

FORTITUDO ET SPES

Compassion in Action

Trending Flus: What's the Big Threat of 2011?

Jaimee Thibodeau



The Bird flu epidemic, "Swine '09," what flu can we look forward to next? As we near spring, people are wondering what will be the next pandemic.

In the fall of 2009, as many of us were returning to school, we were bombarded with warnings to stay clean in order to avoid H1N1, or swine flu. Several students were sent home and many schools were threatened with temporary closure. Similar hysteria broke in the midst of the avian influenza outbreak or bird flu a couple years before that. Both made a case for the modeling of surgical masks on a daily basis.

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For the year 2011? Rumblings around the community threatened us with a looming flu. Campus-wide, an email was sent to warn everyone of flu spreading around. Full disclosure, after completing this article, I got a taste of 2011's trending flu.

Despite these warnings, this outbreak (so far) is mild compared to recent years. Syllabi handed out once had multiple paragraphs of flu warnings, but they have been reduced to a simple couple of lines. Is there still a large threat of a flu taking over schools?

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photo courtesey of:<http://www.chicagonow.com>

Spring Semester: Where's the Spring Part?

By: Cassie Theriaque

So we have been back to SJC for about a month now, and everyone is pretty much set into their new routines for the spring semester, new classes, renewed locations on campus (The Chalet and Brewed Awakenings), and of course lots of snow! The abundance of snow makes the term 'spring semester' seem slightly contradicting. We have had two snow days so far and an early closing on the first day back. Spring semester has a few pros of cancelled classes, lots of vacation time, and plenty of snow to play in. But there are just as many cons that affect the students on campus more directly.

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The Push to Bring Brewed Awakenings Back

Jaimee Thibodeau

The new year brings new changes around us and our campus has been no exception. The Saint Joseph's College community was met with a few of these changes with the closure of both Brewed Awakenings and the Chalet.



Upperclassmen were distraught. Many were without their caffeine pick-me-up in the morning before the dreaded 8 A.M. classes. Athletes and other hungry students could no longer order late night food right on campus. Most students did not happily accept the decision, made due to budget cuts.

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An Everything-You-Need-To-Know Guide to March Madness

By William Armishaw

As March rolls around every spring, millions of American's print out their NCAA Tournament brackets and try to predict what March Madness will bring. It's a complicated process; which 12 is going to upset a 5, are all four top seeds going to advance to the Final Four, will this be the year of Cinderella. Nothing is ever guaranteed in the tournament that features not one but many "shining moments" each year. As it approaches, even prior to the conference tournaments taking place, basketball fans can talk solace in a few facts.

Like every other year, there are favorites... but none are guarantees to make it to Houston.

Duke (25-2, 12-1): The Blue Devils are the defending National Champs and were everyone's preseason favorite to win the title this year. All that changed when freshman sensation Kyrie Irving went down with an injury after only eight games. Duke still has enough talent to win. Count on the Blue Devils to get a number one seed and advance to the Elite Eight.

Pittsburgh (24-3, 12-2): They lack a super-star, someone who can carry the offense on a bad night and thus are a team that could be knocked off early; but their defense will keep them in most games. The fact that they've done as well as they have in arguably the strongest conference in the country is a testament to the strength of this team. Another Elite Eight squad, I just don't know if they can win it all.

Texas (24-4, 12-1): They are young, but seem to be extremely poised and talented. They've got three stars in Jordan Hamilton, Tristan Thompson, and Cory Joseph. They aren't a great foul shooting team and that could hurt them in March. Right now though, they look like a Final Four team.

Ohio State (26-2, 13-2): This may be the most complete team in the country. Sullinger, David Lighty, and freshman Aaron Craft could very well have this group playing in April. This may be the biggest favorite at this point in the season.

Arizona (23-4, 12-2): You don't hear much about the teams out West, especially since the Pac-10 is down again this year. But Arizona seems to have emerged as the cream of the crop. They could go to their first National Championship since 1997.

