Being a Role Model
Corey O’Conner

Judith O’Conner

Being a role model can be an extraordinary experience. This past summer I was a role model for a little league baseball team whom I took to New York. During the trip I was called upon to support children in their times of trouble. One child missed his parents and another kept me up all night, because he was ill. When we returned from the trip, I was given a present for my excellent work with the children from all of the parents. I have to give credit to my own personal role model for my success, my father. The way he acts and handles himself through rough times gives me great motivation. My father has a unique way of putting the past behind him and letting you know life goes on. I really witnessed this quality in him over the past year. In May 2002 he lost the Mayoral Election by less than 500 votes. If that was not enough heart break, he lost his brother to cancer in December. Through all of these tragic events, he was able to keep his head up and continue on. My father is living proof that life goes on.

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Spiritan Chronicle 2
The Fall of the New Rome  
*Michael Adams*

What happens to our country when the people stop paying attention? The people lose everything that has been obtained through wars and political battles. Every right that we have as citizens of the United States is disappearing. Every break that the people have is beginning to vanish. People who are seated at the head of this nation are becoming more powerful and richer while average people lose everything. How did we let this happen? What gives the government the right to take away our human rights, and our civil liberties? Everything that is happening to the people of this country is our fault. The government has instilled fear into the hearts of Americans and is taking advantage of our vulnerability. No institution on earth has the right to take away the rights given to us by God and our founding fathers.

The government is using a scare tactic in order to take complete control of this nation and its people. Everything that the government does or plans to do is hidden. The government uses terrorism. The government uses the fear that this country has of terror as safety nets in order to turn this once free state into a police state. The people of this country need to awake from their sleep and demand that every single one of their rights be returned to them without a price.

“Friends”  
*Neena Amina*

People always say, “You know who your true friends are,” but what does it take to be a friend? The definition of a friend is an intimate and personal relationship level with one another. There is no true way to define what a friend is and can really be. Many people understand and know what a friend is. It is someone whom you can trust, like a family member, and who is always there when you need him or her the most. A friend can be any age, sex, race or culture. People choose their friends. People from all over have friends with similarities and differences. A friend is there to help a person when they are down; is there when the time comes to have a good time and is there to hang around with when they feel insecure about something. Some friends come and go in a person’s life. People sometimes say, “You will never have the same type of friends as you did when you were 12.” This, in a sense, is quite true. Friends from grade school and high school will always be the ones you know best. Through your lifetime, you will meet many people from all over the world, but your true friends are the ones that know you inside and out.

A friend is everything to a person. Everyone has a friend. Friends are what makes one who he is and by being around different types of people, they make your attitude change.

American Heart Walk  
*Greg Andreotta*

All over the United States people participate in the American Heart Walk. This is important for a variety of reasons. It helps to raise money for research and new technology and it also raises awareness about heart disease. All over the world, people are suffering from heart disease. It can be caused by being overweight or it can just be an unknown killer. The most frightening thing is that there is a new disease affecting young children. This is called sudden cardiac syndrome. It can not be detected until the worst has happened. Many children have died from this terrible disease.

The American Heart Walk is also important to me and my family. Both my brother and I suffer from ventricular tachycardia and have pacemakers installed. This can potentially be a deadly disease if not treated well. My brother had cardiac arrest on the football field and had brain damage. The money raised from the American Heart Walk can help doctors find out these things before it is too late. They need the money and that is why the American Heart Walk is so important.
The Difference between College and High School

Tom Bazzone

In my senior year of high school, I played around way too much. I walked through my senior year without studying, doing work or passing tests. I thought that I was going to do the same thing in college. I was in for a rude awakening.

College is 100 times different from high school. In college one has the option to attend class. There is no one around to tell you what to do. In high school, if you are given a reading assignment, you can get away without reading it and still understand the class. However, in college or at least at Duquesne, you must read everything. One piece of advice for new students is not to fall behind in your work.

