The Low-Carb Craze: The Skinny on Losing Weight and Maintaining Good Health

By Christie S. Gosselin

The low-carbohydrate craze is here and if you’re anything like the millions of people that invest their time, money, and energy into the bettering of their bodies, it’s likely that you’ve taken notice. In fact, it’s nearly impossible to avoid with the words “Atkins Approved,” “Low-Carb!,” or “South Beach Friendly!” plastered on every magazine, menu, and commercial we encounter.

Roasting an easy to follow and flexible meal plan and producing FAST, noticeable results, the Atkins and South Beach diets have acquired a gravitational hold on today’s food market that can only be compared to the low-fat-no-fat fad that you may remember from a few years back. This fad insisted we increase our protein and carb intake and significantly decrease our fat intake.

What do each of these have in common? The premise that by cutting out a particular source of calories you will lose weight, and fast. The truth? They’re right. When followed closely weight loss is inevitable. The catch? Fast does not necessarily mean healthy. Whether it’s no-fat or no-carbs, you’re depleting an entire source of calories and by doing so your body is forced to draw it’s energy from other sources, thereby doing less storing and more searching.

It’s likely you’ve noticed people changing their eating habits eating bun-less burgers or passing on the pasta, but still piling the dressing on their salad or the cheese on their tuna melt. To understand this phenomenon you’ll need to grasp the basic principles behind each the Atkins and South Beach Diets, as well as the key concepts behind the words we recognize on a nutrition facts label, yet don’t really comprehend.

While the diets do retain positive points such as lowering your intake of processed/refined carbs, ensuring that you meet your daily requirements of proteins and fats, and reducing the portion sizes while increasing the amount of times you eat daily, it’s wise to be aware that these are simply another set of weight loss fads in a long line to come. Your best bet is to inform yourself on what you’re putting into your body and what it’s going to give you in return. Learning to read the Nutrition Facts on products is a great start, but even more essential is a basic comprehension of 4 key terms: calorie, fat, protein, and carbohydrate.

The problems I’ve found with these diets, particularly among college dieters, is that many students are simply another set of weight loss fads in a long line to come. Your best bet is to inform yourself on what you’re putting into your body and what it’s going to give you in return. Learning to read the Nutrition Facts on products is a great start, but even more essential is a basic comprehension of 4 key terms: calorie, fat, protein, and carbohydrate.

It’s likely you’ve noticed people changing their eating habits eating bun-less burgers or passing on the pasta, but still piling the dressing on their salad or the cheese on their tuna melt. To understand this phenomenon you’ll need to grasp the basic principles behind each the Atkins and South Beach Diets, as well as the key concepts behind the words we recognize on a nutrition facts label, yet don’t really comprehend.

While the diets do retain positive points such as lowering your intake of processed/refined carbs, ensuring that you meet your daily requirements of proteins and fats, and reducing the portion sizes while increasing the amount of times you eat daily, it’s wise to be aware that these are simply another set of weight loss fads in a long line to come. Your best bet is to inform yourself on what you’re putting into your body and what it’s going to give you in return. Learning to read the Nutrition Facts on products is a great start, but even more essential is a basic comprehension of 4 key terms: calorie, fat, protein, and carbohydrate.

The problems I’ve found with these diets, particularly among college dieters, is that many students are simply another set of weight loss fads in a long line to come. Your best bet is to inform yourself on what you’re putting into your body and what it’s going to give you in return. Learning to read the Nutrition Facts on products is a great start, but even more essential is a basic comprehension of 4 key terms: calorie, fat, protein, and carbohydrate.

It’s likely you’ve noticed people changing their eating habits eating bun-less burgers or passing on the pasta, but still piling the dressing on their salad or the cheese on their tuna melt. To understand this phenomenon you’ll need to grasp the basic principles behind each the Atkins and South Beach Diets, as well as the key concepts behind the words we recognize on a nutrition facts label, yet don’t really comprehend.

