WOODAWORD

Marywood University

Scranton, PA

October 2010

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Permits for Parking Hardships

Alison Trautmann Editor-in-Chief

Driving through campus, one sees cars everywhere. On a normal weekday, every spot in the center of campus has a car parked within its lines. The scores of cars stretch out in front of Nazareth student center, in the aptly named "pit" parking lot and other spots around campus. But what do you do when every spot seems to be taken and why does this seem to be happening very frequently?

Mike Finegan, Chief of Security, says that there are enough parking spaces for everyone. The problem is not the availability but the convenience of the spots in question. The further away you park, the more likely it is you will be able to find a spot more easily. "The earlier you come, the more likely you are to get a spot closer to your class" said Finegan. However, for those who come later in the day, Finegan recommends automatically looking for a spot in the more distant lots such as near the baseball fields. Parking is far easier now that Maxis Road allows students to cut through campus. The further away from central campus you go, the more likely it is that you will be able to find a spot quickly.

Security knows that students are on a time schedule. The first week, campus is packed with cars because people are



Parking in Nazareth Student Center parking lot at mid-afternoon. Photo credit Ann L. Williams.

coming for reasons other than class such as parking permits and buying books from the bookstore. If you are looking for a spot and can't seem to find one, call security and they will radio out to find where there are parking spots.

There are 1685 spots on campus; they just are not all close to where people need them. If everyone that purchases a parking permit comes on campus, then there would probably be a problem. Security sold 800 commuter passes this semester alone. However, not everyone is here for

classes at the same time.

For some students, the problem is the price of the parking pass. Security says that the money paid for a parking pass enables you to park on Marywood's campus, it does not necessarily guarantee you a parking spot. Students at nearby colleges have to pay substantially more to park on campus. AT King's College, their parking permits costs \$150 for two semesters and the University of Scranton charges \$200 for two semesters. At Marywood, the security office does not benefit from

the parking passes, the price is set by the Board of Directors and the money goes into a general fund in the cashier's office.

"Parking is an issue everywhere you go, not just on college campuses" said Finegan. In reference to the parking situation an anonymous source said "It stinks." However, there doesn't seem much opportunity to improve the situation at the moment. Being blocked by houses, Marywood is unable to expand much further with regards to convenient parking spaces. <

Study Abroad Adventure in Italy

Elysabethe Brown Staff Writer

Last spring, Jeff Addley found himself submerged in Italian culture. For the first time, he was away from home in a different country, not even knowing the language. He admitted that he had taken a bit of Spanish in high school and the Latin influence in both languages helped him pick up Italian, but he said he wasn't exactly "fluent". As we sat in a booth at the Atrium and he told me about his adventure in Italy, I detected a slight Italian influence in his speech, especially when naming things in Italy or speaking small Italian phrases.

So where did Jeff's adventure in Italy begin? In Jessup, Pennsylvania, of course! Every year on the Saturday before Labor Day, a festival in Jessup is held, called St. Ubaldo Day. The holiday was created in 1909 by the Italian immigrants who wanted to bring their culture to America. It is based on La Festa Dei Ceri, or the Feast of The Candle, still held in Italy every May 15th.

The tradition began when

Bishop Ubaldo prevented Barbarossa from attacking their city. The residents of the city of Gubbio began to worry because Ubaldo had not returned for quite some time. They began to fear the worst. Once Ubaldo returned home, the residents were so happy that they put him on a "stanga" and raced him through the streets of Gubbio.

The three statues, St. Ubaldo, St. George, and St. Anthony, are carried by ten men each, who then run the statues up a cliff. The runners make it in about eight minutes, whereas it could take about forty minutes walking time.

Each of the saints is carried in a line, starting with St. Ubaldo, always "winning", then St. George, and then St. Anthony. However, this "race" is not really a race. The runners work almost as a team; if someone lags behind, the others slow down, careful not to pass each other. Jeff's Italian adventure began when he was one of the runners in St. Ubaldo day here in Pennsylvania. There he met two men who had traveled

Continued, Page 5



Dr. Dalton Conley, guest speaker and author of Honky, addresses the crowd at Convocation, see story, page 2.

Photo credit Lauren Reinhardt, staff photographer.

NEWS

The Wood Word

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Interested in writing for The Wood Word?

Contact us at thewoodword@m. marywood.edu

Making Connections That Count: Another **Fall Convocation 2010**

Danielle Walker Staff Writer

Honky by Dalton Conley had been the required reading for the University 100 Courses two years in a row. The student's positive response to the book from last year influenced the reading of this year's University 100 required reading assignment. This year's Fall Convocation was tied into the University 100 course with the invitation of the author Dalton Conley.

The purpose of Fall Convocation is to open up the school year, have the opportunity to present a part of Marywood to the students, have a speaker who will engage them, and to present faculty awards. These awards acknowledge faculty who have performed well within their discipline and craft. "We encourage excellence in the classroom," states Dr. Folev. Dean of the College of Liberal Arts and Sciences. Convocation is a way to display those efforts of encouragement, and shows students that Marywood University values quality, teaching, and scholarship. Within this effort Dr. Conley challenges social justice issues of the discrimination and differences between race and class within American society. Many of the Values that Dr. Conley presented at Convocation are some of the core values that Marywood upholds strongly as a University.

In University 100 classes students are taught the transitioning skills that will benefit academic excellence within their college careers. This course introduces the nature of the University which



Sister Anne Munley gives closing remarks at Fall Convocation. Photo credit Lauren Reinhardt, staff photographer.

they attend, and understand the core values in which the institution is built upon. Respect for each other and empowerment are two of the "core" values Marywood takes pride in, and those were two values that Dr. Conley referred to when talking about diversity and change. "Honky and Conley were good for us at this moment," says Dr. Foley. Dr. Conley understood his privilege of choice that many of his peers did not have, and his

life was an experiment. His life situations were individual variables in his daily experiment as a "honky" in the predominantly African American and Puerto Rican community. In his housing projects he was the minority, but he grasped on to the knowledge of having choice. He was taught color, and that made him realize and experience the power of Continued, Page 19

New Woodland Residence Halls

Alison Trautmann Editor-in-Chief

The new Woodland Residence Halls are finished! Marywood students now have another option of where to live on campus. The groundbreaking ceremony for the new residence halls occurred on April 16 and digging began for the foundation two months later. The apartments were finished and open for students to move in on August 20.

Myron Marcinek, Assistant Director of Buildings and Grounds, said that there were some problems with digging because of the amount of rock in the foundations. "It was very high stress to get everyone organized in time" said Marcinek. In August, the units were craned into place. This operation took less than a day. On Monday the foundations were bare and on Tuesday they were finished. The units had been prebuilt off-site and once they were in place, the team only needed to connect the piping and stairs.



New Woodland Apartments provide extra, roomy living space for Marywood students. Photo credit, Lauren Reinhardt, staff photographer.

The new Woodland Apartments are more environmentally friendly because they use water to heat and cool rather than electricity. These new residence halls were built because Marywood needed more residence space. The Woodland Residence Halls are built to hold 120 students but this semester it is only housing 96

students. There are 12 apartments with two bathrooms on each floor and one handicapped apartment for each unit.

The new Woodland Residence Halls are the first student housing project since the renovation of Madonna took place three years ago in 2007. The older Woodland Apartments had been built in two stages that ended in 2001. <

Exciting Year For SGA

Nicholas Pesarcik SGA Public Affairs Officer

With nearly one month of school down, things are well underway all across the University. With that, Marywood's Undergraduate Student Government Association has been working hard to accomplish the goals it has set forth. For this year, SGA is sporting a new format that allows students to pick what goals they want to work on by choosing a committee that interests them. This fresh format has proven successful so far as each of the four committees has been making great strides to accomplish their respective goals.

The IT committee is currently looking to improve the WiFi signal and its various access points around campus. Another one of the committee's goals has been to upgrade the printer system including the placement of printers and the technology used to pay for prints. At the same time, they are continuing work started on the universal card system.

Meanwhile, the Dining Service committee is concentrating on three main goals for the year. Work continues on meal plan equivalence options and specials at campus eateries as well as developing more meal plan choices that can be offered to all students. Besides working on meal plans and food specials, they are also striving for healthier food options at late night for all students looking to keep off that winter layer.

The Academic Affairs committee is currently directing their focus on the universal grading policy and improvements to University syllabi. As always, the committee is looking at various ways to improve teacher-student contact including email procedures and office hour availability.

The final committee is busy advancing Student Life components of the University, including more seating at the outdoor playing fields, the creation of an activities period, and improvements to campus parking.

All in all, the Undergraduate Student Government Association is working hard to improve all aspects of campus life and is always looking for new members willing to get involved and voice their opinion. Meetings are held every other Tuesday in Media 160 at 9:00pm. The meeting schedule can be found in the student planner or on our website through the student activity's page. Remember to add us on Facebook and if you have any questions email us at SGA@m.marywood.edu. <

NEWS

Scranton Reads Mark Twain



A portrait of Mark Twain, this year's chosen author for the Scranton Reads program. Photo credit http://www.loc.gov/pictures/item/94511339/

Alison Trautmann Editor-in-Chief

The Scranton Reads program is back for its 9th year with a focus on the works of Mark Twain. Scranton Reads is a program during which all of Scranton reads one books, or in this year's case, the works of one author, Mark Twain

The 2010 Scranton Reads program kicked off on September 17th at Courthouse Square. The kick-off included free copies of Twain's *The Adventures of Huckleberry Finn*, as well as music from The Bog Twain Band and actors from the University of Scranton Player's production of *The Adventures of Tom Sawyer*.

Dr. Agnes Cardoni from Marywood University and Rich Larsen from the University of Scranton wrote a cooperative grant between Marywood University and the University of Scranton. The grant provided \$1750 towards the presentation of *The Adventures of Tom Sawyer* at the University of Scranton and Marywood students were allowed to audition for roles on and off stage.

Events planned for the Scranton Reads program include a frog-jumping contest, discussions of Twain's literary works, a film series, a re-enactment of Twain's visit to Scranton, storytelling, an old fashioned game night, and a bus trip to the Mark Twain House and Museum in Hartford Connecticut.

The Scranton Reads website provides a short biographical sketch of Mark Twain (the penname of Samuel Langhorne Clemens). Clemens's penname supposedly comes from a term

used on the Mississippi River for determining if water was deep enough for boats to travel. Twain had many jobs, including times as a printer's apprentice, riverboat pilot, and even a silver prospector. However, he is best known for his writing including such books as The Adventures of Tom Sawyer, The Adventures of Huckleberry Finn, A Connecticut Yankee in King Arthur's Court, The Prince and the Pauper, and A Murder, a Mystery, and a Marriage. Halley's comet appeared at Twain's birth in 1835 and his death in 1910. April 18th of this year marked the 100th anniversarv of Twain's death.

Don't worry, you don't have to read all of Twain's books, simply pick one that sparks your interest. Dr. Agnes Cardoni of the Marywood English Department recommends Twain's short story, but tall tale, "The Celebrated Jumping Frog of Calaveras County." Cardoni says that it is possible to "enjoy the story as a tall tale that somebody might try to tell but you can also enjoy the craft of Twain's diction in the telling of the tale and his understated wit." Another recommended read is "War Peace" because of its subtle argument against war. Cardoni said Twain knows how to captivate the thoughtful reader and his works are full of "those things that make you go 'Hmm.'"

It is easy to find a copy of Twain's work to read. There are copies available at the Albright Memorial Library in Scranton as well as Marywood's library. Twain's works can also be found online through various free literary websites such as Project Gutenberg. <

Marywood and the Scranton State School for the Deaf

Alison Trautmann Editor-in-Chief

Marywood has expressed interest in buying the Scranton State School for the Deaf. The property was appraised at \$2 million but Marywood has offered to buy it for \$500,000. The difference in price comes from the fact that the school is greatly run down. Myron Marcinek of the maintenance department has noted that the school would need many changes to make it useable such as removing lead paint and asbestos. A recent article in The Scranton Times Tribune said that it could cost Marywood up to \$25 million to restore the campus to functionality. The campus is a mixture of old and new buildings. There is also a problem of airconditioning, half the campus is air-conditioned and the other half is not. Marywood would have to deal with all of these problems before moving into the school.

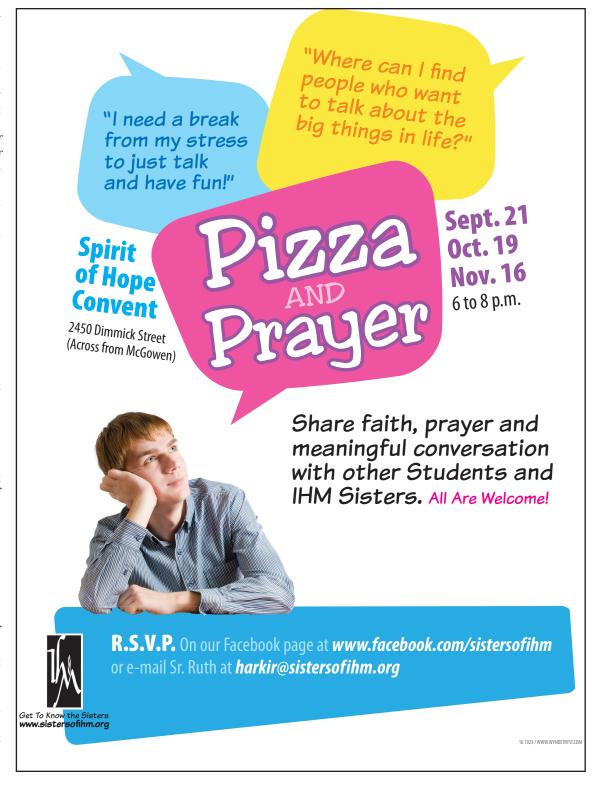
The purchase has yet to be finalized due to the fact that it must pass a vote in the State



What will Marywood do with the Scranton State School for the Deaf? No one knows, yet... Photo credit Morgan Strasser. staff photographer.

