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JCU professor co-founds the international network of Crisis Mappers, p. 10

THE CARROLL NEWS

Thursday, November 4, 2010

Serving John Carroll University Since 1925

Vol. 87, No. 8

Global issues incorporated in JCU education

Molly Wilson
Staff Writer

John Carroll University has recently been selected as one of thirty-two colleges and universities to participate in a new program called General Education for a Global Century. This program is sponsored and run by the Association of American Colleges and Universities (AAC&U). The AAC&U is an organization dedicated to enhancing liberal education through various programs.

John Carroll has worked with the association several times in the past. In order to be selected for this new program, a group of John Carroll faculty members had to apply and submit a narrative on the University's stance and commitment to global issues. John Carroll is currently undergoing an academic transformation and saw this program as a great opportunity to get more involved in a global sense.

One of the faculty members involved in this new project is Nicholas Santilli, the associate academic vice president for planning and assessment. He describes the transformation John Carroll is undergoing as an "Academic strategic planning process [where] we can get a more comprehensive look at the student experience at our university." The faculty is trying to match the way they teach to the way students learn and make John Carroll a unique experience with specific core elements that will be taught from freshman through senior year.

A big element to the General Education for a Global Century program is to be able to incorporate contemporary world issues into the courses. So what exactly does this mean for the JCU

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JCU finally makes the green grade

JCU receives a B-, an improvement in the University's sustainability grade

Dan Cooney
Campus Editor

After two consecutive years of sub-par grades, The College Sustainability Report Card gave John Carroll University a "B-" in its grading of 322 colleges and universities for 2011. Carol

Dietz, the University's associate vice president of facilities, felt this year's grade was well deserved.

"I came when the grade was a 'D,'" she said. "I worked really hard last year to fill out the survey for this year and it only went to a 'D+.' I was

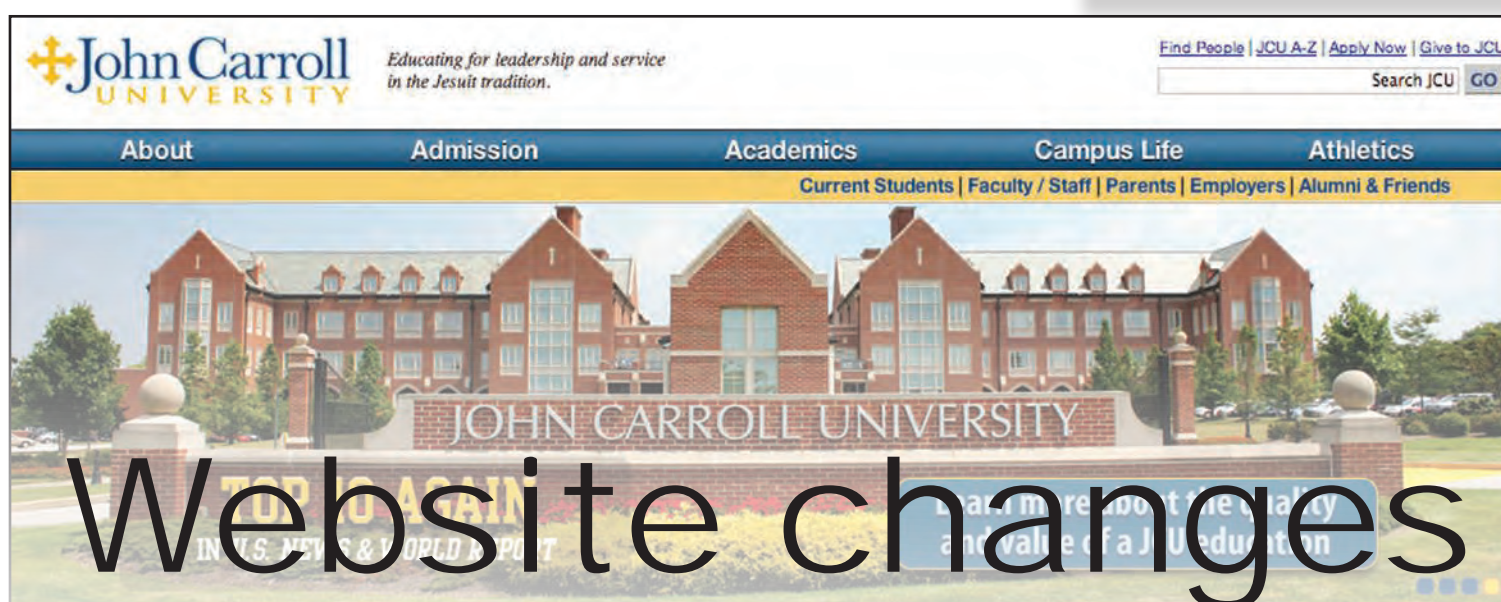
pretty frustrated. Last [school] year, our grade should have been higher because a lot of the things we're doing this year, we were doing last [school] year [too]."

Key initiatives by the University helped the grade go up,

Please see, GRADE, p. 3

JCU's grades in retrospect

2011 2010 2009
B- D D+



Website changes

John Jackson
Assistant Campus Editor

Over the past nine months the John Carroll University website has gone through significant changes. Most noticeably, the homepage of the University website received a "facelift" and has gone through continual subtle changes since its major change in the spring semester last year. This is the beginning of a total makeover for the entire JCU website.

These changes have come from the direction of John Carfagno, the assistant vice president of integrated marketing and communications, who recently joined the University in April 2009.

"My first step was the homepage, because it is the most visited page," Carfagno said. "It is the front door of JCU's web presence. I wanted to improve the look and feel which would help the Web branding presence."

Carfagno said that in the beginning of the upgrade he wanted to hire someone who had experience in higher education webpage design.

Mike Richwalsky, director of marketing services for Web, started in February 2010. Previously Richwalsky worked

at Duquesne University and Allegheny College doing web design.

Right away Richwalsky began to take questions and suggestions about the webpage.

"Mike got engaged with different content management systems (CMS)," he said.

CMS systems are webpage design tools. There are two types, open source systems which are free to use with a support community, or an "off the shelf" system which can range from hundreds to hundreds of thousands of dollars.

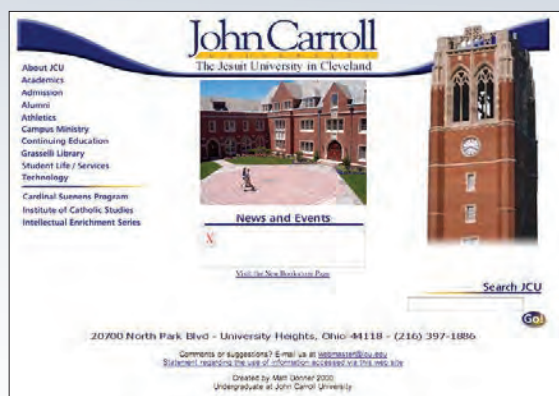
After testing different open source systems, Richwalsky chose WordPress, an open source CMS. Throughout this year 32 different users have tested the system for the campus community.

A few of these testers include the sustainability committee and Office of Alumni Relations for the 2010 homecoming webpage.

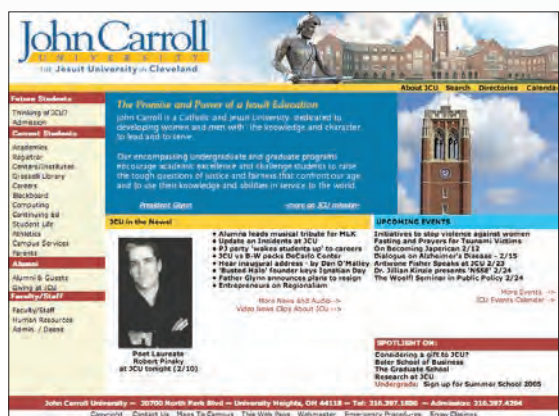
Theresa Spada, assistant director of alumni relations, was in charge of the 2010 homecoming website which used WordPress.

Spada said her training consisted of 10 minutes of a tutorial and she did

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2000



2005

Screenshots from web.archive.org

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Inside this issue

New season means a new jersey for the Cavs team, p.7

Students can elect new Student Union representatives, p. 2



Campus Briefs

Different worship experiences available to students

This semester, Campus Ministry and the religious studies department are making it possible for students to partake in worship services that may be out of the norm for them. There will be a total of four different opportunities for students to attend different worship services with a university guide. The goal of this initiative is to expose students to the wide range of faith and culture in the Cleveland area.

The sign-ups are taking place for the first two trips now. The first trip leaves campus with Rev. Valentino Lassiter at 10:15 a.m. on Nov. 7. Students will travel to East View United Church of Christ in Shaker Heights. Lunch will be provided and students will come back to campus around 1 p.m.

The second trip is led by Rev. H. Paul Kim. Kim will take students to St. Agnes Our Lady of Fatima on Nov. 21. Again, lunch will be provided and students will be back to campus around 1 p.m.

The dates and locations of the final two trips have yet to be announced. For more information contact Campus Ministry at www.jcu.edu/campuslife/campusministry/.

Open hours at the Career Center this week

The Career Center will have walk-in hours today and tomorrow, Nov. 5, from 12-1 p.m.

This opportunity at the Career Center, located on the right side of the tennis courts, allows for students to come in without an appointment to have their resume looked over and have any questions answered about internships.

The regular hours of the career center are as follows: Mon-Tues, 8:30 a.m. - 8:00 p.m., Wed.-Fri., 8:30a.m. - 5:00 p.m.

For more information contact the Career Center at 216-397-4237, or at www.jcu.edu/career-center.

Student Union presidential candidates debate

Emily Gaffney
Campus Editor

Prior to the polls opening on Nov. 3 and 4, Student Union presidential candidates junior Lauren Halladay, currently SU vice president for judicial affairs, and junior Rita Rochford, currently SU executive vice president, faced off in a debate.

Issues addressed at the debate included increasing student involvement, using resources effectively, and working with the senators and other student organizations.

Both stressed increasing student attendance and involvement at the weekly SU meetings.

Rochford said, "I would target student organizations [to get students to meetings]."

Rochford also stressed increasing advertisement for the meeting via banners in the atrium and Facebook.

Halladay also wants to invite student organizations to the meetings. Additionally, she would like to focus the meetings as an open forum.

"It's important to discuss ideas students are interested in [order to get students to attend]," said Halladay.

Halladay also wants to change the location of where Student Union office hours are held. Currently, office hours are held in the Student

Union Office, but Halladay would like to move it to a neutral location on campus such as Einstein Bros. Bagels.

"During office hours, we need to reach out to students rather than them reaching out to us," said Halladay.

Rochford stressed further improving the relationship between the University and University Heights. In order to do this SU would have a presence at city council meetings and emphasizing that JCU issues are on their agenda.

Rochford's other goals include making students more aware of available Student Savings Club discounts, educating students about recycling on campus, improving relations with University Heights, improving accountability within Student Union, and reinstating advocacy chairs.

"No matter how small, I want to make sure student needs are heard," said Rochford.

Halladay's goals include expanding communication with the campus, improving dialogue within SU, meeting individually with senators to promote their ideas, and partnering more with student organizations.

Elections also include Dana Hartung and Trenton Oczypok running for vice president of communications, Kayla Naticchioni and Sharonica Smedley running



Photo by Katie Sheridan

"We need to reach out to students rather than them reaching out to us."

— **Lauren Halladay**
Student Union Presidential Candidate



Photo by Emily Gaffney

"No matter how small, I want to make sure student needs are heard."

— **Rita Rochford**
Student Union Presidential Candidate

for vice president of student union programming board, Pete Hayden running for vice president of student organizations, Will Butler running for vice president of judicial affairs, Andrew Burns and Joe Cahill running for vice president of business affairs, and Greg Petsche running

for executive vice president.

