IT'S ON US
Educating Students on Sexual Assault and Preparing for Prevention

Kaylee Brosius

Whether you’re a first-year or a senior at Westminster, your chances of being a victim of sexual assault should be something of concern. If you’re a woman, you have a 1 in 5 chance of being sexual assaulted on campus; while men have a 1 in 16 chance of being victimized. According to the National Sexual Violence Resource Center, over 90% of these incidents will go unreported. In an attempt to combat this violence, Westminster has welcomed the It’s On Us Campaign to campus.

It’s On Us is a national movement that was launched in September 2014 under the leadership of then Vice President Joe Biden. The campaign was created by the White House Task Force to Prevent Sexual Assault to bring this pressing issue to national attention. The program encourages schools, administrations and communities to join the cause by helping to stop sexual violence in their environments. The It’s On Us Campaign works with 95 partners as well as over 500 college campuses across America. Since the beginning of the movement, over 440,000 people have taken the It’s On Us pledge.

April Redmond, Melissa Baron, and Glory Pionati from the Student Health Center have been advocates by bringing this movement to Westminster’s campus, intending to make a difference. This campaign began on this campus two years ago by participating in the two weeks of action that take place twice a year. Westminster’s It’s On Us Campaign is funded by grants from the state that are given to institutions that support and resources and understand that every person on this campus has a part to play in preventing sexual assault.

Redmond would also like to remind students that, “this is not about a ‘scare tactic, worse case scenario’ program, we’re all included. It’s scary to feel trapped or extremely intense.”

Redmond explained, “This campus is your home for 9 months [out of the year], and by creating a culture together, we become stronger to help those who may not feel strong or feel like they can be an advocate.”

It’s very important to remember that all cases of sexual assault can be very unique. “It can feel subtle like a paper cut or extremely intense.”

For students who would like to take action to help the cause, Redmond says, “I think it’s important to talk about it to create a culture so we’re all included. It’s scary to feel trapped or stuck, no matter who you are, and sometimes I think it’s hard to even speak up, and that’s why I think it’s important to talk about it and we understand it more.”

Redmond would also like to remind students that, “this is not about a ‘scare tactic, worse case scenario’ program, but the reality [is] that it happens through harassment and unfortunately had situations, like physical assaults.”

Overall, the Student Health Center will continue to have it’s on Us training for all staff and faculty, even bringing the Lawrence County Crisis Center to do additional trainings. The Student Health Center is also “working on building a peer educator program on campus, which was recently named T.A.P.E – Titans Advocating Peer Education,” said Redmond. “The Student Health Center still participated in the It’s On Us pledge.

In years past, the Student Health Center has done trainings for all staff and faculty, even bringing the Lawrence County Crisis Center to do additional trainings. The Student Health Center is also “working on building a peer educator program on campus, which was recently named T.A.P.E – Titans Advocating Peer Education,” said Redmond. “The Student Health Center still participated in the It’s On Us pledge.

Baron reiterated, “If you see something, you need to intervene to keep people safe, especially when there’s drinking and in the general party scene.”

Redmond explained, “This campus is your home for 9 months [out of the year], and by creating a culture together, we become stronger to help those who may not feel strong or feel like they can be an advocate.”

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For students who would like to take action to help the cause, Redmond says, “I think it’s important to talk about it to create a culture so we’re all included. It’s scary to feel trapped or stuck, no matter who you are, and sometimes I think it’s hard to even speak up, and that’s why I think it’s important to talk about it and we understand it more.”

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Overall, the Student Health Center will continue to have Weeks of Action for It’s On Us to continue to spread the word and “would love to have more involvement in the future from everyone on campus.”

