provide opportunities for students not only to educate others, but also to learn something themselves. They call this service learning projects.

Finucane, along with Lauren Bowen, the associate academic vice president

at JCU, began one specific service learning project on JCU's campus called "We the ago. This program has continued to be more and more successful each year.

Learning from the students

"We the People" seeks to educate students about the U.S. Constitution. In doing so, it not only benefits the kids, but also allows JCU students to deepen their knowledge and understanding of America, too.

When the students teach the Constitution, they learn and understand it on a different level, as they are explaining it to a fifth-grader.

It enables them to get a broader look into their major as well, whether their major is education, political science or history.

Finucane said that the increased social studies emphasis in the program has led to higher test scores on the Ohio Achievement Test, a proficiency exam administered by the state's public school students. Finucane went on to say that JCU students have learned from their fifth-grade students, "The experiential aspect of the learning supports what is happening in the classroom. It deepens their learning. It engages the students in a different way. There are so many people to learn from. It seems odd that a college student could learn from a ten-year-old, but they learn from them in ways that a book cannot reach them," said Finucane.

JCU students teach the program, driving to schools in the Cleveland Metropolitan School District once a week, teaching kids about the government and how it began in the United States.

After successful completion of the "We the People" program, students attend a mock congressional hearing in order to display their knowledge of civics and across Cleveland.

In their own words

Currently, there are four freshmen JCU students teaching in the program at Harvey Rice Elementary School. Klisart Hila drives the van each week. He also volunteers on Tuesdays at Caledonia Elementary School tutoring kids. The other three students who tutor the kids are Megan Neuf, Meghan Sluszynsky, and Brianna Millonzi.

Pittsburgh native Sluszynsky admires her students' willingness to learn, "It's nice because it's a small group of kids; you get to work one on one. You get to know them, they get to know you. They're anxious to learn," she said.

Neuf, also from Pittsburgh, wanted to get involved because of the program's commitment to social justice. "I chose it because in high school I was really involved in leadership and social justice. So I wanted to continue that in college. It was just an opportunity that I found out about on the accepted students day and I really wanted to pursue it."

Millonzi, a freshman from Chardon, Ohio, enjoys working with the elementaryage students. When asked her favorite part of the program Millonzi said, "Building relationships with all of the kids. It's really cute; I come in every week and they are all excited to see us."

Sophomore Alix Audi, a two-year veteran of the program, said, "'We the People' has given me an opportunity to work with children throughout the community that are often overlooked. Through spending an hour a week with them, I not only get

People." They began it about three years "Our goal is to deepen students' understanding of the relevance of the not trade for the world." Constitution in their daily life."

afford these books.

to learn about the Constitution, but I also am able to learn about their lives and experiences. It has been an experience that I would

A win-win for school dístricts

"We the People" is funded by Congress. -Lauren Bowen, Any school that participates in the program associate academic vice president gets free text books. That cuts off a huge cost for JCU because textbooks are so expensive and most of the schools in the program can't

> According to Finucane, "It has given our students the opportunity to look at the educational structure and resources available.

For example, the JCU tutors wanted the kids to color something, but not everyone had markers because to some children markers are a luxury that their families cannot afford, especially in these times.

Also, the kids were all asked what they wanted to change most about the government right now. Many of these ten-year-old children answered that they wanted the economy to strengthen so that their families wouldn't have to work so hard for so little

This program is important because it sends a strong message to those ten-year-olds that college is an option no matter who tells them it's not. JCU students are there to show them that it is possible by teaching them, inviting the kids to JCU's campus, and welcoming them into our community.

For more information about the "We the People" program or other service opgovernment. The program is taught in seven classrooms at five different schools portunities, visit the Center for Service and Social Action -- http://www.jcu.edu/ service/



"I chose it because in high school I was really involved in leadership and social justice." -Megan Neuf, Freshman



"Some days are more frustrating than others, but overall it's been a good experience getting to know the kids."

-Brianna Millonzi, Freshman



"I like teaching the kids about government and how they got involved in government to change their community."

-Klisart Hila, Freshman



"I like working with younger children because I feel like I'm a kid at heart. We all were kids at one point, so we can relate to them."

-Meghan Sluszynsky, Freshman



members.

While the department may be small, physics students have the opportunity to participate in Research



Art History

Introduction to Art History is a popular class among freshmen and sophomores looking to fulfill the dual core requirements of a history credit as well as an "S" designation for international studies. For many students, that's where the foray into this topic ends. The department itself is tiny, having only three fulltime professors. There are, however, six part-time staff members who teach a significant number of classes. Just as obscure as the major itself is the location of the department. It is hidden at the top of a stairwell off the second floor of the Administration Building.

Students make use of the superb art collections at the Cleveland Museum of Art for their coursework. Those enrolled in upper-level courses may also obtain special permission to use the extensive research facilities at the art museum's Ingalls Library, one of the largest museum libraries in the country.

Qualified majors have the opportunity to gain valuable experience by participating in internships at the museum, as well as other local art museums, where they may assist with preparation of exhibits, do archival research, help with public lectures, conduct surveys, work with public relations, or engage in slide curatorship. Students are also encouraged to take advantage of the opportunity to study abroad in order to get personal exposure to the cultures they study in the classroom.

Religious Studies

All students are required to take six credits in religious studies as part of the Core Curriculum. However, despite the introduction to the subject matter, very few students actually pursue a major in this field. The class of 2008 only produced four graduates who majored in religious studies, a low number considering all students are exposed to the discipline at least twice in their academic career at JCU.

Designed to give students a well-rounded education in various religions and systems of belief, religious studies graduates often pursue careers in chaplaincy, law, social services and local ministry. With a fulltime faculty of ten professors, the department of religious studies is considerably larger than its counterparts in physics and art history. This is aided by 13 part-time faculty members.

Students looking to stay in the Cleveland area after graduation might take a closer look at religious studies. The major may serve as partial fulfillment of the requirement for the certification of elementary and high school teachers of religion in the Diocese of Cleveland. In addition, the department has just added a 5-year integrated B.A./M.A. program in religious studies, which provides even more opportunities to interested students.

Physics

While the physics department offers many classes, it produces very few majors. Biology and chemistry majors are required to take a physics course for their major and astronomy is a popular choice among non-science majors to fulfill their science with a lab requirement. According to the John Carroll University Fact Book for 2007-2008, there have been no physics majors in any of the last three years. The department currently employs a staff of four full-time professors, as well as five visiting and part-time faculty

Experience for Undergraduates, which involves students conducting individual research during the summer. REU is sponsored and funded by the National Science Foundation and allows students to research and attend lectures in various areas of physics. REU allows students to connect with their peers from different organizations and universities.

The department also has a research mission. An important part of this mission is that students are actively engaged in research with faculty on research projects, which develop the students as independent, active learners. Interdisciplinary teaching and research with other science departments is also encouraged.

November 13, 2008 Take This!

