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Dr. James Smoglia filmed for NHK Japanese public television

Elysabethe Brown

New Editor

Dr. James Smoliga, assistant professor in health and physical education, was recently filmed by NHK Japanese Public Television. According to Dr. Smoliga, the television station is basically the equivalent to America's PBS. So how did a Marywood University professor end up appearing on the airwaves of about 15 million Japanese homes?

The television station is doing a documentary on the science of aging and how to prevent aging from happening. Coincidentally Dr. James Smoliga is doing research on resveratrol, which may help memory and cardiovascular fitness in secondary adults. He has even presented at the first resveratrol conference in Copenhagen this past September.

The television station was interested in how resveratrol and

*Continued, Page 2*



*The crew films a test subject's fluctuating vitals while Dr. Smoliga adds the stats to his records. Photo credit Lauren Reinhardt*

Marywood ROTC members find themselves in a fight

Elysabethe Brown

News Editor

Late on the night of November 6, four of Marywood's Reserve Officers Training Core students found themselves in the midst of punches, kicking and stabbing.

According to Andrew Wycheck, student at Marywood University, the fight broke out in the parking lot of Goodfellas on Mulberry Street; around 12 a.m. Wycheck and three of his ROTC friends were driving home from the pizza restaurant when a man about their age was thrown onto their car. "The antenna was bent," Jake Scott, another Marywood Student, said. Wycheck, Scott, and Jordan Lelnard, of the University of Scranton, got out of the car to get the guy off of the car and make sure he was okay.

According to the ROTC students the victim had been thrown onto Ian Poshka's car, another Marywood student, by about ten football players, from Lackawanna College gathered around the car. Lelnard was the first to get hit. He went down to the ground, and was kicked in the face, resulting in a concussion.

Scott was the second to be hit, and then Wycheck. "I remember getting hit and going down on the ground...I'm tougher than Andrew though," laughed Scott, motioning to Andrew Wycheck's large dark bruise under his left eye. "I guess I just bruise easy," Wycheck said sarcastically.

The ROTC students saw blood on the ground, and soon learned that the victim, who had been thrown onto their car, had been stabbed.

The ROTC students got into their car and started driving away, until the police stopped them to ask questions. One of the football players was arrested and charged with disorderly conduct. They remained at the scene with the police and a detective for about 2 hours, before taking Lelnard to the hospital. He remained at the hospital overnight to be treated for his concussion.

The next day Wycheck said he was coughing up blood and decided to go to the hospital, where he had a CAT scan and X ray.

The victim, despite being stabbed and badly beaten, was taken to the Community Medical

*Continued, Page 2*

Architecture Club holds Beaux Arts Ball

Alison Trautmann

Editor-in-Chief

The Architecture Club recently held the first Beaux Arts Ball in the Architecture building.

Kaitlyn Jones, sophomore Architecture major and president of the Architecture Club, said that this kind of Ball is a tradition normally held by architecture schools. The tradition began in France at the National Acad-

*"[The Architecture Club] decided that we wanted to start the tradition [of a Beaux Arts Ball] here at Marywood to hold our own" said Katie Jones.*

emy of Architecture, Painting and Sculpture. "We decided that we wanted to start the tradition here at Marywood to hold our own," said Jones. The planning began last year but was postponed until this year when there would be more time and resources available.

The tradition of Beaux Arts Balls generally includes a design contest. The students design things such as a mask, costume,

or centerpiece. Some schools actually have students design the stage for the DJ said Jones. Students attending the Beaux Arts Ball designed masks and Victorian style ornaments for the design competition.

"The Ball is actually a charity fundraiser. This year we raised money to replace the tree for the Scranton Ballet Theatre." The Ballet performs the Nutcracker each December and the new tree

will be decorated with Victorian ornaments designed by students from the School of Architecture.

The Ball is very school oriented, stated Jones. The event was catered by Chartwells, and Marywood student, Ryan Jones, provided the music for attendees.

The goal is for this Ball to become an annual event for the School of Architecture. "It's a lot of planning but it will be very worth it" said Jones.<



# NEWS

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## Dr. Smoglia filmed for Japanese public television, cont.

other physiological interventions could affect aging, and sought universities performing interesting research in this field.

The documentary will also feature research taking place at MIT, University of Pennsylvania, Albert Einstein University, and the University of Wisconsin.

The television crew read about Dr. Smoglia's research online and contacted him. "There are very few laboratories examining the effects of resveratrol supplementation in people, especially otherwise healthy people," Dr. Smoglia said.

Dr. Smoglia explained that they are currently examining the effects of a resveratrol supplement called Vindure on cardiovascular health, memory, body composition, and blood markers of inflammation in healthy people from the ages of 45-75. Participants in the experiment will either receive a resveratrol supplement, which has as much resveratrol as 100 glasses of wine, or a placebo. However, they do not know what they receive. They will take this for about a month and then return to the lab to be retested to see if their health has improved.

"This was an ideal project for the TV station to put in their documentary, as we will be able to tell if resveratrol may make people healthier and perhaps prevent the effects of aging," Dr. Smoglia said.

According to Dr. Smoglia, the camera crew will be returning in



The documentary film crew gets a shot of the participant's activity on the treadmill.

Photo credit Lauren Reinhardt.

December to follow-up with all of the participants they filmed to see if their health improved after taking resveratrol.

"[Working with the crew] was a great experience and very unique. They asked lots of questions, which indicated they had a sincere interest in understanding what was happening and why we were doing it, and aimed to make the best documentary possible," Dr. Smoglia said. <



The documentary crew records footage of the computer's rendering of a subject's ultrasound. Photo credit Lauren Reinhardt.

*The Wood Word is the official student newspaper of Marywood University. It is published three times each semester. Membership is open to all students and faculty. Opinions expressed in The Wood Word do not necessarily reflect those of the editorial staff or Marywood University. Please send all correspondents to the editor at The Wood Word, 2300 Adams Avenue, Scranton, PA 18509.*

## Marywood ROTC, cont.

Center, and was declared ok.

When asked if they regret getting out of the car, the boys seem more worried about the well-being of the victim, and that their friend Jordan Lelnard had gotten a concussion.

"Looking back I don't think we realized how intense it was. We could've all got stabbed or shot even. I think we all regret Jordan getting hurt," Wycheck said.

"But think what would have

happened to that guy [the victim]. I just hope we helped him," Scott said.

"I regret not hittin' em' and just driving away," laughed Poshka, who had remained inside the car. <



The film crew gets a shot of a test subject having his blood drawn. Photo credit Lauren Reinhardt.

**Interested in writing for The Wood Word?**

Contact us at  
thewoodword@m.marywood.edu



# NEWS

## Sidewalk chalk creates a stir on campus

Jeremy Barket  
Staff Writer

During the week following Marywood University's fall break, a derogatory phrase potentially offending certain groups of people was found written in sidewalk chalk near a statue by the Nazareth Student Center.

A campus wide e-mail was sent out to all students, mentioning the incident and how it goes against the values of respect that Marywood University teaches.

Essentially, the e-mail stated :‘Anonymous, hateful expression demeans our educational experience and undercuts our University's core values of respect, empowerment, service, commitment to excellence, and Catholic Identity.’

Furthermore, nobody should just stand idle as it happens. You are urged to take an active role in being civil, respectful, and appreciating differences of others. The e-mail was sent out by Dean of Students, Amy Paciej-Woodruff.

The sidewalks were being decorated with chalk for Homecoming 2010. Because it was so close to John Lennon's birthday, there were also writing of song lyrics by the late musician. Additionally, there were a few writings relating to the most recent baseball season. Unfortunately, someone who is still anonymous, wrote the offensive phrase amidst the other writings. There were no

witnesses as to the perpetrator of the crime.

A possibility of the incident is that while the sidewalks were being written on for homecoming, a piece of chalk that broken off could have been used to write the phrase. The phrase was written in approximately a one by one foot space and was found the next morning.

Although any advertisement used on campus must be approved before they can be posted, there are currently no policies for what could be written on the sidewalks in chalk. It only makes sense however that anything which targets a specific group of people in a negative way is not acceptable.

In a recent interview, Mrs. Paciej-Woodruff and the chalk writing incident is not something she is taking lightly, nor should anybody else in the Marywood community. By preserving the core values of Marywood University, we are expected to be “respectful of students and welcoming to everyone,” Paciej-Woodruff said.

Marywood University responded quickly and effectively by cleaning off the phrase from the sidewalk shortly after discovering it that morning.

The Marywood Community is saddened by the incident. If you were offended by the phrase, please do not hesitate to contact Mrs. Amy Paciej-Woodruff. <



The derogatory chalk writings took place by this statue outside of Nazareth Student Center. Photo credit Jeremy Barket.

## Fulbright scholar comes from Iraq to study at Marywood

Alison Trautmann  
Editor-in-Chief

Dr. Amir Alakaam, a doctor from Iraq, gained a Fulbright Scholarship to study at Marywood. He is studying to gain his masters in Nutrition and Dietetics because he wants to change his specialty. Alakaam wanted to study in America because American universities have the most updated information.

One and a half years after he began the rigorous application process to become a Fulbright Scholar, Alakaam was assigned to Marywood University. “The

**“It is not just an academic degree added to my CV, it is the beginning of making me a citizen of the world” said Alakaam.**

first thing I saw on the Marywood website was that it was not in the middle of a city, which I liked” said Alakaam “it was much less intimidating than being in the middle of a city.”

Alakaam will be here for two years. He arrived at Marywood on September 1 and said that everyone here was very helpful. Even though he was apprehensive when he arrived, after the first day it was not hard anymore. David Crisci and Nancy Maloney in the International Office helped make him feel comfortable in coming here and helped with housing and living in the dorms. The many international students in the states and at Marywood helped him with his studies, housing, cultural



Dr. Amir Alakaam takes care of a small patient. Dr. Alakaam, a current nutrition major, is changing his field of expertise by studying at Marywood. Photo courtesy of Dr. Amir Alakaam.

life, everything. The hardest part about the process was acquiring a Visa. It took two months for Alakaam to get his Visa to study in the United States.

Alakaam says that he feels at home here. He said that the beautiful campus at Marywood is good for studying because it is not too busy. He has many American and International friends here at Marywood. “It is not just an academic degree added to my CV, it is the beginning of making me a citizen of the world” said Alakaam. <

**Students and faculty who are interested in learning more about the Fulbright Program should attend the Fulbright Information Day on Monday, March 28, 2011. The event will tentatively begin at 3 p.m. and include a panel discussion and lectures from recent Fulbright scholars.**

## Parking continues to cause problems

Alison Trautmann  
Editor-in-Chief

The Wood Word published an article about the parking situation at Marywood in the October issue of the paper. Feedback to the article revealed that the issue was not covered as thoroughly as readers would wish.

One comment was that the issue of events taking up parking spaces was not addressed. Mike Finegan, Chief of security, noted that “it is a reality of campus life that we do have events so that we can be accessible to the community.” Finegan says that security tells people to park in outer lots but people do not always listen. There is not enough staff for security to direct traffic for each event and security is unable to cite visitors because they are not in the system.

The good thing is that these events are not an everyday occurrence. Finegan advises commuter students to be as aware as possible about campus events so they can plan their time accordingly. “[The parking situation] frustrating because I hear from students and some of them are rather bit-

ter. We do make every attempt to have our campus guests park in the outer lots but cooperation is not as good as we would hope” said Finegan.

Resident students are also sometimes found in commuter lots such as over the weekend. Resident vehicles are cited if they park in commuter lots. Appeals are not entertained because residents are simply not allowed to park in commuter lots, even over the weekend.

Security is also attempting to develop a policy to verify handicapped parking. Students and faculty must go through the state for a parking pass.

Security is in the process of coming up with a protocol for developing a database of handicapped parking users. There might be new changes soon. One thought is having a sticker that identifies a handicapped parking pass that would be affixed on or near the regular commuter or student parking pass. The handicapped parking is certainly an issue but Finegan assures students that security is working on it. For now, all they can do is be patient and understanding. <



# NEWS

## The man behind the WVMW-FM curtain *Mengoni helps students, radio station achieve recognition*

Joe Petro  
Staff Writer

If you were to walk into Marywood University's Media Center on most days, you would most likely be greeted by the cheerful Ernest D. Mengoni. Mr. Mengoni is most commonly known to students and faculty as Ernie.

Ernie has been the Coordinator of Broadcast Operations for 19 years, overseeing the radio and TV station. His job entails supervising Marywood students as they work at the radio station in order to maintain the radio station's premium quality.

"The part of the job I like the most is working with the students on a daily basis," said Ernie. Although students manage the radio station and TV studio, Ernie steps in when major circumstances arise.

Ernie explained that the first purpose of the Media Center is for training and practical application. He said the second purpose is for recruitment. Ernie proudly described that 91.7 VMFM is the only alternative radio station in the local college market. He continued to describe how the

target audience is based on current and potential Marywood students. Ernie said that the unique programming along with students running the radio station for 12 hours a day, separates it from other alternative stations.