Senate's House of Representatives. However, Marywood has not expressed any definite plans for what they will be doing with the property if and when they acquire it. Marywood will not be using the school for student dorms. Perhaps they will be used for offices, classrooms, a studio, perhaps a clinic? Who knows?

What do you think should be done with the property? E-mail us at thewoodword@m.mary-wood.edu



LIFESTYLES

Find anything you want for the best price, FREE at freecycle.org.



The freecyle.org logo reflects the eclectic nature of the site. Photo credit http://www.freecycle.org/images/freecycle_logo.jpg.

Deanna Grella Staff Writer

Do you need a TV but you have no money? What about a couch? Freecycle.org is the perfect place to look to find the things you need while helping to protect the environment, and the best part is, it's all for free. The Freecycle Network, or Freecycle as it is commonly called, was created in 2003 by Deron Beal in Tuscon, Arizona as a nonprofit organization to keep reusable goods out of landfills. The ideals of this network have since spread to over 85 countries enabling the world to keep 500 tons of recyclable goods out of landfills per day.

Freecycle.org can be defined as a free version of craigslist. org with a strong commitment to promote community and environmental protection through members with the same green gift giving drive. There are many rules and regulations decided upon by the local networks that a user can be part of. This helps build the community by collaboration about similar views. Freecycle also has specific rules about what can and cannot be posted, especially one that states that users can never offer any money as part of any exchange.

Freecycle.org works as a gift giving system broken down by geographical areas into Yahoo. com email groups so members can easily post and respond to each other's requests. Marywood junior, Michelle Wolset commented, "Freecycle is a great way to get furniture, school supplies, electronics, and a great way to get rid of clutter when it comes time for Spring cleaning. It is especially helpful for college students for stuff they need for their dorm or apartment. I'll definitely try it when I need to find something."

Melody Rentschler, a Marywood student, explains the process of joining a group, "Joining a group on Freecycle is somewhat selective, your membership is not instantly approved like it would be on any other site. You have to be accepted by the group leader of your particular area in order to join the group. Also, the group leader has to monitor the posts for quality control. If any of the rules are violated twice, the membership will be deleted by the leader of the group. Despite the guidelines, the variety of items still able to be placed on the site are

Recently listed on the site were tire rims, an Apple monitor, clothes, stuffed animals, umbrellas, baking pans, rubber boots, board games and a stroller just to name a few. A member's *Yahoo* inbox will only allow a select number of items daily, but it always fills with new requests. It is also cool that members will post messages of thanks to those who could use their items or apologies to the people they couldn't help.

It really shows the sense of community and mission that Freecycle stands for."

The Clacton Gazette in the United Kingdom reported in August that, "Alison Denby, 54, of Chilburn Road, Clacton-on-Sea, got everything she needed for her house from the exchange website, www.freecycle.org, without having to pay a penny." Denby also states in that article that, "I was really surprised at how easy it was to do, and it was so helpful for me I thought everyone should know about it."

Although most articles will sing Freecycle's praises, The Missourian contests that although Freecycle.org "still promotes consumption." The original concept of Freecycle.org was to find a way for people to get rid of items that were still usable without throwing them away. The people that receive these items are usually in need of them, and Freecycle.org encourages members to consider giving their items to local shelters in need before they give them to other members.

"This trash to treasures concept is a truly unique one that is always a win win situation for the members on either side of the trade. The giver gets an opportunity to give an item to a neighbor or a local charity, and the receiver gets an item that they could really use. It is a great way to declutter your life as well as decluttering the planet's landfills," says Miranda Sorber.

As always, members are cautioned to be mindful of what information they post on these websites and stick to the guidelines of the website in order to be safe and have the best experience possible.

Student Health Services

Health Fair and Flu Clinic

November 4th
11:00 a.m. - 2:00 p.m
Latour Room
Fee for Flu Vaccine will
be \$30.00

Everyone is Welcome



Winds of Change

Marywood's new wind turbine, located behind the Mellow Center, promotes sustainability while powering the new Aquatics Center.

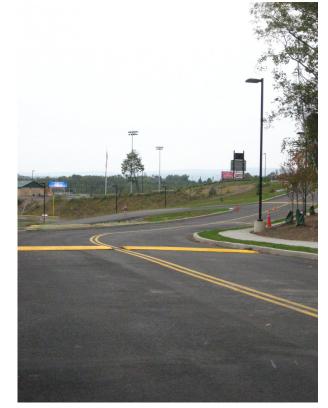
Photo Credit Lauren Reinhardt, staff photographer.

Alison Trautmann Editor-in-Chief

The new wind turbine was installed in early August behind the Mellow Center. It is part of Marywood's ongoing effort to go green. The electrical current goes straight into the Mellow Center and will automatically switch off if there is a power outage. Myron Marcinek of the Maintenance Department noted that the new

turbine has the ability to generate power at higher wind speeds without having to shut down.

Another benefit of the turbine is its ability to generate electricity faster due to its cone shape. The company that produced the turbine also makes the claim that it is quite enough to study underneath. So grab your books and head over to study beneath Marywood's latest effort to go green. <



Maxis Lane, an extension of Adams Avenue between the McGowan Center and Holy Family Residence is now open for two-way traffic. Photo credit Ann L. Williams.

Landmark Scranton restaurant now accepting applications for part- time waitress, cashier, and kitchen staff.

Apply in person to The Original Coney Island of Scranton, 100 Cedar Ave., Scranton. www.coneyislandofscranton. com

LIFESTYLES

Study Abroad Adventure, continued

all the way from Italy to come to Pennsylvania for the festival. Jeff and his family welcomed these two men into their home offering them food and wine. These Italian men were so thankful for Jeff's hospitality that the other man, Giorgio, e-mailed him when he got back to his home, inviting him to come to Italy. In broken English Giorgio said "our home is your home".

So the next spring, Jeff and a small group from Jessup were off to Italy. There he attended college, The Umbra Institute, which is made up of all American students, while the faculty is half Italian and half American. It is one of three universities located in the capitol city, Perugia. Within 2 weeks of being there Jeff said he had a good feel for his surroundings, and all he wanted to do was submerse himself in the culture. While in Italy Jeff ran into Giampaolo Angeloni, the man who he had ran with a year earlier in Jessup. "Domani in la mattina nove agui." Giampaolo said to Jeff which translates into "tomorrow in the morning 9:00 here." Giampaolo had kept it as a surprise that he wanted him to run with him in the festival again, this time in Italy--something not many people ever have the opportunity to do.

The morning of the festival Jeff went to the museum where the statues were kept. He walked up to large wooden doors, where a group of military police and onlookers had gathered. Few people are allowed in the building, so he was questioned by the police. As he knocked on the door, a woman whom he recognized as the wife of a former capo deici, or captain of ten, (the person who was in front carrying one of the statues), welcomed him into the building where he then saw hundreds of people singing and celebrating before they started off with the festival.

At eleven o'clock they opened the doors to thousands of people all dressed in the colors of the saints, yellow, blue, and black. Jeff and Giampaolo ran side by side, just as they had in Jessup. "It was an adrenaline rush...I still get chills just thinking about it," says Jeff. Jeff says he would love to have to opportunity to go



Jeff Addley studied abroad in Italy last semester. Photo Credit Jeff Addley.

back to Italy--someday.

If you would like to find out any more information about St Ubaldo day in Pennsylvania or La Festa Dei Ceri in Italy, log onto www.saintubaldoday.com or www.ceri.it

Also, if you would like information about the study abroad program, contact David Crisci or Nancy Malony at Liberal Arts Center, Room 220 (570) 961-

4581 or international@mary-wood.edu. <



SPORTS

Pacers Field Hockey Season Preview

Amber Mohrmann Staff Writer

Marywood University's Field Hockey team has been hard at work preparing for their season under the direction of their new head coach, Megan Bullock. They are also being led by cocaptains Brittany Beaton (Sr.) and Julie Dougherty (Jr.). The team arrived in the middle of August and immediately went to work honing their skills. Their current record is 1-6 and they are looking forward to the season ahead.

Both the coach and captains agree that Keystone College and Cabrini College are the most anticipated games, along with a game against Gwynedd Mercy College.

When asked about how the season was going and what her expectations were, Coach Bullock said, "It's going well, we are improving every game. I expect us to have a few growing pains, we are starting a lot of freshmen. We have a young team, a lot of underclassmen playing, but I ex-

pect to do just as well and actually a little bit better than we did last year; definitely post season."

The team graduated four seniors last year, which can prove to be a challenge for the team, but they have bounced back with eight incoming freshman. Coach Bullock also said that they believe they have done well filling in the empty spots with the underclassmen. "The freshmen are helping a lot, they've been a big asset to the team," Co-Captain Brittany Beaton said about the new team members.

Co-Captain Julie Dougherty added, "Yeah, I think everyone is using each other and we're working well together." Julie also added that the preseason went well, "We learned a lot of fundamentals skills during preseason and got good conditioning in, which really helped out for the games." Returning members of the team this year are juniors Emily Eremo and Dana Sweeney and sophomores Carly Bergstrom, Jamie Bowman, and Morgan Walsh. Junior Patrice Christensen has joined the squad

along with freshmen Briana Bacchetta, Sara Bauer, Erin Dawson, Taresa Dongilli, Kelly Michalowski, Kathryn Morin, Amber Stevens, and Nicole Wessner.

Along with a large group of new players, the team has a brand new coaching staff. Head coach Megan Bullock and newly appointed Assistant Coach Kellina Yarrish will lead the team this season. Coach Yarrish graduated from Honesdale High School and had an outstanding field hockey career at Keystone College. Coach Bullock was the assistant coach of Marywood's field hockey team last year and took over the position of head coach this year. She has been playing field hockey since sixth grade and continued to play while attending Elk Lake High School. She then took her field hockey skills to the next level, attending Lock Haven University, where she was a standout player on their team for four years.

When asked about her transi-Continued, Page 19



Brittany Beaton plays in a game against Wells. Photo credit www.mupacers.com

Marywood Women's Tennis

Dave Scarnato Staff Writer

"One of our team mottos is, "Believe it, achieve it." From day one, the team has been striving to achieve the great goal of winning the CSAC."

With that statement from Captain Beth Schneider, how much more determination do you need? As of deadline, the Marywood Women's Tennis team is 4-1 and is off to a great start. However, the schedule features seven straight CSAC matches in a row. Will this be a challenge for the Pacers?

Kristin Guba, a junior from Latham, New York, views the team's chances to win with much optimism.

"I believe we have a strong team, with much depth. The presence of upperclassmen that we have makes our team very dynamic. Therefore, I am confident in our chances this year."

The Pacers are returning nine players from last year. Five of the veterans are juniors Lindsay Burke, Morgan Fereck, Kristin Guba, Ashley Karli, and Beth Schneider. Aubrey Klesh is the lone senior. Returning sophomores are Lauren Fersch, Kara Hoff, and Elizabeth Sullivan. The rookies that are already making an impact are Melissa Hudock, Caili Nizamis, and Erika Von Zup. The team is coached by Peter Hubiak, in his fourth year at the helm, and assistant Jamie Valis, in her second year.

Leadership is a bit youthful. Last year, Burke and Schneider were named team captains as sophomores. This privilege and duty is a challenge to most young players, but not to Burke.

"Being a captain means I have to be a role model, not telling people what to do. I do my best as a captain by leading by example and my teammates feed off of it. We all get along, which makes being a captain a privilege, not a responsibility."

Speaking of privileges, Burke early on in the season won a prestigious award in the CSAC conference. She was awarded "Athlete of the Week" for her actions on the court.

"It is definitely an honor, but mostly it was a pleasant surprise" said Burke. But, would this award so early in the season make Burke a target for opposing players? Burke did not think so. She is up to the challenge.

"Hopefully the opposition has no idea that I won the award," Burke joked. "I just take my game match by match and not let anything bother me."

Two tough opponents that the Pacers will face are Gwynedd Mercy and Neumann. These two squads have given the Pacers a tough challenge over the past few seasons. But, the girls are ready to take them on.

"I think we can consider Gwynedd Mercy and Neumann our in-conference rivals," Kristin Guba commented. "They are very tough to play against, but we are up to the challenge to play above and beyond our potential to try to beat them."

This group of girls has what it takes to compete and win on the tennis courts. In their interviews, they are extremely friendly and always have a smile on their faces. On the courts, they are all business and are ready for action. This program is one of the most successful in Marywood athletics. They know the stakes, and they want to be a part of this history that is Marywood Women's Tennis.