John Carroll offers a plethora of unusual classes in different areas

PE 220 Scuba Diving

-Students are taught diving activities, the different types of equipment used and information concerning the marine environment, safety procedures, first aid and lifesaving skills -Students must supply their own snorkel, masks and fins

HS 113 Saints & Scoundrels: The Jesuits from **Renaissance to Revolution**

-Spirituality, intellectual life, ministry and political involvements of the Jesuits, from their origins in the Renaissance to the present day, as seen in a global and historical context

MS 213 Orienteering

-A detailed introduction to the principles of land navigation and orienteering, to include map reading, compass use, terrain association, pace count, plotting techniques, route planning and safety and survival in hot and cold weather environments

Why so few?

Ernest DeZolt, the associate dean of student services and academic advising, said that many students are deterred from certain majors not by their advisors, but rather by the lack of potential in the job market.

"These are wonderful areas of study but they almost necessitate going on to get a master's degree or becoming an academic," he said.

He went on to say that Core requirements might alienate students from departments such as philosophy and religion.

Another possibility is that unpopularity breeds unpopularity. The statistics from the John Carroll University Fact Book show that most majors have a pretty consistent rate of graduates.



Football falls in third straight

Pat Nygaard Staff Reporter

After starting the season 5-1, there were whispers about the John Carroll University football team playing in the postseason.

Since JCU was unable to hold onto their lead against Muskingum College on Saturday, those postseason dreams are a distant memory.

The Blue Streaks fell to Muskingum after JCU allowed the Muskies to hang around long enough to rally in the fourth quarter for a 15-14 upset.

"It's real frustrating losing three in a row," said senior defensive tackle Dane Schaffer. "We expected to have a better record at this point."

John Carroll dominated the first 15 minutes of the game as they scored on their first two drives and took a commanding 14-0 lead.

The first JCU drive covered 61 yards on 15 plays and was capped off by a two-yard touchdown run from senior running back Tyler Gingrich.

After JCU missed a field goal on their second drive, the Blue Streak defense helped out their teammates by giving them the ball right back.

Senior safety Carlo Melaragno made the big play, intercepting a pass and giving the ball over to the offense near midfield.

The interception by Melaragno was the 13th of his career, tying him for second all-time in the JCU record books.

After the big play, the offense had to cover just 56 yards to strike again. It took seven plays and resulted in a touchdown when junior running back Mark Elsaesser was able to find the end zone on a oneyard plunge.

Muskingum was unable to do anything positive against the stingy JCU defense in the early going as



Senior running back Tyler Gingrich scored one of two JCU touchdowns on the day, but it wasn't enough as JCU fell 15-14.

they were limited to 28 total yards in their first four drives.

Muskingum finally got on the scoreboard in their final drive before halftime as they reached the end zone with 26 seconds left. A missed extra point made the score 14-6 in favor of the Blue Streaks at the half.

In the second half, the JCU defense found their groove while the offense sputtered.

The defensive unit came up with two more turnovers that gave the offense great field position near midfield, but both drives ended in turnovers on downs.

The next two JCU drives ended in interceptions thrown by senior quarterback Mark Petruziello, the first two interceptions by Muskingum all year.

The Muskies put together two impressive scoring drives late in the fourth quarter. The first drive covered 80 yards in eight plays, with two big third down conversions to keep their drive alive. Trailing 14-12, the Muskies converted on a twopoint conversion, but a holding call nullified the first attempt and they failed to score on the second try.

The Blue Streaks led 14-12 and had the ball with 3:50 left in the game but were unsuccessful at their attempt to run out the clock and Muskingum got the ball back with 1:54 left to play.

The Muskies managed to get deep into Blue Streak territory and kick the game-winning field goal to knock off the Blue Streaks.

"We all played our hearts out and it's hard to lose these kind of games. It really takes a lot out of you," said junior Alex Mileskiewicz.

Muskingum gained 127 of its 253 yards of offense in their final two drives. JCU gained 341 yards on the day.

The Blue Streaks dropped to 5-4 overall, 4-4 in the OAC and will finish their season on Saturday with No. 14 ranked Otterbein College.

Swimming and Diving has weekend split as freshmen swimmers shine bright

Tim Ertle Sports Editor

When your program is led by a coach like John Carroll University swimming and diving coach Matt Lenhart, a guy who has won 16 Ohio Athletic Conference titles in 19 years, expectations are going to be high every year. Even when great swimmers graduate, young freshmen come to fill the voids.

This year is no different. After losing many seniors from both the men's and women's teams, the young freshmen have picked up the slack.

Before the season, Lenhart said, "A repeat is very possible, I'd say we're definitely ahead of last year's curve." Lenhart was referring to the 2007-08 women's swimming team that captured the OAC title.

He was also extremely excited about a group of freshmen.

"Samantha Mossman and Melissa Fillmore are going to turn some heads this year," said Lenhart.

He knew they would turn out to be good swimmers, but perhaps not this soon. This past weekend showed why Lenhart was so excited about the newcomers.

On Friday the Blue Streaks were narrowly edged out by neighborhood rival Notre Dame College, 106-97. The Blue Streaks were victorious in six of the 11 races on the night, but Notre Dame had enough top three finishers to earn the victory.

The foursome of freshmen Mossman and Fillmore, sophomore Katie Mathews and senior Andrea Kovacs won the 400-medley race, and then all four women went on to win an individual event.

After the non-conference loss on Friday, the team responded with an

OAC win on Saturday over Mount Union College.

By winning ten of the 16 races, JCU was victorious in the dual meet by a score of 161-139. Fillmore and sophomore Heidi Benson came up big as they combined for six race wins on the day.

As for the men, it was a reverse of fortune as they were victorious over Notre Dame, but came up short against Mount Union.

Still, Lenhart was equally excited about the men's freshmen class, claiming them as "one of our best ever." They too proved to be worthy of the high expectations.

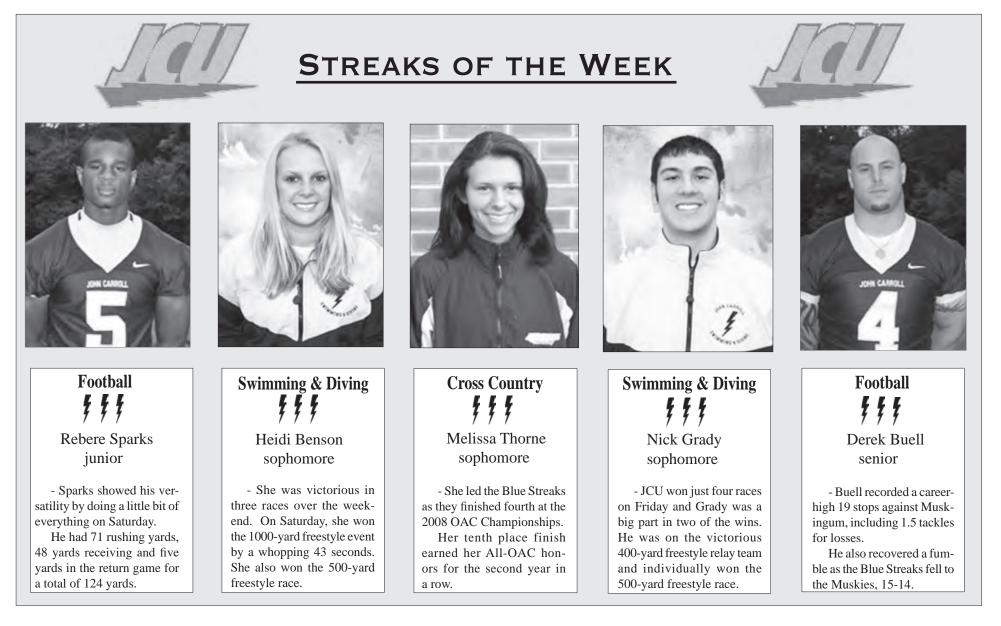
Against Notre Dame, JCU won just four races on the night, but used a total team effort to pull out the 107-92 victory.

