The annual run is in remembrance of slain Buffalo Police Officer Charles E. McDougald, a 1985 Daemen graduate. All proceeds raised by the race go toward Daemen scholarship funds. The Daemen College community showed how compassionate it can be by coming together when people need support the most. The community was able to show a connectedness that may not always be evident. Eighty people contributed to Pleshkewych's memory on the day of the McDougald run/walk. This fundraiser did not want to overshadow the Charles E. McDougald Run so they decided to stay low-key. People ran the race with the wristbands as a symbol of overall respect for Dr. Pleshkewych and his family. Taylor, dean of the division of health and human services, decided to mobilize his students, landscaper Richard Kelver and his son Dan Kelver (a senior biology major and president of Tri Beta), for organizing the memorial.

Dr. Pleshkewych said he is very appreciative of the students, landscape Richard Kelver and his son Dan Kelver (a senior biology major and president of Tri Beta), for organizing the memorial.


describes her mentor, continuously motivated and encouraged her not to give up. He put forth his own personal efforts into helping Deep through her struggles. Finally, she made the decision to come here. I chose Daemen College because of its small atmosphere, it's close to home, and it was a Division II school,” says Deep. “I found those attributes very appealing. How does a prominent, young star prepare for a big game? She simply says by following her regular routine of warming up and listening to music. Currently, Deep is a junior majoring in sports management, with future plans of going on a sports-related career field. One of her goals for the future is to coach a girl's high school basketball team. During her leisure time, Deep enjoys playing softball, soccer, in addition to basketball. She also enjoys hanging out with family, friends, and teammates, where her love for basketball first started.
By Julian Reder
Staff Reporter

Most students know him as the congenial, cheerful man passing by in the halls always saying, "Hello." Dr. Martin Anisman, our fourth and current president, has been the president of Daemen College since 1996. Many students were curious about the man in charge of virtually every branch and division of the college. This past summer, I had the opportunity to find out more about our president in an informal interview.

Born and raised in Brooklyn, NY, President Anisman attended Syracuse University to complete his undergraduate education. During his college years, he majored in English, wrote for the college newspaper and yearbook, and was in a fraternity. After college, he attended New York University for his Master's and PhD in British Literature. Always being a voracious reader, it was natural that literature would be the president's academic concentration.

The president has worked in four colleges in four different states. His first tenure was at Southern Connecticut University in New Haven, Connecticut. Dr. Anisman was a professor of English, then chairman of his respective department. He ended his tenure at Southern Connecticut University as Dean of The School of Arts & Sciences. Dr. Anisman then moved on to Springfield College in Springfield, MA, where he worked as the Vice President of Academic Affairs & Dean of the College. President Anisman jokes, "Two titles but unfortunately one salary!"

He then moved to Texas to become the President of Sam Houston University. During his time there, Dr. Anisman became friends with news veteran, Dan Rather. He also had the privilege of meeting notable Texans such as President George H. Bush and at the time, Governor George W. Bush among others.

FAMILY LIFE
The president's family is originally from Russia and emigrated several generations before he was born. Both of his parents, who have since passed away, were born and raised in Brooklyn, NY as well. "It was a great place to grow up," said Dr. Anisman.

Cheri, Dr. Anisman's wife, is a psychologist. Recently, their son graduated from the University of Vermont Medical School and is now a physician. He also has a daughter who is an attorney in New York City working for the Leahman Brothers firm. Dr. Anisman's other daughter, a senior at the University at Buffalo, is currently majoring in drama.

Dr. Martin Anisman

HOBBIES & INTERESTS
In his spare time, President Anisman enjoys photography—a new hobby for him. Nature photography is Dr. Anisman's favored branch. He's an active photographer. The walls in his office display his work, which is something he's very proud of.

Sometimes, to relax from a long day, the president will watch a movie, which he describes as a sort of addiction growing up. "Watching movies was a habit during my generation," says Dr. Anisman. Some of his favorites include classics such as Citizen Kane, Casablanca, The Producers, Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb. He was also a consultant for the film Barry Lyndon directed by Stanley Kubrick, and based on a novel by William Makepeace Thackeray.