While the diets do retain positive points such as lowering your intake of processed/refined carbs, ensuring that you meet your daily requirements of proteins and fats, and reducing the portion sizes while increasing the amount of times you eat daily, it’s wise to be aware that these are simply another set of weight loss fads in a long line to come. Your best bet is to inform yourself on what you’re putting into your body and what it’s going to give you in return. Learning to read the Nutrition Facts on products is a great start, but even more essential is a basic comprehension of 4 key terms: calorie, fat, protein, and carbohydrate.
Osama’s Bin-Hidden, But Not For Long!
Join The Stepped-Up Efforts to Find Osama bin Laden in “Where’s Osama?”

AUSTIN, TX—COLLEGIATE PRESSWIRE—March 22, 2004

The government can’t find Osama bin Laden, but now you can with today’s release of “Where’s Osama?”. The eagerly anticipated satirical pictorial book simplifies the search for the most wanted man in the world and the search will soon be over! Finding Osama bin Laden has proven even more difficult than correctly pronouncing the word “strategery.” With this new book, the search will be easier than ever before.

The book, the brain-child of Carolyn Langer, a 17-year-old High School student and aspiring artist, now brings the search to the masses in “Where’s Osama”, a veritable cornucopia of illustrated scenarios that asks the reader to lend the hunt and un-cover him in his hiding places. Each of the ten (10) scenarios are original in design and feature a blend of reality and comic interpretation of themes we’ve all grown up with. Some of the featured scenarios include:

- The Road to Tora Bora — a spirited romp through the mountains of Afghanistan with the US troops in hot pursuit!
- Night Moves — Night vision goggles-clad Taliban members staying one step ahead of their pursuers!
- Rock the Casbah — It’s time to party at the local mosque!
- Midnight at the Oasis — Taking time out while on the run and enjoying one of the nicer desert getaways!
- Cheeseburger in Paradise — Even al Qaeda travels on their stomachs and what better place to re-fuel than at Osama’s Restaurant!

www.whereos-osama.com

The cover of the new book called “Where’s Osama?” Authored and illustrated by 17-year old High School student Carolyn Langer the book brings the search for Osama bin Laden right into your hands. Get moe information at www.whereos-osama.com

“Where’s Osama?” will instantly become a valuable addition for anyone who follows the hunt by allowing you to get personally involved in the pursuit and wonder why if it’s now so easy for you to know what they say about April showers ...

A Crime to be Dumb

By Patrick Bemis

We all have our moments—the ones where we say something that makes no sense, or we do something so stupid that everyone will be telling “Remember that time...” stories about you 15 years from now.

You may think it is hard to get through those embarrassing times when you think, “How could I be so stupid?” You’re not alone.

Criminals can be some of the most cunning and sneaky people, but as for these criminals—they’re a few eggs short of a full dozen.

One man in Providence, R.I. had his target set on an armored truck. After knocking out the driver of the armored truck, the man proceeded to steal the closest four bags of money. Turns out each bag weighing 30 pounds each contained a total of $800 in pennies.

Needless to say he did not get very far running down the street carrying 120 pounds. The police shortly dragged him down when he began to stagger because of tiredness.

These kinds of things don’t happen only on the East Coast.

Rules for April Fools

By Emily Arbeene

April Fools!! No one is immune from the trickery of April Fool’s Day. This day is celebrated on the first day of April as a chance to finally get revenge on that one friend who tied your shoelaces together when you fell asleep on the floor last year. Whether it’s a gag gift, a prank phone call, an old-fashioned practical joke, everyone gets a laugh out of April Fool’s Day. Well, almost everyone.

The history of April Fool’s Day is a not the same in all regions of the world, but it started out when several cultures around the world began to adopt the Gregorian calendar around 1564. Prior to this time, April 1 was considered to be New Years day and was closely celebrated with the vernal equinox. Once the Gregorian calendar was accepted, January 1 became New Years Day. Since word spread relatively slowly (up to several years), it took a while for the calendar to be used worldwide. Great Britain accepted it in 1752, and subsequently so did the American colonies.

