



Students had the opportunity to decorate their TOMS shoes Friday at the ArtStreet Amphitheatre. PHOTO CONTRIBUTED BY GRACE RODNEY

TOMS leaves footprint on soles of UD students

FRANK STANKO Staff Writer

Senior Elizabeth Wells really enjoys TOMS brand shoes. And she's not alone, if Friday's "Style Your Sole" event was any hint.

From 4:30 to 8:30 p.m. last Friday, students gathered at the Art-Street Amphitheatre to pick up the shoes they purchased and to spruce up the extra pair of shoes TOMS provided, which were donated to needy children.

"We were hoping for at least 100 people to show up," said Wells. Not even an hour later, expectations were being exceeded. Wells estimated a crowd of nearly 200 were present then.

"We were assigned this event as a campaign," said Grace Rodnev, a senior public relations major. "So we created a YouTube video ["UD Style Your Sole"], sent out press releases and such."

"Style Your Sole" was just one event in what's proving to be TOMS-mania on campus this spring. Last Thursday, despite bad weather, several students held to their promise of going to class without shoes to realize the

importance of a pair of shoes in a child's life. The event was also created by TOMS shoes.

"Thank you," the TOMS Web site said. "One-fourth of a million people participated in over 1,600 events around the world."

But even before students were aware of "One Day Without Shoes," Wells was working to further the cause of TOMS on camp118.

"I had held a 'Style Your Sole' party in November, and shortly after that, I met Andrea Wade, who works in the provost's office, and we both set out to get TOMS involved in the Stander Symposium." Wells said.

Tomorrow is the official day for the Stander Symposium, but the festivities start tonight with a speech by Blake Myckosie, founder of TOMS. The speech will be at 7 p.m. in the RecPlex and is free to the public.

Myckosie founded TOMS in 2006 and has given away thousands of shoes to needy children. Wells, who will introduce Myckosie Tuesday night, will be meeting him for the first time.



Many of the students' soles were decorated with alitter and creative designs. Some students also decorated their shoes with quotes that mean something to them. PHOTO CONTRIBUTED BY GRACE RODNEY

entrepreneur, for having a blend of business and charity," she said.

But Myckosie can't do it alone. The TOMS Web site is currently searching for paid interns for fall 2010. These internships are in a wide range of fields but are all headquartered in Santa Monica. Calif.

For more information about TOMS, go to www.toms.com.

Tickets for the Myckosie speech are currently available at the KU Box Office. For more information, call (937) 229-1723.

"He's known for being a social

Spike for Charity kicks off Friday, 12 professional fraternities to compete

ANNA BEYERLE

Assistant News Editor

Get ready to bump, set and spike: Spike for Charity will be hosting its fourth annual sand vollevball tournament this upcoming weekend.

Forty teams with members

from 12 professional fraternities on campus will be participating in the event with many having several teams each, according to Courtney Monaco, the vice president of Special Events for Delta Sigma Pi and Spike's Co-Director of Entertainment. A record 300 individuals

will be part of the games played on April 16 and 17.

Spike for Charity was started by Delta Sigma Pi, a professional business fraternity, in 2007 as an event to bring together the diverse professional fraternities at UD to raise funds for various charities.

According to the event's Web site, they hope for Spike for Charity to one day be as big of a community service event as Christmas on Campus.

"The event utilizes the unique student neighborhood, community and culture found only at the Uni-

GRADUATE WITHOUT GLUTTONY

versity of Dayton," the Web site said. "The neighborhood's outdoor volleyball courts allowed students to sit on their porches, listen to music, barbeque and cheer on their fraternities. "

See Spike Saturday p. 4

Don't let the real world make you fat PAGE 2













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Stay in shape after graduation



Sure it's easy to stay motivated to get in shape with Daytona in the near future, but what happens to your waistline once you graduate?

Unfortunately, many times the post-graduation period involves a lot of work and little time to exercise. With financial struggles graduates face, it also gets difficult to afford healthy food and instead the options of cheap dining, especially fast food, seem most appealing. But while it may seem necessary to focus on making it in the career world instead of worrying about staying in shape, maintaining good health is important for your entire life.

In order to avoid the post-graduation gain, fix the problem before it even starts. Develop healthy habits early on and then you won't have to worry about getting back in shape by losing an extra 20 pounds later.

GET FIT WITH FIDO

One of the best ways to stay motivated to exercise is being forced to, and how better to do this than with a dog. Purchasing a puppy right after you graduate is a great way to keep you moving, because dogs need a daily walk and getting in that routine early on in your new life will help you set aside time to exercise.

But you can do more than just walking with your dog to exercise. Try running around with it in the park and after a few weeks even a short 20-minute play time can do wonders for your figure. Team this with walking your dog everyday and you can kiss any chance of weight gain good-bye.

FIND LOCAL MARKETS

While shopping at Walmart for your groceries may seem like the most fiscally sound option, finding local grocers who sell locally grown fruits and vegetables is easy on your wallet, as well. Most cities have their own farmer markets on Saturdays and Sundays, so spend your weekend stocking up on healthy food and enjoy it throughout the week.

In Dayton, the Second Street Market is a good example of this local marketplace. Go there any weekend, and you can just see how many people utilize this source of health food and talk with the people who grow or raise your food. This way you know what you're putting in your body, which will not only help you drop a pant size, but it will also help the local economy.

GET TO THE GYM

Here at UD it's easy to forget just how great the RecPlex is as a resource for exercise, but once you're in the real world having to pay for a gym membership you see that staying in shape can get costly. Fortunately many gyms have free 30-day trials, especially at the beginning of the year or the summer. Use these trials to stay in shape without having to pay.

After you've used up all of your trials, figure out which gym is best for you and sign up. Knowing you're paying for it will be a good way to force you to go there and get your money's worth. Some gyms, especially YMCAs throughout the country, offer a \$20 monthly membership fee, which is a great deal in a clean, welcoming environment. But if you don't want to join a gym, never forget the power of a simple run outside. Team a daily run with free weights and expect your graduated body to tone up and look great, even though Daytona's over.

STRAY CATS AN INCREASING PROBLEM

JEN CHENEY Staff Writer

Love them, hate them or somewhere in between — there is no denying that UD has a cat problem.

Director of Montgomery County Resource Center Mark Kumpf said leaving food out for the stray cats on the street is a bad idea.

"Animals are not particular as to the food they eat," he said. "You may think the food you set out is going to be consumed by the stray cat, while wildlife such as a raccoon could be consuming the same food."

