Watch Out For Red Flag Relationships

Angela Miller
Entertainment Editor

Did you know that ninety-five percent of victims in abusive relationships are women? Or that every nine seconds a woman has been battered? Did you know that only a small percentage of abuse is reported?

Why would someone let this happen to him or her? Why would someone continue to waste away while clinging to the one who abused him or her? It is actually not that difficult of a concept. People who let abuse happen are often so damaged they feel they have nowhere to go. They cling to the abuser, deep down hoping and praying things will get better even though it may never will.

There are two major types of abuse: physical and emotional. Both can be extremely difficult to get out of. Physical abuse is the obvious of the two. If your significant other hits you for no real reason then you usually know something is not quite right. Emotional abuse is usually harder to detect, and it comes in many different forms. This article will specifically focus on emotional abuse so the red flags are clearer to pick up on. “I think both are equally harmful; however I think it’s easy for the person and around them to discount emotional abuse,” says Dr. Kelly Lengel, a psychologist at DGR Management.

Emotional abuse leaves scars that may never go away. It can hurt more than physical abuse itself, and it is extremely important to recognize the different types so you can get out before serious damage is inflicted.

The first type of emotional abuse, and probably the most obvious, is known as aggressive abuse. This is when your significant other constantly puts you down, calls you names, threatens you, or orders you around. Sometimes it can be subtle and it is harder to detect. For example if you are laying on top of your significant other and they say you weigh a ton you would obviously be crushed by such a remark. They will take it back and say, “It’s a joke. You don’t have a sense of humor,” but if the statement is constantly being used they may be serious, but just trying to cover it up. Still the statement is like a ticking time bomb, and eventually it will go off and self-esteem will be lost. Aggressive abuse can be disguised as being “helpful.” Your significant other may try to give you advice, criticism, and have a mentality of “I know what is best for you.” Just remember nobody knows what is best for you, only you can know that.

Another form of emotional abuse is known as denying. This is the abuser has a constant stream of “I just don’t feel like it tonight. Can’t we just stay home,” then eventually you will feel like you are cut of from your friends or family. That is usually the purpose. Dominating people are often extremely selfish and would do anything to keep another person under control. They will often manipulate emotions to make you feel like you are the one who is doing something wrong. Just remember it is okay to go out with your friends, and if someone gives you an ultimatum like “You either come over to my house or we’re through” then that person is not worth it.

It is hard trying to end a relationship with someone who refuses to let you go. They may become a stalker trying to contact you in any way they can because they want you to break and to come crawling back to them. Be strong. Enlist the help of your family and friends to help you get through the hard times because they are the people who care about you the most.

And now that it is over you are left with probably the worst pain you will ever feel. Here is the silver lining, even though it will hurt for a little you can overcome it. If you have the will power you can overcome something. The wounds and scars will become a part of who you are, and it is up to you to push through the hurt and rise up. People will look at you and tell you that you are so strong to overcome what has happened to you. Slowly, but surely, the confidence will slowly come back, and you can get back to being your old self. “I would encourage him/her to focus on taking care of themselves -physically, emotionally, spiritually - and to purposely avoid romantic relationships for six months to a year. Jumping too quickly into a new relationship increases the chances of repeating unhealthy patterns,” says Dr. Lengel.

The stress involved in abusive relationships can be bad. Photo courtesy of google.com

When the abuser denies the emotional needs of their victims. They may try to alter your memories, perceptions, and your very sanity. Abusers will often use phrases like “I don’t know what you’re talking about” or “I never said that.” However the victim usually knows differently. Be aware of how you see things and memories. What you see and how you see it will always be different from the abuser. He/she will most likely believe nothing they say or do is wrong. This type of emotional abuse can be specifically damaging. It can often lead to lack of self-esteem, creating internal and external conflict, make you feel like everything you remember is wrong, and can give you a false sense of reality. These can leave deep scars, and these scars can have a dramatic effect on future relationships.

