From its plants to its paint, Griff recognized as green building Pages 6-7 Students' top photos from ODU's international photo contest

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Women's basketball season has a twist with NCAA bid

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Pygmalion: See it this weekend



By Erin Snelling/The Tower

The cast rehearses for the Panther Players' production of Pygmalion, showing Friday and Saturday, Nov. 20-21, at 7 p.m.

ODU priority: to keep students coming back

By STEVEN NYESTE Tower Staff Reporter

"What ever happened to that one guy from class?" is a question that many Ohio Dominican sophomores might find themselves asking about students from last year.

The number of students who return for their second year at Ohio Dominican was 59 percent for the class of 2010 2011, according to information available on ODU's

Web site

According to a survey compiled by ACT Inc., a nonprofit testing and research group, the national average of college freshman

at four year schools that returned to the same institution for their

and 61 percent for the class second year was 71 percent for the 2007-2008 academic year.

> Related story: Options for students who struggle to pay for school

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The university views keeping its students as a big, pressing issue, said Sharon Reed, dean student life. ODU has more goals though than just increasing

the number of freshman who return.

"We want our students to have success and be satisfied with their education, not just to return."

Dominican Ohio implemented some measures focusing on increasing the number of freshmen who come back as sophomores. "Jamie Caridi (Vice President for Student Development) has

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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.

ODU is a better fit than OSU

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

When people typically think of a big city, they almost always identify it with the state school located in the heart of the town, while many seem to immediately begin talking about the school's football team.

So surely people think of Ohio Dominican and our impressive Panther Football team when they come to Columbus, right? Oh, wait... there is that other school down the road that seems to constantly grab all the attention! How could one forget?

We, as students surely don't forget. While Ohio State gets a lot of attention and is city's powerhouse school, I like the small-town feel at ODU.

Sure, we don't have chain restaurants on campus or rows of bars within walking distance of the dorms, but we do have a mere 3,000 or so students that actually chose a school based on its quaint, friendly, homelike atmosphere that fosters creativity and encourages contemplation, religion and critical thinking.

Perhaps all those great



Cheripko

things can be found at Ohio State, but it certainly is hard to find amongst all the hustle and bustle of Buckeye Football and the infamous "senior bar crawl." Not to mention the fact that one student I know was told he had to wait two weeks for a guidance counselor appointment at OSU.

Sure, ODU students are known to hang out on OSU's campus, but that's just it. We like to visit their campus, not be submerged in it every day.

We like our small class sizes, the individual attention that's available and the open door policy of our professors.

At ODU, you're not just a number. Professors get to know their students and call them by name around campus. It's the little things that I like: the fact that if I don't understand something, I can get individual help from a professor, or the fact that I get taught by professors, not teacher's assistants. Try to find that at OSU.

But I'm not going to act like I completely hate OSU. I'll put on a Buckeye jersey, watch the big football game and enjoy the experience, but deep down, I still bleed black and gold. We have our own community at ODU that only we get to experience, not the entire city. It's an honor to be a part of something so unique. We may not get the city-wide recognition, but I've been able to grow here, learn here and create relationships here that will help me in the future. I'll take being a Panther over a Buckeye any day. Cheers to you, ODU.

Cheripko is a senior majoring in Communications and minoring in Public Relations and Marketing. An avid ODU fan, she loves to support the Panthers.

Students collect supplies for Dominican Republic children

By **WOLE ABIMBOLA**For The Tower

ODU students are trying to help increase the high school graduation rate by 25 percent in the city of Higuey, Dominican Republic, by 2015.

Students in the Nonviolent Social Change sociology class have been learning what it means to belong to a community and work of the common good. For their community service component, they have started a program called School Supplies for Little Guys to improve awareness about poverty in the Dominican Republic.

They are collecting school supplies to help the children of Higuey with their schooling. Their goal is to make 50 school kits that consist of pens, #2 pencils, notebooks, crayons and computer paper. Also, hygiene items such as deodorant, toothbrushes and toothpaste

would be much appreciated.

"The high school graduation rate is only 10 percent and the literacy rate is 87 percent, and both can be increased," said Jake Bihari, a sophomore working on the project in the sociology class. "We also are sending a petition to Subsecretary of Education Guadalupe Valdez and Vice President Republic Rafael Alburquerque voicing our concerns about schooling in Higuey."

School Supplies for Little Guys will collect these supplies until Dec. 4 and then will sort them and make arrangements for them to be sent to Higuey over winter break. Supplies can be dropped off at the Campus Ministry office in Griffin 278. For more information, contact Abimbola at abimbolo@ohiodominican.edu.