Many people assume their animals will survive when they move away and leave the animals behind. Contrary to popular belief, domestic animals do not automatically return to their natural instincts and cannot fend for themselves. Already, U.S. animal shelters are forced to kill an estimated 15 million homeless cats and dogs annually. The alternative to humane animal euthanasia for almost every stray is a violent end or slow, painful death. Many "throwaways" die mercilessly outdoors from starvation, disease and abuse — or as food for a predator, he said.

If a cat is taken in, cared for, fed and then abandoned, the cat could starve due to the fact that it does not recognize the owner's constant food supply is gone until it's too late.

Unlike dogs, state law does not provide resources for cat care. Montgomery County Animal Resource Center takes in thousands of cats each year and a stipend allows the center to hold the cats for two days to allow their owners to reclaim them.

Stray cats have always been a growing problem in Montgomery County according to Kumpf, especially due to overpopulation. A pair of breeding cats, which can have two or more litters per year, can exponentially produce 420,000 offspring over a sevenyear period. And the overpopulation problem carries a hefty price tag. Animal control agencies and shelters spend more than \$50 million (largely from taxes) for catrelated expenses each year.

The Society for the Improvement of Conditions for Stray Animals (SICSA) in Kettering offers a limited intake adoption program. To surrender a stray cat or be accepted into a foster cat program, the pet must first be seen by the veterinarian for a physical exam. All pets are assessed a surrender fee of around \$60, depending on the pet's age and past veterinary care.

If you are concerned about a stray cat on campus, there are places you can call to see what you can do to help. Contact Montgomery County Animal Resource Center (www.mcohio.org) or SIC-SA (www.sicsa.org) for more information.

NEWS Flyer News•Tuesday, April 13, 2010

ETHOS to send 30 students abroad

Program allows engineering, business students to help Third World countries with problems

SARA DORN Staff Writer

UD is sending 30 students to developing countries around the world in summer 2010 in order to serve in the engineering department's ETHOS, or Engineering in Technical Humanitarian Opportunities for a Service-Learning program.

The engineering and business students will travel to 11 different countries such as India and Cameroon. The 10-week program will have the students working on projects to discover innovative technology to benefit these remote countries.

"In some places [students] are going to be researching on more efficient wood-burning stoves; in some places we're developing water resources," School of Engineering's service coordinator Phil Aaron said.

Students who attend the program receive credit hours and are responsible for taking a course the semester prior to the immersion that is geared toward assisting their experience. Aside from gaining career experience through the program, many students have found ETHOS to be life-changing.

"For me it has been my defining college experience," senior chemical engineering major Mark Latta said. "I did ETHOS and came back and had this new drive and energy to be of service to others." Latta traveled to Ecuador in 2008 with two other engineering students.

"For me it has been my defining college experience. I did ETHOS and came back and had this new drive and energy to be of service to others."

Mark Latta, Engineering major

Latta and his team worked on converting sugarcane to a usable fuel for people's homes. This task, along with many others ETHOS organizes, is one that attempts to eliminate the use of open fire pits used for cooking in people's homes. According to Aaron and Latta, this practice is one that is not only common in developing countries but very dangerous. The pollution this causes in homes



Mark Latta had a life changing experience through the ETHOS program when he went to Ecuador. PHOTO CONTRIBUTED BY MARK LATTA

can result in disease and death.

"It's bad for their health, and it's a leading cause of death, especially in children under five," Latta said.

Working with the inhabitants of these places proved to be one of the most rewarding aspects of the trip, according to Latta.

"People were welcoming and very friendly, which is pretty amazing because people in the area are very poor," Latta said.

Challenges for the students included language barriers and some resistance from residents.

"ETHOS is a great opportunity and I think we're really blessed with the opportunity we have here," Latta said.

PROPELLER

Fun in the sun: six ways to kick off the summer





Check out this week's Propeller on flyernews.com.

www.flyernews.com

campus watch

APR. TUESDAY VIRGINIA HOLLINGER **TENNIS CLUB**

The new tennis club in Oakwood is now open. Students can get into the tennis club for free, but they must get a pass from the RecPlex between 8:30 a.m. and 5 p.m. Monday through Friday.

STANDER SYMPOSIUM **KEYNOTE SPEAKER**

Blake Mycoskie, founder of TOMS Shoes, is the keynote speaker for the Stander Symposium. This free event is at 7 p.m. in the RecPlex.

STANDER CUP

Get together a team of three males and three females and compete for the Stander Cup. The competition includes basketball, dodgeball, cornhole, trivia and more. The event is in the RecPlex at 9 p.m., and registration is now open online.

APR. THURSDAY 15 WRITERS' WORKSHOP

Learn humor and human interest writing at the Erma Bombeck Writers' Workshop, which is today until April 17. The registration is \$375 and includes all workshop sessions, two breakfasts, two lunches and three dinners. Visit humorwriters.org to register.

BLOOD DRIVE

Save three lives by donating blood in the RecPlex's MAC Gym from 11:30 a.m. to 3:30 p.m. Sign up for the drive hosted by Alphi Phi Omega at donortime.org and use the code 10271. All participants will recieve a free T-shirt.

TAI CHI AND CHAI TEA

The Office of Multicultural Affairs is sponsoring a tai chi and chai tea event in honor of Asian Heritage Month tonight at 7 p.m. in RecPlex Studio B.

SUNDAY

APR. HOPE CARNIVAL FOR CYSTIC FIBROSIS **18** Alpha Phi Omega is sponsoring a car-

nival for the Cystic Fibrosis Foundation today at ArtStreet and the Mc-Ginnis Center

STUDENT CREATED WEB SITE OFFERS INNOVATIVE ADVICE

STEPHANIE VERMILLION News Editor

Three UD students developed a Web site this past summer which helps organizations get ideas from individuals on how to best promote their businesses.

The Web site, www.brainrack. com, created by Pepijn de Visscher. Senay A. Semere and Matthew Veryser, allows organizations to post a "challenge," which is help they need for promotion, and then innovators from all over give suggestions. Once the suggestions are given, the company evaluates the solutions and then ranks them. When the top ideas are chosen the innovators are awarded a cash prize. Along with winning money, the company who received help has an opportunity to invite selected innovators for a job interview or internship.

This Web site not only helps companies get new ideas, it also creates a group think setting so anyone can join in and give their advice. Veryser believes this site "highlights the entrepreneurial spirit on campus."