France was one nation that refused to use the new calendar, so they continued to consider April 1 as the start of the new year. Other people thought this was ridiculous, and sometimes sent the French on “fool’s errands” to get to them to believe something when it wasn’t true. And so the history of practical jokes on April 1 began.

Different nations have different ways of celebrating April Fool’s Day. In Scotland, it is a 24 day celebration with the 24th day being the day for the search of the body (this is the origin of “kick me” signs) and is known as Taily Day.

In Mexico, the equivalent of April Fool’s Day is commemorated on December 28 and is actually a somber day of remembrance for their loved ones killed by Kid Herod. This transformed into a more lighthearted day of jokes and pranks.

Portugal celebrates it on the Sunday and Monday before Lent, where the tradition is to throw flour at your friends.

No matter where you live, odds are that April Fool’s Day is known for its jokes, gags, and deceptions. Here are a few ideas of what you can do to make this April Fool’s Day a memorable one:

- Set your roommate’s alarm clock back an hour or two.
- Saran wrap a toilet bowl. This is best done when its somewhat dark or dimmer light, so its not very noticeable. Wrap the plastic tightly over the top of the open bowl. Whoever uses the toilet next will be very surprised at what happens. Just make sure there is someone willing to clean.
- Put a rubber band around the spray nozzle in the kitchen sink. Aim the nozzle where the person using the sink will be standing. When they turn on the water, you know what they say about April showers ...
- Purchase stick-on “bullet holes” and stick them on a car, windows, mirrors, etc.
- And for the friend with the super nice car, there are stick-on “scratches” that are very realistic looking. Walk by casually and stick on the sticker or do it ahead of time. Wait until your friend notices, and play along until you can hold in any longer.
- Classic practical joke—shaving cream and feather. While one of your friends is sleeping (suggested only if they’re a heavy sleeper and don’t wake easily), put shaving cream on their head, then tickle their face, head, or neck with a feather and see what happens.

- Gag gifts also work very well, such as fake scratch tickets, whoopee cushions, shaving cream, fake vomit, fake bugs, etc. Setting up a fake spill (novelty stores usually sell fake nail polish, paint, white-out, or coffee spills) on a nice carpet or a favorite shirt does the trick too, no pun intended...

No matter what you decide to do this April Fool’s Day, just be responsible and try not to hurt, offend, or go too far. The point is to have fun with it!

EMMANUEL COLLEGE TIMES
A Student Publication of Emmanuel College
Volume 2 — Issue 3

The Emmanuel College Times is a publication of the writings of students of Emmanuel College. It will be used as a tool in which clubs and events can be publicized, and issues can be addressed. The ECT is a student-run paper organized as The Newspaper Club by the Student Government Association. Any questions, comments, or articles can be submitted by contacting any member of the executive board. The Emmanuel College Times serves the members of this College, and helps the growing number of students stay updated on activities, issues and events.

EDITORIAL

“Where’s Osama?”

Carolyn Langer is just like most other 17-year old High School juniors in that she likes all the latest music and movies and enjoys spending time with her friends. She plays guitar and is a whiz on computer and is rapidly increasing her graphic arts and design skills — a growing passion that will likely become a valuable addition for anyone that follows the hunt by allowing you to get personally involved in the pursuit and wonder why if it’s now so easy for you to find him, our government still can’t!!

About the Author

Carolyn Langer is just like most other 17-year old High School juniors in that she likes all the latest music and movies and enjoys spending time with her friends. She plays guitar and is a whiz on computer and is rapidly increasing her graphic arts and design skills — a growing passion that will likely become her field of study in college. The opportunity to create “Where’s Osama” was too attractive to let slip by and by applying her keen sense of humor and graphic design skills to the challenge turned the idea into her first published work. She seized on the opportunity to bring a humorous spin to a real-life crisis facing the world today and looks forward to the opportunity to create a more lighthearted atmosphere.

