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THE LAKE FRONT

NEWS FOR THE STUDENTS. BY THE STUDENTS.

OUR LADY OF THE LAKE UNIVERSITY SAN ANTONIO, TEXAS

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OLLU lacks strong Fiesta connection

Sarai Bejarano
Editor

Our Lady of the Lake takes pride in being a university that embraces the diversity, history and traditions that the city of San Antonio encompasses. However, the University has not been involved in the celebration of one of the most important events the city is known for, Fiesta.

"I think the University is struggling to maintain an identity in the community," said Daniel Marshall, a senior. "We have lost our way and lost who we are in the midst of the controversy with the fire, and we have to gain it back before we are able to participate in an event like this."

Fiesta is a citywide event that has been celebrated since 1891 to honor the heroes of the Alamo and the Battle of San Jacinto. It first came about as a simple parade called "Battle of the Flowers Parade" and has expanded throughout the years. This 10-day, citywide celebration features over 100 different events, including parades, exhibits, patriotic rituals and pageants. All of the events' proceeds are then used to serve the city and the people of San Antonio.

Our Lady of the Lake tried to be a part of Fiesta several years back. The last time the University was part of Fiesta was in 2009, when it held the event called Tamale Fest that



PHOTO BY SARAI BEJARANO

The 2011 Fiesta medals and beads are a great connection between OLLU and the citywide event.

was hosted by the Alumni Relations Office. Even though the event didn't draw nearly as many people as Oyster Bake, held at St. Mary's University, it still had a decent turnout. Ever since then, the University has not held an event on campus and has not demonstrated an interest in hosting any other similar events until this year.

"We are working on making OLLU an official Fiesta site," said Dan Yoxall, vice president for Institutional Advancement. "It's a campus process, and everyone's ideas and opinions are going to be taken

into consideration."

OLLU's goal is to officially participate in Fiesta by spring of 2012, Yoxall said. Still, this kind of event on campus means that a lot of work and planning are going to be needed and a committee will be established to proceed with this plan.

"This can become a whole new tradition for OLLU, and it can integrate the University to be part of Fiesta but also be part of a new San Antonio tradition," said Tessa, Martinez Pollack, president of OLLU. It can be a new tradition that can continue for years to come."

Yet, OLLU has not solely relied on campus-hosted events to be a part of Fiesta. OLLU faculty, staff and students have been a part of Fiesta by participating in some of the parades like the Fiesta Flambeau Parade and the Texas Cavaliers River Parade.

In 2009, an OLLU student was even crowned Miss Fiesta San Antonio. Also, OLLU has maintained the Fiesta spirit by producing its very own Fiesta pin, which features Main Building.

"We have a new pin and even new Fiesta beads this year," said Elizabeth Longoria, event

coordinator for Marketing and Communications. "We are also highlighting the OLLU Mariachi on the float for the Flambeau Parade this year in the Holiday Magic themed parade."

Longoria said she enjoys being a part of Fiesta by decorating the float for the Flambeau Parade and participating in the parade. Even though the parade is a whole-day event, she enjoys spending time with the students and portraying OLLU in a positive light.

"We have to wait for hours to be part of the parade, and being in costume is tiresome, but it is worth it because at the end it's a good representation of OLLU," Longoria said. "It shows the amount of dedication our students and the University have to the city of San Antonio."

Being an official participant in Fiesta might not only be a good way to promote University, but it might also start a new tradition that will benefit the students. It can have a huge economic impact on OLLU and raise funds for student scholarships, events, organizations and the surrounding community.

"I think it's a good opportunity for OLLU, it can be like a new rebirth to the University. It can be an event that maybe as an Alumni I can attend and bring my family to," said Marshall. "I would be proud to say that it initiated when I was attending the University."

MIZUUMI-CON

SLIDESHOW

at lakefrontsa.com



PHOTO BY MARIAM KEVLISHVILI

Attendees of Mizuumi-Con play Dance Dance Revolution during the event.

Is graduate school worth it?

Mariam Kevlishvili
Reporter

The last few years have been very tough on the U.S. economy. The past two have seen the highest rates of unemployment in the last two decades, according to the U.S. Bureau of Labor Statistics. At the end of 2000, the unemployment rate was 3.9 percent for those over the age of 16. In October of 2009, it reached 10.1 percent.

These horrifying statistics can considerably damage the notion of knowledge for knowledge's sake and push students to look for a job that provides as much money as possible and as soon as possible.

But there is still a choice. Some students prefer to start looking for a job as soon as they get their BA, while others prefer to pursue a graduate degree. Nationwide,



PHOTO BY MARIAM KEVLISHVILI

Roxanna Sanchez (left) and Rhonda Boyles (right).

the former category prevails over the latter. At OLLU, on the other hand, the trend seems to be toward graduate studies.

Freshman Stephanie Ruiz is a Criminal Justice major, and

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Getting over Facebook addiction is not an easy task

Courtney Minten
Sports editor

It could be the biggest thing since color TV or even the cell phone.

Walking down the halls of Main at OLLU, anyone can spot the famous white and blue computer screens filled with endless pictures and scattered comments. In any class with computers, students listen to lectures while multi-tasking with the popular social network in the background.

The \$50 billion Facebook network has sparked an interest in users far beyond the OLLU campus — and possibly even an addiction.

It's become completely normal to find your 12-year-old little sister chatting up her friends on it, or even your grandma. Singles, married, separated and divorced people all

have taken a role in the Facebook sensation.

Stay-at-home mom Jennifer Strawn wakes up extra early to check her Facebook before starting her day. She can spend hours socializing with her "FB" friends through her computer screen.

"Good morning and welcome to the Facebook addiction meeting for today, grab some coffee and let's get started, it's going to last about 15 hours," Strawn said, jokingly reciting a memorized quote she found on Facebook.

"I always thought it was funny, because it's so true," Strawn said. "Facebook is so addicting."

Strawn has a three-year-old who demands much of her time. However, even with the high demand of a toddler, she still finds time for Facebook.

"I spend a minimum of

four hours a day on Facebook. Anytime I'm multi-tasking on the Internet, I will have the page in the background," Strawn said. "Even when I step away from the computer, I'm constantly bombarded with updates on my smart phone."

Many people don't see the harm in a place where you can stay connected, talk to others, or simply boast about yourself, but some experts have scrutinized it and don't like what they see.

"We are a narcissistic society — and it's getting worse thanks, in part, to technology," Larry Bugen, an Austin psychologist said. "You can post the minutiae of your day on Facebook for the world to see. In-depth and in-person conversations have been pushed aside for texting incomplete sentences, and much of the self-help movement encourages people to 'follow your dreams!' and

'don't take no for an answer!'"

Bugen, whose focus is on relationships, says that Facebook can have a negative effect on couples because it promotes narcissism.

Some also argue that Facebook socializing isn't real, saying that it only creates the illusion of friendships.

However, communicating through Facebook seems to be a popular way to stay in touch with others. Many users see it as a fun way to connect with family they don't see, re-connect with long lost friends, or even as a business tool.

"While sociologists and psychologists might suggest that Facebook has hindered socialization, SimplyHired.com, a job-seeking website that allows users to find local job listing through their search engines, has found that social media is a great help to the job seeker," said

Lauren Busley, assistant executive accountant for SimplyHired.

Nearly half of all job seekers obtain a position through someone they already know, Busley said. So using Facebook to connect with the people you know makes perfect sense.

"It can be a great way to market for businesses," Strawn said. Facebook was created by Mark Zuckerberg seven years ago in his Harvard dorm room. Now the site has almost 600 million worldwide users. Its huge popularity has also landed Zuckerberg as, the Time's Person of the Year.

As popular as Facebook might be, there are still a high number of deactivated accounts, when a person deletes their account but can reactivate anytime by signing back in.