Voting ends on Thursday, Nov. 4 at 7 p.m.

Current SU President Amanda Papa said, "I think if students want their voices heard in Student Union, they should have a voice in the election and vote."

Diversity Task Force presents report to Student Union

Brian Bayer
Dan Cooney
The Carroll News

The Rev. Robert Niehoff, S.J., president of JCU, commissioned a diversity task force in July of 2008 with the mission to "gather information about current University efforts related to diversity with the goal of identifying areas of strength, areas for improvement and ways to minimize duplication of effort."

The committee included members from faculty, staff and administrators. Lauren Bowen, associate academic vice president for academic programs and faculty diversity and co-chair of the task force, presented the group's findings to the Student Union at their meeting last Tuesday, Oct. 25.

"Our formal work has concluded as a task force; what we're now doing is sharing our recommendations, inviting response and conversation about them ... so that you as a Student Union and you as a student body can take these recommendations and do with them what

you will," said Bowen.

Before making recommendations to the University, the committee had to first evaluate where John Carroll currently stands demographically. From their findings, they concluded that JCU has historically had a predominantly white, male majority. Based on this statistic, the task force decided to use this as one way to measure progress.

Bowen said, "We've made tremendous progress in the last 15-20 years, but there's still much more for us to do."

In order to give the students a goal to strive for, the task force crafted a statement on diversity that, if embraced by all groups on campus, would "foster an inclusive, compassionate and respectful environment for students, faculty, staff, administrators and guests."

The report was broken down into eight basic goals, each with a detailed strategy to achieve them. The intentions of these goals is to create a campus climate of cooperation and inclusion in the subject of diversity.

The task force will judge the success of these goals by the dimensions of inclusive excellence, which is the idea that diversity alone does not reflect a welcoming campus atmosphere. Rather, the emphasis must be on inclusion. Bowen said, "For us, the hallmark of Jesuit education is the commitment to intellectual rigor. And you can't have intellectual rigor without a deep investment and commitment to inclusion."

The committee recommends use of the Inclusive Excellence Scorecard, which would assess the University's progress based on the components of curriculum, learning and development, social climate and access and equity.

In order to execute their goals, they recommend the creation of a Chief Diversity Officer. This person would be responsible for directing initiatives and promoting the message of diversity and inclusion. To do this, they would report their findings and suggestions to the appropriate offices around campus, including the Office of Multicultural Affairs, the Office of Diversity, bud-

get committees and any other groups that would help increase campus diversity.

Bowen indicated that Niehoff is strongly considering creating the CDO position within the next several years. However, at this point the task force is mainly encouraging student input. "The commitment to meaningful diversity and inclusion requires the engagement and support from all of us," said Bowen. "[And] if we don't do it now, we never will."

Currently, the committee believes it is imperative that students be able to talk honestly about diversity, as it has traditionally been a subject that people avoid.

Looking forward, there are plenty of other opportunities to add diversity and inclusion to the John Carroll environment.

According to Bowen, the most important thing that students can do to engage in this effort is talk to each other, the faculty and the staff about diversity at JCU. Once we can talk freely about this, said Bowen, "we're just limited by the imaginations of the community."

Campus Safety Log



October 29, 2010

A report came in from campus police at 1:37 a.m. of graffiti on a door.

October 30, 2010

A theft of two Campion Hall stairwell gates was reported at 3:13 p.m.

October 29, 2010

A suspicious smell of marijuana was reported in Pacelli Hall at 10:53 p.m.

October 31, 2010

A call came in at 3:06 a.m. that a group was possibly destroying the Gazebo behind Campion Hall.

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.

University upgrades website

From WEBSITE, p. 1

the rest.

“The new CMS is wonderful, it’s super user friendly and intuitive,” she said. “I do have some experience working with technology, but for the average person it is very easy to navigate.”

Previously, Spada used Dreamweaver, an “off-the-shelf” CMS system which many of the university pages use. Dreamweaver is more technical than WordPress which means users need to have some background with technology.

Carfagno sees the positives in WordPress for the entire campus community operating webpages.

“This changes the game,” he said. “Before, people on campus had to be techy to be able to handle their own web content. This editor looks a lot like Microsoft Word. It does the heavy lifting for you.”

WordPress takes care of the main design for its users.

This new CMS will save money as well and it is a free website to use. Also, according to Carfagno, because it’s simple and easy to use, salary hours will decrease for people spending time on the webpages. Carfagno estimated an instant \$60,000 in savings.

Richwalksy said that the number of help calls have gone “way down” for the groups that have been using WordPress.

Sophomore Lauren Vine, thinks that the changes to the homepage have been positive.

“I think that the improvements to the homepage were needed,” she said. “I like how upcoming events are highlighted near the bottom and bigger events are near the top.”

Carfagno said that student input is what he likes to hear.

“We’re always trying to make [the website] better and more competitive,” Carfagno said.

Carfagno said it is important to have a strong and consistent web presence to attract students to the university. To do this, Richwalksy has linked different social medias like Facebook and Twitter to the homepage.

In the last year alone, the hits on John Carroll’s website have increased in Ohio by eight percent, in Pennsylvania by 12 percent, in New York by 31 percent, and in Illinois by 11 percent.

“The web has become the resource for finding out information, and we are trying to enhance the overall experience for students and families,” Carfagno said. “People are paying close attention and we’re taking actions to make the web better at John Carroll.”

From GLOBAL, p. 1

curriculum? The program is just starting to develop and nothing is surely decided yet but the program will set into motion the discussion of re-examining core curriculum, major, minors and certain requirements. JCU wants to reinforce the concept of globalization into every aspect of the university experience. Santilli, along with Lauren Bowen, associate academic vice president for academic programs and faculty diversity; Jeanne Colleran, dean of the College of Arts and Sciences; Anne Kugler, a JCU professor of history, and Gwen Compton-Engle, an associate professor in classical and modern languages, will begin the first stages of the program by attending several workshops over the summer. At these workshops they will learn different methods of how to strengthen globalization through teaching and how other colleges and universities are implementing global awareness and action into their education. General Education for a Global Century’s content includes diversity, democracy, global emphasis, scientific literacy, and advanced integrative

inquiry: skills that are all deemed necessary for a young person to be aware and involved in a globalized world.

Bowen explained the objective of the new program, “Our overall goal is for our students to be able to function in a global society.”

The program will be a lot of work for our faculty and it will be awhile before any real changes to curriculum are made, but the faculty is very hopeful and excited about the new opportunity they have been given.

Colleran is the project director of General Education for a Global Century and described globalization and the promises of the new program at John Carroll.

“The transformative effects of globalization are felt not only economically, but also culturally, politically, technologically and ecologically,” she said. “Because globalization affects virtually every aspect of contemporary life, it is important that faculty at JCU think about how best to equip students to understand its processes, meet its challenges and critique its values. Participating in the Global Futures Project will help us to achieve this goal.”

“Our overall goal is for our students to be able to function in a global society.”

– Lauren Bowen
Associate Academic Vice President for Academic Programs and Faculty Diversity

From GRADE, p. 1

according to Dietz. A sustainability committee was established by the Rev. Robert L. Niehoff, S.J., JCU’s president, in February. The committee established a website (sites.jcu.edu/sustainability) that centralized the campus’ sustainability information and documented the information in one place.

“Student groups were doing things ... [and] in facilities, we were changing out lighting and doing energy retrofits,” said Dietz, who also served as chair of the committee. “But there was no one place that you could go to get all that information.”

Electricity, gas and water usage on campus has decreased steadily over the past six years. The University invested \$760,000 on energy conservation efforts including lighting fixture upgrades, light motion sensors, low-flow showerheads, and the introduction of hand dryers in certain buildings on campus.

Even though utility usage on campus has decreased, the University’s utility costs have stayed almost the same. Dietz said this is due to the fact that utility costs have risen over the past few years.

“Even though our usage is down, the cost has remained fairly constant,” she said.

“After the recession is over, utility costs are expected to rise sharply, so there is even more reason for us to continue our energy reduction programs to be able to contain costs.”

Christopher Sheil, an associate biology professor at JCU, used the website cleanair-coolplanet.org to calculate the University’s carbon footprint at 25,000 metric tons of carbon dioxide. This calculation did not include the numbers for fertilizer usage, study abroad travel, chilling water, student commuting and travel for faculty, staff and administration.

JCU, along with its overall “B-” grade, received individual grades in different areas. The University received an “A” in Investment Priorities; a “B” in Climate Change and Energy, Food and Recycling, Student Involvement and Transportation; a “C” in Investment Transparency; and a “D” in Green Building.

John Carroll did not receive a grade in Shareholder Engagement after receiving an “F” last year.

“I don’t know why we did not receive a grade in this category this year,” said Richard Mausser, JCU’s vice president for finance. “Last year, after we received the poor grade in this category, I contacted the Sustainability Report Card group and explained to them that it was unrealistic for them to suggest we should change our investment practices in this area for the sake of a better grade. It simply is too costly of a request. I know my

colleagues at other schools felt likewise on this issue. So maybe the SRC took this to heart and changed their grading system. But I’m only speculating.”

Dietz also had issues with The College Sustainability Report Card as well, especially last school year when the University’s grade was a “D+.”

“Between last year and this year, there was a lot of criticism of this group and the way they rated universities,” she said. “I think that, although we did a much better job of documenting what we did this year than last year, they also looked more at what people were doing as opposed to just straight policies.”

If JCU had received a poor grade this year, Dietz would have broken off from receiving grades from The College Sustainability Report Card and looked for another ratings system, such as the Association for the Advancement of Sustainability in Higher Education’s Sustainability Tracking Assessment and Rating System.

Dietz cited The College Sustainability Report Card’s insistence that its participants’ presidents sign the American College and University Presidents’ Climate Commitment as a point of contention.

“There’s no way we’re going to get an ‘A’ [un]til our president signs it,” she said. “What if I’m doing everything that the Presidents’ Climate Commitment says I should do, but we just don’t sign it?”

The only thing stopping the University from signing the Commitment is setting a target date to achieve climate neutrality on campus. According to Dietz, Niehoff has read the document and understands the cost and commitment involved. Dietz wants to make sure that once the University signs the Commitment, they are able complete the objectives.

“I’m reluctant to sign something unless I know I can really go ahead with it,” she said.

One of the objectives JCU can meet to adopt the Commitment is to begin buying or creating 15 percent of the campus’ electricity through renewable resources. Dietz said plans are in place to install solar panels on the roof of Grasselli Library next summer. Even though the amount produced out of the panels will be smaller than 15 percent, Dietz said, “but, at least, we’ll be doing something.”

Senior Juanita Padilla, a member of the University’s sustainability committee, felt JCU deserved the grade it earned. But, she said there is plenty still left to do.

“We were communicating better what we were doing, but now I think we have to take more steps to actually change things on campus,” Padilla said.

JCU (B-) vs. Its Neighbors on Sustainability

Case Western Reserve University: B+

The University of Akron: D+

Oberlin College: A

CAMPUS CALENDAR : NOV. 4 - NOV. 10

4	Thursday	5	Friday	6	Saturday	7	Sunday	8	Monday	9	Tuesday	10	Wednesday
The men’s basketball team will play at The University of Akron at 7 p.m.		“Carroll’s Got Talent,” sponsored by Beta Theta Pi will be held at the Green Road Annex. The show starts at 7 p.m. Tickets are \$5 at the door.		The men’s club hockey team will play at 6 p.m. at Gilmour Academy. Tonight, set your clocks back one hour for daylight savings time.		“Kappasta,” sponsored by Kappa Kappa Gamma will be in the Dolan Atrium from 5:30-8:30 p.m. Tickets are \$5.		Humanities, Series Lecture will be in the LSC Conference Room from 7-9 p.m. Tickets are \$25.		Sociology & Criminology’s “Meet Your Major,” will be in room 333 of the Administration Building from 3:30-5:00 p.m.		Salsa dancing with Linda in the fitness studio is from 7-8:30 p.m.	