Throughout his 19 years as Coordinator of Broadcast Operations, the radio station has seen positive technological advancement. Ernie says that the increase of power has broadened the listening base greatly. Ernie also stated that the capability of streaming on the internet has helped the radio station's growing popularity. In addition, Ernie attributes a great deal of the success of the station to Mark Ruddy, the prior Assistant to Coordinator of Broadcast Operations. Mr. Ruddy helped program the radio station for 8 years until his recent departure.

Locally, 91.7 VMFM has won "Best College Radio Station" 6 years in a row as publicized by *The Electric City*. Ernie said, "It is more exciting to me to be recognized locally because that's our target audience. Also, it's exciting to be voted for by listeners and readers who enjoy our pro-



Ernie Mengoni, Coordinator of Broadcast Operations at Marywood University for 19 years, oversees the radio station. Photo credit Joe Petro.

gramming."

According to *Paste magazine* this past month WVMW-FM is #12 out of the 40 best little radio stations in the US. The magazine states they are sure Marywood University's WVMW-FM is the only radio station the fictional character Dwight Schrute from

"The Office" listens to. Ernie said, "Music director Justin Troutman, the station manager Christian Wagner, and the students at Marywood deserve the credit for such an accomplishment."

"Due to dedicated students that are trying to perfect their craft, it

makes my job more enjoyable and easier to manage. The students that want to be here, opposed to having to be here, makes the programming that much better," said Ernie. <

## International dinner held at Marywood



The annual International Dinner was held in conjunction with International Week, a cultural festival involving the entire Marywood community that took place in mid-November.

Attendees ate ethnic food (below left) and were entertained by music from different countries (left).

The annual event is an opportunity for Mary-

wood University to showcase the international students on campus via nationality and cultural student organizations, as well as to allow many internationally minded students, faculty, staff and community members to participate and enjoy diversity on our campus. <



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# OUTLOOK

## Is *Bed Intruder Song* insensitive?

Alyssa Heater  
Staff Writer

Type in “Bed Intruder Song” into any search bar and you’ll find yourself instantly among an array of videos featuring the ever charismatic Antoine Dodson.

Dodson with the help of the creative mast minds, The Gregory Brothers, and his sister Kelly Dodson, released the iTunes smash hit, instantly creating a catchy pop song with a head bobbing beat, memorable lyrics, and rocketing Dodson into stardom.

The song is based on a news report from WAFF-48 about the alleged attempted rape of Dodson’s sister in their hometown of Huntsville, Alabama. Just two days after the news report the Gregory Brothers uploaded an Auto-Tuned remix to YouTube, and the rest was history. Ask any great artist and they’ll tell you that fame does not come with out controversy; Dodson’s overnight, though be accidental, success was no exception.

Listeners with delicate ears quickly posed the question; is the song insensitive? Jason King, a professor of music at NYU, thinks so. Although the song is catchy, and has a great hook, the aesthetics of black poverty, which are portrayed in the news report, become fodder for societal humor, he told the *National Public Radio*.

Fellow mild eared listener Baratunde Thurston of The Onion, told NPR that he was uncomfortable with the listeners’ separation to the underlying meaning of the song. “A woman was sexually assaulted and her brother was rightfully upset. People online seemed to be laughing at him and not with him (because he wasn’t laughing), as Dodson fulfilled multiple stereotypes in one short news segment” he said.

Although the underlying story is a serious matter most people find the song hysterical, making the question of insensitivity obsolete. With over 14million views on YouTube, several remixes, and covers, to say the Bed Intruder

Song is popular is an understatement. The song is the only iTunes download to ever reach the Billboard Hot 100, peaking at number 89.

Dodson and his sister are listed as co-writers of the song, says Billboard, creating a very positive financial outlook for the siblings. Splitting the profits 50/50 with the Gregory Brothers, Dodson is expected to make a ton of money of his Billboard hit, says NPR. Commercials, tee-shirts, and other merchandise are bringing in the dough at a high rate, and Dodson’s offers keep coming in.

Drummer, Michael Gregory, admits he questioned the appropriateness of the song, according to Billboard, but realized “it’s taking a terrible situation and making at least something positive out of it.”

“Some people do take it to be a joke, I don’t, and neither does my sister and neither does my family. It’s funny. We laugh at it all the time and listen to the song over and over. But that doesn’t change the fact that this was a serious



Antoine Dodson in the video on which the “Bed Intruder Song” was based. Photo credit <http://www.businessinsider.com/>.

event.” Dodson told NPR when asked about the controversy.

With the radio exploding with catchy songs about violence, drugs, and sex, perhaps the “Bed Intruder Song” isn’t the most inappropriate or insensitive song out there. I tend to wonder if Marilyn Manson, Eminem, or

Madonna ever questioned the “appropriateness” of their music. If the “Intruder Song” raises concern, I severely caution listeners like King and Thurston to never pick up an Eminem album. <

## Movie ticket prices are too expensive

Rachel Mizanty  
Staff Writer

You just finished working your shift at McDonalds, getting minimum wage and tired from your long night. Tomorrow is Friday, payday, and you and a bunch of your friends are going to the movies to celebrate the start of the weekend.

Seven dollars and 25 cents for three hours at McDonalds only adds up to a little over 20 dollars (\$21.75 to be exact) so you think you have more than enough for the movies tomorrow night, right? Wrong. Movie ticket prices have skyrocketed in the past 10 years dramatically going from four dollars up to the ridiculous amount of thirteen dollars therefore causing middle-income families to struggle just for a night out.

Imagine this: It is date night and the minimum wage worker offers to pay for everything—ticket, popcorn, drink etc. Tickets for two for a 3D movie after 6pm equals 26 dollars, sorry McDonald’s Man the work you did yesterday doesn’t even start to cut the beginning of the night’s expenses. You then stand in line for medium popcorn and two blue raspberry slushies which you then add a rough estimate of around 17 more dollars. You have already spent 43 dollars before even watching the movie therefore causing total bankruptcy on your part. McDonald’s man would have to work a six-hour shift of minimum wage to

support that night with only 50 cents left to spare.

Why are these prices so extreme? Ticket revenue for the first week a movie goes directly back to the movie studio, then after the initial opening does the profit start to affect the movie theatre itself. In addition movie theatre now a days are much more intense and complex with better seating, bigger theatres, and more digitally enhanced movies. Still is this fair?

The “starving college students” don’t think the prices are just at all. “...Ridiculous, extremely expensive, too much for a movie...” are just some thoughts around the Marywood University campus about the high prices.

Taking this into consideration it has made companies like Netflix, On-Demand, and other home delivery movie systems to become very popular. It makes sense to stay home and watch movies that are less expensive, but maybe say a little older for the fact of saving money.

Some tips for if you do want to go hit up Cinemark, Marquee or any other theatre are to bring your own food or candy and drink. Or even more simple—eat before you go out! You will be surprised at how much you can save! Nevertheless overall census and conclusion is yes, movie ticket theatre prices ARE too expensive. <



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December 2

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# OUTLOOK

## Politically correct holiday greetings are a sensitive subject

Robert Hannon  
Staff Writer

Twas' the night before finals and all through the dorms, all students were studying (as was the norm). Excited for Christmas (or whatever holiday you celebrate), there arose such a bellow right smack dab in the center of Mellow. It was a shouting collegiate, not knowing what to say. Was it Merry Christmas or simply Happy Holiday? The students were twitching, their backs erect, trying their very hardest to be politically correct.

Political correctness is a very relevant issue in today's society. Some stick by their beliefs and wish everyone they see a Happy/Merry Culture-specific holiday and others tend to go to a more general "Happy Holidays" feel.

In this writer's opinion, I feel that this is pointless. If someone wishes someone else a Merry

Christmas, there is no ill intent there and should thus not be taken offensively. "Merry Christmas" is not really a statement that bears much contempt. A devil-Santa who prefers persecution to presents is the kind of imagery that comes to mind and this, in my opinion, seems kind of silly.

If someone were to come up to me and say "Happy Hanukah," I would not be offended. I am a Christian who would respond by simply saying "Thank you, and Merry Christmas to you." Now there is nothing wrong with saying "Happy Holidays" either. If one does not celebrate a holiday around this time, and one wishes to bring others joy, simply saying

"Happy Holidays" is acceptable. Or just, Do Not Say Anything. In grade school, kids are taught "if you have nothing nice to say, don't say anything at all."

In a recent Gallup poll, the number of people who preferred "Happy Holidays" to "Merry Christmas" dropped by 12% since 2004. This is most likely due to the fact that Christmas has become a brand. Commercialization has overrun this religious holiday and made it a secular day and it is now even a national holiday. Plus, Clement C. Moore's poem, "The Night Before Christmas" would not have the same effect if it ended "and happy holidays to all and to all a good night." <

**What's your view?**

**Write to us at:**  
**thewoodword@m.marywood.edu**

## SGA continues to move forward

Nicholas Pesarcik  
Public Affairs Officer '13

Although the semester is near its end, the momentum behind the Undergraduate Student Government Association is not slowing up. With nearly half of the year behind us, and six out of thirteen meetings in the past, the achievements SGA has accomplished so far have been astounding. Each committee continues to prove its merits and is bound to maintain its progress into the second semester.

Students who are interested in improving their University experience are encouraged to attend a meeting which is held every other Tuesday at 9 p.m. in Media 160. At meetings, students have the opportunity to voice their concerns in either a small committee meeting, or at Open Floor. Either forum offers students the ability to let their voice be heard regarding issues that are affecting them, while at the same time, inform University staff of problems or concerns that they may not have been aware of.

Current issues that SGA is working on include; universal standards for syllabi, improvements to the IT infrastructure, more options provided by dining services, and continued advancement to certain areas of student life. It is important that if a student has any opinions, ideas, or

suggestions that they bring them to the next meeting. The more opinions the better!

Students not only have the ability to share their ideas at a meeting, but also through electronic forms of communication. Add "Marywood SGA" on Facebook for meeting info, updates, and the ability to share ideas in a public environment at any time. Along with that, SGA is currently in the stages of developing a Moodle that students will be able to access for minutes, agendas, and contact information. And as always, an email can be sent to [SGA@m.marywood.edu](mailto:SGA@m.marywood.edu).

With all of the different avenues students can get involved, a simple question remains. Why don't they? Not only can involvement in SGA be a great resume booster but, it also provides an access point to meet University officials and directly discuss with them concerns the students may have. Being a member of SGA is a life experience that can provide memories and develop skills necessary to compete in the workforce after college. Students get hands on practice as to how to formulate a goal, research that goal, then execute and accomplish it while working with others and compromising. With all of these benefits to gain, why not come to a meeting to see what we are about? <



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<http://ihmnew.marywood.edu/Bistro.htm>

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**Gov. Ed Rendell has approved the sale of the Scranton State School for the Deaf to Marywood University as reported by *The Scranton Times Tribune*.**

**What do YOU think should be done with the property?**

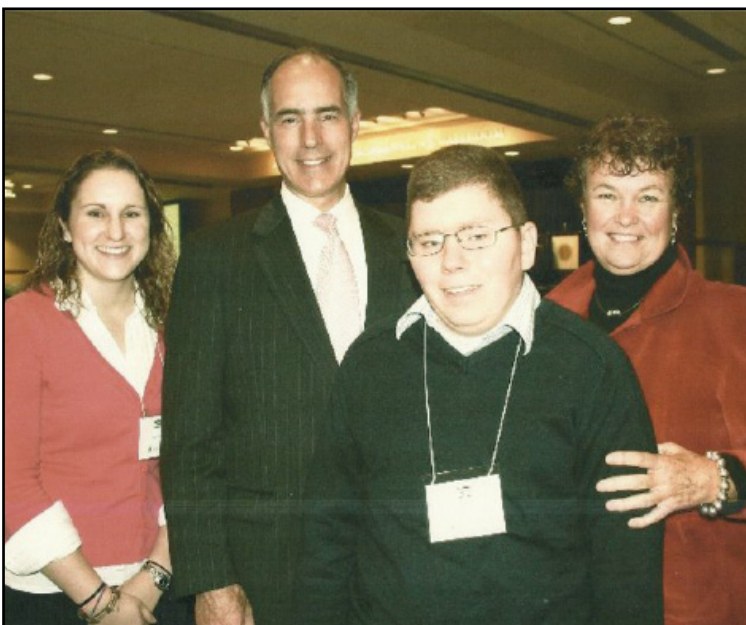
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# OUTLOOK

## Student reflects on experience at Northeastern U.S. Conference on Disability



Left to right Lisa Keller, student at the University of Scranton, Pennsylvania senator, Bob Casey, Casey Walters, Sharon Quinn, Director of Core Consumer Services. Photo courtesy of Casey Walters.

Casey Walters  
Guest Contributor

Education, advocacy, and empowerment; these are just a few terms that I have come to associate with in my work as a student in-tern at The NEPA Center for Independent Living which is now in its new location at 1142 Sanderson Avenue in Scranton.