MAKING CHANGES
Under the leadership of Dr. Anisman, the school has undergone many changes. Enrollment, for example, has increased from 1600 to 2200. Also, the administration has added many programs in the undergraduate and graduate divisions. The Doctor of Physical Therapy Program (DPT) was added at the behest of the president and his administration.

Other programs initiated by the President Anisman are the Teacher Certification in Brooklyn, and a Business program in Queens for Chinese students. "We've also changed the core curriculum in the undergraduate division. And not too many people know this but we also have 200 or 300 Canadian students come here during weekends to take courses," said Dr. Anisman.

Also in recent years, new residence halls have been built for non-freshman students. New offices in Wick Center were built a few months ago. Canavan Hall has expanded by building more rooms for students.

Currently, the president's goals for the upcoming academic year are to build a new library and The Thomas Reynolds Center for Special Education. Dr. Anisman also plans to start construction for a new gymnasium for students in the near future.

"Our biggest need is probably a library," he said. "We're hoping to break ground soon." The President also mentioned that Congressman Tom Reynolds has helped the college with its many goals. He's assisted the college with finding funding among other things.

Dr. Anisman looks forward to this academic year with optimism. He hopes he can get a lot done in order to continue Daemen College's ongoing progress.

TALKING POLITICS
In reference to the upcoming election, the president believes that this year is important for the future of our nation. "It's a critical election this year," he says. "Be informed." He strongly believes that every young voter should go out and vote. "So many young people complain about politicians, but they don't vote," said President Anisman. "If they don't vote, they don't have the right to complain."

Don't Forget! Events Going on this December...

- Jingle Bell Run 2004: December 11th from 9 to 1pm, contact Wick Center for details
- Families in Need Project: Drop off gifts/donations for a family in need this holiday season on December 17th at noon in the Wick Center
- Children's Festival: Seneca Babcock Community Center, Wednesday, December 1 -- 5:30 PM - 6:30 PM
For more information check out the What's Happening page at www.daemen.edu
Lovely Bones.

Sebold tells the chilling story of 14 year-old Susie Salmon, who is brutally raped and murdered. For those of you who are already shivering in your shoes at the thought of such a horrific story, wait before you dismiss this book. Susie's tale goes beyond the gruesome, grisly details of her death. For her, there is life after death. The book is already shivering in your shoes at the murdered. For those of you who are heaven.

As the story continues, Susie's maturity and wisdom grows. She goes from longing for a life on earth to coming to terms with her death and her new life in heaven. She literally grows into peace on earth, always wondering what happened to Susie.

How does Sebold write this book so expertly and hit so close to home? Her writing leads the reader to meld with the story, able to identify with each character's feelings and emotions. Sebold's ability to write so melodically perhaps comes from her own terrifying rape as a young 18 year-old woman. But, as Sebold says in her essay, The Oddity of Suburbia, much of her inspiration comes from her childhood in a small suburban town. She states, Who would have thought that the place I most despised growing up - where I felt like the weirdest freak and the biggest loser - would turn out to be a gift to me? The difference between the city and the suburbia perhaps is that you have to look harder in the suburbs, past the floor plans and into the human heart.

This is the message that Alice Sebold sends throughout her book: You will only find truth when you look past surface appearances; that things are not always as they seem, and that you truly have to look inside yourself and your loved ones to fine peace and happiness.

As a side note: when I first heard about this book my senior year of high school, I was absolutely not interested in reading it it sounded like a load of crap. After two years, I finally roke down one boring day this past summer, and found it impossible to put this novel down. This is by far one of the best books I have ever read, and highly recommend it for everyone!

The Tree That Binds the World

(continued...)

