Finals are upon us!

Students should be sure to check the finals schedule on my.SBU.edu, and with their professors, to verify dates and times. Finals are not always held on the same day or at the same time as class sessions.

Sign up for a tutor!

It is not too late to sign up for a tutor! Students should go to my.sbu.edu / Academics / Student Success Center to request a tutor. Tutors are FREE for students and offered for every class!

Freshman Common Reads Author Jose Antonio Vargas visits St. Bonaventure University

By James Matthew Villanueva

On Tuesday, Oct. 1, Jose Antonio Vargas, author of this year’s All Bonaventure Reads book Dear America: Notes from an Undocumented Citizen, delivered a keynote presentation in the Reilly Center titled, “How do you Define American?”

“What I’m trying to do is to make an argument, but more importantly ask questions,” said Vargas in his opening, a reference to James Baldwin’s quote, “We are in a country that loves answers but hates questions.” Throughout his hour-long presentation he challenged his audience to find answers to their questions.

Vargas came to America from the Philippines to live with his grandparents when he was 12. Adjusting to American life was an immense culture shock. When he arrived he did not know the difference between black and white people. To him, they were all simply Americans. He did not know where he fit in as a Filipino.

“I’m not black or white, so what does the ‘master narrative’ mean? ... The work that I do is rewriting whatever the ‘master narrative’ is,” he said.

He learned he was undocumented his fourth year in the U.S., when he biked to the Department of Motor Vehicles to get a learner’s permit. He was turned down after displaying his fake green card.

(Continued on page 4)
By Dalton Lord

Finals week will come before students know it. The sooner they prepare for their finals, the more likely they are to get good results that will factor into their GPAs.

Every student has a preferred method of studying. Those who like a quiet environment are often found in the library, where they have access to computers and other research tools, and where there is no noise to distract them.

Students who need more assistance while studying can make arrangements with the Student Success Center, which offers tutoring, supplemental instruction (student-run review sessions), the writing lab and math lab. Students with disabilities can get assistance from Adriane Spencer, director of Disability Support Services, who is also located in the Student Success Center.

It’s important for students to remember that how long they study is also important. Putting it off until the last minute is never a good idea. And locking yourself away for most of the day to study is also a bad idea, and not healthy.

A good way to get studying in without driving yourself mad or letting time slip away is to study a few hours each day in an environment that best suits you. Whether you prefer the library or your own room, it’s a good idea to put aside any distractions that might keep you from your task.

Efficiency is the key: Stay focused, find your ideal location, and don’t overdo it.

Students should check with their professors and refer to the final exam schedule to see when and where their exams will take place. Note: Many exams do not take place at the same time or on the same day that the class is held, so it is important to double and triple check the exam schedule.
FAFSA 2020-2021 is here!

For all students returning to SBU for the 2020-2021 academic year (summer, fall, spring) to continue either your undergraduate or graduate studies, the FAFSA for 2020-2021 is now available. This FAFSA utilizes your family’s 2018 tax return information. The IRS DRT (data retrieval tool) is available to import the 2018 tax return data directly into the FAFSA. To complete the FAFSA, go to https://fafsa.ed.gov and make sure you have the FSA ID handy for both parent and student. If you need assistance, please feel free to come to the One Stop office located in Hopkins Hall and a trained staff member will help you.

Other Financial Aid

1. Loans are an obvious way to bring in more money to pay for education, but you will have to pay this money back at some point. Federal loans are funded by the government, subsidized loans are for undergraduate students with financial need, and unsubsidized loans are low-cost, fixed-rate federal student loans available to undergraduate and graduate students.

2. Scholarships are helpful as well. For information, and to apply, visit my.sbu.edu.

3. Using TAP can help. Students can fill out a TAP application at https://www.hesc.ny.gov/

100 Years of St. Bonaventure Basketball

By James Matthew Villanueva

With the 100th season of St. Bonaventure basketball underway, Mark Schmidt and his team usher in a new generation of Bonnies’ basketball. With only one player remaining from the 2016 NCAA Tournament run, Schmidt courts a young core led by a strong sophomore class and an exciting freshman class.

"We have old sophomores," Schmidt said. "Our three best players and our three most experienced players (Kyle Lofton, Osun Osunniyi and Dominick Welch) are sophomores, which is really unheard of. Those sophomores have to lead our team."

Last season, as freshmen, starting guard Lofton led the Bonnies with 37.4 minutes per game and 14.4 points per game, while Welch, his backcourt counterpart, led the team with 43 three-point shots made. He also averaged 12 points per game in the Atlantic 10 Tournament. Rounding out the talented sophomore class is Osunniyi, who was sixth in the nation in blocked shots last season (2.6 per game) and led the Bonnies with 7.4 rebounds per game.

Lofton, a second-year captain, was named to the A10 Preseason All-Conference second team, while Osunniyi was named to the All-Conference third team and the all-defensive team.