San Diego State (27-1, 12-1): I like San Diego State's depth, as well as the fact that they are led by a big man. Kawhi Leonard. They should be no lower than a 3 seed and have the talent to reach the Elite Eight.

Mid-Majors appear primed to make a splash this year... did someone say Cinderella?

Utah State (25-3, 12-1): The Aggies appear primed to win the WAC and have one of the best home-court advantages in the country.

continued on the next page

8 Easy Tips to Picking a Winning Bracket

By Frank Myatt

Now that the Super Bowl has ended, and the thrill of spring training is starting to wear off, casual sports fans everywhere are preparing for the largest gambling event of the year: the NCAA Basketball Tournament. In mere weeks, the semi-holiday that is Selection Sunday will kick off March Madness pools in just about every bar, office, and school. Nearly everyone submits a bracket, but only one wins. Consider these aids to help pick a successful bracket.

1. How serious are you? If you play for fun or have little knowledge of college basketball, don't be afraid. Make this what you want it to be; everyone has heard the stories about picking based on mascot or school colors and beating the 'experts.' Take this approach if you want to get under the skin of every overly serious sports fan whose bracket combusts after a round of upsets.

2. Don't be afraid of picking the favorites. For some reason, there is an odd stigma that comes with taking higher-ranked teams. Seeds 1 through 3 are virtually locks to win in the first round. There are always upsets, but usually the higher rank wins. Take your friends' ribbing in the first round; you might be able to give it right back in the Elite Eight or Final Four.

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March Madness Guide (cont.)

Unfortunately, they won't be playing any games at home in the Big Dance, so their run may be cut short.

Oakland (20-9, 15-1): While they are typically a strong team, Oakland almost always draws a 15 or 16 seed and a match-up with one of the country's top teams. If they can get a higher seed, look for them to make some noise.

Bucknell (20-8, 11-1): Bucknell has had some strong showings in recent history and has proven that they are a tough 13/14 seed to get rid of. Find them in your bracket and look for the upset.

Morehead State (21-8, 12-4): Kenneth Faried is arguably the top rebounder in the country. While Morehead State isn't even a guarantee for the tournament, if they make it they'll be hard to count out.

Cleveland State (23-6, 12-4): Norris Cole is one of those few players who could carry his team on any given night. If they come out of the Horizon League, they could get a 12 seed and cause some trouble from that spot.

George Mason (23-5, 14-2): Everyone's favorite Cinderella from just a few years ago, the Patriots look to be at it again. They have the potential to make another run at the Elite Eight.

One individual will re-create what Stephen Curry did at Davidson a few years back... who will it be?

Brigham Young (25-2, 11-1): Multiple 40 point games, a huge NCAA tournament last year, and a team currently ranked in the top 10. You'll be hearing a lot more of Jimmer Fredette in the weeks to come.

Kansas State (18-9, 6-6): This year opponents don't seem to be scared of the Wildcats, but maybe they should be. As Jacob Pullen showed last week while he was dismantling then #1 Kansas, he's still got it. Pullen and teammates could make a run this year, it all depends which Kansas State team shows up.

Connecticut (20-6, 8-6): The name that dominated basketball during the fall was Kemba Walker. He seems to be pacing himself now. Keep an eye on him during the Big East tournament, he likes the big stage.

What can the Ivy League offer... Cornell showed up last year, who's next?

Harvard (20-4, 9-1) & **Princeton** (20-5, 8-1): Both could win a few games in the tournament. Princeton has a rich basketball history that dates all the way back to Bill Bradley. Harvard has made big strides in recent years as coach Tommy Amaker has done a great job at recruiting top notch student-athletes.

If you think defense wins championships... take a look at these teams.

Alabama (18-8, 10-2): They've kept opponents under 60 points 16 times this season. The problem is they've lost three of those games, so their offense is suspect.

Wisconsin (20-6, 10-4): Bo Ryan does a great job at Wisconsin and his players buy into his style. They rebound and defend as one. Expect to see them make the Sweet Sixteen.

Texas A&M (21-5, 8-4): The Aggies win games with their defense. Ten times this season, they've kept an opponent under 55 points.