Quote of the Week: “We don’t see things as they are, we see them as we are.” —Anais Nin
The HOLCAD

The end of the semester is rapidly approaching. (Somehow) you’re freaking out about finals? No! Just take a breath with the end of the semester comes a lot of important things, and it can feel like it is happening at once. Between research papers, final projects, lab reports, cumulative tests and the never-ending breakups that can often accompany all of this, it is very easy to forget to start getting ready for next semester. However, it is that time of the semester altogether—time to talk to your advisor, sleep fewer hours looking at the “Undergraduate Schedule of Classes,” and try to figure out how in the world you’re going to fit all the requirements you need to graduate in 8 semesters without totally and completely mortifying yourself existing that anxiety. Then, of course, comes the day of scheduling. You’ll wake up at 7:00 or 7:30 and rub the sleep from your eyes, pull out your laptop (or phone if you’re like me), login to My Westminster, and get the anxiety that every semester can bring with it. Even worse, you can find yourself in the middle of these deadlines trying to figure out the time of anatomy. Or, if you’re lucky, jealous. I can be in class the very far and then it will take forever to lend the page. and without the time you’ve already typed one. and add “corns,” one of the classes you really wanted (or needed) to take when you already fully paid up. When this happens, you might be tempted to start freaking out, email your professor in a panic, and just close out and give up altogether. Scheduling for classes can be frantic and panic inducing, no matter how many times you’ve done it before. However, I do think that’s why you’ve gotten the hang of it by now. If you’re preparing to schedule for your 8th and final semester here at Westminster (yep, I’m still freaking out about that...), let’s talk about it. So, without further ado, here are a few of my personal pointers to alleviate some of the stress that inevitably comes with scheduling: 1. Know your requirements. I have an online spreadsheet I made my first year with all of the classes I’ve already taken, all of the classes I still need to take, and a theoretical schedule of all of those semesters. This way I can visually see what requirements I still need to meet to graduate, and how far we will all fit into the year I have left. You don’t need to do this exactly, but something similar may help if you’re struggling to figure out what you still need to do and when to do it. 2. We are never too early to start thinking about what classes you want to take in the future. Fall 2018, the schedule of classes for Fall 2018 is already up at My Westminster (subject to change, but it isn’t out and isn’t part of an evasive strategy to give you an idea of what to expect. That way, you know if you need to go and should get your VP credit out of the way, if you can even stay another semester. 3. Don’t wait until the last minute to talk to your advisor. You may need to go ahead and get your VP credit out of the way, or if you can wait another semester. Good luck!
Paying Attention to the Details

Tim Hering

When did paying attention to the details become passé? The more we turn to computers to save or read our quills, the less likely we are to place importance on the details. Our phones, tablets, and computers are increasingly getting better at correcting our spelling and grammar and are even doing much of the work we once had to do for them. Are we losing the ability to do these things for ourselves?

Here is when my name is misspelled, I get it. A herring is a fish, and it is spelled with two R's. It has happened all my life. I had to correct it, and a similarly named come back to me with an exclamation. I expect my name to be misspelled, but it still annoys me.

My identity is important to me, just as yours is important to you. When typing, it is easy to make a mistake, and a autocomplete certainly going to fix it for you. It is more likely that will misspelled a few years if you have spelled incorrectly. Windows will invariably put a wiggly red line under the misspelled word, and with the ever increasing do-it-for-us world, we may just automatically click on the correction and move on.

This where we need to take a step back before sending it off to be printed, or did we used to create this program autocorrect incorrectly, or was it illustrated my point. Did Windows or whatever software was end of the world? No, not by a long shot. But, this clearly illustrates my point. Did Windows or whatever software was

I have yet to find a list of names generated by the network. I am a student, and my name is on any of the various iPhone or Android apps to do that for us. It is possible now to type in a name and have it corrected. When typing, it is easy to make a mistake, and a spellcheck will automatically correct it. I have yet to find a list of names that are automatically corrected.

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A Classroom or a Prison: Both Could Be Best

Students have often observed that their classroom feels like a prison. In fact, a study found that some students in the classroom feel like a prison at some point during their education. This is because the typical high school classroom is designed to create a sense of order and control, which can lead to feelings of restriction and confinement. As a result, students may feel like they are trapped in a prison-like environment, which can negatively impact their learning experience.