Join the Carroll Crazies at these UPCOMING Carroll Crazies events



11.5.10 Sign-Up for Kick-It!

Kick Ball Tourney to raise money for Pediatric Cancer Research!

.....

11.12.10 Splash Party!

Join the Men's & Women's

Swim & Dive Team's @5pm

.....

11.13.10- "The Cuyahoga Gold Bowl"

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SNOW CLOSING INFORMATION

Winter 2010-2011

The Department of Integrated Marketing and Communications will notify the media if the University decides to close during unfavorable weather conditions. The University's policy is to close only in the event of extreme weather conditions; decisions are made based on short and long-term meteorological reports.

While our goal is to have as many people as possible on campus when we are open, the University realizes that some students and employees live a significant distance from campus. Consequently, the administration does not expect individuals to place themselves in a dangerous situation to get here. We encourage you to use your best judgment in deciding whether it is safe to drive when confronted with severe weather.

Snow closing advisories:

Integrated Marketing and Communications personnel will provide an advisory to the university community through the closing advisory phone line. If the University is closing, the system's message will be changed to give the details of the closing.

For the LATEST CLOSING INFORMATION, call 216-397-4666.

Please wait until AFTER 6:30 a.m. to begin calling, so that University personnel have an opportunity to make a decision and change the message.
For decisions on EVENING CLASSES, call AFTER 2 p.m.

Integrated Marketing and Communications uses a coded system to alert the media of a closing; this system is designed to prevent unauthorized personnel from calling the media. Closings will also be posted on the University's home page at www.jcu.edu by 6:30 a.m.

Delayed opening:

In the event inclement weather poses – for a limited period of time – an extraordinary risk to the safety of students and employees who drive to the University, the University will announce a “DELAYED OPENING”:

This delay will be for two or three hours, using 8 a.m. as the regular opening time.

-An announced 2-hour delay = 10 a.m. opening.

-An announced 3-hour delay = 11 a.m. opening

Employees whose functions are required earlier than the normal office opening time should consult their area vice president for instructions.

Classes scheduled during the hours affected by the delay will be cancelled.

As with classes cancelled when the University is forced to close early because of weather, faculty whose classes are cancelled as a result of a delayed opening may, at their discretion, attempt to schedule a make-up class. These make-up classes can only be scheduled if they do not penalize students who are unable to attend.

'Hereafter' criminally bad despite its talent

FILM REVIEW

"Hereafter"



Joe Marino
The Carroll News

Considering the group of people involved, "Hereafter" should be one of the year's best movies.

Director Clint Eastwood is undoubtedly one of our greatest filmmakers today, having created cinematic and emotional masterpieces like "Mystic River" and "Million Dollar Baby."

The screenplay is written by Oscar/Emmy-nominated Peter Morgan. His credits include some of the greatest political dramas like "Frost/Nixon" and "The Queen."

This should have been a sure thing. Sadly, not only is "Hereafter" not one of the year's best films, but frankly I can't think of a movie outside Nicolas Cage's "Knowing" that disappointed me quite as much.

Eastwood and Morgan have dealt with just as much emotional material before, but with grander success. It's bizarre how horribly they misfire here.

The story is about three people and how they've been affected by

death.

George, played laboriously by Matt Damon, is a factory worker and genuine psychic who's hiding from his powers and hating what he can do. The second character, Marie (Cecile de France), is a French TV journalist and recent tsunami survivor whose near-death experience drives her to discover what happened to her.

The third character is Marcus (George McLaren), the younger of two pubescent twins trying to create his own identity after his brother's accidental death.

We can usually trust Eastwood to tackle such tough topics in a refreshingly unapologetic way, as he did with "Changeling." But here, he makes missteps severe enough that the movie never recovers.

The biggest mistake that it is downright boring, which is practically criminal considering the premise's potential.

While some films can hide their inaction with exceptional dialogue and compelling characterization, "Hereafter" doesn't have dialogue or characters consistently interesting enough to keep audiences engaged.

The dialogue doesn't have any brilliant standout moments like we'd expect.

Even worse, "Hereafter" never goes anywhere. It just floats around,



Bryce Dallas Howard and Matt Damon in "Hereafter."

Photo from genreviewer.com.

confused, until it finally ends.

When you've passed the hour mark and nothing has happened, there's obviously something wrong. Now, some critics may say they love this relaxed pacing because it lets the movie breathe.

But I say it drags. It drags because Morgan and Eastwood never take the risks necessary for this bold of a story.

While I did enjoy Damon's storyline the best and thought Marcus had a strong emotional arc, I found Marie's tale (excluding an outstandingly realistic tsunami

opening sequence) to be boring and unnecessary. The movie would have flowed better if focused on the twins and George. George's storyline was worthy of a movie all its own.

Damon is by far the best thing this movie offers, capturing the tortured soul of a man who can't escape what he is.

However, Damon isn't nearly enough to save this mess. Ultimately, Morgan and Eastwood aren't willing to do what their premise promises and consequently leave us with nothing except thoughts of what could have been.

"Hereafter" could have been something as hauntingly beautiful and powerful as "American Beauty."

It could have offered a riveting and heartfelt look into mortality and death in a way "The Lovely Bones" failed to do.

It could have been flawlessly inflective in just sitting back with its audience and exploring the possibility of an afterlife.

But because of a convoluted plot, boring pace, and lack of basic storytelling, Eastwood's latest is frustratingly forgettable.

Protect yourself and others from gym germs

Nikki Hunt
The Carroll News

The gym is where people are supposed to go and maintain a healthy lifestyle. But without following the right precautions, going to the gym can actually harm you.

As the germ season arrives, students should become more cautious about protecting themselves and others from the spread of illness.

With all the people and sweat sharing machines, germs, especially the common gym danger of MRSA (Methicillin-resistant Staphylococcus aureus), or staph infection, can spread easily and quickly.

According to the Center of Disease Control and Prevention, MRSA has become common among

recreational athletes.

Although it is a version of staph infection, MRSA is resistant to many antibiotics, making it more likely to spread.

Research has also found that close contact and equipment sharing spreads bacteria causing strep and the flu.

Following a few guidelines can help diminish the chance of illness, such as wiping off the machine using sanitizer provided by the gym and putting a towel on any equipment you are going to sit on.

Though these two steps seem like common sense, they are the first step to maintaining a clean machine and body, although it doesn't kill the germs 100 percent.

Protect yourself from the ma-

chine by avoiding direct hand-to-machine contact is another useful tactic. Also, when finished with your work out, wash your hands. This simple act stops the spread of germs into your other daily activities.

Lucky for John Carroll students, our gym is well maintained to give you a safe workout.

Senior Nick Ricchiuto has been working at the gym for the past two months and has witnessed first-hand the cleaning routine of the workout center.

"Some people use the cleaning supplies, some don't. But for the most part, I would say they do," he said.

The "most part" is comforting, but so is the fact that Nick said the

equipment is cleaned every couple of hours.

Perhaps more people will start lending a helping hand when it comes to cleaning up if they're aware of the cleaning supplies the workout room offers.

John Carroll's fitness center offers paper towels and spray bottles of chemicals to wipe down the machines after use. This simple gesture can stop the outbreak of illness from spreading across campus.

Sophomore Katie Largent knows how to cleanly use the facility.

"I clean the machines before and after use and I Purell my hands on the way out," she said.

Cleaning the machine before use guarantees its cleanliness just in case the person before you had not

cleaned it after use. Also, the hand sanitizer dispensers placed throughout campus can help students not only stop germ spread after the gym, but nearly everywhere in the University.

Taking advantage of these sanitizer stations can keep the school from an illness and bacteria outbreak.

Don't forget to think of others when you're going to the gym. If you're feeling sick, even in the slightest, avoid the gym. Even the weakest of illness symptoms could pass on to others in a larger scale.

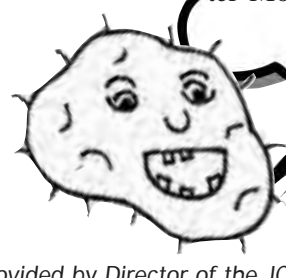
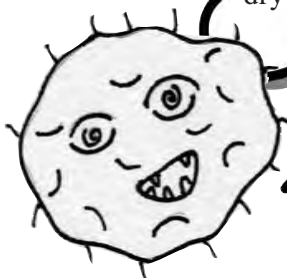
Remember that the gym is a public facility and has a lot of traffic through it. Work out smart and safe, keep the machines, yourself and others clean.

Keep it clean in the gym: Tips from the JCU Health Center*

Clean and wipe the equipment before and after use with disinfectant spray. However, remember to use dry towels, as wet towels attract germs.

Avoid putting hands near face, eyes or mouth. In addition, students should cover all wounds and cracks in skin to prevent infection, and shave after working out.

Wash hands after the gym, and get a flu shot to protect yourself from viruses. Flu shots are available at the Health Center Monday through Friday 11 a.m.-5 p.m.



Graphics by Nicole Green.

* Tips provided by Director of the JCU Health Center, Jan Krevh, RN.

Wine & Gold

With a new season and a new era upon them, the Cavaliers’ uniform gets a fresh look

Jennifer Holton
Lauren Cafarell
The Carroll News

The Cleveland Cavaliers have a whole new look coming into the 2010-2011 season. And no, it is not the lack of some guy who decided to take his “talents to South Beach.” It is the reinvention of the Cavs’ uniform and logo.

The team started off its season with a win over the Celtics, and they looked pretty snappy when they walked onto the court with a new team and a new uniform to match.

The new threads aren’t a completely new transformation for the team. The uniforms are actually a throw back to the uniforms of the 70s and early 80s.

The team has always been associated with the “wine and gold,” and the new uniforms are bringing that back with full force. The logo and wordmark designs will remain the same, but the color changes, to a deeper wine and brighter gold.

The new home jerseys have “Cavaliers” emblazoned across the chest, while the away jerseys have “Cleveland” on the front. On

both uniforms, special details make them distinctive.

The Cavaliers trademark statement: “All for One. One for All” is printed along the back of the inner-collar of the crew neck, and the Cavaliers secondary logo “C-sword” appears on both sides of the short.

A reason for switching the uniform colors? The fans. According to the Cavaliers’ website, the fans over the past few years have responded well to the older uniforms, and the Cavs decided to give them what they wanted.

“The response from our fans related to our classic uniforms and merchandise has been tremendous over the last several seasons, especially our original wine and gold color mix items.

As a result, we’re very excited to bring the spirit of the original expression of ‘wine and gold’ into our brand full-time for the future,” said Tracy Marek, the Cavaliers senior vice president of marketing.

When asking JCU students what they thought about the new uniforms, there were mixed answers.

Some had no idea that the team had received new uniforms, and some had noticed

but didn’t care either way.

A few students had some opinions about the new uniform changes, and all of them had positive things to say.

“These jerseys are much needed for this hurting franchise, especially after the travesty that happened this past summer,” said junior Nabil Madhun. “The fans, franchise and city needed a change after what transpired.”

Even students from outside of Cleveland seem to admire the makeover of the NBA team’s wardrobe.

“I’m not from Cleveland but I love the old-school look of the new uniforms,” said freshman Sean Hockensmith.

The whole team dynamic has changed; most of the recognizable players and coaches have taken their talents away, and the team is coming into this season with a clean slate.

Madhun said this “clean slate” is a reason not to jump on purchasing the jerseys.

“I think fans have embraced the new look,” he said. “As a consumer and fan though, it is not feasible to buy the new jersey at this time. No one on the roster has a guaranteed spot, and the name on the back of jersey one buys could end up being on a different team the very next day.”

