

Tuition increase set for 2007-08

By: Kevin Coll,
News Editor

Tuition increase. This is a term students at the University hear more and more these days. Earlier this school year, Gary Zack, Vice President for Finance and Administration, announced in the all-campus meeting that tuition is going to be raised another 5.1 percent, making tuition for a full-time undergraduate student at 18,000 dollars per year. That is 489 dollars per credit hour or 9,000 dollars per semester.

Along with this new tuition hike, room and board will also increase about four percent. This increase is very similar to what the other higher learning institution across the street has done as well. Washington University announced they will be increasing 5.2 percent from last year making their full-time undergraduate tuition 34,500 dollars.

The reason for this steady rise in college tuition is a result of the University being almost totally tuition based, meaning that it is very reliant on tuition to sustain itself. Other reasons may vary but healthcare and energy costs seem to be a major suspect in these increases. Probably the biggest factors that contribute to a tuition increase like this at the University are: "faculty and staff salaries and a desire for [the University] to compete for good professors, but also the economic factors like energy and healthcare are a huge drive," Zack says.

When looking at increasing tuition, universities follow their own version of the Consumer Price Index, the tool used to see the market basket of goods that an average family buys. The Higher Education Price Index allows for a university to look at the market basket goods that apply to them such as costs of faculty, administrative, clerical, service employees, salaries, fringe benefits, miscellaneous services, computers and utilities. This is where healthcare and energy costs become involved. Energy costs have significant effects on the prices of utilities and other operational costs of the University to which the University relies on tuition to pay the expense. Healthcare is a huge drive that affects the University greatly because it is a big factor into fringe benefits as well as other healthcare related outlets on campus such as on

Please see "Increase" on page 5

Students show off ice skating talents



KENDAL WHITAKER

Students pose during their night of ice skating sponsored by FAB at Steinberg Rink. From left to right: John Kempema, Jenny Vasquez, JD Jackson and Krisent Lommel. For full story please turn to page seven.

Class interviews survivors of Bosnian genocide

By: Austin Skinner,
Reporter

Alija Memetovic, a Muslim citizen of Prijedor in Bosnia-Herzegovina, was forcefully captured during the siege of his city in the summer of 1992. Taken to an internment camp established by Serbian forces, he and his Muslim neighbors were alternately beaten and interrogated for crimes they did not commit. Hundreds were immediately killed and thousands more were taken to the brink of death. Serbian forces preaching nationalism and spewing hatred were on a mission of "ethnic cleansing" in which non-Serbian Bosnians (primarily Muslims and Croats) were to be systematically targeted and killed.

Soon, violence engulfed Bosnia and lead to mass rape, torture, and ultimately genocide. Under the steady guidance of Slobodan Milosevic, the Serbian ideology grew into an accepted and protected mission. The "cleansing" endured throughout all of Yugoslavia's inclusive nations (especially the nation of Bosnia-Herzegovina) until the United States finally intervened as mediating liberators.

Since then, refugees of the former nation have come to find peace within the confines of U.S. borders—the largest congregation of whom is located around the St. Louis area.

Such an abundant source of first-hand testament to the history of the Bosnian genocide has motivated the University Honors Program to offer a course entitled "The Bosnian Immigration: Narrative, Memory, and Identification." This course, instructed by Dr. Benjamin Moore, Associate professor of English, and Dr. Jack Luzkow, Chairperson of the History, Philosophy, and Religion Department, asks students to play an integral part in resurrecting the events that unfolded in the Balkans by interviewing survivors in the local area.

Fortunately Memetovic was among the survivors and has come to bear witness to the events which tore the former Yugoslavia apart. With his scarred body as testament, Memetovic sat down for an interview with students of the course in an effort to recount the tragic events of his capture, internment, interrogation, and abuse at the hands of his Serbian neighbors. Describing the process of humiliation and

cruelty, Alija at one point in the interview rolls up his sleeve to reveal an arm still grossly deformed from the beatings of a metal pipe.

Dr. Moore, a participant in the interview, notes that witnessing the testimony of a survivor renders it "impossible to separate the psychological injury from the physical injury" because oftentimes "the witness to brutality becomes brutality in and of itself."

With the help of Amir Karadzic, Dr. Moore and Dr. Luzkow have contacted several other survivors who are ready to take part in ensuring the events Bosnia endured from 1992-1995

are exposed and accounted for.

Using the interviews, documentation, and artifacts at the students' disposal, a museum exhibit will then be constructed to honor the victims and account for the historical preservation and report of the genocide. Upon completion, the exhibit will be displayed at the St. Louis Holocaust Museum and Learning Center in November of this year. Incidentally, this will mark the fifteenth anniversary of the discovery of the internment camp and mass graves in Bosnia.

Please look for more updates and survivor testimony in the upcoming editions.

INDEX

News	2-4
Features.....	5-6
Sports.....	7
Opinions.....	8

Editor extends gratitude

The Editor-in-chief, along with The Fontbanner staff, wishes to extend gratitude to all who submitted story ideas. Your ideas will be integrated as needed in the next two editions this year.

To those who have not submitted ideas and still wish to do so, please send an e-mail to WOLKL@campus.fontbonne.edu.

-Lisa Wolk

Tuition raise leaves students wondering where money goes

•Tuition dollars are split into three distinct categories: the Core Ratio, Educational Support, and General Support

By: Kevin Coll,
News Editor

"Where does the money go?" asks Larry Spears, senior. This typical question is asked by many students at the University all the time. Earlier this semester at the all-campus meeting, Gary Zack, Vice-President for Finance and Administration, discussed these money matters in very understandable terms.

At the all-campus meeting, Zack provided a chart that breaks down the allocation into three ratios. This is an important variable to see, because it allows for students, faculty, and staff to see where the University is spending their money. The first ratio is the Core Ratio, which covers academics, faculty and programs. Here the University has allocated about 45 percent of funds, which is consistent with the last three years and is also considerably more than the benchmark, which is where most institutions like the University spend on these elements.

The second ratio covers Educational Support, which are things like Student Affairs, the Library, and the Kinkel Center. The University currently puts a little over 20 percent into this category, which is around five percent lower than most universities.

The third and final ratio is General Support which includes administrative overhead. The University currently allocates around 18 percent, which is a lot less than the benchmark of what many other universities give to administrative overhead.

The general consensus is that there is not a problem with where the University is putting its money. Many students have noted that it is good that the University puts its money into Academics rather than fancy amenities. "I would rather [the University] throw money into academic programs, classes, and professors because that is what matters when I graduate not if my college had the best plasma screen in the student center," Chris Novak, junior, says.

However other students like Spears think that the University should increase their Educational Support. "We should increase the funds to Educational Support so they can continue to get better and improve our Student Affairs and Activities which have seemed to have flat-lined in my almost four years here," Spears says.

"[Spears] does have point," says neighbor Colleen Harter. "Incoming freshmen sometimes do not always pick schools on the academics or even athletics;

they pick the experience, so if the Student Affairs and Activities are not with it then it might affect enrollment," Harter says.

Enrollment is a major contribution to the University's "economy," which is why Zack makes it one of the financial goals. "Continued annual enrollment growth is huge because it gives rise to more tuition revenue which then allows us to invest in the programs we need that help make us a better institution," Zack says.

As far as the rest of the University's financial story goes like most institutions: we are in debt. However, this debt is not a negative, it simply means that the University has exercised the raising of their capital by financing debt. This allows them to spread their costs over a long period of time. "If you look at any institution like Washington University, Saint Louis University, or any other they all borrow money," Zack says. "Debt is simply one way for us to make a financial operation work."

As far as the financial future of the University is concerned, Zack and others are looking ahead and examining the idea of refinancing their current debt in a more favorable way, as well as adding on new debt to pay for future plans like the renovation of the science building.

