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# THE TOWER

Ohio Dominican University's student newspaper • Winter 2009 • Issue 5

### ODU Difference-Makers







Steiner

Litt

Clark

## New awards given to students

Ohio Dominican has started giving students monthly awards to show its admiration for the students' contributions to life on campus.

The three students named ODU Difference-Makers for December are recognized for their dedication to a variety of campus activities.

Brian Litt directed the fall play *Pygmalion*, runs cross country, serves as a student senator and participates in Sigma Tau Delta, the English honors society.

Christina Steiner organized the Environmental Club, and Leslie Clark tutors children frequently through the ODU's Village to Child program.

Sharon Reed, dean of student life, said when people take time to adhere to the university's mission to be contemplative, they realize how blessed they are to work and interact with each other on campus.

University leaders have heard many compliments in recent months about students, including praise for the character of the athletes and thanks from campus visitors who were graciously welcomed by students, Reed said.

"There are so many students who make a significant difference in the life of our campus, going out of their way to serve without any thought of praise or recognition," she said in a recent announcement introducing the award program.

The university will honor students for six months. To nominate a student, send his or her name and three to five sentences explaining the reason for the nomination to <a href="mailto:studentdevelopment@ohiodominican.edu">studentdevelopment@ohiodominican.edu</a>. January

nominations will be accepted from Jan. 11 through Jan. 20.

Here are excerpts from the December award announcement:

Leslie Clark: Freshman majoring in Special Education. Spends two afternoons a week tutoring and providing classroom assistance Village to Child. "She stresses the importance of focusing on the task at hand and being respectful of self and others and encourages students to be responsible about homework logs and homework. Leslie is consistently prompt and has grown in her ability to interact with and challenge the children. ... Leslie makes a difference to these children on a regular basis and definitely gives with no expectation of return."

Christina Steiner: Junior majoring in Environmental

Studies and minoring in Political Science. She organized the Environmental Club last year and serves as president. "She has assisted with recycling, stream clean-up, and other sustainability issues. Christinais very committed to a sustainable environment and a sustainable campus and inspires people by what she believes and how she acts on those beliefs."

Brian Litt: Sophomore in Philosophy. majoring Nominated for work multiple campus activities, including cross country, Student Government and Sigma Tau Delta. "This fall he worked diligently to produce Pygmalion for the Panther Players. Brian is committed to being involved in making life better on a day-today basis at Ohio Dominican and gives generously of his time to a variety of issues."

## **Viewpoints**

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### Contribute to The Tower

The Tower welcomes letters and guest columns from ODU students, alumni, faculty, staff and administrators.

E-mail them to tower@ ohiodominican.edu.

The paper is seeking students to write articles, edit copy, take photos, design pages and coordinate PR campaigns.

For more information, contact adviser Rose Shilling at The Tower's e-mail address listed above.

The Tower
needs:
page designers
writers
photographers
PR specialists

Find out now how to get involved next semester!

Opinion:

### Students need insurance from ODU

By ALEXANDRA CARDENAS

Tower Staff Writer

As a student with medical needs that require health insurance, I have found it difficult to find good, affordable health care.

Maintaining a job that offers benefits in addition to school is not easy for a full-time student.

Unfortunately, besides international students, Ohio Dominican does not currently offer any type of health insurance to its students.

During a recent interview with the director of Health Services, I was told that the university would like to implement student health insurance.

With all the expansion ODU hopes to have in the upcoming years, it is imperative that the university makes student health insurance one of its priorities.

I am one student, pleading for the availability of student health insurance at ODU.

As a Type 1 diabetic, it is essential for me to have health coverage. At the ripe old age of 25, I am no longer eligible under my parents' insurance plan.

Since ODU doesn't offer us benefits, I have to work a fulltime job that has nothing to do with my future career plans in order to receive them.

While I have not met many ODU students who have to deal with this dilemma, I know that there are some of you who don't have health insurance.

Other ODU students can relate to the anxiety that is felt when they are sick and the only remedy is to take Nyquil until



Cardenas

they get better. Going to the doctor without insurance is not an option for many students who can't afford the visit due to lack of health insurance.