Family Support During Difficult Times

Nicole Arturo

I would have to say when it comes to difficult times, my family supports me more than anyone else. I live with my mother and my grandmother. I am an only child, so it is a given that my family wants me to succeed in life, especially my mother. I had decided to graduate high school early and to start college. My mother supported my decision to graduate early, so she helped me get situated. In the month of December, I was a regular high school senior, but as of January, I was a college freshman. It was a huge transition coming right out of high school, and a month later going to college. I did not know anyone and the classes were harder. The fact that I really did not know what to expect is what scared me the most.

Through this big transition, my family has really been there and has given me all the support I need and so much more. My mother pushed me to do well and to get good grades even though the classes were difficult. I do not know how many times I have said I wish that I were still in high school. The transition for me grew harder when I quit commuting to school and decided to move on campus. This was difficult on my mother to see her only child get up and experience life on her own. I left but she would always tell me I could come home if I ever needed anything. Even though it was difficult for her, she was, and still is, always here for me.

I do not think that I would be where I am today, if I did not have the support of my family. Now that a year has passed, I am doing well in school, and I have met many new people. For all the support my family gives me, I will try to pay them back by succeeding in life and making them proud.

Friends

Tony Beatty

I knew going to college would be different. I always had the thought in my mind that I would stay close with all of my friends from high school. Well, I was wrong. The summer was short and before I knew it, everyone was leaving for a different school. The last couple of days were a little rough. There were many tearful goodbyes in seeing everyone leave. Everyone went away to college, met new people, and forgot about the past.

I do miss some of my old friends but I have met new friends also. It is not the same as before; it is quite different. There are no inside jokes or any stories to tell that everyone can remember.

College does have its advantages: new friends, new jokes and new stories to tell old friends. In college one meets new people, makes new friends and discovers true friends.

Music

Javonn Bradley

Ever since I was little, my mom would play music and I would always bob my head and tap my feet. Music has helped me throughout my life. It has helped me when I was down; it has helped me when I needed to get energized for a big game, and it has also helped me settle down.

As far as I can think back, I have been listening to music. My mom would turn on her oldies, and turn the volume up, so the whole neighborhood could hear. Since then I have always had a love of music.

Over the years I have learned to use music in many different ways. I listen to certain types of music when I am in different moods. For instance when I am in a laid-back mood, I listen to jazz and soft R&B.

Before big games I listen to music to pump me up and get my adrenaline running.

At times I listen to certain music to cheer me up, if I am having a bad day.

Overall I use music in just about everything I do from dancing and relaxing, to getting me pumped for the big game.
On My Own
Sara Brendle

I have always thought that I was an independent person, but college has shown me a whole new world of independence. Ever since I could remember, I have always washed my own clothes, prepared my own meals, and just took general care of myself. So I figured that I would be well prepared for the transition into adulthood and into college.

But when I arrived at college, I was soon bombarded with the fact that I was in a whole new ball game. I discovered how independent I must be here at Duquesne. I am not used to having to budget my own banking account.

I am horrible with money. I am not used to not having my mom around. I would always call and ask her to pick me up something from the store. I am not used to having so much freedom. I was used to being in bed by 10:30 p.m. and not 10:30 a.m. the next day. I am not used to having a roommate.

I was used to having my own room all my life. I am not used to cold, 15-minute showers. I am used to hot, 30-minute showers. And although I am enjoying myself and my new found freedom, I miss the way things were.

Penguins Hockey
Brett Brozovich

The hockey season began on October 10, 2002. The Penguins are looking pretty good so far. The talk of the pre-season camp was Alexandre Diagle.

The Penguins stepped up their game far more this season than last season. The Penguins hoped a strong tryout, a healthy group of returning starters, and a few young newcomers, to help them in season. The loss of Straka hurt the Penguins for awhile, but he has been on the ice recently and doctors do not know what will happen. The Penguins cannot afford to have so many injuries this year, as they did last year. The Penguins will need to be disciplined.

Jobs
Sean Burns

College is a time when the work ethic becomes instilled for life. All college students must work at sometime during their college career. The work may be an internship, part-time work or salary-based. This in effect alters the student’s main purpose of college and would be devastating to any goal that he or she might have.