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APRIL 2011



Fiesta participation should start small

Fiesta week presents activities for everyone: San Antonians get a chance to party, listen to live music, and watch a series of parades, while organizations get an opportunity to fundraise, participate in parades, and host events of their own.

Our Lady of the Lake might be missing out on valuable opportunities by not making a mark on the Fiesta events calendar. OLLU held Tamale Fest in 2009, but the event has long since disappeared from the agenda.

Instead of kicking off with such a large-scale, costly event, OLLU should start off small by simply holding a schoolwide event

EDITORIAL

in the afternoon in the Mall area for student organizations to sell food, play games and have a DJ or even have the OLLU Mariachi provide tunes.

Students constantly walk through the Mall area in the afternoons, so a lunch-time Fiesta celebration would easily attract attention and gain popularity.

After two or three years, the event could develop into an evening

festival with more live music and an open and free invitation to the community. Eventually, it could be something that not only attracts publicity to the Lake, but brings in ticket revenue and provides an occasion for student organizations and local businesses to rake in some cash, as well.

Starting off with a small-scale, inexpensive event is the key to initiating an annual Fiesta celebration, but what it really takes is someone willing to plan and coordinate the event, which is easier said than done.

However, even though Our Lady

of the Lake might not take on as integral a role in Fiesta as St. Mary's University does with Oyster Bake, we do have large events during other holidays that give students a chance to socialize and have fun. Spirit Day and Candlelight, both held annually during fall semesters, foster a sense of tradition and school pride.

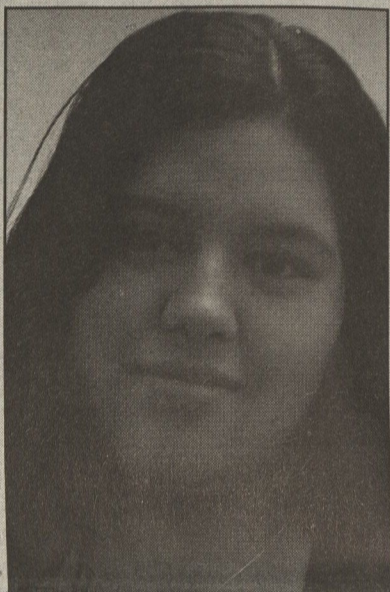
Even though these events attract students and occasionally alumni and faculty, they still do not reach out to the community and to local businesses. Fiesta, when everyone from the outskirts of the city is in downtown, is the perfect occasion to do so.

SOUNDING OFF

Although OLLU is a Catholic university, out of 30 randomly selected students, only six were upholding the Lenten tradition of giving something up.



Miranda Olveda is not drinking sweet tea during Lent.



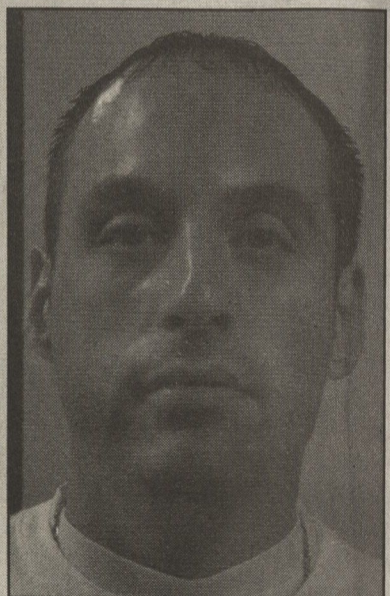
Jessica Vazquez gave up eating candy.



Corina Tapia gave up eating cucumbers in her favorite way – with lemon juice or other dips.



Esperanza George gave up pizza.



Frank Opalinski gave up meat on Fridays.



Stephanie Paz gave up snacking and has only three full meals a day.

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A new lifestyle acquired by making the right choices

Flor Salas
Reporter

Instead of driving or taking the bus a few blocks down the street to get to the grocery store, junior Theresa "Terra" Rocha lost an entire pant size just by making the simple decision to walk.

While studying abroad in Rome, Italy, in the spring 2010, without the luxury of a car or a lot of money to take public transportation, Rocha had to walk every day.

The opportunity to explore another part of the world on a tight budget made Rocha realize that she could have a healthy life – and that it's not difficult.

A year after her return, Rocha has lost more than 13 percent body fat by exercising and eating healthier.

In past years, Rocha admits, she would only exercise every other

week, but after studying abroad and joining the First Year Connection program, which requires an individual to be physically active, she realized she needed to be healthy in both body and mind.

"It opened many doors in my mind," Rocha said.

Rocha describes her first attempt at exercising as a joke, since she was unable to run a full lap without stopping for air. However, her little sister was her drive to keep running and finish the lap.

"I decided I needed a balance in my schedule, and I deserve a secure time to exercise," said Rocha.

Rocha said credits at least part of her accomplishment to the motivation she received from Campus Recreation staff and their services, like aerobics classes. Her first aerobics classes gave Rocha a good feeling in all aspects of her life.

"I didn't feel exhausted or drained, but I felt renewed, full of energy and centered," Rocha said. Besides exercising, Rocha spends time educating herself about nutrition.

However, "once a week Terra gives herself a break and eats whatever she wants," said Marcela Avelar, her good friend.

"I used to go to the cafeteria and think it was a buffet," Rocha said. "Candy, french fries, and burgers used to be part of my favorite menu."

Today, Rocha's menu consists of being conscious, thinking two times before eating an order of cheese sticks and a lot of determination.

"She has a very strong willpower," said Avelar, adding that Rocha has been tempted many times to eat the tasty and convenient junk food at the C-Store.

The biggest mistake made by



college students is that they choose to eat convenience and processed food, said Joanne Villafior a registered

dietitian at JTA Wellness. Villafior recommends students

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The meaning behind day off Easter holiday has diverse traditions

Valerie Cowan
Assistant Editor

Students at public schools like University of Texas at San Antonio and Texas State might be a little envious of the Catholic private institutions in the area.

While UTSA and Texas State do not have any days off from school for the Easter Holiday, Our Lady of the Lake has a five-day weekend from Thursday, April 21, through Monday, April 25.

The school community might already be aware that students have off on Thursday and Friday in observance of Holy Thursday and Good Friday, but why Monday?

OLLU is not the only Catholic school that observes Easter Monday, celebrated the day after Easter. University of the Incarnate Word and Saint Mary's University, our neighboring Catholic schools, both cancel evening classes on Thursday in addition to morning and afternoon classes on Monday.

In order to fully explain the meaning behind Easter Monday, it is necessary to have some understanding of the religious holidays leading up to it.

Lent includes the 40 days leading up to Easter during which Catholics traditionally fast on certain days and sacrifice something in their daily lives in observance of the solemn period leading to the crucifixion of Jesus.

"Lent is to really focus on the suffering of Christ and the need that we have for redemption and atonement," said Sister Joyce Detzel, CDP director of University Ministry.

Holy Thursday, the Thursday before Easter, celebrates the



PHOTO BY MARIAM KEVLISHVILI

The crucifixion and resurrection of Christ are the focal points of Easter.

Last Supper, and Good Friday, the Friday before Easter, is attributed to the crucifixion and death of Jesus and his placement in the tomb. It isn't until Easter that we observe Christ's resurrection and ascension into heaven. In the Catholic tradition, the Holy Eucharist, which is normally present in the church as an embodiment of Christ, is removed from the church until Easter.

This physical absence represents the solemn time that Jesus was placed in the tomb. Having converted to Catholicism from the Protestant denomination, Detzel is fully aware of how "[the Catholic] sense of sacrament is so tangible. It's sight, it's sound, it's touch... From the kissing of the cross to the hearing of the chants at the Easter Vigil to the incense, I just really appreciate that so much."

Traditionally, the week that follows Easter, called the Octave of Easter, continues to celebrate the resurrection of Jesus.