"Pepijn began to draft some solutions and suggestions for the challenge and realized how great of an idea this was," Veryser said. "He thought about the opportunity available in the U.S. where there wasn't a similar Web site. The idea for our business has been tried and proven by a dutch company which has been in existence for over three years and has hosted over 90 challenges."

They developed BrainRack on their own and ran operations completely out of Veryser's attic and from the library. They have gained national and local recognition for their success by placing second for the Harvard New Venture competition for the MidWest region, as well as placing second in the UD Business Plan competition.

The site is especially helpful for résumés, because the site actually creates each innovators "challenge résumé" which tracks the person's performance on BrainRack. The person can then use this "challenge résumé" when applying for jobs, as it is provided as a PDF file.

Cash prizes range from \$1,500 for first place to \$50 for 15th place.

For more information on the Web site, email m.veryser@ brainrack.com or simply check it out at www.brainrack.com.

SPIKE **SATURDAY** (cont. from p. 1)

Nine fraternities were part of the first Spike, where nearly \$3,000 was raised, according to the event's Web site. Since then, the annual tournament has broken from Delta Sigma Pi and has become its own organization. This year's goal was \$15,000.

"One member was the brainchild of planning an outside event raising money for charity," Monaco said. "The charities raised for range from the Save a Life Campaign to the Humane Society; every fraternity has their own charity to raise for."

Volleyball games will be played on the sand volleyball courts scattered throughout the Ghetto beginning Friday evening. Those who advance in the bracket will continue to play on Saturday, with the winning team being crowned that day.

According to Julie Anton, Spike's Director of Entertainment, games will start at 3 p.m. Friday and end at 7 p.m. They will start back up 8 a.m. Saturday.

For more information on Spike for Charity or to make a donation, visit spikeforcharity.com.



A member of Alpha Epsilon Delta hits a ball over the net in the first annual Spike for Charity in 2007. PHOTO CONTRIBUTED BY SPIKE FOR CHARITY

NEWS Flyer News•Tuesday, April 13, 2010



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Students enjoy Relay for Life on Saturday, April 10 by working Habitat for Humanity's "Put Your Friend in Jail" booth. PHOTO CONTRIBUTED BY TED SZELAG

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ARTS & ENTERTAINMENT

Students to bring art to life with 'Reflections' installation

VINCE ZIOLS

Assistant A&E Editor

As students get their projects and presentations ready for next week's Stander Symposium, one ASI class is preparing a little differently: by bringing art to life through a unique performance.

Michael Bashaw, an artist and teacher, is working with his class to put on a site-specific installation called "Reflections on Paper" using metal, plexiglass, lenses, paper, light and sound.

This performance will take place during Stander from 3:30 to 4 p.m.

"The performance piece we are going to do will use surplus paper and music that we made," Bashaw said. "The public will be able to add to the art, as well."

Bashaw's class ASI 321-03: Transformational Experience has been meeting in his studio since the start of the semester, discussing potential projects and improvising with instruments and sound sculptures, Bashaw said.

"We started as the term began by coming up with ideas of how we would make paper into a sculpture," Bashaw said. "The students were doing journals during the term, so we put the elements of the journal into the sculptures. Some will be obvious, and some will be subtle."

The class consists of 13 students who prepared for this performance. "We really don't have individual

parts in the presentation," said

Lauren Christie, first-year undecided major. "We all brainstormed together, and we all worked together to figure it out."

According to Katherine Junglen, a first-year civil engineering major, the class also recorded music using Bashaw's structures to play as background music for the installation.

Earlier in the year, some of the class made bamboo chimes for the Celebration of the Arts that was on display at the Schuster Center last month, Junglen said.

Besides participating in Stander and the Celebration of the Arts, each student has to do an individual project.

Katie Sprunk, junior accounting and finance major, is performing a baton twirling routine with a song she used to compete with in high school.

"Because of the class, I'm more comfortable out of my element than I originally thought I would be," Sprunk said.

Junglen also said the course helped her learn a lot about music and interesting instruments, as well as about life in general.

"Thanks to the class, I will notice meaningful coincidences in everyday life," she said.

Bashaw said his class's performance at Stander will be a culminating event to conclude the semester

"If it opened any of the students' creative processes or furthered

EXHIBIT RECEPTION CONCLUDES STANDER

CHRIS RIZER Staff Writer

Stall Writer

The 2010 Stander Symposium will close with a reception and awards ceremony for the the Horvath Student Juried Exhibition from 5 to 7 p.m. Wednesday at the Rike Center Gallery.

The event is part of the Celebration of the Arts, which also kicked off the Stander Symposium on April 15 with a variety of artistic entertainment.

Todd Hall, the Horvath show coordinator, said this exhibition showcases 44 artworks from a myriad of mediums such as sculpture, paint, design and print.

"There's such a variety of work in there that it's more than likely to connect with any viewer you're dealing with," Hall said.

Hall said the show is open to students in any year of study, from first-years to seniors.

"It's a good venue for people to come out and inspect and enjoy and see what's here," he said.

Laura Mack, senior photography major on the Horvath gallery committee, has two pieces in this year's show and also had two in last year's exhibition.

"It's something I look forward to every year because it's the only juried show that takes place in Rike," Mack said. "There's kind of a competition aspect because there's a different juror every year. There's always the bustle in the art department finding out who got in and who didn't."

According to Hall, despite the fact that arts have faced cuts due to the rough economy, this student show has demonstrated that "things are still going on and being productive ... showing the positive side."

Hall installed the pieces that made it into the show, which were

"An accounting major thinks so differently than an art major, but they sort of have to work together. At UD they sort of have to co-exist, and you can see that in the work."

CURTIS MANN Horvath exhibit juror

chosen by Curtis Mann, photographer and UD alumnus who judged for the Best of Show second and third place and four honorable mention awards. "Every year we have a juror come in specifically for this show," Hall said.

Mann has his work on display in the Whitney Museum of American Art in New York City, Hall said.

"It's one of the best shows to get into in the U.S. as an upcoming artist or as a well-known artist," Hall said. "I think anyone here would love to be in [it]."

Mann said he sifted through 110 pieces before landing on the final 44.

"When I walk in, there's just a room full of work, and I just sort of walk around for three or four hours and look for things that are well-crafted or well-done or something that stood out," he said. "For me it was special to do it because I remember when I was in it, it meant a lot to me."

Mann said the students' influence on each other's artwork was apparent by the "thread of ideas" he saw in the submissions.