Students who carry more than two jobs and a class load of over 17 credits should realize that their work load is at its breaking point.

There is a debate on whether the government should spend more funding on student aid. The majority of students on any campus depend on student aid. Some students have three or more jobs to afford tuition.

Do I Miss High School?
Harry Carter

For the last four years before I came to Duquesne, I attended Eleanor Roosevelt High School. Everyday of those four years, I can remember counting down the days until my high school graduation. Even though I had plenty of fun in high school, I just could not wait until I graduated. I lost all interest in going to class and I especially did not want to do any more work. Now that I am in college, I am already doing more work. I have more work, substantially longer papers to write, and far more readings to do. And what makes it harder is that I am a football player.

Because of this, I have to go to class, go to practice, and also attend study hall. After thinking about the differences between college and high school, I now miss high school more and more each day.

The main thing I miss about high school, besides less work and more free time, is my high school football games. My high school football games to me were the best part of my high school career. Even though I now play here at Duquesne, it is still not the same as it was in high school. High school was the first time I had ever suited up to play football and my greatest games ever took place there. The things I loved most about playing high school football were my relationships with my teammates and the Saturday morning football games. There is nothing better than playing in front of all your classmates and friends on a Saturday while hearing the crowd cheer for you. Here at Duquesne we get support, but it seems that there are only a few people that I know who come to the games and the crowd never seems to be into the game like they were back in my high school.

High school was just fun. I have great memories there and
made many good friends. I am glad to say that there is only one thing I wished I could go back and change in high school and that is instead of my counting the days until I graduated, I wish I had cherished them. Now that I am here at Duquesne I will try to not make the same mistake that I did in high school, by counting down the days. Instead, I will try to treasure my time here.

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**Saying Goodbye**

*Marina Casciato*

Losing a loved one is one of the most tragic events that an individual will come across on the path of life. The pain and heartbreak that correspond to the dramatic disaster only passes with time, and the support of a loving family. Speaking from experience, I know that the emotions inside feel as if they are running wild and out of control. Deep down reality hits and questions arise: “Will I get through this?” or “What should I do in order to ease the pain?”

A great solution to the problem is getting involved in numerous activities. This is a great way to keep the mind exercising and flowing. By remaining alone and secluding yourself from the world, more damage will be done, because it continually focuses on the problem for too long. Do not analyze the situation. Become active with people and talk about new things that are of interest to you. This leads to communication with others, which is one of the best cures for the soul. Although the suffering seems unbearable, with time, patience, and the will to be strong, the confusion and misconceptions will begin to seem rational.

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**Dorm Life**

*Javier Davila*

Once you move into a dorm, it is difficult to get used to living there. If you had a mom that did your laundry, picked up your room and cooked for you, then living in the dorms will not be good, because you will have to do all of that. Living in a dorm is a huge responsibility. You are independent and no one will be forcing you to go to class and to study. Having a roommate is good, because you will be making a friend.

The good thing about a dorm is that you do not have your parents bothering you and giving you a curfew. In a dorm you will get to know people and have more friends. Dorm life overall is really great. You are independent and are always going to social activities and meeting new people. Making friends is something that you will always remember.

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**Anthrax**

*Brian DeValerio*

Recently there was an anthrax scare in the United States. Someone sent the bacteria through the mail to famous people. Anthrax is a dangerous bacterium. After exposure the victim has about five days until any symptoms arise. The next sets of symptoms are cold or flu like. If anthrax is inhaled and is untreated, the victim will die. If treated, the victim still has a 75 percent chance of dying. It is easy to produce in mass quantities and it is perfectly legal. Anthrax has legitimate uses in pharmaceutical and biological fields. There is little to no control on the production of anthrax. Any country that has basic health care has the expertise to produce anthrax. Anthrax has the capability to stay dormant for many years.

During World War II the British tested anthrax in a remote island. Anthrax is still dormant on the island now. Anthrax is odorless, tasteless and invisible to the naked eye. There is a possibility that the victim will not even know that he or she was infected. There are many ways to get infected by the bacterium. The only thing that needs to happen is for the anthrax to get into the air. It can stay in the air for a long amount of time. Anthrax could be sent through sprayers, missiles or the mail. The air could send anthrax over to neighboring towns and can travel with the wind for hundreds of miles.