"The focus is on the new life that Christ gives us," said Detzel, who refers to Easter as the "hinge" between Lent and the Octave.

Now, in most cultures, the secular celebration of the Octave is compacted into one day - Easter Monday.

"It's just a time to come out of Lent and to celebrate and be together and to enjoy one another's company," Detzel said. Detzel described how the sisters in the Congregation of Divine Providence traditionally designate Monday as a day to have fun doing recreational or outdoor activities together, which is one reason we still have Easter Monday off of school.

Easter Monday incorporates both religious and secular traditions as it celebrates the resurrection of Christ. In Washington,

D.C., for example, children participate in an Easter egg rolling race on the lawn of the White House.

Easter Monday is also referred to by the Polish culture as Dyngus Day, when pranksters soak one another with water and people perform traditional songs and dances. The water tradition, according to popular belief, stems from ancient Christian rituals involving holy water and cleansing.

"You have the holy side, where you have the blessing of the holy water that is being sprinkled to sanctify a space, but then the secular tradition developed alongside of it as the day when you doused people with water," Detzel said. "That's kind of a fascinating thing."

So whether you participate in Easter Monday traditions or not, those in the OLLU community can all come to appreciate the extra day off from school.

Mariam Kevlishvili
Reporter

Easter is celebrated by every Christian culture, but if you had never heard about this holiday and attended Easter celebrations in the U.S. and in Republic of Georgia (where I am from), you would never guess that you were celebrating the same holiday.

First of all, often it is actually possible to celebrate Easter in both of these two different countries. The Catholic Church uses the Gregorian Calendar, which was introduced to Europe in the 16th Century and is more accurate with regard to the length of the year.

While many Eastern Orthodox churches still use the Julian Calendar. That's why the same religious holidays fall on different days of the year. Orthodox Church celebrates Christmas on Jan. 7 instead of Dec. 25.

When it comes to Easter, the Orthodox Church also celebrates it the Sunday after the first full moon following Vernal Equinox. But Vernal Equinox is often different in the Julian Calendar and the Gregorian Calendar. Also, Orthodox Easter is never before the Jewish feast Pesech (Passover), because that's what Jesus and his disciples observed at the last supper.

But the date is not the only difference. Traditions and practices are completely different as well. For example, nowadays, lots of Catholics choose to give up something dear to them for Lent.

Orthodox Christians try to avoid pleasure, but they actually give up all kinds of meat products, including fish and chicken, all the milk products and eggs. During the last week of Lent, most of the believers also stop eating anything that has been fried.

On the actual holiday, we make sweet bread called "Paska" which is only made for Easter. This is such a common tradition in Eastern Orthodox countries that the church adopted it as a tradition as well.

We don't have Easter bunnies, cascarones or egg searches. We do hard boil eggs but dye them only in

OPINION



Crucifix at the Sacred Heart Chapel.
PHOTO BY MARIAM KEVLISHVILI

red.

There are several explanations why Eastern Orthodox uses only red dye. Some say that red symbolizes the color of blood that Jesus sacrificed for us. Some say it's not a Christian tradition at all, and ancient Zoroastrians used to paint eggs for Nawrooz, their most important celebration, which also falls on Spring Equinox.

However, some believe in a legend that tells how Mary Magdalene went to Rome to inform Emperor Tiberius about Christ's resurrection. Legend says that she gave him an egg and said, "Christ is risen." Tiberius said that believing in resurrection of the dead was as unbelievable as that egg turning red. Legend says that instantly the egg turned red.

I think the same legend is the reason why Orthodox, during several days after Easter, greet each other with saying "Christ is risen." The appropriate answer for this greeting is, "Truly, he is risen." While greeting they also knock their eggs against each other, trying to break the other person's eggshell and keep their own intact, because whoever breaks an egg gets to eat it. Some even say that it's a sin to let the Easter egg go to waste.

Mizuumi-Con attracts hundreds

Lauren Schultz
Contributing Writer

If you were on the Our Lady of the Lake campus on March 26, you might have assumed that it was Halloween.

Hundreds of people invaded OLLU wearing intricate costumes and bantering back and forth about different cartoon characters. But not once would you hear the familiar phrase, "trick or treat," because all those people were gathered for the 2011 Mizuumi-Con Anime Convention.

This convention has become an annual one thanks to staff members Christopher Pagonis and Darrell Hoberer and the campus Mizuumi Anime Club.

It started out as a one-day 'mini'-con back in Nov. 2007 called Zero Day Anime, which evolved into Mizuumi-Con in spring 2009. Now in its third year, Mizuumi-Con has become a full-fledged convention and attracts thousands of anime fans each year.

Unless you are involved in this elaborate subculture, you might not know what anime is or what it entails. Anime, which is Japanese animation, is both hand-drawn and computer-animated. It is used in television series, films, video, video games, commercials and Internet-based releases. It represents most, if not all, genres of fiction.

Anime fans also embrace other facets of Japanese pop culture. There are manga, Japanese comic books, and also Japanese music and film.

All of these facets are



PHOTO BY MARIAM KEVLISHVILI

The Dealer's Room has all sorts of unique and different items to buy.

interrelated and come together at conventions, where thousands of fans can come to congregate and show their appreciation for the art.

Although OLLU's convention has grown rapidly over the past couple of years, it is modest in comparison to San Antonio's biggest anime convention, San Japan. This event, about to enter its 4th year, will be held at the Marriott Rivercenter Hotel on August 5-7, with an expected attendance of more than 6,000 people.

With such a huge turnout, one might wonder what attracts people to this essentially whole other world.

Cosplay, which stands for

"costume play," has become one of the main attractions for anime convention attendees. It consists of dressing up as an anime or video game character to participate in contests or simply just for fun. Many of the costumes are hand made. No one is required to dress up, however. Many come just to witness all of the costumes other people wear.

"It is not uncommon to feel a connection to the characters, as it is easy to become immersed into it," said Dave Henkin, the chairman for San Japan. "People become inspired by the character artwork, or they're fans of characters of a certain series, so they want to recreate the

costumes and props as seen in the series."

Fans, along with their friends and family, attend conventions to find dealers who sell products that won't normally be found in retail stores. They can also talk to artists who draw and sell fan art inspired by anime and manga. Anime conventions also are great places to meet people who have the same interests, fans said.

"It is more like a pop culture convention than anime," said Michelle Kime, of Texas State University, who was dressed as a man wearing a fake mustache. "It's a whole nerd culture."

"To an outsider it might seem like a weird Halloween party, but this is the chance where anyone can be the character they want at a place where they can show it off," Henkin said.

Anime followers continue to grow in number every year, and conventions are popping up all across the country. They range from small, one-day conventions at high schools or libraries that bring in a few hundred people, to 'mid-size' cons around the state, which may draw 4,500-7,000.

Texas' largest anime convention is A-Kon, based in Dallas. It had 18,000 people at its last convention. A-Kon also is the oldest in the country, going on its 22nd year.

One thing that might surprise people about anime conventions is the age of the attendees. Since anime is ultimately cartoons, one might assume that the fans would mostly be young children, but the typical age is around 12-23.

"To an outsider it might seem like a weird Halloween party, but this is the chance where anyone can be the character they want at a place where they can show it off."

Dave Henkin
chairman for San Japan

"The age of attendees has gotten younger over the years and now leans toward a larger female attendance," Henkin said. "What is now normally seen at anime conventions is attendees being in the 13-19 age range."

Although all of this might seem foreign to an outsider, there is one aspect that most anime fans would like for people who do not follow it to understand.

"There are normal people who like going for the vendors and to see people dress up," said Samantha Mendoza, OLLU student. "It is not just a bunch of weirdos like people may think."



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Cafe's new Philly tacos are secret delight

Jordan Whitfield
Contributing Writer

The ingredients are nothing new: Philly steak, mozzarella cheese, corn tortillas, and avocado. Separately, they create the cafeteria's many food options.