A Crime to be Dumb

By Patrick Bemis

The West Coast has their stories too. A man in Seattle tried to siphon gasoline from a motorhome parked on the side of the street. Police arrived at the scene only to discover that the man curled up on the side of the street plugged his hose into the motor home’s sewage tank. Let’s just say he got what he was coming for.

Next story teaches a valuable lesson—know when to keep your mouth shut. Officers in Detroit, MI were showing their squad car to some children in a neighborhood. When a 21-year-old man walked up to the patrol car and asked how the computer worked. The officers proceeded to take the man’s I.D. to use as an example. The police put it through the computer only to find the man was wanted for a two-year-old armed robbery in Missouri.

Now we have covered East Coast, West Coast, and Mid-West, but let’s not forget the criminals in the South. In Lake City, FL a lady was charged with robbing a motel with an electric chair saw...that wasn’t plugged in.

So, next time you feel a little embarrassed, just think did you really get caught doing something stupid?
Got Spring Fever? Find the Right Remedy in Your Own Backyard

By Emily Arbeene

The moment we have all been waiting for is finally here. That's right, spring has arrived. Soon we can say goodbye to winter and everything that goes along with it in favor of sun and warmer, longer days. The only downside to this is that we college students are still stuck in our classrooms and dorms working away the days. That unbearable itch of spring fever is sure to come about soon, making us all eager to get out and away from the drudgery of our everyday lives.

What kind of outdoor activities does Boston have to offer? There are many. The possible. Sometimes that's all we need to

Quad ...

are perfect places to go for a day trip with your friends. Even on a limited budget, having some good old springtime fun is possible. Sometimes that's all we need to get us through the rest of the semester.

If none of these attractions catch your eye, or if you really don't like to go outdoors in just a short T ride or car ride. The concrete jungle can be traded for peaceful

The moment we have all been waiting so

lives.

Itch of spring fever is sure to come about soon, making us all eager to get out and away from the drudgery of our everyday lives. The only downside to the

spring goes along with it in favor of sun and warmer, longer days. The only downside that we college students are still stuck in our classrooms and dorms working away the days. That unbearable itch of spring fever is sure to come about soon, making us all eager to get out and away from the drudgery of our everyday lives.

What kind of outdoor activities does Boston have to offer? There are many. The possible. Sometimes that's all we need to

Quad ...

are perfect places to go for a day trip with your friends. Even on a limited budget, having some good old springtime fun is possible. Sometimes that's all we need to get us through the rest of the semester.

If none of these attractions catch your eye, or if you really don't like to go outdoors in just a short T ride or car ride. The concrete jungle can be traded for peaceful

The moment we have all been waiting so

lives.
Five years later, assessing Columbine and school violence

By Megan Harrington

Five years ago, two high school students opened fire on their classmates and teachers, killing 13 before shooting themselves. The subsequent outcry over what some have termed the "Columbine Mania" has included a volley in voices, some more credible than others. With so much controversy surrounding the deaths, one must look carefully to see that the truth about the killings is not as simple as it seems.

Why Columbine?

School violence has been a problem all over America for decades. Why, then, is Columbine the focus of so much attention? According to Jill Nelson, author of "Volunteer Slavery," a lot of it has to do with the students' skin color. In a May 1999 Salon article, Nelson writes that when violence occurs among minorities, the media ignores it due to "the assumption that black people, and particularly young black people, are either used to or inured to violence." Columbine, however, was a shock. Says Nelson, "Both the perpetrators and the victims were good (read: white) kids living in clean, safe, moneysed (read: not too many people of color in the area) communities, who had everything to live for." These students were living the American dream, right? So why were they killing each other?