Advocating for the elimination of architectural, attitudinal, and communication barriers is critical in enabling people with disabilities to fully participate in society and is central to the Center's mission and philosophy.

As part of an ongoing effort to spread its mission and philosophy throughout the community, The Center for Independent Living in collaboration with various agencies, organizations and other individuals joined together to participate in the 9th Annual Northeastern U.S. Conference on Disability which was held in October at the University of Scranton. This year's conference was particularly important as it marked the 20th anniversary of the Americans with Disabilities Act.

I attended this conference in an opportunity to gain a better understanding and appreciation on the history of the Americans with Disabilities Act as well as the importance and impact it has had and continues to have for people who are disabled. I had also gained a new perspective on the importance of persons with disabilities and their value within society.

Among the various keynote speakers who presented at this conference, one in particular was of special importance. That

man was Bob Casey, the United States senator for Pennsylvania. In his speech Casey discussed the Americans with Disabilities Act and the impact it has had for persons with disabilities over the past 20 years. He also discussed the need and importance for law makers to become more involved in promoting policies concerning persons with disabilities. Along with hearing his speech, I also had the honor and privilege of meeting and having my picture taken with him.

In both attending this conference and in my time spent interning at the Center for Independent Living, I have been able to gain a new and better perspective on persons with disabilities. "Taking the "dis" out of disability"; this is a phrase that I would come to hear frequently thorough out my time in working at the Center for Independent Living.

Throughout my experience in working at the Center, I have come to understand the truth and power in those words. As a society we have come a long way in promoting equality for persons with disabilities yet I believe we still have a long way to go. People with disabilities are valuable members in our society and have a lot to offer. We need to change are way of thinking in terms of what persons with disabilities are capable of. I believe that these conferences such as the one I attended are essential in our continuing efforts to raise awareness for persons who are disabled. By continuing to educate society, we can move one step closer in achieving full equality and integration for individuals with a disability. <

## The Beatles are now on iTunes



The Beatles have finally reached a larger audience on iTunes, but does that really change anything? Photo credit <http://www.businessinsider.com/>.

Alison Trautmann  
Editor-in-Chief

November 15 saw the Apple home page display a message that said "Tomorrow is just another day. That you'll never forget." Apple followers instantly began salivating at the prospect of new technology being released but it turned out to be that the Beatles' studio albums and singles were finally available on iTunes. For years they were one of the only bands not available on

iTunes' digital music store. According to *Rolling Stone*, the only artists not on iTunes are AC/DC, Garth Brooks, Kid Rock, Bob Seger, Def Leppard and Tool but the Beatles were the most high-profile to hold out for so long.

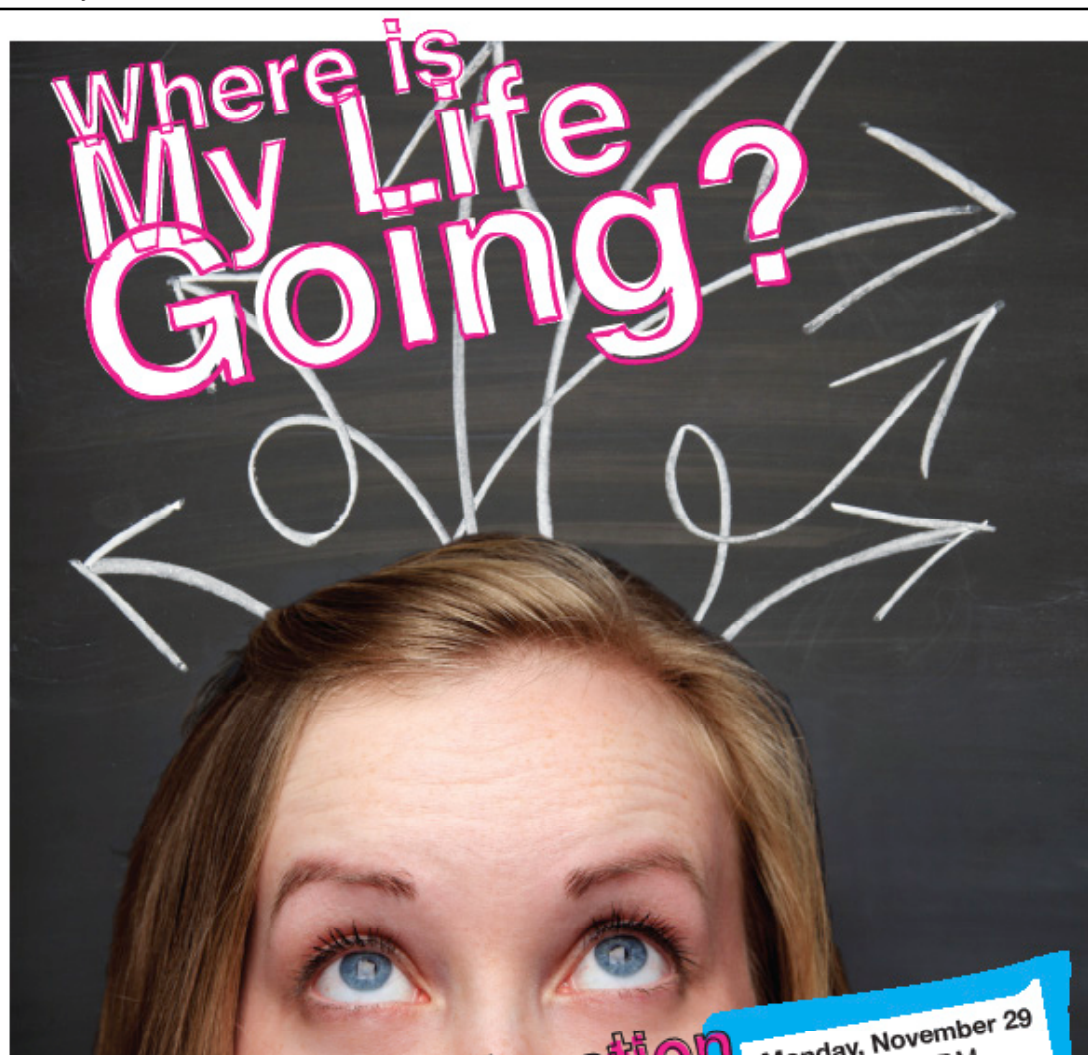
Before their release on iTunes, stumbling blocks existed in the form of a trademark dispute between Apple Inc. and Apple Corps Ltd. the latter being the company set up by the Beatles in the later stage of their career. This problem was resolved in

February 2007.

EMI (the recording company that controls the Beatles catalogue) and the Beatles' Apple Corps Ltd. could not agree on terms regarding download and use of the music. Clearly the differences have been reconciled and fans can now acquire the Beatles' impressive array of music digitally.

Although this digital release does not include such interesting pieces as the *Anthology* compilations that does not seem to be causing any problems with regards to popularity. According to an article on *forbes.com* the Beatles sold 2 million individual songs within the first weeks of their digital release and 450,000 albums. Clearly they have not lost their purchasing power.

However, it is surprising how much music was sold because just last year, the Beatles released remastered versions of their songs and anyone who enjoyed their music bought their CDs and would most likely import the songs onto their computer. This announcement may have been over-hyped. Apple devotees certainly would have perferred new toys for Christmas. <



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# LIFESTYLES

## Students have the ability to prevent bed bugs on campus

Elysabethe Brown  
News Editor

“Good night, sleep tight, don’t let the bed bugs bite.” Once considered just part of a bedtime saying, bed bugs have been popping up in the news recently, due to a recent outbreak in the U.S. So how can students be sure that they are safe from these little monsters, and that bed bugs are not roaming around the Marywood campus?

“Students will be part of the solution... We ask them to cooperate and report [any sightings of the bugs.]” Elizabeth Sechler, Director of Housing and Resident Life said Wednesday in an interview.

According to Sechler there haven’t been any reports of bed bug sightings here at Marywood. But that’s not to say an outbreak could never occur.

If you want to be bed bug free here are a few simple things that we can all do to help prevent the spread.

1) Wash your bedding in hot water, and then put it in the dryer with high heat. The heat will kill the bed bugs. Even though you are on a busy college schedule, bedding should be washed once or twice a week at the very least.

2) When you are traveling back and forth from campus to home keep your clothing in airtight zip lock bags.

3) Bed bugs are more likely to

go to a fabric suitcase, like a duffel bag, and are tiny enough to get into closed zippers, like a duffle bag. The best suitcases to prevent bed bugs are the hard luggage that closes tight.

4) Even though college students may be on a tight budget and think buying second hand items is a great way to save some cash, make sure you check used furniture thoroughly, wash thrift store clothing items, and anything else you do not buy brand new.

5) Spread the word! The more we know about bed bugs, the easier it will be to prevent them.

If you would like any more information about bed bugs or how to prevent them, simply go to [www.bedbuginfo.com](http://www.bedbuginfo.com)

Bed Bugs get their names because they are usually found in beds. They are found here because they like warm places and carbon dioxide. However, they are not limited to beds. They can also be found on upholstered furniture, bus and theater seats, blankets, carpets or rugs, and even clothing. While these bugs are not a health hazard, they do become somewhat of a nuisance, and should be taken care of as soon as possible.

If you find any bed bugs in your dorm, or around campus, please contact maintenance or housing and resident life. <

## Smart phone users choose between Android and iPhone

Vincent Mecca  
Lifestyles Editor

This holiday season you pass by your wireless phone carrier and decide it is time for an upgrade. Do you want an Android phone or an iPhone? What’s the difference? As a college student, having a Smartphone can be beneficial.

A smart phone differs from a regular phone, in that, it has quick and easy access to services you may use such as email, internet, Facebook, and more. There are new smart phones coming out all the time, but how do you know which one to choose, or which one will best suit your needs?

For a while, there was no other competitors to the iPhone, however, with the introduction of the android phone, sometimes referred to as the “iPhone” killer, the decision is now a bit more difficult as both kinds of phones offer high quality services.

In terms of ease of access, the iPhone wins hands down. Its app market (downloadable program market) is easy to access and use. The Android’s market is also easy, but moving apps around can be a bit more challenging to someone who isn’t quite as technologically literate.

Android phones are open source, which means that anyone can submit an application for use on the mobile devices. It is this



Android or iPhone? It seems to be a personal choice. Photo credit <http://cache.gawkerassets.com/assets/images/>.

factor that is allowing the android market to quickly catch up to the amount of apps available for the iPhone.

If having Adobe Flash is important to you, as of now, using an android device is your only option for optimal web experience. There are web browsing apps for the iPhone that try and emulate this compatibility, but aren’t fully flash capable.

An iPhone is an iPhone, with one new version coming out each year which runs apple’s iOS (Operating system). Android phones are developed by many different companies, most notably HTC, Motorola, and Samsung. Each android phone differs, and doing research on the phone will benefit you before you buy it.

“I love my iPhone,” said junior, Kristin Devries. “It’s like carrying around a pocket-sized computer with me everywhere I go.” DeVries also stated that she is able to communicate to her professors quickly and reliably since her emails are sent straight to her phone and she is notified promptly.

“I prefer the freedom of making my phone my own,” said graduate student, Michael Malesky. “Through androids open platform I can change anything that isn’t me and make it mine.” Malesky says that his phone does so much more than a regular phone, and once you get one you can never go back to a plain old flip phone again. <

## New social network combines work and pleasure

Tiffany Saar  
Staff Writer

Facebook has been in most college students’ lives for at least five years. It has been for fun, and talking to people that we do not see on a regular basis. Sometimes Facebook is a big distraction to our work. It is more fun to be on Facebook then to write that English paper that is due next week. But with social media’s becoming more and more popular, can it be that teacher’s are going to join in on the fun and technology to relay messages, and possibly teach class?

It’s true. There is a new social network called Mixable. Mixable does exactly what its title implies. It mixes work and pleasure through technology. It is a

network were students can take a tour of a virtual class room, and get news from class mates. The set up is much like Facebook. The professor can enter an assignment and then relay it to the students. Then students can discuss the matter at hand, and even post links to support their assignment, and do their research. This can also be used for just plain social networking such as the other networks, but unlike Facebook (the most popular version right now), myspace, and even Twitter, Mixable is used as a learning and teaching tool.

There are not very many differences, but one big one for most people would be there are no friend requests. The program will be programmed based on your class schedule; everyone who is

in the class, including the professor is included as a “friend.” They can all view your profile, and share in the class work and discussions.

Mixable wants to make it known that the conversation is owned by the student, a professor or other student can not limit them, and if the conversation is “private” then it is what it says.

Gerry McCartney, the Purdue CIO says it makes sense to position Mixable with in Facebook. It is were the students are. Mixer encourages students and users alike to mix their work and play on Facebook, but most students have not entered into that style of social networking quite yet. To encourage that some faculty have advocated for using Facebook as a pedagogical tool, because stu-

dents are already familiar with its environment, and how to use it. The professors and other faculty believe that this will encourage students to get more involved in their work, and actually be more excited about it. It will take the everyday got to go to class routine out of their lives, and let them experience a sense of a virtual class room, with all of the benefits of being in a class room.