But together, they form the newest menu item: the Philly taco. Some students may not know about the cafeteria's latest craze. That's because it's not on the official menu.

Student MariaLuisa Herrera experienced her first Philly tacos right after spring break at the urging of her roommate. She liked them so much, she returned on her own later to order more, but she encountered a problem.

"I went back and I was confused about whether or not they still existed," Herrera said.

The Philly tacos are not on the regular menu posted above the grill, so some students do not know about them. However, they are available for special order every day during lunch and dinner hours.

The Philly tacos came to be a cafeteria item after some students saw a cook making them for himself and asked about them.

Students wanted the tacos so badly that they spoke to the Food Services Committee about getting them on the menu.

Students enjoy the tacos, but the cooks have a different opinion.

"I wish they had never come," cafeteria cook Henry Flores said. "Making them is a lot of trouble for us."

That problem probably will not be going away anytime soon. The Philly tacos seem to be a hit on campus because they have been around all semester.

It seems that tacos are as much a Mexican tradition as fast food is for college students. Lucky for OLLU students, the West Side has no shortage of taco shops.

With the addition of Philly tacos in the cafeteria, students now have an on-campus option to get their taco fix.

Student Pedro Cantero explained the importance of tacos in his diet as part of his Mexican-American culture.

"It's something I grew up with, so it's hard to get out of my system," Cantero said.

But fans of traditional tacos are not as supportive of the Philly version.

"They're alright," Cantero said, "but they're dry sometimes, and the hot sauce isn't good."

That's compared to Cantero's favorite taco place, Tacos El Mexicano at 1322 Culebra Road.

Cantero likes El Mexicano's tacos so much he introduced all of his friends to his delicious discovery.

Amanda Gonzalez, one of the students Cantero introduced to

El Mexicano described the tacos as "juicy, tender, delicious, and mouthwatering."

Brenda Martinez agreed on the tacos' taste, but she warned that El Mexicano first-timers should order at least four tacos, because they are that good.

An explanation for the difference in opinion of the El Mexicano and Philly tacos could be the taco maker's philosophy of a real taco. Freddy Pena, owner of El Mexicano, calls his tacos Mexican-style because they have no cheese.

El Mexicano's tacos are made with carne asada meat in a corn tortilla, but served with cilantro, onion, and lime on the side.

The cafeteria's tacos, on the other hand, are made with mozzarella cheese and Philly steak meat and topped with optional avocado.

Another difference is the price. El Mexicano charges \$1 a taco for the carne asada tacos, while the cafeteria charges \$4.99 for a plate of three Philly tacos and \$1.35 extra for avocado.

The Philly tacos can be an option for some students because they can pay with their meal plans. El Mexicano accepts cash only.

For taco fanatics, the Philly tacos are a decent substitute when they are in a hurry, but students said the quality varies by the cooks and how rushed they are.

Cantero, the taco aficionado,



PHOTO BY MARIAM KEVLISHVILI

Philly tacos are now available at Sister Annie B. Cafeteria.

prefers El Mexicano.

"It may seem like a regular taco," Cantero said, "but when you bite into it and the juices hit your taste buds, all you can say is, 'Oh my goodness.'"

Cantero's preference for

Mexican-style tacos has not stopped him from having the Philly tacos on occasion.

Sadly for the cafeteria cooks, students seem to enjoy the Philly tacos.

You and I Underwater discovers musical tranquility

Collette Orquiz
Contributing writer

Michael Christopher stands on a small stage with one lonely microphone in front of an audience filled with chatting people drinking beer.

Dressed in slightly faded black skinny jeans, a green v-neck shirt and grey hooded sweatshirt, acoustic guitar in hand, Christopher strums out a ballad of relatable lyrics.

"I don't want to be confused," he sings. "I don't wanna stay in love with you. But if I stay here trapped inside your eyes, if I stay here, I'll never make it out alive."

Christopher, who performs under the name You and I Underwater, never pictured his life taking this musical turn.

He was born and raised just outside of San Antonio, in Somerset, Texas.

"It's probably one of the most horrible places to live if you're a starving musician when you're young," Christopher said, "because you can't get out, you can't do anything, [and] you got to make do with what you have."

After trying creative outlets such as drawing and skating, Christopher picked up his first guitar at age 11, and music ultimately became second nature. You and I Underwater has always existed, he said.

"When I write something I feel so alive," Christopher said. "It's like my diary and I'm putting it out there, and I can take all of my worries out of my head and write it on a piece

of paper. It's the most amazing feeling."

He remembers when he was younger frequenting Big Shell beach in Padre Island with his father and going fishing.

"So when I think of the ocean and stuff, it just reminds me of a good homey vibe, a real calm, submissive thing," Christopher said.

Every time he plays he said he feels a sense of calm and tranquility, and that's where his name comes from.

"You and I Underwater is basically, you and I in tranquility. You and I experiencing love and life together."

In 2006, Christopher launched You and I Underwater's MySpace page. Christopher never expected to gain a fan base, record himself, or start recording other people. Since receiving his acoustic guitar, he's never really played covers.

"I've played alone for the longest time and write music because I couldn't play anybody else's," he said.

Christopher's voice soars over his melodic chords while managing to quiet down the crowd. His songs range in volume from soft whispers to letting lyrics fly at the top of his lungs. His main influence is front man Adam Lazzara from Taking Back Sunday, known for his vocal range and rhythmic voice. Christopher mimics Lazzara's ability to sing high notes and howl out lyrics to create emphasis.

His writing process is simple: "Find a girl, break my heart, and write like ten songs out of it."

He's not sure how many times this has

happened, but to him, it's the only way anything comes out the way he needs it to.

"When I'm in the mood, I'm in the mood. I won't stop [writing] until I've said what I need to," Christopher said.

"He talks about a lot of ex-girlfriends, but he's so in touch with his emotions in these songs," said Lauren Treviño, an artist and Christopher's current girlfriend.

"It's just like, is it reminding him of every girl every time? Because he makes you believe that."

Christopher sings out from the stage, "And if I stay here, trapped inside your smoke, if I stay here, I'll never be a whole."

His music has been called "emo" from time to time, but Christopher does not see being emotional as a bad thing.

"I think music is supposed to be emotional," he said, "I don't really know what to say except if you want to call me emotional, then let's do it."

Ruben Garcia, owner and operator of the San Antonio venue G.I.G On the Strip and a frequent booker of You and I Underwater said Christopher's music has a special appeal.

"He's got a huge range of vocal styles, he can sing straight out, or hollering and howling, to gentle whispers," Garcia said. "His lyrics are really good too. They're deep thoughtful and introspective."

Garcia also said that singer/songwriters are on the rise, adding that it takes guts for a person to get on stage and bear their soul as a live performance.

G.I.G started in 2008, and is known for its

intimate atmosphere and absence of cigarette smoke and alcohol.

"It's just a place [Garcia] opened up and put a few couches in and said, 'We need to experience real music in here,'" Christopher said.

Christopher is currently part of another project called Collective Dreams, which pumps out indie, psychedelic tunes. He keeps the same vocal feel, but puts it in a different context. The band has been recording for a full-length album, expected out this summer. Free downloads of their EP titled "Passages" are available on Facebook.

When it comes to the future, Christopher said the sky's the limit. Treviño is creating artwork for a website and a CD, but no release date is set at this time. Treviño said she's excited about working on the album art and thinks You and I Underwater has a lot of potential.

Christopher sees social networking as helpful, but not the actual home for You and I Underwater. He plans on having a website where he can offer all of his recorded music for free. As for right now, Christopher's songs can be heard on MySpace, Facebook, ReverbNation, and YouTube.

All Christopher knows is that You and I Underwater has no end in sight.