By Dan Crofts
Columnist

After two days and two nights of smooth sailing, a tumultuous storm ravaged the ship. In the chaos, the ship was caught in an enormousvortex, and was swallowed whole by the ocean. I alone survived though I don't know how. With the rest of the crew dead, and the ship torn asunder, I ventured alone into the underground realm of Darkalfheim, land of the dwarves.

If you want an elaborate description of this place, I'm afraid that mine will disappoint you. It is nothing more than a dark, damp realm covered by a solid, stone sky. In search of the last ear of corn, I came upon a small dwarf village, gave them a description of what I was looking for, and they assured me that they had, in fact, found it in a small, nearby stream. They promised to give it to me under one condition: I must first retrieve the three skulls of the Marduk. The Marduk were creatures much smaller and more mischievous than dwarves. It stood in the center of their small village (if you want to call a circle of mouse holes a village), and was completely unguarded when the residents took to their beds. I was able to take the skull and be on my way. I was able to retrace my steps back to the dwarf village without any difficulty. This, at least, would ward off the dark forces that prevented these dwarves from leaving their village. They told me that the white skull was in Jotunheim, land of giants. Once in place, this skull would somehow reveal the location of the red skull, which would restore the village to its former greatness. Being skilled craftsmen, the dwarves constructed a large, sturdy vessel that possessed the power of flight. A skilled crew of dwarves accompanied me on my journey to the portal of air and water, which was simply a hole in a big rock that rose from the ocean. Once we had reached the open air, we floated over what seemed to be miles of water into the frozen, forbidding realm of giants.

"Her writing leads the reader to meld with the story, able to identify with each character's feelings and emotions."

"They promised to give it to me under one condition: I must first retrieve the three skulls of the Marduk."
The morning of November 3, 2004 saw the sky drop for liberal America. The vicious news of a Republican victory, growingly incontrovertible, landed hard on those who had waited to bed in the early evening. At the start of a biter new day, those who had squinted at the TV screen the night before until the early morning, let their hopes die as the deal closed. Later that afternoon, a wet-eyed but ramrod straight John Kerry surrendered, thanking his supporters. Above a cheering mob, in an atmosphere even some conservative commentators felt inappropriate, the President seized the moment and announced, "The People have spoken. George W. Bush will be a two-term president, a privilege denied to his father."

In a day or so the Republicans would announce a mandate. The word denotes a firm yes, a great unequivocal slap on the back to Mr. Bush, an I agree and please carry on to his policies. And yet the pundits countered that declaration with what a vast majority of Americans already knew: the margin of victory in the electoral college was slight. Had a little more than a hundred thousand Ohio citizens voted the other way, Senator John Kerry would be president. A three million popular vote lead for Mr. Bush in this context should attract to itself little significance; the Administration lost the popular vote four years ago and they did not seem a bit hindered. But at this moment, the President seems poised to launch a strong new conservative agenda, centered this time on the privatization of Social Security.

There arose afterwards a certain temptation to attack John Kerry as ineffective. Such charges are by and large incorrect and mask certain ugly facts about liberalism’s lack of success in middle America, a vast echo chamber wherein radically conservative evangelicals prevail. John Kerry fought intensely for the prize by raising extraordinary amounts of money, triumphing in the debates, and waging a ceaseless ground war in battleground states that won the Democrats New Hampshire, Minnesota, and Wisconsin.

The problem, I would argue, was not a matter of personality or persona. The tall, silver-haired senator appeared sufficiently presidential. People did not think their calculators with them to the polling places to do any last-minute figuring on who the wealthiest candidate was (as if the wealthiest was necessarily the worst). The danger supposedly inherent to the campaign of John Kerry due to his Northeastern background was offset by a Southern running mate, sunny and tanned and perpetually grinning (and yet the home state of John Edwards, North Carolina, could not turn color).

The problem for the Democrats this election year concerned values. According to cnn.com, the greatest issue troubling Americans involved moral values. Twenty-two percent of respondents thought moral values were the most important, and a full eighty-percent of those went for Mr. Bush.