Another form of emotional abuse is known as domination. This can be obvious as well, and yet it can also be disguised. If the abuser comes straight out and says, “You can’t do this because I said so,” then they are obviously trying to control you. However is can be gradual; if

But do not forget the ordeal you have been through. Nothing in your life happens without reason. Even though you might feel it was a waste of time and energy on your part you also need to think about this: what would have happened if you had not gone through it? Would you be a different person? You have been through hell, but in the process you have gained some valuable insight. You know what kind of signs to look for, and it will be easier to detect them as you go along looking for another significant other. Nothing happens without reasons so do not ever regret anything in your life. Live it the best way you possibly can. You will grow into a better person if you accept the difficult things and overcome them.

“I would encourage those reading this to trust their guts. If there are aspects of your romantic relationship that make you uncomfortable, don’t disregard your feelings (“I’m just being too sensitive” “I know that he/she really loves me and didn’t mean -insert action-”). Let others around you know about your concerns. Often the feedback from others can confirm that your concerns are valid,” Dr. Lengel adds.
Danya Webb  
Staff Writer

This year’s Earth Day event was on April 22, 2010. This was the first Earth Day event held by Alvernia University. Earth Day was designed to inspire and get people aware of what is happening to the earth. Since 1970, Earth Day has spread across the globe to more than one hundred and eighty countries. Here at Alvernia there were seventy-five students, twenty staff members, three faculty members, and two administrators who volunteered, which gave Alvernia a total of one hundred participants for this year’s event. Dr. Joe Cicala stated that “The sight of approximately 100 members of the Alvernia community – students, staff, and faculty – giving of their time and talents in service—I was proud to be one of the group.”

For the first year events, volunteers participated at three locations including Saint Jose Villa, Angelica Park, and the Schuylkill River Trail. Volunteers contributed approximately one hundred and sixty two hours of their time towards these locations. Kristen Kelly, a Junior Sports Management Major here at Alvernia, was a first time Earth Day participant. When asked what inspired her to come and participate she said that “she enjoys being outside, and likes her surrounding earth to stay clean”. Many students were assigned to come volunteer for their classes, including Kristen, but in the end, she and others felt really good about themselves for the work that they did. She also stated that “word of mouth will help make next years events even more successful.”

Maggie Delp, the Activity Director Coordinator at Saint Jose Villa said that participating in the Earth Day events “is a benefit in your own heart.” She made it clear that many of the Sisters wanted to continue the things that they have been doing for years, such as maintaining their courtyard. But with increasing demands on their time, they are unable to do it by themselves. Maggie said, “Because of the Sisters getting older, she wants to promote more volunteers down there year round.” She also said, “The volunteers helping out the Sisters would be like giving a student a million dollars. There garden means so much to them, and that when they can’t do it themselves, they get upset.”

Alvernia plans on continuing the Earth Day events in the future years and hopes that the number of members who participate will continue to grow. Kristen Kelly was asked what she believes would make next years events even more successful, she stated, “Letting everyone know what we did and the benefits that come from the hours that we put in.” Dr. Cicala also wanted to give a big salute to the staffs of Campus Ministry and the Holleran Center for Community Engagement, as well as all the community partners with whom we worked and our own Earth Day Committee, for organizing and leading the day’s events.
Experience the Magic of Nursing

Joclyn Drum, ASNA President
Jillian Buynak ASNA Secretary

The 58th Annual National Student Nurses’ Convention titled “Experience the Magic of Nursing” took place in Orlando, Florida. This year was different from previous years. One can assume the Magic of Nursing “took place in Orlando, Florida. This year was different from previous years.” The convention included seniors, Joclyn Drum, Melissa Lefever, Amanda Tshudy and Roxanne Lane, senior nursing students understand. This year ASNA had all of their students understand. This year ASNA had all of their students understand.

The Magic of Nursing

The 58th Annual National Student Nurses’ Convention titled “Experience the Magic of Nursing” took place in Orlando, Florida. This year was different from previous years. One can assume the Magic of Nursing “took place in Orlando, Florida. This year was different from previous years.” The convention included seniors, Joclyn Drum, Melissa Lefever, Amanda Tshudy and Roxanne Lane, senior nursing students understand. This year ASNA had all of their students understand.

The Magic of Nursing

The 58th Annual National Student Nurses’ Convention titled “Experience the Magic of Nursing” took place in Orlando, Florida. This year was different from previous years. One can assume the Magic of Nursing “took place in Orlando, Florida. This year was different from previous years.” The convention included seniors, Joclyn Drum, Melissa Lefever, Amanda Tshudy and Roxanne Lane, senior nursing students understand. This year ASNA had all of their students understand.