"The exploration of ideas was so fresh," he said.

According to Mann, the artworks reflect the "free-thinking, liberal arts" atmosphere of UD.

"An accounting major thinks so differently than an art major, but they sort of have to work together," he said. "At UD they sort of have to co-exist, and you can see that in the work."

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Sophomore Shannon Tomek and senior Jillian Walter discuss work on display at the the Horvath Student Juried Exhibition in the Rike Center Gallery. A reception and awards ceremony for the exhibition will take place Wednesday, April 14 as a conclusion to the Stander Symposium. LEAH WINNIKE/ASSISTANT PHOTOGRAPHY EDITOR

ARTSTREET SLAM JAM 'RAPS' UP YEAR

Collegiate ministry organization to host freestyle competition, invites all students to battle for win

DANIEL WHITFORD Staff Writer

The ArtStreet Amphitheater will host an official Freestyle Rap Battle and Slam Jam from 9 to 11 p.m. Saturday, April 17.

"A rap battle is a public form of entertainment and expression," said Billy Otten, one of the event's founders and organizers. "At any standard rap battle, anyone can participate who wants to. This event will be a one-on-one ladderstyle tournament like a battle of the bands."

The tagline for the event is "Believe the Hype." Anyone can sign up to be a rapper, Otten said. There are no qualifications or special requirements.

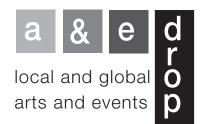
According to Otten, the participants will start out with a "cypher," a circle of emcees passing around a microphone and freestyling about whatever they want. Then, they transition into one-onone battles in the form of a ladder tournament. It's usually double elimination, and at the end of the night there is a winner.

"They might be ripping on each other or it could be anything," Otten said. "The point is to show off your freestyle rap talent."

This is the fourth rap battle this year and promises to be the biggest. Otten hopes for around 10 rappers and expects anywhere from 200 to 300 people in the audience.

These events, which have been put together by the Navigators, a collegiate ministry organization, are a way for people with interest in freestyle rap and the hip-hop culture to connect with the larger UD community.

"A few of us in the Navs community have a keen interest in hip-hop and especially in freestyle rap," Otten said. "We freestyle together for fun and thought that it would be cool to put on battles at





Students freestyle at last year's Freestyle Rap Battle and Slam Jam in ArtStreet Café. Participants in this year's battle will compete at the ArtStreet Amphitheatre. The event was organized by the Navigators, a college ministry organization, with the mission to connect those interested in rap and hip-hop culture with the larger UD community. PHOTO CONTRIBUTED BY ANNAMARIE BOGUSZ

UD. It's a great way for hip-hop enthusiasts of all varieties to connect with each other and to do what they're interested in doing."

FRIDAY NIGHT FILMS presents "Paper Heart" at 9 p.m. Friday, April 16 in ArtStreet Studio B. This film tells the story of a girl's journey across America to learn about the one subject she doesn't understand about life: love. It stars Charlyne Yi, Michael Cera and Seth Rogen. Admission is free, and there will be Neon movie ticket give aways at every FNF screening. For more information, call (937) 229-510. Junior James Sturgill said he is looking forward to attending this event.

"It sounds like it inspires cre-

"THE HEALERS": This comedic spoof of soap operas and medical dramas premieres at 8 p.m. Friday, April 16 in the Black Box Theatre. Written and directed by junior journalism major Frank Stanko, this comedy will be performed by 20 skilled actors. Saturday's show is at 9 p.m., and Sunday's show starts at 2 p.m. For information, call (937) 229-3685 or go to the event's Facebook page titled "Studio Theatre Presents: The Healers." ativity," Sturgill said. "It will probably offer an experience for us to see something we usually wouldn't."

MAKE A DEAL WITH THE DEVIL: The Dayton Opera will present "Faust" at 8 p.m. Friday, April 16 and Saturday, April 17 and 3 p.m. Sunday, April 18 at the Schuster Center. Goethe's legendary story about Faust, who makes a deal with the devil to restore his youth so that he can court his love, is full of spirituality and romance. Tickets are \$15 half an hour before showtime. To learn more, call (937) 228-3630, or go to daytonopera.org. For more information this event, call ArtStreet at (937) 229-5101 or e-mail artstreet@udayton. edu.

DON'T MISS THE YOUNG CRE-ATIVES SUMMIT from noon to 5 p.m. Friday, April 16 at the Dayton Convention Center. An after-party will close the event from 5:30 to 8 p.m. at The Historic Armory. Participants will have the opportunity to discuss the direction of the Dayton region, network with local leaders and other youth and learn important skills. Registration is \$5 for students. To register and learn more, go to updayton. com/summit.

Flyer News•Tuesday, April 13, 2010



"The beauty of free media is they don't fall into line."

William Powers, columnist, National Journal, 2006

fneditorial **LEARN:**

STANDER SYMPOSIUM SHOWS SOLE OF ACADEMIC OPPORTUNITIES

To the outside world, Stander Symposium is a day of academic excellence.

To us students, it is a final hurrah, a chance to enjoy a class-free day in the sun.

What we forget, however, is that Stander is the university's way of giving us a chance to not only learn in an alternative way, but allowing us to use our community-centered beliefs in the classroom.

Where else can students show the culmination of their college education? It says a lot about this school that we have enough presentations to fill numerous buildings across campus. Furthermore, the research is on a variety of topics, proving that our academic accomplishments stretch far beyond our renowned business and engineering programs.

Stander also brings us the opportunity to hear internationally recognized people, such as this year's keynote speaker, Blake Mycoskie, the founder of TOMS Shoes. Instead of going to a stats class or listening to a professor talk about the same old things, we get to see a hot guv who gives footwear to the needy.

In addition, it's also pretty sweet to see the things our peers have put together. It is not every day that our learning comes from people our own age, not professors.

Stander is a chance for students to see how fellow students are applying what they've learned in the classroom, and presenting research at the symposium is quite an accomplishment.

Yes, take some time off and enjoy the non-academic Stander festivities. At the same time, don't forget to take advantage of seeing some really cool presentations. Not every school gives its students a day like this to diversify our learning experience.

As much as we love spending quality time in the oven that is the science center, it's kind of nice to get out and try something new.

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Pride:

Seeing campus from outside perspective is reminder of how lucky we are to be here



When you go to a school like the University of Dayton, it's easy to take things for granted.