Races such as the 100-yard freestyle race exemplified the team effort of the Blue Streaks. Although Cameron McRae of Notre Dame was the winner, JCU freshman Alex Vereshchagin, senior Ryan Flaherty and junior David Perchinske were the next three swimmers to touch the wall.

Saturday against Mount Union, JCU won seven of the 16 races and had seven second-place finishers, but it wasn't enough as the Purple Raiders squeaked out a 20-point victory.

Vereshchagin and fellow freshman Eric Davis led the charge as both were victorious in two individual events, then teamed up with freshman Blake Pinchot and sophomore Max Wilberding to win the 200-yard medley.

For their outstanding efforts over the weekend, Fillmore and Vereshchagin were both named Ohio Athletic Conference Swimmer of the Week.





Busy Habursky finds time to balance scales JCU senior's hard work leads to success in athletics and in the classroom

Sports Editor

At 6 foot 1 and 150 pounds, slim JCU senior Nick Habursky hardly has shoulders broad enough to carry the weight of his many responsibilities.

Habursky, a native of St. Clairville, Ohio, juggles cross country responsibilities with his responsibilities as the Vice President for Judicial Affairs.

When he decided to come to JCU, Habursky had no idea what he would go on to do. He said that the Jesuit roots were a big reason for choosing JCU.

"My mom works at Wheeling Jesuit University so I was really looking at Jesuit schools," he said. "Someone had mentioned John Carroll to me and said I would like it, so I came up and visited. From the first time I visited, I really liked it. It was a pretty easy choice."

In his freshman year, Habursky got involved on campus right away, joining the cross country team while also serving on the hearing board.

Fast forward to his senior year and he is now a three-year letterwinner and has taken on expanded



Senior Nick Habursky is a man of many hats, juggling cross country with his responsibilities in the Student Union.

roles around campus.

Still, when asked what his greatest accomplishment at JCU was, Habursky said, "I was proud to be named team captain this year."

He has led by example this year as he has come in the top three on the team in every race he has competed in so far this season, twice recording the best time for JCU. Head coach Dara Ford said that Nick makes a great captain.

"Nick was thrown into a tough situation with nine freshmen [on the team] this year," she said. "He has handled his leadership role with poise and confidence."

Ford added that Habursky's

work ethic is the key.

"Nick is an incredibly hard worker and strives for excellence in all that he does, from his schoolwork to his running," Ford said. "I believe that the team came together because of Nick's ownership of his captain role and we were better for it."

When he isn't running - and he's running most of the time: "In a week, we probably run close to seventy miles," he said - Habursky finds time to fill the more important criterion of a student-athlete, that of the student.

He was valedictorian at Saint John Central High School and has continued that success at JCU. He has earned a 3.66 Grade Point Average while majoring in political science and minoring in English.

On top of cross country and being the Student Union Vice President for Judicial Affairs, Habursky also serves on the Student Union's Executive Board and regularly attending meetings to represent the students.

Habursky said that serving on the judicial board is something that he really enjoys.

"I'm definitely very proud of being Vice President for Judicial Affairs," he said. "That's something, along with athletics, that has really helped me grow as a person. I want to go to law school, and the knowledge I gained [on the hearing board] really solidified the fact that this is what I wanted to do with my life."

While some people may look at the extra responsibilities as a chore, Habursky sees them as a worthwhile opportunity to help out JCU.

"On a broader scope, I'm like a student representative," he said. "If somebody approaches me, even if it doesn't involve judicial things, I try to help them out or direct them in the right direction."

In the near future, Habursky wants to attend law school. He's not exactly sure where he wants go yet, but says that he would like to stay in Ohio. No matter where he ends up, he knows that JCU will have played a big role in his success.

"Education wise, I feel extremely prepared," he said. "I'm not intimidated by the idea of law school. I feel like John Carroll has prepared me for that."

Hockey team finally gets in win column

Brian Fitts Staff Reporter

After starting their season 0-8, the John Carroll University hockey team went into last week searching for a spark to turn the season around. It looks like they may have found one.

Last Saturday, the Blue Streaks defeated No. 20 Washington and Jefferson College by a score of 4-2. They then defeated Syracuse University a week later 4-3 for their first two wins of the season.

In the victory over W&J, the Blue Streaks got a pair of goals from freshman Geoff Abrahams, with seniors Louis Grandinetti and H. Curt Kassigkeit chipping in one goal each. Both Abrahams and Grandinetti added an assist.

Junior James Stanley helped out with two assists of his own, with junior Matt Thoma adding one. Between the pipes, the Blue Streaks were paced by sophomore Michael-Patrick Bagnowski. Bagnowski played extremely well, stopping 28 of 30 shot attempts.



Senior Brendan Lewis and the hockey team sit at 2-9 on the season, but are encouraged after their two big wins last week.

"Getting the first league win of the season is big. We were able to create a lot of opportunities - and that's a good thing."



Sophomore Nick Morici was excited about the first win.

"Getting the first league win of the season is big," he said. "We were able to create a lot of opportunities — and that's a good thing. [The win] keeps us in the hunt for the playoffs."

While Morici was excited about the wins, he tries to keep it in perspective.

"We've got a stretch with a lot of tough games coming up. We're just going to have to take it one game at a time," said Morici. "We've really played hard the past couple of games, with the puck just not bouncing our way in a couple of those losses."

A week after their first victory,

- Nick Morici JCU sophomore forward

JCU got a big win against the Syracuse Orangemen. This time, Abrahams and freshman Danny Geiger recorded a goal and an assist each.

Grandinetti and sophomore Ryan Fawks rounded out the scoring.

This time it was junior Nick Fabrizio in the net for the Blue Streaks, stopping 30 of 33 shots.

"Getting a win against a team like Syracuse is big for us," said senior Brendan Lewis. "Ultimately, the team goal is to win our league and get to the national tournament. To do that, we're going to need to play the way we have been more

consistently."

After the two victories, the Blue Streaks fell to Towson University on Sunday by a score of 6-3.

JCU junior Zack Skook led the charge, tallying two goals and an assist.

With a record of 2-9, it will be an uphill battle for the team as their season marches on.

They'll continue their fight this week with back-to-back road games. They have a league game Friday at the University of Pittsburgh, before a non-conference clash with Youngstown State on Saturday.