Over the last year, I've hardly been to the doctor for my diabetes despite the fact that I am supposed to go every three months for routine check-ups.

The high price of good health has made me apprehensive to head to the doctor despite my need for it.

I'm still waiting for my "grace period" to end with my new insurance company through my job so that my appointments to see my diabetes specialist are covered.

However, once my benefits do kick in, they won't ease too much of the financial burden due to the medical plan that I can afford.

The combination of full-time student and full-time employee don't mix.

Instead of doing both, I would much rather take advantage of the luxury of student health insurance.

Even if the university offered basic coverage, I would be able to sacrifice 15 to 20 hours a week at work in order to devote more time to my studies.

What student wouldn't

appreciate this kind of opportunity?

The main contributing stress factor for me since I turned 25 has not been school; it has been working enough hours to be eligible for benefits.

I live with a chronic disease that intensifies regular illnesses, such as the common cold.

While I don't use my benefits regularly due to the out-of-pocket expense, it's reassuring to know that I do have them should I need to use them.

I am sure that many students can agree that the availability of student health insurance at ODU would be a huge weight off their shoulders.

I have no doubt that there have been uninsured students who have had to make a trip to the emergency room. The bill that follows is one that would most likely lead to another trip back to the ER.

Student health insurance, while offering pretty basic coverage, would still be beneficial to a student who truly needs it.

Times are tough and good health care isn't easy to come by.

ODU, I would like to express the dire need for student health insurance.

As a diabetic who requires fairly comprehensive insurance, I am not asking for a full coverage plan.

I am simply asking this university to offer students some sort of health insurance that will help us make it through college without the stress of working 30+ hours a week.

Cardenas is a senior majoring in Public Relations.

### Great gift ideas for cash-strapped students

**By ALEXIS ADAMS** *Tower Staff Writer* 

Let's face it, we're college students and we're not making the same amount of money as others.

And this economy is not helping our situation at all. So I have done my research for all my fellow college students and I think these suggestions will help all of us save bundles!

Usually, parents and family members do not expect us to buy extravagant gifts, but it doesn't hurt to let them know of your current situation.

Informing them of your financial situation will take some the pressure off of you.

Next, when you are shopping for your loved ones, keep in mind, that on Christmas day, it is a great feeling to see their faces light up with joy from the gift that you bought them, but after Christmas, will buying this gift leave you broke? Shopping economically can and will make a huge difference.

Now, just because you are shopping economically does not mean that the gifts you buy have to scream, "I bought this on sale!" There are many options you can take to avoid such gifts.

The first great idea that will definitely save you money is buying a gift that is meant for a number of people. While researching, I came across decent-priced board games that have been enjoyed for generations.

Board games such as "Operation," "Guess Who?," "Pictureka" and even the classic, "Monopoly" can be found for \$10 to \$30. And just think, you can knock out a gift for a whole family with one item.

Personalized gifts are another great idea. If you are a crafty person, a handmade gift is another great way to save. But let's just pretend that you're



Adams

not crafty whatsoever. You can take a picture and get it put on a mug, puzzle, ornament, blanket or so much more.

Lastly, I want to encourage everyone to think out of the box! Realize that a gift does not have to be super expensive.

You can put together gift baskets or gift boxes of inexpensive goodies, that you know your loved one would enjoy. For instance, if your mother loves scented candles, put together a basket of her favorite scented candles, lotions, soaps and to be extra sweet, you can throw in some of her favorite chocolates.

I have three siblings and I know, as well as my pockets do, that I cannot afford to buy all of them individual gifts, because if so, they will scream, "You bought this on sale!"

In my house, we always seem to loose pieces of the "Monopoly" game. So I figure why not carry on with the tradition of buying a new one and loosing the pieces this year as well. So needless to say, I will be purchasing a Monopoly game for the thousandth time in my family.

There is no limit to your creativity, but there is a limit on your money supply so just keep in mind the economic responsibility you owe to yourself.

### The Write Place: Help with papers is here

By **MIRIAM M. OYSTER** *Tower Staff Writer* 

Coming to the end of the semester, students may be worrying about various things, especially about finishing all those papers. Don't worry, help is here.

