For sophomore early childhood education major Kasey Schwetz, Friday afternoon workouts at the RecPlex just got even better. “I really like this one a lot,” Schwetz said, trying out a new treadmill on the second floor of the University of Dayton’s recreational complex. “It’s a lot better than the previous ones.”

This treadmill is one of 30 new state-of-the-art cardiovascular machines installed at the RecPlex this past week. The purchases, totaling around $150,000, are part of a continuing effort to keep the 5-year-old complex up to date.

“Student Development is pleased to be able to upgrade our cardiovascular machines in the RecPlex in our continued efforts to support the health and wellness of our students through fitness,” said Bill Fischer, interim vice president of Student Development and dean of students. The new equipment includes 12 treadmills, four Precor elliptical machines, two Precor adaptive motion trainers, six Star Trac bikes and four Cybex arc trainers. Six of the treadmills and each of the elliptical machines and adaptive motion trainers will soon be installed with basic cable television. The treadmills also are capable of syncing with the user’s iPod. All new machines are located in the main fitness center on the RecPlex’s second floor.

“Our equipment needed to be upgraded, and it worked out well that it correlated with our fifth anniversary celebration of the RecPlex,” said Johnny Chase, assistant director for fitness at the RecPlex. “[They are] an investment in keeping the building looking like new, and an investment in students and RecPlex members.”

Chase said that while the price tag might seem large, the cost of replacing the old equipment outweighed the projected maintenance costs. According to Chase, the old equipment was traded in for a discount—similar to how an automobile is exchanged. He said the funds for the RecPlex’s second floor.

“Life expectancy down due to obesity, smoking

MEAGAN MARION
Assistant News Editor

In a society with high rates of smoking and obesity, U.S. life expectancies are rising slower than expected, especially in comparison to other countries, according to a report the National Research Council published on Tuesday, Jan. 25.

The report concluded that average life expectancy rates in the U.S. trail behind other high-income countries such as France, Japan, Australia, Canada and Great Britain.

Life expectancy in the U.S., on the other hand, hasn’t seen such dramatic increases. In 2006, life expectancy was just 75.1 years for men and 80.2 years for women, rising from about 65 and 71 years, respectively. In 2010, men’s life expectancy was 75.6, and women’s was 80.8.

Trend differences in these countries aided the panel of researchers in determining factors that affect life expectancy rates. Among those factors

See RecPlex on p. 4

See Life Expectancy on p. 5

FROM UD TO D.C.
A writer’s semester experience in the nation’s capital, PAGE 3
DAYTONA WEEK PROMOTES ANNUAL TRIP WITH GAMES, RAFFLES

CHRIS RIZER
Chief News Writer

This year’s Daytona Week will kick off on Monday, Feb. 7, and various promotional and informative events will be hosted through Saturday, Feb. 12, according to trip co-coordinator Chase Duffey, junior communication management major.

Dayton to Daytona is the University of Dayton’s 34-year-old trip to Daytona Beach, Fla., where over 2,500 students meet to begin their summer vacation, according to its website. This year the trip will occur from Tuesday, May 10, through Sunday, May 15.

On Monday, Feb. 7, the committee will host an informational meeting at Sears Auditorium in Jesse Phillips Humanities Center. First-year students are especially encouraged to attend the session because they usually have a lot of questions about the trip and will find answers about things like safety issues, how the hotel lottery works and places to go while in Daytona Beach, said Kevin Tuleta, senior psychology major and Dayton to Daytona trip co-coordinator.

First-year students will no longer be allowed to go on the Dayton to Daytona trip after this year, Tuleta said.

On Wednesday, Feb. 9, from 10 p.m. to midnight, the committee will hold a “cannonball fest” at the RecPlex, Duffey said.

The cannonball fest will include water volleyball and other aquatic sports, according to Annie Gerker, junior photography major and Dayton to Daytona trip co-coordinator.

On Thursday, Feb. 10, Kennedy Union Pub will host a Dayton to Daytona night, featuring a trivia contest and a “Daytona Idol” singing contest, Duffey said.

Groups of five can enter the trivia contest to compete to win a Dayton to Daytona trip; other prizes including T-shirts and gift cards to businesses on Brown Street also will be given away.

On Friday, Feb. 11, Potbelly Sandwich Shop on Brown Street will host a Dayton to Daytona night between 5 and 8 p.m. with live music by a UD student, Tuleta said.

Saturday, Feb. 12, is the final Daytona Week event, with trip sign-ups at the RecPlex MAC Gym from 11 a.m. to 1 p.m.

The event will include prize raffles, and groups that have already registered and that register on that day will find out which hotel they’ll be staying in, Gerker said.

Gerker also said the Dayton to Daytona committee will have table hours to answer questions about the trip Monday, March 7, through Friday, April 8 in the Kennedy Union lobby from 11 a.m. to 1 p.m.

Table hours also will be held in Marycrest Complex and Marianist Hall from 6 to 9 p.m. on the same dates, Duffey said.

The Dayton to Daytona committee is made up of 24 individuals, and its three trip coordinators are the only members who are part of the university’s Student Government Association, Duffey said.

The Dayton to Daytona Committee uses several other promotional tactics to advertise its trip in addition to Daytona Week events.

Different advertising methods for the trip include using Facebook and Twitter, bed sheet posters hung from porches in the student neighborhoods and free trip giveaways at various events for other UD organizations, Duffey said.