On the other hand, prison may also feel like a classroom to some students. For instance, some inmates may describe their prison cell as a mini-classroom, where they spend most of their time learning and gaining knowledge. They may have access to educational materials and may be encouraged to continue their education while incarcerated.

While both environments have their pros and cons, it is important to note that the classroom and prison are two very different settings with unique features. The classroom is designed to foster learning and growth, while prison is intended to惩罚犯罪行为. However, both environments require structure and discipline to function effectively.

In conclusion, both the classroom and prison can be effective learning environments, depending on the context and individual circumstances. It is essential to recognize the unique features of each setting and work to create a positive and supportive learning atmosphere, whether it be in a classroom or prison.
**Review: “Turtles All the Way Down”**

Natalie Horstman

“Turtles All the Way Down” is a New York Times best-selling author John Green's long-awaited fifth solo novel. The book is dedicated to Green's late aunt Joanne Germanotta and features a 16-year-old girl named Aza Holmes, who battles a problem many of Green's readers have dealt with: OCD.

Aza's experiences I was leaning a lot upon my own, which I think is why reading it was so impactful. Like Aza, I have OCD, so my experience with OCD shaped the way I approached this story. Aza's experiences with OCD affected every aspect of her life, and the way she deals with it is something that I related to deeply. At times, I would feel ashamed or embarrassed about having OCD, and I think reading Aza's story helped me to feel less alone.

I think a lot of people with OCD will relate to Aza's story. She deals with OCD in a very real and honest way, and it's easy to see how much it affects her life. I think the way John Green writes about OCD is really powerful, and I think it's really important to see it represented in such a way in literature.

In terms of writing style, I think John Green does a great job of capturing the voice of Aza. The way he writes about OCD is really powerful, and I think it's really important to see it represented in such a way in literature.

The plot of the novel is really well-constructed, and I think it's really well-paced. I think the way John Green writes about OCD is really powerful, and I think it's really important to see it represented in such a way in literature.
ZTA presents our ANNUAL DODGE FOR A CAUSE

Photos By Emiley Westfall and Hope Radvinski
One value that is commonly shared among the sisters of Sigma Kappa is its philanthropic efforts. As part of a community campus, they often gather together at brainstorming sessions to discuss ways to improve the world, and two fundraising events were held. The sisters of Sigma Kappa Philanthropy hosted their annual Dodge for a Cause event, which is a dodgeball tournament open to all campus. This fundraising event's purpose was to raise money for our causes, and it was a great success. The event was well-attended, and the money raised allowed Zeta Tau Alpha to sell their ice cream at the event as well. The money raised from Dodge for a Cause was donated to the National Breast Cancer Foundation.

On Sunday, Oct. 29, the sisters of Zeta Tau Alpha held their annual fundraising event, Dodge for a Cause, which is a dodgeball tournament open to all campus. This fundraising event was a fun event! Popular prizes for this year included a game of Monopoly, Star Trek paddles, and set up the prize tables. Mara Hall and the President of Zeta Tau Alpha, said, “The sisters of Zeta Tau Alpha would like to thank everyone who participated in our Dodge for the Cause event. Thanks to the Warner Center community, we were able to raise close to $1,000 for a Cause. We would also like to send a special thank you out to our philanthropy chair, Emily Se...”

One of the highlights of the event was the high-energy atmosphere that filled the gym. As the night progressed, the number of attendees increased, and the energy level soared. The event was attended by hundreds, and a big thank you goes out to our philanthropy chair, Emily Se...”

The Sisters of Sigma Kappa organized this event as a way to raise money for their philanthropic efforts. The event was a great success, and the sisters were pleased with the turnout. The sisters look forward to holding similar events in the future.

On Sept. 14, 2017, UCLA Chancellor Gene Block announced that the university would offer free mental health services to incoming students. This initiative was due to UCLA's recent decision to limit the number of students who can receive psychological services. UCLA follows the UC system health-plan, the University of California Student Health Insurance Plan. The CHIPS (California Health Insurance Program) is an insurance plan for students and their families. The main reason for this decision is due to the low salary and the fact that the university is not an institution where students can learn to deal with mental health issues. Despite this, UCLA is committed to providing quality mental health services to its students. UCLA's students are proud of the university's mental health resources.