"... THE DEMOCRATIC PARTY INVESTS ITS HOPE IN AMERICA’S FUTURE."

Allow me then to devote the rest of this column to explaining the moral values of the Democratic party, and of liberalism in general.

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Allow me then to devote the rest of this column to explaining the moral values of the Democratic party, and of liberalism in general.

First, through the moral and economic support of all Americans, the Democratic party invests its hope in America’s future. Too often indeed the allure of self-centeredness attracts Americans and they forget the full implications of a community. A community is man intertwined with man, a reality we must continually face and overcome amidst the onward movement of urbanization. Even in the wealthiest nation in the West, poverty, crime, and hunger still persist, the ramifications of which ripple through all of society. The Democratic party insists on using the government to encourage economic progress. The first foundation I believe the Democratic party is based upon is to be care for the community. Beyond that generalization, I must specify that the Democratic party prioritizes the needs of the poor over the wealthy.

Building upon that first point, let us continue to the second. The Democratic party is the party of the underdog and not just the poor. We believe there to be groups of people cruelly removed from the promise and opportunity of the American dream. African-Americans have been locked out of the history of American success. This no one can deny. Using affirmative action as a tool, America ought to be proactive in building a new society with equal opportunity. Women too have faced oppression, and the will and well-being of each woman in America ought to be respected and not infringed upon by a moralistic government. Gay Americans also deserve the full rights of citizenship to which they are due.

Thirdly, like several Americans, many Democrats seek to obey the teachings of Jesus, a Nazarene carpenter who changed the world foreverthrough a set of ideas. Some believe him to be a son of God and savior of humanity. Democrats live, love, think, and pray along the same lines as the rest of America. What this extraordinary Nazarene said on a hillside ought to be remembered by all. In this, what is commonly known as the Sermon on the Mount: Blessed are the peacemakers, for they shall be called the sons of God. (Matthew 5:9, RSV) The Democratic party stands for peace. Peace through strength but also peace through cooperation, restraint, and humility. The Republican party does not own up to those last three ideals; Democrats do.

For the future of the party, Democrats must teach and defend these values, not only in Portland, Oregon or Greenwich Village, New York, but in rural, white America. In the vast swaths of Montana countryside, across the long corn-bordered roads of Nebraska and the swelling hills of West Virginia. Only through great effort will these values prevail, and America yet be reclaimed. Let us never surrender our values and let us never surrender the heart of America.

"AMERICA OUGHT TO BE PROACTIVE IN BUILDING A NEW SOCIETY WITH EQUAL OPPORTUNITY."
New York State Decreases HEOP Funding

This year, in an attempt to urge New York legislature to fully fund Tuition Assistance Program (TAP), and Higher Education Opportunity Program (HEOP), faculty, staff and students wrote letters on behalf of the programs. New York State funds HEOP, TAP, and more. Higher Education Opportunity Program assists students who are at an educational and financial disadvantage. Services provided by the program include counseling, tutoring and a financial aid package.

Recently, Beverly Weeks, director of HEOP, Sabrina Papes, assistant director of HEOP, and Annette Miranda from the HEOP program, made a trip to Albany to stop the decrease in money for HEOP. They were unsuccessful in regaining the full amount. The money percentage was decreased by five percent, which may not seem like a lot, but it is. It went from $22 million to $20 million, affecting a lot of students financially. As many as 200 people in the Buffalo region could not get aid. This problem will be occurring each year. In order to put an end to it, every year a group of people will be going to Albany to lobby.

“As Many As 200 People in the Buffalo Region Could Not Get Aid.”

In Feb. 2005, continuing decision making about students financial aid and HEOP (TAP in particular), will be further assessed. HEOP is not a gift for students. People have to go and fight to keep HEOP going. Students really need to know what is going on and pay attention, Weeks said.

Over this past summer, some students worked on several issues to try to restore funding for TAP. Governor Pataki had proposed to take some of the TAP money from the students. We did our best, worked hard to get TAP restored, says Weeks optimistically, with a smile on her face. When the budget is not passed on time it affects programs across the states that are waiting on funding. For HEOP in particular, it is frustrating to start an academic year without knowing what the budget is.