Everyone here is so friendly, the faculty actually cares about the individual students and some of the cafeteria workers even know me by name. We throw around the word "community" like it's not a big deal, forgetting that not every school has what we have.

What we have is truly unique, and tonight I had the opportunity to be reminded of that. My roommate and I visited with a prospective student and over dinner we raved at what a fantastic school this is. We discussed everything from the LTC to a certain green-themed holiday last month. trying to describe every detail to her. She asked questions as well, and we tried to tell her as much as we could about Flyer Enterprises, meal

plans and the unofficial no-pressure policy when it comes to drinking.

As we talked, she also relayed experiences about visiting other campuses. I was shocked to hear that in one classroom visit, a student actually told her to move out of his seat. I can't imagine anyone here treating a prospective student like that.

After dinner we walked through the Ghetto, where students were partving like it was spring 2010. Music was playing, beer pong balls were bouncing and everywhere students were celebrating simply being at UD.

At one house we walked past, we were stopped and students generously offered her parents a beer. Now that is UD hospitality at its finest. One of the SGA candidates also went out of his way to introduce himself, sensing that my roommate and I were with a prospective student. He told her to contact him next year if she wants to be in SGA, and I am confident that he would remember her.

Seeing the growing excitement in the prospective student only reaffirmed my belief that I made the right choice in coming to UD. Where else do students stop prospective stu-

dents just to extol the magnificence of the school? I can't imagine being anywhere else.

The saddest part of the spring festivities currently going on in Dayton is that they signal the end of the academic vear. As we sit on the porches and sip our cheap beer of choice, we are also counting down the days until we leave our dilapidated Ghetto houses forever.

So make the best of these final weeks. Remember to take a break from studying and play a game of cornhole. Order one last sandwich from the Empo or stay up and finally conquer your dream of opening the Hills.

Like many students out there, my roommates and I have a bucket list which is slowly dwindling. Even if we never complete everything on it, I know I will have a good time doing it.

And to that prospective student who I met tonight — I wish you the best of luck on your college search. I know I speak for my fellow students when I say that you can't go wrong in choosing to spend the next four years of your life at the University of Dayton.

Word on the street... Are you doing anything for Stander?



"No, I did it last year."

KYLE SLACK, SOPHOMORE MARKETING



"I just go for class requirements.'

ERIK GLASSL, SOPHOMORE BIOLOGY



"I'm seeing the Horvath Exhibit because some of my friends have art in it." **GABBY BIBEAU, JUNIOR** ENGLISH/RELIGIOUS STUDIES

OPINIONS Flyer News•Tuesday, April 13, 2010

letters to the editor

Closed library means no studying, encourages student to rage paper — they definitely don't block

It's that time of year.

The time of year that every undergraduate student dreads. It's not quite finals season, but it might as well be. Professors are feeling it necessary to make one last big push of tests and term papers before their students start to pull out their hair about that dreaded last week of the school year. Coinciding with long-awaited spring season, students are forced to coop themselves up inside, shedding a few tears as they watch the snow melt away and the glorious warm weather breeze into Ohio.

I don't know about everyone else. but I find this to be nothing short of a tragedy. And this year, it was remarkably worse than those past. I'm pretty sure my professors decided to get together and make every big paper, project and test within two weeks of each other. I'm proud to say I closed the library a few nights, fell asleep in a booth in the basement of St. Joe's once or twice and didn't see a couple of my roommates for a solid 72 hours. As my first week of hell commenced, I had entered into the level of caffeine high that I didn't know existed and was getting significantly fired up for my library marathon I

had planned for the weekend. Okay. library closes at 5 a.m. - solid. I'll chug some coffee, pound out an eight pager and maybe study for this Bio test a little bit. I'll wander home as the sun is rising, trip over a few empty Nattys on Frericks in my no-sleep haze and maybe even see some early walks of shame. Nothin' better.

But during my midweek studying insanity, I ran across something truly disturbing online. I was on the Roesch Library Facebook fan page (I swear. I truly lost my mind this week – don't judge me), and I saw their hours of operation.

Friday and Saturday, the library is only open until 10 p.m.

What. WHAT ???? In a matter of seconds, my life came crashing down, 10 p.m.?! That's nothing! It's taken an insane amount of self-control to tell myself to not go out this weekend, and now the library is basically telling me to go crazy! Oh, sorry. Anna. we're not open on Friday night. You might as well go hit up that sweet party on Lowes.

Sure, I could study somewhere else. Marianist Commons is technically open all night. But, let's be honest, it's a dorm. There's no one working there in the a.m. hours,

and that means there's no one stopping the freshmen and sophomores who live there from hosting a dormwide rave on Saturday night. Sure, that never really happens, but kids wander through the area all the time in the wee hours of weekend mornings. I won't lie. I've munched

"It's taken an insane amount of selfcontrol to tell myself to not go out this weekend, and now the library is basically telling me to go crazy! Oh, sorry Anna, we're not open on Friday night. You might as well go hit up that sweet party on Lowes."

ANNA BEYERLE, JUNIOR

on some late-night Vinny's on the comfy Marianist couches once or twice in my day. Not really an apt place to power study. It would only be so long before the smell of vodka-and-pizza tinged air would drive me up a wall.

I guess I could study at my house. But I live in the heart of the Ghetto, and the Kiefaber I know and love isn't really home to the most studious folk. The walls in my ArtStreet townhouse are as thin as sheets of

ous tones of the Pikes raging down the street and the graceful tune of ping pong balls bouncing off tables and Solo cups, I knew I couldn't do it anymore. The visions of my professors shaking their heads at my antics quickly evaporated from my mind. Before I knew it. I was feverishly applying product to my hair and slipping on flats, fully making a transformation from study to party mode.

out the neighbors blaring "Party

in the USA" for the 15th time in a

row. It's rough to try and go to sleep

early, not to mention attempting

to write a paper. But that's what I

tried to do that fateful weekend. Un-

fortunately, as I heard the melodi-

I get that we go to UD. As well-

Silent demonstration speaks for change, social justice

regarded as our school is for academics, we like to live it up on the weekends. But is our library actually encouraging that behavior? Have their hours always been so stingy, or have students gotten so hungry for Friday night ragers that we've abandoned our studies all together, forcing Roesch to close its doors early? The library is indeed doing a lot by being open 24 hours during finals week, but what's to say the demand isn't there for its hours to be like that throughout the entire year? Being experienced in late-nighters at the lib. I can tell you, there is a significant amount of people there into the early morning. Even being open until midnight or 1 a.m. on the weekends would help. Pretty much all students have at least one week like the one I've described each semester, and I'm sure they would all appreciate it as much as me to have a few more hours to study, as opposed to being pulled into the black hole of social gatherings known as the Ghetto.