Joining the sophomores is senior big man Amadi Ikpeze, the only Bonnie with NCAA Tournament experience, and redshirt sophomore Bobby Planutis. Ikpeze, a captain, is looking to finish his career on a strong note, and Planutis, a transfer from Mount St. Mary’s, has been named a captain.

Schmidt’s recruiting class is one of the most exciting in recent years. With seven new faces in brown and white — three transfers and four freshmen — the Bonnies only have one returning upperclassman.

The Bonnies struggled to start the season but turned things around against Rutgers. "I’m really proud to be the coach at St. Bonaventure … It’s a special place, [the fans] really support us and without them, we would’ve had a difficult night," said Schmidt after the game. The Bonnies, led by a young core, have a bright future. Despite the slow start, Bonnies fans should have nothing to worry about.
Bippidy Boppidy Boo – No Sickness For You!

By William McDonough

Staying healthy over the winter months is a concern for many Bonnies. Getting sick and missing classes can mean falling behind. However, there are ways to prevent sickness and the spread of disease. Dr. Marlene Wust-Smith, medical services provider in the Center for Student Wellness, offers these tips:

- Get a flu shot. Some 80,000 Americans died of flu-related complications (usually pneumonia) in 2018, the highest death toll in at least 40 years.
- Wash your hands (with soap and water) and use hand sanitizer.
- Keep your hands away from your nose, eyes and mouth. If you have a cough, cover that cough (best to cough into your elbow).
- Get enough sleep (difficult for college students). The immune system works best when it is allowed to repair itself during night-time hours.
- Minimize exposure to others when coming down with symptoms. It helps prevent the spread of disease.
- Drink plenty of liquids. Adequate hydration (preferably water) helps sick patients feel better.
- Eat “whole” natural, unprocessed foods as much as possible. Eighty percent of one’s immune system resides in the gut, and if the intestines are busy trying to digest unhealthy, processed/packaged foods, the immune system cannot efficiently fight off infection.
- Avoid alcohol, tobacco (smoking, vaping, chewing) and other bad habits.
- Take over-the-counter medicines in moderation. Studies show that symptoms last longer when one takes products containing ibuprofen or acetaminophen to combat fever.
- Call the SBU Center for Student Wellness if you think you need to be seen, or stop by and visit the self-help center.

Wellness Center
Hours:
8 a.m. – 4:15 p.m.
(Closed daily from Noon-1 p.m.)

For Appointments:
(716) 375-2310
or visit the office: Doyle 122

Students have dinner with Jose Antonio Vargas

Students were required to write a summer reading essay, answering the prompt: “What does Jose Antonio Vargas want to teach his readers about community?” Twenty-three of the top essayists were invited to dinner with the author.
It was then that his grandfather told him he'd been smuggled into the U.S. Because of his immigration status, he was unable to legally work, but he could go to college. He graduated and began a career in journalism. His immigration status was unknown to the public until 2011, when his article in New York Times Magazine detailed his illegal immigration status. The next year he was on the cover of Time magazine because of another article chronicling his refuge in the United States.

Vargas revealed his status because “telling stories is all I have to fight the anti-immigrant virus spreading across the country,” he said. He questions Americans’ perceptions of illegal immigrants; how they seldom talk about Asian, black, or white illegal immigrants. He jokingly remarked, “Why don’t we ever talk about undocumented white people? I talked to them at Starbucks all the time.”

Vargas defended the undocumented people in the U.S. by citing misconceptions of illegal immigrants. He noted that $26.3 billion in federal income taxes are paid every year by undocumented immigrants, yet they can’t receive government support such as welfare. Undocumented immigrants work just as hard, if not harder, than the average American, he said.

“Writing this book is the closest thing I ever got to why I feel the way I feel, and why I’m so depressed,” said Vargas. He lived with his mother for only 12 years, and he spent his entire life lying, passing and hiding. “You don’t have to be gay, you do not have to be Filipino, to understand what it is like to be a human being,” he said.

Before opening the floor up to questions, Vargas beseeched the crowd: “I hope you become part of the conversations we may have about immigration.” He then fielded a plethora of questions from students.

Asked about immigration, he said, “I would argue that part of the problem is that we do not know who is here … I pay thousands of dollars to the government, but they still do not know that I am here. I do not understand how I was able to go to the White House and have dinner with President Obama with a fake Social Security number.”

Asked whether or not he regrets coming to America, he said, “Now that I am older … I would have rather had a mom … I think I would have rather been able to thrive in the Philippines. But I do not regret any of the work that I have done to give the 15 million undocumented a voice.”

Was learning English difficult? “I think in English second,” he said. “I wrote some of this book in Tagalog (the main Philippine dialect) then had to translate afterward … Language is the key to culture and that is what makes our country strong, that we do not have an official language.”

One student thanked Vargas for “giving people like you a voice.”

His speech was not simply a summary of the All Bonaventure Reads book, but a plea to begin a discussion and change the narrative about undocumented immigrants in the United States.