The Magic of Nursing

The 58th Annual National Student Nurses’ Convention titled “Experience the Magic of Nursing” took place in Orlando, Florida. This year was different from previous years. One can assume the Magic of Nursing “took place in Orlando, Florida. This year was different from previous years.” The convention included seniors, Joclyn Drum, Melissa Lefever, Amanda Tshudy and Roxanne Lane, senior nursing students understand. This year ASNA had all of their students understand.
Seniors Awarded for Academic Excellence

Lauren Rocchino
Campus News Editor

On Sunday, April 18, 2010, Alvernia’s faculty, staff, board of trustees, students, and parents gathered to recognize senior students’ academic achievements. Honors Convocation also recognizes faculty members for academic achieve-
ments. The event took place in the Physical Education Center.

Each year Honors Convocation is held in order to give stu-
dents the glory that he or she has worked over the past four years. Students were recognized for their achievements in specific depart-
ments depending on their majors. Other students and faculty members were recognized for their hard work at Alvernia, including promoting peace and involvement in athletics.

The 2009 Senior Scholar was Heather Spangler. Heather was rec-
ognized for being active in her ma-
jor, Nursing, as well her involvement on campus. “Honors Convocation was an amazing experience for me personally. Seeing my fellow senior nursing students and good friends in other disciplines being awarded for their hard work and achievements was very exciting. It seems that not too long ago, we were freshmen, un-
sure of what was to come in our per-
sonal and academic lives. And now, four short years later, we have not only left our mark on Alvernia, but we are ready to go out and make our mark on our world,” says Heather.

All students who attended re-
ceived their honors chords for gradu-
ation. Senior students were invited because of their cumulative GPA is at least a 3.5. Students can graduate with honors ranging from cum laude, magna cum laude, or summa cum laude. The phrase cum laude is latin for ‘with honors’. Magna cum laude means with high honors. Summa cum laude means with highest honors.

Heather Spangler handed off the Senior Scholar title to Lauren Ku-
rek and Kelsey Brown. “I was ecstatic to be able to watch Lauren and Kelsey be honored as 2010’s Senior Scholars. I was able to get to know them during Alvernia’s Alternative Breaks service trip to New Orleans this past March. They are both amazing students and people, and I am certain that they will do an excellent job representing the students of Alvernia,” said Heather.

Two students, one male, one female, were recognized for having the highest GPA after four years as an Alvernia athlete. Bridget Burger, Cross Country, and Zachary Lock-
wood, Tennis, won these awards. The Peace and Justice Award was given to Maureen Plover for demon-
strating a spirit of service and leadership in academic and co-
circular activities as well as dedica-
tion to service in the community.

The Alvernian’s own Scott Rodgers, Lisa James, and Angela Miller for recognized for their in-
volvement in the school’s newspa-
per. Scott Rodgers was awarded the Alvernian Award for News Report-
ing. Scott says “There were a lot of bumps in the road and I learned a lot through my hands on experi-
ence. I hope whoever takes over af-
ter me continues to evolve the sports section, as well as the paper as a whole, into something even bigger.”

The 2010 Honors Convoca-
tion stands as a distinguished event that honors students who possess de-
termination, excellence, and a will to do their best. Each student can now bring their hard work into the work-
place. Graduation will mark as the end of each student’s undergradu-
ate studies, but will only be the be-
ginning of new careers, new per-
spectives, and new life experiences.

The Nothing Face Brain Roast: Part Trzy

Geoff Nagle
Staff Writer

If you are able to read the Pol-

ish language, then you understand the word “trzy”. It is a word stripped of vowels (except for the ‘and sometimes Y’ motto) and looks just as odd as it is pronounced. So why have some-
thing so unordinary in a title? These are just the beginning of the questions students and faculty may have for the annual ‘Nothing Face Brain Roast’.

In the beginning of May, before stu-
dents’ bags are packed for home and all of the time. We are victims of our little toy trains, on our little soundtracks, doing the same thing over and over again. This is the same event every year, the same songs we listen to every day.