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**The Expenses of College Life**

*Daria DiGorio*

The first semester in college can be rough on most people. Sure, you have your freedom now, living on your own, going out with friends whenever you want to, eating whatever you want, and doing basically anything and everything you want. It is every teenager’s dream. Now that you have your own freedom, it is a whole new world out there for you to discover. But along with all this new found freedom, comes responsibility too. You have an internet bill, a telephone bill, fashions to keep up with, and a reputation to hold, after all you do want to be the hottest looking person when you walk into that happening night club, do you not? All of this can get to be pretty expensive, especially if you are doing it all on your own. Having to pay for everything on your own can be difficult.

So now one is probably thinking, where am I going to come up with this money? Well, do not stress. There are plenty of job opportunities in the area. One can always put in an application here on campus. Work study can be a fun way to
make money. A majority of the students work on campus, whether it is in food services, at the book store or in any student-oriented area such as tutoring. Working on campus allows you the convenience to get to work without the travel time and it also provides the opportunity to meet new people.

There is also the option of finding a job off campus. There are department and clothing stores downtown that offer jobs to students: Kaufmann’s, Lazarus, Saks Fifth Avenue and many more. There are also places in the food service area: Bruegger’s Bagels, Starbucks, McDonald’s, Burger King and many more.

So now that one knows how to get the money, I think the only problem will be deciding where he or she wants to work.

Are Books Worth the Money?

Patrick Dillon

It was one day before classes started at Duquesne University. I was walking to the University Book store to purchase books which I would so thoroughly read and study, or so I thought. My bank account read zero, nadda, nothing and I was ready to spend everything in my pockets. Information Systems – three books; Thinking and Writing – four books; Study Skills – one book and Field Observation – two books. As the books began to pile up in my hands, I started to panic. Sweat started to form on my forehead as I approached the register. Beep, beep, beep, money, money, money. The cashier so rudely requested, “$354.79 please.” Then I did something I had promised to myself I would never do, I reached into my pocket and pulled out my father’s credit card. After a brief stare down with the meanest 5’1”, 65 year-old women wearing a “God Bless You” T-shirt that I had ever met, I walked out of the Duquesne University Book Store vowing never to return again.

In all honesty, are books worth the money? Let us take a look at both sides of the argument. First, let us discuss the positives for purchasing a book. The number one reason for purchasing a book is to get a good education, because hopefully later in life, I will be able to pay my father back his $354.79. Secondly, pillows. They serve as great head rests during an hour and 15-minute-long Information Systems class.

Now for the negatives: will we ever really read 914 pages in 10 classes? Although it may be assigned, come on!

The second and final reason not to spend so much money on books is air. Yes, air. Books are made of paper, which come from trees, which in turn supplies oxygen for the human race. So, in order to live and breathe more easily, we as students should not buy books, or at least not until they go on sale.

Special Talent-Percussion

Ron Dunn

I have been playing the drums since I was in the fourth grade. It really changed my small life at the time. It gave me the drive to work hard at becoming the best percussionist I could be. People were amazed about my actually playing an instrument, because all they could remember was my love for sports. The drums shaped me into a well-rounded person, because I have gained a large amount of musical knowledge. Music is a big part of my life and if I did not have it, I do not know what I would do with my life.

When I entered high school, I tried to play sports. I really did not have the heart to excel. That is when I decided to focus all of my skills on the drums. I started taking lessons every week and playing in various bands. As a result of focusing all my skills on percussion, I joined my high school award-winning band for our school musicals, as well as symphonic band. I enjoyed playing these types of music but I really loved Rock and Roll.