Women		JCU	4					
20 C		Wash. & Jeff.	2					
JCU	4							
Muskingum	0	JCU	4					
		Syracuse	3					
OAC Tournament	t							
JCU	1	JCU	3					
Capital	3	Towson	6					
		EN	-					
JCU Leaders		JCU Leaders						
Goals -		Points -	141					
Caitlyn Walton	2	Geoff Abrams	5					
		Saves -						
Saves -		Nick Fabrizio	67					
Michelle Zrebiec	13	4						
Vallashall								
Volleyball								
OAC Tournament		JCU Leader						
JCU	2	Kills -						
Muskingum	3	Meagan Gambone	16					

World News

The Carroll News

Five things you should know this week



Celebrating our heroes

The United States honored all those who serve and have served in our armed forces Tuesday. In a speech given in New York, President Bush thanked all the veterans who have put their lives on the line for the sake of the country.

Don't count out Palin

Gov. Sarah Palin has been in the media spotlight as of late, even after the loss she and Sen. John McCain suffered to President-elect Barack Obama. Comments made by Palin recently have shown her interest in running for president in 2012.

Cold War revival

Cuban President Raul Castro plans on visiting Russia next year, showing signs of a new military alliance and possible Cold War revisitation. Russian President Dmitri Medvedev is using the situation to express the country's dismay for U.S. unilateral policies abroad.

Iran missile launch



After a nearly two-year long campaign, President-elect Barack Obama waves to the crowd at Grant Park in Chicago after delivering his acceptance speech on the night of the election.

With votes in, America has spoken

Sean Webster The Carroll News

President-elect Barack Obama has some tough decisions to make before taking office on Jan. 20.

Above all, he must decide how to deal with America's worst economic conditions since the Great Depression.

The nation's current financial crisis, coupled with one of the largest national debts in history, may severely limit his ability to address other key priorities such as health care reform, renewable energy development and environmental conservation.

To help him with these decisions, Obama must first decide who will be working with him in his administration.

John Carroll University political science professor Larry Schwab said that the possibility of Obama recruiting many of the same people from the staff of former President Bill Clinton is very likely.

Obama has already chosen Rep. Rahm Emanuel, a Democrat from Illinois and former Clinton staffer, as his Chief of Staff.

For the position of Senior Advisor, Obama chose David Axelrod, the chief strategist for his campaign.

Schwab predicts that Obama will soon name his Campaign Communications Director Robert Gibbs to stamps, raise the amount of federal funds given to cities and states, and provide funding for crucial infrastructure improvements.

Andrew Welki, associate professor of economics, said that this stimulus package, which will probably cost hundreds of billions of dollars, will "create a stabilizer to allow households to continue to function."

The Obama administration will also have to decide how to handle the \$700 billion bailout package passed by Congress last month.

While the bailout has helped to ease the stress on financial institutions, it has done little to aid homeowners struggling to meet their mortgages.

Therefore, Obama has proposed a 90-day moratorium on foreclosures for all financial firms being helped by the bailout plan.

He would also like to allow bankruptcy judges to modify mortgages to ease the stress on homeowners.

While Welki thinks these proposals are prudent steps to look at, he questions whether they will help solve the problem or simply postpone it.

Rather, he believes the real decision that the Obama administration must make will be choosing which financial institutions receive the remaining bailout money.

"The real challenge will b

tering industry to receive expensive government bailouts.

The price tag of the stimulus package coupled with both the financial industry bailout and the potential auto industry bailout will push the already historic national debt to even higher levels.

However, Schwab is confident that Obama will still be able to address other costly priorities, although he may have to start out small.

"Within the first few years, Obama will do a lot, but not quite as much because of the deficit. Almost everything he has planned, he will go for...just not to the extent that he wanted to do," he said.

For example, Obama may include a limited amount of funding for renewable energy investment in his stimulus package.

The package helped him reach his target of investing \$150 billion in renewable energy technology over the next ten years.

To support his environmental policy, Obama wants to create a bailout package for the auto industry that encourages the development of more fuel efficient automobiles.

In regards to health care, there are certain simple, relatively lowcost steps that Obama may take in the early days of his presidency that could ease the transition to his plan for universal health care.

For example, he may require that all medical records be electronically available, which would decrease health care costs in the long-run, making it more affordable. He may also expand Medicaid coverage and require that all children have health insurance. Obama plans to pay for much of this spending by repealing Bush's tax cuts for the rich, which would increase government revenue. Some question the economics of increasing taxes during a recession. "The Obama administration will definitely follow through on this campaign promise, and is seriously considering repealing the tax cuts before they expire in 2010," Schwab said. Schwab also pointed out that the extra revenue would be spent on stimulating the economy and that Obama's tax policy would include \$80 billion in tax cuts for the middle-class.

In order to flex its military muscle and power projection, Iran fired a new type of missile near the Iraqi border during a military expedition on Tuesday. The launch was meant to signal to the U.S. that Iran will not tolerate violations of its airspace.

Gas prices are legit

Gas prices throughout the country continue to decline for a 17th straight week, falling below \$2 per gallon in some states and approaching \$1.50 in others.

Compiled by Mike Zurn

be his Press Secretary.

As for how bipartisan the new administration will be, Schwab said, "Obama may choose a few Republicans, but if he does, it will most likely be for lesser cabinet positions that aren't too ideologically significant, such as the position of Secretary of Education."

Despite his predictions, Schwab expects Obama's administration will be both diverse and innovative. Its first test will be the looming economic problems facing the nation, which include rising unemployment and decreases in investment, consumption and consumer confidence.

Obama is already working on an economic stimulus bill, different from the one passed earlier this year by President Bush.

Instead of issuing rebates to taxpayers, it will most likely extend unemployment benefits, increase food walking the fine line between doing what is prudent economically versus avoiding the appearance of picking winners and losers for political reasons," he said.

Obama will also have to decide how to help the faltering auto industry. The "Big Three" of General Motors, Chrysler and Ford are asking Congress for a bailout similar to that received by the financial industry.

Without government assistance, the auto industry could lose 2.5 million jobs next year – a potentially devastating blow to Obama's first year in office.

Welki predicts that the Obama administration will provide assistance to the auto industry just as the country did for Chrysler in 1979, yet this time on a much larger scale.

However, he warns that the administration must be careful not to set a precedent of allowing any fal-



Rome is Zurning



Mike Zurn World News Editor

A true inspiration

As Americans, we often forget how lucky we truly are. We live in the most prosperous nation on the planet, but refuse to put aside petty differences to overcome problems that hinder our progress.

At the same time, greedy individuals seek to take advantage of our economic status in pursuit of selfish motives and desires. These individuals dampen the moral fabric of our society and may ultimately destroy what countless great men and women have worked so hard to build.

In order to prevent this decay, it is our duty and obligation to combat greed in exchange for altruism and selflessness. We should not have to look to the government to aid us in advancement, but rather, each other. Focusing too heavily on the government to solve dilemmas sometimes shifts responsibility from where it belongs, with us.

Those of us in this world who have been blessed enough to live in a country free from tyranny and persecution should use our gifts and talents to build better lives for one another and ourselves. After all, achieving success to live happily is important, but a major difference exists between pursuing happiness and marginalizing the less fortunate.