ANNA BEYERLE JUNIOR JOURNALISM/POLITICAL SCIENCE

'ECO-FRIENDLY SEX' LETTER UPSETTING. CONTRADICTS VALUES OF UNIVERSITY

As I read the April 9 issue of *Flyer News*. I found encouraging pieces that reminded me of this campus's commitment to community and Catholic values. There were articles mourning and commemorating the life of a dearly missed student. There was coverage of the recent NIT championship win, a point of joy for us all. There was discussion of some of the many ways UD students emulate cross-cultural experience and a piece on the need to respect all members of the Body of Christ.

But I came to the Letters to the Editor page and found myself stricken with dismay and anger. A big, bold headline read: "GOING GREEN MEANS ECO-FRIENDLY SEX." I try not to judge a book by its cover. so I went ahead and read the article despite my concerns that it would be upsetting.

And I was wrong about it; not only was it upsetting, it was entirely contradictory to the values and morals of this Catholic. Marianist university. "Go green between the sheets." What place does a topic like this have in a Catholic institution's publication?

Don't get me wrong. I'm all for free speech and freedom of the press. But I'm also passionate about a distinct line between where one person's rights end and another's begins. I chose this university, after having had my eve set on the University of Illinois at Urbana-Champaign because I realized just how much those Marianist values mean to me. Suddenly, however, this article gave emphasis to the troubling public university mindset that I have always been so glad I avoided: condom parties: free birth control at the health centers: pervasive, invasive discussions not on abstinence and respect but socalled 'safe' sex and self-indulgence.

This letter was riddled with blatant, disturbing contradictions to vital Catholic teachings and morals: use of excessive contraception. "not hav[ing] kids at all," and promoting casual sex as a meaningless way to "have fun."

Ours is a university founded on our roles as sons and daughters of Mary and brothers and sisters of Christ. An outreach to "horny people out there" has no place here.

SAMMY KIESZKOWSKI

SOPHOMORE

ENGLISH

On April 16 there is a national day of silence. Part activism and part memorial, this day is to bring attention to the harassment of sexual minorities. It is also a way to demonstrate solidarity between sexual minorities and those who support them.

Silent demonstration is a way to bring an attempt at social justice into a practical and everyday occurrence. Many find this as an urgent need because of teen suicide rates linked to harassment associated with sexual minorities.

Eric Mohat — a boy from my high school who committed suicide because he was taunted for being gay http://www.nevershoutnever.com/— is more than just a name. It strikes me odd. however, that this day brings attention to either demonstrate or commemorate people by not speaking at all.

At its core, silence is an enemy, not an ally. Ironically, silent protest defeats what it attempts to expose. By targeting harassment. this day uses the very technique it condemns. Imagine the absurdity of a friend telling you that they did not speak up for you because they were practicing silent protest. Harassment toward sexual minorities, toward minorities at all, is enabled because of silence. The contradiction of speaking up for someone by not speaking at all is so loud that I cannot hear anvthing else.

If silence denies us defense, then perhaps it permits us to remember those who fell along the way. Silently, we mourn and remember.

If memory serves us right, we should remember the high cost of silence. Silence is a price, a ransom, which costs too much. This

day mourns, if it mourns at all, the fallen by giving up what they did not have, a voice to speak out with. This quiet eulogy is not one of remembrance, but one of arrogance.

It is unspeakably arrogant to remember why people died by giving up what they died for. If this be the logic of silence then I proclaim, I profess, I protest. Where we cannot speak, there we should remain silent, but discrimination of any caliber is not a place where we are resigned to silence.

We should speak out against discrimination every day, but if this day is to remember anything of value, it is the day we should speak louder than ever before.

KURT BLANKSCHAEN

SENIOR INTERNATIONAL STUDIES/PHILOSOPHY

ourpolicy

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Ultimate Frisbee/Softball

ULTIMATE CLUB PREPARES FOR SECTIONAL TOURNEY Growing club sport looks to succeed at major tournaments to close its season

BRENDAN HADER Staff Writer

Torn ACL's, separated shoulders and broken wrists. These are injuries one might expect to hear from football or basketball. As it turns out, they are just some of the results of playing for UD's Ultimate Frisbee club team, Ghetto Force.

The University of Dayton has had an Ultimate team since 1988. The team was called the Sultans of Swing until it took on the name Ghetto Force in 1994 with force referring to a basic defensive principle in the sport.

"Our sport is as serious, heated and cutthroat as any other sport." fifth-year and former captain Evan Corcoran said. "Officially it's a non-contact sport, but there ends up being a lot of contact everv game.'

The team consists of 24 members and plays in eight to 10 tournaments each year. During the fall season, anyone can play. By the end of the fall, cuts are made

for the spring roster. The players that didn't make it can still practice with the team but can't play in the tournaments.

Ultimate is a growing trend. There are over 500 men's college teams and over 300 women's teams: UD has both. Some of the members of Ghetto Force played in high school. Others played various high school sports and took up Ultimate once they got to Dayton. While many players have an athletic background, it isn't a necessity.

"The game is really fast-paced, but if you don't have the speed you can make up for it with throwing skills," Corcoran said. "If you aren't the best at throwing you can make up for it with defensive abilities. There are many skills people can bring to the table."

This year's captain is sophomore Phil Brodrick. He tore his shoulder twice last season, the first of which happened in the first game of the fall and the second occurred in the first game at the regional tournament. Brodrick started playing Ultimate in eighth grade and has continued playing since.

"I just really like the competition," Brodrick said. "There is the same pace, intensity and desire to win that other sports have, but there seems to be a better mentality in our sport."

A major reason why injuries are so prominent is because the players are constantly cutting at different angles, planting their feet in various directions and diving all over the field.

Brodrick talked a lot about the competiveness and physicality of Ultimate. As a result, like in most sports, there are no friends on the field. The game is self-refereed so a fair degree of sportsmanship is expected.

"The self-refereed aspect of the game can obviously lead to some problems," Brodrick said. "Most of the sportsmanship isn't seen until after the game."

There are 26 teams in the section UD plays which contains schools from Ohio, Kentucky and



Junior Eric Reynolds of the Ultimate club team snags a disc during a club practice RYAN KOZELKA/MANAGING EDITOR

West Virginia. Dayton plays many opponents from nearby, including Xavier, the University of Cincinnati. Ohio State. Miami University and Ohio University.