However, he said that this is not indicative of their appreciation for the new style.

“Still, I do not expect sales of the jerseys to indicate the fans satisfaction with them,” he said.

The new uniforms help to present a changed team to the public and show the NBA world that the Cavs can move on from losing “he who shall not be named” and be a bigger and better team on the court than they ever were before.



Cleveland Cavaliers’ jersey history

These wine & gold jerseys debuted in the 1974-1975 Cavaliers season, seen here worn by Austin Carr .



Burt orange and royal blue were the colors during the 1983-1984 season as worn here by Ron Harper.



During the “Mark Price” era, white home jerseys had blue numbers/letters. Blue uniforms were for away games.



For the 1994-1995 season, Terrell Brandon wears a jersey with a light blue splash across the torso. White jerseys were for home and black for away games.



During the 1999-2000 season, the Cavs (Ricky Davis) sported the new design with a blue and orange stripe down the right side.



In an updated version of the original team colors, Zydrunas Ilgauskas wears a crimson-hued wine and metallic gold jersey with a dark blue accent on the new logo.



Photos fromcleveland.com, nba.com, cavsnews.com, associatedcontent.com, espn.go.com, zimbio.com, and fansedge.com.

Pick-Up Line of the Week

➡

“You must be between summer and winter, because you’re gonna fall for me.”

*Submit your own pick-up lines by e-mailing Jholton12@jcu.edu.

Football team fourth in OAC after win over Capital

Blue Streaks go on the road and pull out a victory in Bexley for first time since 1999

Jimmy Burry
Staff Writer

Bernlohr Stadium in Bexley, Ohio had been a house of horrors for the John Carroll University football team since its construction in 2001.

The Blue Streaks had not won a game in five opportunities against the Capital University Crusaders at the site. Despite the struggles, and every attempt to hand Capital points through fumbles and interceptions, JCU prevailed on Saturday in a turnover-riddled contest.

“We have lost five games there, [all] great battles,” said head coach Regis Scafe of the stadium in Bexley. “I don’t think it is cursed. Capital had some great teams in that time frame.”

Entering the game, John Carroll had the conference’s worst turnover margin at -12. It didn’t take long for Capital to exploit this shortcoming as Crusader linebacker Troy Spiker pounced on a fumble that was the result of a botched exchange at the line of scrimmage.

Two plays later, Ryan Gunnarson hauled in his eighth touchdown pass of the season from first-year quarterback Kevin Hartinger. The Crusaders would add a field goal to increase their lead to 10-0 at the end of the first quarter.

At this point, the Blue Streaks were riding their running attack that averaged 254 yards during their last four games. However, the double-digit deficit meant a large chunk of the offensive workload had to fall on the arm of junior quarterback Devin O’Brien.

O’Brien, the team’s leading rusher, faked a quarterback draw on

the first drive of the second quarter and hit sophomore running back DaQuan Grobsmith for a 19-yard touchdown in what was his second passing touchdown this season since taking over for injured sophomore Mike Locke.

In what seemed like a split second, John Carroll scored again on their next possession. This time O’Brien connected with sophomore tight end Ben Madden on a 20-yard completion for the score.

“[O’Brien] had an outstanding game on Saturday, although we need to eliminate his two turnovers. Obviously he was a difference maker in the ballgame, running effectively, and throwing the ball at a high percentage completion rate,” said Scafe after the game.

The pretense of celebration was short-lived, however, as Hartinger found Kevin Wehby for a touchdown to give the lead right back to Capital and give the Crusaders a 17-14 cushion at the half.

Capital was able to mount an effective drive to open the third quarter. The result was a 44-yard field goal by Nick VanMeter which put Capital up by a score of 20-14.

The Blue Streaks coughed up the football at the 30-yard-line on the ensuing kickoff, putting the Crusaders in prime position to, at minimum, go up two scores.

However, the JCU defensive unit had other ideas.

“On a sudden change of possession like that, your mentality becomes holding them to three or nothing,” said linebacker Luke Whitworth, who entered the game as a replacement for injured junior linebacker Emmett Lydon. “You can’t give in.”



Carroll News File Photo

Senior Mark Elsaesser, above, is one of the Blue Streaks running backs that has contributed to the 996 rushing yards JCU has gained in their last four games after rushing for 485 yards in their first four contests.

Not only did the Blue Streaks hold Capital to only three plays, VanMeter was unable to convert on a 41-yard field goal attempt.

The offense rode the wave of momentum on the next possession. Grobsmith caught another touchdown from O’Brien to culminate a five-play 76-yard touchdown drive. This scoring play bore a strong resemblance to the first touchdown throw to Grobsmith, where O’Brien enticed the defensive backs to commit to stop the run before lobbing a pass to the sophomore running back.

“It was all part of our offensive coaches’ game plan; establish the run to set up the pass. Those were two well-executed plays,” said Scafe.

O’Brien’s rushing touchdown at the 3:58 mark of the third quarter proved to be the final score as the

Blue Streaks snatched a win in Bexley for the first time since 1999.

On an individual note, O’Brien’s four touchdowns earned him Ohio Athletic Conference Player of the Week honors for the second time this season, but they also moved the Blue Streaks into fourth place in the conference standings.

The defense of John Carroll stymied the Crusaders in the second half with three turnovers; the last of which was an interception by senior defensive back Jon Cooley at the 3:27 mark in the fourth quarter that iced the game for the Blue Streaks.

“We came out flying around and having a good time. When you have a lot of excitement out there you get moving and gain some momentum,” said Whitworth, who forced one of the second half turnovers, a fumble that was recovered by standout junior linebacker C.J. Seitzinger.

Aside from recovering the fumble, Seitzinger also forced one and was credited with 17 total tackles.

The Blue Streaks take to the road one final time this year as they face Heidelberg University in Tiffin, Ohio on Saturday. Kickoff is at 1:30 p.m.

With their win against Capital, JCU has moved into fourth place in the Ohio Athletic Conference. A win over the ‘Berg, and a victory over Baldwin-Wallace College in the regular season finale at Don Shula Stadium the following week would secure JCU third place in the year-end standings.

That’s not a bad place for a team that limped out of the gates to a 1-2 start in the conference and was picked to finish sixth by the media and eighth by the coaches in the preseason polls when they were constructed in early August.



STREAKS OF THE WEEK



Football



C.J. Seitzinger
junior

Fresh off a 21 tackle performance against Ohio Northern, Seitzinger responded with 17 total tackles - 10 of which were credited as solo stops - as well as a forcing and recovering a fumble.



Volleyball



Laura Sudo
junior

In the match against Capital, Sudo provided 10 kills, none more important than a kill to close out the match in the decisive fifth game and secure the Blue Streaks victory in their regular season finale.



Soccer



Molly Gradowski
senior

Gradowski was terrific in goal for JCU down the stretch and didn’t allow a goal in the final 310 minutes of the season. The season was cut short with an OAC quarterfinal loss to Wilmington.



Soccer



Kevin McKamish
freshman

McKamish scored a pair of goals in the Blue Streaks OAC quarterfinal win over Mount Union. His second goal tied the game at three in the 87th minute, and bought JCU more time to pull out the victory.



Football



Devin O’Brien
junior

The JCU quarterback accounted for four touchdowns in the 28-20 victory over Capital, the first Blue Streaks win in Bexley since 1999. For his efforts he was named conference “Player of the Week.”

Ohio Athletic Conference Tournaments Round-up

Volleyball



Sports Information Department Photo

Coach Cally Plummer, above, had a lot of teaching moments in 2010. She'll return all but senior setter Meredith McDiarmid next season from a team that started off their season 13-4.

After starting the season 13-4, the Blue Streaks had a disappointing finish down the stretch as they finished with a 16-14 record and had their season cut short with a loss to third-seeded Ohio Northern University in the quarterfinal round of the conference tournament.

The Polar Bears knocked off the Blue Streaks 3-1 on Tuesday night, marking the fourth straight year that the Blue Streaks were eliminated in the first round. It was also the second consecutive season that John Carroll had their season ended in Ada as the Polar Bears ended the 2009 version of the Blue Streaks with a 3-0 sweep.

The Blue Streaks, who went 4-5 in conference play this season, earned the sixth and final spot in the conference's postseason tournament. That put the Blue Streaks in line to take on the Polar Bear squad that defeated them 3-1 just 11 days earlier.

Coach Cally Plummer will lose senior setter Meredith McDiarmid, the program's all-time leader in assists, from the 2010 team. She can find solace in the fact that McDiarmid is the only player that will be lost to graduation.

Going a step deeper, juniors Kerry Fox and Laura Sudo are the only other upperclassmen on the team, so Plummer should have a very talented and experienced team in the years to come. Freshman Teresa Noewer and Charlotte Sykora, as well as sophomores Melanie Rodriguez and Sarah Slagle, received the starting nod in a good majority of games.

Soccer

Mount Union edged out John Carroll 1-0 on Oct. 13, but the Blue Streaks went on the road and knocked off the Purple Raiders when it mattered most to advance to tonight's conference semifinal game in Tiffin. JCU came back from a two-goal deficit and forced overtime in the OAC quarterfinal game on Tuesday night., and then won 5-4 in a shootout to keep their season alive. Freshman Kevin McKamish led the charge against Mount Union with two of the Blue Streaks three goals in regulation.

Hector Marinaro's squad faces a tough task in slowing down the 'Berg, a team that went 7-0-2 in the regular season. JCU played Heidelberg tough the first time around with the Blue Streaks dropping a tough 2-1 contest. The winner of the John Carroll and Heidelberg game will advance to Saturday's conference championship game to meet the winner of Baldwin-Wallace and Ohio Northern. The Blue Streaks last won the conference tournament in 2007.

The women's soccer season ended in cruel fashion as the Blue Streaks, seeded fourth, lost to fifth-seeded Wilmington College on Monday in an Ohio Athletic Conference quarterfinal game that would need penalty kicks to decide the winner.

After 90 scoreless minutes in regulation and two 10-minute overtime periods, the visiting Quakers escaped with a 5-4 victory in a shootout. The lone JCU miss ricocheted off the post.

The Blue Streaks defense, led by juniors Lauren Grzegorzewski and Mari O'Neill, as well as newcomer Carolyn Vespoli, was their calling-card all season. The back line in front of standout senior goalkeeper Molly Gradowski allowed just eight goals in their nine conference regular season games, tying them for third in the conference in fewest goals allowed.

Going forward, the team will return a strong nucleus but will have to fill the voids of seniors Val Korb and Betsy Haigh, who finished first and second, respectively, on the team in points. Additionally, senior goalkeeper Molly Gradowski will need to be replaced, although freshman Nicole Gryns allowed just one goal in 135 minutes of relief duty.



Sports Information Department Photo

Senior Betsy Haigh, shown above, will be one of the seniors from this year's team that will need to be replaced in 2011. JCU had their season ended in heart-breaking fashion to Wilmington.

Cross Country



Sports Information Department Photo

Junior Jake Smith, shown above, finished 17th at the 2010 OAC Championships to help JCU take eighth.

Led by junior Jake Smith who finished 17th individually, the men's cross country team took eighth in the 10-team field at the 2010 Ohio Athletic Conference Championships, hosted in Westerville, Ohio by Otterbein College this past weekend. With the top-18 finish, the highest of Smith's career at the conference meet, the junior earned second team all-conference honors.

As a team, the Blue Streaks finished with 192 points, behind 25-time champion Mount Union, who won the team title with 61 points, followed by Ohio Northern (68 points), Heidelberg (90), Baldwin-Wallace (110), Otterbein (126), Marietta (157), and Wilmington (167). Muskingum took ninth (226), while Capital (304) rounded out the field.

On the women's side, freshman Anna Busta took 26th and four of her Blue Streak teammates finished between 35th and 44th place in the 6,000-meter race to put the Blue Streaks in line for sixth place.