Now, this does not mean that we must become a Mother Theresa or Martin Luther King Jr., because only a few can profoundly impact history as they did. Rather, it means using our innate capabilities to work for the common good in and outside of our communities. We should not focus solely on the big picture, but more on our day-to-day lives.

Take for example, a woman by the name of Lindsay Matthews, sister of JCU senior Scott Matthews. Lindsay was a beautiful, brilliant young woman who used her gifts to benefit those around her. As a student at a prestigious university, she could have easily made a decision to pursue a career that would have ultimately benefited her.

Instead, Lindsay chose to use her abilities to major in speech pathology. Through her major, she strived to help young children learn and discover the opportunities with which she had been so blessed. Unfortunately, Lindsay passed away recently in a tragic accident at the young age of 19.

In her 19 years, Lindsay did more to help those around her than many of us will in a lifetime. I had the distinct privilege of meeting Lindsay, and anyone who knew her will tell you that she truly worked to brighten the lives of those around her. As students who have been blessed like Lindsay, we can look to her as a role model, and admire her generosity and willingness to live for others. While Lindsay may be gone, following her example will allow her life to live on. In our society, there is a tendency to endeavor to become that big fish in a big pond. This is not necessarily wrong. However, when we become too deeply entrenched in our own ambition, there is a point we can reach that sacrifices our values and makes us lose ourselves As individuals and Americans alike, it is our obligation to use our gifts to create opportunities for ourselves and for those around us. Otherwise, our country could lose its decency and eventually make great individuals like Lindsay Matthews a distant memory.

A Senate election coming down to the wire

Minnesota race for Senate too close to call, forced into mandatory recount

Meghan Wolf The Carroll News

A close vote in the Minnesota Senate race has been the subject of a state-mandated recount, which will continue on through next week.

The lead of Republican candidate Norm Coleman over Democrat Al Franken had gone from approximately 725 votes the day after the election down to less than a third of that a week later.

On Monday, the Coleman lead was 204 votes, according to The Associated Press. The lead was reported at 206 a day later. The difference was a mere 1/100th of 1 percent, and the automatic hand recount's results will be pivotal.

Specifically, if Franken unseats the incumbent Coleman, the Democrats will earn their 58th seat in the Senate, which is enough to give the party protection from Republican filibusters on most issues.

Over the accordance with the goal of a Franken campaign statement "to ensure that every vote is properly counted," the recount itself has been an issue of considerable legal contention.

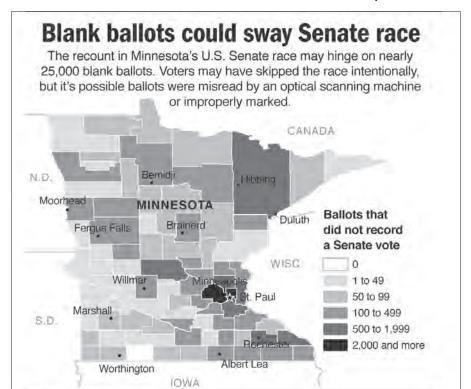
The Coleman campaign, however, made the accusation that the Franken campaign was attempting to stuff the ballot box.

With a Republican lead of mere hundreds, every attempt at re-evaluating the difference has held significance. A request from the Franken campaign to allow some previously rejected absentee ballots was turned down by Hennepin County, by population the largest county in Minnesota.

The canvassing board of this county got a request by attorney David Lillehaug for the re-qualification of 461 absentee ballots. By his word, they had been unfairly rejected.

Both of the campaigns had to contend over how to secure the ballots that are up for a recount, increasing the likelihood for more legal trouble to come.

Now that the recount process is necessary, intricate plans have been made to preserve every paper remotely related to the election.



SOURCE: AP Vote Count

They will include ballots both spoiled and unused, voter registration cards and even voting machine tapes and optical scanner tests made before the election.

A Stearns County district judge handed down a list on Saturday that outlined detailed procedures on how to conduct the recount.

The procedures included keeping ballots locked up in a secluded room at all times. A maximum of two people from the auditor's staff would be allowed in the room at a time, and a detailed record would be kept of anyone entering the room.

Sara Schiavoni, a political science professor at John Carroll University, commented on the implications that the unusually close election would have on Coleman's politics if he maintained his lead after the recount.

"If [Coleman] wins, six years is a pretty long time to have those bridges [of influence] built," said Schiavoni, comparing a senator's six-year term to a house representative's two-year term.

AP

"A senator's No. 1 goal is to get re-elected, so he is going to learn from this, it might make him moderate his views a little bit," she added.

Among the concerns over what ballots are eligible for a recount are 32 absentee ballots from Minneapolis that had not been delivered on Election Day.

The Coleman campaign had requested an injunction to stop the counting of them, but it was denied.

The ballots had been called missing, but election officials in Minneapolis said that they were delivered the day after the close election.

As of now, completion of the local recount is supposed to happen around Dec. 5, and the examination of challenged ballots is to start on Dec. 16.

For Bush, term as president nearing the end

Matt Greene The Carroll News

As President George W. Bush's time in office winds down to an end, the Iraq War, Hurricane Katrina and the recent economic crisis appear like they will plague his administration for years to come.

With disapproval ratings exceeding 70 percent, Bush will most likely leave Washington with one of the lowest approval ratings in the



must be kept in place in order for them to be seen as effective in the future. With the recent election of Obama, their effectiveness seems less likely.

In addition, many believe that Bush's presidency was hit with bad luck. Sept. 11 and Hurricane Katrina were a few unique obstacles he faced while in office.

Furthermore, the economic crisis erupting in the last few months has only made the exit

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history U.S. presidents.

Many historians credit the President's decision to ignore the voice of the populous in leading to high levels of dissatisfaction, particularly on the topic of Iraq. Not only has mishandling situations like Katrina resulted in criticism from Democrats, but also from those in his own party.

In fact, according to John Carroll University professor Larry Schwab, Bush's ratings have suffered in all political spectrums.

"Bush and his supporters face legacy opposition from a range of ideological perspectives. Everyone on the left, most in the middle, and many traditional conservatives think he should receive a low ranking," he said.

While the general feelings towards Bush's two terms are of disappointment and anger, a shift may occur with time.

The challenges of Iraq, Hurricane Katrina and the economic crisis certainly tested his leadership, but historians note that time may ultimately decide where the president stands in history.

Former President Harry Truman left of-

Barack Obama and George W. Bush walk outside the White House on Monday prior to a meeting.

fice in a similar fashion, exiting with a 22 percent approval rating, but is now viewed as a successful president. Professor Sven Dubie of the JCU history department believes that President Bush's fate may be similar to that of Truman.

"I suspect Bush's ranking will rise, but just where it will settle, only time will tell," she said.

However, for Bush's reputation to improve, his policies and decisions need to see positive results. It will most likely be regarded differently if in 15 to 25 years Iraq is growing with prosperity and Al-Qaeda is significantly weakened.

The optimism though, may prove to be a stretch. Schwab said that Bush's policies

process more difficult.