As far as I know, UCLA is absolutely fantastic with mental health resources and I haven't heard anyone complains about it. I do think that a university that shows that they understand about my mental health.
Ugandan Man Invents Pneumonia-Diagnosing Jacket

Danielle Grady

Ugandan inventor Brian Turyabagye recently developed a biomedical smart jacket that diagnoses pneumonia via Bluetooth, according to CNN. The jacket, known as Mama-Ops, is providing hope for the people of Africa. According to CNN, Turyabagye is familiar with pneumonia and the trauma it can cause—“This close friend and eventual business partner, Olivia Koburongo, lost her grandmother to the illness after being repeatedly misdiagnosed.”

As Turyabagye told CNN, Koburongo’s grandmother had visited several clinics that mistakenly diagnosed her with malaria. It was not until after the grandmother had died that the progress reports indicated pneumonia as the cause, Turyabagye explained. According to CNN, Koburongo’s grandmother’s story is not uncommon in Africa where pneumonia is often misdiagnosed as malaria. This problem is particularly prevalent in infants, as UNICEF reported that pneumonia kills half a million children under age five each year in sub-Saharan Africa.

After coping with the death of her grandmother, Turyabagye began working with Turyabagye and consulting medical experts in an effort to understand the exact symptoms of pneumonia, according to CNN. The aims goal was to find a way to rapidly increase the accuracy and speed of diagnosing pneumonia.

According to CNN, Turyabagye and his team, with the help of his late father Moderates Course from the University of Makerere in Uganda, eventually developed the biomedical jacket that would achieve their goal. Mama-Ops, which translates to “Hope for the Mother in English,” was their final product.

After being stressed across a patient’s chest and side, Mama-Ops measures heart rate, body temperature and lung condition. To do this, it examines particular points on the lungs looking for symptoms of pneumonia, CNN explained. Since pneumonia is characterized by the swelling of the lungs caused by infection, the jacket works to detect any infiltration or deformations.

As the jacket monitors the lungs, a mobile phone app, which connects to the jacket through Bluetooth, records and analyzes the data, according to CNN. The app then presents the information to a healthcare professional, allowing him or her to make a faster diagnosis.

According to CNN, although pneumonia is responsible for more deaths of children under age five than HIV/AIDS, malaria and diarrhea combined, the illness and disease in regions with a chronic shortage of doctors is often misdiagnosed.

According to CNN, the invention of Mama-Ops comes as a valuable invention to an area where doctors are relatively inaccessible. If Mama-Ops is successful, similar technology could hopefully be used to aid healthcare professionals in detecting other illnesses and diseases in regions with a chronic shortage of doctors in the future, Staub said.

US Military Presence in Africa

Alaysia Hampton

On Wednesday, Oct. 4 a unit of 12 American soldiers and 30 Nigerian soldiers was ambushed upon departure of Tonga Tonga, a small village located in the western tip of the country. What began as an aimed side shot back to back soon became a violent attack on the 20 American soldiers as well as the hand of Nigerian soldiers. Staff Sergeant Bryan Black, Jemimah Johnson, Dustin Wight, and Sergeant Lieutenant David Johnson were the four American officers among the casualties. The group is believed to have been attacked by approximately 50 ISIS-linked fighters, according to New York Times. Details surrounding what happened before and after the ambush are still under investigation; however, the military body of Sgt. L. David Johnson is still missing. The obsequies of the situation has called upon the attention of the Pentagon for possible further investigation. Meanwhile, the rest of America continues to inquire about what the official business of the U.S. is in Africa and why the details of events like these have never been broadcasted.