Ohio Northern University, a powerhouse of sorts in women's cross country, won the meet for the fourth time in the last six years. Baldwin-Wallace (63), Otterbein (63), Wilmington (107) and Mount Union (165) were all ahead of John Carroll who finished with 175 points. Marietta (190), Heidelberg (216), Capital (218), and Muskingum (295) filled out the bottom half of the standings.

Freshman Gab Kreuz was the second Blue Streak across the finish line in 35th place, while senior Kelly Grive, sophomore Ashley Aberl and junior Megan Lutz took 40th, 41st and 44th, respectively to complete the Blue Streaks top five.

JCU professor starts International Network

Crisis Mapping provides relief for those who need it most may; emerge as new political discipline

Kaitlin Gill
Campus Spotlight Editor

John Carroll University professor Jen Ziemke co-founded the International Network of Crisis Mappers and co-organized the International Conference on Crisis Mapping series. She will be offering a course next semester entitled “Crisis Mapping New Media and Politics,” based on the technology and methods of her organization.

Crisis mapping utilizes technology to update maps online, which report what is happening globally in real time.

“We could learn something useful about trends [from these technological changes] that could tell us something significant about the election process, or about the dynamics of emergencies, or to help direct emergency aid to people that need it most,” said Ziemke.

Maps are a significant part of the Network, and consist of several layers of data like populations, roads and images, in order to get information to the people who really need it. It can be particularly beneficial to those individuals first on the scenes of a crisis.

“My colleagues at the Harvard Humanitarian Initiative proposed the idea of a new field of crisis mapping, because so many people from around the world simultaneously started to leverage the power of maps and new technologies to understand the world around them,” Ziemke said.

Since the network was started one year ago, there are more than 1,000 people involved with new ideas and information.

Many of the members of the International Network of Crisis Mappers met for the first time at John Carroll in October 2009 when the first conference took place.

As a crisis mapping fellow, Ziemke’s role is to develop how “Crisis Mapping can be used to help us understand processes and micro-level dynamics of violence inside conflict and war,” she said.

Recently with crisis mapping Ziemke and Patrick Meier, her colleague, have finished a year-long task of organizing the second conference, which was held at Harvard and Tufts Universities in Boston in October.

Crisis mapping has not only brought awareness to the state of other nations, but has been a resource which has created a global network of “first responders.”

The JCU community has also been involved with crisis mapping. A few students helped Ziemke with the tasks the earthquake that hit Haiti in January 2010.

JCU will be offering a course based on the crisis mapping network in the spring.

“I really look forward to learning with the students when I teach a course on crisis mapping this spring. It will give us a chance to learn some techniques and tools but also step back and reflect a bit on the issues and concerns, and help define the shape of this new field,” Ziemke said.



The 2009 International Conference on Crisis Mapping series screens display information about JCU and Crisis Mapping.



The 2009 International Conference on Crisis Mapping series held at JCU in the Murphy room.



The 2010 International Conference on Crisis Mapping series group photo in front of the LCS center.



Q&A with Jen Ziemke



Photo from crisismappers.net/profile/jenziemke
Jen Ziemke JCU political science professor co-founded the International Network of Crisis Mappers in 2009.

Why did you decide to co-found the International Network of Crisis Mappers and co-organize the International Conference on Crisis Mapping (ICCM) series?

“My colleague Patrick Meier and I decided to co-found the International Network of Crisis Mappers at the conclusion of the first conference, so that we could continue the many conversations that began here in Cleveland all year long. Many of our members from around the world met one another for the first time right here at John Carroll University, where the first annual conference was held, in October 2009.”

How has John Carroll participated in Crisis Mapping?

“A few students have helped me with tasks when we were busy Crisis Mapping after the earthquake hit Haiti in January of this year. But I have not had the bandwidth to formally train students in some Crisis Mapping techniques. That is why I really look forward to learning with the students when I teach a course on Crisis Mapping this spring. It will give us a chance to learn some techniques and tools but also step back and reflect a bit on the issues and concerns, and help define the shape of this new field.”

What would you say is the greatest accomplishment with Crisis Mapping?

“It has been fascinating to read the e-mail traffic among the 1,000 Crisis Mappers on our network. Someone will ask for the latest satellite imagery, population or roads data for a specific area about to be hit by a typhoon and, within an hour, someone else will respond with helpful information. The network has evolved to take on a life of its own. I can’t take credit for the work of 1,000 people. But several officials have noted that the network broadly defined has helped save lives in Haiti.”

What have you been working on recently with the program?

“My colleague Patrick Meier and I just finished the year-long task of organizing the second conference, which was held at Harvard and Tufts Universities in Boston in October 2010. We are searching for the support we need to hire someone to organize the conference for us next year. Organizing an international conference and network of this scope has been a second full-time job, in addition to our ‘real jobs.’”

Why did you decide to get involved with the Peace Corps, and what did you do during this time? What sort of research projects have you done with these programs?

“I was a Peace Corps Volunteer from 1997-1999 in a rural village in northern Namibia, along the Angolan border. I taught high-school mathematics and English as a second language. It was from this experience that I became interested in learning more about why people were fighting just down the road from my house, in Angola. I asked as many people as I could in order to ‘figure it out,’ but these questions only led to more questions. I went to graduate school just to have space to think about, process and read as much as I could about war.”

What advice would you give students who aspire to take part in something such as Crisis Mapping?

“During the spring semester of this year, I will teach the first-ever course on Crisis Mapping. I encourage students to take this course if they are interested in learning more. Another good place to start is our conference website, www.crisismappers.net. From there, students can find links to videos from our conference, webcasts, blog posts, and papers that are helping to define the future of this new field. “

WORLD WIDE WEB



Sean Webster
World News Editor

Health care: nothing but the truth

Halloween's over, but don't expect Republican scare tactics on health care to end any time soon. The alleged "government takeover" of health care is one of the main reasons Americans are turning their backs on President Obama and the Democrats. And a number of competent Democratic candidates and incumbents were destroyed on Election Day by Americans' confusion over health care reform, which is really a shame. Because plenty of people who tell me they're against "Obamacare" change their minds after I tell them the facts. I'm not saying I'm some kind of master debater. It's simply that when Americans know the truth about health care, they tend to support it.

But before I dive into the specifics of Obama's health care reform policy, it's interesting to note that the most common complaint I hear about health care isn't about the policy itself but about the need for reform in general. The question many often put forth to me is, "Why do we need universal health insurance when anyone, insured or not, can receive emergency room health care?"

And the answer to that is simple: because emergency room care can cost a ton. And if you don't have insurance, it can be all but impossible to pay off an emergency room medical bill. When that happens, as it often does, hospitals have to increase their costs all around to make up the difference which, in turn, increases the cost of health insurance for all of us. That's one of the main reasons why health care costs are increasing faster than inflation and the growth in Americans' income. And that's exactly what Americans need to understand: universal health insurance isn't the goal of health care reform. Rather, it's a means by which to achieve the real goal of reform, which is controlling costs.

Universal health insurance helps to control costs by making sure everyone is contributing to a system from which they will likely benefit sooner or later. But in order to implement universal health insurance, Obama didn't institute a "government takeover" of the health care industry. Rather, he simply made three main tweaks to make the private health insurance sector work better.

First, Obama's health insurance reform includes a mandate that health insurers not deny coverage to Americans with pre-existing health conditions. These are the people who are most likely to need insurance, so insurers often consider them a financial burden. At the same time, in order to prevent only sick Americans from buying health insurance, which would bankrupt the insurance industry, Obama's reform policy also includes an individual mandate. This mandate requires all Americans – with few exceptions – to purchase health insurance or pay a tax penalty. And finally, since not all Americans can afford health insurance, Obama's policy creates a system of government subsidies for lower and middle-class Americans to help them buy insurance. While most Americans probably agree that these subsidies are necessary, what's controversial is where the money for the subsidies should come from.

Now I'll be the first to admit that this policy is far from perfect. Although it will help reduce the deficit and insure millions more Americans, it still probably won't do enough to control costs. It also includes a huge amount of regulations, and although a lot of them are pretty helpful, like allowing children to remain on their parents' insurance plan up to age 26, I'm sure there are some that aren't so great.

But it's a good start. And Republicans who are calling for the repeal of Obama's health care law are irresponsible and ignorant of the problems Americans face.

However, the intense Republican opposition to health care reform is indicative of a deeper issue. Back in 1993, in response to President Clinton's health care reform proposal, Republican senators put forth an alternative proposal that mirrored much of what is contained in Obama's policy, including an individual mandate. This ideological transformation over the past 17 years reflects how Republicans have become increasingly conservative while Democrats – like the majority of Americans – are more moderate than ever.

Contact Sean Webster
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World Briefing



1. Afghan police unit defects to Taliban

An entire Afghan police unit appears to have defected to the Taliban side. A spokesman for the Taliban said the insurgent fighters made contact with the police force, cut a deal, and then sacked and burned the station. As many as 19 officers vanished, as did their guns, trucks, uniforms and food. Even the local police chief, who missed the attack, said he suspected a defection en masse. The defection comes as American and Afghan officials have been promoting a plan to persuade masses of rank-and-file Taliban fighters, pictured left, to change sides and join the government. In the decades of war in Afghanistan, armed groups, whether fighting for the government or for someone else, have often changed sides to join the one they believe is winning. (The New York Times)



2. Deadly insurgent attacks across Iraq

A series of explosions across Baghdad, the Iraqi capital, killed at least 76 people and wounded 285 others on Nov. 2. The bombings took place in at least 10 neighborhoods, involving booby-trapped cars, roadside bombs and mortar strikes. The attacks appeared directed mostly at the city's majority Shia population, although some blasts occurred in Sunni neighborhoods. The combination of car bombs and roadside bombs came just two days after gunmen in Baghdad held a Christian congregation hostage, in a siege that ended with 58 people dead. The assailants took more than 100 people hostage in a standoff that didn't end until police stormed the church two hours later. At least 25 of those killed were hostages. (Al Jazeera)



3. 'Don't ask, don't tell' back ... for now

A federal appeals court sided with the government, allowing the military to maintain its "don't ask, don't tell" policy during an appeal of a lower court ruling that the law barring openly gay and lesbian soldiers is unconstitutional. The ruling by a three-judge panel of the 9th U.S. Circuit Court of Appeals means that the policy remains in place while the government appeals a federal judge's ruling against it. One of the three judges on the panel dissented against parts of the decision. In response to the panel's ruling, the Log Cabin Republicans, a GOP gay rights group that filed the lawsuit against the "don't ask, don't tell" policy, can now appeal it to the full 9th Circuit appellate court and or make an emergency application directly to the U.S. Supreme Court. (CNN)



4. Mail bombs sent from Greece

German police disarmed a mail bomb on Nov. 2 that was sent from Greece to German Prime Minister Angela Merkel's office, hours after similar small bombs exploded outside the Russian and Swiss embassies in Athens in attacks blamed on far-left Greek extremists. Greek police say the country's civil aviation authorities would suspend all deliveries of mail and parcels abroad for 48 hours to allow authorities to check for the existence of more mail bombs. Greek police destroyed five more suspected bombs in Athens, and two local men have been charged with mailing bombs. Police said the packages were addressed to the European Union's highest court in Luxembourg and the Europol law enforcement agency in the Netherlands. (FOX News)



5. U.K. and France tighten military ties

French President Nicolas Sarkozy, pictured far left, and Britain's Prime Minister David Cameron, pictured near left, signed a pair of treaties that will usher in an unprecedented era of military cooperation by agreeing to create a joint military force and share nuclear test facilities. The nuclear treaty will establish a center in the U.K. to develop testing technology and another one in France to carry out the testing. The other treaty will allow the setting up of a combined joint expeditionary force, thought to involve a brigade of about 5,000 soldiers from each side, which will operate under one military commander to be chosen at the time. (BBC)

— AP images and information
compiled by Sean Webster



Comedian Stephen Colbert shouts to the crowd during the “Rally to Restore Sanity (and/or Fear)” on the National Mall in Washington on Oct. 30.