The answer lies everywhere and nowhere. Dr. Bruce Perry, head of the Child Trauma Academy, blames accessibility, violent television, and the pressures of modern life. Harold Vaughan of Kesten Life Ministries blames the breakdown of the traditional family and lack of religion in schools. Activists from both the left and right point to the bad examples of violent political leaders, while everyone points to Marilyn Manson. To get the real deal, I spoke with students and alumni of the Prep School in Reading, MA, my alma mater and a place not so different from Columbine. When asked if school violence, including shootings and experience with bomb threats, is shocking, senior Beth Harrington replies, "No because stuff like it is always happening around the country with people shooting each other up in schools, work, everywhere." Russ Littlefield of the class of 2003 says of this, "The nature is what sets the country apart from the US, the way." Russ agrees that issues mentioned in the movie, such as the "populars" of a school bullying the little guys way too far and "a bad home environment," are contributors to violence.

Note for the Future

What have we learned in five years since the fifteen tragic deaths? Not much.

Prevalence of Rape Higher in Heavy Drinking College Environments

BOSTON—(COLLEGIATE PRESSWIRE)—Feb 12, 2004

Rape is more common on college campuses with higher rates of binge drinking - and alcohol use is a central factor in most college rapes, finds a study.

Overall, one in 20 (4.7 percent) women reported being raped in college since the beginning of the school year - a period of approximately 7 months - and nearly three-quarters of those rapes (72 percent) happened when the victims were so intoxicated they were unable to consent or refuse. These were among the findings of a study of 119 schools nationwide, by researchers at the Harvard School of Public Health College Alcohol Study, Saint Joseph's University and the University of Arizona, published in the January 2004 issue of the Journal of Studies on Alcohol.

Most significantly, women from colleges with medium and high binge-drinking rates had more than a 1.5-fold increased chance of being raped while intoxicated than those from schools with low binge-drinking rates. Other significant risk factors for rape were being under 21 years old, white, residing in sorority houses, using illicit drugs and binge drinking in high school.

"This study reveals that a woman's chance of being raped was pronounced on campuses where the student body as a whole engages in a high rate of binge drinking and when individuals consume a large amount of alcohol," said Meichun Mohler-Kuo, Sc.D., lead author of the study and research scientist at the College Alcohol Studies at Harvard School of Public Health.

Heavy episodic drinking (or binge drinking) is the number one public health problem among college students - associated with a range of consequences that include lower grades, vandalisms and physical and sexual violence.

Indeed, frequent and even occasional binge drinkers were more likely to have been raped while intoxicated, the study found. In addition, the first study to compare the incidence of rape among intoxicated women on campuses with high drinking versus lower drinking rates.

"This study points to an urgent need for more family alcohol prevention programs on campuses, along with sexual assault education," said Mary P. Koss, Ph.D., professor of public health at the University of Arizona and a co-author of the study. "Men need education about what constitutes rape, and women should be better informed of strategies to avoid risky situations. Previous research shows that more women get raped while under the influence of alcohol than under the influence of any other so-called 'date rape' drug, such as GHB and Rohypnol. According to Henry Wechsler, Ph.D., a co-author of the study and director of the College Alcohol Studies at Harvard School of Public Health, "The findings that some campus environments are associated with higher levels of both drinking and rape can help encourage and better target alcohol and rape prevention programs at colleges."

"Binge drinking isn't a harmless rite of passage but a risk factor in violence against women," said George W. Dowall, Ph.D., a co-author of the study and professor of sociology at Saint Joseph's University. "Institutions of higher education need to change the culture of college drinking in order to make colleges safer and healthier environments."

The study analyzed data from 119 schools participating in three Harvard School of Public Health College Alcohol Study surveys. The sample of randomly selected students includes 8,567 women in the 1997 survey, 8,425 in the 1999 survey and 6,988 in the 2001 survey.

"By using a computer programs must give increased attention to educating male students that one of the first questions they must ask themselves before initiating sex with a woman is whether she is capable of giving consent," write the authors of the study. "College men must be educated for their own protection that intoxication is a stop sign for sex. College women need to be warned not only about the dangers of binge drinking, but also about the extra dangers imposed in situations where many other people are drinking heavily."