About 15 free trips will be offered or have been given away for this year’s Dayton to Daytona at events such as Christmas on Campus and the Zeta Tau Alpha’s F.R.E.E.F.A.H.L. breast cancer benefit event, he said.

The trip costs $211 a person for the trip Monday, March 7, through Friday, March 18, after which they can pay the full price of the trip until Friday, April 1, according to Gerker.

Groups can make a $50 deposit to hold a spot for the trip until Friday, March 18, after which they can pay the full price of the trip until Friday, April 1, according to Gerker.

Students wishing to be entered for the first hotel lottery need to register before Friday, Feb. 11, at midnight, Duffey said.

According to Tuleta, Dayton to Daytona has become a “well-known, well-respected group in [the Daytona Beach, Fla.] area,” in its thirty-four year run.

Its attendants will stay in one of five hotels including Plaza Ocean Club Hotel, Conch House Hotel, Ocean Shore Resort, Mayan Inn Beachfront and Daytona Inn Beach Resort, Duffey said.

Staying in the first hotel is “everyone’s ultimate goal,” because it’s where “all the action goes on,” such as concerts and free food, according to Duffey.

Breakaway Tours, the travel company Dayton to Daytona works with, added Daytona Inn Beach Resort this year to replace Seaside Inn, he said.

Seaside Inn was being demolished, but that’s not the only reason why Dayton to Daytona will not be using it this year; complaints of cleanliness and theft also contributed to why the hotel is no longer a lodging option for the trip, Duffey said.

UD works with Breakaway Tours, a student leisure tour operator, on a “year-to-year contract,” but has used the company for over a decade, according to Tuleta and Duffey.

Duffey said Breakaway Tours handles all the business planning for the trip, dealing with logistical aspects such as contracts and booking hotels. The company books Dayton to Daytona hotels to five years in advance.

Breakaway Tours offers more than a place to stay for Dayton to Daytona goers.

The business also provides day trips to Orlando, Fla., for an extra cost that varies each year, and a $1 taxi service per person for groups of at least five wearing Breakaway wristbands, Duffey said.

Seaside Inn wasn’t the only service Dayton to Daytona replaced to make its trip safer this upcoming summer.

The trip is now using Red Cab to replace its previously used taxi service because “the hiring process for their drivers is not as extensive as the Red Cab company’s,” Tuleta said.

The old taxi service will no longer be allowed on any property used by the Dayton to Daytona group, he said.

Duffey said Dayton to Daytona’s first advisor, Chris Schramm, assistant vice president for leadership development in the office of Student Development, has been a helpful resource in planning the trip, assisting with scheduling and acting as a liaison between the committee and UD administration.

“She’s evolved into a really good resource and mentor for us,” he said.

Tuleta said updates on Dayton to Daytona can be found on dayton2daytona.com, twitter.com/dayton2daytona and the “Dayton to Daytona” Facebook page.
Semester in Washington, D.C. offers humbling experience

MEREDITH WHELCHEL
Staff Writer

Planet Smoothie, a recent addition to Brown Street, opened its doors to the Dayton area on Monday, Jan. 17, and hopes to revitalize the smoothie industry while enhancing and promoting a healthy lifestyle.

Rhonda Everitt, franchise owner of Planet Smoothie, said she thought she hit the jackpot when she found the location at 1105 Brown St., where Dairy Queen was formerly located.

“I had been looking for a site about 18 months,” Everitt said. “And when I came down Brown Street, I saw that the Dairy Queen had closed. I knew this was the perfect place. There was a plethora of local businesses thriving, and I knew Planet Smoothie could, too.”

Several close businesses, Miami Valley Hospital and the University of Dayton nearby made Brown Street the perfect location for Planet Smoothie, according to Everitt. Since its opening on Jan. 17, its business has been booming, she said.

Fueled by its slogan to “Change the Way the Planet Eats,” Planet Smoothie makes smoothies that quench a thirst and revitalize the body, according to its website. Affiliated with the Susan G. Komen for the Cure Association, Planet Smoothie has designed healthy snacks for those seeking junk food alternatives.

Planet Smoothie aims to educate customers on the benefits of a healthy lifestyle by providing them with the tools to do so, according to its website.

According to Everitt, one of the best smoothies is the “Java the Nut,” which includes chocolate, peanut butter, frozen yogurt, bananas and coffee. Other menu items include the “Zeus Juice,” made with strawberries and bananas, and the “Frozen Goat” with coffee, bananas, cocoa, nonfat milk and yogurt. Other options include “blasts” of supplements such as fiber, multivitamín, immunity, energy, fat burner, workout and protein. These “blasts” are available for any smoothie. Performance bars, protein cookies, vegan cookies and healthy muffins also are available at Planet Smoothie. Smoothie prices start at $4.49.

Less than a week later, the Scripps Howard Foundation reporters attended the State of the Union address. Every time I go to the Capitol, I’m always amazed by the powers of my press pass… and wonder what I did to deserve one of those magic cards that render approving nods from machine-gun-clad guards. My colleagues and I wandered around the Capitol on one of the most stirring nights of the year until we found our way to the House of Representatives press gallery, packed with frantic reporters.

It was clear who the interns were. We were peering in to the Chamber through the gallery windows, Tweeting and Facebooking about our location, and catching the attention of other reporters with our eager faces.

Several minutes before the speech began, we entered the House Chamber press balcony, directly above the Speaker’s podium.