UD beat their rival, Miami, in sectionals last year to take second place and went on to finish eighth in the regional tournament. Meanwhile, Ohio State has won the sectional tournament 10 vears in a row.

"It would mean a lot to beat Ohio State," Brodrick said. "I'd expect us to finish in the top three at sectionals this year, and we'd love to get a crack at Ohio State which we came up just short against last year."

The sectional tournament begins April 17 at Denison University in Granville, Ohio.

Softball suffers two defeats to St. Joe's, rebounds Sunday versus Owls

CHRIS MOORMAN Staff Writer

The UD softball team was swept Friday, April 9, and Saturday, April 10, in a two-game weekend series by the St. Joseph's University Hawks.

St. Joe's sophomore pitcher Erin Gallagher duped the UD softball team over the two-game series.

Gallagher's pitched in both games, going for nine out of the total 13 innings. Gallagher shut down the Flyers, pitching gave up no runs and allowed only eight hits.

On Friday, the Flyers (13-25-1, 3-7) committed five defensive errors in what ended up being an 11-1 loss.

Flvers head coach Cara Clark-La-Placa said the errors were the focus of Friday's game.

"The story of today's game was our defensive miscues," Clark-Laplaca said. "We just had repetitive errors in key situations and when we put extra runners on base, it's tough to compete."

The Flyers tried to get back into the game in the fourth inning trailing 6-0. With the bases loaded and one out, it appeared Dayton was going to not only get on the scoreboard but try to come back. Gallagher pitched herself out of trouble, though, with a strikeout and an inning-ending groundball to third.

Senior Molly Meyer scored the only run for the Flyers in the bottom of the fifth on an infield single by freshman Kathleen Maloof.

The Flyers did not fare much better on Saturday in a 6-0 loss.

Gallagher once again took to the mound for the Hawks and held the Flyers to one hit in the first three innings. The Flyers, though, seemed to have turned on a light switch and played a flawless first three innings on the defensive side.

"In the first three innings, there was difference between our defense today and our defense vesterday and it kind of helped us in the game despite the fact we weren't putting runs across the board," Meyer said. "But as soon as the other team broke out of that rhythm, that's what kind of hurt us. We never recovered from it."

The game opened up in the top of the fourth when the Hawks struck for four runs, including two home runs to left field. St. Joe's hit four homers over the weekend including a grand slam on Friday after the game was already in hand.

The Flvers were held to a total of nine hits in the series and hit 1-for-10 with runners in scoring position while committing eight defensive errors.

UD was able to rebound a bit in Sunday's double header against Temple, getting a split on the day. Senior Megan Lee went 3-3 and had a grand slam in Dayton's 10-2 win in the first game.

Dayton now has a month left in the season and will need to be clicking on all cylinders to make the Atlantic 10 Tournament.

"We'll get games where our defense is awesome and our pitching is awesome, but our offense isn't producing," senior Megan Lee said. "Sometimes our offense is producing and our pitching is lacking, so we need to bring everything together to be successful in conference games."

Megan Lee jumps home to celebrate her grand slam Sunday against Temple with her teammates. RYAN KOZELKA/MANAGING EDITOR

Flyer News•Tuesday, April 13, 2010

SCHEDULE

Softball

Tuesday, April 13 at Akron Doubleheader 3 p.m., 5 p.m.

Track and Field

Friday and Saturday, April 16 and 17 All-Ohio Championship Meet

Rowing

Saturday, April 17 Atlantic 10 Championships, Camden, N.J.

Baseball

Wednesday, April 14 at Butler 3 p.m. Friday, April 16 at Charlotte 6 p.m.

inside the NUMBERS **16**

The baseball team pounded the George Washington Colonials 16-1 Saturday afternoon at Time Warner Cable Stadium. The Flyers also scored eight runs with two outs.

11, 7 Sophomore starting

pitcher Cameron Hobson fanned 11 batters in seven innings of work Saturday against GW. Hobson also allowed just one earned run and walked only one batter.

1.3

The women's varsity rowing team lost a hard fought race to Georgetown by a mere 1.3 seconds Saturday at the 2010 George Washington Regatta.

11

The Dayton football team returns all 11 starters on offense for the 2010 season. The team's annual spring game is Sunday.

Football **Football renews spring tradition** Spring game gives opportunity to see next year's team get started

Assistant Sports Editor

If you ever sit down and talk to Dayton football head coach Rick Chamberlin, he'll tell you that one of the toughest things that comes at season's end is having the time he's able to spend with his players and coaches dramatically decrease. Not having "the guys" around as much during the offseason is an adjustment for any varsity team, especially a unit as tight-knit as the Dayton Flyers football team.

"We got to be around the team with weight lifting and running," Chamberlin said. "But it's still not the same as being out on practice doing hands on work. And I told the players that it was so nice to have them back after Easter break, because for us coaches, there's a void there."

But for Chamberlin that void is beginning to be filled again with spring practice in full swing. The team has been back to practice for a little over a month now in preparation for the team's annual spring game.

The intra-squad game will be Sunday, April 18 at Welcome Stadium. For Chamberlin, his staff and his players, spring practice means that it's football season once again, and they couldn't be happier.

"It's fun," Chamberlin said. "I know the players enjoy being a student after the season and getting into that routine. And us coaches, we enjoy the recruiting aspect of our jobs, but they're football players and we're football coaches. We love being out throwing the ball around and blocking and tackling and hitting one another. You get to do all of that for about three or four weeks in the springtime and it's refreshing."

Chamberlin said the focus of spring ball is simple: it's all about improvement.

"You're trying to keep your upperclassmen, your starters, sharp," Chamberlin said. "But you're trying also to get your younger players that one step better so that when they come back in the fall they can be a factor for you on the field."

Trying to improve on a season like last year for the football team seems like a tall order. The Flyers went 9-2 overall and boasted a 7-1 record in Pioneer Football League play. Dayton finished tied with Butler atop the league standings and won the program's 10th PFL title. Still, Chamberlin and his team are focusing on moving on and performing in 2010.

"You set the tone early when you

come back in January with your winter program," Chamberlin said. "It's just the idea of 'Hey, wonderful experience, it's a tradition and something that's expected of Dayton each year, but the 2009 season is done.""