I joined a band called, “Tommy Magik and the Wonderfulls.” We established a pretty good crowd base for the years we have been playing together. I loved playing for our high school friends, because they got into our music. Each band member fed off the crowds’ energy and it made us play so much better. I love playing the drums and I do not think I would not like to do anything else.
On Top
Evan Fitch

In high school I had fun. I was a pretty popular guy and I was doing decent on the academic front. When I first started high school, I was nervous. It was a whole different system from junior high. I conformed to the faster pace and the tougher grading slowly. I was not sure if what I was doing was always right but I tried to do what I thought was right anyway. I started playing football as a freshman as well. This really helped me stay out of trouble and it kept me on track all through my high school years. It was the real-life version of one of those “My Anti-drug” commercials. As the years progressed, I became used to high school and became more popular. This helped me slide through school easier, just knowing that I had people who would listen and who cared about me. When my senior year rolled around, I was a well-known person. Everyone knew my name and I was liked by most. Even people who did not know me liked me from what they heard about me. I was on top of the ladder.

Coming to college I have been slapped back to the bottom again. I am unfamiliar with the area and I am still making friends. I am usually slow to adjust so I do not think this will be any different. I will try my best to adjust faster but I think these things just come in time. I have a solid schedule now so there is some consistency in my life. Everything else is up in the air. Just like in high school, I play football and it has been keeping me out of trouble. So I am thankful for that. I hope that by the time my senior year in college rolls around that it will shadow my senior year in high school.

Social Life
Danielle Fabrizi

Have you ever sat down and wondered what made you the person you are today? Well, you could be that person, because your surroundings that you grew up with, gave you habits that you became accustomed. The way your parents raised you gave you a view on how you look at life. Your morals were taught to you. The environment you grew up with helped you to develop your personality traits. The people that you grew up with probably share the same interests as yourself. This is what brought you together.

Everyone has wondered why he or she can not be in the popular clique. It is as though everyone strives to become active in that one clique that from a distance seems so perfect but in reality it is not.

To most people being social is a major part of their everyday lives. They rely on that one group of friends for many things. Do you really think being in that one in-group is how others remember you? Is there anything from the past that you would change when you look back today? Would you reconsider changing the clique you had?

Maybe that one click made you become someone that really is not the real you. Just go back and look at your past events. See how you were raised. What “clique” were you involved, the popular ones or the not so popular ones? You might not think any of this pertains to the way you are today or perhaps the social life you have now.

Success
Timothy C. Fish

There have been several people that have influenced and achieved success in the 20th century. These remarkable individuals include athletes, writers, business men, members of the armed forces, and eclectic individuals from all walks of life. They are noted by their achievements and the unique ways they have impacted society. Sports figures are some of the most well-known members of popular culture. One person who has influenced the “hockey world” and the hockey fans of Pittsburgh is Mario Lemieux.

In view of the fact that Mario Lemieux had a God-given talent to play hockey, he became one of the greatest NHL players of all time. Lemieux was something special in the eyes of hockey critics in Canada from his childhood. Lemieux worked his way though amateur and juniors and eventually was selected in the 1984 draft by the Pittsburgh Penguins. During his career, he broke several scoring records and is one of the only players to score every type of goal in a single game. Currently Lemieux is the owner of the Penguins and basically saved the organization from bankruptcy. Even though injured, he still plays the center position for the Pens and brings in fans from all over to watch him. However, away from the glory of sports, another implausible and influential individual that has placed a perpetual impact on society is Ernest Hemmingway.
Home

Seth Fogelman

Imagine waking up every morning to the sound of the waves crashing against the shores and the aroma of the soft warm sand. Picture yourself with all your buddies hanging out on the beach throwing the Frisbee, or just chillin’ in your beach chair with a cold beverage while the bright orange sun sets on the water. For the past 19 years I have been fortunate enough to grow up with these luxuries everyday until around a year ago when I made the decision to attend school in Pittsburgh.

Since I grew up on the beach, it never seemed like a big deal but now that I wake up in the morning to the loud horns of the freight train, it seems like a big deal. I value and cherish my home more than I ever thought I would but for the time being I will make the best of what Pittsburgh has to offer.

Success

Mark Freund

What is success to you? To consider yourself successful do you have to be rich? Maybe your idea of being successful is a family and a beautiful wife. I just want to be happy. I am fine with wherever life takes me, as long as happiness follows.