I could see the family of the Tucson shooting’s youngest victim, Christina Green, to my left, military men in wheelchairs to my right and elected government officials beneath me. Michelle Obama sat in between the Green family and Vice President Joe Biden’s wife, Jill Biden. Secret Service members lined the wall behind me, monitoring every movement in the Chamber. I heard one mumble through his earpiece, “Reach over… left side.” I looked left to see a man in the guest balcony reaching behind the seat next to him. Sweet.

Obama made the legendary walk down the House floor aisle between two sides formerly divided by parties, now an awkward bipartisan mix, shaking the hands of eager Representatives and Senators. It was a classic scene, and I was elated and humbled in the presence of America’s most admirable.

While I wasn’t able to see Obama because of my location directly above him, I listened intently to his plan for America to “win the future … because we do big things.” Republican faces cringed at the mention of issues such as the abolishment of “don’t ask, don’t tell,” Obama’s proposal to eliminate taxpayer dollars to oil companies and his polite way of saying to give up on their attempt to repeal his health care bill. He called on his citizens to revamp the American dream.

It was a historical night, not just for me, but for the world.

Brown Street smoothie shop promotes healthy snack alternatives

Planet Smoothie, located at 1105 Brown St., opened on Monday, Jan. 17. Business has been booming at the franchise’s new location, and the owner hopes to hire more employees soon. ANNAMARIE BOUZGA PHOTOGRAPHER/EDITOR
Sisterhood event weaves wisdom on campus

ASHLEY ALT
Staff Writer

Female faculty, staff and students will connect with one another next month by wearing and passing around a special scarf, as part of The Sisterhood of the Traveling Scarf experience.

Inspired by the movie “The Sisterhood of the Traveling Pants,” Daria Graham, associate director of multicultural affairs for the office of multicultural affairs, and creator of The Sisterhood of the Traveling Scarf, thought up the idea last summer and asked the university’s Women’s Center to partner with her.

“The goal of the program is to provide a collaborative effort to connect women faculty, staff and students in a way that would create opportunities for women to build community, find camaraderie and strengthen a network of support,” Graham said.

Female participants will be agreeing to a consecutive two-day commitment between Monday, Feb. 14, and Monday, March 14, in which they will wear the scarf and write a journal entry at ud.sisterhood.blogspot.com. In their entry, the participants will blog about what the experience has meant to them. Each student, faculty or staff member will meet and pass the scarf on to the next wearer on the second day, getting to know each other in order to continue the cycle.

The Sisterhood of the Traveling Scarf is a way for females to celebrate womanhood and connect with one another through sharing the scarf, according to Graham.

“I like this idea because it’s just another great example of how strong the UD community is,” junior middle childhood education major Kelly Weisenborn, who is planning on participating, said. “We are a tight-knit group of women.”

In addition to passing the scarf from person to person, there will be an opening and closing reception at the start and beginning of the experience to educate the participants on what exactly the program is about and what it hopes to establish.

The women involved in this effort to share female-to-female bonding hope the participants will set an example of the Marianist charism of community.

“Our hope is that the women who participate will not only feel better connected to the University of Dayton community, but also realize that they are supported and celebrated,” Graham said.

To participate in this event, go to oma.udayton.edu and click the “submissions and registration” tab.

The last day to register is Friday, Feb. 4.

UD faculty and staff members who plan to participate in The Sisterhood of the Traveling Scarf hold the scarf that will be used throughout the two-day experience. Any female student, faculty or staff member can take part in the program, which starts Feb. 14. CONTRIBUTED BY DARIA-YVONNE GRAHAM

RECPLEX
(cont. from p. 1)

the remainder of the purchase came from a renovation and repairs savings account designed for purchases of this magnitude.

According to Chase, the equipment is covered under warranty for three years, allowing the RecPlex to begin a three-year replacement cycle for all equipment.

“We hope the students take advantage of the new and updated equipment,” Fischer said. “It’s an expense well worth undertaking for the benefit of students’ health and wellness.”

CONVERSATION PARTNERS NEEDED

Are you interested in serving as “conversation partners” for international students studying English at UD’s Intensive English Program? This experience requires no training and is a great stepping-stone to future tutoring or teaching. Contact Karin Avila-John with any questions at Karin.Avila-John@notes.udayton.edu.
CLICK!

Think you’ve got an eye for photography? Here’s your chance to get it published. Just send your ‘CLICK’ picture to editor@flyernews.com along with your first and last name and a brief description. Click away!

LIFE EXPECTANCY
(cont. from p. 1)

Fifty years ago, smoking was more prevalent in the U.S. than in other European countries, and the health consequences are revealing themselves today, the report said. Statistics show that among women who smoke in the U.S., their life expectancies were cut short by 2.33 years, compared to just 1.07 years in other countries.

According to the American Heart Association, 21.1 percent of men and 18.3 percent of women in the U.S. are smokers.

A second issue affecting a slowly rising life expectancy is obesity.

The obesity epidemic in the U.S. may be responsible for the one-fifth to one-third life expectancy gap between the U.S. and other countries, the report found.

In the 1980s, 16.7 percent of males and 15.5 percent of females in the U.S. were obese, according to the study. Those numbers jumped in 2008 to 32.2 for males and 35.5 percent for females.

The study highlights the dangerous health trends in the U.S., and that healthy living in today’s society has to be a learning process of growth and change.

According to Dr. Harold Merriman, an assistant professor in the physical therapy program, many children born today will not live as long as their parents due to obesity.

“Already, obesity is shortening our lives by four to nine months, which is more than car accidents, homicides and suicides combined,” he said.