Area shoppers experience theft, assault, and rioting

By: Jane Armbruster,
Reporter

Being labeled 2006's "Most Dangerous City," according to annual research gathered by the Morgan Quitno Press, shows more than just a sense of danger related arrogance. St. Louis citizens are now encouraged to keep a watchful eye over their property and themselves; local mall rats are no exception.

The St. Louis Galleria has its fair share of shoplifters, assaults, vehicle break-ins, and the occasional youth inflicted riot. According to a local study completed in 2006 by KSDK NewsChannel 5, "When it comes to thefts, the St. Louis Galleria tops the list. Since 2003, criminals stole more than 1,000 items from stores, customers, employees, and cars." The study also reveals that the Galleria ranks second among St. Louis area malls for car thefts. This comes as no surprise to Anna Mazzola, sophomore. "I visit the Galleria maybe once every three months, but I wouldn't expect anything less. I work across the street at the Scholarshop and

people try to pull stuff all the time," Mazzola says.

Although theft and shoplifting may seem common to some, a near riot is another story. On a Saturday night in November 2006, a massive fight was started among area youths. Around 50 teenagers clashed in the Galleria food court, causing Richmond Heights Police to intervene. The group of officers estimated 25 brawls throughout the mall's three levels and made four arrests (reported by KSDK news), with no injuries reported after the struggle. Some students are already well aware of the food court conflict. Kristi Brannan, sophomore, likes to shop at the Galleria biweekly. "A few months ago I heard of a big fight breaking out there," Brannan says. Nonetheless, she continues to visit the Clayton based shopping center.

Some students are not so trustworthy. Katie Tucek, junior, visits the Galleria about once every three months and advises shoppers to show caution. "People should be more concerned about crime at the Galleria. Most St. Louisans

think that other malls, such as Northwest Plaza, are unsafe, but the reality is that the Galleria is just as unsafe if not more," Tucek says.

As many St. Louisans boast of their chart topping toughness, some tend to forget that their crime-induced satisfaction comes with a price: they actually have to deal with crime. Faithful shoppers can no longer consider malls to be sanctuaries. Megan Nolan, sophomore, once a semi-regular shopper, might be changing her shopping habits. "I probably go to the Galleria monthly or less. I would visit the Galleria more often, but I am a typical college student with a lack of money. But now, I am somewhat concerned because I felt in no harm when I went to the Galleria before. Unfortunately, I will be watching my back a little more carefully when I go there," Nolan says.

Although the above findings may seem daunting, the yearly

Please see "Shoppers" on page 4

Curriculum expanded with new American Culture Studies program

By: Katelyn Cunningham,
Reporter

"By 1961, when Andy Warhol began painting Campbell's soup cans, [the product was becoming] a focal point of human culture," says Jon Mooallem, on a reading of the famous image. Warhol's painting is quintessentially American and is his soup can image brings forth an example of the University's American Culture Studies minor, which examines American elements of culture in the United States and abroad.

This new field of study enhances the areas of sociology, political science, history, art, music, literature, and popular culture as it allows students to connect aspects of American culture to their particular field of study. English Professor and creator of the American Culture Studies (ACS) program, Corinne Taff says, "This minor can compliment any major and allows students to tailor assignments to their field of study, as all majors are made up of cultural components."

Students who choose to minor in American Culture Studies are required to take three elective courses in the fields of communication, history, English, art, psychology, or sociology. In addition to the elective courses, students are also required to take Introduction to American Culture Studies, America Abroad, and Topics in American Culture Studies. Although this may seem like a heavy course load in addition to courses required for a specific major, the minor overlaps with many general education requirements to provide a liberal arts background. "The introductory course fulfills general education requirements, and it is a value to have a minor," Taff says. The ACS minor can be easily completed in two years (or even less), and is beneficial to students as employers look for applicants who understand culture that exists in their fields.

ACS focuses on a modern setting of post-1945 America and asks what it means to be American today. "As September 11, 2001 and the Iraq war have occurred in the lifetime of students, and will shape America's history, these events ask what it means to be American. The new minor can play an important role because America means something to everyone," Taff says.

The ACS program's individuality and decidedly different approaches to history are just two of the reasons students are interested in the program. "I decided to pursue the minor because the valuing course seemed interesting, and it looks at America in a

way no history class ever has. The American Culture Studies courses provide discussion and debate through opinions and experiences of students. This field of study forces students to go outside of the box and look at their own society. American Culture Studies can round out any major," Whitney Payne, junior, says.

As for the history of the program, Taff loosely developed the idea in 2004 and brought it to the attention of Greg Taylor, one of the Vice Presidents of the University, in January 2005. It had already been part of the University's strategic plan to incorporate more interdisciplinary programs, specifically American Studies and Women's Studies, and Taff was encouraged to go forward with creating the program.

In the spring and summer of 2005, Taff developed details and timelines, and the new program was approved by the faculty on November 30, 2005. The first class, ACS 100: Introduction to American Culture Studies, was offered in Fall 2006, and this semester, America Abroad (ACS 200) is being offered for the first time. Next year ACS 300 will be included in the mix, and the first topic for ACS 300 will be The Holocaust and the American Imagination, which will be offered next fall on Wednesday evenings at 6 p.m. Next spring, the University will also offer The American Photograph as ACS 300.

As of now, there are six students who have declared the minor and one student who has officially declared an American Culture Studies major through the University Major program. Both this semester and last semester, ACS 100 had a waitlist for enrollment, and has been popular, especially because it is a course that fulfills a general education requirement. "There seems to be significant interest in this minor as it has received a reasonably high number of students enrolled, for a new program," Taff says.

The new ACS minor expands the University's curriculum and allows students to broaden their focus through new ideas and information. The minor is easy to obtain, and students can finish many of their general education requirements while adding American Culture Studies to their degree.

For more information regarding the ACS program, contact Corrine Taff at (314)719-3640

MARCH 2007

Utopian ideals surface in new book by Prof. Jack Luzkow

By: Whitney Payne,
Managing Editor

Professor Jack Luzkow, Assistant Professor of History, has a new book, entitled *What's Left? Marxism, Utopianism, and the Revolt Against History*, that seeks to bring the important topics of Marxism and Communism back into the limelight.

Just a generation ago, Communism was a very real experience for America, as well as for many other parts of the world. During the now-famous Chinese protest in Tiananmen Square, thousands of people stood for days, protesting the Chinese government. In a sudden move that shocked not only China, but the world, the military was sent in shooting to remove the protestors. When tanks were sent in, one man was leaving the store with some bread. He dropped his bag and ran to stand in front of the line of tanks moving towards the protestors. The tanks attempted to go around him, but he moved to block them each time. Finally he crawled onto the tank and talked to the driver. He then climbed down and was pulled into the crowd according to *Time* magazine.

This is not Luzkow's first book. In fact writing *Revenge of History: Why the Past Endures, a Critique of Francis Fukuyama (Problems in Contemporary Philosophy)* is what inspired him to write *What's Left*. His strong knowledge of history and passion for utopia and the drive towards it further encouraged him to write. "Of course I watched the massacre at Tiananmen Square on television, but it did not seem too important to everyone," Luzkow says. The experience of watching the events unfold in Tiananmen Square and the lack of attention which it received in

the United States also helped set up the information which was included in the book. Finally, spending time abroad in Europe gave Luzkow the desire to reveal to America what had happened and was still happening in Eastern Europe.

What's Left focuses on utopia and the way in which countries have strived for it. The book starts with Marx's ideas and gives an overview of how his beliefs developed into utopia. Then it continues on to develop Marx's thoughts into the theories that shaped totalitarianism and communism. Communism works towards that equality which is necessary for utopia, relying on Marx's ideals. According to Luzkow, utopia can be reached through an equalization of resources in a country, technological advancement, and equality in government decisions. When the government does things which benefit all people, and not just the rich, then a utopian type level can be attained. Part of the reason why Russia failed at this attempt was because "all of their assets are in oil and only a few people benefit from that wealth in the greater scheme of things."