The next home match is October 13 against Cedar Crest. Come out and support your Marywood Women's Tennis Team. You will not be disappointed. Log on to mupacers.com for updates on matches and times.



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Proceeds benefit the retired IHM Sisters

Find us online at WWW.THEWOODWORD.ORG

The Wood Word October 2010

SPORTS

10 Questions

Lauren Rustad Cross Country West Chester, PA

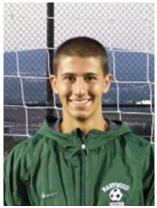


Photo credit: www.mupacers.com.

- 1. Major? Speech Language Pathology
 - 2. Favorite food? Chinese Food
- 3. Pre-game meal? Pasta Party night before game
 - 4. Favorite sports team? Philadelphia Phillies
 - 5. Favorite athlete? Chase Utley
 - 6. Favorite sport to watch? Football
 - 7. Favorite tv show? Jon and Kate Plus 8
- 8. Favorite movie? How To Lose A Guy In 10 Days
 - 9. Favorite band/artist? Taylor Swift
- 10. If you could run with anyone who would it be?

 Steve Prefontaine

Congratulations to (clockwise)
Christian Lawlor,
Lindsay Burke and
Diana D'Achille
on being named
CSAC Athletes of
the Week.
Photo Credit:
www.mupacers.
com.





Men's and Women's Cross Country

Dave Scarnato Staff Writer

When you envision running in a race, all you can picture is the finish line. But, the obstacle of getting to that line is running the race itself. Finishing (or even winning) the race in the quickest time is a runner's primary goal. Another goal would be to win that race. In Cross Country, this is a team effort. The team with the best time wins, making every runner work hard to run the best time possible. The team goal for both the Men's and Women's Cross Country team is to win the CSAC this year. The Pacers are fired up and ready to compete in 2010. What more could coaches Kevin Borelli and John Evangelista want more out of their players?

For the Men's squad, sophomore Brian Lewis has the confidence in himself, as well as his teammates.

"We are definitely looking like a strong team. By hard work in practice, we want to set our goal as hopefully becoming the CSAC champions."

Speaking of hard work, junior Shelby Naughton did some extra work in the offseason. This year, she is helping her team finish with the best time by dropping time in her personal record.

"I'm feeling good so far," Shelby commented, "hopefully this will help us win the CSAC this year."

Lauren Rustad has high expectations for the Women's team as well. "We are ready to go this year. I know we can finish in the top ten of this region as well as winning the CSAC."

The region that Lauren speaks of, as I was informed, is said to be one of the toughest regions in the area. Marywood wants to be a force in this region. Just the confident facial features on the three I interviewed made me want to go out and run with them. But, I decided to write the season preview while they do the work.

The Men's roster has three seniors. They are Keith Makar, David Marra, and Cristian Triana. The lone junior is Mike O'Neill. The sophomores are Damon Giambrone, Kevin Iboy, Brian Lewis, and Eric Sprenkle. The freshmen are Julian Caiazzo and Michael Legath.

Continued, Page 19

Men's Soccer

Dave Scarnato Staff Writer

As of deadline, the Marywood Men's Soccer team is 5-1 before CSAC play begins. It seems as though early on the Pacers are determined to achieve CSAC gold this year. Head Coach Dawson Driscoll and assistant Peter Schmidt must be extremely proud of their team in the early going of the 2010 season. Last year, the Pacers finished a disappointing 7-9-2. They certainly have patched up the wounds from last year and turned on the jets for a successful start in 2010.

Brett Megee has extreme confidence that this year will be a great year for Marywood soccer. He said: "We expect to have a winning record and we expect to win the conference and qualifying for the NCAA Tournament, which is done by winning the CSAC Championship."

I always say that in order for a team to be successful, there must be strong leadership from the upperclassmen. Seniors Joshua Hicks and Billy Gordon hold the captaincy title and seem to have Continued, Page 19

Women's Soccer Preview

Shane Ostroski Sports Editor

As the 2010 Marywood Women's Soccer season has officially kicked off, expectations are riding high. In 2009 their season ended one win short of reaching the NCAA Tournament, with a tough 1-0 loss in the CSAC championship game to Cabrini. That loss has motivated the Pacers to make it to the NCAA Tournament this year. " Our goal for the season is to win the CSAC and advance into the NCAA Tournament. We made it there two years ago, but we lost our first game in penalty kicks, if we make it back this year , we wont be satisfied unless we vin some games," said Junior Midfielder Diana Young.

There is no doubt that the team has the talent to reach their goals. At the annual CSAC pre-season coaches' conference, the Pacers were voted the favorites to win the CSAC this season. What is even more impressive about being named pre-season favorites is the Pacers are without last season's CSAC Player of the Year, Lisa Hanselman. Hanselman accounted for 18 goals and finished with a team high 39 points. The ranking is a testament to how deep and talented the team really is.

The Pacers return eight starters including their three captains, Goalie Meghan Coyle, Defenseman Andrea Barker and Midfielder Leslie Highman. Coyle was named to the First Team all CSAC for her work between the

pipes in 2009. Barker like Coyle was also named First Team all CSAC for her play last year. Highman was named to the Honor Mention Team, as she started all 18 games while scoring two goals. "Our captains have done a great job of showing leadership on the field. The team looks up to them and we all respect our three seniors," added Young.

Sophomore Siobhan Blancaflor leads a talented group of young Forwards. Blancaflor was named to the Honorable Mention Team last season as a Freshman. Junior Caitlin Light will be called on for leadership at the Forward position as she is the most experienced at the position. Light played in every game last season, posting four goals. Sophomore Erin Doyle scored twice last season for the Pacers. Freshmen Erin Jones and Katrina Kincel round out the Forward position this season.

The Midfield position is in capable hands with Highman and Young, along with Senior Jennifer Slesinski, and Sophomore Olivia Habicht. Young scored one goal while assisting on two others. Slesinski finished last season with two goals and two assists. Habicht was named CSAC Rookie of the Year and was placed on the First Team All CSAC as she registered eleven goals and assisted on four more. Sophomores Jessica Cosentino and Kaitlin Harskins along with Freshmen Emma Nye and Josephine Hall will fight for playing time.

Arguably the strongest position for the Pacers this season

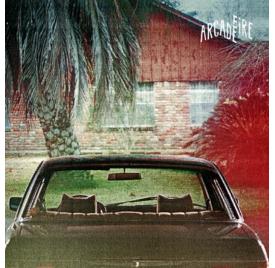
will be Defense, with Barker, Senior Shannon Hresko, and Sophomore Lacey Habicht. Hresko was named to the CSAC Honorable Mention Team, she scored one goal and added an assist. Habicht accumulated four assists last season for the Pacers. Junior Kaitlin Hresko, Sophomore Chelsea Pixley, and Freshmen Morgan Walker, Paige Madary, and Nicole Phillips add depth to the Defense position.

Megan Coyle stopped 72 shots on goal, while only giving up 16 goals last season. She is backed up by Sophomore Dominique Kozuch, and Freshman Nicole Davis.

The team is coached by Andrew Smith, who is in his 11th year as head coach for the Pacers. He has earned Coach of the Year three times including one last season. He is assisted by Anthony Roma, who played here at Marywood for his junior and senior season. Elizabeth McGill is serving her third year as volunteer assistant coach, as well as goalie coach for the Pacers.

The team as of deadline was 2-2-1, posting wins over Hartwick College and Utica College. The Pacers lost to Wilkes University and Ithaca College, who is currently ranked 16th in the nation. The team tied Misericordia University 2-2. The Pacers started their CSAC schedule with Gwynedd - Mercy College on September 21st. Go out and support your Pacers as they try to prove that they are indeed the best team in the CSAC conference. <

Album Review: Arcade TV-M(arywood) Fire - The Suburbs



Carly Moore Staff Writer

Arcade Fire has done it again. With the release of their third album, *The Suburbs*, the band has aimed high for a positive reaction, and has succeeded. Since the release date on August 2 in the United Kingdom and August 3 in the United States, Arcade Fire has been blowing up the album charts. The album premiered at the top of the Irish, UK, and Canadian Album Charts and the U.S. Billboard 200.

This excellent sixteen-track album alters between upbeat and cheerful ("Sprawl II") to more subdued and low-key ("Wasted Hours"). My personal favorite, "Ready to Start" displays both aspects with its positive beat, yet withdrawn lyrics.

Prior to hearing "Ready to Start," I was not a huge Arcade Fire listener. I knew a few songs from previous albums, Funeral and Neon Bible such as "Wake Up" and "Rebellion (Lies)". I was first turned onto the indie rockers after hearing "Wake Up," which was featured in the hit motion picture, *Where the Wild Things Are*.

Arcade Fire has that mellow sound of Band of Horses, and the lively beats of LCD Soundsystem, which creates a lovely mix. Band mates include Win Butler, Régine Chassagne, Richard Reed Parry, William Butler, Tim Kingsbury, Sarah Neufield, and Jeremy Gara. Together, they have been able to design a new face for success through obvious indie-snob bashing lyrics and diverse instrumental sounds in *The Suburbs*.

This summer, after first listening to "Ready to Start," I was instantly hooked. "Ready to Start" can be compared to Funeral's "Rebellion (Lies)." Lead singer, Win Butler sings the powerful lyrics to the songs chorus, "If I was scared, I would/And if I was bored, you know I would/And if I was yours, but I'm not." According to a review from Interfer-

ence, Butler thrived on memories from his past to write the lyrics that make up *The Suburbs*, which reflect in "Ready to Start."

Soon after the albums release date, I decided that I'd give Arcade Fire a shot and purchase the album. I can assure you, I was very impressed. The Suburbs features tracks that use flashy keyboards and big drums, which can create a riveting crowd-pleaser. In "We Used to Wait" Arcade fire fuses interesting keyboarding with a light sound of drums to produce a powerful track. The Suburbs has two tracks that are split into two ("Half Light I", "Half Light II" and "Sprawl I", "Sprawl II"). The first of the two display the cheerful beat and long instrumental breaks. The second of the two show the more dismal setting of the track that lets the listener become more in-touch with Butler's mind.

Butler's wife, Régine Chassagne, makes a keen appearance in a few tracks including "Rococo." In this track the Montreal natives sing about mocking the untamable, modern day kids. The mood can send the listener into an enthusiastic frenzy.

If you have put faith in Arcade Fire before, then *The Suburbs* will not let you down. If you really enjoyed Funeral and Neon Bible then you are in luck. The Suburbs is even better. Arcade Fire has soared from their early days of success to bring you a completely different path by devising *The Suburbs*. This album has increased my liking for Arcade Fire and I am sure that it will do the same thing for you. <

TV-M(arywood) Your Television Studio

Jeremy Barket Staff Writer

Did you know Marywood has its own television station? Did you know that you can currently watch it's programming on local access channel 21? Did you know that Marywood's television crew are always open to new members with new ideas? If you did not know any of this, perhaps this is why TV-M is looking for you, because this is, after all, your television station.

Recently, I met up with Gaetan DeSimone and Ryan

up and make the television station how they wanted it to be.

Along with DeSimone, Duggan is production/program director, Sara Tompkins is promotions director, Kaeleigh Schaepe is assistant promotions director, with Arielle Kovalich as the news director. Their common goal is to revitalize the television station. These five atudents all came together and wanted to bring awareness of the television station to students on campus. However, they also want to let people know about the opportunities the digital media club offers to all students. Students

programs here and there. TV-M will shortly jump start the TV station revitalization and you better keep a look out for new and exciting programs. Aside from continuing the TV-M News, Breaking the Mold will continue to shed light on local and national musical artists, a new local sports show will cover everything from local high schools to professional teams [aside from Marywood's own basketball games], and there are various other game shows that are currently in the works. And these are just the definite programs to be shown on the



If you are interested in being involved with the television station, please contact gdesimone@m.marywood.edu.

Graphic credit Jeremy Barket.

Duggan. Both are junior-year digital media students who have provided me with a wealth of information about the television station and Marywood's communication department itself. Both mentioned that out of all the schools they visited, Marywood was the university for them simply because of the television experience you could get as a first year student. As DeSimone puts it, "I was a little skeptical at first, but once we started making productions, I knew it was the right decision."

TV-M has been around for a number of years, but if you turn on local access channel 21 right now, you might just see local advertisements. In terms of the communication department, the radio station is very well known, but the television station has pretty much stagnated in recent semesters. This observation sparked DeSimone [TV-M station manager] with the idea that the TV station needed a new breath of life. For the past few years, there has been a live news program, and a few other programs here and there, but that's pretty much it. It was ultimately Dr. Lawrence who allowed the communications students to step

have the option of producing, directing, or even helping on programs created by the students.

"You may call this the relaunching of TV-M, but I call it the saving of TV-M," says Desimone.

The leaders of the television station cannot do this alone. It is up to the other students who have an interest to actually step up and participate. It is reassuring to those in the communications department to see students coming out of the dark and show interest in the television station. Aside from the required practicum hours, these students are genuinely interested – which is a great thing.

So how did this common goal start?

For Desimone and Duggan, their interest in taking advantage of the television station and making their own programs really started with Breaking the Mold.

"It started with a \$50 cab ride to Wilkes-Barre's Café Metropolis to see the Gaslight Anthem," says Desimone.