According to The Intercept, the U.S. has continued to have a considerable presence in Africa since the wake of the century. During his administration President George W. Bush implemented the U.S. Africa Command (AFRICOM) with the intention of observing all U.S. involvement in Africa under one jurisdiction. This gave all American efforts a formal bearing in Africa. Since then, countries such as Libya, Nigeria, Niger, Uganda, Djibouti, and Somalia have increased the facilitation of military training, aid and various missions from U.S. personnel. Such operations include but are not limited to who work directly on operations such as the search for former Libel’s Resistance Army leader Joseph Kony of Nigeria, U.S. facilitated drone strikes in Libya and the only active U.S. military base in Africa located in Djibouti. Though none of these missions seek directly to impact the conflict, the operations are still of great potential to bring undesired outcomes, according to Staub. Situations in the likeness of this mission of supporting African entrepreneurs. According to CNN, the invention of Mama-Ops is to be the region at a time when doctors are low in supply and high in demand. WC professor biochemistry major Troy Holden is in agreement with Staub. Holden explained that the intention of the smart jacket has a great potential to positively impact impoverished countries. However, he finds it slightly concerning that the smart jacket method bypasses human interaction.

As the jacket examines the lungs, a mobile phone app, which connects to the jacket through Bluetooth, records and analyzes the data, according to CNN. The app then presents the information to a healthcare professional, allowing him or her to make a faster diagnosis.

According to CNN, the presence of the U.S. in other countries empha-
ses prestige as a dominant world power, it also has great potential to bring undesired outcome, according to Timon. This claim is consistent with statements made by Director of Arms and Security Project at the Center for International Policy, William Hartung when he says, “In my opinion, a patient’s interaction with his/her doctor is irreplaceable, as a doctor can provide personally relevant information about future prevention and care of the patient’s diagnosed illness.”

According to CNN, Turyabagye is receiving recognition for the invention that he claims alleviates the problem by creating an diagnostic system that presents the information to a healthcare professional, allowing him or her to make an informed diagnosis. As the jacket examines the lungs, a mobile phone app, which connects to the jacket through Bluetooth, records and analyzes the data, according to CNN. The app then presents the information to a healthcare professional, allowing him or her to make a faster diagnosis.

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On Nov. 19, 1863, President Abraham Lincoln closed his now-famous Gettysburg Address with the intent “that government of the people, by the people, for the people, shall not perish from the earth.” Lincoln’s statement (which he may have borrowed from a 1384 translation of the Bible by John Wycliffe or an 1818 sermon in Boston by Theodore Parker, according to the Washington Post) reflects both a powerful feeling of the importance of the individual citizen, and, at the same time, a sense of national community through the repeated use of the word “people.” Perhaps, I, and I think many others, take comfort in believing that we live in a country where our voices matter and that our needs and wants are a serious cause for the government that exists to serve us at the local, state, and federal levels. We can make those voices heard through many avenues both socially and politically—through protesting and petitioning, to attending school board meetings and engaging in discussions. But, perhaps the most concrete, tangible and instantly gratifying way of affecting our government is through voting.

Mathematically, your vote is the greatest effect of the most concrete, tangible and instantly gratifying way of having your voice heard. But perhaps the most gratifying way is to see planting and contributing to discussion. But perhaps the most concrete, tangible and instantly gratifying way of affecting our government is through voting.

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If What Makes the Best Value?  

What Makes a Memorable Sports Team?  

Sports Writer  

What gives a sports team the right to exist? A核对 200-字 右核对 200-字 300-字 右核对 200-字 右核对 200-字

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What makes a memorable sports team? What creates a dedicated, tight-knit fan base? In professional sports, thousands of employees work together to create the most exceptional environment for those who come out to support the team. Affordability of tickets and merchandise,车站 experience, and fan relations are three values that must be prioritized in order to have brilliant support. The value to a sports team is not the Tickets to the games or the bright, motivational quotes on its wall. It's not the words describing the team and what they stand for; the key value to a sports team is how they demonstrate the three values mentioned above.

The value of a team is seen through the values the team holds. Honesty, integrity, and hard-work all promise a sports team success and fan support. Through action and behavior, a team creates a valuable experience by bringing the words and hopes to life.