Dr. Thomas Bierowski teaches one of his classes.

 began to call Mr. Bierowski, I was affected by his excitement for previous acts. A

as we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for cre-

ative, words and any self-indulged

In front of Dr. Tom’s office.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

In front of Dr. Tom’s office.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged

The Nothing Face Brain Roast: Part Trzy.

As we talked in his office, colorful books formed columned mountains on the walls and music from his computer strummed with an elevator-type feel. The cement walls held pictures, drawings and quotes from assorted artists and you could not help but hone in on the sense that Dr. Bierowski was more than any regular English professor; he’s a professor with the love for creative, words and any self-indulged
Greg Daniels was integral to Novak's career because he had seen Novak's stand-up comedy and decided that he would be perfect for the American version of *The Office* (the franchise originated in Britain). B.J Novak was the first casted actor. He plays Ryan Howard, the quirky aspiring young employee. This show has been a tremendous success. B.J Novak is very accomplished and he also has contributed as the co-executive producer for *The Office*. The Office hasn't been the only thing in B.J Novak's success story. He also worked in feature films like *Reign Over Me*, *Unaccompanied Minors*, *Knocked Up*, and his latest, *Inglorious Bastards* written by the brilliant Quentin Tarantino and featuring Brad Pitt.

Besides relating the whole success story of B.J Novak, when he showed up to Alvernia University, Novak was simply phenomenal. He had included in his act some hysterical fresh new ideas which included a Shy Puppet that was a frog hand puppet, a briefcase filled with different items such as a pile of note cards with optional jokes to use in his next act. With the audience he determined which to use according to how much laughter he received after saying each one. Another great thing he utilized was his notable ability to incorporate yours truly, The Alvernian's articles into his stand-up act. Novak addressed the front page article written by our Sports Editor Scott Rodgers, which talked about his fourteen hour drive to St. Louis. B.J Novak told us about the dead body he saw. He also mentioned my personal article in our last issue about Ronnie Jordan. He said he was a bit intimidated by the article detailing how great of a comedian Ronnie Jordan was. He directly quoted the newspaper and said, "I hope the next comedian can top Ronnie's act." He chuckled and said "This wasn’t intimidating or anything.” After his comedy he gave sometime for a Q&A session with the audience. The number one question from everyone’s mind was about *The Office*, and if he had ever really been to Scranton, Pennsylvania where the show is supposed to take place. He conclud ed by saying/ screaming “Yes, I’ve been to Scranton!” This made the audience cheer and laugh for such a great performance. Spring Fling was a great weekend full of fun activities and a great chance to let loose and enjoy some great stand-up comedy. Or, at least, that’s what she said.

## Alvernia Goes One day Without Shoes

Pat Watson
Staff Writer

People encounter domestic poverty and we are reminded to appreciate having food and shelter, but most of us all but forget about our feet. Food, shelter, and shoes facilitate life’s fundamentals. Imagine a life without shoes. This means being constantly aware of the ground in front of you, suffering regular cuts and scrapes, worrying about and trying to get rid of infection, and enduring not only rough terrain, but also the steaming hot or freezing cold temperatures depending on the season. About 40% of the world does not have shoes and it is a very serious problem. A leading cause of disease in developing countries is soil-transmitted diseases, which can penetrate the skin through bare feet. Wearing shoes can help prevent these diseases, and the long-term physical and cognitive harm they cause. Not only are these injuries painful, they also are dangerous when wounds become infected. And the most serious part of this problem is how having no shoes can affect an education. Often, a child cannot attend school barefoot because some schools require uniforms and shoes are a part of the uniforms. If a child does not go to school, they do not get an education and all because of not having just one pair of shoes? It is very disturbing to think that something so simple could have such a huge effect on a child’s life and that is why Alvernia and people across the world took action on April 8th to help spread awareness of this problem. STOP got the idea for this event when president, Maureen Plover, showed a video to the organization about the event last year. The entire idea for the event was to “do for one day what millions do everyday”. STOP went one day without shoes to be in solidarity with those who do it every day and to raise awareness about the issue. We invited the whole campus to participate if even only for a short time. Worldwide a quarter million people participated in the event. In addition to going barefoot, I sold white canvas TOMS shoes which we decorated at the event on April 8th. Alvernia ordered 27 pairs of TOMS, which means that 27 pairs will be donated to children in need” said Lauren Shetler, Graduate Assistant in Campus Ministry.