While our budget was decreased by five percent, I am still pleased, says Papes, HEOP assistant director. Our state is in extreme debt, and I feel every program needs to give a little. Therefore while we would always appreciate an increase, we can survive with a five percent decrease.

Individuals are paid to agree on a budget that the state will give out, and every year it is late. Weeks believes people need to pay attention to detail because if the budget is not passed on time many people are forced to make very painful decisions. Everybody needs to know what our elected officials are doing, she said. And, everyone needs to get out and vote.

We were on our way back to the reinstallation of the moral fabric of this country, whether certain lobbies liked it or not. All it took was a look at a few Gallup polls and a little research to shoot down that idea faster than any WWI Red Baron ever could.

Moral issues were pivotal? All I’ve been hearing about were the other three subjects! If morals were so important then why is Las Vegas still around? Why is the pornography industry making more money than the NFL, NBA, and Major League Baseball, according to The Seattle Times? While I may not agree much with a conservative pundit like Charles Krauthammer, he made an excellent point. When you add up the topics, that would qualify as foreign issues, of the War in Iraq (17%) and terrorism (19%), they greatly outweigh the moral issues by 14%. That leaves, mathematical ly, economic issues with another 42%. In all actuality, moral issues were dead last. It’s like Prohibition all over again with a loud minority making a mountain out of a molehill.

According to a January poll commissioned by Redbook and conducted by the Gallup organization, 80% of Americans feel that abortion should be legal in all or some circumstances, up from 77% in 1977. It gets even worse. 70% said Medicaid should pay for at least some abortions. They believe that federal money should pay for abortions. Did I miss something? Are we trying to fool ourselves that we are a moral nation? The rest of the world most likely sees us the same way we view the character of Arthur Dimmesdale in The Scarlet Letter. Are we a part of a hypocritical nation?

Now, chew on this. 49% of the popular vote went to Kerry. That still leaves another 31% that favor abortion and voted for Bush, the pro-life candidate of the two. Maybe they voted for Bush because they were uninformed or ignored the hearsay of the antiabortion movement. It is time we all hold our leaders accountable.

I’m Confused!

By Mackenzie Lambert
Staff Reporter

This past election, there was a guerrilla topic of sorts. That topic was moral issues. Okay, that’s fine. It went without saying that Bush was ahead of Kerry in leaps and bounds on the subject. Maybe it’s just me, but Christian and Politician can’t combine, but only end up with one canceling out the other. But, that’s for another story for another time by a more capable writer.

According to the Shreve Port Times, among other news affiliates, Exit polls showed moral values as the most important issue to voters, capturing 22 percent of those surveyed, above the economy, terrorism, and Iraq. That poll result caught me off guard like an ambush at a DMZ in Vietnam. This made me believe that we, as a nation, were among other news affiliates, Exit polls showed moral values as the most important issue to voters, capturing 22 percent of those surveyed, above the economy, terrorism, and Iraq. That poll result caught me off guard like an ambush at a DMZ in Vietnam. This made me believe that we, as a nation, were

“For we are a Critical Nation?”

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You’re now on the world’s stage with all eyes on you. Sounds pretty fabulous, the highly competitive fame game, some don’t you think? Just please don’t let it get to your head.

Once people become involved in the highly competitive fame game, some attention craving folk start to believe that their opinion means more than the average person from Podunk Town, USA. But the rule applies to everyone else, celebrity or not - that doesn’t automatically mean you’re right.

Celebrity involvement with politics is a fascinating relationship to witness. Hollywood and Washington are two different worlds: the glitterati versus the suits. But they apparently seem to work well together. Harrison Ford makes a damn good president after all. The rich and famous have been used to endorse countless products for decades, so it’s something everybody knows they’re really good at. When election fever begins to spread, seeing if Ashton Kutcher can join you on the campaign trail might not necessarily be a bad thing. Word gets out about you, potential voters become interested in where you stand on certain issues, and having Ashton on board is an additional bonus, because he appeals to the young voters. And that’s the whole point of campaigning, right? Everybody wins!