Abimbola is a student working on the project in the sociology class.

Personal essay

Senior listening for what next chapter of life will bring

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

Let your life speak. What wonderful advice; it seems simple enough. But do people actually listen to their life's speech—especially when they should be listening the most?

Now is a critical time for students preparing to graduate. The newest chapter of life is about to begin; the point has arrived where the newest sentence of the newest paragraph will read, "After my college graduation, I [fill in the blank]." The title of the new chapter might be, "What Now?"

Not listening to our life could be a very dangerous thing to do at this stage because not listening will most likely lead to complete unhappiness for years on end.

Listening could produce something amazing from the precious time spent. Only then will the new chapter title be, "Here Is What I Know About Myself."

Let your life speak. It really could take half a lifetime to understand, as it did for Parker Palmer.

Palmer is an author and educator who cares strongly about leadership, communities, social change and spirituality. The old Quaker saying, "Let your life speak," inspired him to write his book, *Let Your Life Speak*. It is about finding the vocation that truly makes you happy, that you will truly call your life's work.

This undemanding piece of advice reminds me of my own version of a poster called "Everything I Ever Needed to Know, I Learned in Kindergarten."

The list advises sharing, saying you're sorry and treating others kindly. All wonderful

things to remember — but the number one entry on my life's lessons poster will now be to let my life speak.

A personal chastisement may even be in order because I have always pushed myself further and further into oblivion from trying to do too much, too fast. "Slow down and smell the roses" may take the second slot on my life's lessons poster.

That being said, I felt I could truly relate to Palmer's chapter called "All the Way Down." This particular chapter talked about how his "way" had closed and he sunk into clinical depression.

Parker talked about contributing to a journal surrounding the theme of a "wounded healer." I have felt like a wounded healer for most of my life.

I am a healer because I like to help others. I can offer advice but I can sit and listen, and I have an amazing head on my shoulders that produces stunning amounts of common sense.

I am wounded because it is hard for me to let someone reciprocate the healing traits that I posses. I am also wounded because I have more issues then a whole box of tissues could handle.

It doesn't help that I don't let others in, but it is what works for me. Further still, I am wounded because of my own depressing thoughts and the hatred I sometimes feel toward myself because of those thoughts.

Why did I learn these things about myself?

Well, I was raised in the Church but did not truly accept Christ until later in life.

Every Sunday my family went to church, and we kids really had to be closing in on death to miss it.

We went to children's minis-



Oyster

tries and eventually started taking the Catechism classes needed to receive First Communion and go through Confirmation.

I was a good, church-going kid who thoroughly participated in many of the youth group activities and was even a mentor to middle school kids when I got to high school.

But one Sunday, I realized that I liked singing in church, but the words meant nothing to me. I knew that when one sings to the Lord, it should mean something.

I sat down for the rest of the service and wrote what I was feeling. I decided that I did not love Jesus anymore. I was an atheist.

After that, I had all the knowledge of the Trinity, the Bible and what Christ sent His Son to do—however, I could not believe it in my heart.

I was still the good, churchgoing kid who did everything "churchy," but I definitely did not believe in God. I never professed that I did and no one asked me what I believed in: I just wore the masks and continued on a very destructive path.

My junior year of high

school, I met Jon and Tara. Jon was a tutor in my study hall — he occasionally helped me with my math and we talked soccer. Tara was around a few days a week and she would come to lunch just to talk.

They were present in the school to start YoungLife — a ministry I have now been part of for more than four years. I, my brother and about six of our friends started a YoungLife Club at our school.

After what seemed like years of praying, I finally accepted God back into my life my senior year.

I read *Let Your Life Speak* for PRS 496 — Professional Experience and Seminar. I believe that for the first time in a long time, I really enjoyed reading a book for class.

I do not cry often, but I was close many times when I read *Let Your Life Speak*.

Especially when I wrote this response, I wanted to really write, really respond to it.

I also felt that if I had written the bare minimum, it would have driven me absolutely crazy because I did not fulfill my feelings by saying my complete thoughts.

Now as this chapter of college comes to a close, and my new chapter of "The Real World" begins, I know new things about myself and was able to teach myself a few lessons along the way.

I now have more goals, things that I can check off my life's lessons poster: (1) Let my life speak, (2) Slow down and smell the roses, (3) I don't owe anything to anyone and (4) Really, it's OK to cry.

Oyster graduates this December with a bachelor's degree in Public Relations. She lets her life speak by recording what she says in her sleep.