A solution to this problem is so simple, but it really comes down to the more fortunate people around the world to act on making the solution a reality. One person can do the smallest thing to help, but it is still making a difference because not only is that one person actively helping, that person is also spreading awareness of this movement. This past April 8th, ¼ million people participated in over 1600 events around the world. What can you do that is going to make those numbers bigger for next year?
Ryan Howard: The Next Overpaid Slugger

Scott Rodgers
Sports Editor

Five years, $125 million dollars, with a $23 million dollar option in 2017.

Ryan Howard is arguably the face of the franchise. He is a fan favorite, he hits dingers that go for miles and are met with a chorus of “oooh’s” and “ahh’s.” But, so did Mo Vaughn. Oh, and David Ortiz, too.

Now I am not saying Ryan Howard is going to hit the wall abruptly like those two did. Howard has a better history in terms of health and his defense is not a complete black hole. However, as I wrote last semester, a deal struck with Howard would likely come at the cost of Jayson Werth. With the price tag being this monstrous, it may also come at the cost of whipping boy/on-again-off-again ace, Cole Hamels.

The very first words on Rotoworld.com about this contract are “This could be one to regret” and another blurb starts “An ugly deal gets uglier” (this is when the sixth year option was unveiled).

By the end of this contract Howard will earn more money than every player who is not Alex Rodriguez. Now I know all of the defenses. The first is that the costs less than Albert Pujols or Prince Fielder would have. The thing about those two is the bidding war may not be as bad as one thinks. Pujols will obviously attract the Mets, Red Sox, and Cardinals, with Fielder having the same top two and the Brewers. The Angels are always in there, as well, but they have Kendry Morales. The Mariners may be intriguing, but they have to figure out what they are going to do with Cliff Lee.

But the Yankees have no need for a first baseman. The Dodgers are not likely to shell out any money for a while until their ownership’s divorce gets sorted out. If Howard had gotten to free agency, the Phillies’ top competition would have been the Mets in all likelihood. The Red Sox had their fingers and toes crossed Joe Mauer would make it to free agency, and Theo Epstein has been on record as saying the “Mauer Fund” is now the “Fielder Fund.”

But even the Mets may not have a pressing need, as Ike Davis seems to walk on water to the fan base. So who were the Phillies bidding against?

The next argument I have heard is that Howard knows the ballpark and is a great fit. The only thing I can say to this one is I am quite confident Pujols, Fielder, or any other first baseman out there could be just as good of a fit. Obviously it is always plus to lock up your home talent. Howard has been a part of the organization since he was drafted, and I know from working at the Reading Phillies people still talk about him more than any player not named Domonic Brown. But, all I can do as a Red Sox fan is shake my head and wait for the inevitable. The Phillies will still win division titles and probably make it to another World Series or two, and fans will continue to say it is a great deal. Until they realize they are paying three players $55 million dollars in 2013. Their payroll in 2010 is $141 million, so it will be interesting to see the roster that can be assembled (minus one starting pitcher, as well as a first and second base man) for less than $100 million.

Alvernia Athlete Spotlight: Janelle Guignet

Krysta Blocher
Staff Writer

It is a journalistic pleasure to place a spotlight on Senior Athlete, Jaclyn Guignet. I had the chance to interview her about her experience at Alvernia University and what it was like as a student athlete. She informed me that she had a great experience watching both herself and the College grow. Guignet enrolled as a freshman, and has developed as a student and an athlete. And now, she will soon be an alumna of the new Alvernia University. She states, “There has been a lot of construction and improvement with many of the athletic fields and residents halls on campus. As an athlete, playing on the new turf was awesome.” Guignet is an active member of the field hockey team, and she has been a tour guide through the Admissions office. Guignet stated that being a tour guide has allowed her to speak with prospective students about their interest in attending Alvernia. She made one thing clear and wants others to remember: “The one thing I emphasize when speaking with prospective athletes is, “If you play a sport and love it, I highly recommend you continue to pursue it in college; it has been a great experience for me and has helped me balance and stay on track with all my work.””

After graduation she will be attended Marywood University, where she has been accepted into their advanced standing program a Masters in Social work. “With Advanced standing, I will complete my MSW within a year, and once I graduate with my MSW, I hope to work as a medical social worker in a hospital or a rehabilitation center with older adults.”