Peer tutors are available in the Write Place on the second floor of Spangler Library to help with any paper—from English to business to theology.

"Our job is to produce better writers, not better writing," said Vicki Lefevre, assistant director of the Academic Resource Center. "The Write Place is a collaborative effort between the student and the tutor."

The tutors are highly qualified. To be chosen, they must have a 3.0 GPA in their



Photo illustration by Miriam Oyster/The Tower Vicki Lefevre, assistant director of the Academic Resource Center, helps a student in the Write Place.

major-specific classes, have two faculty recommendations, score a 93 percent or higher on a written exam with grammar and essays and complete an interview with Lefevre.

"Once a tutor has been hired, they go through weekly training sessions on APA and MLA formats their first semester of tutoring," said Lefevre.

Tutors also have the chance to become nationally certified through the College Reading and Learning Association. Ohio Dominican as an institution is certified, but tutors get certified once they have completed 10 hours of training and 25 contact hours with students.

Each semester, there are at least 12 to 16 tutors—and the majority are not English majors.

"Yes, we have tutors that are studying philosophy, public relations, business, and even biology," said Lefevre.

Katherine Casassa, a visual arts education major, has been

Continued on back page

# Need stress relief? Knitting Nights provide a fun, calm experience

By **STEVEN NYESTE**Tower Staff Reporter

Term papers, finals, projects and attempting to understand various philosophical text book readings are all things I've considered challenging during my time in college.

So I figured that knitting couldn't be that difficult of a challenge to take on. I mean, after all, a lot of people I know use it as a way to relax.

After attending one of Campus Ministry's Knitting Nights, I can say I was wrong.

I first met Resident Minister Khadija Garrison when I arrived at her residence at Fitzpatrick 208, where she greeted me at the door. In what felt like an ominous sign, the first thing I noticed was the dark lighting in the room.

However, this was due to me being a few minutes early, and after a few light switches were flipped, the mood was as well.

I learned a few things initially, such as that this was the fifth semester that Garrison had been holding the knitting nights on campus. Attendance varies each week, but there are always plenty of people to have a good time.

For this particular night, there were eight of us during the most attended part of the night. One by one the knitters started coming, and with each experienced knitter, the more nervous I became. I think Garrison sensed this, as she was very hospitable, right down to offering hot chocolate.

The night began very slowly for me, as I had to learn how to make a slipknot before I could



By Steven Nyeste/The Tower

The fun at a recent Knitting Night.

start knitting. I'm sure for many this would have been the easy part of the process.

I, on the other hand, got a hang of making them after what must have been nearly 50 attempts at trying. Thankfully, everyone was very patient with me and wanted to make sure I learned everything the right way from the start.

After what felt like an eternity, I moved on to the next step of casting on.

I figured that twisting the yarn into loops onto the needle was pretty easy, and I started doing this pretty fast. I felt like I was a natural.

That was up until I found out I was doing it backwards, and I had to start all over.

Finally, after some trial and error, I was learning how to cast on pretty well. I had quite a few loops on my needle and thought

I was ready to move on to the next step.

That was until I heard the next set of instructions.

"Now take them all off, and start over again," Garrison told me. Needless to say, I started to become an expert at casting on after having to really learn the process before moving on to the next step.

The next step was actually making some stitches. I still remember the process of going under, running the yarn between the two needles, then taking the needle from the top, and then lifting the stitch off the second needle.

I repeated this process over and over, yet many times, I remember having to pause, and actually think about what I was doing. Luckily, I received some help and encouragement from the pro knitters there. As I continued on, I was starting to see my project take place. I still wasn't exactly sure *what* I was knitting, but I was most definitely knitting *something*, which was a great feeling.

The one thing I noticed about the entire situation though was just how calm everything was. There was great conversation going on, with a lot of laughing. It really provided a welcoming environment, despite me knowing I was by far the worst knitter there.

To state it in different words, the knitting night wasn't that bad.

Actually, it was...fun.