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Ohio Dominican trying to keep more students

Continued from Page 1

designed an exit interview for those students who have withdrawn," Reed said.

This has allowed ODU to know what factors lead to the student leaving and to figure out which factors were in ODU's control and which weren't, she said.

The university has also taken some steps to help students out who may deal with the financial issues of going to a private university, as opposed to a state school.

"We have continued to provide assistance in scholarship levels and other financial aid to our students," Reed said. "We also want to provide information on the different kinds of loans to our students and help them make good choices."

The extra amount of time some students must spend working to pay for their expenses may lead some students to attend different colleges that offer cheaper tuition.

However, Reed said that you can't put a price on a quality education. "Education is one of the most important parts of our lives, and it's something you should invest into," she said. "I compare it to when someone goes to buy a car and buys a car only because of its cost. There is more to factor in than just the cost."

While the financial burden certainly is one aspect, Reed said it can be tough for freshmen who are first generation college students to understand what resources are available on campus.

"Some of our students don't have the ability to ask their parents for advice. We want to provide them with the resources to have their questions

ODU efforts to keep freshmen coming back after 1st year:

- Created an exit survey to learn about departing students
- Hired 20 full-time professors in the past two academic years
- Building student center and Battelle Hall
- Continued focus on financial aid assistance
- Assigned peer advisers to freshman students
- Allocated money from Title III grant toward retention

answered," said Reed.

Reed also pointed out the importance of having full-time professors on campus to interact with students and to provide them extra help with classes.

"We hired 10 full-time faculty members this year, and 10 the previous year. Having these professors on campus full time provides a way for students to familiarize themselves and get to know them in class and outside during their office hours," said Reed.

While ODU sits below the national average for retention, a few miles down the road is a university with over 50,000 students that is keeping a much higher number of its students.

According to an Ohio State University news release issued in January, OSU returned over 92% of its 2007 freshman class to the main campus as sophomores in 2008.

Reed said that the universities' retention rates are not a good comparison. Ohio State has resources and endowments that ODU doesn't have, she said.

"Ohio State is a state school so the university receives some funding from the state that Ohio Dominican doesn't as a private school," Reed said.

Still the distinction sometimes is what a college student looks for in a school. Brittany Johnson started college at Ohio Dominican before deciding to transfer to Ohio State after her freshman year. Johnson, an accounting major, was at first satisfied with the smaller ODU, but decided to go elsewhere for her career.

"I decided that a degree from the Fisher College of Business was something I really wanted and the opportunities that come with it," said Johnson.

Despite transferring, Johnson still enjoyed a lot about ODU. "I did really love the people at ODU and the fact that you know pretty much everyone and keep in touch with a lot of them."

The new student center has become a way for freshman to stay connected to the university.

"I hear a lot of comments from students saying that with the student center, ODU feels like a 'real' university," Reed said. "When you go to a lot of colleges, they have a place for students to connect, which is what the student center provides for us."

The construction of Battelle Hall is also a resource Reed hopes will keep students at Ohio Dominican.

"If you are going to major in a science-related field, who wouldn't want to have an opportunity to learn inside new, state-of-the-art labs? I also believe the new building will just add to the atmosphere of the campus and provide more signs of university life," Reed said.

Liz Steele, a sophomore political science major, said that she had no doubts about staying at the university after her freshman year. "ODU is awesome. My fellow students are the best and my professors are always willing to help. I really can't see myself being anywhere else than here," said Steele.

Her enthusiasm about the university has lead to her younger brother Matt deciding to come to the university next year as an incoming freshman.

In addition to tips on becoming connected to the university he has learned from his older sister, he still plans on finding his own ways to get involved.

"I like yoga and the other fitness classes ODU offers, hopefully I'll be able to make some friends through that," he said.

As far as a goal for Ohio Dominican to reach with retention, Reed has a realistic goal for the future of the university. "It would be nice to say that we return three-fourths of our students from year to year or even 70 percent," she said.

Ohio Dominican did receive a federal Title III grant, which the university has decided to use partially for increasing retention rates.

"We have a goal to raise retention by 2 percent each year the grant is issued to use. Over a course of 5 years, that would put us in the 70s percentagewise," Reed said.

Plenty of students find their home at Ohio Dominican.

Meghan Mihalyo, a senior public relations major, has enjoyed her time spent at ODU.

"I've really been impressed by the high caliber professors, and the overall atmosphere," she said. "It's going to be great walking across the stage in May and receiving my degree from an institute I've greatly enjoyed going to." Fall 2009 5

ODU tries to help students with money struggles

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

Financial problems are one of the top reasons that students leave college, and ODU has taken further steps to help struggling people stay enrolled during this economic crisis.