The book continues with a close examination of writers who "were impressed by the utopian elements of Marx's ideas which they thought completed many of the major themes of Western Civilization." Luzkow looks at Walter Benjamin and how he sought to prove utopia's worth through an examination of history and its repeating qualities. Then Ernst Bloch who wanted Marx's ideas to be the glue that would fuse Christianity, Judaism, revolution, and communism, but did not adhere exactly to what Marx had been saying. Herbert Marcuse is referred to and his

attempt to define Freud and Marx using the other's ideals. Finally he observes Andre Gorz and his determination to make it a "green, if not red future." Gorz believed that environmental preservation should be intertwined into production, thus forcing consumers to improve their environmental consciousness. The book ends with a look at what Marx hoped to accomplish through the model he had set forth.

Luzkow does not believe that America can reach utopianism at this point in time, for several reasons. First, because of our problems in foreign policy and the reliance we have on other countries for our oil supply. He also believes that our health care system needs to be universalized under government control in order to reach equality. The insurance problems are only a start, besides the way in which our current medical system has a habit of "treating the symptoms and not the person." Finally he sees the two party system as needing to be mended before a utopia could be reached. However Luzkow does believe that Eastern Europe is on the right path to utopianism. Through modeling themselves after the countries of Western Europe and adopting many of their habits, Eastern Europe has improved their conditions and made the quality of living better in their countries. He feels the European Union has achieved a great deal over the past years and has truly united the East and West. He looks to see a type of utopia reached in these countries that will hopefully improve all life.

What's Left, published on September 28, 2006, is currently available online at Amazon.com.

Students and faculty learn about FAS

By: Chris Schott,
Copy Editor

It had only been a few hours since Melinda Ohlemiller stepped off a plane from Atlanta before she was off to the University for another round of speeches regarding Fetal Alcohol Syndrome. "It is not a pleasant topic to talk about but it is rewarding to enlighten people about it," Ohlemiller says. "It is amazing how many people are misinformed." With her bags still packed, and a room full of University students and faculty waiting, Ohlemiller began her two-hour presentation for the third time in twenty-four hours.

The message behind Ohlemiller's seminar should seem obvious: do not drink while pregnant. Statistics show an average of twenty percent of women who become pregnant will consume an alcoholic beverage at some point during pregnancy. "This is a one hundred percent preventable situation," Ohlemiller said to a group of roughly forty students and faculty during a free on campus seminar regarding FAS. "But once a child has been affected, it is nonreversible."

Ohlemiller is the Director of Prevention Services for the St. Louis chapter of Arc, a non-profit organization supporting people with developmental disabilities. Ohlemiller helped develop and currently directs St. Louis Arc's highly respected Prevention Project, which seeks to eliminate disabilities caused by prenatal alcohol exposure. She is currently a member of the Centers For Disease Control's National Task Force on Fetal Alcohol Syndrome/Fetal Alcohol Effects and co-chairs the Missouri Fetal Alcohol Syndrome Action and Care Team (MFASACT).

Ohlemiller's focused interest on FAS has made her a busy woman, as she gives presentations all across the country. "If everyone who attends my presentation tells one friend about FAS, soon I will be able to just stay home with my family," Ohlemiller says jokingly. Unfortunately, FAS

is a serious matter. Out of the 10,000 babies born in the United States each day, 120 of them are born with some varying degree of the disease.

It is not known what amount of alcohol can harm an unborn child. According to studies, no correlation between alcoholic quantity and birth effects exists; nor is there any safe time to drink, as another common misconception indicates. "Some women and even doctors think it is ok to drink during the early stages of the first trimester, but this just as harmful as any stage of pregnancy," Ohlemiller said. It may seem surprising that some doctors believe consumption of alcohol during certain points of pregnancy is alright. Ohlemiller says this because of a lack of education about the topic. Organizations like Arc are working on this problem, implementing new programs at hospitals to specifically inform doctors who are not up to date on FAS.

Ohlemiller's presentation was as informative on a scientific level as it helped give a realistic vision of how everyday life is for a sufferer of FAS. "The people living with this disease are able to function in society with the help of programs and supportive family members," Ohlemiller said. "It is important to realize the restrictions of those affected by FAS, and give them the patience, care and space they need to adapt to everyday situations."

As Ohlemiller's message about FAS spreads, and her job becomes less of a struggle, hopefully the disease will be eliminated completely, as people become more educated. "As long as people are listening to what I have to say and paying attention to the information available, instances of FAS will hopefully decline. All we can do is try and educate women. That is all we can do. From there, it is up to the mothers."

Ohlemiller's presentation at the University was part of a number of events hosted by the University's NSSLHA (National Student Speech Language Hearing Association).

Luncheon Celebrates African-Am. History

By: Beth Rabinowitz,
Advertising Editor

Dinner and a movie, Frank Sinatra, and Carter G. Woodson all equal a romantic Valentine's Day with a sweetheart, but Carter G. Woodson does not fit. Even though February is one of the coldest months of the year, students enjoyed fresh southern fare with these foods: barbeque ribs, fried chicken, yams, greens, and corn bread during the African American Luncheon put on by Students for the Enhancement of Black Awareness (SEBA). The luncheon was held on February 6, 2007, in Ryan Dining Hall.

As the "Father of Black History," Woodson founded the

Negro History week in 1926, which serves as a precursor to the current celebration, African American Heritage Month. Along the walls of the Ryan cafeteria, the SEBA members hung Woodson's photo poster adjacent to other prominent African American leaders: Martin Luther King Jr., Frederick Douglass, and Rosa Parks. Besides festive arrangements of all things red, black, green, and yellow, author Beth Lipson's pamphlet, "The Lives and Accomplishments of Famous African Americans," laid atop the cafeteria tables, which students used as conversation starters. SEBA members attested to Woodson's legacy by scheduling events during the

month of February.

One of the table tents placed on each table interprets Woodson's lasting contributions to all Americans by saying, "Blacks should be proud of their heritage, and other Americans should understand it." Stickers and pencils in colorful assortments: green, red, and yellow were also neatly arranged on round tables. The round tables displayed two informative table tents, surrounded by balloons of the same color scheme.

This particular color scheme was chosen for several reasons. "The red symbolizes the blood of African people, the green—

Please see "Luncheon" on page 5

Things people did over spring break

Kim Towerly: "I watched every season of Star Trek and recited all the lines in Klingon."

Translation project leads to bondage, S/M

By: Katelyn Cunningham,
Reporter

While the title conjures up images of leather, whips, and chains, former University student, Professor of Short Fiction Writing, and Chinese citizen, Hongling Zhang, and the University's Professor of English, Dr. Jason Sommer have translated Wang in Love and Bondage, a collection of three novellas entitled "2015," "The Golden Age," and "East Palace, West Palace," by Wang Xiaobo. The stories use a theme of bondage to express dominance, submission, and the use of sexuality as a weapon. The recurring S/M motif illustrates China's governmental power, and the willingness of those subject to that power.

Although the author, Wang, died in 1997, he has become a Chinese cultural phenomenon, a prominent 20th century literary figure in China, and has pioneered a satiric approach to power and sexuality. This is the first time that Wang is being introduced in English. "Very few Chinese writers are known in America, and it takes someone emotional and talented, like Wang, to breach that gap," Zhang says.

Zhang, who has her Masters of Fine Arts in Creative Writing from Washington University, undertook the project because she wanted to expose Chinese literature to more people. "I decided to translate Wang's works after I found out that my classmates at Washington University knew little about Chinese literature; I felt that it was my responsibility to bring more Chinese literature to English speakers. Many American students do not know any Chinese authors and are even shocked at the existence of Chinese literature and art," Zhang says.