"He's a little guy that's got a lot of power to him," Garcia said. "If he does make it professionally, he's going to be a great performer for the rest of his life."

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ADDICT

continued from page 1

A former Facebook employee told CNN that many people deactivate every day, but more than 50 percent come back.

"I've deleted mine at least four times. It just got old, and took up a lot of my time," said Kay McMeans, a student at San Antonio College. "Sadly, I've always come back. If you don't have one you just feel out of the loop."

Lynlee Howard-Payne, a psychology lecturer at the University of the Witwatersrand, told the website sickfacebook.com that even though there aren't official statistics, based on the large number of universities and schools blocking access to Facebook, there could very well be an addiction in many students.

CNN determined five ways to see if you were in fact a Facebook addict:

- If you lose sleep over Facebook.
- If you spend more than an hour a day on Facebook.
- If you become obsessed with old lovers. Adding an ex seems to be okay, however experts warn that

it can become out of control very quickly, and can become obsessive. •If you ignore responsibilities. •If the thought of getting off Facebook leaves you in a cold sweat.

"The irony of who is most pathologically addicted or has FAD (Facebook Addiction Disorder)," Michael Fenichel, Ph.D who practices clinical psychology in New York, writes on his website, "is that nobody may be left to observe or treat this huge behavioral phenomenon, as everybody is too focused on 'walls', 'apps', networking and adding old and new friends."

In other words, we might be too busy social networking to even notice.

Although, the first sign of addiction is admitting you have a problem. Many might jokingly say that they have an addiction to Facebook, but none shows a real serious concern.

When asked if she could be weaned off the social networking site, the 28-hour-a-week Facebook mom thought it would be difficult but possible.

"Yeah, if I really had to," Strawn said. "I'd have to go with out a computer for a whole week, but I think I could do it."



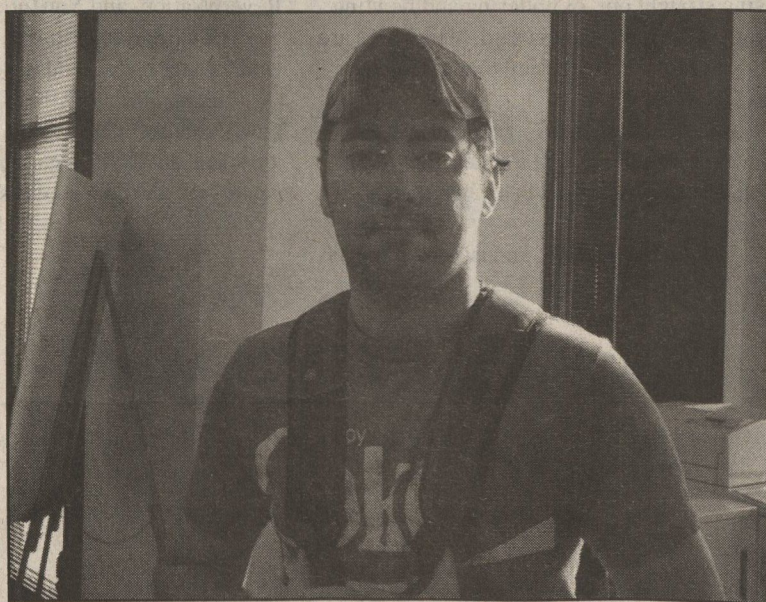
PHOTO BY MARIAM KEVLISHVILI

Everyone seems to be on Facebook or use it for some reason or another.



PHOTO BY MARIAM KEVLISHVILI

Stephanie Ruiz and Roger Mendoza (top), Mario Moreno and Trisha Hamilton (middle), Jerry Ayala (bottom) discuss their plans after they graduate from OLLU with their bachelor's degree.



GRAD

continued from page 1

she wants to go to law school after getting her BA because she said there are not a lot of job opportunities when you have just your bachelor's.

"I'm planning on getting a scholarship for my law school," Ruiz said.

Junior kinesiology major Roger Mendoza wants to get a master's degree but is not sure when.

"I've been coaching for three years, and it all depends on where it takes me. Technically, a bachelor's degree is enough to coach in college, but it depends on the situation," Mendoza said.

Freshman kinesiology major Trisha Hamilton definitely wants to get a master's as soon as she earns her BA.

"Finding a job would probably be easier, but when you have master's you get paid a lot better," Hamilton said.

Freshman criminal justice major Mario Moreno is one of the few students interviewed who is not planning on enrolling in a graduate program, but even he will need some additional training apart from his four years at the university.

"I want to go to the police academy and become a detective," Moreno said.

Chemistry major Jerry Ayala is a senior, so he has already thought through his choice of a career.

"I'm going for pharmacy, and the pay is drastically different with a graduate degree," he said.

Ayala also said it is much easier to get a job after you have a graduate degree.

"After grad school, I will be able to find a job in a week, while with a bachelor's, it might take months."

After the first four years at the university and then graduate school, students could accumulate around \$150,000 in debt. Some, including Ayala, wonder whether grad school is worth the expense.

According to Rhonda Boyles, director of Career Services, it is.

"Statistics show that students with graduate degrees make more than students with bachelor's degrees. The difference is quite enough to cover the debt," Boyles said.

However, she advises students pursuing graduate degrees not to settle on jobs that do not utilize their degrees to the fullest. In today's economy, it is not affordable.

"Statistics show that students with graduate degrees make more than students with bachelor's degrees. The difference is quite enough to cover the debt."

Rhonda Boyles,
director of Career Services

However, there is also an option for students who don't want to earn master's degrees. Some might think that a bachelor's degree is never enough, and Boyles agrees that getting a job with just a B.A. is not easy, but it is possible. "Flexibility is the key," Boyles said. "One might need to settle on other areas that are related that would give them the foot in the door."

Both Boyles and Roxanne Sanchez, coordinators of internships and experiential learning, said financing, accounting, CISS and social services are the areas that have the most job openings right now. According to Sanchez, OLLU Career Services establishes relationships with employers to post the jobs. They connect students with employers.

Even so, Sanchez said not all students jump immediately into the workforce after graduation. "It may not happen right away because of the lack of experience," Sanchez said. "Internship is the key."

Undergraduates should start worrying about internships in their sophomore year, while graduate students should start looking during their first semester.

But revisiting the original problem of choosing between a grad school and a job, career services offered an ultimate solution: both. OLLU offers flexible graduate programs for students who still want to have a job. The university provides evening and weekend graduate-level classes that do not prevent students from working full- or part-time.

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Accessories and attire create nostalgia

Claudia Flores
Contributing Writer

Disney princess and Lego Batman backpacks are usually seen hanging along the walls of kindergarten classrooms.

Well, those same cartoon characters have worked their way up the ladder and now hang off the back of students chairs at Our Lady of the Lake University.

"It brings back certain childhood memories whenever I use my Ninja Turtle backpack," said Richard Campa, an OLLU junior.

Up and down the halls at Our Lady of the Lake, there seems to be a trend of students wearing retro superhero and cartoon character shirts and accessories. Students of all ages are rocking this new style, from Power Rangers shirts to plush Star Wars Yoda backpacks.

Mizumi-Con 4 also recently

took place at OLLU, giving students an opportunity to wear a Batgirl shirt with pride. During the anime convention, participants were encouraged to engage in "cosplay" by dressing up like a favorite cartoon character or superhero.

"New movies, music, cartoons, and shows come out so often, designers need to keep up with what society wants, and apparently right now they all want to look like Superman and Strawberry Shortcake," said Sarah Rendon, a Nordstrom stylist.

The four-year professional stylist said mainstream style revolves around pop culture. In recent fashions, superheroes have been the muse for top designers all around the world. Nordstrom's high-price retro comic shirts, wallets and scarves can range from \$60-\$300.