"At ODU, the main reasons behind students leaving are finances and academics," said Jamie Caridi, vice president of student development.

He said ODU is very aware of the financial difficulties that many students are experiencing.

"ODU prides itself on being sensitive to the many different financial situations and being able to help them."

Financial aid comes in three main forms: government aid, institutional aid and private bank aid.

The government and the university have increased the amount of money available for student aid. Private banks are more guarded since the dynamic of the economy has changed so drastically.

In past years, ODU has made efforts to keep its students financially stress free by offering grants, scholarships, loans and work studies. The amount of money varies depending upon a student's financial situation.

When work study isn't an option, there are still some job possibilities on campus, including being a blogger for the ODU Web site or working in food services or the bookstore.

Sometimes, student circumstances can change in a minor way or they can be changed in a major way. Depending upon the capacity of the change students are able to re-file their FAFSA to try to qualify for more financial aid.

In order to re-file FAFSA, students need to go to the starting ground, which is the Financial Aid Office.

Students will fill out a "Special Circumstances Application," which will update the office on their financial situation.

Aware that many students are facing economic hardships, ODU has made changes to help

those in need of assistance.

To go to ODU, the annual tuition cost is \$24,616. That does not include the room board, which is \$8,100. Private school tuition typically rises 4 percent to 5 percent every year, according to Laura Meek, financial aid director.

Set in place last December, was the President's Special Circumstances Reserve Fund, which provides students filing special circumstances with one-time relief from deteriorating family financial situations.

Also, ODU increased aid for its students, Caridi said. Over \$40 million was awarded to students from university, federal and private resources.

Students who attend ODU typically are granted anywhere from \$660 to \$32,050, depending upon their need.

What happens when scholarships, grants and possibly work study have been exhausted and they are no longer options for students?

According to Caridi, students are able to go to the Financial

Aid Office for a reassessment of their financial aid package.

When students' financial aid packages are reassessed, doors can possibly be opened. The Financial Aid Office works hard to bring about a more stable situation for students.

"The complexity of the financial aid packages can be made simple by scheduling a meeting with the Financial Aid Office," Caridi said. "The financial aid office provides a road map for students to continue their education process at ODU."

As seen this year, many students have taken heed of this resource, Meek said.

"This semester, there has been a percentage increase in appeals for more financial aid," she said.

This year, there were two major cuts that hurt students financially besides the current economic crisis, Meek said

The first was the Ohio College Grant cut. Originally,

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Some animation beautiful in new take on Dickens' classic

By STEFAN ARMINTROUT Tower Movie Critic

Though it is the middle of November, Christmas time is soon upon us.

With that comes an excess amount of holiday entertainment and it starts with the new interpretation of the Charles Dickens classic, *A Christmas Carol*.

The well known story is about a cold-hearted business owner who is visited on Christmas Eve by three ghosts in order to change his way. The film was very enjoyable, and has some really intriguing aspects.

There were several great aspects to the film. The CGI

in this film was terrific. The design of London was very well done and animated beautifully.

I also enjoyed Jim Carrey



as Scrooge. I was wary at first with him in the role, but after watching the film, I believe he had an interesting take on the role that so many others played.

My favorite part of the film is when Scrooge is visited by the ghost of Christmas future. It is the most emotional part of the film, when Scrooge sees the aftermath of the death of Tiny Tim and also provides a great

actionsequence with the chase between the ghost and Scrooge.

I only had a few problems with the film.

The character design was awful.

For example, the design for Bob Cratchit was bad because he was very tiny, with a head two sizes too big. Other characters were less detailed than others or oddly shaped.

It seems that they animators

took more time on the setting and less time on the characters. I also think the filmmakers did not take many liberties with the material. Having seen the numerous versions of *A Christmas Carol*, this one doesn't bring anything truly spectacular to the story.

Though I do have some problems with *A Christmas Carol*, it was still very enjoyable and I think it will be a great holiday treat for anyone who sees it.