Smoking is linked to heart disease, stroke and certain cancers, all factors that can affect one’s longevity of life. Obesity is associated with diabetes, heart disease and high blood pressure.

University of Dayton Dining Services attempts to adapt their menus to promote healthier lifestyles by offering a variety of nutritional selections.

Classifieds

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Secure your housing for next year
Furnished, some homes with leather living room sets, Maytag washer/dryer
Some homes with marble bathrooms, off street parking, first class.
Check out website leosrentals.com or call (937)456-7743 or cell (937)371-1046.
Availability 3-5 students 65, 63, 57, 49, 29, 38, 40, 50 Jasper St. 119 Fairground, 48, 50 Woodland, 42, 46 Frankstreet. To make your stay comfortable and a very enjoyable schoolyear.

Apartments available in the ghetto. 2

bedroom for 3 students, off street parking, laundry facilities. Know where you are going to live next year. Call 937-681-4982

One bedroom apartment. Fully furnished, new carpet, near campus, excellent rate, great landlord for 11-12. 6 bedroom house, approved for 6 students, fully furnished, new carpet, near campus, excellent rate, great landlord, good parking, $1500/student per semester. 156 Rubicon St. for 11-12 Call Bob, leave message 937-330-4111

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2011-12 Duplex House, 4 students each side. Furnished. 832-2319

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5 bedroom houses 2 blocks from campus. All utilities paid. Washer/dryer, big screen TV, high speed internet all provided! $2,400/sem per student 1-888-808-7741 or 937-672-5546

Housing - University of Dayton

HOUSING

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Apartments available in the ghetto. 2
We’re back to reviewing restau-
rants in the fresh, new year of 2011. While the rest of our peers are busy overpopulating the Rec-
plex, we have resolved to hit up as many local Dayton restaurants before we graduate in May. Curi-
ous as to what type of restaurant could fill the space of a former Chipotle, we decided to check out OinkA-DoodleMoo.

The rustic barn décor and rib burn-off aroma made us im-
mediately feel like we were in a hoedown. The restaurant had a friendly and efficient staff that 
translated the oddly named opin-\ntions on their menu to food we’re all familiar with. Similar to the build-your-own burrito at Chipo-
tole, OinkA-DoodleMoo offers a va-
riety of meats, sauces and sides to personalize your meal. Because a small children’s birthday party could fill the restaurant to capac-
ty, taking your meal to go may be a good option.

A challenge built for “Man vs. Food’s” Adam Richman, the E-I-E-I-O Food Challenge could clog the restaurant to capac-
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I decided how a “healthy choice” 

miches.” I also chose to get “Sizzlin” 

fered at OinkA-DoodleMoo, I came to

sweet and smoky flavor foods of

Amy Austin:

After scanning the menu full of 
sweet and smoky flavor foods of

At the table, many people are 

“I think after these guys grow up they will have a knowl-
edge of other nations and other-
mentalities.”

According to Tyulyush, teaching is an important aspect of Huun Huur Tu’s performances. He said the audience will gain a new perspective and understanding of diversity.

“We play and teach our culture to 

Western young generations,” he said. “I think after these guys grow up they will have a knowl-
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“One voice, two notes
Skilled singers, musicians returning to UD

SARA GREEN
Asst. A&E Editor

Huun Huur Tu, a throat-singing musical ensemble from the south Siberian Republic of Tuva, will perform in the University of Day-
ton’s Kennedy Union Ballroom at 8 tonight. The event is part of the World Rhythms Concert series, and student tickets cost $5.
The four-man group has been touring North America, sharing its music with numerous audi-
ences. Throat singing consists of musicians singing at two or more different pitches simultaneously.
The name “Huun Huur Tu” lit-

eraly means “a sun propeller,” but for the group, it means “a sun-
beam.”

“It’s like the sunset and sun-
rise when the light goes through the clouds and a very, very beau-
iful prism of light comes down through the clouds and through the forest,” said Radik Tyulyush, an ensemble member, describing the group’s meaning.

UD’s Arts Series is bringing Huun Huur Tu to campus both as a way to offer students exposure to a culture they may not otherwise experience and because the group was well received during its previous visit four years ago in Boll Theater.

“They were a sell-out,” said Ei-
leen Carr, Arts Series’ coordina-
tor, of the group’s previous UD performance.

Carr said the quartet’s ability to fill Boll’s space with sound was “phenomenal.”

“It’s just these four guys with these really simple instruments,” she said. “But it’s just a really reson-
ating and rich sound – so differ-
ent from any traditional Western sound.”

Throat singing, Tyulyush said, is not a unique activity in his homeland of Tuva.

“In Tuva, many people try 

throat singing,” he said. “It’s in their lifestyle, not only on stage. In my childhood, I heard these songs from my grandfather. You don’t have special classes for throat singing; it’s just hearing from the generations [before you] and learning from hearing.”

According to Tyulyush, teaching is an important aspect of Huun Huur Tu’s performances. He said the audience will gain a new perspective and understanding of diversity.

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edge of other nations and other-
mentalities.”

Overall:
OinkA-DoodleMoo offered a variety of authentic barbeque favorites. The fun atmos-
phere, fast service and straight from the south smoky barbeque make this restaur-
ant the most sought after brand in fast dining. However, our nutrition reporters had issues with the lack of healthy options on the menu.