Even recent high-end Makeup Artist Cosmetics also known as

MAC has released a Wonder Woman and Hello Kitty line of makeup. Suzanne Wood, another Nordstrom employee, said fashion will keep evolving. People may want to look like Clark Kent today, but tomorrow they may want to resemble celebrities of the '60s.

Either way, OLLU students have made it known they can find lookalikes of those top designers' cartoon character fashions at local thrift stores for less than half the price.

Many said they find comfort in their youthful memories just by wearing an article of clothing.

"I like the different faces people give me when they see me walking down the street whenever I wear my Hello Kitty-ears headband," said Amanda Perez, an OLLU alumna. "I tell them, 'Yes, I know I'm a 26-year-old who has cat ears on.'"

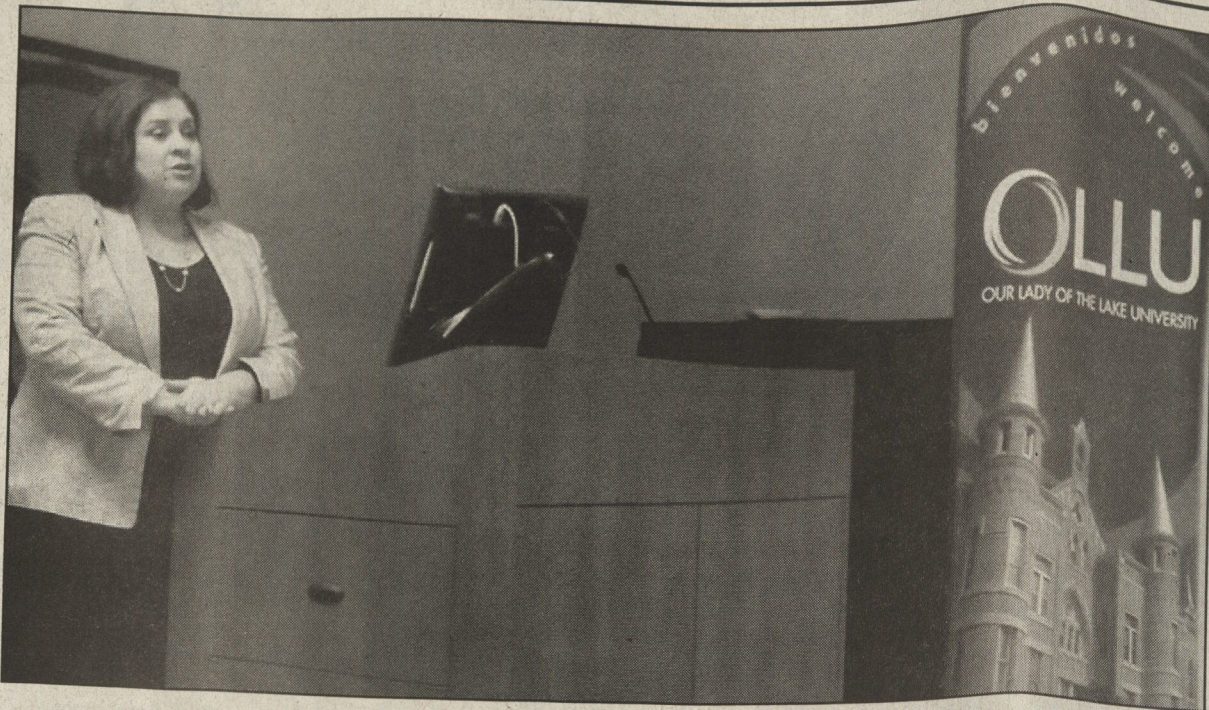


PHOTO BY SARAI BEJARANO

Senator Leticia Van de Putte speaks to students about the financial issue that might effect higher education.

Senator's plea

» Van de Putte asks students to fight for funds

Sarai Bejarano
Editor

On Friday April 8, State Sen. Leticia Van de Putte was welcomed at the OLLU Library Community Room with a standing ovation by students, staff and faculty. The senator is a five-term state representative and represents District 26. She visited our campus to discuss the proposed state budget cuts that will affect higher education.

"We are truly honored to welcome the senator to our campus," said Dr. Tessa Martinez Pollack, president of OLLU. She is a strong advocate for children and education and she gives a voice for those who are not always heard."

Van de Putte began her presentation by stating that the state budget cuts concern her because they will be not only be affecting the economy greatly, but the effects of these cuts will be seen primarily in education and its funding. Over the next two years there will be a 27 billion deficit in education and there will be an eight million dollars in cuts in public school funding.

"The fiscal state of Texas will greatly impact the state of Texas, but I think San Antonio will be one of the hardest hit."

The senator mentioned how some bad decisions made on the state budget back in 2006 have come back to

haunt us. She addressed how certain taxes were increased but some were not meeting the expected revenue and that is were the structural shortfall initiated and began creating a financial deficit. Van de Putte also mentioned how the Texas House passed a budget that will cut the Texas Equalization Grant by 41 percent.

"Its economic choke, it makes no financial sense to cut from education," said Van de Putte. "We are supposed to assure the success of our younger generations so they can carry our nation forward. If they were not responsible for creating this problem they should not be the one who are affected."

The senator then proceeded with telling students to be actively involved in this topic. She encouraged students to speak up and let other officials and the governor know how much this will be affecting them. She stated that if no one knows how it will affect the students, no one will ever really know what is being jeopardized.

"You have to help me help OLLU," said Van de Putte. "OLLU has been great to me and my family, and I can't let this happen to the University. I know how much students here depend on the TEG and having a cut of this magnitude will surely affect many students here and around the state greatly."

Students were actively participating throughout her PowerPoint presentation and asked questions that pertained to the subject. Students asked about other cuts that might be seen and possible outlets and sources they could rely on if they are affected by the cuts.

"I think that it's obvious that the students gained a lot from the senators visit," said Pollack. "I think students understand the issue and I hope they take important actions to secure a successful future for themselves."