"My experience at [the University] cultivated my literary taste and I feel extremely lucky to have had the opportunity to study here," Zhang says. After she took a course in translation at Washington University, Zhang switched her studies from law to literature and identified with Wang's characters and the artist's life. Wang's interesting characters attracted Zhang, as she feels sympathy for the generation of Chinese citizens that experienced "reeducation" under the Chinese government.

Zhang and Sommer believe that Wang's literature is different from that of other Chinese authors who write melancholy stories of misery and loss. "There is heavy suffering in

most Chinese literature, but Wang deals with heavy subjects in humorous ways," Sommer says.

In the collection's first story, "2015," Wang Er (translated as Wang number two) is a painter with distinct eyes and paintings that are misunderstood. For painting without a license, Wang is sent for "reeducation" and becomes the focus of a frisky and aggressive policewoman. "The Golden Age" involves another Wang Er, however this character runs off with a doctor and encourages her to live up to her unjustified reputation of being "damaged goods." Er later confesses and writes of his pornographic experiences in vivid detail. The last story, "East Palace, West Palace," is credited as being one of the first modern Chinese fiction works to address homosexuality, as a male masochist cross-dresser and a sadistic policeman "hook up" in this S/M themed love story.

Sommer thinks Americans should love Wang because of his unique style and voice. "[Wang] is so weird. Also, he is post-modern in style, but he still finds meaning in life and value. Wang is nothing like what I am usually attracted to, but I enjoy his sensibility: dark humor, sudden breaks in narration, and odd turns, and with all of this he still seems to believe in romantic love in all of its forms and complications, including S/M," Sommer says.

Both Zhang and Sommer agree that collaborative translation was, at times, difficult. "Translation is interpretation, and we both understood Wang's stories in different ways. A single phrase can be rendered so many ways, and we had to make sense of the words. I had to become the idiomatic voice," Sommer says.

Zhang and Sommer credit this translated work to one another and feel they learned a lot from each other, as they had to make sense of the nuances of words before they could begin the translation process. Zhang and Sommer also agree that they are relying on a younger American readership to discover and love Wang's works. "I think," says Zhang, "that readers of Wang Xiaobo will think of his stories and still laugh to themselves years later."

Recently reviewed in *Publisher's Weekly*, Wang in Love and Bondage is compared to Nobel Prize winning author, Gao Xingjian's *Soul Mountain* and is cited as making readers "feel like [they are] being held upside down—particularly during the zingy sex scenes." Maybe that "zing" is in the gags and handcuffs.

High schoolers show off art talents at Portfolio Day

By: Jane Armbruster,
Reporter

As high school students delve deep into the painful task of college application and acceptance, local artists-in-training are already gaining some college level experience. The University offered young talents the chance to strut their artistic stuff in the presence of faculty and graduate students during a Portfolio and Fine Arts Day this February. On the 17th, attendees revealed their potential through private reviewing sessions, performance auditions, workshops and activities with the hope of receiving scholarships and collegiate recognition.

The event was first held last year with positive results; therefore, event organizers and department faculty decided to once again invite art students interested in the University. According to Tim Liddy, Fine Arts Department, last year's event attracted around 28-30 participants. Approximately 32 potential students registered this year, but coordinators also expected walk-ins. Many attendees were from local high schools and colleges, but word of the event was passed to young artists nationwide with the hopes of recruiting highly talented students from all over the country. "Most of the participants plan on applying to the University," Liddy says.

Unfortunately, foul weather may have discouraged some students. As a fresh batch of snow blanketed campus on the 17th, artists followed by parents and siblings made fresh tracks in their journey toward the Southwest lobby. After being greeted by a registration table filled with information, and with nametags adhered to winter coats, participants were encouraged to snack on refreshments and take a seat, where they waited. Waiting proved to be a troubled period for these anxious artists; some paced the floors, others buried faces in hands, and many nervously flipped through their artwork. Some waited 45 minutes for the opportunity to meet with department faculty. Activities, including tours of the Fine Arts facilities, kept groups of students and their families occupied before and after visiting with department faculty. Dorothy Davis, from the Admissions Office, welcomed guests and offered information regarding the University to students awaiting their upcoming evaluations.

Young artists interested in varying forms of media experienced intimate reviewing conferences with members of department faculty. "We will be looking at painting, drawing, ceramics, sculpture, and even graphic design. Unfortunately for high school students, most high

schools do not provide a graphic design program, but faculty will still provide guidance for those who are interested," Liddy says. Information circulating throughout our University's website urged participants "to bring 3-5 pieces of their best artwork for review," also stating "faculty will meet with them one-on-one to evaluate artwork or performances." Varying age groups and experience levels were being judged on different criteria; therefore, different staff teams in separate rooms reviewed incoming freshmen and college transfers.

According to Liddy, artists were to bring in their portfolios and set everything up on easels or tables. During a fifteen-minute period, professors pointed out the strengths and weaknesses of the work and assessed the artist's skills. From there, students would be recommended for scholarships pertaining to their talent level. These scholarships ranged from low to medium, and only the very talented would be recommended for high amounts. "Most likely, each student will be qualified for some sort of scholarship," Liddy says. Not only did up-and-coming college students receive feedback from

Please see "Portfolio Day" on page 6

Shoppers, cont'd from page 2

statistics are far less intimidating. After some calculation, NewsChannel 5 reporters found that "less than one percent of visitors to the Galleria are crime victims." Dozens of small crimes committed each year are intercepted by the shopping center's "hired guns." These mall protectors are confronting crime, whether an incident is routine or extreme.

The St. Louis Galleria is taking the initiative to regain a cleaner reputation and provide a safer shopping experience. About a half dozen local police officers are now part time Galleria employees, which helps to curb crime, especially on weekend. Along with traditional mall security, officers are patrolling the hallways and are always on

call to assist targeted retailers. Not only is mall security on foot, but they also take to the parking lot, protecting shoppers entering and exiting mall doors. After some observation, security seems thorough in their outdoor search for shady activity. The official SUV with its flashing orange lights covers the late night isolation of parking garages, the busy mall entrances, and even the farthest lots to ensure shopper safety. Customer well being is a top priority.

Unfortunately, safety at the Galleria is not always easily attained. Mall crime hits close to home for Kristina Meppiel, senior, whose relatives recently encountered a problem. "My aunt and cousin were there shopping one day and they were followed

by two males throughout most of their shopping trip. It took them forever to find a security guard who would walk them to their car and make sure they left safely," Meppiel says. This close call left Meppiel a little shaken. "There were a few times when I would go to the Galleria; however, since all the crime started I have not been back. Going shopping to that mall is not worth the risk of being a victim of a crime," Meppiel says.

The St. Louis Galleria, cozily situated in the University's backyard, offers a suitable shopping experience for students; however, there is always a catch. So keep an eye on those overloaded bags and precious parcels; someone else may have an eye on them too.

Things people did over spring break

Melissa Turnet: "I got hired on to be a roadie for Chumbawumba."

Walt Yurik: "Wait, we had spring break?"

Alli Burk: "I traveled to Uzbekistan and studied the post-modular effects of horizontal frequencies in lambs."

Heart disease strikes young and old alike

By: Beth Rabinowitz,
Advertisting Editor

Paint the town red. Well, maybe not the town, but definitely the Meadow. Then, paint the Science Building, even the newly renovated DSAC; go ahead start a Red Revolution, well maybe not a revolution, but a new fad, keeping Griffin pride but also promoting a new color: monochromatic "platelets" of red clothing, accessories, and dresses. Students, consider passing the word to others: wear red (red dress pins) to symbolize Heart Awareness Month.