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8 Tips (cont.)

3. Don't pick based ONLY on seed. Just looking at last year's tournament, the lower seed won ten times out of the 32 games in the first round. The 8-9 and 7-10 matchups are usually evenly matched, but there are always bigger upsets.

4. Ignore the pressure of picking a 12 over 5 upset. History tells us that this is the most likely upset of the first round, and everyone picks at least one. If nothing looks good to you, pick all 5's; last year saw only one 12 defeat a 5. It is better to win three by picking the 5 seeds, rather than take multiple 12's.

5. Research the teams. Tournament experience, a seasoned coaching staff, and conference championships usually point to deep runs in the tournament. A team that comes in hot is a better bet than a team that stumbled into the tournament. Teams that have been there before won't be caught up in the hype that is the "Big Dance" as much as first-timers.

6. Take the analysts with a grain of salt. ESPN's self-proclaimed "bracketologists" are paid to make outrageous predictions. They could care less whether any are correct, as long as people keep watching.

7. Tune out Dick Vitale! Dickie V is great for college basketball and I love listening to him call a game, but he gets far too excited to make rational predictions during the heat of a close game. To him, every team can go deep in the tournament if they play well while he is commentating. That being said, when he calms down, Vitale is one of the best minds in college basketball.

8. Have fun. Nobody wins every year. Everybody who has ever submitted a bracket knows that a few upsets can beat even the most knowledgeable basketball junkie. The games are unpredictable, so

Brewed Awakenings (cont.)

Back in January, there was a solution emailed around campus. A petition was begun by one of our very own clubs. It had a simple message: bring Brewed Awakenings back! The plan was welcomed by students, but unfortunately, it didn't immediately become as popular as expected. "I am surprised there [were] not more signatures [in the beginning] with how easy it [was] to sign" says Katherine Seavey, a senior involved with the Pre-Professional Sciences Club who created the petition.

"Unfortunately, if there are not an overwhelmingly strong number of signatures, I cannot imagine the administration coming up with the money."

Initially the issue appeared to be students not being aware of the petition due to lack of reading campus emails. Seavey and the Pre-Professionals Sciences Club stayed optimistic, and it paid off.

"I believe the more signatures we can get the stronger the support would be to find room in the budget." This determination prevailed, and as of February 8th Brewed Awakenings reopened as normal. The Chalet was close behind, re-opening the following weekend. The Chalet also seeks to expand by not only having the typical cooks and cashiers, but also cocktail waitresses on its new staff.

A sigh of relief could be heard by the decaffeinated and buffalo chicken tender-less students all around the SJC community all through February.

Spring Semester (cont.)

First, walking to class is more dangerous because of the icy conditions. Additionally, many of the short-cuts, that we relied on last semester to get us to class on time, are covered in



so much snow that they are impossible to use until the snow melts. We also have the extra burden of parking pans. It's never fun to have the added stress of not being able to move your car because it is stuck in the snow (note: a shovel is a wise investment!). Finally, the overall cold is an annoyance of this semester. Students have to bundle up immensely just to walk five minutes in the cold to class. According to many students who were on campus last year, this is more snow than we have had in the past. Hopefully, we can bring back the 'spring' in spring semester.

Photo courtesy of: http://blog.loaz.com/timwang/index.php/2008/03/28/vancouver_snow_in_spring