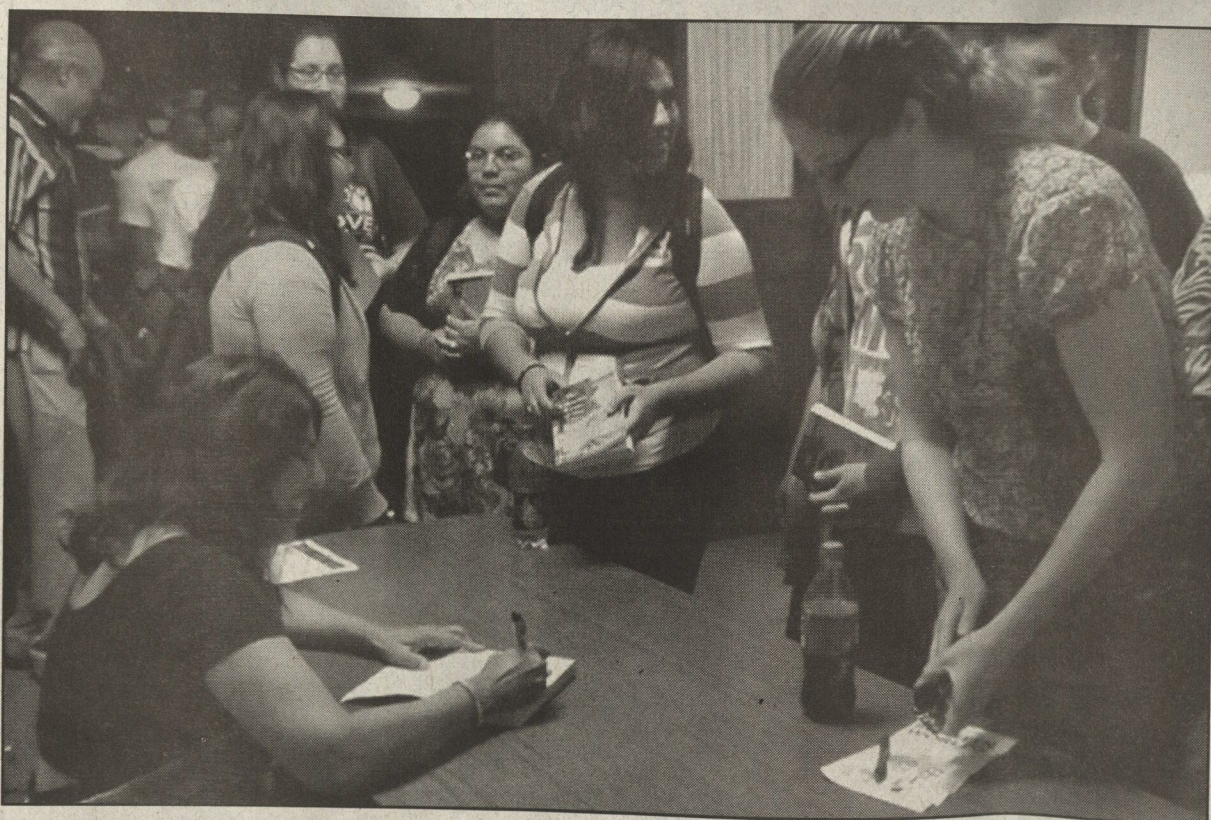


PHOTO BY MARIAM KEVLISHVILI

Author Chitra Divakaruni autographs her book for the students and fans after her reading.

Chitra reading on immigration

Jordan Whitfield
Contributing Writer

Wearing a brightly colored sari and speaking with a distinct accent, the Literary Festival keynote speaker shared passages from her writings about the Indian-American immigrant experience and her trials and as a writer.

Award-winning author Chitra Divakaruni presented the keynote address at the Literary Festival on April 7 by reading from three of her works and sharing some of her own story.

Before the readings, Divakaruni shared her personal experience as an immigrant and an author. Her path to becoming a writer had an unexpected twist.

"I was a terrible writer when I first started," Divakaruni said, laughing.

"I started out writing poetry," she said, "but when I went back and looked at it a few years ago, it was so bad I destroyed it."

Divakaruni moved on to writing short stories and novels, as well as poetry, which she shared at the reading.

She made the Indian-American immigrant story the focus of her writing.

Divakaruni asked herself, "How do we carry on our culture [as immigrants]? And how do we pass it on to the next generation?"

She answered these questions by writing about what she calls "a further chapter in the immigrant story."

"I looked at people re-immigrating back to India," Divakaruni said, "which is an interesting development in older and second generations."

This immigrant experience and immigrant life in the United States inspired her. She drew from the experiences of fellow immigrants for her stories.

"I got my ideas from going to Indian parties and listening for

gossip," Divakaruni said.

That method failed after her writing was published.

As an Indian American immigrant, Divakaruni writes from a unique experience. Because of cultural differences, some of Divakaruni's family members and friends did not lend their support to her writing.

"They said, 'Who'll be interested in the stories you're writing about Indian people?'" Divakaruni said.

Divakaruni chose to ignore the critics and found a welcoming audience.

After the reading, Divakaruni spoke with audience members and signed books at the door of Thirty Auditorium.

The line for autographs running from the table near the door and back into the auditorium suggested that Divakaruni chose well in deciding to write about immigrants and other cultures.

FITNESS

Continued from page 2

to go to the grocery store and invest in healthy microwavable food, fruits and whole grain products.

"I haven't been depriving myself of the things I sometimes want," Rocha said.

Instead of depriving herself, she works even harder to be able to have those cookies she has been craving. Rocha explains that she has never been on a diet.

"Thinking about a diet stresses me, so instead of dieting I would just say no to the brownie and ask myself, how is this food going to benefit me?" Rocha said.

There have been many barriers in Rocha's goal to have a healthier lifestyle, but her fear of what other people may think was her biggest obstacle.

"It was fear that held me back from the success that I am feeling now," Rocha said.

When she realized she was able to exercise just like everybody else and that there were many people who supported her and didn't judge her, Rocha formulated that she didn't

"It was fear that held me back from the success that I am feeling now."

Theresa Rocha, student

have to be ashamed of trying to be fit and healthy.

Rocha said she is thankful for friends who encourage her to go to the gym and go an extra mile. Sometimes, she added, just seeing that Avelar was still running motivated her not to give up.

Today, Rocha is able to run two laps straight. She says that for others it may sound effortless, but for her it's a great accomplishment.

Exercising is essential in order to have a balance in life, and for Rocha, being physically active has the same importance as school and her faith.

"It's important for me to be healthy because everything around me will work if I am working correctly," said Rocha.

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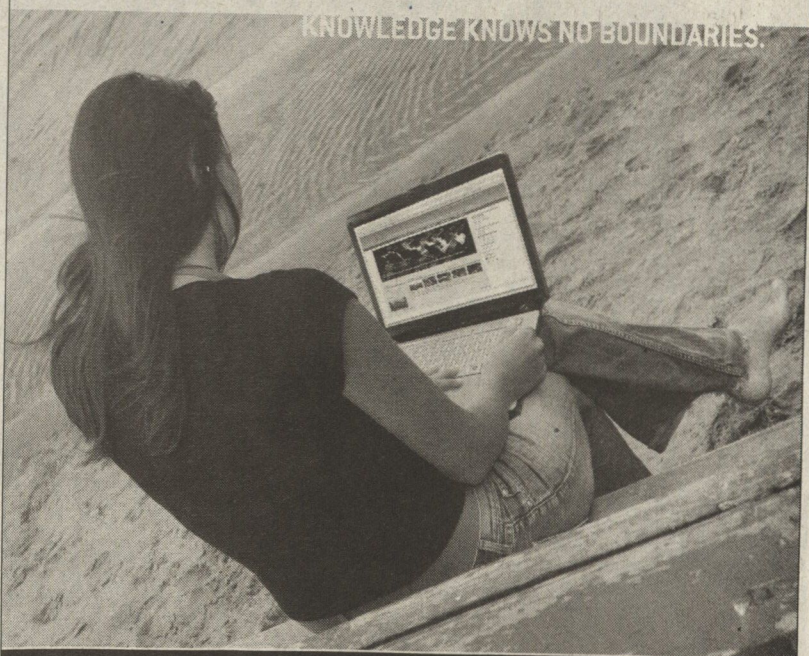
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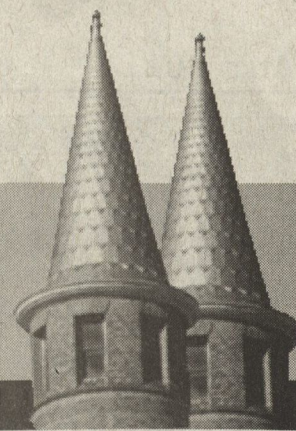
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Saints bowling team makes it to nationals

Courtney Minten
Sports editor

The Saints bowling team's fight for Nationals has paid off. The Saints bowling team competed in the National Association of Intercollegiate Athletics (NAIA) Invitational April 1-3. The heated competition took place at the Woodland Bowl in Indianapolis.

There were 24 men's teams and 23 women's teams in the running. Most of the teams are NAIA members, while the Saints are not because they lack university sponsorship. OLLU bowlers were at a halt when, a week before the competition, they lacked the funds for two students to attend. However, their determination and fundraising put them beyond what they ever expected. They were able to raise \$2,000 extra for their team, which will be

"We really enjoyed ourselves...we were able to meet all the other bowlers, and we had a blast!"

Ernest Silva
captain of Bowling team

used for next year's competition cost and to pay for their practice time.

The Saints arrived March 31 in Indianapolis with their game faces on and ready to go. Both the men's and women's

teams were able to qualify for a seat in the tournament by doing well in the preliminary match, the men ranking No. 23.