As always, we rate out places on a GO or NO-GO basis, and OinkA-DoodleMoo is a GO — unless you’re a vegetarian.
When I first came to UD, I thought -

“Star Like Me” is a series of journals written by University of Dayton actors. To see previous entries, go to flyernews.com. This issue’s writer is freshman Dorothy Mackey, of “True West,” opening Friday, Feb. 4, in Boll Theater.

When I first came to UD, I thought music would be enough. I knew the music and theater departments were separate entities, but I thought after performing in an average of four shows a year throughout high school, I would take a break. As it turns out, that’s not exactly how it works.

I was still adjusting to college life when auditions for the opening production of “The Diviners” were held. But by the time “True West” auditions rolled around, my withdrawal symptoms from the lack of nerve-racking auditions, draining rehearsals and the thrill of live stage performances (and the overall life-taken-over-by-theater experience) had long kicked in. At that point, it really didn’t matter to me what the show was, who was in it, or what my chances of getting a part were. ... I just needed to be back on stage.

“I hope they will be inspired to look more carefully at themselves and at what surrounds them,” he said.

“Talent is what surrounds them,” he said.

“A Chaminade Tribute,” an exhibit of works by Dayton area Marianist artists, will be on display in Roesch Library’s first-floor gallery space from Tuesday, Feb. 1, through Monday, Feb. 28.

The exhibit features the work of five artists who observed people from different cultures and walks of life, and then represented their findings using oil painting, watercolor, photographs, clay sculptures and fabric dolls. The exhibit is open from 7 a.m. to 9 p.m. Monday through Thursday. The Cultural Center is located at 301 W. Main St., Troy. To learn more, go to www.troyharn.org.

“A Chaminade Tribute,” an exhibit of works by Dayton area Marianist artists, will be on display in Roesch Library’s first-floor gallery space from Tuesday, Feb. 1, through Monday, Feb. 28.

The exhibit will feature between 30 and 40 pieces of artwork by at least four local Marianists, said Bro. A. Joseph Barrish, S.M., the event’s coordinator. The event will commemorate the 250th anniversary of the birth of William Joseph Chaminade, founder of the Society of Mary, also known as the Marianists.

“A Chaminade Tribute” will include photography, paintings, ceramic work, mosaics and pencil sketching, among other forms of visual art. According to Barrish, the pieces will represent an assortment of approaches, styles and messages.

“There’s a whole variety of different kinds of images we’re going to have, and I think most people will be able to associate or become familiar with at least one part of the show,” he said. “It will have a broad appeal.”

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The exhibit will feature between 30 and 40 pieces of artwork by at least four local Marianists, said Bro. A. Joseph Barrish, S.M., the event’s coordinator. The event will commemorate the 250th anniversary of the birth of William Joseph Chaminade, founder of the Society of Mary, also known as the Marianists.

“A Chaminade Tribute” will include photography, paintings, ceramic work, mosaics and pencil sketching, among other forms of visual art. According to Barrish, the pieces will represent an assortment of approaches, styles and messages.

“There’s a whole variety of different kinds of images we’re going to have, and I think most people will be able to associate or become familiar with at least one part of the show,” he said. “It will have a broad appeal.”

“Star Like Me” is a series of journals written by University of Dayton actors. To see previous entries, go to flyernews.com. This issue’s writer is freshman Dorothy Mackey, of “True West,” opening Friday, Feb. 4, in Boll Theater.

When I first came to UD, I thought music would be enough. I knew the music and theater departments were separate entities, but I thought after performing in an average of four shows a year throughout high school, I would take a break. As it turns out, that’s not exactly how it works.

I was still adjusting to college life when auditions for the opening production of “The Diviners” were held. But by the time “True West” auditions rolled around, my withdrawal symptoms from the lack of nerve-racking auditions, draining rehearsals and the thrill of live stage performances (and the overall life-taken-over-by-theater experience) had long kicked in. At that point, it really didn’t matter to me what the show was, who was in it, or what my chances of getting a part were. ... I just needed to be back on stage.

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One month down, 11 to go – How are your New Year’s resolutions holding up?

Each year we try to better ourselves, promising to eat better, to work out more and just to be healthier in general. But by the time the second week of January rolls around, most of us struggle to maintain these promises. Even though February is upon us, it’s not too late to hop back on the wagon. Campus is making it easier than ever to keep our resolutions and practice healthier lifestyles. As we report on pages one and five, our average age life expectancy as Americans is decreasing. Don’t let a slow start to the new year lead you to give up.

The Rec is updating its workout equipment, allowing us to charge our iPods while we bike and giving us access to top-of-the-line machines. Buy a TV season on iTunes and plant yourself there for 30 minutes a day. If nothing else, do it to get in shape.

Most importantly, remember that it is never too late to renew your resolution. It’s easier for us to stay in shape. Embrace them.

Let this be a warning: Boredom is approaching. The excitement of being back to school is about to wear off, if it hasn’t already, and classes are going to get into full swing, if they aren’t already. And just as our academic planners begin to fill up, our calendar empties out. No breaks, not even a Monday off for a national holiday until March.

These subsequent weeks hold the potential to be dull and tedious unless we take active steps to prevent it. But just because the amount of daily sunlight is small doesn’t mean our spirit of adventure should be, too. Contrary to popular misconception, there are actually quite a few interesting things to do in Dayton.