Purdue University is currently using Mixable in four class courses. The students and teachers alike are learning the program, and experiencing it for the first time. By the spring semester of next year, the school hopes to have seven classes that are full time users of the network. According to *The Chronicle of Higher Education*, all the students are thrilled with

their modern version of learning. They say it gives them more resources such as the Internet, and they can use a form of communication they are familiar with. They also feel like people have more courage to say what they feel verses worrying about what others in the class will think. The professors are equally thrilled because they feel the students are communicating more and more freely. Plus, professors can give a more detailed assignment and the students can follow it because it is always right at their fingertips.

So...look out Marywood...we could be the next campus with Mixable classrooms. Say goodbye to the old school class room, and hello to the freedom we find in our everyday technology. <

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Interested in writing for  
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# LIFESTYLES

## Rape Aggression Defense class for women: An empowering journey

Lisa Piccolo  
Peace and Justice Editor

Loud voices fill the air as a group of women move around the dance studio of the Robert J. Mellow Center practicing different moves. But, they're not dancing. They're training to take on an attacker.

Throughout the month of November, eight Marywood women learned defense strategies at the Rape Aggression Defense class sponsored by the security department. There were eight women in this class, with eight different stories. These eight women were members of the student body and the faculty.

Amelia Rose Campbell-Drexler, a master's student here at Marywood, was one of the students in this class. And, even after the first week, Campbell-Drexler said she started to feel more empowered.

"I was getting out of my car late last night, after the second class, and I was just thinking, even with the moves I know now and the awareness I have now, I even feel

like I could protect myself and escape or have a better chance of escaping a potentially dangerous and fatal situation," Campbell-Drexler said.

According to the Rape, Abuse and Incest National Network's website, in a survey conducted by the National Institute of Justice and Centers for Disease Con-

*"I was getting out of my car late last night, after the second class, and I was just thinking, even with the moves I know now and the awareness I have now, I even feel like I could protect myself and escape or have a better chance of escaping a potentially dangerous and fatal situation," Campbell-Drexler said.*

trol and Prevention, "One out of every six American women has been the victim of an attempted or completed rape in her lifetime."

Statistics like that one readily establish the need for courses

like this. According to Elizabeth J. Sechler, director of housing and residence life and also an instructor for the course, more courses like this are needed to help empower women. "It's a lot of time investment, but it's a lot of value too," Ms. Sechler said.

Escaping a dangerous situation is one of the most important reasons why instructors teach what they do. The moves that they teach are only for those occasions where a woman really needs them, not for every day use.

Many things were taught in this class. Terms such as "rape" and "sexual assault" were defined. The RAD program manual defines rape as, "Sexual intercourse with a person against her or his will, through force, threat, and/or intimidation." Sexual Assault, as defined by the RAD program manual, is, "Sexual abuse/fondling/touching of a person in areas of the body considered private, against her will, by force, threat and/or intimidation."

Also discussed were some strategies for staying safe, such as making sure that doors and win-

dows are locked before leaving the house, and what to do if one feels like they are being followed.

The RAD program also teaches the power of thinking "I will survive". Participants are taught that if they think they will survive the situation, they will.

Even in training, Campbell-Drexler acted as she would in a real situation. She worked through every move strategically, making sure she didn't freeze up.

"It was amazing just to see how much I would unleash and just get used to my body in a different way and that's the way of survival," Campbell-Drexler said.

With every class came a review of what had been learned in the previous class. During the reviews, all eyes and ears were on the instructor, reviewing the steps and making sure that what the class was doing was correct.

Each new move built on the basics, putting them into perspectives for those in the class. During the multiple reviews that took place, each move, each foot placement, was done multiple times to make sure each move

was correct. This was done to improve something called muscle memory, so that if a woman was to be attacked the moves they had learned would automatically kick in.

According to Campbell-Drexler, the skills taught in class are skills that she would like to pass on to future generations.

"I hope it has a ripple effect to other women's empowerment as well, because they will see me as vessel of strength and confidence," Campbell-Drexler said. Campbell-Drexler recommended this class to all women.

"I just don't think there is anything wrong with a woman owning herself and being her own advocate and being empowered and feeling strong. There is nothing wrong about that and so I wouldn't want anyone to shy away from this opportunity," said Campbell-Drexler. "It's really great."

For more information on rape statistics, visit the Rape, Abuse, and Incest National Network's website, [www.rainn.org](http://www.rainn.org). <

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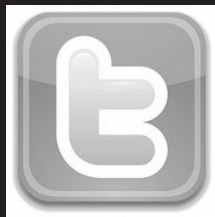
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# LIFESTYLES

## Recipe: Linzer Strips

Kendra Rafferty  
Copy Editor

Yields: 36 cookies

Total Time: 25 min  
Prep Time: 5 min  
Cook Time: 20 min

Ingredients

- 1 cup(s) (2 sticks) unsalted, butter
- 3/4 cup(s) sugar
- 2 large eggs
- 1/2 teaspoon(s) almond extract
- 2 1/2 cup(s) flour
- 1 cup(s) (ground) blanched slivered almonds
- 10 jar(s) raspberry jam
- 1/2 cup(s) (sliced) almonds

Directions

1. Beat together butter and sugar in a large bowl with electric mixer at medium speed until creamy, scraping bowl often. Add eggs and almond extract; continue beating until well mixed.
2. Reduce speed to low and add the flour and ground almonds; beat until well combined. Divide

- dough into 8 equal parts. On a lightly floured surface, roll each piece into an 8-inch-long log. Wrap individually in plastic wrap and refrigerate until firm, at least 2 hours.
3. Preheat oven to 350F. Divide the logs between 2 large ungreased cookie sheets. Flatten each log into a 2-inch-wide strip. Press a 1-inch-wide indenta-

- tion lengthwise down the center of each strip using the back of a spoon. Bake 17 to 19 minutes, or until edges are lightly golden.
4. Spoon jam into the indentation of each log; sprinkle with sliced almonds. Cut strips diagonally into 2-inch pieces while cookies are still warm; let cool completely on the cookie sheet before serving.

## Winter fashion trends

Jeremy Barket  
Web Editor

It's that time of year again – winter. While the weather outside might be frightful, this season's trends are delightful! The trends will most likely be influenced by the war, and the recession [or lack thereof.] According to *thechicfashionista.com*, the colors, are quieter, muted, and even neutral, such as grays, blacks, and tan tones. Additionally, the season is suggesting olives and maroons. If you decide to use a more subtle palette of color to your ensemble, any color could be used as an accent or 'pop' against the previously mentioned tones.

Carrying over from the fall, boots coming up to at least over-the-ankle are very stylish right now for women. Don't be afraid to push the limit. They can be worn from above the ankle to mid-thigh. Although, you would need the confidence to wear them at a mid-thigh height. Try pairing them with leggings. But, jeggings, leggings that look like jeans, are on their way out. So be careful with what you wear.

Also from the fall, military jackets have carried over into the winter. This is the part possibly influenced by the current war. Although stereotypically associated with people with the army, wearing a military-style jacket conveys a sort of toughness or edge on anyone who wears it.

Also, the use of chains and sequined accessories also conveys a tougher appearance because the material is tougher than fabric. So, logically, they'd make sense to wear them as accessories. Trends are pointing towards chunky rings and studded accessories, but that really depends on your personal style. A leather wrist band continues to be an extremely versatile fashion tool.

Additionally, knit sweaters seem to be trending right now. So have fun with finding them with stylish patterns or designs that you personally like.

Other fashion website, such as *fashionallure.com*, and even magazines show photos with 'Yeti-look' coats, capes, and military jackets with shoulder pads. Be careful with these because they seem a little bit TOO trendy. The 'Yeti-look' coats seem a little impractical to seriously invest in.

There is so much coverage on women fashion trends, it's a little more difficult to find a huge database of men's fashion

trends. Logically, if the women's trends are following updated-retro looks from the 1940's, men's trends are doing the same thing!

According to *fashionsing.com*, the hairstyles are either clean cut or messy. No in-between 'I-kind-of-combed-it-this-morning' look. This season's trend suggests the clean, styled, parted, or slicked back look. Just make sure you use product for a polished look. Notice the word 'product.' Not gel or mousse. Gel or mousse leaves the hair crunchy and looks like a football helmet. Sorry DJ Pauly D. Try using a type of pomade. It styles the hair, but it isn't crunchy and leaves virtually no residue. The cool thing is because it isn't crunch, you could fix it easily throughout the day without reapplying any product.

The messy look goes extreme with the bedhead look. The look that basically says "I got out of bed, got dressed, and left the house." No emo cuts, sharp angles, or swoopy bangs. Sorry Justin Beiber. You pretty much get the point. Just make sure you actually do shower and dress decently. Otherwise, you'll just look dirty.

The trends in clothing seem to be a more slim-fitting look. So, the look for a more fitted zip-up hoodie rather than a normal hoodie.

Like the colors mentioned earlier, muted colors are prevalent this season. Just think grays, tans, whites, or blacks. If you're going to layer, a graphic tee-shirt could really stand out or 'pop' with the rest of the muted tones.

Just remember, the most important thing for both men and women is that following trends is cool as long as you're expressing yourself and having fun doing it. It shouldn't be a chore. If it's a hassle, maybe you're trying a little too hard. And trying too hard will come across in whatever you wear no matter what you wear. But, not caring at all about what you wear will come across as well.

Joseph Johnson, a Marywood University senior said, "I feel that we should reject the norms and decisions concocted by ultra-elite New York and Parisian fashionistas, and wear flannel, hunting caps, and Carhartt clothing."

Just don't wear any swoopy bangs. Sorry Justin Beiber. <

Who  
people  
are asking  
this Christmas



A Marywood Squirrel  
Kristi Greider



Bradley Cooper  
Rose Bonevich



RedRyder BB Gun  
Christina Kane

## Top gifts for college students

Sony 7 inch Digital Photo Frame

Apple iPad

Project Life Photo Stickers

Canon EOS Rebel T5



# LIFESTYLES

## Christmas traditions continue through the years

Roxanne DeAngelo  
Staff Writer

What makes traditions, especially those around the holidays so important? Many traditions have become embedded in our lifestyles. When most college students return home over break, there is some type of fulfillment needed as the holidays approach.

Traditions which provide routine and structure, are great for the family environment. Traditions are a great way to build memories and share stories of Christmas' past.

Some of the most common and more favorable traditions remembered and still practiced today have been passed down through generations. Everything from food to decorations has a background story.

The original Santa Claus, otherwise known as St. Nick, was born in Turkey during the 4th century. He was a very

religious man who was held in contempt and imprisoned by the Romans for not believing in their Gods. After his release and death, he became known as the patron of children since he liked to leave treats in their wooden shoes.

Santa for Americans was created in 1931 by the advertising department of Coca-Cola. Coca-Cola wanted to increase their holiday sales, so they wrapped their products in the image of a jolly old man with rosy red cheeks in a red outfit. Since they have advertised him this way for over 70 years, Americans have accepted this as the correct imagery for Santa Claus.

In Russia, St. Nick is known as Father Frost and wears either winter furs or bishop's robes. In Italy, St. Nick doesn't bring the presents, but the kind witch named Befana drops them off through the chimneys.

Another tradition would be the Christmas tree. The idea of decorating a tree originated in Germany during the 16th century. In the 1820's the idea was then brought over from the Germans to Pennsylvania when they immigrated to North America.

The decorations for the iconic Christmas tree have evolved from roses, apples, and lit candles, to stringed popcorn, stringed lights, and tinsel. The last tradition to be mentioned has to do with the large amounts of food that al-

ways seems to come back every year. In light of all these traditions every family has its own unique ones. Here is just a taste of what our fellow classmates had to say about theirs:

Gaetan Desmione- My family is really big, so just hanging out with them. It's a time when we can actually get together.

Matt Basista- We watch *A Christmas Story* 24 hours straight.

Amanda Chabala- I would have to say baking all kinds of cookies and pastries with my family while listening to Christmas music. I love spending time with my family; it's been a family tradition for as long as I can remember.

Morgan Strasser- That's a tough one. It's a tie between baking cookies and being with the family.

Joseph J. Mozaleski- A few days before Christmas I usually go with family to see the "Lights on the Lake" display in Onondaga Lake Park just outside Syracuse, NY. I have been doing this for about all my life as we have extended family that lives up there and we pay a visit around Christmas time.

Natasha Lee- Just getting to see my whole family at dinner; all my cousins, aunts, and uncles that I don't get to see much during the rest of the year. <

## Saving money during the holidays

Amber Mohrmann  
Staff Writer

Everyone loves the holidays, except for one little thing - they have to spend money. Between food, gifts, and other expenses, the happiest time of the year can turn into a nightmare for people on a budget. But is it really a nightmare? There are a few simple ways to avoid breaking your bank this holiday season, and they are sure to save you money!