So, traveling with two cameras, batteries, microphones, and two tapes eventually led up to taping the band's set and interviewing them afterwards. Shortly afterwards, Breaking the Mold came about with a skeleton crew of around 5 members who would interview national bands like Cartel and Motion City Soundtrack to smaller, local bands. Many interviews could currently be found on *youtube*. *com*, but the main focus now is to bring it all back to television.

So, forget about just the live news program and various other

local access station 21. Who knows what show will be next? Maybe it will yours. Also, be sure to pay attention to TV-M promotions airing in between the programs!

Eventually, the television station would like to, and has the potential to, become a self-sustaining machine, so to speak. Of course, it starts with short-term goals [producing and directing your own program], to long-term goals of being known and available to every student on campus, in addition to the outlying communities. Although the radio station is very well known in the community, there is no reason the television station cannot be known as well.

Essentially, there are students who want to direct, produce, and create their own television shows. You do not have to be a communications major to do so either. It's a station that is run by students, for students and you could become involved as soon as you want to.

As Desimone sums it up, "TV-M is not just a television station, this is your television station."

IF YOU ARE INTERESTED in becoming a part of saving TV-M, please contact Gaeten Desimone at gdesimone@m.

marywood.edu. <

INSERT YOUR ARTICLE HERE

Interested in writing for The Wood Word?

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From the Library: Rear Window



James Stewart and Thelma Ritter in Alfred Hitchcock's Rear Window. http://www.tcf.ua.edu/ Classes/Jbutler/T112/ HitchRearWindow03.jpg

Alison Trautmann Editor-in-Chief

The library at Marywood sometimes seems like a large donut shaped labyrinth. You walk in circles in the hope that you just MIGHT find an exit. However, one of the easiest things to find in the library is a good movie to watch. Just walk to the left as you enter on the top and the movies are right there. As it is October, a great movie to check out would be Alfred Hitchcock's superb classic, *Rear Window*:

L. B. Jeffries ('Jeff'), played to perfection by James Stewart, is stuck in a wheelchair for weeks after breaking his leg. Having nothing better to do and incapable of going anywhere, he spends most of his time looking out the window at his neighbors. He sees their comings and goings and makes sure to keep an eye on the beautiful girl next door to the chagrin of his girlfriend, Lisa Freemont (Grace Kelly). However, one night the story takes a frightful turn, Jeffries thinks he is witness to a murder that took place right across the courtyard from his room. Even with the help of his friends, Jeffries is unable to turn up any clues to prove that the murder took place. Is he imagining things or did the murder actually happen?

In order to film the movie, Hitchcock had a single set constructed to look like an apartment building surrounding a courtyard. Throughout the film, all of the scenes except for a few shots originate from Jefferies' apartment

There is no "official soundtrack" for *Rear Window*. If you pay attention, all of the music and sound in the film comes from realistic sources within the film's world except

Continued, Page 19

The Like: Release Me - Current Retro Music!

Jeremy Barket Staff Writer

Girl groups.. Girl groups.. Well Taylor Swift is on top of the pop/country charts, Lady GaGa has control over the dance club hits, and Rihanna keeps getting more famous. But where are those all-girl groups who started in their garage, who actually play all of their own instruments, and who actually write all of their own music? The Like are an LA-based all-girl music group which sound almost in distinguishable from many girl groups from the early 1960's. You've heard the type of music.

Retro songs about love, relationships gone wrong, and more songs about relationships gone wrong. This is pretty much what kind of music the band The Like is putting out there... but isn't that what most music is about anyway? This album will probably not change your life, but it will definitely grab your attention with it's retro-current sound and catchy lyrics... mostly based on relationships gone wrong.

Released June 15th, 2010, 'Release Me' is the second studio album from the band The Like. The band consists of Z Berg [lead singer/guitarist], Tennesse Thomas [drums], Laena Geronimo [bass], and Annie Monroe [organ]. The original formation of The Like started when Z Berg was still a teenager, but the band has went through different lineups to get to where they are now.

"'Cause I just can't forgive and forget/When I'm through with him he will be wishing he

was dead." These are just some of the lyrics Z Berg belts out on 'Release Me's opening song, "Wishing He Was Dead." The song opens with a garage style guitar, followed by the bass, drums, and the instrument what makes it sound truly retro – the organ. Listen for the all-girl back up vocal shrieks! Although the band is extremely influenced by 1960's 'British Invasion' bands, the sound they produce is something different, unique, and ultimately very catchy. Thomas reveals her love of 'British Invasion' bands in a recent interview in ELLE magazine, "We're Obsessed with the Beatles and the Who and the Kinks, they made playing music seem like the most fun thing

Although various members of the band have parents that work in the music business [Z Berg's father used to work for Geffen Records], it doesn't make the music any less than what it is. It doesn't hurt their style or appearance either. They know how to be noticed. Perhaps this is why designer Zac Posen featured the band in a music video to promote his Target fashion collection.

This isn't to say The Like should only be noticed for their unique sex appeal style. In the same interview with ELLE, Z Berg states "When you make music with boys, they don't tell you you're pretty or you're playing very well. We'll say, 'You're good. You look nice today."

The music doesn't drag on, it sounds as if The Like starts their song, say what they want to



The Like recently released their second album, Release Me.
Photo Credit: www.spinner.com.

say, and then it's already onto the next song. Most songs clock in at about three minutes each. They all seem like radio friendly pre-packaged pop singles! Although the music does sound like radio ready music, the band is still relatively unknown. Following the opening track, "He's Not a Boy" is a song about 'a boy you can't change nor should you want to.' Perhaps this is the boy who Z Berg had some fun with before it undoubtedly ended horribly and a song came out of it. A few songs later, "I Can See It In Your Eyes" follows the same opening-verse-chorus

song pattern, with lyrics of "You'll never leave her will you, baby?/ I understand you'll never grow up, or be a man/and I'd wait a thousand years for you/but this I demand/just tell me where I stand/take my hand, I know you can."

But the real gem of 'Release Me' doesn't come until the very end. Nearly all the previous songs on the album are either upbeat or have a sunshine-y vibe, but "Don't Make a Sound" is without a doubt the most musically in-depth, darkest song on the album. The song starts out *Continued, Page 19*



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Movie Review: Scott Pilgrim Vs. The World

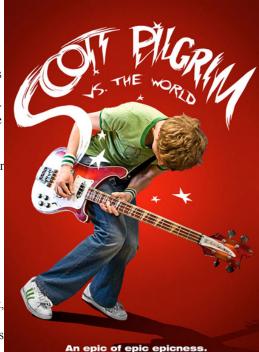
Vincent Mecca Staff Writer

Over the summer I was invited to a movie called *Scott Pilgrim vs. The World*. The only thing I knew from the previews I saw on TV was that a boy was going to have to fight the seven "evil exes" of his girlfriend in order to be with her. What I expected to watch was a sappy love story with dry humor, seeing as the main character was played by Michael Sera. Well, that wasn't the case at all. I was shocked.

The opening starts out with main protagonist Scott Pilgrim and his band Sex Bob-ombs practicing for a gig, while Scott's girlfriend Knives, who is still in high school, watches. The story progresses to a party where Scott spots the beautiful Ramona Flowers standing up against a wall. He attempts to ask around about who she is and what she's all about, but the answers he gets are vague and only intrigues him more. Scott tries to go up and talk to her, but his poor attempt at small talk fails when he begins telling her the origins of PacMan

Scott later finds out that she works for *Amazon.com* as a delivery girl, and so he quickly orders something online in hopes that she'll deliver it. The day the package comes and Ramona rings his doorbell, he asks her out and she agrees if he'll sign for his package.

This turning point in the movie begins their relationship and the love triangle between Knives, Scott, and Ramona, as well as the problems Scott will soon face from the League of Evil Exes.



from the League of Photo Credit: http://
Evil Exes. blog.80millionmoviesfree.com/wp-

As the story goes content/uploads/2010/08/watchon, Scott receives an scott-pilgrim-vs-the-world-online.jpg email from the first

of the seven evil exes of Ramona, stating that he is coming for Scott now that he is dating Ramona. He disregards the email,

and only realizes after he is attacked at his concert by this first evil ex, that he is, in fact, going Continued, Page 19

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The Summer of Love (and Heartbreak)

Owen Karoscik Staff Writer

This has not been the most illustrious summer of blockbusters. However, there have been some exceptions but isn't that how it's supposed to be? Summer movies make money and entertain audiences.

The Best:

3.) Despicable Me

Many people are siding with Toy Story 3, but I find this to be the animated movie of the year. Steve Carrel voices Gru, a cold-hearted supervillain who plans to steal the moon. When competition comes in the way of Vector, Gru adopts three girls to help him succeed in his plot. However, the girls' love towards him soon melts his cold heart. Gru's "minions" add even more humor and charm to this adorable film.

2.) Inception

Although excellent with its writing and visual effects, Inception gives you the one thing you don't want when going out to the movies: a headache. The cast is perfect (led by the superb Leonardo Dicaprio) and directed by an incredible visionary (Christopher Nolan). The story, however, is very difficult to follow and the running time (at two and a half hours) is overextended. Some will disagree with me saying that Inception was the film of the summer, and it comes close, but it was not my favorite. It is still worthy, however, to be placed on my best of summer list.

1.) Salt

This was the biggest shock of the summer for me. While watching the trailer for months, I kept asking the same question given to myself and the audience: Who is Salt? In one of her best performances ever, Angelina Jolie climbs buildings, jumps across moving trucks, and kills anyone who gets in her way. Would like to say more, but don't want to spoil the surprise twists and turns. A must-see!

The Worst:

2.) Iron Man 2

I won't disagree with anyone who argues with me for having Iron Man 2 on my worst of summer list. In reality, it was not the worst I've seen this summer, it was just a disappointment. It is incomparable to its predecessor, but is good at the beginning and the end. However, I found the middle to drag on and not very exciting. I still chuckle thinking about Mickey Rourke, who plays the villain, saying, in an awful Russian accent, that he wants his bird.

3.) Piranha 3-D

3-D has always been a ridiculous gimmick to me, until I saw Avatar last year. It was more than a movie. It was a spectacle. Sure it was not original storytelling, but there is no denying the beauty of its CGI. It was the first movie that proved 3-D to be an art form. The only thing financers in Hollywood saw was the extra five dollar ticket charge and a quick way to make billions of dollars. It gets really annoying seeing every movie come out in 3-D, especially ones that don't need to. This mega-disaster was one of the king of them. All the actors in this movie, especially the legendary Richard Dreyfus, must have been desperate for money. <

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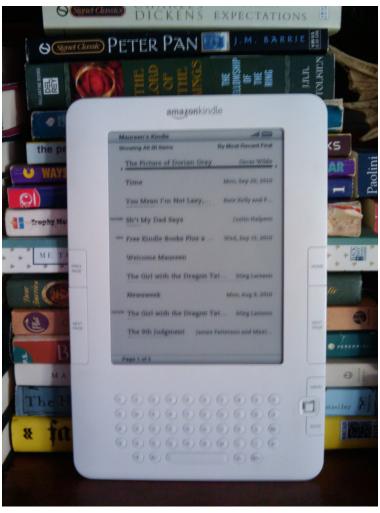
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Katie Owens Staff Writer

As I sit down in the Marywood library to begin writing this article, it occurs to me that if and when eBooks do replace actual books, libraries will be a thing of the past. At least in their original form, as a place to find and borrow books from. With the never ending innovations in technology, the original method of doing almost anything has been replaced. One thing that has stood the test have time thus far has been books. Yes, the way in which they are mass produced has changed, but never the bottom line -- pieces of paper with print and pictures held together with binding.

In the last few years, however, eBooks and eReaders have taken the literary community by storm. These are devices that can download the text of a book and let you read it right there on the device. Arguably, the most popular, and first mainstream, eReader is the Amazon Kindle. This device was first released in November 2007 and has had four other versions come out since



Amazon's Kindle marks a transition from books to e-readers. Photo credit Katie Owens.

A Whole New Generation of Reading

To date, there are over 700,000 books available to buy for all of the platforms. The cost of the device itself starts out at \$139 and almost every book costs \$9.99 to buy. Once you buy it, it is yours forever. You can keep up to 1500 stored on the Kindle itself and if you don't want them all on there, they stay stored on your Amazon account. As college students, we tend to associate spending money on books with our textbooks. Plenty of these, too, are offered in eBook form. That alone is something to look into because you can make notes and highlight in an eReader and not have to carry around a fifty pound book bag.

There are, of course, similar products on the market. The

"As college students, we tend to associate spending money on books with our text-books. Plenty of these, too, are offered in eBook form. That alone is something to look into because you can make notes and highlight in an eReader and not have to carry around a fifty pound book bag."

Barnes & Noble Nook was released last November which features most of the same features but is touch screen enabled. With the release of the iPad, Apple is now running a campaign to make the eReader App more popular than all other competitors.

But the real competitors in this case are the book stores and publishers. If you ask most serious authors, they would say that they just want people to read their books, no matter the platform. But that doesn't change the fact the publishing is an industry and if you want to make money, you have to make sales.