Despite cold weather, opportunities for adventure abound in Dayton area. Just last week I visited the Dayton Art Institute, home to multiple collections of works as varied as Samurai swords and European Impressionism. As it was the third Thursday of the month, the admission to all exhibits was free. But even during regular time, the price for students is only $5. Even if you think checking out an art museum might not be your thing, consider how different the current collections are: There are pre-Columbian era stone and ceramic artifacts from the ancient Americas, a mural made with material as diverse as jellybeans and plastic pieces, and more “traditional” paintings of landscapes and people.

Dayton also is home to one of the best aerospace museums in the world: the National Museum of the U.S. Air Force is located about 15 minutes from campus at Wright-Patterson Air Force Base. Open every day and always free, this museum is home to some of the most important and interesting planes ever to fly the skies.

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Visual judgments unprofessional

Professionalism. Professional dress. Profession- al language. We’ve all heard what it is to be professional, but what does it really mean?

As a senior, I have to think about how to present myself in the workplace. As a person, I also have to think of ways to express myself. Can these two things go hand in hand? In my opinion, yes.

Those of you who do not know me — which I would assume is the majority — don’t know what I really look like.

Sure, you see the picture of me above my column and notice that I have glasses and medium length hair. What many of you don’t know is I have a nose ring and three tattoos.

To me, these are ways that I express my personality. However, many work places view those things as unprofessional. I sometimes get offended when I hear comments such as, “People who have facial piercings and tattoos appear to be unfriendly or even trasy.”

I view myself as neither of those things. I feel that people should not be judged by their outer appearance, but rather by how they interact with oth-

ers. Though I could easily hide my tattoos and take out my nose ring, if I do not have the proper skills to professionally interact with someone, I still wouldn’t be professional.

I feel that in today’s society, the work place puts too much emphasis on a person’s outward appearance by judging them too quickly based on what they look like instead of on their actual qualifications or professional interactions.

The same goes for customers as well. People, without even interacting with me or someone like me, already have a judgment on what type of person I am.

By 2011, I would have thought that employers and society in general would have gained a more open perspective for what makes a person professional. In job interviews, I do not take out my nose ring or cover the noticeable tattoo I have on my wrist because I don’t feel that hiding my true self will benefit me or the business in the long run.

Instead, I go in the interview confident with abilities and hope that the employer can look past my exterior and truly view me for me. I know that sounds rather trite, but take a look in the mirror, and ask yourself if you would cut your hair for a job, or even change your features if they were viewed by some as “unfriendly” or “trashy.”

Professionalism, not us, needs a makeover in 2011.

Letter to the editor

Fruits of Catholic education growing

The week of Sunday, Jan. 30, through Saturday, Feb. 5, marks my 15th Catholic Schools Week (kindergarten plus a fifth year). I grew up in a diocese, where for one week every year, students, teachers and staff were directed to reflect on the necessary but freely given sacrifice of Catholic education — the cost of tuition paid by parents and offset by the parish.

One day we thanked our parents or other benefactors with written letters and crayon-colored pictures. On another we would thank our teachers and staff. And on one day, we students were gratified with a special hot lunch and a “dress down” day.

While novel policies like dress down days won’t communicate appreciation on a college campus, I am still convinced that this week has particular relevance to us as students at a Catholic university. It is my hope that we celebrate our Catholic school this week and reflect on our capacity to become leaders for our church and in our communities.

We have much to celebrate. It wasn’t so long ago in this nation that Irish needed not apply and Polish surnames were changed so as to secure employment. Aided by lay and vowed religious, our grandparents planted the roots of Catholic education, living frugally because it was a priority that their children be instructed in their faith as well as the arts and sciences. For a great many of us, those children, our parents, became the first generation of American Catholics with the opportunity to attend a university, and again, they budgeted according to their value of Catholic education.

And now, we as a student body, the second generation to obtain a college education, are the flower from the roots our grandparents planted for Catholic education in the U.S. We are a dream and a prayer of Catholic education.

But we cannot be content with where we are. While we are the realization of the American Catholic dream for many, we are but a segment of the Church, and we must look beyond ourselves and onto the next generation of Catholics. While we have realized upward social mobility, we need to look back at the cities that we fled in pursuit of the American dream and see them as the communities that need us most.

Social mobility for mobility’s sake has never been the goal of Catholic education. We are called to use our education, informed by faith, to lead our communities and work for social justice. For just as the work of Catholic education seems to be coming to fruition, we return home to hear of more parish closings and school mergers. These are signs of a culture in decline, and for us this is much more than culture. This is our faith tradition.

Since our first gifts of special lunches and dress down days, we have all been told that we are the Church. Not only are we the Church, but to go off President Obama’s words, we are the Church we have been waiting for. And the Church has been waiting for us, too. Though we may be the flower of Catholic education, we must continue our parents’ and grandparents’ sacrifice or be found fruitless. I pray that you all have a celebratory and fruitful Catholic Schools Week.

FRANZ BERKEMEIER
SENIOR
CHEMICAL ENGINEERING, GERMAN

Our policy

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Women’s Tennis

NEW TALENT STRENGTHENS TENNIS TEAM

JACOB ROSEN
Sports Editor

Watch out University of Dayton fans: The women’s tennis team is on the verge of success after a rapid rebuild under head coach Eric Mahone.

Now in his third full season with the Flyers, Mahone recruited yet another impressive class of freshmen to help lead the team through the 2011 spring season. After a 9-13 record and a 12th place finish in the Atlantic 10 Conference last season, the team is hopeful that the new players will bring a new identity to the program.