However, there is one positive from 2009 that the Flyers are able to count on in 2010, and that's the offense. Dayton returns all 11 starters, including fifth-year senior and PFL Offensive Player of the Year Steve Valentino from one of the most potent offenses in the PFL last year. And in case you were wondering, the starting quarterback job, Chamberlin said, is Valentino's.

"I think the people of the university and the city of Dayton would run me out of town if I didn't put Steve Valentino there," Chamberlin said.

The game, per tradition, has two honorary coaches. This year former Flyer standouts Jim Overman and Bob Shortal will serve as honorary coaches. Overman was a recordsetting fullback, while Shortal was a strong guard-turned-linebacker who was drafted by the New York Giants upon graduating.

Chamberlin said both men are fired up about their rolls in the spring game this year.

"Shortal called me the other day and said that Overman called him talking trash to him, telling him what he was going to do to Shortal's team," Chamberlin said. Overman even came to practice last Friday night to scout out his team.

With the two of them roaming the sidelines, Chamberlin said his focus



Steve Valentino will return to lead a loaded Dayton offense in 2010. The UD spring game is next Sunday, April 18. $\mbox{RYAN KOZELKA/MANAGING EDITOR}$

shifts to seeing how players react to a game setting.

The Spring Game is at noon this Sunday in Welcome Stadium. Fans can come and get in for free to see the first edition of the 2010 Dayton Flyers on the field.



12 Flyer News oril 13. 2010 Basketball Flyer faithful gather to celebrate seasons

MARISSA MAI SON Staff Writer

We're all Flyers.

This was the theme of the UD men's basketball team this season, which could be seen at Friday night's celebration of both the men's and women's teams. The Flver Faithful.

from the very young to the most seasoned, packed the Frericks Center to honor the success of both teams.

With the music of the band and cheers from the crowd, the teams and coaches were praised as they walked in the gym. Legendary coach and player Don Donoher and Davton mayor Garv Leitzell were also in attendance.

The women's team made its first appearance in the NCAA Tournament this year and recorded its first tournament win by coming back from an 18-point deficit to knock off TCU by a score of 67-66. The Flyers' journey ended against a powerhouse Tennessee team, but still finished the year with the most successful season ever at 25-8.

Coach Jim Jabir spoke about the endurance and perseverance of his team. Seven years ago Jabir began building the program on the character of his players, which has created the culture of the women's program today.

"This team has so much character and is so selfless." Jabir said. "They believe in the principles of UD and the culture we've created. To see it all come together this year was magical. I've never been more proud of a group.'

Coach Don Donoher spoke of the rich tradition of UD basketball and said he knew his predecessor and legendary coach Tom Blackburn would have been proud of both teams.

"This team embodies three things important to coach Blackburn." Donoher said. "They embody toughness, resiliency and togetherness."

Coach Brian Gregory credited his team with having its ups and downs this season, but said they never gave up.

"Our guys are willing to do whatever needs to be done," Gregory said. "We played our best basketball at the end of this year but at no time were they not doing their best day in and day out. Coach [Blackburn] would have been proud of their fight. When we got to New York I said there are two teams that go to the NIT: those who are ticked off and blame the NCAA and those who look in the mirror and say we got ourselves into this, but we

have a chance to do something very special."

In front of a crowd of almost 2.500. Marcus Johnson and London Warren unveiled the 2010 NIT trophy to add to the 1962 and 1968 NIT Championship trophies already on display.

At the conclusion of the event, the teams were available for autographs and pictures. The gym floor became a sea of people as Flyers of all ages sought out their favorite players. Many offered words of congratulations on two great seasons and eight great careers of the graduating men's and women's players. Everyone had a reason to celebrate.

After all, we're all Flyers.



NIT championship on a five game win-streak. RYAN KOZELKA/MANAGING EDITOR



Sophmore De'Sarae Chambers goes up for a layup earlier this sesaon. Chambers and the Flyers celebrated their best season ever with Dayton fans last Friday. RYAN KOZELKA/MANAGING EDITOR

Dayton student taking on marathon, Ironman challenge just two weeks apart

NATE WAGGENSPACK Sports Editor

Running the Boston Marathon is an honor for anyone in the running community. For Dayton fifth-year student Candida Crasto, however,

Boston is just a side note. Crasto, a chemical engineering and pre-med major at UD, is running in her first Boston Marathon Monday, April 19. Then, 12 days later, she is planning on doing an Ironman triathlon in St. George, Utah.

An Ironman is the most difficult triathlon in the world, consisting of a 2.4 mile swim, 112 mile bike ride and finally a marathon run (26.2 miles). It is considered to be one of the greatest tests of endurance an athlete can undergo.

What may be shocking, though, in Crasto's goals is that she has not been a lifelong runner. She claims she was "slightly overweight" when she was young, and she came to enjoy running when she was 15 and has been a fitness junky ever since.

"I didn't work out when I was a kid," Crasto said. "I was never any good at any skill sports. Anything that required hand-eve coordination or being on a team, running plays, that sort of thing."

Now 22, Crasto has come a long way. She began to do triathlons, joined the triathlon club at UD and ran her first marathon during her sophomore year of college: she says

she did one because she was "bored and decided to train for one."

She then decided she wanted to make sure she did an Ironman before graduating. Assuming she stave injurv free, she will just barely complete her goal, as the race is the day before graduation.

Crasto's story becomes even more impressive when one learns that she has done this all herself.

"I'm not coached, so I Googled a lot of training plans," she said. "I've been talking to fellow athletes over the past year. I started seriously training in the middle of September."

While the Boston Marathon will be a physical challenge for her, it's not nearly as worrisome as the Ironman. There is significantly more risk of injury during the almost 150-mile event, especially on the bike ride, which has Crasto the most concerned.

"The bike is the only thing that really scares me because it's the longest piece of the race," she said. "It holds the most opportunities for injuries. malfunctions and mechnical issues."

So concerned, in fact, that she has focused almost exclusively on her biking fitness and knowledge. She said she has been biking seven to 10 hours per week and has made sure to learn all about how to troubleshoot if she encounters problems on the ride, such as a flat tire or issues with her gears.

Beyond concerns for injury during the Ironman. Crasto will have a monumental task to recover from running in Boston before she travels to St. George. To help with that she doesn't plan on going all out at the first event.

"I'm going to run it, not race it," Crasto said. "I don't have a specific time in mind — just going to listen to my body and run."

When that is over, she will have just about one-fifth of her task completed. She is trusting in the work and time she has put in, though.

"Hopefully all the training and time and nutrition will pay off," she said.