Well, not quite. Having a celebrity by your side can be misleading to the general public. When a celebrity shows massive support for a particular candidate, they are also leaving a strong influence on their fan-base. With that being said, this new generation of voters need to keep themselves in check. It’s a terrifying thought to think that a first time voter might just head to their polling site, completely uneducated on the issues, and vote for a candidate because so-and-so celebrity was backing them. What is popular isn’t always the right choice.

“I KNOW FOR CERTAIN THAT THIS GENERATION IS SMARTER THAN THAT.”

I hope my fearful assumption is wrong, and that young people can guarantee that they voted this time around with their own conscience rather than being told who to vote for. I know for certain that this generation is smarter than that.

Not all celebrities pretend to believe they are political experts. Actress Drew Barrymore set out to figure out the reason behind the low number of youth voter turnout, as well as learn more about the American political system along the way. Her documentary, The Best Place to Start, revealed that the majority of young Americans eligible to vote didn’t because politicians believed that they wouldn’t bother to go and vote, so why bother trying to appeal to them. Making this documentary was like a crash course in politics, said Drew.

Her answer has been solved, though, with 21 million 18-30 year olds voting in last Tuesday’s election, up from 16 million in 2000.

It is an interconnected circle with endless benefits and disadvantages. The candidate gains support from the celebrity, who encourages people to go vote, and by staying informed, that is what the people do. Acting as an advocate for something you strongly believe in is an exceptional step to take, but ramming it into the public’s faces so they will do what you say is not.

So until Election-mania starts again in 2008, dear Hollywood, keep hiring Mr. Ford to play the president and leave the real stuff to the experts.

Sources: Drew Barrymore quote from elleGirl magazine, September 2004.
Women's Basketball

It is easy to understand why there is a lot of excitement and optimism about Daemen's upcoming season. They return all five starters and their top seven scorers from a team that went 26-5 overall, 18-0 in the AMC North, and finished the year ranked 20th in the nation. They also have a couple of very talented newcomers who should help make the 2004-05 Wildcats one of the most talented teams in school history. Equally as surprising last season will not be easy, however, as Daemen won many very close games last year and will have a very challenging schedule this year.

Senior starters Joanna Daugenti (Seneca Falls, NY), Jillian LaPoint (Interlaken, NY), and Jessica Ruddell (Niagara Falls, ON) hope to make their final season at Daemen one to remember. They have combined to score 2,218 points and grab 1,116 rebounds in their careers. Daugenti (1st-team All-AMC North) and LaPoint (2nd-team All-AMC North) return at the forward spots. Daugenti is Daemen's all-time leader in three-point percentage (.391) and LaPoint is Daemen's all-time leader in overall field goal percentage (.560). Daugenti is one of Daemen's most complete offensive players ever and LaPoint is one of Daemen's most complete defensive players ever with the ability to effectively defend a center or a guard.

Returning at center is 1st-team All-AMC North and honorable mention All-American Allison Depp, a six-foot junior from Lockport. She set several school records last year including most points in a season and is a dominant inside force.

Sophomores Alison LaPoint (Interlaken, NY) and Timmy Hudson (Amherst, NY) return along with Jessica Ruddell in the backcourt. Ruddell, a 2nd-team All-AMC North selection last season, is four three-pointers away from becoming Daemen's all-time leader in that category and is also the Wildcats' strongest player. LaPoint, the AMC North's Freshman of the Year last season, is a 5'10" strong, explosive point guard and has a great ability to get other players easy opportunities. She was 10th in the nation in assists last season and also has the ability to score. Hudson is the team's best on-the-ball defender and should continue to improve after a strong freshman year. Junior Nicole Smith (Buffalo, NY) has a lot of ability and has the potential to be a major contributor.