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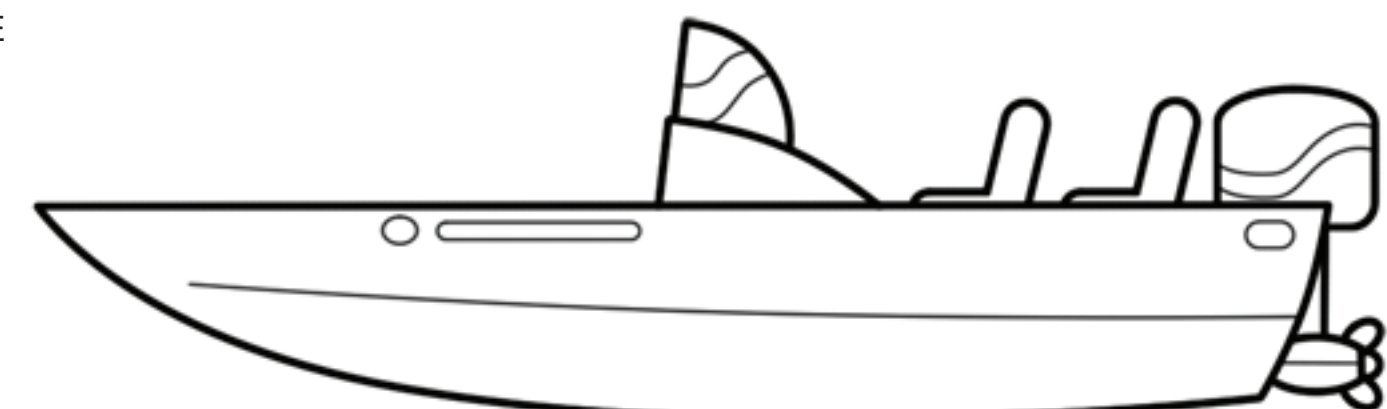
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March Madness (cont.)

Temple (21-5, 11-2): Led by Lavoy Allen, this team is solid on the boards and great defensively in the half-court. They may be a dark-horse to advance deep in the tournament.

Purdue (22-5, 11-3): They are one of the country's best rebounding teams, have guards that hound their opponents, and unlike some of the other strong defensive teams; Purdue can put up points in a hurry.

If the Big East is best, who makes it and who can advance?

Pittsburgh and Connecticut have already been looked at. Marquette, West Virginia, and Cincinnati could make it. Here are the rest:

Syracuse (23-6, 10-6): They'll need their freshman class to mature quickly to make a deep run. But if your outside shots aren't dropping against the zone, you're not going to be able to beat Cuse'.

Notre Dame (21-5, 10-4): The Fighting Irish have surprised a lot of people this season and are led by Ben Hansborough. They just find ways to win games, plain and simple.

Georgetown (21-6, 10-5): That could change this year as they finally have guards that can make plays late in the shot-clock. Austin Freeman and Chris Wright are experienced and talented. As they go, so goes Georgetown.

Villanova (21-7, 9-6): They can't be counted out; not with one of the country's top back-courts. Corey Fisher, Corey Stokes, and Antonio Pena have been around forever; they know how to win in March.

St. John's (17-9, 9-5): They might not make a run this year; but having already beaten Duke, UConn, Pittsburgh, and Notre Dame, you just can't count the Red Storm out.

After Duke, what does the ACC look like?

In two words, North Carolina (20-6, 10-2). This isn't the ACC of old; it's a very weak league. Florida State may make the tournament, but their chances got hurt when do-it-all forward Chris Singleton went down with a season ending injury. I wouldn't move anyone other than Duke or UNC past the first round.

Who else should we watch from the Big 12?

Kansas (26-2, 11-2) & Missouri (21-6, 7-5): They've got as much talent as anyone in the country, but it's been a tough season off the court for Bill Self and his Jayhawks. Unless Josh Selby starts to play like he's capable of, I wouldn't bet on them getting past the Sweet 16. Missouri is interesting. They can score on anyone and have five or six guys capable of get



and Terrance Jones though, there is a reason every college in the nation wanted them. Florida (21-5, 10-2) could surprise some people; they have a lot of parts. They've got good guards, solid forward, and Chandler Parsons, who seems to come up with a big shot every time they need one.

A few more teams to keep an eye on...

There haven't been many tournaments in recent history where Michigan State, Memphis, or Butler wasn't make a run; but that may not be the case this year. Michigan State has struggled from the get-go and doesn't appear to be the Final Four team many predicted they would be, but I've learned to never count out Tom Izzo. Butler seemed to struggle with the loss of Gordon Hayward more than anyone thought they would; if they make the tournament, don't expect them to make it past the first weekend.