Throughout her education, she has found her passion to be with the older population. Guignet explains, “I am looking forward to earning my Masters in Social work and then continuing my career as a professional social worker.”

Janelle Lynch: Let-light: Jaclyn Guignet

Tim Ashquist
Staff Writer

Janelle Lynch has played two sports every year since she was a freshman here at Alvernia, but her senior year, when Alvernia expanded its sports program by adding Track and Field, Janelle couldn’t resist. “I like any chance I can to participate in high levels of competition,” Janelle said about why she joined the track and field team. Janelle is one of the fastest women on both the field hockey and softball team.

She was asked to be part of the new Track and Field team. “I ran track because I always wanted to try it in high school but they didn’t have a track team. Also, the coach of the track and field team, Laura Gingrich, was always an inspirational coach who allowed me to gain confidence in myself.”

Janelle has always played field hockey and softball, but this was the first year that Janelle has ran track in her life. Janelle didn’t just participate in track and field for the first time; she was a big asset to the team by competing in the pentathlon, which consists of five different events: the high jump, long jump, shot put, 55 meter hurdles, and 800 meters. In the Pentathlon, each competitor receives points for where they place in the events and the winner is the person with the most points at the end of the five events.

She also participated in the 400 meter and 55 meter runs. In her first year, Janelle qualified in the Pentathlon for the MAC Championships. She has lettered in both softball and field hockey since her freshman year. She was an outstanding athlete in both of those sports as well. In softball, Janelle hit for a .300 batting average throughout her career. In her junior year she earned Second Team all-conference honors with a team-high batting average .389, and also led the conference with 26 stolen bases. In her senior year she recorded the highest batting average of her career at .395.

As a Field Hockey player she had a much more impressive resume. In her sophomore year, she earned the PAC Player of the Year award and was named to the 1st Team All PAC by scoring 17 goals and registering 8 assists for a total of 42 points. While starting every game for the Crusaders.

Janelle was also featured in Sports Illustrated’s Faces in the Crowd. In her junior year she was the only Crusader to be named to receive all-conference honors being named to the 1st team. After college Janelle plans to come back to Alvernia to help out with the field hockey team. She will clear always be active in the world of sports.
Much More Than It Seems

Michelle LaFaver
Contributing Writer

It has been said that a person’s true intent can be measured not in their words, but in their actions. This statement is apropos for the stellar film, The Blind Side. With the support of an outstanding cast, including Academy Award winners Sandra Bullock and Kathy Bates, this work takes its place among the best movies of 2009.

Based on a true story, the film revolves around Michael Oher, a homeless black teenager who is taken off the streets and given a home by Leigh Anne Tuohy, Sandra Bullock brilliantly and convincingly plays the character of Mrs. Tuohy, a determined and opinionated Southern woman with a penchant for getting what she wants and driving those around her to succeed. Mrs. Tuohy is married to a wealthy and successful business owner (nicely played by Tim McGraw) who appreciates her drive and supports her desire to make a difference in the life of “Big Mike.”

The Blind Side exposes the sordid world of inner city drug use, the challenges facing children over-looked by the welfare and public school systems, and the plight of the homeless. It also exposes the profound effect one person can make in a life should they choose to step in and do the morally correct thing. Although not overtly spiritual, there are undertones present relating to the need for a connection between the Divine and humanity. Also of key importance in this film are a solid family unit and the tremendous role mothers play in the lives of their children. The Tuohy family is strong, stable and committed to one another. In opening their hearts and their home to Michael Oher, they display the fortitude and support necessary to achieve any goal. Ultimately, they help Michael to overcome his past and move forward with a life and career that represents his level of skill both on the football field and in everyday life. Although The Blind Side is meant to primarily be a sports film, it is much more. Coaching, both on and off the field, takes much more courage and fortitude than many people understand. A coach is a teacher of possibilities, possibilities that are deep inside the hearts and minds of their players and students. It is through the mentoring of a player or student that these possibilities become actualities. This film shows that even seemingly impossible hurdles can be overcome and the life of person completely changed through caring and compassion.