Fresh off an election victory, Presidentelect Barack Obama will have a full agenda of tasks transferring over from Bush.

It is possible that a successful Obama administration may aid in healing Bush's approval rating.

If Iraq and Afghanistan develop into stable democracies, Iran's nuclear situation is resolved and Israeli-Arab peace relations improve, the Bush administration's stand on the turbulent Middle East might prove to be necessary and appropriate.

Bush still has roughly two months left to serve as president, and the nation's true opinion of his tenure has yet to come out.

Dubie suggests that the resentment many Americans have against Bush will take some time to wear off given his unpopularity.

"I would not put much stock in any ranking this early. It will take at least a decade or more, I would say, before we begin to develop the kind of perspective most historians would like to have in order to fairly assess the Bush presidency," said Dubie.

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The Carroll News

November 13 Shuttles beginning to shape up

Editorial

Editorial

SU offers more options for transportation to airport

Out-of-state students may find it a bit easier to travel this holiday season. For those who typically fly home, transportation will be offered to the Belvoir Rapid station, where students can then ride to the Cleveland Hopkins International Airport.

In the past, the Student Union provided a shuttle to the airport for every major break during the school year. This was only offered on the day before breaks and was limited in the time slots you could sign up for.

After seeing an increase in the amount of students wishing to have transportation back from the airport, the SU has significantly revamped the transportation system.

Now, the Green Road Shuttle will drop off and pick up students from the Belvoir Rapid station. Students will be given a free roundtrip pass for the Rapid ahead of time and simply have to call Campus Safety Services to be picked up and brought back to campus. Also, the shuttle is not confined to one day or time. Students can utilize it whenever needed.

With 30 percent of John Carroll University's undergraduate population being from out-of-state, a shuttle that also picks up students is not only convenient, but an essential commodity. Students consistently use the shuttle and many rely on it as their sole means of getting to the airport. Often finding a ride back to campus can be difficult and many students spend a small fortune on taxi rides. This new shuttle is insightful, conventional and proves to be an example of the SU answering the needs of the student body.

HIT & miss

HIT: JCU students featured on Fox 8 Web cast HIT: Election coverage finally ends miss: Men's and women's soccer seasons end with losses miss: Unemployment rate increases in the U.S. HIT: Gas prices continue to drop HIT: "Legally Blonde, The Musical" playing in Cleveland HIT: Student Union Executive Board elections **miss:** Five out of seven candidates ran unopposed miss: Rainy weather miss: Hurricane Paloma miss: Flu season HIT: JCU Philosophy professor Sharon Kaye publishes book, "Black Market Truth" HIT: Class scheduling began this week HIT: JCU students featured on CNN Web site



Editorial

Plans for West Loop Shuttle continue to progress

Last Friday, a few Student Union Executive Board members were finally able to participate in a test run of the West Loop Shuttle.

For several months, the SU has been working towards implementing a shuttle that will transport students to the Coventry Village, Little Italy and University Circle.

It will also make a stop at Cedar and Lee roads.

The test run was successful and as of now, the shuttle will officially start running on Friday, Nov. 21 and Saturday, Nov. 22.

The outlook for the new loop ap-

pears to be positive. We hope that if

Cartoon by Joe Hinkel

it proves to be successful in the upcoming weeks, the administration will consider expanding the shuttle's runs to Thursday nights to accommodate the needs of students.

Although the SU has had to make several changes to the plan including the biggest – having it run on Friday and Saturday nights versus Thursday nights, the push for it has been a priority for the SU and is still a positive addition to transportation provided by the University. Students will now be able to branch farther out and experience other areas of the city that are rich in culture and entertainment.

The shuttle will work like the East Loop, allowing students who did not take it to a destination to still be able to catch a ride back to campus. The full loop takes between 20 and 25 minutes and students must show their student ID to board the bus.



bottom of the totem pole, but he has vindicated us, hallelujah."

Pastor Shirley Caesar-Williams, during her sermon Sunday at Mount Calvary Word of Faith Church in Raleigh, N.C. The prayer was for President-elect Barack Obama.

The Carroll News

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18 November 13, 2008



The Carroll News

OURVIEW Disgust of dorm room décor



Taylor Nagy Copy Editor

As I walk through the halls of Campion, it is clear to me that students are trying to convey a message through their chosen décor: I'm a fashion guru, a tough guy, a tree-hugger, a music-lover, a movie buff, I like mythical creatures, think puppies are the cutest, etc.

But some students go too far.

Many girls rip pages out of high fashion and celeb gossip magazines and string them along their walls, while numerous guys prefer posters of beer pong, pin-up girls and diagrams of sex positions.

Decorating a room can be fun. I'm not knockin' it.

There is nothing wrong with wanting to make your room look

nice or unique.

However, what I am concerned with is the multitude of derogatory references to drugs, sex and the essentially pornographic photos on the magazine ads and posters I see ornamenting so many dorm room walls, guys' and girls' alike.

I don't understand what message kids are trying to convey by hanging these images at their bedsides. When I walk into a room and see a nude girl staring at me with full cleavage and a "come hither" look, quite frankly, I get skeeved out.

This semester I walked into my friend's room one afternoon to find, to my great surprise and disgust, a poster his roommate was planning to hang laying on his bed.

It was a picture of two women from behind, bare-backed, wearing thongs so that you could almost see their reproductive organs, leaning over one guy and making out.

The line at the bottom read something like, "Now that's what I call teamwork."

The message I get from this is:

Wonderword

What does doula mean?

"I'm a pervert," or better yet, "I can't get a girl naked, so I have to look at these paper ones – and I like to look at them a lot." If that's not the message these

posters are supposed to be sending people, too bad.

That's still what I'm getting. And many young men and women get the same message and believe these posters are completely inappropriate.

In all fairness, I do understand that students have the right to decorate their rooms however they wish. But I think they should realize that in doing so they could be degrading women.

And as a woman, I have the right to speak out against their humiliating actions and behaviors.

Students should think twice about their decorations and what point they are making; however, if you'd like to make the point that you're a desperate creep, go right ahead. You have every right to do so.

More power to you.



Jenna Lo Castro Editorial & Op/Ed Editor

A lot of people familiar with ultimate fighting frequent local bars to watch matches. Others may splurge and pay the \$50 pay-per-view fee to watch it in the comforts of their own home, surrounded by friends, a few cases of Miller High Life and perhaps a pizza or two. I, on the other hand, chose to get my hands dirty this past weekend.

And I'm talking really dirty.

On Saturday night, a few friends and I decided to make the trek down to Akron to witness some real, live ultimate fighting. A friend of ours was actually participating in one of the matches and we figured that his fight would be all the incentive we would need to actually attend the event.

It took us about an hour to get down there. It probably would have taken us less time, but the neon glow of lights radiating from the strip clubs and the fact that the event was being held in something that resembled a bingo hall deterred us from getting there any quicker. Oh, and not to mention that we had to park in a field behind some ghetto, decrepit building down the street also added to the tardiness.