The first thing to do is some online research. A lot of stores have email newsletters you can sign up for. These newsletters include dates of sales, coupons, and other specials in the store or online.

If you know someone who enjoys a good book, you can sign up for Borders rewards and you will receive coupons every couple days in your inbox for up to 50% off some items. Other stores like Bath and Body Works, American Eagle, and Aeropostale also offer these online coupons.

Paying attention to sales is another important thing to do during the holidays, but not every sale is as good as you think. Some stores hike up their prices and then conduct the sale which makes the deals look better than they actually are. Keeping up with what price ranges items are in will help with this problem.

Also pay attention to sale rota-

tions. Many stores have a schedule they base their sales on, and if you stay ahead of that you will grab great prices at any store.

If you are a die-hard shopper, Black Friday may be your favorite day of the year. Prices are cut in almost every store you visit. This is the best day of the year to grab what you need for the holidays - especially Christmas presents.

If you are not a fan of crowds, you probably stay home this day and avoid the masses of crazy shoppers, but if you want to save money this is the best way to go.

The earlier you hit the stores, the better sales you are likely to receive. The pallets of items at Walmart are unwrapped at 4:30 a.m., and if you roll up to the parking lot at noon, you are likely to miss out on many of the good deals. Get up early this one day and save a lot of money, it helps out a lot in your budget.

The last tip to save money during the holidays is to not buy products at full price unless absolutely necessary. If an item goes on sale in a week, wait a week to buy it if you can. Even the smallest discounts can add up to savings in the end.

If you do not want to break your bank this holiday season, keep your eyes and ears open for sales and coupons. You will save more money than you think! <

What people are looking for Christmas



Persian Rug  
Kristin Devries



1967 Shelby GT 500  
Cody Minicozzi

College students

Scrap Book

2i 18mp DSLR

Kindle

Flip Ultra HD Video Camera

Kinect Ultra HD Video Camera



# ENTERTAINMENT

## New IMAX theatre opens in Dickson City

Bob Hannon  
Staff Writer

Walking up to the large building, one would see “Great Escapes” emblazoned in large, bolded letters. It is impossible to miss as it illuminates the entirety of the night sky. “Great Escapes,” so named as to escape one’s own life and magically get whisked away to another world in the form of cinema. A number of transparent glass doors line the wall to the front of the theatre leading to an assortment of smiling staff in the ticket kiosks.

I walked in and purchased my (rather expensive) ticket for \$14. Fourteen dollars seems like a very expensive price and, on a tight college student’s budget, may seem impossible. I am not sure if it was worth it but the experience was enjoyable, overall.

I went to see *Megamind* in 3D starring Will Ferrell, Tina Fey, and Brad Pitt. When I first purchased my ticket, I thought to myself that “this can NOT be worth it. There is no possible way.” Irritated, I opened the doors to the second area where the smell of freshly made buttered popcorn filled the air around me. This was a pleasant smell, suggestive of any cinema.

The snack bar area was a large open space covered in queues for movies and accented by foliage.

There was even a restaurant in the movie theatre. It was not even just a small, simple snack food restaurant. It was legitimately a restaurant. This theatre is, by far, the fanciest theatre to which I have ever been.

I have always disliked 3D glasses. This time, they were dirty and smudged, obviously the result of a small child. (After all, this was a cartoon I was going to see) I could not even see out of the glasses. I asked the staff member next to the glasses if he could hand me a new pair. At this, he apologized and searched the rack for the cleanest pair. He was very helpful and apologized again.

I walked into the theatre only to be amazed by the size of the screen. It stretched from wall to wall and curved inward. I could not even estimate the number of seats which fit into this theatre. I walked up to the very top and sat in the fourth row from the top towards the middle of the screen and people were already starting to file in an hour before show time. The seats were probably some of the most roomy and comfortable theatre seats. These seats have real cushions.

The movie lasted about an hour and a half and, as I was leaving, staff members told me to have a good night and a good night I did have. <



The Great Escape had its grand opening on Friday, November 5, 2010. Photo Credit Ann L. Williams.

## Speak Now by Taylor Swift: Enchanting or Haunting?

Kelly Rickert  
Staff Writer

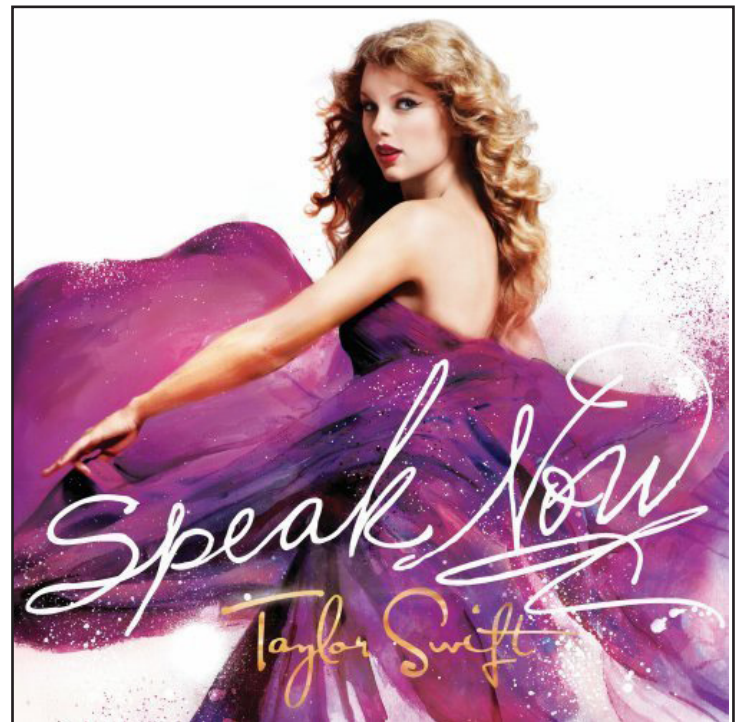
*Speak Now*, the latest Taylor Swift album, sold over 1,000,000 copies in just one week! But was the album really that incredible? Or was it all just hype?

Surprisingly enough, *Speak Now* is a very good album. While Swift still includes her usual pop-country sound, she is really starting to mix things up. *Speak Now* shows clearly that Swift is experimenting with her sound and is willing to step outside her comfort zone. She is truly maturing as a singer-songwriter, writing every song on this album herself, rather than her usual collaborations.

The album opens with the first single, “Mine,” a radio friendly, pop-country song emanating the sentiment “you are the best thing that’s ever been mine.” This catchy tune will make you want to sing along. The next track, “Sparks Fly” is a song very fitting for a twenty year old girl to sing. It’s a cute, flirty pop-country track.

“Back to December” shows a side to Swift that is not often seen; it is an apology. Known for her revenge or love songs, this one adds a new aspect to her emotional repertoire, including the line “So this is me swallowing my pride/ standing in front of you saying I’m sorry for that night.” The drama and melody line are complemented very nicely with some string instrumentation in the song.

The title track, “Speak Now,” is a bit of a lackluster tune. Perhaps inspired by watching too many romantic comedies, the song does not measure up. Sure, it is a cute



Taylor Swift’s released her new album, “Speak Now” on October 25, 2010. Photo credit disney-dreaming.com

little country ditty, however, the cute story line doesn’t change the fact that the song is not one of Swift’s better ones.

Following this song is perhaps one of the best of the album, “Dear John.” A revealing look at Swift’s brief romance with pop singer John Mayer, this song is an excellent ballad. The range of vocals and raw emotion that she portrays in this song are perhaps what makes it so terrific. The mixture of electric and acoustic guitar, with the additional piano overtop, creates a dramatic track over which she can very poetically tell this story.

The next track, “Mean,” should satisfy Swift’s country fans. The simple use of acoustic guitar, steel guitar, fiddle, and bright percus-

sion create an upbeat track. Also, her use of harmonies creates a fun upbeat sound, juxtaposing the lyrics about a bully, specifically a music critic who keeps putting her down. It may be a bit childish, but it is a decent song.

“The Story of Us” is a usual Swift style song, with a rock tone. And following this relatively heavy track is the acoustic track, “Never Grow Up.” This is the tear-jerker of the album; a song about wanting to stay a little kid. The sweet vocals and acoustic guitar intensify the nostalgic mood of the lyrics.

The almost six-minute track

## The Night of the Undead: Electric City Tattoo Gallery & VMFM

Kelly Rickert  
Staff Writer

The Electric City Tattoo Gallery recently held their 2nd annual Night of the Undead, and Marywood Radio, 91.7 VMFM was there amidst all the Halloween horror. The Night of the Undead is a Halloween themed art show; they displayed horror inspired artwork from local artists and artists from all over the country. Also at the event, people could get their makeup done like zombies. Afterward, the tattoo gallery hosted a zombie themed pub-crawl, for attendees age 21 and older.

Throughout the event, VMFM was there, playing music and giving out prizes. Some of the station’s DJ’s made up Halloween themed questions and the first person to answer correctly would win a prize. VMFM gave out \$100 in gift certificates for Electric City Tattoo Gallery.

VMFM’s assistant Music Director Megan McGraw said, “It was a fun night...We even had some attendees perform the Time Warp.” The event was successful for both VMFM and Electric City

Tattoo Gallery.

The Night of the Undead is not the only event that VMFM and Electric City Tattoo Gallery are doing together. On March 18, 19 and 20, VMFM will be back for the Electric City Tattoo Gallery Tattoo Convention.

VMFM and Marywood’s television station, TVM, will be teaming up to do interviews with some of the tattoo artists, and will be doing live broadcasts from the convention the whole weekend. VMFM is looking forward to this event; Megan McGraw said, “It should be a blast. I know everyone is excited for it.”

These kinds of events are fun and beneficial for both the tattoo gallery and the radio station. VMFM’s programming director Sara Tompkins said, “The purpose of these events is to bring some of our partnerships to the forefront, and to get their name out into the public. Also, we want to gain a larger and more diverse fan base by doing these events.” <

Continued, Page 14



# ENTERTAINMENT

## The Complete Wrks of Wilm Shkspr (Abridged)

Lisa Piccolo  
Peace & Justice Editor

"The Complete Works of William Shakespeare Abridged" came to Marywood University November 3-6. Performed by six players, Nathan Bradley, Samantha Eyler, Erin McMahon, Connor McMyne, Marie Philbin, and Coty Soltus, the show dazzled and amazed audiences every night. With these six players up to the challenge, they skillfully executed all of Shakespeare's plays into one performance.

"The Complete Works" started out with a staged break up of two of the actors, Connor McMyne and Marie Philbin, which added a heap of laughs to the show. With an introduction to each of the players, they called themselves, "The Pumpkin Muffin Shakespearean Theatrical Review," and then went on to the rest of the show.

Starting with a brief biography of Shakespeare, given by Erin McMahon, and moving on to "Romeo and Juliet," each of the plays was done in a modern and compressed style. For example,

"Titus Andronicus" was turned into a cooking show. A moderately funny view of this dark tragedy, Coty Soltus portrayed the character well. The comedies were reduced to one play, the histories a football game, and the tragedies were interspersed.

Around intermission, the players realized that they had done all of the plays but one, "Hamlet", which Marie Philbin did not want to do. Running out of the auditorium, with McMyne following closely, the players were at a stand still. They called for a ten-minute intermission. The sonnets were mentioned briefly after intermission, during which Philbin and McMyne returned. "Hamlet" was produced, and the rest of the show went off without a hitch.

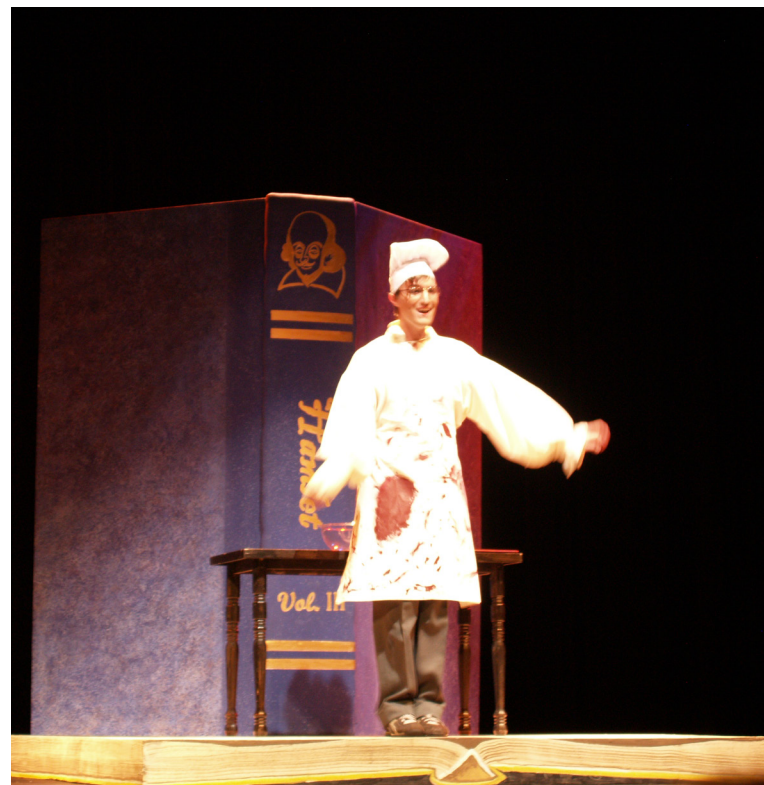
This play was performed very well. The set design, including big books of "Titus Andronicus", "Julius Caesar", "Hamlet", "Romeo and Juliet", and "Antony and Cleopatra", was well thought out and was used properly through out the show. All of the actors of this show were at their best, and never tired of what they were doing. The doubling of parts on

each of the plays was effectively thought out and well done, leaving the audience thrilled. The players kept the audience on their toes, with the actors coming into the audience and interacting them in a well-executed way. Bradley was the main narrator of the play, and effectively gave credit to Shakespeare. A memorable moment of the show with him is him holding up the Library book of Shakespeare and stroking it, showing his love for the plays.