Colbert, Stewart hold rally in D.C.

Michael Reiser
The Carroll News

The much anticipated “Rally to Restore Sanity (and/or Fear)” was held this past Saturday on the National Mall in Washington D.C. by Comedy Central duo Jon Stewart and Stephen Colbert.

An estimated 200,000 people showed up in an effort to combat extreme political solutions to America’s problems, which are exacerbated by the media.

“The country’s 24 hour politico-pundit perpetual panic ‘conflictinator’ did not cause our problems, but its existence makes solving them that much harder,” Stewart said during the rally. “If we amplify everything, we hear nothing.”

The event was comedic in nature, but was laden with media-bashing undertones. For instance, Colbert falsely announced giant bees that “can smell fear” were going to attack the large crowd.

Stewart called Colbert out saying, “you’re deliberately fabricating fears that don’t exist.”

Colbert handed out fake medals to those news stations that “keep fear alive,” while Stewart gave out awards to

everyday Americans who go about their normal business every day. “We work together to get things done every damn day! The only place we don’t is here,” Stewart said, pointing to the Capitol behind the stage, “or on cable TV.”

Appearances by musical guests such as Cat Stevens, Ozzy Osbourne, Kid Rock, and Sheryl Crow created a light and happy atmosphere. Even basketball legend Kareem Abdul-Jabbar made an appearance.

Home-made signs by the rally-goers were a common sight, ranging from ones sporting a to-the-point theme, some bitterly ironic, and some not really making any sense at all (“I Like Turtles”).

One sign read “My Comedy Channel” next to the Fox News logo, and “My News Channel” adjacent to the Comedy Central logo.

A sign on the blunter side read “Congress should do stuff.”

Jim Neimer, a rallier from Wisconsin, told The Washington Post, “I find it incredibly ironic that I had to come to a rally sponsored by a comedian to get at the truth.”

The large crowd caused transporta-

tion backups all around the city this Halloween weekend. The Metro, Washington’s subway system, had already reached 330,000 people at 2 p.m., which, according to Metro spokeswoman Angela Gates, is the norm for an entire Saturday. An extra part of the Mall was opened last minute as well in order to accommodate the massive amount of ralliers.

Stewart and Colbert’s rally has already drawn responses from the attacked media. MSNBC host Keith Olbermann surprisingly announced that he is doing away with his “Worst Person in the World” segment, agreeing with the Comedic duo that “the tone needs to change.”

Stewart ended the rally on a more serious note. In an effort to “restore sanity” in the way Americans interpret their media outlets, “This was not a rally to ridicule people of faith, or people of activism, or to look down our noses at the Heartland or passionate argument, or suggest that times are not difficult and that we have nothing to fear. They are and we do. But we live now in hard times, not end times.”

jcunews.com World News Poll

Do political TV ads influence your vote?

No **89% (8 votes)**

Yes **11% (1 vote)**

THIS WEEK’S QUESTION

Should violent video games be banned from children?

Go online at www.jcunews.com to vote in the poll, and check out the next issue to see the results.

“WORD FOR WORD”

“What’s next after violence? Drinking? Smoking? Movies that show smoking can’t be shown to children? Are we to sit day-by-day to decide what else will be made an exception from the First Amendment?”

– Justice Antonin Scalia arguing against banning violent video games from children. (CNN)

“As always, I work without interruption, and if occasionally, I happen to look a beautiful girl in the face, it’s better to like beautiful girls than to be gay.”

– Italian Prime Minister Silvio Berlusconi responding to accusations that he paid a 17-year-old Moroccan runaway to belly-dance at two parties at his house. (USA Today)

“You ran with such, if I may, audacity ... yet legislatively it has felt timid at times.”

– Comedian Jon Stewart of “The Daily Show” to guest President Barack Obama. (CNN)

“When we promised during campaign ‘change you can believe in,’ it wasn’t ‘change you can believe in’ in 18 months,” Obama said to applause from the audience. “We’re going to have to work for it.”

– President Barack Obama to comedian John Colbert, host of “The Daily Show.” (CNN)

– Compiled by Sean Webster.

Explosive packages reflect new terrorism threat from Yemen

The Associated Press

The discovery of two explosive-laden packages sent from Yemen and aimed at U.S. and Western interests represents a new escalation in the terror threat emanating from this violence-wracked, poverty-stricken Mideast country.

President Barack Obama stopped short of linking the failed plot to al-Qaida in Yemen, but U.S. officials said privately they were increasingly confident that was the source.

Obama’s counterterrorism adviser John Brennan called the Yemeni wing the most active al-Qaida franchise.

Militants from the terror network have been building up their presence for several years in this nation of 23 million people, finding refuge with tribes in the remote mountain ranges where the government has little control.

But the Yemeni-based al-Qaida offshoot rose to the fore of U.S. concern in December, when it allegedly masterminded a failed Christmas Day attempt to blow up a passenger jet as it landed in Detroit.

The Obama administration branded the group a global threat and has dramatically stepped up its funding of the Yemeni government to uproot it although there has been little visible progress.

Friday’s discovery of two explosive packages addressed to Chicago-area synagogues and packed aboard cargo jets from Yemen was certain to heighten those fears.

Obama called the coordinated attacks a “credible terrorist threat.” Preliminary tests indicated the packages contained the powerful industrial explosive PETN, the same chemical used in the Christmas attempt as well as shoe bomber Richard Reid’s effort to blow up a

trans-Atlantic flight in 2001, U.S. officials said.

Obama told reporters in Washington that the packages, which were found in England and Dubai, originated in Yemen.

He said the group known officially as al-Qaida in the Arabian Peninsula “continues to plan attacks against our homeland, our citizens, and our friends and allies,” although he did not directly blame them in the latest attack.

Obama said he had spoken to Yemen’s president, Ali Abdullah Saleh, about the incident and pledged continued cooperation with the country.

Authorities believe about 300 al-Qaida members or cells operate in Yemen.

For its part, the Yemeni government expressed astonishment at reports linking it to the packages but said in a statement it was

cooperating with the U.S. and international investigations. The statement warned against “rush decisions in a case as sensitive as this one and before investigations reveal the truth.”

The lukewarm response underscored the dilemma faced by the fragile Yemeni government, which has found itself caught between U.S. pressure to fight the militants and its dependence on the loyalty of unruly tribes that harbor the extremists.

Yemeni authorities also fear too harsh a fight against al-Qaida will alienate a deeply conservative Muslim population where anti-American sentiment is widespread. As a result, the main Yemeni tactic is often to negotiate with tribes to try to persuade them to hand over fugitive militants.

Around 50 elite U.S. military experts are in the country training Yemeni counterterrorism forces —

a number that has doubled over the past year.

Washington is funneling some \$150 million in military assistance to Yemen this year for helicopters, planes and other equipment, along with a similar amount for humanitarian and development aid.

San’a says its troops are fanned out around the country, hunting for militants.

Despite the efforts, al-Qaida gunmen have been bold enough to carry out assaults in the capital, San’a, including a failed ambush on a top British diplomat in her car earlier this month.

The government touted as a major success a fierce weeklong siege in September by Yemeni troops against an al-Qaida force in the provincial town of Houta.

However, most of the militants escaped into nearby, impenetrable mountains.

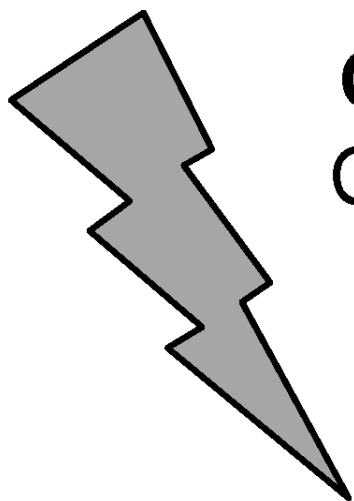
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The first correct responder to the super tough sudoku will receive a \$5 gift card to Panera Bread.
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Name That Toon!

The following picture relates to a popular song. The first person to submit the correct answer will get his/her name and picture in the next CN! Just fill in your guess along with your name and e-mail then drop off your submission at the CN office to win!

LAST ISSUE'S NAME
THAT TOON WINNER



Mike Mewhinney
Last issue's
Toon:
"Mine"
by Taylor Swift

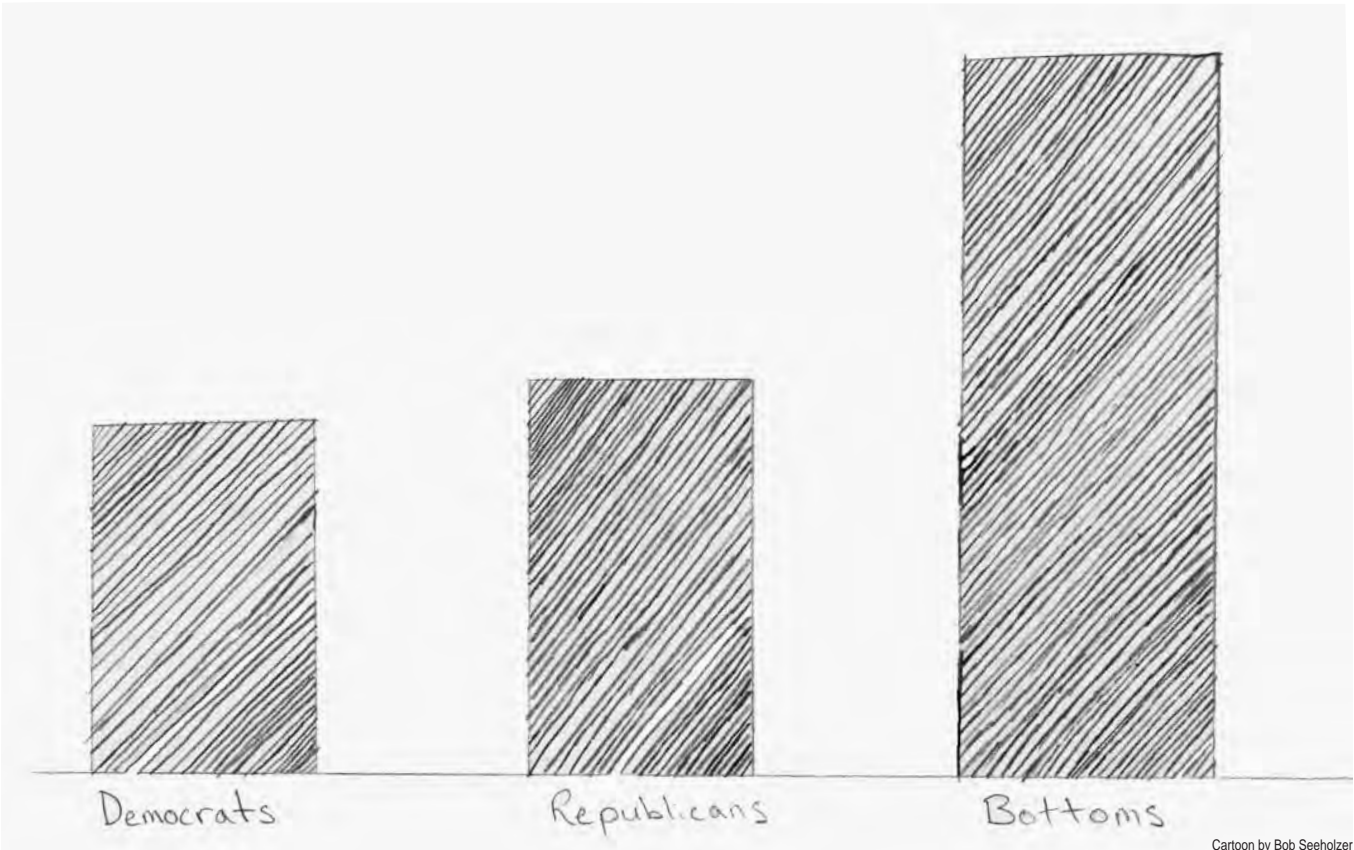
WHAT THE
TOON DOESN'T
SAY ABOUT THE
TUNE:

"Cheers to the
girls, throw
a deuce to
the guys."