When we arrived, I was initially greeted with the clashing of two extremely different species of people: 1. The beefy, tanned, and tatted-up men who were clearly no strangers to the ultimate fighting circuit and 2. The rural, truck-driving, Confederate-flag reviving, natives who were clearly strangers to oral hygiene and women who don't work at Hooters.

After gaining admission and perusing the snack bar's extensive, mouth-watering selections of "Nachos Supreme," (which consisted of a meat and processed cheese—the lady never actually specified what "type" of meat to be exact) cold French fries and \$3 cans of Miller Lite, we decided to find a space in the crowd where we could see the Word OII. Why I kind of want my own UFC entourage

- ring.

I instantly began having flashbacks of my high school years when I would habitually attend hipster bands' rock shows at the local volunteer fire hall. The bingo schedules and pictures of community little league teams dotted the walls. The moment was transient and I was quickly pulled back into the present by the hoarse voice of a woman screaming, "Kick his ass, Drucifer."

Clearly, Drucifer was winning his match inside the large cage in front of me. For the record, I did not make that name up. The kid's name was actually Drucifer. It was as if his parents were leaning towards "Lucifer," decided it might have been a bit too diabolic, and simply prefixed it with a "dr," thinking it would make their son sound more professional.

The round was followed with an underage platinum blonde walking around the ring and swinging her hips so sharply side to side I thought she might break one. She was wearing only a pair of spankies, a cut-up midriff that showed off the work she had done and a cardboard sign that had "Round 2" written on it.

Looking around, I realized that there were about 20 other girls dressed the same way. And that's not counting the women that actually just came to watch the match. In fact, my friends and I were so over-clothed, we probably made an Eskimo look more like Pam Anderson circa "Baywatch."

Eventually, we made our way out of the hall and back to the car. My senses were on overload as I tried to process the night's events and all I could think of was how I wouldn't be attending another match any time soon, unless it involved Kimbo Slice.

Contact Jenna Lo Castro at jlocastro09@jcu.edu



"Something you put on your head." Lena Masri, junior

"A type of toiletry." Marcel McCollough,



"Dolan and Kulas combined." Leslie O'Connor junior

A doula is a woman who assists in childbirth and provides support for the mother, her child and the family after the birth.

freshman

That's what See said: Sick and tired of being sick and tired



Bob Seeholzer Features Editor

What gets me down? Failing a test? Not so much. Lack of sleep? Only in the morning.

Carroll News deadlines? Nope, not at all.

Having to blow my nose 13 times per hour? You bet.

It's flu season, and despite my typically robust immune system, I have fallen victim to the mucous fairy.

I've spent the last week doing a whole lot of nothing. Naps became more common, there was a tissue genocide and general apathy settled in. Anyone who bought stock in Kleenex a few weeks ago is sitting pretty right now, you're welcome.

My internal temperature has been fluctuating more than the No. 1 ranking in college football. Some days it would be hotter than hell in July, other days I'd be colder than Sarah Palin's igloo after Election Day.

While trying to read my textbooks for class, I'd go in and out of consciousness. Mostly because the material was uninteresting, but partly because my eyes were bloodshot and my sinuses were clogged. Needless to say, my GPA suffered almost as much as my body.

My exercise regimen also took a hit. I was too tired to do much of anything, thus I didn't do much of anything. The muscle atrophy that occurred means that my already below-average strength became equivalent to that of a 4th grader.

The lack of exercise-caused endorphins led to a decrease in my usually enthusiastic nature. I went from being a lovable, carefree character to an angry, unpleasant individual. It's bad enough that my body was held hostage by my condition, but once depression settled in I was pretty downcast.

The climax of a sickness is when

the whooping cough stage settles in. At that point, the attention-causing aspect of the cold shifts from the nose blowing to the 45 seconds of constant coughing that happens roughly every four minutes.

The only method I know of getting healthy that actually works is to go through Robitussin like wine at a wedding in Cana.

It works miracles. The 'tussin has been my remedy of choice since I was little, and it has never let me down.

The best part about having the flu is when you finally get better. It's like being Sisyphus and finally getting the boulder over the top of the hill. The other best part is the fact that now you're immune to that specific strain of the common cold.

Now that I think about it, how do they get away with calling it the "common" cold?

I get sick two to three times a year and supposedly build up immunity to it each time. Either the medical authorities are confused or guilty of a misnomer. The fact that even doctors use incorrect terms makes me feel better about the fact I use "the flu" and "a cold" interchangeably.

I wouldn't wish the flu on anyone, well maybe some people, but probably not you.

Now I should probably disinfect all the keyboards I used last week.

Contact Bob Seeholzer at rseeholzer11@jcu.edu

YOURVIEW

Letters to the Editor

The Election is over-Now what?

Mark D. McCarthy VP for Student Affairs John Carroll University

The Election is over – Now what?

For many of you, this year's election was the first time you could vote in a presidential election. John Carroll students came out in droves either here or by absentee ballot.

When the winner was announced and during Obama's victory speech, emotions at John Carroll ran high there were cheers and jeers at the election watch party, in the residence halls and outside on the Quad.

While this is indicative of the energy student voters brought to this election, there were also comments made that are very disturbing.

One student is reported to have yelled "Assassinate him!" at the election watch party in Dolan, while other students allegedly screamed an expletive about Obama outside of Murphy. Students called Obama the "N-word" in hall-way conversations and another wrote "It's time to get my bullets" in a widely-distributed e-mail.

It was reported that one student declared "We elected a slave" in a Wednesday class. These comments are not about politics, platforms or even about who can best serve as our next president.

These comments come from a place of hate and fear, they are reckless, offensive and woefully disrespectful and they create a hostile and demeaning environment on campus.

I am a new member of this community and I was shocked when I learned of these comments. At a Jesuit, Catholic university, more is expected of John Carroll students, in both thought and action.

At the heart of our mission is the core value that we are "an inclusive community where differing points of view and experience are valued as opportunities for mutual learning."

Earlier this fall, a campus-wide campaign introduced the phrase "I think. I respect." Students, staff and faculty wore buttons and put up posters encouraging the JCU and denied some Americans the full blessings of American citizenship, the memory of them still had the power to wound.

A century ago, President Theodore Roosevelt's invitation of Booker T. Washington to dine at the White House was taken as an outrage in many quarters.

America today is a world away from the cruel and frightful bigotry of that time. There is no better evidence of this than the election of an African-American to the presidency of the United States.

Let there be no reason now for any American to fail to cherish their citizenship in this, the greatest nation on Earth."

Unfortunately it appears some John Carroll students want to ignore this moment in history and instead promulgate racist speech and bigotry.

In doing so, they act in ways that contravene University mission and values. They create an environment that excludes many in the JCU community and they lack the respect that we all deserve.

If you are struggling, as I am, with the disrespectful behaviors and acts of intolerance of some JCU students, please use the resources of the Counseling Center, Office of Multicultural Affairs, Office of the Dean of Students, Campus Safety Services, Office of Residence Life and Campus Ministry to share your concerns.

If you are one of the students who expressed your anger and disappointment through intolerant and racist behavior, may this be a reminder to think before you act. Creating a harassing environment through verbally abusive language and threats is a violation of the Student Code of Conduct for which disciplinary action can and will be taken.