A prime example of admirable values can be found in the National Hockey League. The Nashville Predators were awarded the number one franchise, which is not only a National Hockey League title, but it includes all professional sports franchises. Henry Sean, the Predators President and CEO, said in his acceptance speech, "I talk this way because of it, and I talk truth to anybody who disagrees with me on this point, but this doesn't happen without the fans in sports... we need to make more of them, we need to continue to give that face, but one thing has taken on or some serious laughter that they can own the organization, they're part of the organization." President Sean made it essential that the fans get the feel that playing in their sport, as the ones who stand in the crowd and the fans. It also set up one of the attributes the Predators provide above everything else. "Everything has to be that the best at what we do or we do all this." The biggest investment in that franchise was the fans. Every day, we come in and evaluate how we did and what we can do better. It is not always easy to look at yourself and say, "What could I have done better?" It is even harder sometimes to turn to the person next to you and say, "We could have done this better."" The ability for those in the sports industry to effectively evaluate their work is what makes the most enjoyable experience for sports fans everywhere. The Nashville Predators continue to perfect their franchise and fan experience. And in the realm of that the Predators have gone above and beyond to create a memorable experience for their fans making an extraordinary and valuable organization to win the award for number one franchise.

The honor of the number one franchise award came after the Nashville's home venue, Bridgestone Arena, was named Arena of the Year by the International Entertainment Buyers Association during their 2017 Industry Awards ceremony. Over the past four years, the team has grown in rankings and their dedicated fans have been around for all the ups and downs. The Nashville Predators are extremely deserving of this recognition over the 123 other sports franchises. The atmosphere at a Predator's game is difficult to top, and their fans create an electrifying game-day. President Sean sees this most clearly, and expresses numerosely thanks, "We always have so many great teams to recognize and it's the thing that, at the same time with the franchise, they push each one of our employees forward. What we're most proud of the relationship with our fans, the environment in the building and affordability, because it's a balancing act and it must be doing everything right now.

A sports team's value is displayed through the hard-working players, coaches, and stationary workers that proudly wear the team logo. Because of these individuals, success can be heard in the loud, vibrant cheers of an extraordinary fan base. The Nashville Predators have gone above and beyond in their attempts to create a worthy environment for their fans making an extraordinary and valuable organization to win the award for number one franchise.
**FINAL SCORES**

**Women's**
- Soccer: Lost 1-0 against Washington and Jefferson, 2-1 against Thomas More, and 1-0 against Grove City
- Cross Country: 3rd of 9 in PAC Championship
- Swimming and Diving: 3rd of 5 in Westminster Relays; Won 170-85 against Penn State Behrend
- Tennis: 3rd of 9 in PAC Championship
- Volleyball: Lost 3-0 against Thomas More, Won 3-1 against St. Vincent, 3-0 against Geneva, 3-0 against Waynesburg, and 3-0 against Oberlin

**Men's**
- Football: Lost 34-33 against Washington and Jefferson; Won 21-7 against Carnegie Mellon
- Soccer: Lost 2-1 against Washington and Jefferson; Lost 3-1 against Thomas More, and 6-3 against Grove City
- Cross Country: 8th of 10 in PAC Championships
- Swimming and Diving: 3rd of 5 in Westminster Relays; Won 151-143 against Penn State Behrend

**WATCH THIS WEEK**

**Women's**
- Swimming and Diving: Saturday November 4th against Allegheny
- Volleyball: Friday November 3rd against Bethany (Semifinals)

**Men's**
- Football: Saturday November 4th against Case Western Reserve
- Swimming and Diving: Saturday November 4th against Allegheny

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**Pharmacy—a career you can count on.**

Promote yourself with a Doctor of Pharmacy degree (Pharm.D.) from Duquesne. For the last 20 years, our graduates have enjoyed a 99% job placement rate, with an average starting salary of $110,000.

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*duq.edu/pharmacy/more-info*

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**Letter to the Editor**

Each day America is under some form of attack from countries or groups that want to impose their will upon us and threaten our way of life. We are secure because brave men and women go to work each day in our military to make sure we are safe from harm.