I would be remiss in not mentioning the superior performance by Quinton Aaron as Michael Oher. He provides a poignant emotional portrayal of the character, and even though he says very little, what he does verbalize has a profound effect on those around him. In addition, Kathy Bates is very entertaining as Miss Sue, Michael’s inspiring tutor. Don’t miss out on this one. Grade: A+

The Blind Side stars Sandra Bullock and Michael Oher. Photo courtesy of google.com

Watch Out For Big Name Summer Movies

Angela Miller
Entertainment Editor

The spring semester has finally come to an end. Now it is time to relax and have a great summer with friends and family. Here are a few movies to keep an eye out for this June.

The first movie, coming out on June 11th, is another version of The Karate Kid. This version stars Jackie Chan as Mr. Han and Jaden Smith as Dre Parker. This story is about Dre who finds himself in China, a world completely new and different to him. In Detroit he was the most popular kid, but now he has to start all over again. He falls for his classmate, Mei, and soon attracts the attention of the school bully, Cheng. However Dre knows little karate and secretly mastered kung fu, he learns that kung fu is more than parries and punches. Mr. Han teaches Dre his ways, and soon Dre realizes fighting off bullies will be the fight of his life.

Also coming out on June 11th is The A-Team. This version of The A-Team has some big name actors such as Bradley Cooper, Liam Neeson, and Jessica Biel. It will be interesting to see how ’Rampage’ Jackson will be as Sgt. Bosco ’B.A.’ Baracus. He could make it really good or really bad. The A-Team is about a group of Iraq War veterans who look to clear their names with the U.S. Military. The have been framed for a crime they did not commit, and it turns into more than what they bargained for.

If you are looking for a great family movie to see then Toy Story 3, coming out on June 18th, is the movie for you and your family. It features all your favorite characters from the first two movies, but there is one exception namely Slinky Dog’s voice has changed. However this could me a minor detail in what could possibly be a great family movie. In Twilight, the gang finds themselves being shipped off to a day-care center because Andy is on his way to college. While they are there they make new friends, but also some enemies. It turns into a funny adventure for everyone in your family to enjoy.

Finally for all you Twilight lovers out there, Eclipse is making its theatrical debut on June 30th. This has a lot of promise to be darker, edgier, and more dramatic than Twilight or New Moon. Eclipse is bound to have more action and more romance than the other two movies. It takes place during a time where there have been mysterious killings in Seattle. Bella finds herself in a difficult situation where she must choose between the lover of her life, Edward, and her best friend, Jacob. Things take dramatic twists when they find out Victoria has returned. There is a war coming, and the Cullens find themselves in need of their enemies, the werewolves, help.

There are plenty of other movies to look out for coming this summer. These are just some of the big names coming out in June. Look forward to what is coming out in July and August, and most likely you will not be disappointed.
The Losers Proves To Be A Must See

Michael O’Boyle
Staff Writer

The Losers came out April 23, 2010. The cast was led by Jeffrey Dean Morgan as Clay, Zoe Saldana as Aisha, and Columbus Short as Pooch, who also starred in the 2006 film Stomp The Yard. It was a movie filled with action and some comedy. The movie was about a five-man United States Special Force team, Clay, Pooch, Cougar, Jensen, and Roque who were sent to Bolivia on a search and destroy mission. Clay is the captain and basically the leader of the five man crew. Jensen is one of the more entertaining characters of the group. Pooch is the most level headed of the group and just wants to get his jobs done so he can return to his wife. Cougar is best known as the silent but deadly sniper. Lastly of the group is Roque. He is the hot-headed one on the group and by the end of the movie it turns out that he chooses a different path than the rest of the group. Everything changes when the plane they were supposed to take is shot down and the five members are presumed dead but actually are alive. The people who conspired against them believe they are dead. They then end up in Mexico since they cannot return to the U.S. because everyone believes they are dead until they run into Zoe Saldana’s character, Aisha. Through her mysterious ways she gets the crew and herself across the Mexican border and back into American territory where the goal is to go after the two men, Wade and Max, who tried to kill them in Bolivia. Wade was a former member of the U.S. Special Force team that begins to work for the very wealthy man just known as Max. Max is a very wealthy but crazy entrepreneur willing to kill anyone that gets in his way when he is trying to make a purchase for some high tech explosives and start up a global war. Then the movie turns into an all out plan to find Max and to kill him after finding out how much of a bad man he truly is. The hardest part about getting to Max is he is heavily protected by his men. Along the way the characters encounter a few twists and turns throughout the movie, like the mysterious ways of Aisha and the violence from Roque against his own captain, Clay. Overall the movie was actually very good. It mixed the action and comedy together perfectly. The one thing that I noticed—and I’m sure everyone who goes to watch this will notice—is that the U.S. Special Force team’s sniper, Cougar barely speaks throughout the entire movie, but when he does speak it is actually quite funny. The movie is somewhat short compared to some other movies but is definitely worth going to see. If I could I would definitely go see this movie for a second time.