This play had something for everyone and the audience left happy. Not only was the audience engaged, but there was also some chance for participation. During "Hamlet", the actors picked someone from the audience to be Ophelia, her ego to run in front of her, the id, members of the audience saying "Maybe, Maybe Not", and her super ego, shouting "Get thee to a nunnery," "paint an inch thick," and "Cut the Crap, Hamlet. My Biological Clock is ticking, and I want babies now!" trying to make Ophelia scream. This made the audience part of the show, which demonstrates a pleasing play. <



The cast calls Sr. Margaret Gannon, I.H.M. to the stage to play the part of Ophelia in "The Complete Works of William Shakespeare Abridged." Photo credit Robert Hannon.



Coty Soltus performs a scene as "Titus Androgynous" in a scene from "The Complete Works of William Shakespeare Abridged." Photo credit Robert Hannon.



Nathan Bradley, Connor McMyne, and Samantha Eyler perform a scene in "The Complete works of William Shakespeare Abridge" before beginning the Othello Rap. Photo credit Robert Hannon.

"I need a break from my stress to just talk and have fun!"

"Where can I find people who want to talk about the big things in life?"

**Spirit of Hope Convent**  
2450 Dimmick Street  
(Across from McGowan)

# Pizza AND Prayer

**Sept. 21  
Oct. 19  
Nov. 16**  
6 to 8 p.m.

**Share faith, prayer and meaningful conversation with other Students and IHM Sisters. All Are Welcome!**

**R.S.V.P.** On our Facebook page at [www.facebook.com/sistersofihm](http://www.facebook.com/sistersofihm) or e-mail Sr. Ruth at [harkir@sistersofihm.org](mailto:harkir@sistersofihm.org)

Get To Know the Sisters  
[www.sistersofihm.org](http://www.sistersofihm.org)



# ENTERTAINMENT

## Movie review: Jackass 3D



*Jackass 3D is in theaters now. Photo credit slantmagazine.com*

Rachel Mizanty  
Staff Writer

Jackass 3D: You will either love this movie, or hate it. According to the person it can be extremely gross with crude humor that is overall just unattractive. On the other hand, you could be the person who finds it extremely hilarious, a good watch with friends, and a movie that you never stopped smiling throughout.

According to *rottentomatoes.com*, 78% of people who watched it liked it, and the average rating came out to be 5.1 stars out of 10 stars. Parents do beware though! This movie, directed by one of it's own, Johnny Knoxville, is rated R for dangerous and sometimes extremely crude stunts, language, and nudity. So kids younger than 17 you have to wait a few more years until you get to see the pranksters at work!

Including Bam Margera, Chris Pontius, Ryan Dunn, Steve-O, and many others, the group sets out on an hour and 37 minutes of mischief. Caution though, if you have a weak stom-

ach I would not suggest going to see this movie, or bring a good blindfold for some of the raunchier stunts that include bodily functions, and body parts!

SPOILER ALERT: scenes include getting hit in the face with a fish, a work out ball, stun guns, jet skiing into a very tall hedge, a fake gorilla, and much more. The combination of the (mostly) joyous atmosphere of the audience, and the 3d glasses on everyone around you is enough to make you bust out a smile- let alone the slow motion clips.

According to a poll/survey I did, 8 out of 10 Marywood students said they would definitely see Jackass 3D again. These ten people also thought the most common word that best describes the movie was "hilarious" and some side notes to add is that they said thumbs up for the 3D- and a few said they even wish they could have participated in the movie.

All in all I say if you want to have a good laugh, are at least 17 years of age or older, and are someone who can enjoy pranks and "sticky" situations- go see Jackass 3D. <

## Speak Now review cont.

"Enchanted" is truly an enchanting track. This song about the possibility of a new relationship mixes the use of string arrangements with Swift's acoustic style and pure vocals to make a very beautiful, poetic song.

Following these two sweet tracks, Swift goes back to her vengeful lyrics with "Better than Revenge." Being almost emo-pop, this song adds a whole new genre to Swift's repertoire. It is a great song, very well written and catchy. However, it shows she may still be a bit too bitter about a former relationship.

"Innocent" is a track dedicated to Kanye West's rude interruption of her speech at the VMA's last fall, as revealed by the line "32 and still growing up now." But, it is not her expected vengeful style; rather, Swift is forgiving him. The music is very dramatic and her tone and lyrics are actually gentle.

Following this is one of the most dramatic songs on Speak Now, "Haunted." The heavy percussion, guitars, and string

arrangement create a backdrop for Swift's tale of a lost love that she cannot get out of her mind, as shown when she sings, "Something keeps me holding on to nothing." It is dramatic, and much heavier than her usual sound. The track ends quite abruptly, which adds to the dramatic intensity.

"Last Kiss" is a rock ballad about a lost love. The focus on piano and acoustic guitar is very typical of Swift's style, as are her storybook-like lyrics.

The final track, "Long Live," is quite easily defined as a pop anthem, describing that feeling of being on top of the world. It is a fun, upbeat track on which to end the album.

Overall, *Speak Now* shows an array of emotions, from love to revenge, from joy to devastation. Swift has honed her songwriting skills very well, while maintaining her young, poetic style. Overall, she is growing and developing as an artist, and doing it very well, as shown on Speak Now. <

## From the library: review of Joyeux Noel

Alison Trautmann  
Editor-in-Chief

Christmas approaches steadily, becoming clearer as "Rocking Around the Christmas Tree" blasts from every speaker in the mall and Santa's jolly face can be seen everywhere. As people watch ABC family's 25 days of Christmas, I encourage everyone to take one step further and go to the Marywood library for your Christmas viewing pleasure, you will not be disappointed.

Focusing on the famous Christmas truce of 1914, *Joyeux Noel* (*Merry Christmas*) shows the true meaning of Christmas more

clearly with its gunfire and artillery shells than any other film does with its Christmas trees and presents.

Bloody fighting between French, German, and Scottish soldiers begins the film, but keep watching. Soon it is Christmas Eve and the troops hunker down for what looks to be another bleak night in the trenches. I won't spoil the beautiful way in which the truce occurs but the next day the men all get together to bury their dead and play a game of football. Then, once the truce is over, the question arises; how do you go on fighting someone that you know is a human being?

The pure simplicity of what occurs during the movie is just breathtaking. One part that always gives me chills is when a German soldier walks across no man's land holding a Christmas tree and singing "O Come All Ye Faithful."

I consider this movie to be the most stripped down and perfect version of the true Christmas spirit that I have ever encountered. It is about peace and goodwill towards men during horrific times. For the most beautiful depiction of what Christmas really is, go no further than the Marywood library this Christmas season and check out *Joyeux Noel*. <



*Nikolaus Sprink walks across no man's land holding a Christmas tree in a dramatic depiction of the Christmas spirit. Phot credit ukdvdreview.blogspot.com.*

## Who will carry the gold?

Owen Karoscik  
Staff Writer

Awards season is right around the corner and the first stop before the Oscars is the Golden Globes. The Hollywood Foreign Press Association awards the best in film and television. Television, however, plays a low-key role at the ceremony. Movies are what people are anxious to see awarded. Here are the top five films that stand a chance of getting nominated this December:

### 1.) *The Social Network*

This film barely misses a step. Ingeniously written, directed, and acted, this Facebook biographical drama has been receiving universal acclaim from critics and audiences worldwide. Expect nominations for Best Picture, Director (David Fincher), Actor (Jesse Eisenberg); who is perfect as the scheming Mark Zuckerberg, Supporting Actor (Andrew Garfield and Justin Timberlake); both will definitely be nominated, and Screenplay (Aaron Sorkin).

### 2.) *Blue Valentine*

This romantic drama starring past Oscar nominees Ryan Gosling and Michelle Williams as a couple that falls in love and out of it over six years has been generating buzz ever since it premiered



*The 68th Annual Golden Globe Awards will be held on Sunday, January 16, 2011. Photo credit liveforfilms.wordpress.com*

at Sundance in January. Its NC-17 rating by the MPAA will add more buzz, controversy, and curiosity.

### 3.) *The Fighter*

I know what you're thinking: another long, boring boxing drama. This one, however, has had audiences at film festivals giving standing ovations. The cast of Mark Wahlberg, Christian Bale, and Amy Adams is supposed to be stupendous.

### 4.) *The Company Men*

Last year's *Up in the Air*, was loved by critics, but bashed by audiences. This drama about the economic downturn's affect on the working world, starring Ben

Affleck, Tommy Lee Jones, Chris Cooper, and Kevin Costner, could be what *Up in the Air* should have been last year.

### 5.) *How Do You Know?*

It's very hard for a comedy to make it to the red carpet. However, James L. Brooks has proven that he can go the distance in the past with *Terms of Endearment*, *Broadcast News*, and *As Good As It Gets*. Reuniting with Jack Nicholson and working for the first time with Oscar winner Reese Witherspoon and Owen Wilson may be this year's shoo in for a comedy. <



# PEACE & JUSTICE

## Thanksgiving adopt-a-family provides food for families during the holiday

Danielle Walker  
Staff Writer

The holidays are usually a time of celebration and giving thanks for the opportunities and fortunes which we have. The unfortunate reality is that not everyone has the opportunity to celebrate in these difficult economic times. This is a season of giving thanks for what we have and giving to others. Marywood's Campus Ministry is working alongside the United Neighborhood Center to support families with the opportunity to celebrate and give thanks. The Adopt-a-family program has supplied baskets of food that has helped families within the Lackawanna County for at least twenty five years, and it is still going strong.

Each year that this program takes place there is a big role for the Marywood Community to play. This is a great way to support families in the community with the opportunity to celebrate as some of us do. This program has supported over 160 families

which display the Marywood communities' involvement with supporting our neighboring communities. We should work harder to supply more families with the opportunity to celebrate Thanksgiving. How can we get more involved you ask? Well there is a number of ways that we can get involved. One of the ways that people can get involved is that they may make monetary donations that would go toward making baskets for the families. Each year the baskets consist of different food products that will allow the families to fix their Thanksgiving meals. Volunteers were needed to help put baskets together, deliver the baskets to the selected families, and call families ahead of time to let them know that they will receive a basket. This project allows for our community to get involved in many different ways.

Sometimes in the midst of getting excited about family, celebrating, and feasting we do not always dwell on the less fortunate. The combined effort of the



Students assemble thanksgiving baskets to give to families in need. Photo courtesy of Sr. John Michele Southwick.

United Neighborhood Center and Marywood University gives the ability to better serve Lackawanna County. Organization and support allows the families to

be served more efficiently. Baskets were delivered on the 20th of November and many people helped to make that day a success and joy for some of the families

within the Lackawanna County. Sr. John Michele, assistant director of Campus Ministry, says,

*Continued on Page 17*

## KNOW YOUR RIGHTS

### The Bill of Rights

### First Amendment to the U.S. Constitution

**Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press, or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.**

**Brought to you by the Northeast Chapter of the ACLU of Pennsylvania, which meets in the lower level, I.B.E.W. building, 431 Wyoming Ave, Scranton, PA, at 7:00 PM on the 3rd Thursday of every month.**

## Good Search and Good Shop net profits for Marywood

PRESS RELEASE CAMPUS MINISTRY

Thanks to all who have used Good Search and Good Shop over the past year. As a result of searches and shopping Campus Ministry recently received a check for \$513.20 for our service trip program.

Please remember that each time you use [www.goodsearch.com](http://www.goodsearch.com) as your search engine, Campus Ministry earns \$.01 for service trips. Last year those pennies totaled \$105.22.

In addition, Campus Ministry benefited from those who used Good Shop for on-line shopping and designated Marywood as their favorite cause. Please remember that each time a person uses one of the 1,500 familiar stores, from Amazon to Staples, who have teamed up with Good Shop, Campus Ministry earn a percentage of the purchase with no cost to the purchaser--or Campus Ministry. During 2009-2010 that amounted to \$359.95. Thank you!