Since I've never knitted before, it really required a lot of my attention. Focusing on making sure I was going in the right order with my needle provided a way for me to vacate my mind on thinking about course work, or tests. It was a very relaxing few hours that really flew by.

That sense of relaxation is one of the reasons that brings junior History major Lindsay Vogel back week after week.

"I go because it's relaxing and I like to teach people how to learn new skills," said Vogel. "Knitting is a great hobby and I enjoy getting to know the people that show up each week."

As for what I had knitted, well, I think it was safe to say that it was clearly the work of a first timer.

I wasn't able to get very far into my project with it being the first time. I do have to say that as I went on, my stitches did get a little bit better, and I started to move faster.

Before I left, I thanked

Garrison for all the help, and I placed my started project back into her container in the center of the room. I viewed the started (not 100% perfect) project as a sign of accomplishment and as physical form of a much higher appreciation for those homeknit gifts my grandmother had given me.

I just might have to go back another night and try to add some more stitches to my project.

**If you go:** The Campus Ministry Knitting Nights are held on Wednesdays starting at 9:30 p.m. in Fitzpatrick Room 208

Anyone is welcome to attend, regardless of experience. Some yarn and needles are available for those first learning, so having your own isn't required for first timers.



By Lindsay Vogel/For The Tower

Nyeste, in front, gives knitting a try.



Nyeste's project

## Expert on human trafficking tells her personal story on campus

By **BRITTANY L. BROWNE**Tower Staff Writer

Ohio's highways make it the fifth-leading state for sex slavery and forced labor, social worker Theresa Flores said in a recent speech on campus.

The U.S Department of Health and Human Services says that human trafficking is the second fastest growing criminal industry in the world next to drugs.

As of May 2006, over 300 victims have been identified from Ohio, according to the Polaris project.

Flores was invited to speak to students about human trafficking by ODU's Peace and Social Justice class.

Flores, who has a master's degree in counseling education from the University of Dayton, has been a guest on national television shows including *The Today Show* and MSNBC's *Sex Slaves: The Teen Trade*. She has contributed her expertise to numerous articles nationwide.

But all of that background is not even the beginning of her story.

Flores was a victim of human trafficking.

At the age of 15, Flores was forced into sexual slavery while still living in her home and attending school in the day time with her abusers.

She talked about the importance of her faith through it all and how she had lost her voice to speak out about her story for 20 years.

She said that it was not until she attended a conference for work that she realized the word for what had happened to her.

"A lot of people do not truly understand what human trafficking means," Flores said. "Many people think that it's simply prostitution, when it is not."

The United Nations defines human trafficking as, "The recruitment, transportation, transfer, harboring or receipt of persons, by means of the threat or any form of coercion, of the abuse of power or of a position

"A lot of people do not truly understand what human trafficking means.
Many people think that it's simply prostitution, when it is not."

social worker Theresa Flores

of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation."

Flores expressed her personal experience and the passion of spreading awareness.

She is the spokeswoman and director of Awareness and Training for the Gracehaven House located in Dublin.

Gracehaven is a faith- based, non-profit organization that helps young girls who have been a victim of human trafficking.

More information about this growing crime and volunteer opportunities can be found at Flores' Web site: <a href="www.traffickfree.com">www.traffickfree.com</a>

# Student PR group reaching out online

By **GENE AIKINS JR.** *Tower Staff Writer* 

Ohio Dominican's student public relations organization is working hard to establish a visible presence in the online community.

The first task for ODU's chapter of the Public Relations Student Society of America (PRSSA) will be to create a unique Web page within the official university Web page that can cater to professionals and students alike.

The Web site will give the PRSSA the ability to showcase its hard work for various university events and share how other students can get involved.

The idea for student groups to have their own sites via the university's main Web site is not a new one, PRSSA President Steve Nyeste said.

However, he hopes to have the PRSSA be the first to take full advantage of an online homepage.

The chapter will create a place where professionals and prospective members can learn about the organization. Press releases, news articles and potentially a photo gallery will all display the successes of the organization over the past couple of years.

The group also is considering a bio page of all the officers, and contact information that will make learning about those involved in the PRSSA even easier.