MPAA rating: PG

Starring: Jim Carrey, Colin Firth, Gary Oldman

Director: Robert Zemeckis

Rating: 3.75 stars out of 5

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By ALEXANDRA

By ALEXANDRA CARDENAS

Tower Staff Writer

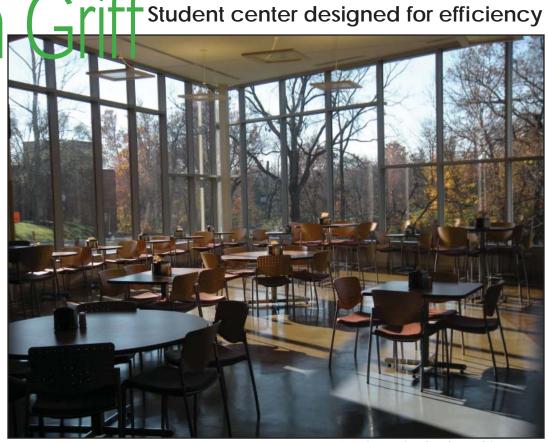
Green construction has begun to break ground at Ohio Dominican University. The Griffin Student Center is the first building at ODU to have two-way flushing toilets, a sunlit common area and plenty of recycled materials in use, proving that green is on the move at ODU.

Students and faculty have been taking advantage of the Griff's fitness center, restaurants and meeting spaces since the beginning of fall term, but are they aware of the planning that went into building ODU's newest central hub?

Not only is the building functional, it is also green. Facilities Manager Dan Knode took some time to explain the process leading up to the construction of the LEED-qualifying building.

What exactly does it mean that the Griff is LEED certified? The Leadership in Energy and Environmental Design (LEED), developed by the U.S. Green Building Council, is a school specific rating that puts focus on indoor air quality and energy saving methods. ODU's new student center, which was originally built to qualify for LEED silver designation, has qualified for gold, the second-highest ranking.

Knode said that the Griff has achieved LEED Gold designation with 44 out of a possible 69 points in five categories: sustainable sites, water efficiency, energy and atmosphere, materials and resources and indoor environment. Knode said that the Griff, which has just been



By Alexandra Cardenas/The Tower

Big windows allow extra daylight in the Griff, which saves electricity.

awarded more LEED points for its design, has a "solid gold" designation.

The Griff has several components that make it better for its students and surroundings.

"We are doing everything we can possibly do to make ODU green," Knode said. One of these efforts includes what Knode called "green cleaning."

He explained that ODU is slowly switching from regular cleaning materials to green certified chemicals and tools. As they exhaust the last of the materials that have been used prior to ODU's green movement, the university replaces them with the green materials. The green cleaning materials are non-toxic, biodegradable and environmentally safer than those that were previously being used by the university.

In addition, the paper products used in the Griff all

come from recyclable material.

"All paper products used on campus by my housekeeping department are all green products," said Knode. This includes napkins, paper towels and toilet paper. He said that about 75 percent of the university is currently using green products.

The Griff is one of the "better" places to be on campus due to the materials used during its construction. "All of the building materials used in the Griff are environmentally safe," Knode said. From the floor to the paint on the walls, the construction of the Griff included as much green planning as possible, which is why ODU is able to boast the building's gold designation.

Students can enjoy a cleaner, better environment while walking the halls of the Griff as a result of the materials and resources used in the building. The energy and water saving elements installed in the Griff contribute to the building's LEED status as well. There is an abundance of natural light that comes through the large panel windows and atrium skylight, reducing the need for lights. Students can spend their time studying, eating or simply lounging in the Griff while enjoying the natural lighting that is provided.

Sophomore Alfonso Camacho-Martinez likes to take advantage of the new space provided in the Griff to relax between classes.

"I like the spaciousness of the Griff as well as the lighting, it's great to be able to enjoy the sun even though it may be cold outside," he said.

The Griff's lighting system has sensors that cause lights to automatically turn on and off depending on whether or not a room is in use. Students Fall 2009 7

may have noticed this when walking into an empty room in the Griff.

This reduces the use of electricity by a substantial amount.

While this can't be compared to previous usage, since the Griff has only been around for a few months, Knode said that the automatic lights, along with the natural lighting, allow ODU to save a lot of energy.

There are also the restrooms, with toilets that have a two-way flushing system meant to reduce water usage.

These toilets allow people to choose how powerful a flush they need, by pushing the handle up or down.

However, there are still those who are not used to the changes.

Knode said that there are people who are used to having a light switch and while they may not want the lights on, the only way they will come off is if "you're absolutely still for at least five minutes...if you scratch your head though, the lights will come right back on."

Knode also mentioned that the two-way flushing system has been a bit more difficult to incorporate among the university.

Simply put, "...some people just don't want to flush," said Knode.

Sophomore Bernardo Feitosa, a confirmed flusher, said, "The concept behind the two-way flushing system is great, as long as students are flushing!"