In 2002, the U.S. Department of Health and Services fashioned the little red dress pin as a national symbol for heart disease. Wearing the pin, not only honors those dealing with heart disease, it builds awareness for people without the disease, also.

Although most health organizations publish heart disease as the number one killer for women, Assistant Professor of Dietetics, Jaimette McCulley, discusses reasons why heart disease concerns more than just women. "Heart disease affects both genders equally, and students must begin looking

at their own families' medical history, especially the way their mothers and fathers store their extra fat," McCulley says.

All college students should observe their families at the dinner table, to make predictions concerning their own health. Students can then take precautionary measures to reduce the risks associated with heart disease. Part of making predictions and understanding risk factors means confronting individual body shape and fat-storage placement. "A pear-shaped person who stores their fat at the hips or thighs is at a less risk than someone who is apple-shaped, storing access fat around their stomach," McCulley says. So in this case an apple a day will not keep the doctor a way, but a pear will.

Whether cutting an apple here or a pear there, students who just lose ten percent of a their total body weight, (if they are overweight to begin with) by increasing activity and/or reducing calories, according to the University of Maryland

Please see **"Heart Disease"** on page 7

Heart Disease Risk Factors

McCulley summarizes factors that can increase the risk of having heart disease:

- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Physical inactivity
- Stress
- Depression

Luncheon. cont'd from page three

their land, and black--their people," Leslie Doyle, Director of Multicultural Affairs, says. Listening in on the lunch discussion, senior and Vice President of SEBA, Mia Miller, describes the colors as "Pan-African," and important to black culture. "The colors are not just Kwanza colors. They are an African symbol," Miller says. It appears as though the remaining students at the table would agree.

The African American Heritage luncheon is just one of a series of events celebrating Black History Month. "The students involved with the SEBA organization are devoting additional hours of work in collaborating with local St. Louis churches to put on plays and skits, which commemorate important figures and events central to African American

history," Doyle says. Besides the February 6, 2007 luncheon, SEBA sponsored a "surprise," movie event on February 8, at 7:30 pm, in St. Joe's Lobby, to educate and to entertain all students.

SEBA will sponsor two additional events in March, the annual "Coffee House," on the 29th, and "Mocha Chi," a food and entertainment celebration, held in the DSAC.

As Miller points to one of the table tents, a particular quote stands out above the rest. "Knowledge is power, and power is the key to changing things," as Jill Nelsen, a famous African American journalist said. SEBA hopes African American and Caucasian students will feel free to socialize together--changing the small things first-- like building campus unity.

Legend of St. Valentine confounds, annoys, and delights students

By: Kendal Whitaker,
Reporter

It is that time of year again: Valentine's Day. The month of February is marked with red roses, pink hearts, chocolate covered strawberries, and cupid with his bow and arrow. It seems to be a holiday that women love and men dread. Some University students question whether Valentine's Day is even a real holiday and where it originated from.

Senior Joe Pagano is one of the men who dreads the so-called holiday. "Valentine's Day is a made up holiday that some woman came up with in order to try and stress men out," Pagano says. Every year Pagano drives himself crazy trying to plan a romantic evening and come up with an original gift idea. "It's not worth all the stress, I have decided that next year I am boycotting Valentine's Day," Pagano says.

Kristin Lommel, senior, on the other hand, enjoys Valentine's Day. As a little girl, Lommel would get excited about decorating her Valentine's box and picking out her cards to distribute to her classmates. Lommel remembers how hard it was to pick out her cards. "There were so many choices; my favorites however, were Strawberry Shortcake and the Barbie cards," Lommel says. Her favorite thing about Valentine's

Day was waking up that morning to find a little heart-shaped box of chocolates on the kitchen table that her father had left her. These days Lommel spends Valentine's Day with her boyfriend, John Kempema, junior.

This year the Lommel and Kempema fixed a nice dinner for each other and exchanged cards. "I think people get too caught up in buying presents and spending money on each other, and they forget what Valentine's Day is all about," Lommel says. "It is a day for couples to celebrate each other and their relationship."

Though Lommel and Kempema both knew what the holiday is about, neither knew where it came from, which is not surprising since the history of the holiday is surrounded in legend. The legend states that Valentine's Day started in the time of the Roman Empire. Emperor Claudius II was in power and was having a hard time getting men to join his army. He believed this was due to men not wanting to leave their lovers and family members behind. To fix this problem, Claudius forbade all people in Rome from getting married or engaged. A Saint by the name of Valentine was a priest in Rome at this time and defied Claudius by secretly marrying couples. When Claudius found out about this, he condemned Saint Valentine to death. As Valentine awaited his death in prison, he fell in love

with the jailor's daughter. It has been said that Valentine actually sent the first Valentine's card to this women. In the closing of this letter, he wrote "from your Valentine" a popular expression still used today. Valentine was executed on the 14th of February, year 270.

That clears up some of the major misunderstanding of how Valentine's Day came to be, but one thing Lommel is still unsure about is how the tradition of the Valentine's box and placing little cards in them came about. That tradition comes from a custom that took place at the Feast of Lupercalia, a festival held on February 15th to honor Juno the queen of the Roman Gods and Goddesses. Juno was Goddess of women and marriage. During this festival, young boy's and girl's names would be put on slips of paper and placed into jars. Each young man would draw a name from the jar; the girl he picked would be his partner for the duration of the festival. Often, these couples would stay together for the entire year and many times the two would fall in love and marry each other.

It is kind of interesting to see how traditions and customs have changed and adapted themselves over the years. Lucky for kids these days, a Valentine's card does not mean a lifetime commitment.

Increase continued from front page

athletes that may be injured during competition.

These factors are not the only things that contribute to a tuition increase. "Past projects like the DSAC renovation, and future projects like making sure all buildings have a high pressure water loop to provide more effective sprinkler systems are also contributing factors within the operating costs...as we try to upgrade in many ways our costs are increasing," Zack says.

As mentioned the tuition increase brings with it a four percent increase in the room and board costs, a rise that has many of the residents rethinking their living arrangements for next fall. One of the biggest complaints comes from Michael Biermann, junior. "This room and board hike is serious because if students have scholarships or dorm grants that do not allow them to live off-campus or they will lose those awards then

they are forced to up-hold these expensive residential financial living plans which then puts families in a hole," Biermann says.

The room and board hikes are increased for many of the same factors of the tuition increase especially in the area of energy and utility costs. Other students have reacted with different attitudes expressing concerns for future students. "With an increase like this it will be hard to get students to come to [the University], let alone live on campus," Chad Fournie, junior, says.

In response to the rate hikes, the University, in a letter sent to students, maintains that the cost is still comparatively lower than other schools. The letter reads, "Even with these increases, [the University's] tuition and residence hall charges remain very competitive with other comparable private institutions

in the region."

The University plans to award nearly seven million in non-federal funds for student financial aid next year. This amount is in addition to the already federal and state funds received by the students. Still some students like Scott Porter, sophomore, want more benefits with a tuition hike. "If we have to pay more to go here we should get more in return like not paying outrageous prices for parking passes and guaranteeing those with passes a place to park," Porter says.

Even though parking is another issue the argument is valid. There are many students like Porter that have stressed similar thoughts. Even with doubts and concerns by some students a tuition increase is simply the University changing with a changing economy as well as it continuing to evolve itself into a frontrunner for academic excellence and regional excellence in Catholic higher education.

Things people did over spring break

John Hedger: "I became a drifter."

Diet pills and fad diets prove lethal for some

By: Ruth Ann Crouse,
Guest Writer

March is National Nutrition Month. This year's theme is 100% Fad Free. A goal for this year's campaign is to teach people how to spot dangerous diet fads including dietary supplements while promoting healthful eating and regular exercise. Finding a balance between food and physical activity can improve overall health, control body weight, reduce the risk of chronic disease and most of all, help people feel good.