The men lost in first round of the three-round tournament to Notre Dame, ranked No. 7, and in the second round to No. 1 team Webber International. However, they won against Grand View, ranked No. 17. After the two teams tied 4-4, OLLU won the tiebreaker game, 199-137.

The women suffered a blow when an anchor woman, the team's strongest women bowler, was injured just before competing. Emily Dzierki, also founder and captain, twisted her ankle on the stairs at the facility.

"It was swollen twice the size," said Ernest Silva, founder and captain. "They had to play with four-and-a-half girls instead of five." Dzierki continued to compete, bowling on one leg during the tournament.

"We called her Flamingo," Silva said.

The Lady Saints finished 21st in preliminaries, but they fell to Bethel University and Midland College in the first and second rounds of the tournament.

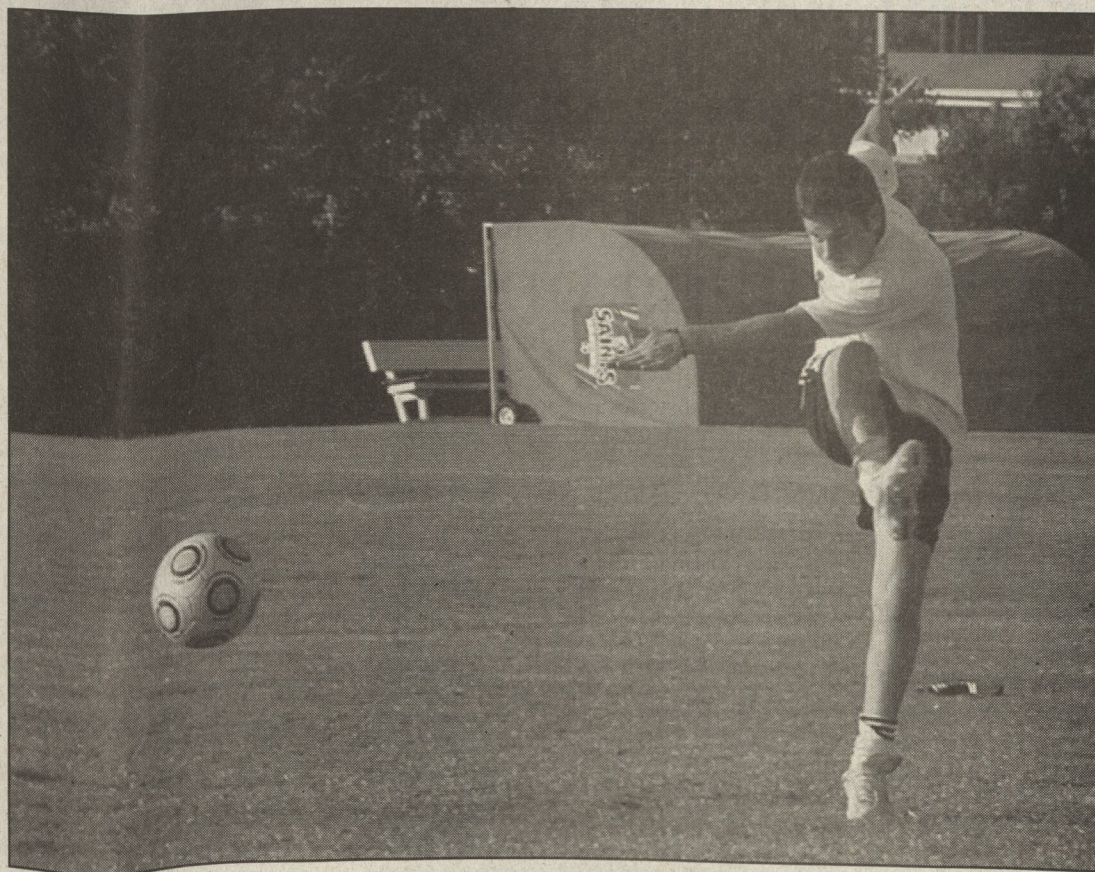
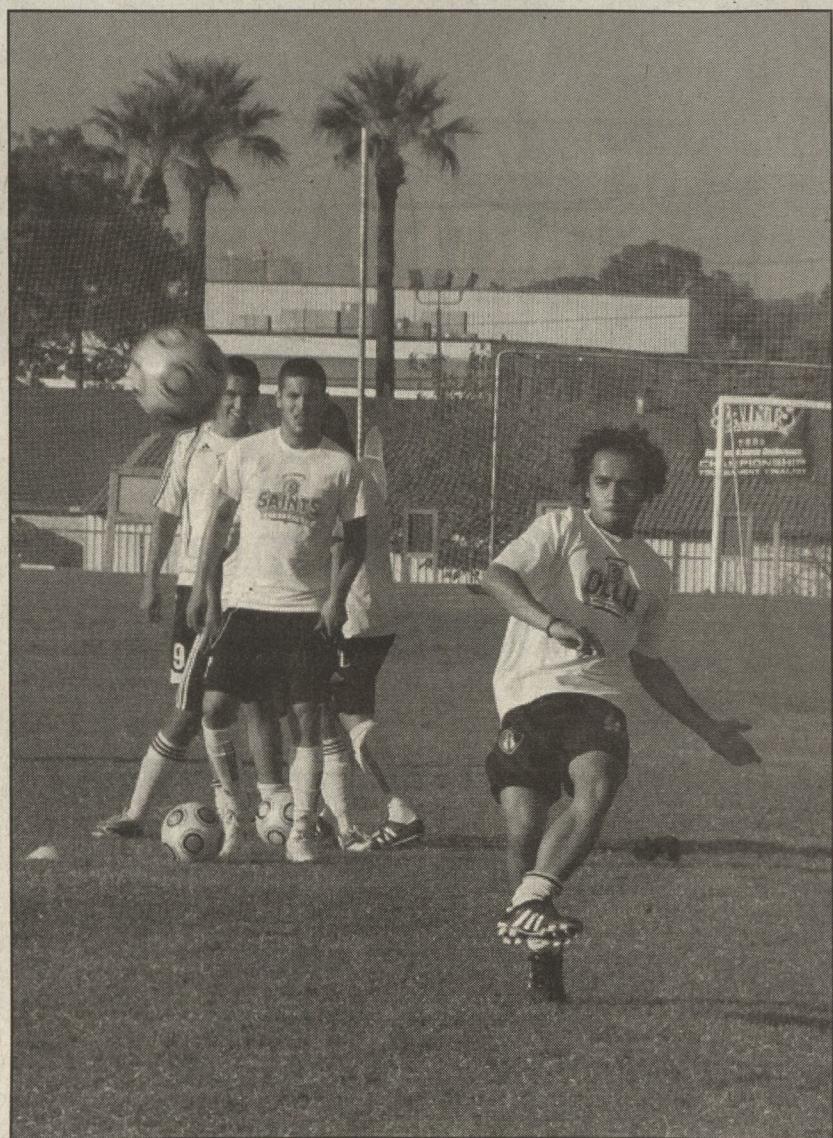
Julian Carranza was named outstanding player for men's team, and both Silva and Kim Harlow were named outstanding bowlers of day two. Danielle Rivas was named women's MVP, while Johnny Carranza was named men's MVP. Clarissa Garcia received the Sportsmanship Award.

"We really enjoyed ourselves," Silva said. "We were able to meet all the other bowlers, and we had a blast!"

For the first time ever going to Nationals, Silva said he couldn't be more proud of his team.

"Ultimately, we did our best," Silva said, "and we left happy, simply because we were able to compete."

POST-SEASON REVIEW



PHOTOS BY MARIAM KEVLISHVILI

The soccer team ended their season with a 10-4-1 overall record and 5-4 in conference. However, the team continues to train in their off-season and will continue through the end of April. Players are expected to keep training during the summer and will even be hosting two Soccer Summer Camps here at OLLU.