In the study, a college's binge-drinking rate was calculated based on the percentage of students classified as heavy episodic drinkers on campus. Colleges with high binge-drinking rates had more than 50 percent of students reporting to be heavy episodic drinkers and colleges with medium binge-drinking rates had between 36 and 50 percent. Low binge-drinking schools were those where less than 35 percent of students reported being binge drinkers.

"College student binge drinking, as defined by College Alcohol Study researchers, is the consumption of five or more drinks in a row at least once in the past two weeks for men, and four or more drinks in a row for women.
The First Colleges of the Fenway Chess Tournament

By Timothy Johnson (WIT)

Results are in from the COF chess tournament held February 7 at Wentworth Institute of Technology. The individual winner is Michael Mahoney of Massachusetts College of Pharmacy and Health Services and the team championship was won by Wentworth Institute of Technology. Unbeaten, he made innovative moves all day as he progressed undefeated through the rounds to the first COF individual championship.

The Chess Club at Wentworth gives its members time to advance their thinking and problem solving skills. They enjoy going to the weekly meeting held in the cafeteria while on the court, and have made great improvements in rational thought and have made many great friends. The club will shortly begin a Victory Tour of the campuses of the Fenway to engage more students in this activity. If you are interested in becoming involved with the Chess Club please contact Erik Garcia at garciae@wit.edu or Timothy Johnson at johnson1@wit.edu.

The Low Carb Craze

Atkins Diet

Phase 1: Induction
Carbohydrates are restricted to 20 grams each day (approximately 2 slices whole wheat bread or 1 med. apple)

Phase 2: On Going Weight Loss
Gradually increase your carbohydrate intake by 5 and 10 gram increments

Phase 4: Lifetime Maintenance
Continue 3 phases "as needed."

Atkins vs South Beach

South Beach Diet

Phase 1: No Carbohydrates
No carbohydrates allowed for 14 days (including fruit).

Phase 2: Reintroduce Carbohydrates
Eat carbohydrates at your own discretion, but avoid them when possible.

Phase 3: Eat "Normal Foods"
Eat "normal foods" in "normal-size portions," but steer clear of certain fats and meats.
Eternal Sunshine Shines Bright

If one looks at Eternal Sunshine as if it is an art piece, a well-crafted film – one can see that it is brilliantly written, beautifully shot, tightly edited, masterfully acted and its got some very fitting music to boot. Basically, it encompasses everything you see in life, which is at times beautiful, at times scary, at times comforting, and at times very strange. We can definitely thank Mr. Charlie Kaufman whose work includes Adaptation, Being John Malkovich, and Confections of a Dangerous Mind. His slightly twisted mind brought the quite unique concept of mind erasing to the film. He also masterfully blended the concept in with a romance between characters Joel Barish and Clementine Kruczynski. Their dialogue was so true to life and loving that Jim Carrey and Kate Winslet had little to do to create an authentic loving relationship. But, they did more than a little. Jim Carrey puts forth yet another astonishing dramatic performance that everyone seems to underestimate. After being snubbed of credibility particularly in the Truman Show, but also in The Majestic and Man on the Moon, I really think that this movie has the potential to change some people’s views as Jim Carrey is the funny man to Jim Carrey, the man who can do it all. On the other side of the romantic pair in Eternal Sunshine, Kate Winslet does what she does best. She creates a believable and enticing character that is utterly in love (Titanic). The two’s on screen connection seems so real and wonderful, that you really want them to be together before it ends. The only aspect of the film that I believe some may disagree with is its fast pace, and choppy editing. From scene to scene, things don’t directly connect. It’s only through looking at the film on a broader perspective does one understand what is truly on the screen at the moment. Some may be left questioning if some parts were dreams or alternate realities. So, the film might require a second or third viewing. But if one sees the film in a broader light and sits back and enjoys the high-speed ride, they’ll enjoy and admire the film on the whole.

What’s Going On?