At a recent meeting, the students discussed a possibility of a separate events calendar for their organization, as well as for other PRSSA chapters' events that Ohio Dominican students could participate in.

The public relations students within the PRSSA are all well-versed in the online media world that they live in and hope to network various social media with the official Ohio Dominican site.

Allizon Munoz, an active member in the PRSSA, suggested some ways to make a Facebook fan page for the chapter with her previous experience making fan pages. Sapna Bhakta, another member of the PRSSA who uses Twitter frequently, hopes to work with Munoz to use social media to open up communication in the online community.

An events calendar might be practical for those students who often create a weekly schedule far in advance, however a Facebook fan page will allow the PRSSA to create events that will show up in the daily news feed of students. Those students who often forget to look through their email, or don't plan ahead, will now have the ability to find out about various PRSSA events through their daily logging in on their favorite social media sites.

Many students of the public relations field know that Twitter is a huge resource for connecting with media, others in the field and people in the general public who share their interests.

The PRSSA hopes to keep in a continuous conversation with other PRSSA chapters, media and create another place where people can connect with Ohio Dominican's chapter.

Aikins, a senior, is a member of PRSSA.





Photos by Gene Aikins/The Tower

Top (from left): PRSSA members Sapna Bhakta, Allizon Munoz and adviser John Palmer discuss the group's online plans. Bottom: Group members doing research.

### ODU public relations students work on town's social media

ODU's PRSSA chapter helped a local community start using Twitter and Facebook to connect with its residents.

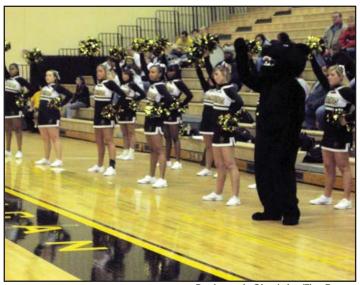
The university's chapter of the Public Relations Student Society of America helped design the pages for Canal Winchester and created a tip sheet.

The students did the work for free to gain experience.

"Our students are experts on social media and this was a wonderful opportunity to put that expertise to work," said Natalie Kompa, public relations professor and academic adviser to the chapter.

"I was very impressed with the students' knowledge and professionalism throughout the process," said Carrie Hoover, village community affairs director.

People can see the village's Twitter and Facebook accounts through its Web site: www. canalwinchesterohio.gov.



By Jennah Cheripko/The Tower

# ODU cheerleaders keep up the spirit

By **JENNAH CHERIPKO** *Tower Staff Writer* 

ODU cheerleaders don't lose their smiles as they pump up school spirit, despite the challenges they face in running the squad.

The ODU Cheerleading program has come a long way since its start in the early 90's, but is still facing some of the same difficulties as it did back then. Finances begin at the top of the list.

Since the program is not considered a school sport, the brunt of the finances lies on the cheerleaders. "We do a lot of fundraising, but end up paying about \$1,000 a season out of pocket to participate," said senior cheerleader Dori Easley. "And we don't receive any scholarship money," she said.

The out of pocket cash goes toward paying for a three-day cheer camp in Tennessee, stunting/tumbling class at an off-campus location and just about anything else the program wants to do. "We do get a budget, but that goes toward shoes and warm-ups," adviser Rita Collura said.

In addition to the lack of funding, another adversity they face is finding time to practice. With women's and men's basketball seasons in full swing, space and gym-time is limited. The squad practices only two nights a week from 8 p.m. to 10 p.m.

So what keeps them coming back each year? "I just love the atmosphere," said cheerleader senior Danielle Whitlock. "I love being in the action and cheering on the boys."

Despite the challenges, the program has shown tremendous growth and promise. When the program first began, there were only a few participants and it was not a highly recognized organization at ODU. "Now we will see anywhere from 18 to 25 girls at tryouts and we can only keep 16 to 20 girls on the squad," said Collura.

"It's a lot more respected now," said Easley. "It is way more organized and we have done a lot to bring on spirit and get our name out there."

While at camp in Tennessee this year, the women brought home two awards, one being for the most improved program.