Many people want to be five pounds lighter. In fact, at any given time 45 percent of women and 25 percent of men are trying to lose weight. However, 80 percent of people are not combining exercise and healthful eating. So the question is, what are people doing to lose weight?

One popular way students attempt to lose weight is by using diet pills. Desperate, college-aged students are prime targets for diet pill marketing. Companies spend billions of dollars each year to advertise on the radio stations and in magazines. These companies make big promises. Whether they promise more energy, a boosted metabolism, or astonishingly quick weight loss, they all promise amazing results.

However, most people are unaware of the possible life threatening dangers of talking diet pills. One story as reported in *O, The Oprah Magazine* outlines one of the worst dangers of these pills—death:

"Baltimore Orioles pitching prospect Steve Bechler knew he had to drop a few pounds if he was going to break into the major leagues. So when he cracked open the bottle of Xenadrine RFA-1, swallowed three pills, and reported for spring training at Fort Lauderdale Stadium last February, he figured he was doing the right thing, just taking care of business.

Twenty-four hours later, Bechler was dead. He left behind a pregnant wife, a slew of grieving fans, and a raging controversy over an herbal supplement taken by millions of Americans."

Taking diet pills is serious business for anyone's health. Liver and kidney failure, stomach pain, allergic reactions and death have all been reported due to the use of dietary supplements. Most people believe that the ingredients are harmless, but too often, this is not the case. Ingredients banned in the United States can find their way into products packaged and produced in other countries. The safest way to lose weight is with diet and exercise. However, people who do choose to take a diet pill should consult their doctor or health care provider first. Second, everyone needs to look for "USP" on the bottle and read labels carefully. Avoid products that claim to be "miracle cures," "breakthroughs," "new discoveries," or those that report to have no side effects.

Too often people look for quick fixes instead of getting back to basics. Regular exercise and healthful eating is the ultimate best method for achieving healthy weight. Instead of focusing on a single food or meal, try to eat a variety of foods every day. Look at the big picture: a single food will not make anyone unhealthy, but eating lots of "junk" will. More so, do not skip meals. People trying to lose weight have often reported skipping breakfast. Research has shown that people who eat breakfast tend to be thinner than those who skip. Regular exercise and a balanced diet will lead to that swimsuit body in no time.

In celebration of National Nutrition Month, readers can enter to win a free \$25.00 Trader Joe's gift card by simply emailing their name and email address to: umlahm@campus.fontbonne.edu by Friday, March 23, 2007. The winner will be notified by email.

AMERICAN DIETETIC ASSOCIATION
national nutrition month
march 2007



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Students become ice skating stars for a night at Steinberg Ice Rink



KENDAL WHITAKER

Jessica Viner lands on the ice with a smile at Steinberg Ice Rink.

By: Kendal Whitaker,
Reporter

The sky is looking pretty clear in St. Louis. With diminishing winds and highs in the mid 50s, it looks like its going to be a beautiful night for ice skating in Forest Park. As senior Jenny Vasquez and friends make their way to a FAB event at Steinberg on Friday, January 26, Vasquez is reminded of a dream she once had as a little girl, of one day becoming a professional ice skater. However, Vasquez grew up in Marissa, IL—not the ideal locale for someone with this dream.

When asked what happened to this dream, Vasquez replied with a laugh, "global warming and the pond in my back yard quit freezing over." She looked a little rusty at first but after a couple of slow laps, she was ready to go. By the end of the night Vasquez could spin around in a circle and was able to skate backwards. On a scale of one to five (one being poor and five being excellent) Vasquez gave herself a three; looks like she has some work

to do, if she plans on being the next Michelle Kwan.

Smooth jazz music played over the loud speaker and the smell of a crackling bonfire floated through the air as junior Julie Alle and friends stepped onto the ice. Alle heard about the free event in a FAB e-mail. Alle had been skating many times before but never at Steinberg rink. She was pretty confident with her skating skills, and even has a favorite move: the slingshot, which is when two people hold hands, with one person leading the two and skating faster than the other. When the leader has enough momentum they pull the other person ahead of them, slinging them across the ice.

Alle did have one rather unfortunate mishap during the night, though. When good friend Molly Rozier, junior, came crashing down on the ice, Alle was there to lend a hand to a friend in need. However, as she reached down to pull Rozier up, the wind and ice played against them both and they came tumbling down on top of one another. They both laughed it off; fortunately neither were hurt. A couple of cold bottoms are what these two left with. "I had a blast and I am looking forward to next year's event," Alle says.

JD Jackson, senior, had never been ice skating before. It was his girlfriend's brilliant idea to bring the both of them to the event. "Ice skating is one of those things I hoped I never got the opportunity to try," Jackson says. He recalls spending the first half hour hugging the rail in fear of losing his life. After a while, though, Jackson ventured away from the rail but made sure he kept himself on the outside edge of the rink. Jackson describes his ice skating ability as "poor." His friends did not argue that one. He managed to stay on both feet the whole time—well almost the whole time. As Jackson tried to mimic a Manny Lagace hockey stop, he lost his balance and landed on his back. "I know that is going to hurt tomorrow," Jackson said. Unfortunately for Jackson, it does not look like the Blues Hockey team will be recruiting him anytime soon.

As the skills varied from student to student, the University's overall skill level looked pretty impressive. Like Alle said, "it does not matter how many times you fall, as long as you get back up." Other events that FAB is sponsoring this semester include: the spring formal on April 13, and a blood drive April 18.

Portfolio Day continued from page 4

University instructors, but they could possibly be saving money in the process.

Unfortunately, graduate students attending the event were not eligible for these varying scholarships, but still had the chance to meet with Fine Arts Faculty, Admissions representatives, and Financial Aid consultants.

Through a variety of practices and advising opportunities, soon-to-be college students and transfers will also be getting a taste of our Fine Arts Department's performance

expertise. Participants interested in theater and performing arts registered to take part in their own evaluations and meetings. "Students coming for performance will participate in an audition workshop taught by Jason Cannon, and then will audition for talent scholarships," Deanna Jent, Director of Theater, says. Jent controlled the performance side of the event.

According to Liddy, this year was a little different than last year. Not all full time faculty would be attending due to prior

engagements out of town and medical reasons.

Although the roads and pathways were covered in fresh snow, local students were still able to attend an event, which could provide educational and financial perks. Young artists interested in the University experienced campus life firsthand and jumpstarted their college careers. Overall, taking a few hours out of an otherwise lazy Saturday afternoon may have benefited dozens of eager and willing art enthusiasts.

‘Hecklers’ become men’s sixth man

●Group of student fans supports men’s basketball team by ‘heckling’ other players, referees

By: Austin Skinner, Reporter

The devoted fans of basketball have long been rumored to comprise their respective team’s proverbial sixth man—a truth perhaps most evident at the college level. There, in the echoing confines of collegiate gyms and arenas, an elite group of such fans becomes something more. Marked with signature T-shirts, cutting wit, and a united front against all opponents (referees included), these fanatics garner almost as much attention as the teams they support; SLU has the “Blue Crew,” Mizzou has the “Zou Crew,” and as of this year, Fontbonne has “The Hecklers.”

Compiled of fierce Griffin enthusiasts, “The Hecklers” primarily consists of: Kevin “Lil’ Reagan” Coll, senior, Joel “Poppa” Lutfiyya, senior, Dan “D-1” Horn, sophomore, Michael Biermann, junior, Chris “C Novs” Novak, junior, Tim “Grandpa” Mannisi, junior, Drew Luecke, junior, and Larry Spears, senior. Keeping with University lore, “The Hecklers” make up for a lack of size via personal, one-on-one relationships with players, coaches, and each other.