The election is over—now what? Do you join the millions of Americans, including John McCain, who stand ready to support the presidentelect?

Or, do you stand to the side spewing words of hate, fearing change and actively seeking to denigrate the mission and values of our country and John Carroll University?

Response to "This is America, People" Peter Topa Class of 2009 John Carroll University

Before any person dismisses this as another rambling from a socialist, commune-living wannabe, I'd like to point out that I am capitalist (Why else would I be a business major?) and hope to have a comfortable living situation when I am older.

I do not suggest that it is an acceptable way of life to suck off the fat teat (or more fitting now rather petite) of the government, though I do believe the distribution of some wealth is good and can actually be a fruitful course of action.

It all depends on how it is run. In your article, you stated the citizens of the U.S. were, "relying on the government to resolve problems that it was not designated to manage."

Now I know that our government's initial purpose was not to manage these issues, however, there is no way anyone can rightfully argue that every issue put in place in the early years of our country should still be around today.

After all, that is why throughout the 20th century there was so much change in our country.

Today, we are also faced with issues in need of fixing, of people living without staple necessities, and that is why we need change.

The two most important issues (to me) regarding this redistribution of wealth are welfare and health care.

There are problems with welfare that are quite apparent. But through changes, that program can be reformed so there are less loopholes for people wrongfully staying on the program, and hopefully more people successfully "graduating" the program.

As for the second issue, it baffles me as to why people would not want others to have the security of health care.

I am not saying the United States should have complete universal health care—that would be economically poor and bad for the health care community. I agree with the principle that we should have both private and social health care systems, the social health care being provided to only those who could not afford it.

This would maintain the superiority of the U.S. health care system while giving the less fortunate basic health care vital for living a decent life.

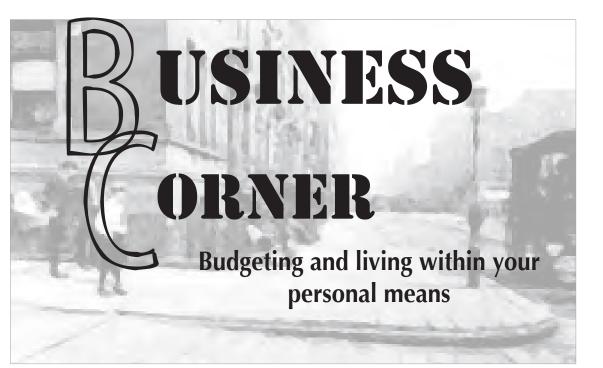
Lastly, it was stated that Americans are givers, and that only because some companies acted in an unethical manor, people are being penalized and being forced to give.

Well, not only the for-profit companies named in your article are stealing money.

A few years back the Red Cross was nailed for misappropriating funds as well.

That has affected the charity business negatively, and therefore, less people are giving out of the goodness of their hearts.

So really, is taking a little bit of one's hard-earned money all that bad to help out someone always on hard times?





food and weekend activities, but upon graduation we will find ourselves with a long list of monthly expenses. It is a necessity to learn how to budget correctly. Doing this will teach all of us how to live within our means. Don't forget to include items like parking if you're planning on working downtown, and all food and drink expenses if you enjoy the occasional night on the town. Achieving the most realistic projection is the goal.

community to appreciate differences and to think before we act when we struggle to understand people with opposing viewpoints or different faiths, genders, ethnicities, cultures or sexual orientations.

While we are free to disagree regarding our hopes and concerns, JCU's mission calls us to do so through civil discourse and reasoned debate, characterized by mutual respect for individuals and opposing viewpoints.

As members of the JCU community this is our responsibility—to care for one another, to see the potential in all people... TO THINK, TO RESPECT.

For an example, we need look no further than John McCain and the comments he made in his concession speech:

"Though we have come a long way from the old injustices that once stained our nation's reputation

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mous letters will not be published unless the source reveals his or her identity to The Carroll News and the situation is deemed appropriate in its anonymity. Letters to the editor must not exceed 500 words and must be submitted to jcunews@jcu.edu by 5:00 Sunday night.

Marylou Bontempo The Carroll News

Like most college students, I am constantly aggravated by the ceiling that has been put on my bank account. No matter how much I work and try to save, my account balance never seems to be able to rise above a certain level.

My parents always tell me the same thing— that I should enjoy the time when I don't have any true responsibilities and that I have the rest of my life to build up a nest egg. This got me thinking about how to save once I am out of school.

With a recession hanging over our heads like a true Cleveland storm cloud, it's important to understand how to analyze your expenses and find places to cut back.

Right now, the only large expenses most students have are gas,

Sure, many of us have champagne tastes, but we will most likely be blessed with a beer income so we need to learn how to live with it.

As college students, we have all learned basic Microsoft Excel skills, and they should be put to use for this purpose. Start with your income and back out your retirement deferrals before taking out your taxes. This is your take-home income, and it is what you should be budgeting from.

Talk to your parents and find out all of the expenses they have in a month and make a list. I'm sure there will be surprises and line items that college students wouldn't think of. Insurance can be a large expense when you consider health insurance, car insurance and home-owners or rental insurance, depending upon your post-graduate living arrangements.

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A foreign concept to college students is the idea of paying yourself first. This is inevitably forced saving, but is a great idea for young professionals. Budget in a set amount per month that you automatically put into your savings account for a rainy day fund.

You need to be prepared if your car suddenly dies, your appliances need to be replaced, or even if an opportunity to go on a once-in-alifetime vacation pops up that you can't say no to. This will give you an automatic emergency fund and will keep you from racking up credit card bills, which is one of the major mistakes young people make.

By budgeting, living within your means and paying yourself first, you will avoid accruing debts that will haunt you for years to come. Bontempo is a senior finance major at JCU.

CLASSIFIEDS

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Houses for rent walking distance to JCU for 2008-2009 year. Call Grace at 216-751-4519.

For Rent, on Warrensville Center Rd. near John Carroll. 2 Family houses, 2 or 3 bedroom suites available. Very clean and well maintained. Large rooms, garage space, all appliances included. Available June 1st 2009. THE GOOD ONES GO FAST, SO GET STARTED NOW!! Call Mike: Sr. (440)724-6654 or Jr (440)336-4254.

2 Br, 1 bathroom and 1 sunroom for rent along Cedar Rd. Near Whole Foods, RTA, JCU. \$750+one month deposit. Call Dr. Santos (216)233-5795 or e-mail rsantos@jcu.edu.

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Beat the rush. 3 bedroom single family house 3941 Washington Blvd. Stove, Fridge, Dishwasher, Washer and Dryer, Two Car garage. Dinning rm. and Living room, finished attic. Walking distance to JCU 440-526-1723

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The UPS Store

Now Hiring for customer service positions. Part time-flexible hours. We need responsible students who are friendly and outgoing with good typing & data entry skills. JUST MINUTES FROM JCU Located at Cedar and Warrensville Cntr Rds Apply in person 216-371-9300 store1240@theupsstore.com for more information.

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