Try this on for size. “Joey and Maria’s Wedding” is coming to the Axis Nightclub Saturday, April 24th at 7:30pm. This production, presented by Dillstar Productions, is about two crazy families whose children are getting married. Maria has been in love with Joey for years, but her family disapproves of the wedding. Watch the original “Big Fat Greek Wedding” Italian-style. What makes this show even better? It’s interactive and it’s a dinner show. Call for reservations or buy tickets at www.nextticketing.com. You are sure to get your money’s worth.
Take advantage—
Your ad could be
HERE

Scrambler

1. Obstinately defiant of authority, difficult to manage
ACLCREITRANT
2. Lacking in authenticity or validity; false; counterfeit
USSPIOUR
3. Sharply perceptive; keen; penetrating
HATERNTNC
4. Genuine; not false or hypocritical
EIGUFDNNE
5. Truthfulness; honesty
CITYRAVE

1. Acumen
2. Arduous
3. Bolster
4. Burgeon
5. Caustic
6. Contrite
7. Dearth
8. Discordant
9. Elegy
10. Ennui
11. Flout
12. Fulminate
13. Glib
14. Gregarious
15. Halcyon
16. Hegemony
17. Impetuous
18. Inchoate
19. Loquacious
20. Luminous
21. Maverick
22. Morose
23. Nascent
24. Noxious
25. Oblique
26. Pious
27. Paean
28. Quaff
29. Quixotic

1. Synonym for capable
2. Lin___: obtained an achievement award from a Texas college
3. Verizon Communications' stock symbol
4. Had the vision of the valley of the bones in the Old Testament
5. One who is strictly dependent on that which he/she craves
6. Rod's brother on the Simpsons
7. Developers of ice rink energy reproduction products from Lake Placid
8. The initials of the one who created this crossword puzzle
9. Bodies of salt water
10. An exogamous division of a tribe descended from a common ancestor

Across
1. A device that starts or stops the flow of something out of a pipe or tube
2. The "feel good" feeling obtained from imbibing alcohol
3. The stand that holds a golf ball until the player is ready to swing
4. To divide into separate parts
5. The name Hannibal Lecter took while in Florence (___ ___)
6. One who builds with stone or brick

Down
1. Synonym for capable
2. Lin___: obtained an achievement award from a Texas college
3. Verizon Communications' stock symbol
4. Had the vision of the valley of the bones in the Old Testament
5. One who is strictly dependent on that which he/she craves
6. Rod's brother on the Simpsons
7. Developers of ice rink energy reproduction products from Lake Placid
8. The initials of the one who created this crossword puzzle
9. Bodies of salt water
10. An exogamous division of a tribe descended from a common ancestor
## Weekly Events

<table>
<thead>
<tr>
<th>Sundays</th>
<th>Tech Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liturgy</td>
<td>&quot;Songs for a New World&quot;</td>
</tr>
<tr>
<td>11 a.m. and 8 p.m. Chapel</td>
<td>April 20th-22nd</td>
</tr>
<tr>
<td>Campus Ministry</td>
<td>6 p.m.</td>
</tr>
<tr>
<td></td>
<td>Auditorium</td>
</tr>
<tr>
<td></td>
<td>ECTG</td>
</tr>
<tr>
<td>Tuesdays</td>
<td></td>
</tr>
<tr>
<td>SGA Meeting</td>
<td>&quot;Songs for a New World&quot;</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>April 23rd-25th</td>
</tr>
<tr>
<td>Loretto</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>Conference</td>
<td>Auditorium</td>
</tr>
<tr>
<td>SGA</td>
<td>ECTG</td>
</tr>
<tr>
<td>Spiritual</td>
<td></td>
</tr>
<tr>
<td>Meditation</td>
<td></td>
</tr>
<tr>
<td>4 p.m.</td>
<td></td>
</tr>
<tr>
<td>ADM 004</td>
<td></td>
</tr>
<tr>
<td>Campus Ministry</td>
<td></td>
</tr>
</tbody>
</table>

### Volunteer Week

April 12th-17th

---

### Final Exams

April 29th-May 3rd

---

## Athletic Events

### Saturday April 3rd

- Softball vs. Norwich
  - The Fens
  - 2 p.m.