If you plan to do any of your holiday shopping online, please consider using Good Shop. Go to [www.goodsearch.com](http://www.goodsearch.com) for a list of stores and information on how to make searching and shopping easy and beneficial for campus ministry.



# PEACE & JUSTICE

## Walking in Solidarity with the Homeless

Jill Troiano  
Staff Writer

“Don’t judge a man until you have walked two moons in his moccasins.” Sharon Creech opens her book, *Walk Two Moons*, with this practical wisdom. Marywood students got to “walk in the moccasins” of the homeless during a one of a kind retreat called Footprints. Six, first-year students experienced 24 hours of homelessness in Scranton, under the guidance of five upper classmen and Fr. Brian Van Fossen. When advertised, the specifics of this experience were vague in order to ensure participants would not know what to expect.

This retreat was created last year by Fr. Brian and Campus Ministry students as a Franciscan style, experiential retreat. This means that participants forsake all they have to follow Christ, if only for a weekend. The main elements that the team wanted to include were homelessness, solitude, food, poverty and celebration.

Scranton is an ideal city to have an experience of homelessness in because of the dichotomy of wealth that exists. The downtown area has many upscale boutiques and coffee shops, not far from an array of social service agencies and shelters. The stereotypes of the homeless prevent them from entering stores that you and I may go to because they smell, seem intoxicated or just look different.

Footprints began with the Sleepout for the Homeless, which was open to all students. Approximately 20 students gathered on the Commons near the Liberal Arts Center, all bundled up in Ugly Quilts for a chilly night. Mary Endrusick, from United Neighborhood Center, was the guest speaker who provided many facts about homelessness in Scranton. She discussed the two shelters in Scranton, permanent supportive housing, the Point in Time Count and answered student’s questions. Sleepout participants then stood around the fire bowl to light candles of prayer as they shared ways to aid those in need.

Footprints continued the next morning when participants started walking downtown to see who would be hospitable to them, as those who are impoverished do every day. They went to the Salvation Army near River Street to price clothes they may need, and did the same at the Steamtown Mall. Group member Colleen Traub observed, “It’s surprising how far you can walk on foot in

this city.” They experienced what it’s like to be in a public place where you are not welcome and see the prejudices that people have. Before dinnertime, the group gathered near the courthouse because most public places close at 5 p.m. so there is nowhere else to go.

Then, the students went to eat and converse with some of the homeless. Bethel Shelter, across from Cooper’s Seafood, welcomed the participants and the group served a hot meal to those who stayed there for the night. While eating, some of the people staying at the shelter shared their stories with the students, who would be a caring, listening person to them. Fr. Brian commented that, “these people have a joy and gratefulness that comes from having human contact through conversation and sharing a meal.”

On this second year of the Footprints retreat, five retreat veterans guided the group during the unanticipated journey. Their role was to help the students live in the moment, as the Franciscans do teach. This is to help them be in solidarity with the impoverished, who are concerned with their next meal and not what they are doing next week. Diane Gasko, a team member, remarked, “The second time around allowed me to have the opportunity to meet new people and hear the stories that they were willing to share. Both times, I gained a whole new viewpoint of these people, which broke through the stereotypes I previously assumed.” There is a great deal of trust that the participants place in their leaders, and thus see everything they are given as a gift.

The retreat journey helped the new students and team leaders to see the humanity of the homeless in Scranton by walking in their moccasins for a weekend. “It’s an impactful, raw experience that is hard not to get something out of. You realize the homeless are real people, not stereotypes,” said Monica Bixby, a returning leader.

Fr. Brian intends to continue this retreat in coming years because it has offered a new perspective to many that cannot be experienced otherwise.

Sr. Donna Korba, IHM has an inspiring viewpoint that sums up the purpose of this experience, “See the world with the eyes of God in order to live in the world with the heart of Jesus.” See that everyone is basically the same so that one can love and give to those who need it most. <

## Nets for nets: Shooting hoops to help fight malaira

PRESS RELEASE  
CAMPUS MINISTRY

Marywood University’s men’s and women’s basketball teams are planning a Nets for Nets event to raise awareness about malaria’s toll on communities in the developing world and to support malaria prevention and treatment programs run by Catholic Relief Services (CRS) overseas.

On Thursday night February 10, 2011 Marywood University Women’s and Men’s Basketball Teams will take on Keystone College in the Mellow Center. All monies raised during this event, including admission fees collected at the door, and a ‘donation net’ will be given to Catholic

Relief Services to provide malaria nets for children in Africa.

According to the Global Fund to Fight AIDS, Tuberculosis and Malaria, nearly 1 million people die from malaria each year, most of them children in Africa. Malaria is particularly debilitating to poor, rural communities in Africa where access to health care and prevention techniques such as insecticide-treated bed nets is limited. CRS and its partners have implemented malaria prevention and treatment activities with support from the Global Fund in several countries including The Gambia, Sierra Leone, Niger, Philippines, Benin, Senegal, Bolivia and Democratic Republic of

the Congo.

Please watch for more announcements about Nets for Nets, and plan to participate in this event. This is one more way that our Marywood Community can make a conscious choice to “live responsibly in a diverse and interdependent world.” <

Merry Christmas and Happy New Year from The Wood Word staff!

St. Matthew's United Evangelical Lutheran Church [ELCA]

425 Jefferson Avenue  
(corner of Jefferson Ave. & Vine St.)

Scranton, PA 18510

570-342-1000

Sunday Communion Service: 10:00 A.M.  
Sunday School: 11:00 A.M.

Rev. Lester E. Stephenson, Pastor

Students welcome!

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# PEACE & JUSTICE

## Knitting club creates hats and scarves for the homeless

Danielle Walker  
Staff Writer

The knitting club at Marywood University wants to send a message that "knitting is not just for older people." Knitting can be a craft that can benefit you as well as the others around you. This is a way to display your creativity in a new way and give back to our neighboring communities.

Anyone can join the knitting club with experience, with little experience, or with no experience at all. All are welcomed in this circle.

The skills of knitting that will be taught are skills that you can keep and master allowing you to create works of art and clothing on your own. Marywood had a knitting club previously, but people either graduated or lost interest. Ashley Lupinacci found information about knitting club in an outdated campus ministry flyer, and Ashley, along with Gretchen Golibersuch, decided it would be fun to start up together. The projects that are created get donated to the homeless providing them with hats and scarves to help them brave the harsh cold of Scranton winters.

Knitting is a craft that takes practice and patience. This is a task that is sometimes done with



*The Marywood Knitting Club provides students with a fun activity and a way to provide for homeless citizens. <http://www.springfieldpubliclibrary.com>*

a group of people because each person brings a unique talent and design to their creation building unity within the group. Each person can teach others in the group their particular methods and patterns which brings that group together along with their common interest in knitting. The knitting club at Marywood University does not only help build and strengthen a community of people with a similar goal, but it also helps the community.

Knitting can be fun and relaxing, and this can be something

new for everyone to try. "We just want people to discover the joys of knitting and help those in need along the way. Ashley and I love to knit and have been knitting for years," says Gretchen Golibersuch, one of the chairpersons for the club. Knitting can become very relaxing when you get the hang of it and you can make almost anything out of some yarn and knitting needles. <

## Thanksgiving adopt-a-family cont.

"This program follows Marywood's Catholic social teaching that if there is a need and we can respond to that need wherever we can, we will do so." During the thanksgiving season there are people less fortunate and we can help with that. Through our entire service project we remember and reflect on Marywood's core values and traditions.

During the season of thanks we can show our appreciation for the things that we have by giving our service to others. We often take necessities of life for granted, and being able to be a part of this program allows you to show your gratefulness for the daily things that we have.

Campus Ministry offers many

service projects and this is one of the annual projects that everyone can be involved in. The more participation that is given the greater the outcome. A great outcome allows Marywood University and the United Neighborhoods Center to help families within our community with baskets filled with food but made and wrapped with love, support, and hard work.

Volunteers are always needed. Remember to look out for this project again next year. Your service and support can help feed a family. So remember to ask your family and friends to adopt a family for the next Thanksgiving season. <

## Interested in writing for The Wood Word?

Contact us at:  
[thewoodword@m.marywood.edu](mailto:thewoodword@m.marywood.edu)

Chartwells

[Mon. 12/13]  
Flap Jack Fest

[Tue. 12/14]  
Christmas Dinner

Special Events

D  
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r

Home for the Holidays Pie Sale

12/1-12/13

Apple, Pecan, Pumpkin, NY Cheesecake, Lemon Meringue!

Ask cashier for order form.

National Chocolate Day

12/8

During lunch in the Nazareth Dining Hall we will celebrate National Chocolate Day with a variety of cookies, brownies, and hot chocolate that will be sure to fill your sweet tooth! Enjoy a sweet treat during day!

Chartwells Christmas Dinner

12/14

We will feature a carvery, favorite holiday menu items, and desserts during dinner in the MDR. In addition, we will also showcase many faculty, staff, and student holiday recipe submissions for all to enjoy.

Find us online at  
[WWW.THEWOODWORD.ORG](http://WWW.THEWOODWORD.ORG)



# SPORTS

## BIG BROTHER *Brown coaches younger brother in swim*

Dave Scarnato  
Staff Writer

As Marywood Swimming and Diving embarks on its inaugural season, many do not know that the team has a strong family tie. Head Coach Greg Brown gets the privilege to coach his younger brother, freshman Chris Brown. The Browns have a rich history in swimming.

Coach Brown has an illustrious swimming career, winning seven medals at Lycoming College, where he served as team captain. His coaching career is illustrious as well. As the head coach at Division I Siena College, Greg is atop the program's history with the most career wins. Greg passed on his success by introducing younger brother Chris to the sport at the age of ten.

"When I was ten years old, my brother Greg was already in college, volunteer coaching a local swim team", said Chris. "He asked me to give swimming a try. I did and I liked it. When high school started, I decided to join the team, and now I am going to help my brother build this program from the bottom up."

Chris continued the Brown family tradition by medaling twice in district playoffs during his high school career and was also nominated as a Speedo Scholastic Swimming All American in 2010; during the interview, Chris did not believe his high school career was good enough. He seeks guidance from his brother for his college career. However, this is not the first time Chris will seek guidance from his older brother Greg. Chris once joined Greg in the summer of 2006 in Vermont where Greg was coaching. Greg then assisted him on improving his game.

On his brother's guidance, Chris stated: "He's really a great coach. It's really nice we can share this experience together. The other members on the roster are going to have a great time swimming for him as well. He knows so much and brings so much experience to the table."

On coaching Chris, Greg stated: "Being his brother, I obviously want the best for him. I do not treat him differently from his teammates. I push him just as hard as I would push any other swimmer. He does not get any special treatment. I know he feels as if he did not accomplish what



Chris and Greg Brown look forward to a fruitful partnership at Marywood. Photo credit Dave Scarnato.

he wanted to in high school; I will do my best to help him work above and beyond his potential to feed his successes in his college career. He is a hard worker, putting in the necessary time to become successful. He is already on the right track."

Once Greg was appointed as the first head coach in Marywood Swimming and Diving history, Chris seized the opportunity to continue his swimming career, as well as be reunited with his older brother.

Chris stated: "I originally did not want to come to Marywood. But, when Greg got the job, he mentioned to me that the program would be brand new. I wanted to swim in college, so I decided to check out Marywood. I fell in love with the campus almost immediately. The new pool and new team was a definite factor for me to come here, as well as play again for Greg."

Not only was Greg excited to coach his brother Chris again, but he can also move closer to home (Mechanicsburg) and build a program literally from scratch.

Greg is in charge of both men's and women's programs here at Marywood. At Siena, there was not a men's team. Brown's goal was to be a head coach of both programs. The Marywood job was the perfect opportunity that Greg had to take advantage of. He stated: "This situation cannot get any better for me. I get to be closer to my home, build a program from the ground up, have a brand new facility, and coach my brother again. I am in the perfect situation and am excited to call Marywood my home."

But, what are the goals for this

new program? Coach Brown is very optimistic.

"For a first year program, I never thought I would have 36 student-athletes participate," he said. "In any program, 36 participants is unheard of. Retention is a big goal for a first-year program. Another goal for the team is obviously for them to build a strong chemistry, which seems to be working well already."

He continued "On a personal level, I would love to see us win a few meets on each side. I can see many ECAC qualifiers at the end of the season, including Chris. Our squad has true athletes." His goals for Chris are "I want him to be a leader and work hard to the best of his ability. He has the heart and desire."

Chris' goals for the team, himself, and his brother are: "We just need to finish with good times and work hard individually to finish with good times to help the team win. For me, I just want to finish with a time that can help the team win and just have fun. Without fun, why even do it? For my brother, I said before that my brother is a great coach from my prior experiences with him. I know he will coach us to the best of his ability and lead us to many wins."