Founded by key members Lutfiyya and Horn earlier this season, the group has found some success in affecting team morale and audience participation. Although—as Coll can readily attest—referee relations remain a bit rough around the edges, the students’ efforts are appreciated by the players.

Justin Storandt, sophomore, plays Forward for the team and enjoys the Hecklers’ presence. “Those guys definitely boost the [University’s] home-court advantage. I can definitely tell when they are there, and when they are not,” Storandt says. Always the humorist, Storandt goes on to say that “it’s a lot better playing for an audience like that instead of just your parents and the few people who are lost.”

Coll claims the group’s antics also “bring energy to the crowd through a display of school spirit.” Additionally, by starting chants, encouraging Griffin players, and dishing a healthy

dose of criticism to opposing teams, “The Hecklers” aim to intimidate the opposition by increasing Griffin pride. It is anticipated that by catalyzing such variables, their efforts will have maximum impact on the overall outcome of the game.

No stranger to the criticism of opposing fans, Storandt believes that, while players’ abilities are certainly a factor, fans also play a role in the game’s outcome. “Fans can definitely affect a player’s ability by constantly yelling stuff, but that sort of pressure and criticism is part of the game at this level. It makes the games more intense, and now ‘The Hecklers’ provide some much needed street cred for home games,” Storandt says.

Coll and Horn, primary pickers of heckled players, spot their designated targets using several criteria. The selection process is “mostly physical...if [an opposing player] looks like someone famous, we are the first to tell him. Other than that, a missed shot or bad play is enough to get on the chopping block,” Coll says. And as far as refs are concerned “one bad call is one too many,” Coll says.

And during those games when yelling is not enough, Horn keeps a spare referee shirt nearby with a pair of black slacks. With such attire, Horn gains access to the floor and vainly attempts to make his opinion heard among the referees. Although this covert operation has yet to succeed, the sight of Horn standing near the referees before the game is enough to get the stands roaring.

And for members who have yet to don their long-awaited T-shirts, Coll informs his minions that he hopes to have their apparel “possibly by the game against Blackburn College, but definitely before tournament play.” When asked what the shirts will read, Coll responds, “They will likely say ‘F-Unit’ on the front and have personalized nicknames on the back...but nothing has been formally approved.”

With the new shirts and increased awareness, “The Hecklers” hope to usher in a new era of Griffin basketball fanatics worthy of becoming the honorary sixth man.

Things people did over spring break

Devin Rightman: “I studied every move Keanu Reeves has ever made in any movie ever, and wow, he really is that good!”

- ADVERTISEMENT -



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The Fontbonne Chapter of Phi Kappa Phi is proud to announce the names of those Fontbonne students who have been invited to join our chapter. Phi Kappa Phi is the nation’s oldest, largest, and most selective all-discipline honor society. To be eligible, these students have been ranked in the top 7.5% of junior GPAs or the top 10% of graduating students. We hope they will take advantage of this opportunity to join Phi Kappa Phi. Please congratulate them on their accomplishments.

Behavioral Sciences

Amanda R. Canziani, Jr.
Valerie Colombo, Sr.
Dana A. Dreher, Jr.
Kimberly Ann Goeke, Sr.
Emily Claire Ward, Sr.
Ashley B. Williams, Sr.

Business

Tina Marie Bequette, Gr.(Chrysler)
David Blackburn, Jr.
Jitpong Karnjanolarn, Gr.
Colin Athelstan Lloyd, Jr.
Wilson J. Metcalf, Sr. (Chrysler)
Vincent Milford, Jr. (Chrysler)
Rachel Schwoeppe, Jr.

Communication Disorders and Deaf Education

Kara M. Baker, Sr.
Anna C. Bembower, Sr.
Heejung Kelly Evans, Jr.
Laura M. Ferguson, Gr.
Jennifer A. Hoefert, Sr.
Nina L. Jansson, Gr.
Kelly R. Jasper, Gr.
Jessica Keetch, Sr.
Jennifer Lynch, Gr.
Stefanie Meert, Gr.
Sheila Petasek, Gr.
Amanda C. Pinkston, Jr.
Christina A. Plummer, Sr.
Lisa M. Schreckenber, Gr.
Kathleen M. Tucek, Jr.
Kristen Yochum, Jr.

English and Communication

Lauren M. Kaemmerer, Sr.
Patricia M. Schodrowski, Jr.

Fine Arts
Zoe K. Childress, Sr.
Dominique Gallo, Gr.
Mark J. Laury, Gr.
Amanda L. Wersching, Sr.

Education and Special Education

Rebecca J. Abernathy, Gr.
Melissa Benefield, Sr.
Mary Jane Bishop, Gr.
Nancy E. Bock, Gr.
Rachel Anne Bonza, Gr.
Jean M. Boschert, Jr.
Laura A. Boyher, Sr.
Gloria R. Brazell, Gr.
Elizabeth M. Bruns, Sr.
Patty Cribbs, Gr.
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Catherine S. Edmond, Sr.
Christine Fowler-Scroggins, Gr.
Eryn Heimberger, Sr.
Crystal L. Kuehl, Sr.
Julia C. Lange, Gr.
Samantha R. Loepker, Sr.
Julia L. Nagy, Sr.
Amy E. Rehak, Jr.
Christea C. Reiser, Gr.
Ann E. Rose, Jr.
Cynthia Rosenbaum, Gr.
Kathryn M. Schupp, Sr.
Amia C. Spravale, Sr.
Regina Stevenson, Sr.
Elizabeth L. Topolski, Jr.
Lynn B. Walters, Gr.
Veronica J. Ware, Sr.
Jaclyn M. Warren, Gr.
Stacey B. Wilson, Sr.
Melissa K. Wosmansk, Sr.

History, Philosophy, and Religion

Rachel E. Politte, Sr.

Math and Computer Science
Clifton J. Ellis, Gr.
Jennifer Lynn Hines, Gr.
Jennifer M. Vesper, Gr.

Human Environmental Sciences

Tiffany N. Cavoretto, Sr.
Katherine J. Luecke, Sr.
Erin McCracken-O’Neill, Gr.
Sara M. McEneny, Jr.
Julie C. Wich, Jr.
Tara E. Yarnall, Sr.
Stephanie N. Zehnle, Jr.
Interdisciplinary Studies
Josie Schatzberg, Jr.

OPTIONS

Aretha C. Abdullah, Sr.
Reesheda L. Adams, Jr.
Kimberly A. Allbright, Jr.
Therese M. Brady, Sr.
Russell D. Braunseis, Sr.
James B. Brendel, Gr.
Felisa Brown, Jr.
Kelly M. Brown, Sr.
Pamela J. Burch, Sr.
Paul D. Donley, Jr.
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Debbie A. Jones, Sr.
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Tammy L. Lilly, Jr.
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D-Lori J. Newsome, Sr.
Robin M. Norman, Sr.
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Susan M. Pyke, Sr.
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Tracy L. Rhodes, Gr.
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Thomas N. Tipton, II, Jr.
Shawna L. Turner, Jr.
Donald R. Vaisvil, Gr.

Heart Disease, continued from page 5

School of Medicine, will lower their chance of acquiring heart disease.

With the increased prevalence of obesity in America, heart disease will increase, especially among the younger population and college students. It is not just a father or mother’s problem anymore; it is every young person’s problem.

Besides weight gain and inactiveness as risk factors, people with diabetes are at a greater risk for heart disease. As Aviva Patz says in February’s

Redbook Magazine, “Splurging on simple sugars like those in white bread, baked goods, and candy ups your risk of developing diabetes, a condition that makes blood vessels more vulnerable to plaque and triples your chance of a heart attack.”

McCulley, on the other hand, has a different opinion of the above claim, arguing that it could be misleading to students. “You don’t get diabetes from eating sugar; it develops from a poor diet and weight gain. Increasing activity helps control

weight and lowers heart disease risk, because it strengthens all muscles, and the heart is a muscle,” McCulley says. These risks are real threats to young adults in their twenties and all college students in general.