Knode said that the trouble in the restrooms is most likely due to the fact that people are trying to avoid contact with the toilet handles.

As a result, automatic flushers have been installed in restrooms in addition to the two-way flushing system in order to keep things sanitary.

While still installed in the restrooms, the two-way flush system has been replaced by the automatic flush.

Knode said that he would eventually like to see the two-way flushing system put back into place, but for now, automatic flushing is the best way to go in the Griff.

Another feature of the building that contributed to the sustainability of the Griff's LEED designation is the plant life.

The landscaping outside the Griff is drought tolerant, which means that the plants don't have to be watered, making irrigation unnecessary. There are no sprinklers installed anywhere around the Griff, Knode said.

Students making their way from the parking lot to the main campus won't have to worry about getting showered in the spring unless it's a rainy day.

Knode was glad to say that he was "helping ODU become as green as possible."

He believes that ODU's participation in the green movement shows the surrounding community that the university knows what recycling is and is taking its part in helping the environment seriously.

Knode said that ODU has begun to take part in a movement that everyone should be a part of.

With everything that the university has done to achieve gold status for the Griff, Knode is confident that Battelle Hall will also qualify for the gold.

Now that the university is more familiar with LEED's scorecard and requirements, getting to the gold will hopefully be a bit easier this time around.

Knode said, "Not many buildings are gold certified. It is rigorous to get there and it is something universities should be proud of."

How the Griff got LEED certification:

- •Sustainability: ODU was awarded points in the Sustainable Sites category with its construction, which included pollution prevention in the building.
- •Water Efficiency: The goal of the category is to encourage smarter water use. The Griff was awarded points for water efficient landscaping as well as the use of efficient appliances, fixtures and fittings, such as automatic faucets.

Materials & Resources -

During both the construction and operations phases, buildings generate a lot of waste and use a lot of materials and resources.

ODU earned credit in this category for its collection of recyclable materials, as well as the reduction of waste during construction.

- •Indoor Environmental
 Quality: This category
 promotes improved indoor
 air and use of natural
 daylight. ODU earned points
 for the increased ventilation
 in the building and for
 materials, including the
 lighting, carpet and paint.
- •Innovation in Design: This category provides bonus points for projects that use new and innovative technologies and strategies to improve a building's performance. ODU was just awarded points for this category, giving it a solid spot in the gold designation.

Source: Facilities Manager Dan Knode, U.S. Green Buildings Council

University puts more money into student aid

Continued from Page 5

the grant gave students up to \$4,992 and this year it was cut in half to \$2,256.

The second cut was the Ohio Choice Grant. The state eliminated the grant, which used to give students about \$660.

"We [ODU] didn't know about the cut until after July 1st of this year, so ODU began increasing the financial aid we give to students," Meek said.

ODU will start a financial literacy program next fall to instruct students and their families on dealing with finances.

"With almost half of ODU students being first generation college students, we understand there are many families and students who may benefit from additional education and assistance in the area of financial literacy," Caridi said

Graduating seniors could check whether they are eligible for any loan cancellations. Loans such as the Perkins loan and some teachers' loans can have payment cancellation.

ODU senior Brandie Dickens is due to graduate in December and is already making plans on how to get rid of school loans.

"I plan on using the six months of deferment to decide whether or not I want to go to grad school. In the mean time I will be working diligently to find a job that can help me get a jump-start on these loans and even possibly pay for my grad school tuition," Dickens said.

Many students are in the same boat, wondering where money will come from, wondering how life will turn out.

Caridi and Meek advised new graduates to make an affordability budget for their loans to determine how much they are able to pay. Page 8 Fall 2009

Wellness Center helps with variety of health needs

By ALEXANDRA **CARDENAS**

Tower Staff Writer

While the controversy over how to provide health care rages throughout the United States, Ohio Dominican offers its students the Student Wellness Center, located on the second floor of the Griffin Student Center, providing free basic care to those in need.

With a registered nurse and nurse practitioner on staff, the Wellness Center is open to all of the ODU community, offering their services to "anyone who gets sick," registered nurse Barbara Dudley said.

Dudley, who is in her seventh year at ODU, said that the Wellness Center is growing.

It has gone from having a nurse practitioner one day a week to twice a week and is open Monday through Friday. In addition to primary care, the Wellness Center also offers counseling services to students who request it.

This year, the most commonly treated illness has been the flu, making the free Cold Care Kits popular among students. The kits include cough drops, hot chocolate and pain reliever.

With the current flu season having many on high alert, Dudley said to be aware of symptoms such as fever, cough, sore throat, runny or stuffy nose, body aches and headache since these are common symptoms of the Influenza A or the H1N1 virus.