Two years ago I was privileged to be the speaker at the 2015 Veteran's Day Service at Westminster College. It was my honor to participate with Dr. Dorman when we dedicated a model of the SS Westminster Victory that is on display in Orr Auditorium. I also participated in a book signing of the book I wrote about our ship. Westminster College was honored by our country, as were 149 other colleges and universities, to have merchant ships named for them in World War II. The SS Westminster Victory went to war along with the other ships as did many of our students, faculty, and graduates. There were 44 Westminster College men who gave their lives in World War II. Their names are displayed on a bronze plaque in the Field House.

I signed each book with the phrase, *Freedom is not free*. How can one say thank you to those who serve to keep us free? One way is to attend the yearly Veteran’s Day Service in Orr Auditorium, say a prayer, and give thanks to those who serve.

Last year I attended the Veteran’s Day service at Westminster College. I came to hear our Patrick Geiger, a true American hero. How blessed the college is that this decorated Army veteran is with us. His presence and words were inspirational, even mind numbing considering his description of what he and his men went through each day in 15 months of combat in Iraq, for us. There were more people on stage in the orchestra than in attendance.

Take 40 minutes this year and attend the Veteran’s Day Service, 11 AM on November 9 in Orr Auditorium. Bring a friend. Take 40 minutes and along with Rev. Mohr, give thanks to the Lord that there are men and women who volunteer to serve so we all have a life of freedom and security, and America is safe from harm.

Mark S. Gleeson ’49
WEEKLY VIBES

COURTESY OF MERLE WOODRING
FIND YOUR WEEKLY HOROSCOPE BELOW
(DON’T BE SURPRISED WHEN IT’S TRUE—WE’RE THAT GOOD)

Virgo
You have been craving more this past week. More of anything. Sometimes more is not necessarily better though. Appreciate what you have, and if you have a chance for more, make sure it is what you want first.

Scorpio
Watch out for all those expenditures. Eating out can add up. There are things working in your life that could potentially lead to a future relationship. Don’t let yourself get caught up in all the negative.

Sagittarius
This week is all about loving yourself. You are number one after all. There is no reason you can’t include others or anyone special to you, but take this week to de-stress. You’ve been going through a lot and emotions could be at a high, but don’t keep them bottled up. Talking things out is key for the future.

Aquarius
You may have been feeling overwhelmed. The best solution is a little “me time.” This weekend take as much as you need, but come the beginning of the work week, use your rest to catch up on the work you’ve been putting off.

Pisces
You’ve been in search of some mental clarity and it is going to come this weekend. Trust in your friends and you’re sure to see healthy growth in your friendships.

Libra
As the month is coming to a close, you are sprouting into a social butterfly. This holiday season reconnect with old friends. Your relationship status could possibly change for the better if you compromise.

Leo
Take this weekend to get rid of all that pent up energy. The upcoming month is going to put you to the test. If you are feeling confused about relationships being upfront can clear the air most of the time.

Cancer
You have been keeping your feelings reserved. After this week you will feel extremely accomplished. Take pride in your work. Embrace the good feelings and your mood will be as bright as the sun.

Gemini
The going will get rough before it gets easier. You are due for a well deserved break soon. Don’t stress, relax and you can brainstorm solutions. You just need to find your “happy place.” Maybe try the library?

Capricorn
Finding balance in work, school, and social life is becoming a struggle. Do what you know is best, but do not forget that you have support in your friends and family. The weekend will bring a fresh attitude to your life.

Leo
Take this weekend to get rid of all that pent up energy. The upcoming month is going to put you to the test. If you are feeling confused about relationships being upfront can clear the air most of the time.

Taurus
Your communication skills have been tested recently. They are soon to be improved. Take this weekend to reflect on past wrongs. Try to find the peace to forgive those who have wronged you and apologize for your wrongs. It will let you feel tremendously better.

Pisces
You’re values are something you hold dear to who you are. These are important and they may have been under attack recently. Do not back down. You are going to undergo imperative self growth soon.

Libra
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SUDOKU PUZZLE

Answers are located on page B4