### Sunday April 4th

- Softball vs. Southern Vermont
  - The Fens
  - 10 a.m.

### Tuesday April 6th

- Softball vs. Suffolk
  - The Fens
  - 2:30 p.m.

### Thursday April 8th

- SGA Final Election
  - Plaza
  - 10 a.m.

- Black and Brown is Beautiful
  - Auditorium
  - 8 p.m.

- Huellas/BSU/Multicultural
  - Plaza
  - 5 p.m.

### Monday April 12th

- Comedian
- Wheelock College
- Time TBA

### Tuesday April 13th

- Inflatables
  - MassArt Gym
  - 11 a.m.

### Wednesday April 14th

- Casino Night
  - Simmons Alumni Hall
  - 6 p.m.

### Saturday April 24th

- Athletic Banquet
  - Marian Cafe
  - 7 p.m.

## Campus and Club Events

### Tuesday April 6th

- SGA Primary Election
  - Plaza
  - 10 a.m.

- Easter Egg Coloring
  - Loretto Lounge
  - 12 p.m.

- Alternative Spring Break Presentation
  - Library Lecture Hall
  - 7 p.m.

### Wednesday April 7th

- SGA Final Election
  - Plaza
  - 10 a.m.

- Poetry Slam
  - Loretto Lounge
  - 7 p.m.

- Alternative Spring Break Presentation
  - Library Lecture Hall
  - 7 p.m.

### Thursday April 8th

- SGA Final Election
  - Plaza
  - 10 a.m.

- Black and Brown is Beautiful
  - Auditorium
  - 8 p.m.

- Huellas/BSU/Multicultural
  - Plaza
  - 5 p.m.

### Monday April 12th

- Same Room Housing Sign-up
  - Campus-wide
  - 4 p.m.

- Group Housing Sign-up
  - AMR
  - 6 p.m.

- Volunteer Recognition Dinner
  - AMR
  - 6 p.m.

### Tuesday April 13th

- "FUEL" Concert
  - Avalon
  - 6:30 p.m.

- Volunteer Recognition Dinner
  - AMR
  - 6 p.m.

- Campus Ministry
  - St. Joe’s Rec Room
  - 8:30 p.m.

### Wednesday April 14th

- Senior Single-Double Sign-up
  - AMR
  - 5 p.m.

- Volunteer Recognition Dinner
  - AMR
  - 6 p.m.

- Campus Ministry
  - St. Joe’s Rec Room
  - 8:30 p.m.

### Thursday April 15th

- Sophomore Single-Double Sign-up
  - AMR
  - 5 p.m.

- Sophomore Pinning Ceremony
  - Auditorium
  - 4 p.m.

### Friday April 16th

- Room Selection
  - Auditorium
  - 4 p.m.

- Senior Week
  - Campus Ministry
  - Loretto Lounge
  - 7 p.m.

- Finals Recognition Dinner
  - AMR
  - 5 p.m.

### Wednesday April 21st

- Encore! Spring Concert
  - Auditorium
  - Time TBA

- Junior/Senior Dinner
  - Marion Cafe
  - 8 p.m.

### Thursday April 22nd

- MERC Teacher Job Fair
  - Bayside Expo Center
  - All Day

- ICO Office
  - Time TBA

### Sunday April 25th

- Clambake
  - 12 p.m.

- CASE
  - Time TBA

### Tuesday April 27th

- Clambake
  - 12 p.m.

- CASE
  - Time TBA

### Wednesday April 28th

- Student Leadership Reception
  - Auditorium
  - 6 p.m.

- Moonlight Breakfast
  - Marion Cafe
  - 9 p.m.

### Thursday April 29th

- Theatre Gala
  - Auditorium
  - Time TBA

- ECTG
  - Time TBA

### Friday April 30th

- Board of Trustees Meeting
  - Place TBA
  - 9:30 a.m.