Josh Pastner has done all he could since he replaced John Calipari at Memphis, but he's got a young team that hasn't quite met expectations; don't expect them to make it far, or to even make it to the dance.

There are never any guarantees when it comes to March Madness, but there are a few things that come pretty close. Don't have all four seeds playing in the Final Four, it just doesn't happen. Expect

a 12 seed to knock off a 5, an 11 to knock off a 6, and maybe even a 14 to turn away a 3. And pick a champion from a power conference, as fun as it is to root for the Cinderella, it just doesn't happen. One thing is for certain; March should be fun. So print out your bracket, do your research, and good luck trying to get it all right... on second thought, maybe you should print out a few brackets, I know I always do.

Picking This Year's Upsets

By Rick Lundy
Special to Fortitudo Et Spes

If this year's regular season is any indication, the upcoming NCAA tournament is shaping up to be as exciting and as unpredictable as ever. Only one thing is for certain: there will be upsets. Here's how to see them coming:

- Be leery of high-seeded teams from weak conferences. We're looking at you, San Diego State and BYU. Sure, these teams have a great paper record. But look at their competition. Both of their respective rankings are founded on a couple high-quality non-conference wins, and then their demolition of the Mountain West

continued on the next page

Saint Joseph's alum commits to post-graduate service in Appalachia



Mt. Vernon, Kentucky- Christian Appalachian Project (CAP), a non-profit poverty relief organization in eastern Kentucky is pleased to have Kelly Hopkins as a long-term volunteer in CAP's Elderly Housing program. Kelly, who joined the program in

September after earning her degree in May, is spending the next several months repairing the home of elderly persons living in poverty.

While at Saint Joseph's, Kelly volunteered with CAP through WorkFest, an alternative spring break program coordinated by the Campus Ministry office, and fell in love with Appalachia.

"I want to serve others and give back because I have been so blessed," she noted.

Besides service, CAP volunteers are committed to community living and fostering spiritual growth. Kelly lives in intentional Christian community with several other long-term and short term volunteers.

The Christian Appalachian Project is an interdenominational, non-Profit Christian organization serving people in need of Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services. The Volunteer Program offers short-term, long-term and group opportunities for volunteers of all ages.

Flu (cont.)

At this time, fortunately, there doesn't seem to be a high risk; but remember, there are always simple ways to continue to stay healthy. Make sure to wash your hands. If coughing or sneezing, try to avoid contact with others and cover cough with a sleeve. Avoid contact with those who have the flu (unlike me, who took care of her mom with the flu). Remember also to get a flu shot, especially if you are at high risk (meaning children, elderly, pregnant women and those with weak immune systems). This may be obvious advice, but it doesn't hurt to keep these facts in mind.

For more information, go to:
www.maine.gov/dhhs/boh/maineflu

Picking Upsets (cont.)

Conference. Their only competition is each other. Look for a veteran team to take them down in the early rounds; they'll be ripe for the picking.

• Also beware of teams with brutal conference schedules. Big East teams endure a rigorous conference schedule year in and year out. The league schedule exerts more of a toll than any other in the country. All players are physically and emotionally drained during the tournament, and each game turns into a competition of wills. Just look to last year: Big East squads Georgetown, Notre Dame and Marquette lost in first round games in which they were the higher seed, and Villanova almost lost a 2-15 game to Robert Morris. These Big East teams work so hard during the season and subsequent Big East Tournament that the NCAAs become both an extreme physical and mental challenge.

• Big time coaches win big time games. That being said, if you're looking for an early round upset, don't count on the victims being Jim Boheim's Syracuse Orange, Rick Pitino's Louisville Cardinals, or Coach K's Dukies. You get the idea. This isn't the first rodeo for these guys. They know how to win and it has shown for years. They prepare their teams for the tourney like no other. The prime upset pick is a higher seed led by a coach who isn't a frequent visitor to the NCAAs. Teams like Notre Dame and Vanderbilt come to mind.

Upsets will happen. Count on it, especially this year. Just be prepared for them, and choose wisely!

Rick Lundy is a Maine native and College Basketball Insider

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