While Dudley is unable to write prescriptions, the nurse practitioner on staff can write them for patients. Nurse practitioners have studied beyond a master's degree in the field of nursing. Their parameters fall somewhere between a nurse and a doctor, Dudley said.

The Wellness Center staff is able to diagnose and treat a variety of common illnesses and minor injuries for patients.

The Wellness Center tests for Group A Streptococcus, or strep throat, Mononucleosis and Influenza A and B. In addition, they are also able to test for UTI's, a common infection among young adults.

While primary care services are free, there are other services, such as X-rays, lab testing and pharmaceuticals that are not offered at the Wellness Center due to their cost. This can be difficult for students who may be uninsured and need additional services, Dudley said.

When asked about student health insurance, Dudley said that the university has identified that there is a need for it. While there is none offered vet, Dudley said that she would eventually like to see student health insurance implemented at ODU.

Sophomore Caitlin Sabo said that while she still has a few years until she is no longer eligible under her parents' health plan; she is concerned about finding health care. Her main concern is based on the fact that she is unsure if she will still be in school when her health coverage runs out. "Without insurance, I won't be able to get the care that I need," Sabo said.

Despite the need for student health insurance, there are outside sources, such as the \$4 medication programs at pharmacies like Giant Eagle and Kroger as well as Minute Clinics offered **CVS** pharmacies, that may help treat illnesses that may require additional medical attention not available at the Wellness Center a bit more cost effectively.



By Alexandra Cardenas/The Tower

Student Health Director Barbara Dudley and nurse practitioner Elizabeth Hoover.

Funding for the Wellness Center comes from the budget that is given to it by the university. However, Dudley said, "it doesn't take as much money as people think to run the Wellness Center." Dudley said that she bargain shops at Wal-Mart for provisions used at the Wellness Center, such as the supplies that are put into the Cold Care Kits.

The Wellness Center has two exam rooms and an electronic medical records system which makes the maintenance of patient files much easier. The medical records system was donated by Immediate Health Associates and has made things run very smoothly at the clinic, said Dudley.

The Wellness Center has a welcoming environment and friendly staff that provide a cozy atmosphere not felt at most doctors' offices.

The need for the services provided by the Wellness Center is big, particularly now, and students who may need medical attention are always welcome to stop by for an evaluation, Dudley said.

Sociology class advocates for rights of walkers, cyclists

By LORRAINE CASTOR For The Tower

October was International Walk to School Month - a time each year for millions of children and adults around the world to promote safer streets, healthier habits, more physical activity and environmental conservation by reducing traffic congestion and pollution.

October also saw the kickoff of the Panther Prowl Challenge, a Wellness Center initiative that challenges teams of ODU students, staff and faculty to

walk 2010 or 4020 miles - the distance the football team will travel to games this season.

Participants in both of these programs have found implementation to be more challenging than anticipated.

A recent Columbus Dispatch article described the efforts of Reynoldsburg schools to encourage students to walk to school. But some students encountered a lack of sidewalks or bike paths between their

Continued on next page

NCAA bid gives this basketball season a twist

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

The tenacious ODU women's basketball team is approaching its first season of the NAIA provisional year.

The team, as all of ODU athletics, is working toward joining the NCAA.

Last season, the Panthers had many conference wins proving that they were able to stand a challenge. The team ended the season with an 11-4 record.

Coach Nathan Bellman said players don't know what to expect this season since the team is playing outside its old conference.

The popularity of the team has heightened over the years.

"Every year, the ODU community of fans seems to grow. Many students, faculty and staff attend our games," Bellman said.

Bellman named senior Kirsten Ruen as a player who shines in her element on the basketball court.

"Last year, Ruen was one of our top scorers," Bellman said.

In the upcoming season, ODU is undergoing some major changes. In the past, ODU athletics was in Division



By Erin Snelling/The Tower

Tracy Snider in action at practice.

2 of the National Association of Intercollegiate Athletics.

Now, Ohio Dominican is independently affiliated with the NAIA and is a candidate for membership in the National Collegiate Athletic Association, with full membership and the Great Lakes Intercollegiate Athletic Conference (GLIAC) expected in 2011.

The team started conditioning at the beginning of October.

There have also been new additions to the team, including Shelley Warren.

The sophomore from

Cleveland played for Thiel College in Greenville, Pa., a Division 3 school.

Recognized at Thiel for her shooting percentage and as an athlete of the week, Warren has a lot of experience.

