

November 16, 2007

Steel City Slam

Quad rugby tournament featured 8 teams battling for the title of champions

By Amber Wilhelm
Rocket Contributor

Arms pump, wheels spin, and there's a loud clatter of metal as wheelchairs collide.

A whistle blows, and the action stops so a wounded player can get a bandage. This isn't an everyday sport: This is Quad Rugby.

On Nov. 10 and 11, the Steel City Slam Quad Rugby tournament was held at the Aebersold Recreation Center in Gym A courts 1-4.

Eight teams played in elimination rounds until the Michigan Storm finally won.

According to the United States Quad Rugby Association, quad rugby is a sport played mostly by men and women who have sustained cervical spinal cord injuries resulting in quadriplegia, but anyone with a combination of upper and lower extremity impairment is eligible to play.

Players huddle as close as their wheelchairs will allow before the

game, breaking in a loud chant of their team name.

Mike Berwick of Pittsburgh is a quad rugby referee and said he got into the sport when his brother began playing for the Steel Wheelers.

Berwick said that the players' chairs, which have wheels that are angled out for speed and maneuverability, have various features for offense and defense.

"The defensive chair has a picker on the front, like a cow catcher, that they use to try to pick at another player's wheel to try to get positioning on him," Berwick said. "And offensive chairs don't have anything on the front, so they can just slide through."

The basketball court partitions were removed so that all the courts were one huge, action-packed room. Each game took up one whole court, with the goals taped out on either side on the floor under the basketball hoops.

The court in the center was used for practice between games, and the court on the farthest side had seats and tables for the non-players that accompanied the traveling teams, including mechanics for the special wheelchairs and friends and family who came to cheer and help the players stretch.

Dave Zacks, 35, was one who got his chair worked on by a volunteer mechanic in the far court.

"My chair was rocking too much and he was fixing it," Zacks said.

Zacks, of Erie, Pa., plays for the Steel Wheelers.

"There's another guy in Erie who told me about (quad rugby), and I started playing," Zacks said. "You have to play on the team that's closest to you."

Bob Eyler, 42, of the Steel Wheelers, started

SEE 5TH, PAGE B-3



CHAD LEADER/THE ROCKET

33rd annual dinner proves to be most successful event of Internations Week

Liz Glazier

Rocket Assistant Focus Editor

Walking into the Multi-Purpose Room, guests were welcomed by two rows of colorful flags, students and staff dressed in their native attire and rows of authentic food waiting to be eaten.

To conclude Internations Week, the Internations Club held this year's International Dinner on Nov. 10 in the MPR of the University Union, providing the guests with entertainment, the smell of home-cooked dishes and a variety of new tastes.

With more than 300 people in attendance at the dinner, Pam Frigot, the director of International Services, said of all the events held during Internations Week, the 33rd annual dinner was the most successful.

"Each year we have such a loyal following for this event," Frigot said.

There were six activities anyone could attend during the week of Nov. 3, with the culminating event being the dinner.

The night kicked off at 7 p.m. with the introduction of each international student who participated in the event, as well as the flag of the country each student was representing.

The two masters of ceremonies, Nikolay Genov, of Bulgaria, and La-Shawn Stewart, of Jamaica, gave the introduction and welcome.

After the welcoming, the audience heard several prayers in foreign languages spoken by students from countries including Norway, Sri Lanka and Japan.

The emcees then explained to the audience what the process of being served would entail.

Of the three long tables full of covered dishes that ran around the perimeter of the MPR, one of the three hosts would come to each table of guests and inform them of which line to go through first.

After each person got one dish from his or her designated line, the floor was

SEE FOOD, PAGE B-5



STEVE REED/THE ROCKET

International students from all across the world represented their countries with dishes that reflected their cultures at the 33rd annual International Dinner on Nov. 10. Among the countries represented were Germany, Nigeria, Ireland, India and Finland.

It's turkey time!

By Kathleen Purvis
McClatchy Newspapers

If you're hosting Thanksgiving this year, you have plenty on your plate. There are groceries to buy, linens to iron and dishes to prepare. We offer a planning guide to help you with the holiday.

Turkey 101

HOW TO HANDLE A TURKEY

What size: Figure 1 to 1 1/2 pounds per person to allow for plenty of leftovers. Turkeys smaller than 12 pounds often don't have much meat on their bones. Turkeys larger than 16 pounds are difficult to handle, so consider switching to two smaller birds.

What kind: You have a lot of choices. Fresh turkeys are common in supermarkets now, along with the full array of frozen birds. Free-range turkeys are available from some stores, although they usually have to be specially ordered.

Thawing: The safest way is in the refrigerator. Figure 24 hours for every 4 pounds of weight. If you need to thaw it faster, put the wrapped turkey in a sink filled with cold water. Check the water every 30 minutes to make sure it stays cold. Figure 30 minutes per pound.



PHOTO COURTESY OF MCT CAMPUS

brining, rubbing skin with oil, butter and herbs, or placing onions and celery in the cavity.

- Tie legs if desired, or use the clip provided with the turkey, or tuck legs into slit in skin. Hold each wing by the thickest section and bend the tip so you can push it under the back.

- Insert a meat thermometer into the thickest part of the inner thigh, near the breast, angling to make sure it doesn't touch bone.

- If you don't have a meat thermometer, use an instant-read thermometer to periodically take a reading at the same spot. (Don't leave the instant-read thermometer in the bird while it's in the oven.)

- Place in a roasting pan, preferably on a rack.

- Wash your hands with hot, soapy water and dry them with paper towels after handling raw turkey.

STUFFING VS. NOT STUFFING

A stuffed bird takes several minutes per pound longer to cook, and you must make sure the center of the stuffing reaches at least 165 degrees. Use an instant-read thermometer to check it. Don't combine stuffing and eggs until just before using and don't stuff the turkey in advance. Spoon stuffing loosely into the turkey cavity; it will expand as it cooks. Remove stuffing as soon as it comes out of the oven.

TURKEY ROASTING TIMES

Recommended cooking times at 325 degrees, according to the U.S. Department of Agriculture. (Adjust if you're following a recipe that calls for a higher temperature or for starting the turkey at higher temperature and reducing the heat later in the cooking time. Never use a method that cooks turkey at less than 325 degrees.)

PREPPING

- Unwrap the turkey.
- Remove giblets and neck from the body and neck cavity. Reserve for making stock for gravy.
- Wash well, inside and out, with cold running water. Pat dry with paper towels.
- Prepare turkey according to your recipe, including

There's turkey & football, but how much do you really know about Thanksgiving?

1. The first Thanksgiving feast was held in what year?
 - a. 1621
 - b. 1756
 - c. 1549
 - d. 1892
2. The pilgrims celebrated with what Indian tribe?
 - a. Apache
 - b. Ottawa
 - c. Wampanoag
 - d. Delaware
3. The pilgrims came to this country on what ship?
 - a. Nina
 - b. Mayflower
 - c. Pinta
 - d. Titanic
4. The meat dishes served at the first Thanksgiving did not include turkey. What meats were served?
 - a. elk and bear
 - b. duck and venison
 - c. lamb and pork
 - d. beef and lamb
5. Who established the fourth Thursday of November as our official Thanksgiving holiday?
 - a. Lincoln (1863)
 - b. Benjamin Franklin (1777)
 - c. Nixon (1973)
 - d. Roosevelt (1941)

ANSWERS:
1. a. 2. c. 3. b. 4. c. 5. d.