Song artist/title: _____

Name: _____

E-mail: _____



Cartoon by Bob Seeholzer



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Editorial

A globalized curriculum

The Association of American Colleges and Universities recently selected John Carroll University as 1 of 32 colleges to participate in the General Education for a Global Century Program. This program is designed to emphasize a globalized view of the world to students in the classroom.

The recent academic transformation that JCU faculty has been designing was a big reason that the AAC&U selected JCU. The faculty involved in this project should be commended for their dedication to curriculum reform.

Additionally, their approach to this transformation is a huge step for institutionalized learning, as it is trying to match the way professors teach to the way students learn. This will lead to positive permanent changes that will help students learn on a higher level than they ever have before.

These academic changes will also set John Carroll above other schools that use a more traditional and less personalized strategy to educate their students. This not only gives current students a more comprehensive education, but will also define JCU as a unique school to potential students who are browsing colleges.

Although the reforms are still in their early stages, the implementation of this program will help enforce another dimension of the curriculum – globalization. The University already has requirements in the core that emphasize a global view of the world, but the faculty involved in this project would like to see this extend into the major and minor programs as well.

Since the changes to the curriculum will not take place for a while, the faculty responsible for spearheading the transformation should take advantage of the program’s content (including diversity, democracy, global emphasis, scientific literacy and advanced integrative inquiry) and integrate these facets into all courses.

The students also have a duty to embrace these values. As students at a university that puts such weight on social justice, this program provides a great chance for students to step up and engage in the academic transformations. Without student input, the success of the changes will be tenuous.

However, a collaborative effort between the faculty and students, in conjunction with the General Education for a Global Century program, will offer John Carroll students the best preparation to participate in the global community after graduation.



Cartoon by Nicole Green

NOTABLE QUOTABLE



“I’ve made it clear that we’re going to run the House differently than it’s being run today and differently than it was run by Republicans in the past.”

-John Boehner, Republican majority leader (R)

Editorial

JCU improves its green grade

John Carroll University improved its grade on The College Sustainability Report Card from a “D+” last year to a “B-” this year.

The implementation of a University sustainability committee and a new website were major factors in the upgrade.

JCU is commended for forming the committee and working with student groups to make the campus more earth-friendly.

The sustainability website is comprehensive, providing data about JCU’s green initiatives; tips for green-living and waste reduction; and information about the sustainability committee. The website is a useful tool for members of the JCU community who are interested in getting involved and staying informed.

This school year the University increased the green space on campus with the removal of the Temp Lot this year; created the Coburn Bicycle Co-Op; and received several new recycling receptacles from Coke as part of the University’s beverage contract with the company.

The improvement in the University’s sustainability grade is well deserved and comes as a result of initiatives and changes that conserve energy, increase recycling and reduce waste.

JCU can improve in the “green building” portion of the grade, in which it received a “D” this year. Installing solar panels on some rooftops of campus buildings could help in that category.

JCU must also successfully issue recycling bins to students in their dorm rooms and make sure the campus community makes proper use of new recycling bins around campus. This will help raise the University’s grade in the subcategory “food and recycling,” in which it earned a “B” this year.

HIT & miss

Hit: Midterm elections **Hit/miss:** Republicans take over the House of Representatives **miss:** Lily Allen miscarries in her sixth month of pregnancy **Hit/miss:** Bristol Palin is voted off “Dancing with the Stars” **Hit:** The McRib returns to McDonald’s **miss(ing):** Tums **Hit:** Astronauts vote from space **miss:** Charlie O’Donnell, the voice of “Wheel of Fortune,” dies at the age of 78 **Hit/miss:** Lee Westwood replaces Tiger Woods as world’s top golfer **Hit:** President Obama visits Cleveland **miss:** Mail bomb plot against U.S. **Hit:** It wasn’t successful **Hit:** Miss World 2010 is from USA **miss:** Kellog’s cereal sales are down **Hit/miss:** Men spent twice as much money on grooming products last year as they did in 1997 **Hit:** Political ads are over at last

e-mail your hits & misses to jcunews@gmail.com

The Carroll News

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OURVIEW

Where is the progressive voice in America?



Colin J. Beisel
Copy Editor

This past Tuesday I voted in one of the most depressing elections of my life. Before me in the ballot box were two less than enthusiastic candidates for governor.

The Democrat, Ted Strickland, has presided over some of the most draconian death penalty procedures in U.S. history. Strickland has made Ohio one of the most frequent users of capital punishment. The Republican, John Kasich, doubts the merits of evolution and still thinks there's a 'scientific debate' surrounding global warming – there's not.

For those of you unfamiliar with the candidates, let me simplify my predicament: I could either be pecked to death by a duck, or drowned in an inch of Jesus water.

You can imagine my enthusiasm.

Yet, U.S. political culture is defined by two competing factions with little room for other opinions. We have two parties in this

country—a center-right party and a party of religious nut jobs.

Every year I grow more and more disillusioned with our culture. We continue to value anti-establishment candidates that reject knowledge of the Constitution and government in general. These candidates run on a platform of 'government is bad' and then we wonder why they're so bad at governing. Candidates like Christine O'Donnell and Sarah Palin argue that this lack of knowledge makes them better equipped to solve the sophisticated problems of tomorrow.

Where is the liberal voice? Where are all of the true progressives who stand firm to their principles? Where are the politicians who argue that, when run effectively, government can be good? The closest liberal ally in Congress is Cleveland's own Dennis Kucinich, a man who supports the legalization of marijuana, universal healthcare, same-sex marriage and a progressive economic agenda.

And he does a damn good job of it. Kucinich doesn't apologize for being a liberal, nor does he downplay his agenda during campaign season.

Yet, true liberals such as Kucinich are treated as a joke—a lib-

eral "socialist" out of touch with the "real America." Conservatives have done a fantastic job of demonizing liberal politicians and painting them as unpatriotic.

OK, so you're probably asking, "But Colin, aren't the Democrats a bunch of liberals?"

Hardly. This is the first election cycle I've seen where the majority party attempts to conceal their legislative accomplishments (and by accomplishments I mean GOP-gutted legislation). The Republicans have done such a good job demonizing the left that even the best Democratic achievements have to be downplayed during campaign season.

I try to give President Obama the benefit of the doubt given the cards he was dealt. But at the end of the day, he comes from the same weak Democratic camp that has forced candidates to compromise their principles for the sake of winning the election. Obama has attempted to compromise with Republicans despite their unwillingness to cooperate. This lack of cooperation ultimately derailed comprehensive healthcare reform and stalled stimulus legislation.

Contact Colin J. Beisel at
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The Bayer Necessities:

Congratulations,
(Insert party
here)

Brian Bayer
Editorial & Op/Ed Editor

One of the greatest institutions in America's democratic system is the right to vote. Just like the jury duty or the draft, voting is an obligation that all American citizens should be excited to fulfill. This past Tuesday was Election Day, and across the country, the people cast their ballots. That's why this week I would like to use this space to congratulate the winners of the election. Unfortunately, since the paper went to the press before the votes were counted, my salutation is based on sheer speculation.

So, if the Democrats won the election, read this one:

Dear Re-elected Democrats,

Congratulations. The People have made it clear that they do not want a lame duck; they want a kickin' donkey.

Since you have kept the majority, use your power wisely. For many, the most frustrating aspect of the last two years was how little got accomplished. The public has a short attention span, and if you can't pass a huge bill in a tiny time frame, break it up into chunks and approach them issue by issue.

The best example of this is health care. Instead of implementing one comprehensive healthcare package, start by offering free aspirin to anyone with a headache. At first, this will be a lot of aspirin, because many people already have headaches over this whole bureaucratic labyrinth that constantly consumes Congress. Don't worry, though, the headaches will decrease over time.

Next, you can offer lollipops at all doctors' offices. That was a huge motivation for me to go to the doctor as a child; as an adult, my expectations are the same – when choosing my own healthcare provider, I will not even consider a company that does not offer sugary satisfaction after my appointment.

Lastly, you should consider a

backup plan for those that do not want healthcare. My suggestion for this is a complimentary apple to all Americans. It is well-known that one apple consumed daily prevents the need for highly educated physicians in our lives.

If you approach every issue with this model in mind, the public will be thrilled to re-elect you in 2012. So, once again, congratulations for your victory in these elections. As they say, "Blue is true!"

If the Republicans won the election, read this one:

Dear Newly Elected Republicans,

Congratulations. I think everyone saw this one coming, but that doesn't mean you don't deserve praise too. Everyone finally understands what you, the GOP, have been saying all along – Barack Obama and his Democratic regime have done exactly what they set out to do: Give us change – since that's all we will have left in our pockets after their socialist reforms take place.

Now your task is simple. Keep the people happy and in 2012 Sarah Palin will be riding a pipeline from Alaska to the Oval Office. (By the way, make sure to install the pipeline before the next elections – you can brag about how much it has helped our economy in the next campaign.)

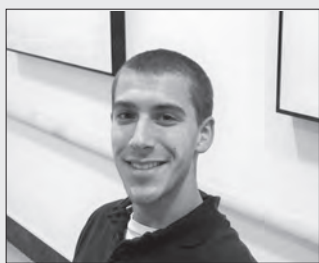
One thing is for sure – Americans are not happy with the economic reforms that have been made. So now you have to stick to your promises and cut taxes ... all of them. This is the only way to restore strength to our economy, and it's on your shoulders to make it happen.

So, once again, congratulations for your victory in these elections. And as they say, "Better red than dead."

Contact Brian Bayer at
bbayer13@jcu.edu

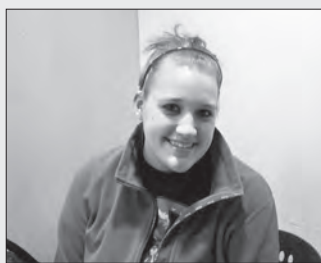
Wonderword

What does propitious mean?



"To propose a plan."

Ethan Tomns,
junior



"Persistent."

Aime Szymanski,
freshman



"Being of a nature that finds itself supporting altruism."

Nick Wojtasik,
sophomore

Propitious: presenting favorable circumstances or conditions.

That's what See said: Raising the bar for future you



Bob Seeholzer
Managing Editor

A good question to ask yourself when doing something is "why am I doing this?"

A good answer is "to raise the bar high enough to challenge my future self."

I was discussing the prospect of homework with a friend and he said the six-page paper he was working on had taken him longer than any other six-page paper he'd ever done.

And he was only on page three of it.

I told him that while this might be the longest it has ever taken him to finish a paper of that size, he'll have no problem taking longer in the future.

Well, that and he's not a senior yet so once that senioritis sets in it won't be out of the ordinary to take up to a month past the due date to finish an assignment.

I'll vouch for that last statement's validity.

Senioritis and overdue assignments aside, my point is that people are driven by competition.

A lot of people have somebody they aspire to beat. There's nothing wrong with that, competition inspires us not to accept the status quo as good enough.

And by competition I don't mean the intramural flag football playoffs either, though those are a big deal too, I guess.

Personally, my toughest nemesis is myself ... from one and/or two years ago. Both versions are formidable opponents, I have trouble picking one over the other.

In any case, he set the bar really high. Sometimes I think he set it too high.