The brothers are pushing each other for greatness. This brotherly love is just the spark that this new program needs to be successful. They keep each other aware of doing well and react to each other. This duo will be something exciting to watch for the next four years. <

## Men's basketball Team Has something to prove

Shane Ostroski  
Sports Editor

The 2010 -11 Marywood University Men's Basketball team is looking to have a bounce back season on the court after a somewhat disappointing season last year which saw the team fall just short of the CSAC playoffs. The team, under the direction of Head Coach Eric Grundman, is excited to start a new season.

"The team is really excited for the season to begin, we didn't do as well as we hoped last year but we're using that as motivation for this season", said Junior Forward Brent Keyes.

The team will look for leadership from their captains Senior Guard Tyler Reinhard and Junior Forward Matt Lepri. In an interview with *the Wood Word*, Lepri had this to say about the being named captain. "It's a nice honor to be named captain. I'm not really a vocal guy, I try to lead with my actions but if I have to say something I will. I don't foresee any problems, we have a bunch of good guys and we all seem to be on the same page."

It will definitely be important for everyone on the team to be on the same page especially with seven new players on the roster. The seven accounts for four freshman and three transfers that have made the official roster. The Freshman class consists of three Forwards with Evan Biegley, Timothy Mullen, Ian Redetzsky and one Guard Vincent Yates. Biegley is a hustler who will give up his body for the ball. He also is a good finisher at the rim. Mullen is the tallest player listed on the team at 6'8. He possesses an array of post moves and has a nice touch for a big guy. Redetzsky is a very good defender and also can hit some jump shots. Yates, the lone guard in the freshman class, is a very good 3 point shooter.

Chris Cooper, Tyrek Coleman and Anthony Samuels will join the team after playing college ball elsewhere. Cooper, a senior, is athletic and can hit the open jump shot. Coleman, a junior, transferred from Broom County Community College. He is a good ball handler and can take the ball to the hoop and finish. Samuels, a sophomore, joins the team after playing for Elms College last season. Samuels will push for playing time at the guard position.

Returning for the Pacers are Forward are Seniors Matt Medici, Lenny Martin, John Foreman and

Juniors Matt Lepri, Brent Keyes. The 6'6 Medici is a bruiser underneath the basket. He averaged 7.6 points per game, while finishing with 68 rebounds last season. The 6'2 Martin led the team in rebounds with 154, and averaged 6.4 points per contest a year ago. Martin also has the ability to play above the rim, adding several dunks last season. Foreman finished last season with 96 points and 42 rebounds mostly in a reserve role. Lepri started all 25 games last season for the Pacers. He averaged 6.7 points and finished second on the team in rebounds a year ago. He also nailed eighteen 3 pointers. Keyes will be a key player for the team this season. He is a very good shooter and has good court awareness. He has spent the last two seasons as a

**"We have worked just as hard if not harder than any other team in our conference and we'll be ready for the season. We want to make the playoffs and we don't care what it takes as long as we get there," said Keyes.**

reserve but his court time is sure to increase.

The Pacers will have a tough time replacing Guards Sidney Tharpe, D.J. Strayhorn and Jacques Robinson who accounted for 757 points a season ago. Jimmy Lavan, Tyler Reinhard, and Kirk Fallon are the returning guards. Lavan played in all 25 games last year, starting in 9. Lavan is a good ball handler and can hit the open jump shot. He has good vision and keeps everyone involved. Reinhard is a deadly shooter who can not be left open. He is also a very good defender. Fallon is a good ball handler and scored over 1,000 points in high school.

"We have worked just as hard if not harder than any other team in our conference and we'll be ready for the season. We want to make the playoffs and we don't care what it takes as long as we get there," said Keyes. With players as confident as Keyes, this team looks like they will exceed everyone's expectations and should be an interesting team to watch. <

**Express your opinion!  
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# SPORTS

## Women's soccer wins championship

Shane Ostroski  
Sports Editor

On November 3 the Marywood Women's Soccer team lost to Centenary College in the CSAC semifinal in heartbreaking fashion. The Pacers earned a birth into the Eastern College Athletic Conference (ECAC) South Regional Tournament. Just eleven days after being bounced from the CSAC playoffs, the team was hoisting a Championship trophy. The Pacers defeated Frostburg State University (MD) in a shoot-out 4-1 after playing to a 0-0 tie in regulation and overtime to claim the title. The team entered the tournament as a sixth seed and had a difficult road to the championship. The Pacers had to beat the first, second and third seed in the ECAC tournament. Head Coach Andrew Smith can not be happier with the performance of the team. "The ECAC South Region Championship means a lot to me as it was a great way to send out our most successful class ever. After being upended on penalty kicks in the CSAC semifinals, getting a berth into the tournament was a great way to refocus and send the seniors out the right way. To go through the #3, #2 and #1 seeds was even more special. I told the players before the final that 'in order to be the best, you have to beat the best.' We certainly proved that by going through the three top seeds for the title," said Smith. Andrea Barker, Megan Coyle, Leslie Highman, Shannon Hresko and Jenn Slesinski make-up the senior class that Smith is referring to. The five seniors finished their career with an impressive 53-15-11 record over the past four seasons including four consecutive conference playoff births highlighted by the program's



The women's soccer team won the Eastern College Athletic Conference South Regional Tournament. Photo credit mupacers.com

first-ever CSAC Championship in 2008 and now the ECAC South Regional Championship. While the championship was a great way to send out the seniors it also should help the younger players on the team as well. "It gave the underclassman on the team some very strong post-season experience and hopefully left a taste in their mouth wanting more," added Smith. The title will also help recruiting efforts for the program. "The Championship

will certainly help with recruiting. Immediately upon returning we had numerous contacts from recruits congratulating us. Success breeds success," explained Smith. The ECAC championship is the first post season title in the school's history and Smith was confident it won't be the last. The team also accomplished something not to many others can say. "it certainly allowed us to be

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Left to right, seniors members of the team Leslie Highman, Andrea Barker, Meghan Coyle, Kaitlyn Hresko, Jenn Slesinski and Shannon Hresko pose with the ECAC championship banner. Photo courtesy of Andrew Smith.

## Redemption key for women's basketball team

Shane Ostroski  
Staff Writer

The Marywood University Women's Basketball team finished the 2009-10 season with 18 wins. This is the second most wins in the program's history, but it was one loss that can't seem to slip their minds. The third seeded Pacers lost to sixth seed Immaculata University in the first round of the CSAC playoffs for their only home loss of the season. "Last years playoff loss left a bad taste in our mouth, but it was a good learning experience. We are coming back this year with determination to correct our mistakes and work harder," said Junior Guard Mariah Schaefer. Hard work and determination are two attributes that can make a good team but you also need talent. Fortunately for the Pacers, under the direction of Head Coach Tara Macciocco,

this year's team is loaded with talent. "We are a young team with a lot of talent and we have potential to go very far", said Junior Guard Lauren Rogan.

There is no question the strongest position for the Pacers is Guard. There are five talented players who saw plenty of time last season: Senior Marilee Sobrinski, Juniors Maria Schaeffer, Lauren Rogan, Marielle Thorsen and Sophomore Amanda Lippincott. Sobrinski started in all but two games a year ago. She is a very good defender finishing up with 14 steals for the Pacers. Schaeffer, a Second Team All CSAC selection, led the team in scoring, averaging 13.4 points a game, while shooting 31% from behind the arch, at the Point Guard position. She finished second on the team in assists and shot a team best 76% from the free throw line.

Rogan started in 18 games last season, leading the team in 3 pointers with 46. She finished third on the team in assists with 38 and shot 70% from the line. Thorsen averaged 8.6 points per game, while leading the team in assists with 65 and steals with 57. She also connected on 33 long balls a season ago. Lippincott played in all 25 games last season, finishing fourth in assists with 29. She also accumulated 23 steals as the backup point guard.

As if the Guard position wasn't talented enough, the Pacers welcome transfer Allison Bruet from Broome Community College, where she was an all conference selection last season. Freshmen Carly Leitzel, Brittany Mang, Megan Nastelli and Jamie Walsh round out the Guards for the Pacers.

The biggest question mark for the 2010-11 team is the For-

## CSAC champions take eighth at regionals

Dave Scarnato  
Staff Writer

The Women's Cross Country team took the energy from winning the CSAC championship into the NCAA Regional Meet in Slippery Rock, PA, finishing 8th of 45 total teams. What's more impressive is that the team ran above and beyond expectations. Going into the meet, the Pacers were ranked 10th. It definitely took a team effort to bump up two spots in this meet. Captains Lauren Rustad and Shelby Naughton are very proud of this team effort.

Rustad commented: "First of all, if it wasn't for the underclassmen, this team would have not accomplished what it did this year. They were so beneficial to this team, always working hard, and our numbers show because of them. We also have a great chemistry and that is always a plus."

Not only was this a championship year for the Pacers, but it was a year of improvement for some of the runners. Last year, the Pacers finished 15th at Regionals. Placing 8th is most definitely a sign of improvement. Individually, Shelby Naughton and Lauren Rustad had better finishing time in the Regional meet than they did in the beginning of the season. Rustad improved over a minute at the course and Naughton improved 11 seconds at the course. Both girls were excited to finish their season on a positive note.

Many of the runners on the team had placed good time as well. Of 314 runners in the meet, Diana D'Achille finished 21st, Elizabeth Schwab in 47th, Stephanie Bender in 57th, Naughton in 78th, Rustad in 112th, Katie Sylvester in 143rd, and Kelsey Dunn in 184th.

Now that the big race is over,

as well as the season, Naughton looks forward to the offseason. She is taking a small break to finish up the semester on a strong point and soon before break, will have to start training again. She commented: "It's nice to know that all of your hard work pays off in the end. Now, for a few days, running is the last thing I will think about. I can't stop running for long because the offseason is so important for a runner. So for a few days, I am going to rest and enjoy a little down time."

Now that the Pacers have laid this season to rest, next year seems to be just as optimistic as this year. Rustad believes that this CSAC win will definitely influence possible recruits for next year. She said: "I believe that we have established ourselves as a strong program. What athlete would not want to run on a good squad? The CSAC championship and finish at Regionals should be a motivational factor in their decision."

On next year's expectations, Naughton said: "Our goals for next year are to successfully defend our CSAC championship by repeating as champions. For Regionals, we would like to place in the Top 5. We really want to bid for the NCAA meet."

Usually when a team wins a championship, they seem to have a target on their back. Riley Marcks, a sophomore runner, believes so but is not phased by having a target. She said: "It is nice to know that you have a target on your back. It makes you (the athlete) train harder and compete harder to win. It is a great feeling."

With that confidence, next year seems to be even more exciting for Pacers cross country. Hopefully a dynasty is in the works. <

the Forward position. Lauren Rogan had this to say about the Forwards, "We have skilled returning post players with the addition of some new post players who should see some quality minutes this year."

With only one senior on the team (Sobrinski) and seven freshman on the roster there is no question that the Pacers are one of the youngest teams in the CSAC. The adjustment of the freshman from high school to college may play a pivotal role in the success of the team. "The freshmen have had to adjust to the faster pace and physicality of the game. Each day they get better and show improvement", said Rogan.

The Pacers also know that with last year's success teams will be geared up to play their best. "There is always potential of having a target on your back

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SPORTS



Men's cross country team finishes second in CSAC Photo credit mupacers.com.



Even though the Pacer's Tennis team was ousted by Cabrini early in the playoffs, the team stands united and are looking to come back stronger next year. Photo credit mupacers.com.



Men's Soccer ended early this year. The Pacers lost 2-1 to Misericordia, eliminating them from a berth in the ECAC tournament. Next year, look for the Pacers to come out hungry for a championship. Photo credit mupacers.com.



Congratulations Women's Cross Country on winning the CSAC. Photo credit mupacers.com.



Pacer volleyball lost to Cabrini CSAC semifinals. The girls will be back next year stronger than ever. Photo credit mupacers.com.

Women's soccer cont.

one of only a handful of teams at any level - all across the country - to end our season without a loss and with a Championship trophy, said Smith. <

Women's basketball cont.

with having a winning season but we aren't really preoccupied with what other teams are thinking", explained Schaeffer. Last season's disappointing end has pushed the team to work harder and has them determined to write a better ending to this year's story. <

10 Questions

Emily Fillman  
Volleyball



Photo credit: www.mupacers.com.

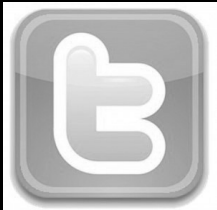
- 1. Favorite CSAC opponent.? Cabrini
- 2. Favorite class of all time at Marywood? Communication Disorders in Children
- 3. Favorite Food? Anything home cooked
- 4. Favorite TV show? America's Funniest Home Videos
- 5. What is in your iPod? A little of everything, all of Rascal Flatts
- 6. Favorite book? Any quote book
- 7. Favorite Athlete? Kerri Walsh
- 8. Favorite Sports Team? I have many - Penguins currently
- 9. Do you have any pets? Yes. A dog
- 10. Favorite Professor? Sister Maria Rose Kelly

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