An average hardcover book costs between \$18-\$24. No matter what it is sold for, the publisher gets back their percent of the list price. While it is Amazon that loses the money, so are book stores because people aren't coming to them. But in this economy, who isn't looking for a way to save money. While the eReaders themselves aren't exactly cheap, by the time you buy fifteen books on there, you have already got your money back in the difference. That isn't even including all of the free material offered.

People who read a lot seem to be the ones that do not like the idea of eReaders. To many people, nothing is comparable to the feeling of physically turning the pages. A lot of people say that the smell of a new book (and an old one) are things that will never be able to be reproduced. You can tell their favorite book by how destroyed the binding is, and they like that. Older people, too, tend to stray away from technology like this. They argue aswell, how fragile electronics can be. If I drop a book off of my desk, the worst that might

"But the real competitors in this case are the book stores and publishers. If you ask most serious authors, they would say that they just want people to read their books, no matter the platform. But that doesn't change the fact the publishing is an industry and if you want to make money, you have to make sales."

happen is the pages get a little bent. The consequences are much worse if you drop an eReader or other electronic.

Before having to do the research for this article, I was pretty anti-eBook. But I have to admit, after seeing the facts and getting to use a Kindle for a couple of days, I admit that I considering going for it. Nothing is ever going to stop me from buying physical books, there a certain books that one just needs to own. But I feel as though having an eReader will just promote me from reading so many more great books.

Eventually, eBooks will become the only form of book. Just as the computer replaced the typewriter and CDs replaced records. The library might end up having a lot less shelves but I can see them lending out eBooks and still being a place to study even as things change. All the physical books you own will become something more special than they already are. <

Book Review: You'll Be Starving for *The Hunger Games*



The Hunger Games by Suzanne Collins. Photo credit Katie Owens.

Katie Owens Staff Writer

Imagine our world, thousands of years from now. The only thing not under water is most of the United States. Now imagine that the government in this world is so afraid of a rebellion that it forces civilian teenagers to partake in a battle to the death competition that is broadcast live on TV and is mandatory viewing for all other citizens. That is the world that Suzanne Collins creates and her best-selling trilogy *The Hunger Games*.

These impossible-to-putdown books, the finale of which was released last month, follow teenager Katniss Everdeen as she battles to keep herself and, more importantly, those that she loves alive.

What makes these books so intriguing right now is how they are different than what is trending in young-adult literature, especially YA fantasy. Firstly, it proves the often argued fact that classifying a book as a young-adult novel is somewhat of an misnomer. This book, like many other in the YA category is as much about the adults involved as it is the teenagers.

The main character just happens to start out at the age of sixteen. But unlike another popular series, Collins presents a female heroine that is strong, determined and not a damsel in distress. In distress for sure, but able to fend for herself.

That isn't to say that there is no romance in this story, though. Having grown up in the poorest district in the country, District 12, Katniss had to learn to hunt and support her mom and sister by any means. She did this alongside of her lifelong friend, Gale. Their relationship is just about to bloom into something more than friendship when Katniss is ripped from their district and thrown into the Games.

Enter Peeta, the second tribute from 12, who has always been fond of Katniss but she hardly even noticed him. Now, in order to survive the arena, they have to stick together through imminent death. You can see the kind of love triangle that can result as Gale sits at home watching.

While we have seen other love triangles of seemingly the same kind, Collins's powerhouse writing makes these characters so real and relatable that you almost don't want anyone to lose out.

While the romance in the storyline is at times cute and light, the rest of the action is anything but. Violent, heart wrenching, blood thirsty: the games tear apart the tributes physically and mentally. As the series goes on and you meet past winners, it's easy to think maybe they would be better off if they had lost. The horror of the games turns some of their lives around into being alcoholics, morphine addicts or just plain crazy. The past winners play a huge role in the unavoidable rebellion against the Capitol.

What starts out as Katniss's sacrifice to save her sister, turns into her sacrifices to save a country. She, almost unwillingly, becomes the face of the rebellion: the Mockingjay. With the help of her friends, and sometimes her foes, Katniss has to go head to head against most people's biggest fears.

While plot and ideas are present in every story, it isn't worth much if it is written poorly (at least not in the minds of anyone who enjoys real literature). Collins, even though these are her first books, writes with the elegance and grace of a seasoned veteran. Her characters are relatable, if not real. Their situations and reactions are believable.

In the end, this series shows what it seems a lot of pop culture is afraid to anymore. Human nature, now or thousands of years from now, isn't always good. Fight or flight isn't always that easy, not when flight isn't an option. If you're looking for a book that will keep you enthralled the entire time and leave you thinking long after the final page, then The Hunger Games is for you. <

Service Learning Trip to Tanzania



Marywood students at Mikumi Park. Left to right, Joseph Iacovazzi, Lynette Errante, Sr. Margaret Gannon, Katie Bloodgood and Tammy Misewicz. Photo credit Lynette Errante.

Lynette Errante Staff Writer

This past May four students from Marywood University traveled to the Bigwa Sister's Secondary School in Morogoro, Tanzania on a service learning trip. Bigwa is a school sponsored by the African Sisters Education Collaborative (ASEC). The school was established to educate sisters in Tanzania and to help them finish their advanced level of study. They do not have this opportunity since they spend several years in service after completing primary school. Bigwa is now a school for female students as well as the sisters wishing to finish their education.

In Tanzania, students who wish to continue their education by attending secondary school begin by completing the ordinary level exams in forms one through four. After that they may continue on to take their advanced level exams in forms five and six

with the 1

Sr. Margaret Gannon, IHM with a child at an orphanage. Photo credit Lynette Errante.

which will allow them to apply to a university. All tests are given in English and students are expected to perform and write with high competency. Therefore, our main task was to provide the students at the school with a better grasp of written English, and an understanding on how to properly structure their ideas and thoughts into well constructed essays.

Our Marywood group consisted of our teacher and chaperone Sr. Margaret Gannon, IHM and students Katie Bloodgood, Joseph Iacovazzi, Tammy Misewicz, and myself. We joined with students from Rosemont College and Chestnut Hill College, two other colleges affiliated with ASEC. Prior to the trip, students spent the spring semester learning about the history, culture, and school system of Tanzania as well as preparing grammar and writing lessons.

Once in Tanzania, the entire group of college students was split into two teams, one to work with the form five classroom and

> the other to work in the form six classroom. Each class had 20-25 students; this allowed each college student to have a small group of three to four students to work with each day.

Conditions of the classrooms were nothing like we are used to in American schools. It was quite the challenge to find 24 copies of the same book; few students had the same textbook in class and some merely had meticulously copied the pages of a peer's textbook by hand. However, these condi-

However, these conditions and obstacles did not stop the students from learning. They spent most of their free

time studying and doing homework.

Annet, one of the students, said "We study hard because this is our only chance". They value their education because of what their future will be without it. If they do not pass their exams and go on to college, they will have very bleak futures in an endless cycle of poverty. All students, both the sisters and the young women, have such high aspirations-doctors, lawyers, social workers, teachers, etc. Their geography teacher said, "If they do not have goals then they have nothing to reach for."

In addition to teaching English, we went with the goal of creating art with the students. We brought with us watercolor paper and paints. We gave a lesson in how to use the watercolors and encouraged them to try it. Each student made a painting to keep for themselves and then another which we brought back with us.

We are hoping to have a display and sale of the students' watercolors this semester and send 100% of the profits back to the Bigwa Secondary School, so the students can create a vegetable garden to provide them with more nutrition in their diets. Our experience became more than just tutoring in English. We learned about living in solidarity across the world and truly understanding the people we are living to serve. The students had such warm and welcoming hearts from the moment we arrived. They showed us their love and affection and what it really means to care for another person. We took away many lessons from the Tanzanian people, especially the importance of truly engaging with one another and taking the time to communicate. Although our trip ended in June we continue to remember the students who taught us so much and hopefully provide them with more assistance from the United

Lynette Errante teaching an art lesson. Photo credit Lynette Errante



International PEN

Victoria Garafola Staff Writer

With the recent passing of banned book week, censorship and literary oppression have been a fresh topic bouncing off the empty cups at coffee shops. When literature is forbidden, restricted or pulled from curriculum, readers are drawn to the chapters by a sense of alluring novelty. Censorship is an ongoing problem both in the international community and locally. The ability to speak out about the issues that matter most to you should be a natural right. However, so often writers are prohibited from speaking their mind, or have difficulty finding publishers to endorse controversial issues. While our first amendment rights make it very difficult to be incarcerated for the things you say, they do not protect our right to have our writing published in the local paper. The first amendment never guarantees an audience or an even the ability it say what you want to.

International PEN a collection of Poets, Essayist, and Novelists involved in a global organization committed to the protection of freedom of expression; constantly battling censorship and the oppression of authors since 1921. Today International PEN has 145 Centers in 104 countries across the globe. To date, PEN is the only global community for authors of all races, religions, nationalities and social class. The mission of this long standing charity is to promote peace and understanding through the appreciation of global literature. PEN has embraced the notion of peace by instilling compassion and acceptance through relatable literature and the protection of writers.

Most notable, International PEN is a non-government association primarily interested in the preservation of

literature and the individuals who produce it.

Through PEN realizes peace is promoted through cultural comprehension and the acceptance of societal differences. International PEN is committed to the liberation of the mind and freedom of press and speech. The organization has developed a "Writers in Prison Committee" which actively works to free writers who have been silenced by governments through incarceration. Their methods include protests letters, lobbying legislature and

increasing public awareness.

Journalists like Hu Jia have become victims of censorship and political circumstance. Hu Jia is currently serving a three and a half year sentence in China for "inciting subversion of state power" for his critical writings and rebellious activities. Jia is in immediate danger as his health is reported to be failing due to lack of care in these foreign prisons. International PEN is working to raise awareness for Hu Jia and many other journalists and authors in his position by sending letters and providing coverage for the censored. These authors are often treated like vicious criminals and are not afforded basic human luxuries such as health care and family contact. This mans whereabouts are currently undisclosed, and he is said to be in immediate danger.

International Pen has worked with some of the most influential and notable names in literature, such as Nadine Gordimer, H.G Wells and Arthur Miller, among so many others. These men and women have lead fascinating lives, as well as contributed to a global appreciation for language and human rights. Nadine Gordimer fought censorship in the divided apartheid governed South Africa. In 1991, she won the Nobel Prize for literature and was also vice president of International Pen, at one point. Arthur Miller was likewise the first American president of International Pen, and held the position for four years. These icons have shaped literature and pioneered to have all language to be expressed and allowed.

Writing is an artistic endeavor, releasing emotion and providing a small insight into the culture in which the author is submersed. Through literature, poetry, novels, essays and even lyrics, we learn much about the author as an individual and connect with the world and time they belong to. Throughout much of the literary history, writers have been persecuted and have faced harsh legal action for their outspoken language and social commentary. Writing is an intellectual craft, personal, controversial and occasionally dangerous. International PEN is certainly a unique "charity" working to promote peace and social justice for the brave, outspoken writers on a global level. The organization is unique and flourishing; however any support or interest is always welcome. For more information please visit www.internationalpen.org.uk or simply Google "International PEN". <

Give to Gain: Fall Service Trips

Danielle Walker Staff Writer

Sometimes when we think of community service we think of helping the elderly or preparing meals for the less fortunate. How about defining community service as productively using a few days from your fall vacation to learn, grow, and serve others?

The Fall Service Trip that
Marywood hosts annually will
be held at the Romero Center
in Camden, New Jersey which
thrives in being an urban retreat
and social justice education center. In one of the most poverty
stricken cities within the country,
the Romero Center objective is

divide poverty within communities, race, and class," also stated by the website.

The mission of the Fall Service Trip is to increase awareness of poverty and serve an underprivileged population in a way that represents our Catholic identity, in a way that represents Marywood!

The Campus Ministry Staff decided together where the site will be held for this Fall Service trip. In the past, Marywood students have had an excellent experience at the Romero Center, gaining a sense of knowledge and humility for others. "I am embarrassed to say that I used to think that people in poverty ei-

so grateful for what I do have. I realize now how blessed I am to have all the opportunities I do. I try everyday to be more selfless and caring towards others and to make sure to appreciate my life the way it is," states Marywood student, Vanessa Szilagyi.

She would highly recommend this experience that informs, builds community, teaches humility and to be understanding to the world that surrounds Marywood. Ideally, the site reflects the mission of this service trip,

which is to assist the community within Camden that faces much poverty, crime, and high illiteracy rates. This is an opportunity to have a good experience that will allow volunteers to be exposed to what life is like struggling to survive. Campus Ministry and facilitators have worked diligently to make arrangements that would suite the mission of the fall service trip as well as Marywood. Community

service is a major part of the service trips, and the impact that the service has on the volunteers. The students typically do not know the specific tasks in which they will be performing, but there are some usual activities that take place when taking part in this service trip: fix-up jobs, housing rehabilitation, homeless outreach, working with children, and working at a housing center for persons infected with HIV and AIDS. "Each and every person interprets these service experiences differently. The beauty of it is sharing our experiences and reflections together as a group each evening. Students are encouraged to fully engage in all planned events, and while being mindful, and mentally present in all experiences my hope would be for the students to gain a different view of how diverse our country is, and with this to demonstrate understanding, and compassion. With collective reflections and faith we collaborate our thoughts in order to understand and create a unity in our group," says a service trip facilitator and Marywood student, Jean Gruber. Students take pride within their service and

service as well.