"The main differences between Division 3 and NAIA independent are the rules and the intensity levels of the teams." she said

There are other differences between the athletic divisions.

"At Thiel, I got a scholarship for academics not for basketball. In Division 3, scholarships are not given for sports," Warren said.

Warren thanks her teammates for being patient while she works through the differences between the two schools. At Thiel, she was a guard and at ODU she is a forward.

Another addition to the team is Tracy Snider. The sophomore guard also transferred from a different college.

Snider played at Ohio University, a Division 1 school.

"The differences between the divisions are mostly in size and speed of the game," she said.

OU's intensity is a little higher than ODU's, but ODU's team has a better overall atmosphere, she said.

"I came to ODU because the team has great chemistry and the overall academics here at ODU are good," Snider said.

As an education major, Snider takes academics very seriously.

In the past years, ODU athletes have had high marks in academia.

ODU was ranked 7th out of 25 teams in NAIA Division 2 for the team maintaining the high GPA percentage.

The Panthers' first game is Tuesday, Nov. 24 at 6 p.m.

Students advocate for walkers, bikers

Continued from Page 8 homes and schools.

ODU students share the dilemma, both when commuting and accumulating Prowl miles.

As the price of gasoline creeps back up, paychecks shrink or vanish and financially-strapped school districts cut busing, the need for pedestrian access on our car-centric streets becomes more pressing.

It becomes a communitywide issue – for us, our children and our younger siblings.

According to the MORPC (Mid-Ohio Regional Planning

Commission) Web site, 940 bicycles and 1,356 pedestrians were involved in crashes in central Ohio during the three years from 2005 to 2007.

A familiar cliché is "moderation in all things," and walking and cycling involve moderate expense, moderate exertion and moderate time commitment. But if there aren't safe places to walk and cycle, or people can't get to them without driving, they'll soon lose interest. Until the city widens Sunbury Road and installs sidewalks (scheduled for 2012

to 2020) other measures are needed to reduce barriers to people-powered transportation.

Protect the Panthers is a project for Professor Julie Hart's Nonviolent Social Change sociology class, and focuses on advocating for pedestrian and cyclist rights.

The short-term goal is to collaboratively work with the City of Columbus on interim improvements on Sunbury between the south edge of campus and 5th Avenue.

Filling holes, leveling the road shoulders and removing encroaching brush that forces

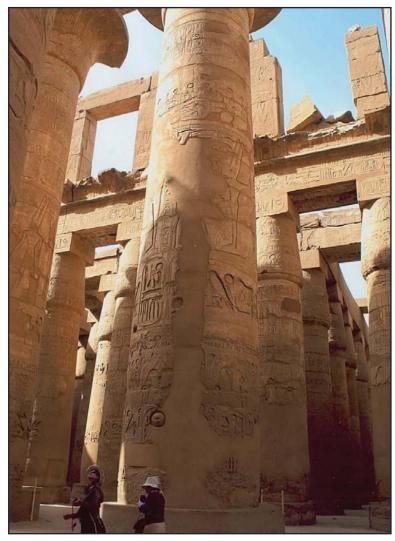
pedestrians into the flow of traffic are inexpensive changes that will allow walkers and cyclists safer access to nearby student housing, COTA bus routes and the I-670 bike path, which currently ends at Airport Drive, just three blocks from campus.

A self-paced educational walk and petition signing event will take place Nov. 19 at the Griffin Center. Come out and show your support, accumulate some Prowl miles and help improve the quality of life for current and future Panthers.

Castor is a senior Communications major.

ODU Abroad

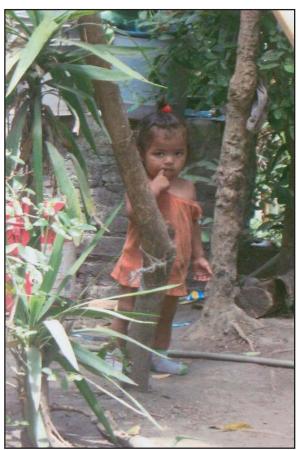
Winners of the university's 4th annual contest for students' international photography



Places Category, 1st Place: Pillars of Strength by Erin Snelling in Egypt during May 2009 trip with professors Janette Knowles & Jeremy Glazier



Places Category, 2nd Place: A King's View by Kayla Walton in Split, Croatia



People Category,1st Place: Little One by Adolph Hathaway during the 1st ODU international service immersion trip to El Salvador, spring 2009



People Category, 2nd Place: Woman and Cello taken by Nicole Knabe in Rome, Italy