But it's better than him having made it too easy for me to feel I really accomplished something.

It's human instinct to try and outperform your past self. As Jay-Z once said, "Go further, go farther, go harder. Is that not why we came? And if not then why bother?"

I don't have an answer for him, and if you do it's probably dumb.

If you're content with the status quo and getting the same results over and over, year after year, then that's great.

That means it'll take less effort for me to do better than you. But if my current effort isn't better than my past efforts then there's no point for me to put them forth.

For me, resting on my laurels is a sign of failure. It's admitting defeat. It's giving up. That's why I don't do it.

I can't speak on behalf of everyone (despite the fact that I wish I could), but progress is what gets me out of bed in the morning. Well, sometimes it's the afternoon, but you get my point.

To put it simply, you should try to do better than good enough.

Getting better in every area of

life is kind of unreasonable though, because priorities change so it becomes unimportant to exceed your past self in some areas. For example, after graduation it's not going to be as important to be a better student than you were in the past.

Here's my advice on how to deal with that obstacle: List your priorities and then focus on doing better in the areas of life you consider most important.

You should be able to outdo your past self in the things at the top of your list. It won't be easy, but if you really care about it then you'll find the time and energy to get better at it.

Trust me, you can take a long time to write a six-page paper.

Contact Bob Seeholzer at
rseeholzer11@jcu.edu

The Op/Ed Top Ten: Celebrities who got into politics

1. Ronald Reagan
2. Arnold Schwarzenegger
3. Shirley Temple
4. Linda McMahon
5. Jesse Ventura
6. Lynn Swan
7. Sonny Bono
8. Kevin Johnson
9. Angelina Jolie
10. Audrey Hepburn

-Compiled by Brian Bayer and Nicole Green

Sher it like it is: A "liberal gene"



Katie Sheridan
Editor in Chief

In high school, were you the Homecoming King or the band geek? Did you spend your lunch period at the cool table in the cafeteria or in the library by yourself? Do you consider yourself liberal?

New research suggests that if you had a lot of friends in high school and consider yourself liberal there could be something greater than your love of President Barack Obama that is contributing to your liberal political ideology.

That's right. Research has found a "liberal gene." Sadly, this is not a joke.

A recent study concluded that a gene called DRD4 in connection with your high school popularity could be the reason you consider yourself liberal. They are calling

DRD4 the "liberal gene."

According to Discovery News, "Scientists at the University of California San Diego and Harvard University determined that people who carry a variant of the DRD4 gene are more likely to be liberals as adults, depending on the number of friendships they had during high school."

Scientists identify the gene as liberal because it is thought to make people more apt to being open. According to research, openness is linked with political liberalism.

They theorize that the friendships are important because the more people you are in contact with the more viewpoints you are exposed to.

However, it seems there are a few flaws in their reasoning.

My biggest problem with this is not that a segment of DNA is being called the "liberal gene." It bothers me because of why it is being labeled that way.

I understand that the gene supposedly makes people more open, but why can't you be open and conservative? Wouldn't it be even more likely that you would be open

and independent? Why is it only liberal that can be synonymous with openness.

Likewise, what if I have the gene and was popular in high school, but all of my friends are conservative? I would still be open to listening to them, but they probably wouldn't convince me to be liberal.

The survey included more than 2,500 individuals. According to Discovery News participants were asked during high school to name five female and male friends. That helped determine their social network. When those people reached their 20s they had them classify themselves as "very conservative," "conservative," "middle-of-the-road," "liberal," or "very liberal."

The results led the scientists to believe there was some relationship between being liberal, friendship, and having the gene.

Therefore the scientists have discovered a correlation, not a causation. Popularity, the DRD4 gene, and being liberal may be connected, but one element does not cause another.

Contact Katie Sheridan at
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First Thing's First:

By Ashlee Burrs, assistant director of student activities, on behalf of the Xavier-Nichols Programming Team

Did you know that the average college student should be getting nine hours of sleep each night? Students who get this amount of sleep each night are more likely to do well in school and perform better across the board. On average, college students are actually getting six to seven hours of sleep each night. How do you measure up to these numbers?

Your sleep cycle works on a 24-hour cycle where your body recharges. If you consistently miss or lose sleep over a few days, it takes your body three to seven days to reset itself so your body accumulates a sort of "sleep debt," which will ultimately be repaid. You may not be able to control it.

If you feel like you have missed out on a large amount of sleep during a week, it is best to get a nap in. Naps are good for the body and you typically get to the deep REM-state of sleeping, which will recharge your body. You should only nap, however, when you have sleep to catch up on – not necessarily on a regular basis. Napping could be a good way to repay some of your "sleep debt" so that you do not fall asleep in an important time such as in class or while you are driving.

Keeping a regular sleep schedule should also be paired with watching what you are putting into your body in the evenings before bed. We all know that caffeine will keep you

awake, so it is a good idea to avoid caffeine in the evening to ensure that you get a good night's sleep and not be disrupted. Alcohol, nicotine and diet pills are also hindrances to getting a good night's sleep.

If you are having trouble sleeping, over-the-counter sleep aids can be useful, but be careful because after about two weeks of use, they become ineffective. The body becomes used to what the pills are doing and sees that as normal, thus preventing the pills from doing their job. If you are having problems sleeping on a regular basis, the best idea is to consult a physician.

We all know that caffeine is a good way to wake you up in the morning, but it can also be harmful. Remember that "Saved by the Bell" when Jessie went crazy on the caffeine pills she was using to stay up and study? That showed the reality of those pills – they are dangerous if abused. Stick to a cup of coffee every now and then instead to give yourself a quick boost.

Here are some tips for getting the most out of your sleep each night:

- Keep a regular sleep schedule
- Plan on getting extra sleep to prepare for a big week or event
- Sleep in a darkened room
- Sleep in a quiet room or with white noise (such as a fan)
- Avoid caffeine, alcohol and nicotine in the evening

ALMOST FREE

BY KATH DUNCAN

"Did you go to a Halloween party?"



"No, I celebrated by doing my chemistry postlab. It was a lot more horrific than any spooky house would have been."

THE CARROLL NEWS

Got something to say?
Submit a letter to the editor
by 5 p.m. on Sunday.
See your name in the next issue of The CN!

The Carroll News reserves the right to edit letters for length and to reject letters if they are libelous or do not conform to standards of good taste. All letters received become the property of The Carroll News. Anonymous letters will not be published. Letters to the editor must not exceed 500 words and must be submitted to jcunews@jcu.edu by 5 p.m. on Sunday.

CLASSIFIEDS

For Rent

5 recently renovated, two family homes on Warrensville Center Rd. near JCU. Very clean, well maintained, 3 bedrooms on each floor. Large rooms, air conditioning, hardwood flooring, 2 car garage. All appliances included. Available June 1st 2011. Hurry the good ones go quick! Call Mike Jr. (440)336-4254 or Mike Sr. (440) 724-6654 e-mail: sas423@roadrunner.com

Room for rent in ranch home. \$500 mo. includes everything. 1-216-382-0358

For Rent. Clean 4 Bedrooms, TV room, large kitchen, all appliances, includes washer/dryer. Carpeting in all rooms. Close to JCU and all shopping. Off street parking. \$950 per month. lease. A must see! Move in now. 440-897-7881 440-655-2048

4 bedroom house 5 minute walk to JCU. 2 showers finished basement all appliances included call Charles (216) 402-9653

FOR RENT - June 2011. 4/5 bedroom house in South Euclid. 1.5 bathrooms, huge basement. \$1500/per month. Call/text Jeff at 440.479.2835

Great house for rent starting June 2011 till May 2012. 5 bedrooms 2 Full Baths 1800 Sqft 2 miles from campus. sellersna@gmail.com or 216-469-4402

2 family Houses on Warrensville and Meadowbrook 8 minute walk to campus. Each suite has 3 bedrooms, living and dining room, kitchen, 2 baths, central air, alarm system and all appliances including dishwasher. call 440.821.6415

Duplex for Rent. Very Spacious & Well-Maintained. Each Unit has 3 Bdrms, 1 ½ Bath. ¼ Mile from JCU. Call JCU Alumni @ 440.336.2437.

WALK TO CAMPUS

3-4-5 Bedrooms, 2 full bath, all new appliances, dishwasher, deck, AC, bonus rooms and lots of closets. Call 216-832-3269 today.

Roommate Wanted

Female Roommate wanted. 2608 Warrensville call for more info. 440-554-5394

Roommate wanted! Coventry Apartment. Own Bedroom, own bathroom. Call Natalie for more info. 330-550-3411. Ore-mail @ nhumphreys10@jcu.edu

Help Wanted

Small local company in Mayfield looking for a reliable and trustworthy individual for weeknight and weekend assistance. Tasks include processing online orders for merchandise, answering phones and a few secretarial tasks. If interested please e-mail jobs@amazingtickets.com or call 216-534-1161.

Now hiring for customer service positions. Part-time flexible hours around your school schedule. Must be friendly, smile, and focus on service to the customer. Must present a professional approach with clear communication skills, accurate typing and data entry skills. Minutes from JCU 13940 Cedar Rd. in Cedar Center, down from Whole Foods Apply in person 216-371-9300 store1240@theupsstore.com After school Childcare Needed. 3 great kids. Elementary and middle school age. East side. Car needed. Approx 3 to 6 p.m. weekdays but days and times flexible. Send e-mail to oakpoint3@gmail.com.

EMPLOYMENT OPPORTUNITY

If you are interested in working with special children, our family has a part-time, long-term employment opportunity available. Sarah, our intelligent and engaging twelve-year-old daughter, has cerebral palsy and is hearing impaired. We are looking for someone who can productively occupy her while mom and dad attend to everyday tasks. We are offering \$24 per hour for the first hour worked each day and \$12 per hour there after during the week. \$17 per hour over weekends. Requirements include: Having full ownership of and full access to a car. Being available during the remainder of the 2010/2011 school year for at least one day per week between 3:00 p.m. to 7:00 p.m. Being available for at least seven hours over most weekends. Being available during most of next summer for between 16 and 38 hours per week. For consideration, please contact Ben and Teri Chmielewski at 216-577-0114. Our Shaker Heights home is located near JCU.

Childcare Provider Wanted: Looking for loving person that has experience caring for infants and toddlers and has a flexible schedule. Mon-Fri 7:30am-3:30pm. Competitive pay. Must be able to drive and have reliable transportation to Cleveland Heights. Interested parties please call 216-932-8334. References required.

BABYSITTER needed to watch one 6 year old girl on an occasional basis. Live one mile from JCU. Salary is \$10 per hour. Please call Debby at 216-410-2721.

University Hts / South Euclid---Great 4-5-6 Bedroom houses available with plenty of parking, newer appliances, washers and dryers, AC, and bars. Only a few blocks and within walking distance from campus! DON'T WAIT, ACT FAST! Leases to begin in June 2011. Call Anthony with questions or to see a house.at (216) 374-7164

Claddagh Irish Pubs is now hiring servers, hosts, and bartenders. Please come into the pub to apply. Monday thru Friday between 1pm-5pm. Must have an outgoing and friendly personality 25389 Cedar Road Legacy Village Lyndhurst, OH



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Classified ads cost \$5.00 for the first 10 words and \$0.25 for each additional word.

To be placed, ads must be typed or handwritten clearly and legibly and sent to or dropped off at The Carroll News office with payment.

Classified ads will not be run without pre-payment.

Classifieds will not be taken over the phone. Deadline for classifieds is noon of the Monday prior to publication.

For Ad Rates and Information:
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University Hts, OH 44118
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Federal Law bans discrimination by race, sex, religion, color, national origin, family status and handicap in all Ohio rental property. The Carroll News will not knowingly accept advertising in violation of this law. As a consequence, The Carroll News will not accept rental ads that stipulate the gender of the tenants.

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