## Sequel to popular vampire movie does not entertain

By **STEFAN ARMINTROUT** *Tower Movie Critic* 

Let me start by saying that I am not a fan of the *Twlight* series. I chose to review the movie *New Moon* because of the simple fact that it is the biggest movie out now.

I wasn't sure what to expect, though I didn't have high hopes since I found the first film to be borderline unwatchable.

Though the movie has some interesting aspects, it still turned out to be an unpleasant experience.

The movie picks ups on the birthday of the main character, Bella. After an incident

with her vampire boyfriend Edward and his brother, a decision is made for them to leave to keep Bella safe.

After Edward leaves her, she begins to fall into a deep depression and starts living recklessly. Yet through her hardship, she reconnects with her old friend Jacob Black and a new relationship blossoms.

However, things are not what they seem, and a danger from Bella's past returns for her.

This was a really bad movie. However, through this mess of a movie I was able to find some good in it. I thought the action scenes were very entertaining. The fight between Edward and another vampire was intense and brought some excitement to an otherwise dull movie. The design for werewolves (they looked like regular wolves on steroids) was done well, and the wolves were the best part of the movie.

Unfortunately, there was more wrong with this movie than right.

The movie was filled with sappy and eye-rolling dialogue throughout. Also I didn't believe Bella and Edward as a



couple. There was not any real conversation between them. All they said to each other, over and over is how much they loved each other.

Kirsten Stewart's portrayal of Bella was apathetic and disinteresting. I couldn't find myself caring for her character.

Though many *Twilight* fans will love the movie, *New Moon* does not make for a fun time at the movies for anyone else.

**Starrng:** Kirsten Stewart, Robert Pattinson and Taylor Lautner

Director: Chris Weitz MPAA rating: PG-13 Rating 1 out of 5

### Vet students may qualify for money

Money is available for veteran students who are waiting for their education benefit claim to be processed, the Department of Veterans Affairs announced.

Eligible veterans can receive an advance of up to \$3,000, which will be taken out of future benefit payments, the agency said.

Students who applied for a VA education program and have not received their monthly benefit payment for fall term can request a one-time advance at their local VA Regional Office or through the agency's Web site: www.va.gov

### Men's basketball practice



Justin Mendenhall takes a shot, while Morgan Jones defends.



Morgan Jones goes for the basket.

### Write Place here to help with students' papers

**Continued from Page 3** 

tutoring for three years now. She said she loves tutoring because she has the opportunity to meet new people, work with her peers and read papers on all different topics.

"I remember one odd time when four people came in at once when I was working alone," she said. "They were four friends from four different classes and they thought I could help them all at the same time. It was funny."

Tiffany Ford is a newer tutor at ODU with one semester under her belt, but has experience with teaching at an orphanage in Mexico with some of her friends. "I like the relationships I've formed with my fellow tutors and tutees here," she said. "I really enjoy the experience because it helps me become a better writer and it will help me when I become a teacher."

Lefevre's constant goal is to create a comfortable place where students leave feeling confident about their writing. "When we were established in fall of 2004, all we had was a public desk on the second floor of the library," Lefevre said.

She also said that being a tutor is great because they learn

to be generalists. "In a one or two hour slot in the Write Place, our tutors may see four different papers back to back," said Lefevre. "They might see an exegesis followed by a psychology abstract followed by a literary analysis. They are really prepared for anything."

"I really enjoy working with all the tutors here. I believe they are the most involved and the most successful students on campus," Lefevre said.

She also said that professors sometimes partner with the Write Place and require students to come in because they share the Write Place's philosophy to create better writers instead of just better writing.

Photos by Erin Snelling/The Tower

"We've had 429 visits so far this semester from 219 ODU students," Lefevre said.

The Write Place is open 53 hours per week for drop-in visits; a typical session may last about a half hour. The hours are Monday through Thursday from 10 a.m. to 9 p.m., Fridays from 10 a.m. to 3 p.m. and Sundays from 6 p.m. to 9 p.m.

"We'll gladly help all kinds of students, not just struggling ones," said Lefevre.

Oyster has been a Write Place tutor for almost three years.