One upperclassman said that the new coach’s presence along with all the young talent has aided the evolution of Dayton tennis within just the past few years.

“It’s changed a lot, that’s for sure,” junior Loni Dickerhoof said. “The level of the play definitely has gone up a lot. He [Mahone] has brought in a lot of good underclassmen, and I think that we’re all improving every day, and hopefully we’ll have a lot of good things in store for us this year.”

This season, the team is starting three of its freshmen and one sophomore in its slotted six rotation spots to fit the scoring for collegiate tennis. Mahone hopes the youth on the team spurs optimism overall this season, and the youth on the team spurs optimism overall this season, and everyone kind of did that. It was cool playing number one.

One upperclassman said that doing well is on display in UD’s first spring victory.

“I want everyone to believe that we can win because we are so talented as a team,” she said. “I just think we can do so well, and I’m excited to see where we’re going to.”

The team hopes to keep the momentum going with a road match against Butler University on Saturday, Feb. 5, in Indianapolis.

WEB EXCLUSIVE VIDEO: UD’S WOMEN’S TENNIS VICTORY OVER BALL STATE UNIVERSITY

Freshman women’s tennis star Claire Dreyer (top) led the University of Dayton to a 6-1 victory over Ball State University on Saturday, Jan. 29, at Five Seasons Sports Complex in Dayton, Ohio. Third-year head coach Eric Mahone (bottom) is starting four underclassmen this season for the Flyers.

Men’s Tennis

Freshman-heavy roster contributing to early spring struggles

BRENDA HADER
Chief Sports Staff Writer

It may still be winter, but the University of Dayton men’s tennis team already has begun its spring season.

The school’s youngest team is now 9-3 on the season following losses to Michigan State University and the University of Detroit Mercy on Friday, Jan. 28, and Saturday, Jan. 29.

While the talent on the squad is not questioned, third-year head coach Eric Mahone said inexperience is its biggest barrier.

“Our starting lineup is two sophomores and four freshmen right now,” he said. “And really our top seven is two sophomores and five freshmen. We’re very young, and the biggest thing is just to keep getting better all through the spring.”

Last spring season was a rebuilding year as well for the Flyers as the team finished with a 6-10 record. Current senior Michael Koscielecki recorded four wins in 10 finished singles matches — he had two unfinished matches last season — and had the best record of the four returning players this year.

Having such a young team is difficult, but Mahone said there are some positives to the squad’s dynamics.

“The biggest thing for us, I mean we’re headed in the right direction, it’s just experience,” Mahone said. “When you’re playing against teams that [are] made of mostly juniors and seniors in their starting lineup, they got 75 to 100 college matches under their belt. … My guys at the most have 20, and some guys have, well, one. I can’t coach that; it’s just going to happen.”

The men’s tennis team returns to their home court at Five Seasons Sports Complex in Dayton, Ohio, against the University of Chicago on Sunday, Feb. 13.
Senior hopes professional tryout continues soccer career

University of Dayton senior Lindy Barber plans on trying out for the Dayton Dutch Lions semi-professional football club next week. A native of Louisville, Ky., she played for the Flyers women’s soccer team during her first two years of college. PHOTO CONTRIBUTED BY LINDY BARBER

Chris Moorman
Assistant Sports Editor

Learn to lead, and lead to serve.

That isn’t only the University of Dayton’s motto, but also the message behind the UD baseball team’s community service initiative, according to head coach Tony Vittorio.

Vittorio, in his 12th year as the leader of the Flyers program, said the community service activities follow UD’s commitment to “give back to those less fortunate than we are.”

Most recently, he announced the team continued work over winter break to serve the Food and the Good of the Glove community service organization.

Through this initiative, the team works with Building Bridges – a rehabilitation program for at-risk youth – to pass out gloves at the Hal McCoy baseball camp in the fall. UD players already annually attend this camp to help teach the participants the fundamentals of the game of baseball.

The Flyers’ involvement with the organization started last year after Vittorio developed the idea while volunteering with a sports missionary organization, Score International, in the Dominican Republic. From his travel experiences, he decided to create something similar in the Dayton community.

“We all brought used bats and gloves to give to the kids over there [in the Dominican Republic],” Vittorio said. “That was the start of the idea. Not only can we do this in other countries, but we can do this in our own community where we collect gloves and give them to those less fortunate than we are.”

Vittorio said the Flyers have been involved with many other organizations over his tenure. One of the most notable initiatives has been their assistance during the Labor Day telethon drive for the Muscular Dystrophy Association in Dayton. In return, the team also has set aside a program where patients with muscular dystrophy can attend a game at UD’s Time Warner Cable Stadium and cheer on the Flyers.

Additionally, every team member adopted a child for UD’s Christmas on Campus this past December, and the squad visits Dayton Children’s Hospital occasionally.

The newest addition to the Flyers’ community service initiative this year is that each player had to create their own individual project. Senior infielder Jimmy Rosengren, began this and his roommates cleaned up trash in the north student neighborhood, often called the Darkside, as part of his project. Rosengren said he enjoyed doing the work, and likes being heavily involved within the community.

“We are blessed with the abilities to play Division I baseball, so to help out with the kids [at the Hal McCoy Baseball Camp] is really special for us,” Rosengren said. “It’s a rewarding feeling getting to know them a little bit and to see them smile. Even if it’s for 15 minutes or an hour, just to see that one smile is something that makes us proud.”

Vittorio said his mission isn’t just to teach his players the finer points of the game, but to teach the importance of community involvement. According to Vittorio, sometimes it’s more important to give back to the community than to throw a 100-mph fastball.