In college, we thrive on trying to be successful and learning as

that encourages others to give



Students from the Guatemala International Service Trip with students from the school in ChiChi. Photo credit Jean Gruber.



Javier Diaz playing with students on the Guatemala International Service Trip, May 2009. Photo credit Jean Gruber.

Anna Mizer receives a hug from a student on the Guatemala International Service Trip, May 2009. Photo credit Jean Gruber

to create awareness by "wanting young people to see that there is both opportunity and challenge in the work of the church, and wanting adults to understand their role in bringing about societal commitment to end poverty and discrimination in our world," states the official website of the Center, www.romero-center.org. This center creates "the urban challenge" which is an experience that gives people of any faith to "build bridges of understanding, and confront issues that

ther chose to be that way or were too lazy to do anything about it. But now I realize that poverty is truly a cycle that is almost impossible to break. I see now that people like the ones I have encountered on my trips are truly trying to make their lives and their children's lives better and they just need a little help from us to help break that cycle. I also realize that I can make a difference and that I am a big part of helping to break that cycle. I also learned on these trips to be



Students work with a circular saw on the Colorado service trip. Photo credit Victoria Szilagyi.

much as we can. There is also a part of us that wants to make connections, challenge ourselves, and to interact in a new and enlightened way. The fall service trip allows us to experience those things, and give community service.

As students of Marywood we get to uphold our school's mission and make a difference within a certain group of people. That experience can possibly affect actions that you choose to make later in life. This is a "win win situation." You are giving time and effort to make a difference in other people's lives to gain knowledge, humility, humbleness, connections between peers and others around you, and so much more. This is not just a trip this is an experience that captivates people and builds on a desire to help many others. <

Insert Your Article Here

Interested in writing for The Wood Word?

Contact us at: thewoodword@m.marywood.edu

Marywood Participates in CRS Sudan Campus Ambassador Program viotoria Clarizio as the break is made peacefully.

Staff Writer

Sudan is a country that has been popping up on the news for many years now but not much has been said about it recently. The Darfur conflict was solved though, wasn't it?, you're probably asking yourself. The massive killing has ended but that doesn't mean the conflict is over. Civil war continues to rage on throughout the country. What most people don't realize is that Northern and Southern Sudan had been butting heads long before the genocide in Darfur happened. That was just the culmination of years of violent warfare.

Since the Comprehensive Peace Agreement of 2005, which seemed to end the Darfur crisis in Sudan, we haven't heard much about this war ridden country. Yet most people do not realize that this country is far from healed. The Southern half of Sudan wishes to break away completely and become an independent nation. This is a sound solution to the conflict as long

On January 9th, 2011 the people of Southern Sudan will vote on a referendum which will decide whether they become independent. Many are fearful that this will rekindle the conflict of Darfur, which took two million lives.

Catholic Relief Services is one organization which is engaged in peacebuilding efforts to ensure that voting on the referendum goes smoothly and fairly. To learn more about these efforts, visit peaceinsudan. org. They are starting a unique program to help achieve this peace by reaching out to college students. They are calling this program the Sudan Campus Ambassador Program. The main job of these ambassadors will be to start campaigns on their college campuses to promote awareness of the conflict and raise money to help peacebuilding efforts. This would involved holding events on campus, fundraisers and perhaps even writing letters to politicians. Marywood, being committed to social justice, is participating in this program.

The exact responsibilities of an ambassador are outlined

What Sudan Campus Ambassadors will do:

- Communicate CRS Sudan Campus Campaign to University faculty, staff and students
- Form a Sudan Campus Working group of 8-15 people to coordinate an effective Sudan Campus Campaign
- Organize 2-3 University-wide
- · Personally respond to and disseminate all CRS Advocacy Action Alerts
- Participate in monthly briefings
- Send progress reports to University Program Advisor
- Stay in contact with other Sudan Campus Ambassadors and share ideas and updates
- Use Social Networking tools to spread awareness and encourage action about Sudan
- Send press releases to local/ campus papers before events
- Photograph/video Sudan events and send to University Program Advisor
- Find ways to incorporate Sudan into campus prayer life



Marywood students have the opportunity to be a part of the Sudan Campus Ambassador Program. Photo Credit http://feeds.feedburner.com/CRS-Newsroom.

The end of the advertisement for this campaign says: "The people of Sudan want peace. The time for peace is now. To bring peace to Sudan, what would you give?" As Americans with a wealth of freedom, it's important that we share our peace of mind with the rest of the world. If you've asked yourself what you can do for a country so far from your own, the Campus Ambassador Program might be the answer

you've been looking for. As a campus, we've had a motto of: "Think Globally, Act Locally" and that is exactly what this program is doing. Anyone interested in becoming an ambassador should contact Sr. John Michele Southwick at southwick@maryu. marywood.edu or stop by Campus Ministry for more information <

Three Websites to Save the World

Mandy Boyle Staff Writer

Did you know that saving the world can be as easy as clicking a mouse? OK, well maybe not saving the entire world, but you can actually make a difference and do something meaningful by hitting up your internet browser. Non-profit organizations and charity-related websites are becoming increasingly popular for generating both interest and results. In many cases, these websites are well-built, useful, and actually fun.

Here are three websites you can visit to make a difference in our world:

VolunteerMatch.org

"The term virtual volunteer conveys things that you can do virtually anywhere. The idea that you are no longer locked into the needs of your immediate community means that you can connect to more opportunities, regardless of your skill set."

- Robert Rosenthal, Director of Communications, Volunteer-

VolunteerMatch, according to its official site, "strengthens communities by making it easier for good people and good causes to connect." Basically, VolunteerMatch provides free online services to support networks of non-profits, volunteers, and business leaders so that civic engagement is a lot easier to manage. With millions of visitors each year and a reputation for being a preferred internet recruiting tool

for more than 74,000 nonprofits (according to its 2009 annual report), one could say that VolunteerMatch is an essential site for organizations to know about.

Their main feature is a sort of free matchmaking service where volunteers can reach out to organizations and organizations can post ads searching for volunteers. Volunteers then respond to ads and work one on one with the organization to achieve a particular goal. Sometimes, it's getting a brochure designed. Other times, it's getting filing done in the offices. The tasks available appeal to a wide variety of talents and skills. So, if you're looking to build your portfolio and professional experience while doing some good, consider checking out VolunteerMatch. org. There are opportunities there for writers, designers, techies, and anyone else who just wants to lend a hand.

FreeRice.com

"What if just knowing what a word meant could help feed hungry people around the world? Well, at FreeRice it does.. the totals have grown exponentially." - Washington Post

According to its official website, FreeRice is a non-profit run by the United Nations World Food Program. Essentially, this site fulfills two of its missions. Firstly, it provides free education to people through word games that allow for users to win grains of rice. Secondly, it helps end world hunger by providing those rice grains to hungry people

around the world for free. Play a word game and feed the hungry. It's really that simple.

FreeRice is also incredibly popular. According to Compete. com, FreeRice.com gets hundreds of thousands of unique visitors each month, which means countless grains of rice are being donated to people in need. In 2009 alone, nearly 17 billion grains of rice were donated to the World Food Program – impressive for a charity who just launched in 2007.

GoodSearch.com

"In today's troubled economy, Ken Ramberg's recipe for fundraising is simple: give people at all income levels a tool for benefiting charity without spending a dime. GoodSearch, the Los Angeles-based company that he and his sister JJ founded in 2005, tries to do just that." - The New York Times

The premise of *GoodSearch* is simple. Every time you search something at GoodSearch.com, your charity or school earns money. The more you search, the more your organization makes. GoodSearch taps into the billions of dollars generated in search engine advertising so that some of those funds go to causes that people actually care about. As a result, you get the same quality search engine results you need when you're researching something for paper while doing good for your community, club, or university.

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Campus Ministry's Upcoming **Events**

Bible Study - Every Wednesday at 8:30 p.m.

Praise and Worship Adoration - Every Wednesday at 9:30 p.m.

ALLY Club - Oct. 21st and every other Thurs. 9:15 p.m.

Flea Market - Friday Oct. 22nd 8 a.m.-7 p.m. Latour

I.H.M. Sisters Come and See Retreat Weekend -Oct. 22-24

VIA Meetings - Oct. 25, Nov. 8, Nov. 22, Dec. 6 at 9 p.m. Fireplace Lounge

Thanksgiving Adopt a Family starts - Monday Oct.

ALLY Training - Friday, Nov. 5, 3-6 p.m.

Applications Due: Guatemala May 2011 - Nov. 5

Christmas Giving Tree starts - Monday, Nov. 8

Blood Drive, Wed. Nov. 10 11 a.m.- 5 p.m. Latour Room

Spring Break Service Trip Applications Due - Friday Nov. 12

Footprints Retreat and Sleepout for the Homeless -Nov. 12-14

Fair Trade Sale - Tues, Wed. Nov. 16, 17 FPL all day

Thanksgiving Adopt a Family Basket Delivery - Sat. Nov. 20 8 a.m. - all volunteers welcome

Visit Campus Ministry online at www.marywood. edu/campmin/ or stop by the office for more information!

From Dreams to Reality: Traveling to Africa for the Experience of a Lifetime

Victoria Clarizio Staff Writer

This summer I had the opportunity to spend two months in Tanzania, a country in Eastern Africa and it was a life changing experience but when I sat down to write this article, I realized

felt like the sketchiest thing I have ever done, I emailed this man basically saying: I want to go to Africa, you can get me there, tell me how. Before I knew it my distant dream of traveling to Africa became a reality.

About a year after that, I was on a plane to a small island off



Kindergarten Children at the school where Victoria worked in Tanzania. Photo credit Victoria Clarizio.

that I had no idea where to begin. I guess I'll start at the beginning though: my obsession with Africa. I don't know where it came from or when it started. I feel like I just woke up one day and loved everything about the continent. Anyway, with this obsession motivating me, I began to keep an eye out for opportunities to travel there.

Victoria Clarizio and two of her students in Tanzania. Photo credit Victoria Clarizio.

Opportunity came knocking sooner than I expected though. About a year ago, my Grandmother called me with exciting news: a man from her Church has been aiding an African village for about fifteen years and frequently brought groups of students there. Even though it

the coast of Tanzania called Zanzibar. The village I stayed in is called Machui. I volunteered for the Missionary Sisters of the Precious Blood. They have a compound outside the village with a community college, kindergarten and health clinic.

When I first started planning this trip, I was supposed to be teaching English to college

students, but upon arriving I was told that the students were going to be on break for about half the time I was there. Instead, I helped in the health clinic, which they call a dispensary. My job was to register patients and take money for medicine. This was a great experience because I was forced to learn a lot of basic Swahili, which is the language of Tanzania. It also gave me a first hand look at the poverty of the area. What would have been a

few dollars to me, was a week's paycheck for some people. Many patients left without the medicine they needed because they

Once the students came back, I switched to teaching them Spanish and English. Zanzibar's main industry is tourism and people come there for vacation from all over the world. For this reason, the students like to know

couldn't afford it.

a little bit of many languages. Hopefully that knowledge will give them an advantage in finding jobs.

The community college was founded in 1997 by the Sisters to provide vocational training to disadvantaged people from the surrounding community. Their motto is to "uplift the marginalized". Due to the high drop out rates of students in Zanzibar, many young adults are not able to find jobs. The college aims to fix this by offering job training and life skills. They also tailor the job training to the opportunities available in the community, so students are much more likely to gain employment after graduating. Because English is necessary these days to have any kind of economic success, learning how to speak it is very important to the Machui students. Everyone I met expressed interest in talking to me to better their English.

It may sound cliché, but I learned so much more from the people of Machui and the students than I could ever teach



Victoria Clarizio and the Sisters of the Precious Blood. Photo credit Victoria Clarizio.

them. They truly value the important things in life; family, religion and being kind to others. I kept a journal of my trip and one day I wrote: "I don't see the poor and the starving - I just see people who are happy and thriving. They have things to smile and sing about. They don't need me." This trip gave me a lot of

perspective on what it means to be poor, wealthy and what brings true happiness.

I think the one thing that surprised me the most was how welcoming everyone was. For example, one day I was walking back from Church and a lady told

Continued on Page 20



Learn more about the joyful, loving, hospitable and self-emptying spirit of the IHM Sisters and explore deeper the Gospel values of poverty, chastity and obedience. Take time to explore the "pearl of great price" that dwells within your baptismal call. This weekend is for young adult women ages 16-36 who are exploring a possible future in religious life.

For more information contact Sr. Ruth Harkins at harkir@sistersofihm.org or call 570-346-5413.

FRIDAY, OCT. 22, 7 P.M. through SUNDAY OCT. 24, 11 A.M.

IHM SPIRITUAL RENEWAL CENTER CRESCO, PA

DONATION \$20

www.facebook.com/sistersofihm

OUTLOOK

The Happiness Movement: Pop Culture, Money, and Science

Mandy Boyle Staff Writer

For the past decade or so, there's been quite a shift in the way we think about how we feel.

The shift is toward positivity and psychologists, behavioral specialists, authors, and entrepreneurs have noticed. In fact, they've targeted and tailored happiness to be one of the most talked about things in pop culture, science, and business. But what made you and I question happiness? Did we ever really think about it in the first place? What pushed us toward the happiness culture?