Transfers Germany Jackson and Dionne Turnage are reunited from their days as teammates at Buffalo Traditional High School. Jackson, a 5'10" sophomore guard, has tremendous all-around talent with a great combination of basketball skill and athletic ability. She was a 1st-team All-WNY selection her senior season at Traditional and should have a huge impact on the Wildcats. Turnage is a 5'8" sophomore guard-forward who is also a tremendous athlete. She was the SUNYAC's "Newcomer of the Year" at Buffalo State in 2002-03. Kara Blaha (Odessa, NY) and Porcia Hartzog (Amherst, NY) return along with Timmy Hudson (Amherst, NY) and Shivani Mehta (Medina, NY) will do the same in the frontcourt.

In addition to the 18-game AMC schedule, the Wildcats face Gannon and LeMoyne and play in tournaments at Rio Grande, Urbana, and Houghton. Their non-conference schedule is highlighted by a tournament at Grand Canyon University in Phoenix, Arizona where they will open with Cardinal Stritch who was 31-2 and fourth in the nation last year. The team opened the year with two wins over Wilfrid Laurier. Allison Depp surpassed 1000 points becoming the fastest player in Daemen history to do so in 64 games. Jessica Ruddell also became the all-time leader in 3-pointers surpassing the old record of 173. The Women's team will be back in action at home on November 30th at 5:30pm versus Houghton in their first conference matchup of the season.

Men's Basketball

The Wildcats are coming off of their most successful season ever - an American Mideast Conference championship, an NAIA National Tournament 'Elite Eight' appearance, and a 24-10 overall record. They should have the talent once again this year to make a run at another AMC title.

Second-team All-American and AMC North Player-of-the-Year Darnell Jackson (York, PA) returns for his senior year. The 6'6" forward is one of the most athletic players in Daemen history and has had many impressive 'highlight reel' spectacular dunks and blocked shots. With some added size to the Wildcat line-up, Jackson will be able to spend more time defending at his natural forward position instead of at center. Also returning at the forward spot is junior Brian Montanaro (Liverpool, NY). He is one of the best shooters in Daemen history and has already scored 791 points in his first two seasons. James Stokes (Buffalo, NY) plays big at his size of 6'4" and will give the Wildcats depth at the center spot.

In the backcourt, starters Kharmen Wingard and Therreon Blackwell return. Wingard (Buffalo, NY) was a 2nd-team All-AMC selection last year and was also once named the Player-of-the-Week for the 18-team American Mideast Conference. Wingard, a 6'1" senior, is third on Daemen's all-time list for three-pointers made. Blackwell (Buffalo, NY) is the team's best defender and had one of the top assist-to-turnover ratio's in the conference last year. The 5'10" junior also has the ability to score when needed as he did in the National Quarterfinals against Sioux Falls with 20 points. Juniors Donnie McMillan (Bronx, NY) and Marques Richardson (Buffalo, NY) give the Wildcats experience and depth. Both have the ability to play the point and will looked upon for quality minutes this season.

Daemen has seven new players on their roster including many who are expected to make huge immediate impacts. Transfers Darko Radjenovich, Ron Wright and Joe Olsen should all be major contributors right away.
By: Kathy Horschel  
Columnist

As college students we are under pressure, we are dealing with things that most people don’t have to. A lot of folks out there believe that college is just one big party for everyone. But, we know that isn’t true. Only a few people have the privilege of partying all the time. If you are like me, and not one of those party people, you might be feeling stressed out this very minute. You have a full course load and have no time to do those papers. Everything feels like it’s falling apart. Then, to top everything else, one of your professors just announced a test that will be given next class.