“I think when somebody passes our grave sites someday the most important thing isn’t saying, ‘That guy had good bat speed’ or ‘That guy had good foot speed’ or ‘That coach won a 1,000 games,’ ” Vittorio said. “It’s, ‘That guy was a good guy’ or ‘That guy was fun to be around’ or ‘That guy helped other people.’ It’s important, more important than how fast you run or how hard you throw or even how many homeruns you hit.”

Sports Staff Writer

CHRIS MOORMAN
Assistant Sports Editor

Baseball

FLYERS GIVE BACK TO COMMUNITY, UNVEIL NEW SERVICE PROGRAMS

University of Dayton spring missionary organization, Score International, in the Dominican Republic. From his travel experiences, he decided to create something similar in the Dayton community.

“We moved on to recreational outdoor leagues and started participating in tournaments. Next, Barber decided to make soccer an even larger part of her life. From the age of 12 through the age of 19 during her freshman year of college, she played on a traveling competitive team called Javanon in her hometown of Louisville, Ky. With this team, she began traveling regionally and competing with future Division I collegiate players.

Barber continued to stand out on the field and made the varsity soccer team during her freshman year at Louisville’s Assumption High School. She was a four year letter-winner for the Rocks and through this opportunity, received plenty of notice from college scouts in the area. The University of Dayton offered her a scholarship to play soccer during her junior year of high school, and she wasted no time committing to the Flyers.

Barber played two years on the varsity squad at UD before moving on to co-captain the women’s club team for the latter two years of her college career. She cited “pure love of the game” as the biggest upside of her newest team.

“The fit [on the varsity team] wasn’t right for me at the time, so I decided to take another opportunity,” Barber said about the switch from varsity to club. “... I was able to play many different positions and increase my soccer knowledge tremendously as a part of the women’s club soccer team.”

Her motivation continues to impress her surrounding peers.

“She took the most initiative on the field, and we used her everywhere that we possibly could,” said Michelle Gajkowski, former club co-captain and Barber’s senior teammate. “Not only did she lead us in stretches, she was one of the leading scorers, and was simply a great leader on and off the field.”

Barber then found out about this opportunity to play soccer at the next level from her former boss Johnny Chase, who immediately thought of her once he heard about the open tryout.

To prepare for tryouts, she has been training five days a week. Such a workout regimen is nothing new for Barber, who is also a personal trainer at the UD Rec-Flex and back home in Louisville.

“Playing professional soccer was what I wanted to do since I was a kid,” she said. “It is my release, my stress reliever.”
For the University of Dayton women’s basketball team, the up and down 2010-2011 season has involved continuous lineup changes in the search for cohesive chemistry.

The coaches of the 14-7 Flyers have mixed and matched lineups all year, rotating 13 different girls that average 7.9 minutes or more per game. With the multitude of lineup possibilities, nine players have started at least one game this season for a combination of eight unique starting lineups in just 21 games.

Three players on the team — senior forward Kristin Daugherty, senior guard Patrice Lalor and junior forward Justine Raterman — have started every game. Meanwhile, the remaining two positions have featured constant changes in the lineup due to several circumstances.

Junior center Casey Nance did not begin the season at 100 percent because of off-season knee surgery, and thus didn’t start seven games earlier in the year. Additionally, head coach Jim Jabir searched rapidly earlier in the year for the right mix of athletes at the shooting guard/small forward position to complete the starting five.

Redshirt junior forward Elle Queen, sophomore guard Kari Daugherty and redshirt senior guard Andrea Lindsay have all gotten the starting nod at different points this year.

“[Coach Jabir] sat all of us down, and he told us that he thought all of us were doing a good job, and that lineups would change throughout the year,” Queen said. “We kind of knew it was going to be like that. We’ve been trying to get on a roll and trying to get a consistent groove.”

For many basketball teams, finding a set of contributors that perform well together and complement each other’s skills is crucial. The goal for UD or any squad is to have a group of five players that can compete with a fire and energy as a unit at the beginning of games, as well as at the end.

When the Flyers were struggling early in the schedule — they started the season 5-5 — the coaches and players admit they didn’t quite have that to go into lineup. As a result, some players felt the switches made it difficult for the team to develop chemistry.

“I think it’s better [to have a set lineup] because it’s more consistent,” Queen said.

Raterman, the team’s leading scorer with 15.9 points per game, said she doesn’t think the constant switching has hurt the Flyers. She said it has created more competition among the team members, causing players to always work hard.

The team has found some consistency recently, however.

After a loss on Saturday, Dec. 18, to San Diego State University, the Flyers switched the starting five again, and that unit has stuck ever since. The group of Lalor, Daugherty, Raterman, Queen and Nance has started the past 11 games, and that has led to improved success with a recent 9-2 streak.

Queen said she thinks the current starting lineup has been successful because those five players complement each other’s skills well.

“Casey and I are more defensive-oriented players,” Queen said. “We help them [Daugherty, Lalor, Raterman] get their shots which is what we want. We want them scoring.”

Raterman said the recent changes marked an increase in comfort level between the players and their respective styles. She said some players are good at coming into the game after about five minutes and changing the tempo, bringing more energy and a different style of play to the game to throw off opponents.

“We tried a lot of different lineups; I think some people really got comfortable with their role,” she said. “I think some people are coming off the bench and able to provide a spark, so they’ve found their niche there.”