For most people, that push to consider happiness came when Elizabeth Gilbert's *Eat, Pray, Love* made it to the New York Times Best Sellers list.

Eat, Pray, Love came out at a very unique time in our lives and it may be one of the reasons why it's been so successful. Consider what was happening. It was 2006 and we were on the

fringes of recession, global financial problems, and a housing market bubble burst. Social media began to grow and flourish. Corporate responsibility became a word in everyone's vocabulary. As times got harder, the book got more popular. 2+2=4. A stressful, unhappy world will seek out more ways to be happy and in turn, buy books telling you what it takes to be happy.

But this book didn't just get us to question our happiness. It also spawned multiple lines of merchandise, including branded candles and journals, Republic of Tea flavors, and travel packages. Happiness surged as a money maker because, let's face it, who isn't looking for happiness?

"In any year, more people use self-help than psychotherapy," notes John C. Norcross, Ph.D., psychology professor at the University of Scranton in Pennsylvania and a coauthor of the Authoritative Guide to Self-Help Resources in Mental Health in a recent interview with MSNBC.

We turn to solutions that we can easily purchase to achieve happiness. It's private, it's in vogue at the moment, and it's easy.

As a result, we do yoga, Feng Shui our apartments, indulge in deep fried foods, light scented candles, and spend money, all in the pursuit of happiness. Now, more than ever, you'll find more people questioning what truly makes them happy because the world around us is so chaotic. This quest, and the trend toward positivity, is known as the Happiness Movement.

Though the term has no real origin, the Happiness Movement describes our growing need to understand and achieve happiness. Granted, all human beings have the desire to be happy, but today, happiness has been boiled down to a science. Literally.

In 2008, a survey was conducted asking 240,000 people across the country to rate their contentment with their overall lives on a scale of one to ten. The participants, who ranged in age

from 18 to 85, were asked questions about age and sex, current events, personal finances, health, and other factors that come into play concerning our overall happiness levels. The findings were unexpected.

According to the survey, people start out at age 18 feeling really good, but then head down a decline in overall happiness until about 50. Then, at that point, there's a reversal. Happiness upticks and by the time people reached 85, they were even more satisfied with life than they were at 18

So we see that age can be an indicator, but what about other things? Like money?

Well, in that case, take a look at the recent Princeton University study on happiness and money in *TIME Magazine*. According to *TIME*, the study determined that an annual salary of \$75,000 is the money/happiness threshold for the average American.

Traditionally, it's been thought that the more money a person make, the happier they feel. However, this study shows that any amount of money earned over \$75,000 ceases to increase reported happiness. In short, people connect the quality of their lives more with how much money they make than the degree of happiness they feel. Remember, this is now scientifically proven. Scary.

That's just the tip of the iceberg. Classes at top universities are centered around positive psychology. Millions of dollars are invested in happiness-boosting techniques in companies. Countless research studies on happiness and its place in our lives are being conducted and released. All on top of huge merchandise deals, multi-million dollar movies on happiness, and scented candles. It's a lot to take in.

There are more than 50,000 self-help books in print and sales of these books are increasing yearly by about 8 percent, says Christine B. Whelan, Ph.D., visiting assistant professor of sociology at the University of Pittsburgh. It's clear; people want their happiness and they're getting it through the self-help industry's Happiness Movement.

So what can one make of this? Well, for starters, expect to see more people looking to improve both their moods and lifestyles. The uptick in self-help approaches could indicate that the growing desire for happiness is actually motivating people to action.

This could be a good thing. Maybe we'll see a world motivated toward a greater good. Maybe people will be nicer to each other. Maybe we'll be healthier. Maybe happiness will become something woven in the fabric of our lives. Only time will tell.

For now, we'll just have to wait and see what interpretations, methods, and causes of happiness come along. Who knows? Maybe in a few years we'll all be part of the movement. <

Who is the Dean? Trivia Contest Enter to win \$50 Bookstore gift card.

Winner notified by Marywood email.

Questions:

- 1. What is the name of Marywood's Dean of Students?__
- 2. Where is the office of the Dean of Students?
- 3. Name 2 responsibilities of the Dean of Students:
- 4. Bonus: name one of the other 5 Deans: hint they are all Academic Deans._____

Answers:

- A. Be a resource & advocate for student needs and concerns
- B. Amy Paciej-Woodruff (Pach-A)
- C. Nazareth 107 (suited with Student Activities & Leadership Development)

Name: ______ Cell: _____ Local address: _____

Submit completed quiz to
Dean of Students office during walk in hours:
Tuesdays: 2:30-4:30pm & Wednesdays:
1-2pm

Book Swap and Sale

Tuesday, October 26, 10:00am-4:30pm Fire-place Lounge

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Society for Students
of Literature
and the Library Staff.

OUTLOOK

Straws? Don't you mean "Instruments of Environmental Destruction"?

Alison Trautmann Editor-in-Chief

Straws. More than just a way to get a drink from your cup to your mouth. They're just plain fun and when you're in college, the simplest things can be the most fun or make your day a bit brighter.

Last semester, the straws disappeared from the Nazareth Dining Hall and they have not yet returned. Tom Notchick, the Director of Dining Services, assures students that the great straw migration is not a matter of cost, rather another effort of Marywood's to go green.

They have considered green alternatives but they did not come individually wrapped and were covered with cardboard dust when they arrived. The straws would also melt in hot liquids because they were made from corn products.

Even if dining services does find a green alternative to the previous straws, they will have to evaluate if the energy used to make and transport the straws will be worth the green benefits.

I sit here and look at my tiny little straw thinking, "If I throw this out...will it really hurt the environment THAT much?" Apparently it will. Not just my straw, but every straw that is tossed out in the cafeteria. In one week, the number of straws thrown out takes up the approximate space of a bale of hay if they are compressed.

Yes, Chartwells still uses straws in their other eateries but they are attempting to find a green alternative to those as well.

Some people have commented that they use straws in order to not have to drink from cups that are possibly dirty. Notchick wishes to reassure students again that the cups that enter the dining hall are thoroughly sanitized. The final rinse cycle of the dishwashers reach temperatures of 200 degrees. If the rinse does not reach this temperature, then Dining Services puts out paper cups until the dishwasher is working again. In addition to thoroughly sanitizing the cups,



What happened to our straws?
Photo credit, Morgan Strasser staff photographer

they are placed upside down in the dining hall so people aren't touching the rims of the cups. Also, your drink is already in the cup, a straw isn't going to protect you from those germs. "We're reducing the waste, helping the environment," says Jon Barzensky of Dining Services.

Still, I can't help but feel as though my entertaining way of having my drinks has been taken away by the monster of the "green" campus. Sure, everyone has to save the environment... but what do my straws have to do with that? <

For \$75,000 Money CAN Buy Happiness?

Roxanne DeAngelo Staff Writer

Money has been the driving factor of life since man can remember. Ancient kings and civilizations have been destroyed over the want of money and even today we have many songs, movies, and television shows about the drive for money. The two most famous questions in the world would of course involve money. "Can money buy you love" and "Does money really buy happiness?" "Can money buy you love?" Is the first to come to mind and most likely the least appealing of the

As Eddie Murphy once stated in his traveling tour *Raw*, "Love and Money does not mix," and he isn't the only one to think so. "Can't Buy Me Love" by *The Beatles* was a hit back in the 1960's, and hinted on the fact that material objects were nice but they couldn't get a person in search of love what they really

wanted.

Mainly because this would be considered ethically wrong by

most, people tend to stray from this question, in fear of being prosecuted for their opinions. No one wants to look shallow but isn't it true we buy our loved ones items for holidays and Valentine's Day not wanting to be rejected?

That being said, our other question would be "Does money really buy happiness?" Considering the recent economic downward spiral it has come up quite often in discussions. If money were more readily available to those with hardships, wouldn't it relieve them of their daily financial stress and allow him or her to concentrate more on their personal and emotional well-being?

For researchers, however, this simple logic will not do. Going beyond just being strapped for cash, a theory had to be put to the test

Recent studies from Princeton University suggest \$75,000 to be the cut off point to a person's over all happiness. Although earning over \$75,000 seems to produce a happier life it has also been discovered that it is not a quick fix to one's observation of daily life.

For example: The lower an individual's annual income would drop from this supposed amount the unhappier they might feel. On the contrary, if they made more than the \$75,000 they wouldn't gain any more happiness than before. How can this be?

The study, which was conducted by economist Angus Deaton and Nobel Prize winning psychologist Daniel Kahneman breaks down happiness into two similar but different categories.

The first is Emotional Well-Being or the quality of a person's EVERYDAY life experiences; this includes feelings such as (but are not limited to) joy, fascination, anxiety, sadness, anger, and affection. The second is based on a much longer time scale called Life Evaluation, which in other terms are a person's overall thoughts about his or her life and whether they feel they should have achieved more by this point

in life

Since they are different and cannot be measured the same, the Gallup Organization and the Healthways Corporation surveyed a portion of the public, 450,000 residents to be exact, back in 2008 and 2009. Some questions asked included one's income, how they felt the day before, and on a scale from zero to ten, [zero being the worst and ten the best possible life] "where do you think you stand at this time?" Their findings were as followed. Although most were particularly satisfied with their lives in general they statistically broke it down. 85% of Americans regardless of income had feelings of happiness from day to day, 24% had feelings of sadness or depression while 40% (not excluding those feeling happy) had feelings of stress.

They have also discovered that a person's life evaluations rises steadily with income but their emotional daily experiences will eventually have a plateau effect. This can be interpreted to mean money can bring you a life in which you believe to be better but it cannot buy you happiness on a day-to-day basis.

They also noted that life circumstances play a significant role in determining a person's life evaluation and emotional well-being. For example, emotional well-being is better around holidays. At this point in time the studies show younger generations have a much higher life evaluation with less emotional well-being, especially those in school.

These studies end up showing us even when you can afford items in life, which make us happy, or we think can make us happy, it comes down to our day-to-day experiences that determine how happy we really are. <

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OUTLOOK

London Calling: Studying Abroad in England

Alison Trautmann Editor-in-Chief

I am a devout Anglophile. Everything that I love comes from England. The books I read the music I listen to, the movies I watch. During the spring semester, I had the chance to study abroad in London. It was a beautiful experience that is hard

One of London's iconic red telephone boxes and a bus. Photo credit Alison Trautmann.

to describe. The week before I left was a flurry of packing and repacking ending with a long flight to (what I hoped) would be my favorite place in the world.

When I arrived in London, the first place I dashed off to was the British Library and British Museum. The British Library was English Major Heaven. I saw the original copy of Jane Austen's

Persuasion written in her own hand, a manuscript copy of Handel's Messiah and the lyrics to "A Hard Day's Night" written by John Lennon on the back of a birthday card for his son Julian.

I visited many of London's museums over the five months I spent there but my favorite by far would have to be the Cabinet War Rooms which is where Winston Churchill and his War Cabinet met during World War II. The rooms were built underground and were sealed up after the

war so when the rooms were opened back up for the museum's use they actually found lumps of sugar that a general had stashed away in his desk.

I saw many plays while in London, courtesy of the famous West End. There were many movie stars treading the boards throughout my visit James Earl Jones was performing in Cat on a Hot Tin Roof, Matthew MacFadyen and Kim Cattrall were in Private Lives and I saw Keira Knightley in The Misanthrope.

But it wasn't all plays and museums. I also had to contend with British universities. Throughout the semester, there were far fewer assignments. My grades rested on a final paper or exam and possibly a midterm. At the university I attended, students were also provided with "readers" which contained all of the articles that would be read during the class for probably half of the cost of a normal textbook. The great thing was you knew that the teachers would be sure to use the reader because they had made the books themselves.

Throughout my five months, I traveled all around England. I visited Stonehenge and toured



Alison Trautmann in Liverpool with John Lennon. Photo credit Alison Trautmann.

the Roman Baths. My inner fangirl came out in Liverpool when I visited John Lennon's house and kissed the kitchen floor in Paul McCartney's childhood home. (They were the original tiles...what can I say?) I saw the secret wartime tunnels in Dover Castle, walked down a haunted underground street in Edinburgh, and visited Shakespeare's birthplace in Stratford-Upon-Avon. Heaven on earth.

I'm surprised I didn't have to be dragged onto the plane at the end of my stay but, nevertheless, I came home. I wish I could sum up in a sentence or two what I learned during my stay, but somehow that doesn't seem sufficient. I could never explain what kind of impact my time in London had on me but I do know that I am changed.<



THE LAST WORD

Convocation 2010, continued

certain races and class status. He told the story of him wanting a baby sister so badly that he stole someone else's daughter. She was African American and had braids. He paid little attention to the baby's ethnic background but just to the fact that she was a baby girl. His point was that the distinction between color or race is a learned behavior, and society and our environment shapes those ideas and learned behaviors as we grow older and try to understand the world around us.