Horoscopes

ARIES (March 21-April 19): This is the time to make new beginnings. Time to start over and live your life the way that you want to without living in the past and regretting choices you have made. This new beginning will bring positive change to the way that you look at not only other people but yourself. This new beginning will bring you lots of success in your life.

TAURUS (April 20-May 20): During this month it is time for you to think about what you really want in life. In the past couple of months you have only been doing what other people have been telling you to do. It is the time to do what makes you happy and want your true passion is.

GEMINI (May 21-June 20): This month is the time for you to go out and meet new people. By going out and meeting new people you will improve on your social life and it will also bring positive advantages in your life as far as networking goes. Do not be scared to be your own person because that is what everyone loves about you.

CANCER (June 21-July 22): This is a crazy time for you with both your career and your relationships. As a career move goes, jobs this month could be laying up for you. Take the one that you feel fits you the best. On the relationship side of things, a new romance could be on the horizon. However during this month make sure you take some time to relax.

LEO (July 23-Aug. 22): New adventures are heading your way this month. These adventures could include business trips or your own personal vacation. While on these trips, keep your eyes open to any changes that may come your way. These changes could throw you off track a little, but you will able to deal with them.

VIRGO (Aug. 23-Sept. 22): An issue that has not been resolved from the past could come back into the picture during this month. Do not let it get you down, and keep your positive outlook on life. Just keep in mind if you do not work on this issue during this month, the issue could grow into a bigger one in the next couple of months.

LIBRA (Sept. 23-Oct. 22): During this month you will feel less stressed out. Everything that was stressing you out in the past will come to a close and life will be much easier. Take this time to focus your attention on those things in life that you have not had a chance to do because you were so stressed. Remember all of your stress and hard work has paid off.

SCORPIO (Oct. 23-Nov. 21): During this month it is time to go out and enjoy the nice warm weather that the next couple of months have to offer us. Go out and play a game with friends or just go outside and enjoy the sun. Not only will you feel better about yourself but it will make you relax.

SAGITTARIUS (Nov. 22-Dec. 21): This is the perfect month to put all of those projects that you left unfinished back onto the drawing board. You will find yourself being more creative this month and inspire to finish those projects. There is more out there than what can be accomplished through the walls of your house.

CAPRICORN (Dec. 22-Jan. 19): This is the month to do some summer cleaning. Clear out your closet and make room for all of those new clothes. When cleaning you will find things for which you have been searching for some time. Not only is it time to clean, but also work on those house projects that you have been waiting to get started.

AQUARIUS (Jan. 20-Feb. 18): During this month it is time to work on your financial situation. No need to have so many overdue notices coming in the mail. It is time to get your financial situation in order and fix this problem before it overtake your life. Better to work on it before it is too late.

PISCES (Feb. 19-March 20): Your love life has been very positive the past couple of months. Do not let the small things in the relationship bring you down. You may go through a rough patch every few days, but these rough patches do not come close to the good times you and your partner share.

Photos courtesy google.com

By Vanessa Policarce
Advertising Editor
OFF-CAMPUS HOUSING!!

NOW RENTING FOR FALL AND SPRING SEMESTERS.
Located on St. Nicholas Street, directly across from campus.
Townhouses are quiet, clean, and have plenty of room.

3 Bedrooms ● 2 1/2 Bathrooms ● Full kitchens, equipped with refrigerators, stoves, dishwashers, and garbage disposals ● Full basements with washer and dryers ● Off-street parking and backyard patio ● CABLE READY

Contact: Tony Talarico
328 St. Nicholas St.
Reading, PA
610-763-4868
tonytrico@aol.com