

How Do Students Feel About the Cafeteria?

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Nicole Maginnis- Freshman

"It's horrible, it's overpriced, processed and disgusting."



Dan Crawford- Freshman

"It's all right. They have good chicken tenders. I wish the salad bar had more fresh options. I wish I could also make my own hoagies. There is a wide variety of drinks. It is all right, but nothing special."



Anna Toshtzar- Sophomore

"I think it's a little too expensive. They should have a bigger variety of stuff."



Kevin Nunn- Sophomore

"The quesadillas are delicious. I have never had anything else because they are so delicious. The people are nice too."

Shutdown Might Save Republican Party

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The Republicans and Democrats shut down the Federal Government for 16 days due to ideological differences. This shutdown had private citizens furious with members of both of the major political parties. However, the Democrats have not been under a three-year internal attack by a radical group.

The Tea Party Republicans have somewhat successfully taken a political party that prided itself on being an anti-big government, socially and economically conservative party to a group of religious fanatics that are completely out of touch with the majority of the people they are supposed to be representing.

This hijack has led to a vast polarization of American voters. Gone are the days of conservative Democrats and liberal Republicans, and soon the Republican Party as it currently sits may be gone as well.

A Quinnipiac College poll shows that the American people blame the Republicans for the shutdown by a 44% to 35% margin. While this poll isn't groundbreaking it does show that more Americans blamed just Republicans than just Democrats for the shutdown - though the vast majority of the American people feel both parties were at fault.

The biggest detriments that the Tea Party Republicans have brought to the Republican Party as whole is the extreme ideology, and the fact that these politicians come from such a polarized (and gerrymandered) areas that they have little competition in elections, until now.

A Washington Post article said that the Michigan district that is currently held by Justin Amash is, "tired of Tea Party governance, as exemplified by the budget fight that led to the shutdown."

This belief is held in other districts as well, most notably districts in South Carolina and Tennessee.

If the Tea Party is filtered out of the Republican party then the Republican party will become less extreme on certain issues, and become the attractive conservative party it was in the past.

The Republican Party has a clear goal in 2016; win the Presidential election. To win the Presidency both political parties need to nominate candidates that will hold Congress accountable for the shutdown. This means that a current member of Congress does not stand a great chance of being elected. This does not bode well for Sen. Ted Cruz, one of the early favorites to run for Republican nomination.

The Democrats could more easily nominate a candidate that holds Congress accountable because less Americans blamed Democrats for the shutdown, and one of the early favorites to run for the Democratic nomination is Hilary Clinton. Clinton completely separated herself from the shutdown when she left President Obama's cabinet at the beginning of his second term.

The only way that the Republicans will be able to compete with the possibility of Hillary Clinton running without any ties to the government shutdown is by nominating a moderate candidate.

Give Blood - It Saves Lives

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The time to give blood is now.

A Red Cross Blood Drive was held at the Rock Run YMCA in October to help provide blood for some children who may need extra blood to help with cancer, autism, diabetes, pneumonia and other diseases and infections.

"Rocky Run loves hosting Red Cross Blood Drives," Meg Sherry, Rocky Run's Advanced Wellness Director, said. "We are a community-based organization and we really take pride in making people feel welcome and helping those around us. Our members know that donating blood saves lives and we try our best to encourage everyone to donate or at least spread the word about the benefits about donating."

Dozens of Delaware County residents and YMCA faculty members gave blood at this event. By donating blood through the American Red Cross, Rocky

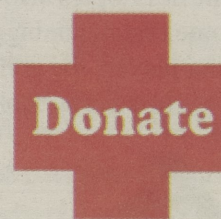
Run YMCA has helped provide health awareness to the community.

"Donated platelets and blood can play an enormous role in cancer treatments and care, along with multiple other diseases," Dr. Angela Sievert, an oncologist at Children's Hospital of Philadelphia, said. "I see over 100 blood transfusions a month here at the children's hospital. Chances are, there's a child or a family waiting for the gift of blood that a healthy person is able to give."

To qualify to donate, potential donors must be 16-years-old or older, generally healthy and weigh at least 120 pounds. Health history is discussed as part of the donation process, and each donor receives a brief examination which includes temperature, hemoglobin and blood pressure measurements.

Rocky Run YMCA has helped the Red Cross fulfill its purpose of ensuring the availability of a safe and reliable blood supply.

Local blood drives can be found online at www.redcrossblood.org. On November 6, for example, there's a blood drive at the West Chester American Red Cross from 1-8 p.m.



It doesn't take much to save a life.