There are thousands of ways to relieve stress, but I think I found the easiest and maybe laziest way (some college students really just need time to sit and relax and this is the way to do it). I was feeling nostalgic one day and put on an old New Kids On The Block album. It made me feel better. I just stretched out on my bed and absorbed the music. Now if you know me you would know that I am kind of punkish, so I am sure this was quite amusing for those of you who can’t picture me you would know that I am kind of punkish, so I am sure this was quite amusing for those of you who can’t picture me listening to pop music. But, what you might not have known that when I was about six or seven I thought I was going to marry Jordan Knight of NKOTB. I felt much more relaxed after I did this, so I told a friend of mine, who was feeling stressed and nostalgic as well. She watched an entire episode of Sesame Street. Afterward, she says she felt so relaxed and all her stresses had left her. She even claimed her tense shoulders were loosened completely. Another friend of mine watched a couple of episodes of the original Teenage Mutant Ninja Turtles, and said he enjoyed it so much that now he uses it as a stress reliever every week. I am also a fan of the Disney Channel; it has some really good shows for relieving stress.

My sister says that I am just immature, but I really don’t think that is the case. Reliving your stress-free childhood is a good way to relax. I mean it. Take an hour each week just to do something you enjoyed when you were younger. Coloring in a coloring book, for example, or building with blocks will do the trick. I have tried many of these activities myself and they do all work. I even took it to the extreme and recently attended a Jordan Knight show; I got to live out my seven-year old self’s biggest dream. I was front row center and I loved it. He is a really good showman; I enjoyed myself completely. If you try this you may feel a little silly and immature at first, but trust me, it’s worth it in the end.

Halloween Contest in Canavan Hall

By Latasha Beard  
News Staff Reporter

On Oct. 29, students in Canavan Hall participated in a Halloween decoration contest. Residents had fun preparing for the event and putting up decorations. Residents from the first and second floors in Canavan came together to compete against the third, fourth and fifth floor. There was a lot of running around to get everything set up. On some floors, there wasn’t any real planning. They just came up with ideas as they went along. The first and second floors decorated their hall with garbage bags and leaves. Resident Assistants (RA) joined in on the fun as well. At one end of the second floor’s hall, James Felicita, senior, was dressed up as a mad scientist, and Matt Pokigo, senior, was dressed as an assistant. Tim Lesondak, also an RA, helped with all the decorations too. At the other end of the second floor, there was a graveyard scene. They had two pumpkins with C-one and C-two carved into them. The floor also had bobbing for apples.

Students on the third floor decorated their walls with garbage bags with a saying on each one. On one end of the hall, there was an Exorcist scene, and at the other end, there was a construction site completed with a shopping cart and cones. Streamers were hanging from the ceiling.

Resident Assistants Rebecca Martel and Nicole Scott, had a great time helping their floor decorate. The fourth floor decorated their hall by hanging garbage bags from the ceiling. It had a horror-movies type of theme with lines from different movies. Bags displayed famous lines that said, "Seven Days Later," "Jason is coming," "Don’t look back," and "Jeepers Creepers." Kelly Ryan and Michelle Sands did a great job with the decorations as other residents helped in between classes and study time.

Hand prints and outlines of dead bodies were everywhere on the floor and wall. Some of the residents were jumping out as the judges walked by. They would grab at their legs, screaming them. Fifth-floor residents created a massacre scene. They had red paint all over the garbage bags, making it look like blood. Cardboard covered the floor, and the residents acted like zombies. Cobwebs were strung across the halls while tattered black garbage bags hung down from the ceiling.

The lounge was turned into a disaster area. By the stairway, there was a dummy hanging, while strobe lights created a mysterious effect. Tera Kane and Amy Farner helped make the floor look as scary as it can. There was also music by Michael Jackson playing in the background.

Winners were announced on Nov. 5 at the men’s basketball game during half time. Comming in first place was the fourth floor, which won a pizza party. The second floor came in second place.

CORRECTIONS
The Ascent corrects published errors of substance. To request a correction, please notify the editor by e-mailing her at adelbel@daemen.edu.

In the October issue of the Ascent there was an editorial oversight on Julian Reder’s article about Freshmen Orientation. Some material was repeated throughout.

More pictures from the Charles McDougald Run/Walk