The author recounted the time that he believed was his ultimate lesson of race and class. He was playing a game with a friend, "fire man water man." He and his friend set their karate facility and part of a house on fire. The response of the authorities around him was that "these were good kids that did something stupid," says Dr. Conley. He said that he was "99.44% sure that things wouldn't have happened so easily if it wasn't for his race and his friends upper-middle class status." Had the situation occurred elsewhere, possibly in his housing tenements, he may have faced harder repercussions for his

He compared how driving routes and streets being chosen for you is the same as being born in a certain race and class, they are chosen for you. Similar to Marywood's beliefs and Values, Dr. Conley ends with "respect the dignity and diversity of all." We should think positive, be open to diversity and what it has to offer. This is an important element to our growth as a leader and student within this community and body of people. We are taught to be open and understanding to diversity, whether it be race, class, religion, etc.

Even with Dr. Conley's numerous noteworthy accomplishments he was humble in his actions and responding to our invitation. This year's fall convocation was insightful as well as encouraging. Dr, Conley's memoir was unique and innovative. It shed light on a controversial issue that occurs within our society, and as a part of Marywood we challenge these issues and respect diversity.

The merging of the University 100 required reading and Fall Convocation was a different experience, and it emphasized the importance of the University 100 course. Dr. Foley said "a subtitle for the course would be: A Gateway to the Humanities." As we make the transition from high school to college or from college to the "real world" we learn to stay connected to our foundation and what we learn, achieve and grow from.

As we gave Dr. Conley a token of our appreciation, he was given memories of his grandmother's ties and roots to Marywood University. The things that we experience everyday in some way shapes our lives. We all have our own memoir, a story that we can tell. The experiences help us learn and grow, and the connection that we establish now can affect others. As we grow and empower others we allow them to do the same. <

Field Hockey, continued

and whether it was difficult, she little more paperwork." She is en- Pacers! <

tion from assistant to head coach, joying being the new head coach and is looking forward to workresponded, "No, surprisingly not, ing with the team. Everyone here I kind of thought it would be very at Marywood wishes the team the much the same, still vocal, just a best of luck in their season! Go

Cross Country, Ccontinued

The Women's roster does not contain any seniors, but has two experienced juniors in Shelby Naughton and Lauren Rustad looking to help lead the Pacers. Sophomores are Sarah Bauer, Stephanie Bender, Kelsey Dunn, Riley Marcks, and Jessica Mc-Cauley. The freshman class is the bulk of the team containing Diana D'Achille, Lauren Gates, Brianne Henderson, Ashley Laurinaitis, Kimberly Layton, Jessica Marks, Elizabeth Schwab, and Kathleen Sylvester.

The impact of the freshman

class on the Women's team is obviously the larger of the two teams. This is a positive sign for the Pacers because they can all now develop into great runners and are now the future of Marywood Cross Country. They have the same amount of energy as the juniors, which will make this a very exciting team to watch.

The excitement of these players assured me that the Cross Country team will not stop until they win the CSAC. Good luck runners on a healthy and safe 2010 season. <

Men's Soccer, continued

the team composed so far in the season. Megee continued:

"The Captains, Josh Hicks and Billy Gordon have done a great job leading the team by example. They lead by example in practices and in games and theycarry themselves off the field in a way in which the rest of our team fol-

Another aspect for a successful soccer team is the goalkeeper. This is where sophomores Matthew Roman and Shane Quinn come in. Roman is from Williamsport and Quinn is from Clarks Summit. As of deadline, the keepers have a combined 23 saves and a combined goal average of 7. They have made 23 saves combined. Opponents have a goals average of 13 with 22 saves. In the goalkeeping department, the Pacers so far have the upper hand, making the team even more confident.

The final aspect for a successful team is the freshman class. They must be successful early on in their collegiate careers. After all, they are the future of the program. After this season, the team will lose eight seniors to graduation. Now is a great time for these freshmen to show the coaching staff and the upperclassmen that they know how to play. With help from the upperclassmen, the freshmen can hopefully continue to play well for not only this season, but the future. Megee stated:

"All of the freshmen are doing very well so far. I have been very impressed with their attitude in practice and in games and they all support the team concept. Christian Lawlor has been a consistent starter as a striker and he scored a hat trick against Penn State Altoona and was named CSAC Player of the Week which is fantastic for any player, let alone a freshman.'

The freshmen class consists of Matthew Homishak, Christian Lawlor, Garnaweh Nyorkin, James Geraghty, Josh Soto, Matthew Pancoast, Paul Fedorczyk, and Tim James. The sophomores are goalies Matthew Roman and Shane Quinn, along with Steven Bergmann, Richard Fifi, Ryan Jones, Chad Friend, Brandon Ritter, and Drew Robson. The lone junior is Brett Megee. The senior class is Chris Rodzewich, Billy Gordon, Lee Powers, Andrew Tarantino, Sean O'Day, Greg Dustin, Mike Pilla, and Brian

CSAC games began September 25 with an away game at Philadelphia Biblical University. Home games will be played 10/2 against non-conference Berkely College, 10/13 against Keystone College, 10/19 against Baptist Bible College, and 10/30 against Cabrini College.

There are plenty of opportunities for you to come out and support your Pacers and I urge you to do so. After all, the team is winning, playing well, and are a joy to watch. <

Scott Pilgrim Review, continued

to have to fight Ramona's exes in order to be with her. For each of the exes Scott encounters, Scott learns a little bit about Ramona's past and what type of person she used to be during the time she dated each person. Scott also uses these clues from the past to his advantage as he learns how he can defeat them.

The movie is actually based on a comic book series by Bryan Lee O'Malley. It included a lot of elements you would find in a comic book, including bursts with words like "Dong" as character Ramona rings the doorbell to "Pow!" as Scott dealt blows to evil exes.

Another interesting aspect to the movie was the relationship to video games. Score Points, to 1-ups and coins appeared after Scott defeated his opponents. The fight sequences at certain parts mirrored fighting games such as Mortal Combat or Street Fighter. A lot of video games are referenced within the movie itself either directly or indirectly. For example, Zelda noises can be heard through the movie as

certain things happen. Scott also mentions the video game Final Fantasy when he says he has learned to play the bass to its battle theme. I found it interesting to see how they applied all these aspects normally found in a game and comic into a movie, and I think they did a good job.

Overall, I found the movie to be enjoyable. Weird? Yes, but I think that in order to appreciate the movie you have to understand the small things that happen and relate them to either a comic you've read or a video game you've played.

Out of the three people I went to the movies with, I was the only one who really liked the movie, and I realized that it was because I'm a nerd and I got all the references the movie made. If you are or have been into video games in the past, then you will probably enjoy this movie, however if you were never into comics or video games in the first place, then you probably won't be able to relate to the movie enough to get as much out of it as someone who has. <

Rear Window, continued

for the first few shots. One of the apartment sections actually had electricity and running water which led Georgine Darcy to actually "live" in her apartment during takes. During the shoot, Alfred Hitchcock was only ever in the apartment of Jeffries so the actors in other apartments wore earpieces so they could hear his directions

Rear Window is a wonderful nail-biter for Halloween from the master of suspense. But don't take my word for it; go discover the perfection of Rear Window for yourself. <

The Like, continuea

with a melody sung in echo before launching into a dark vibe, using the organ extensively to build up into the first verse.

"I set the scene to tell the tale/ Who would have known his face would pale/Life if never what you want/Unless you plan it from the start" followed by the chorus following the same melody of the very beginning. It makes for a very powerful hook. Also, don't forget to listen after the final words for the bonus song!

So, although 'Release Me' probably won't change your life, The Like will provide you with a different view of recent 'girl band' music. You may hate it after one minute, one week, or one year, but it would ultimately be worth it. <

Read a good book lately? Watched a good movie?

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Contact: entertainment.woodword@ gmail.com

THE LAST WORD

New Staff at Marywood University

Several new academic administrators, directors, chairpersons and nearly 30 new faculty appointments have been announced at Marywood University.

Dr. Alan Levin has been appointed Interim Vice-President for Academic Affairs; Dr. Lloyd L. Lyter is the Interim Dean of the College of Health and Human Services; Mr. Collier B. Parker is the new Dean of the Insalaco College of Creative and Performing Arts and Mary Theresa Gardier Paterson, Esquire, has been named University Secretary/General Counsel.

Department Administra-

tors and Directors include:
Dr. Brooke Cannon, director,
doctoral program in human
development; Dr. David Renjilian, director, Psy.D. program; Dr.
Gerald S. Zavorsky, director, human physiology laboratory and
associate professor, health and
physical education; Dr. Karen

Arscott, program director, physician assistant program and Dr. Diane Keller, interim director, school of social work.

Department chairpersons include: Mr. Matthew R. Povse, art; Dr. Samir P. Dagher, business and managerial science; Dr. Douglas Lawrence, communication arts; Ms. Andrea Marie Novak, acting chair, communication sciences and disorders; Sr. Mary Salvaterra, CSJ, education; Dr. Helen Bittel, English; Dr. Elizabeth Kenny, foreign languages; Ms. Shelby W. Yeager, health

and physical education; Dr. Craig M. Johnson, mathematics; Sr. Joan McCusker, IHM, music, theatre and dance; Dr. Diane Haleem and Dr. Alice E. McDonnell, co-chair, nursing and public administration; Dr. Lee Harrison, co-chair and Dr. Kathleen H. McKee, co-chair, nutrition and dietetics; Sr. Dorothy Haney (fall 2010) and Dr. Philip Jenkins (spring 2011) philosophy; Dr. Edward J. Crawley, Dr. C. Estelle Campenni, assistant chair, Dr. John J. Lemoncelli, assistant chair for graduate counseling, psychology and counseling; Dr. Charles DeCelles, religious studies; Dr. Deborah Hokien, science and Sr. Margaret Gannon, IHM, social sciences.

Faculty appointments include:

Reap College of Education and Human Development: Sr. Kathryn Class, IHM; Dr. Andrew R. Dattel; Ms. Jane Helman; Ms. Bernice Lukus; Ms. Kara Medeiros; and Dr. Christine Sworen-Parise.

Insalaco College of Creative and Performing Arts: Dr. Dan S. Robbins and Ms. Lindsey Wotanis

College of Health and Human Services: Ms. Jessica Rae Bodzio; Dr. Rosemary D. Caolo, Dr. Jude J. Gonsalvez; Ms. Heather Grant; Ms. Linda Hunter; Ms. B. Lynn Hutchings; Sr. Angela Kim, IHM; Ms. Elizabeth McGill; Dr. Kimiko Tanaka; Dr. Kielty Turner and Ms. Jamie Valis.

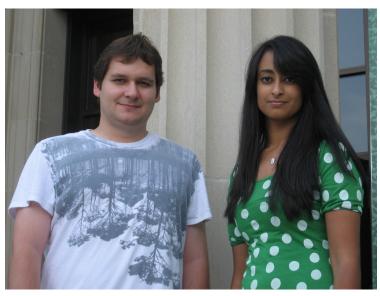
College of
Liberal Arts and Sciences: Dr. Christopher
W. Brey; Dr. Deanne
Garver; Sr. Maria
Rose Kelly, IHM; Ms.
Sarah Kenehan; Sr.
Christine Mihelich,
IHM and Mr. Randall
L. Moser. <



A late summer view of the Liberal Arts Center from the commons.

Photo credit Morgan Strasser, staff photographer.

New International Club Officers



Daniel Sputa and Aliya Jabri have been elected to leadership roles in the Marywood University International Club. Daniel will serve as vice-president and Aliya has been elected as president. Membership in the International Club is open to ALL Marywood students. Check out their Facebook page: The International Club - Marywood University, for more information.<

Three Websites, continued

So how does it work? Either go to *GoodSearch.com* or download and install the GoodSearch toolbar on your internet browser. Then, just search as you normally would and 50 percent of the revenue generated from the sponsored search advertisers gets shared with the organization of your choosing.

According to GoodSearch, a charity with 1,000 supporters searching the Internet twice a

day will receive about \$7,300 in a year. More than 93,000 organizations have signed up with GoodSearch, including Marywood University-related ones such as the Dance Team and Campus Ministry.

These are just three examples of how the internet can make a huge difference for our non-profits. Remember, you're only a click away from doing some real good for real people. <

African Dreams, continued

me that I shouldn't miss home because this was like another home for me. I was extremely touched by this and it is something that will stay with me forever. The people of Zanzibar are big on greeting each other and will often spend a long time saying hello to each other. There are a million different ways to say, "hello! how are you" in Swahili. And they expected me to learn all of them! Unlike here, where we usually just say hi to people

that we know, it is generally considered rude to pass by someone without saying anything. I think this a sign of how highly Africans value community.

It's almost impossible to truly put my experience into words. I would say that if you ever have the opportunity to travel to another country, take it. Just experiencing another culture and seeing the things they value and what they have to teach you will change you permanently. <

Nothing to Hide: Free Depression Screenings

Marywood University is offering two free programs on mental health issues and depression. The Counseling/Student Development Center and Peers on Wellness will host the annual Nothing to Hide program on October 6 and the Psychological Services Center will conduct a Depression Screening Day on

October 7

The Nothing to Hide program provides education and awareness of mental health issues and works to breakdown the stereotypes associated with mental illness. The event will be held from 11 a.m. to 2 p.m. in the Fireplace Lounge, Nazareth Student Center.

The Depression Screening will take place from 10 a.m. to 6 p.m. in the Psychological Services Center of the McGowan Building. The free confidential screening involves a private meeting with a mental health professional and referral if needed. <

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