One other risk factor contributing to an increase in heart disease amongst young college students is their increased dependence on nicotine.

Please see “Heart Disease” on page 8

Senioritis hits like a plague

By: Nicole Burnett,
Reporter

The official season, according to the U.S. Surgeon General, started within the last month. The epidemic is rampant. Some students have managed to fight it. Others will not be so lucky. General preventative measures can be taken but a cure has not yet been found. Symptoms include laziness, complacency, apathy, and truancy. Those who experience these symptoms should immediately be tested for Senioritis. After four, five (maybe more) years of cramming, drinking, working, testing, stressing, borrowing, studying, and recovering, students at the University say, "I'm tired."

Tess Tulley is in her fifth and final year of college. After transferring to the University three years ago, she sits in the revamped DSAC, coffee in one hand, a tuna sandwich in the other, and says, "I am so over it. You just do not know." Tulley, a Communications major, faces Senior Seminar. "The thought of it makes me tired" she says. Fortunately, the fatality rate of Senior Seminar is zero so far, according to Heather Norton, Instructor of Communication., who is confident that it will remain low.

Lindsey Barbour, Junior in Psychology, leans back, laughs, and says, "If you think Senioritis is bad, try Junioritis." Barbour has a different outlook on the epidemic. "Isn't it obvious," she says, "Who is really responsible for Senioritis? When the weather is too cold to leave my house, I blame the jacket company for not making me warm enough, and I stay home. If my bed is too comfortable to leave it, I blame the bed company, and I do not get up. As long as you understand that what you have really is a disease, it is easier to cope with." Barbour is burned out from working two part time waitress jobs and taking on a full time course schedule.

Tulley, works part time as a receptionist at a salon and interns with Lucky You Productions, while attending school full time. A pattern emerges. Clemente Champagne, Senior in Communications, taking twelve credit hours works part time for Saint Mary's Hospital and interns for the local television station Channel 9. "Senioritis?" she says, "Oh ya. I got it big time." Champagne is frustrated because she cannot go to school unless she works, and she cannot work unless she goes to school.

Unlike these students, Maggie Sullivan, senior, is employed only when school is not in session and still suffers from Senioritis. Sullivan contends that she is ready to graduate because the busy work that comes with college life is mundane. She says that her passion for academia faded over the years. Sullivan's story is unique because an outside obligation to a part time job is not the reason for her battle with Senioritis.

Whatever the cause of one's Senioritis, the road to recovery is parallel for all. According to experts, recognizing the problem is the first step to recovery, followed by faith, self examination, and willingness. The students brave enough to speak out about their own struggle with Senioritis have achieved the first step and are encouraged to stick with the program. The seemingly painful road to recovery ends at the only cure known thus far: graduation.

Heart Disease, cont'd from page 7

Eighteen and a half percent of American women smoke cigarettes, tripling their risk of a heart attack, according to the American Heart Association.

Over scheduling and sleep-deprivation put a major strain on college students. In addition, they increase their chance for heart disease later on in life. McCulley recommends meeting with career and short term counseling services offered in Student Affairs, where students can schedule an appointment for a free consultation with Carol Dillan or Jennifer Self.

Obesity and lack of activity amongst Americans is increasing but, the dietetics program, under the Human Environmental Services, offers two courses to

help change that direction. The HES department encourages all interested students to participate in the courses, regardless of declared majors. The courses are entitled HES 214 Nutrition and Wellness and HES 119 Essential Concepts of Health and Fitness, courses McCulley highly recommends for University students to register for the upcoming fall semester.

Remember to support Heart Awareness Month, not only in February but all year around, and either dress in red or wear the red dress pin. It might clash with the purple and yellow masses of sweatshirts and sweatpants but at least it supports a worthy cause.

Woman lawyer inspires to fight against injustices in Nigeria

By: Rosie Patterson,
Guest Writer

When I think of inspirational women living in today's society, not many names come to mind. However, one woman will be on the tip of my tongue for many years to come. Hauwa Ibrahim is a professor at St. Louis University Law School, and took time from her schedule to speak here on campus. Ibrahim spoke of her life and her numerous trials she has worked over the past years. Her words and stories were shocking, yet inspirational. I could not believe that the cases she spoke of are still occurring in today's modern world.

Ibrahim considers herself as a privileged person. Because she is privileged, she has the responsibility to help others who are not as privileged as she. She touches the lives of people everyday so that she can be the best lawyer, and human being, she can be. In Ibrahim's goal to make a difference in the life of at least one person everyday, she has made herself a very popular woman. So popular, in fact, that Oprah featured her in O Magazine as one of the twelve women who have changed the world. This honor was bestowed upon Ibrahim because she is truly a remarkable woman, devoting her entire self to helping other women and children in countries such as Nigeria.

Ibrahim has worked ninety cases, and eighty percent of those cases were done pro-bono. Each case is individualized and requires her full attention and energy. In Nigeria, the lives of

her clients are often at jeopardy. It is a high-stress job trying to convince men who control all divisions of the government to change their opinions, beliefs, and traditions, in order to help her clients.

One of the more memorable cases of Ibrahim's involves a thirteen year old girl who was drugged and raped, and then became pregnant. In this region, adultery is taken very seriously, and depending on the marital status of the people involved, consequences range from public humiliation of 100 floggings, to death by stoning. In this particular case, the girl did not remember the raping and was unaware of it until her pregnancy began to show. Ibrahim took the young girl's case, but failed to prove her innocence. As punishment, the girl was sentence to 100 floggings for committing adultery and 80 floggings for lying about having sex and accusing a man of raping her. This is one injustice that I was truly shocked to hear and completely surprised that women and young girls are still punished for being raped.

Ibrahim's work is admirable, courageous, and truly inspirational. I enjoyed her speech and learning about the laws of other cultures. I believe that as Americans, we must respect others' cultures, but when it comes to injustices such as cruel and unusual punishments, we must intervene. Ibrahim's work has helped spread the news about what is happening to young women everyday and how they are mistreated and abused. By letting others know about

the injustices occurring, Ibrahim has helped spread awareness and promote a solution to the problem. Ibrahim is courageous in her acts because she is risking her life everyday with her work.

Ibrahim has been accused of blasphemy because she questioned the Qu'ran's use of stoning as punishment. She found stoning 29 times in the Bible, but could not find a single instance in the Qu'ran where stoning was used. Ibrahim's attempt to question society's interpretation of the Qu'ran is both daring and honorable.

I really enjoyed Ibrahim's speech and found her stories remarkable. Listening to her cases about the women and children she has fought for in court makes me thankful for our American government. Though it has imperfections, our government entitles me to my basic human rights and protects me against others harming my body. I have rights that I take for granted, such as the right to a trial by jury and the right to free speech. These are two rights that are taken away from women in other cultures, and Ibrahim's speech made me aware of this situation. Her speech reestablished my appreciation for our government, and my citizenship as an American.

Ibrahim fights against the injustices and murders of innocent women because she believes her work is about a powerful force that keeps our humanity together. Though she has been accused of blasphemy, and has been subjected to other injustices, she continues to fight for those less fortunate than her to live.

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Nominations begin February 26, and will continue through March 9, 2007.

Students, you have an opportunity to nominate one of your instructors to win the Excellence in Teaching Award for the 2006/07 school year. The process is simple. Just look for the gold ballot boxes on tables in 8 locations around campus (Ryan Hall, Fine Arts, East Building, the Library, the AMC and the DSAC) and write down the name of the instructor you would like to nominate. No essays to write at this time.

You may nominate up to three instructors for this award.

Look for ballots and ballot boxes on campus beginning February 26th.

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