A man or woman who is wealthy, married with two wonderful children, lives in a magnificent home, and drives the most expensive car known to man, just might not be happy. This is something that must be discovered by the individual. What is the point of being successful, if you are not going to be happy. The best and the most logical way to go about living life is to do what is going to make you happy. I cannot imagine living a life of depression and sorrow.

The Person I Most Admire

Vito Louis Gerasole

When I was asked to write about the person I most admire I knew exactly who I would write about: my mother. She is a beautiful and kind person. She has helped me out with so many things that I do not think I could ever repay her. Without my mother, I do not know where I would be in my life. She has not only helped me out in numerous ways but she has also helped out many other people throughout her life. That shows how big her heart really is. This is why I chose her. Now that I have told you why I chose my mother, let me tell you about her.

My mother’s name is Patricia Gerasole. She is the oldest of four siblings. She was raised in Homewood in her early years of life. She and her family then moved to Bloomfield where she spent some of her childhood and all of her teenage years. When it came time to go to college, she chose to go to a small college in West Virginia named Davis and Elkins. She went on to graduate at the top of her class. She met my father at the age of twenty eight. One year later she and my father had my brother, Gino on May 3, 1976. After Gino was born, my mother opened a successful children’s clothing store named “Kids Stop.” I arrived next on September 3, 1982. She raised my brother and me better than anyone else could have.

She is the smartest and most beautiful person I know. She also has the biggest heart.

I love my mother more than anything in this world and always will until the day I die. I LOVE YOU MOM!

Boarding School

Brian Gloekler

Life at a boarding school has its benefits, but also has its downsides. For my high school career, I went to a boarding school in the State of Pennsylvania. It was located by the small town of Saltsburg about fifteen minutes outside of Latrobe, PA. This boarding school was not any ordinary school; it was all boys. Adding to this experience was the joy of having to wear a suit and tie everyday for class and to all the meals.

The name of the school was The Kiski School. I learned a great deal during my high school career not just from the classes but from outside the classes.

What I forgot to do at Kiski was to take the time to enjoy the experiences during the period I spent there. I am only now realizing what that school really had to offer.

I only put the minimum into my schooling. If I had put more into Kiski, I would have had the experience of a life time. This applies to everything in life not just boarding school.

If you ever get a chance to go to a boarding school, you will hate it when you are there. After you leave, when everyone goes his or her separate ways, only then will you never forget the time you spent there.
**Cars**  
*Ryan Hagerty*

In today’s society, the people of the world are looking for more and more efficient cars. They want to go farther on less gas and in more style.

There are two new ideas on the way in car design. One has already reached the market, it is called a “gas-electric hybrid.”

It has two separate engines in it. One is electric and one is gas. The electric motor drives the car from zero to around 30mph. Then the gas engine picks up and drives the car once you are over 30mph.

The other new concept in car design is called the hydrogen cell. It is a completely redesigned motor that runs off compressed hydrogen. It has not hit the market place, and is not expected to make an impact for a couple of years.

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**What I Learned In High School**  
*Kathryn Hanford*

School for many years has been a battle of Kathryn versus the teachers. For one reason or another, I always found a way to wear away the teacher’s last nerve in a group discussion. Sometimes I would not even have to go that far. My mere appearance was enough to make the teachers avoid eye contact. Being the rebellious youth that I was I experimented with a one time rinse with hair dye.

This was frustrating for me. I watched the teacher pick and choose the proper student to “reach out and touch,” while I watched other fellow students fade into the background. In my head I had it all planned, I was going far away from school as soon as possible. I was tired of the teachers. It was not fair to run in a popularity contest, not only amongst students but with teachers as well. The effort was altogether tiring.

School changed drastically when I got to high school. It was like entering a new world, one parallel to the one I entered. It was as if I had crossed over into the adult world. I learned that the students in previous years acted the way they did in response to how the teachers treated them. Once I was in high school, it was the “cool” thing to treat students like adults, so students acted like adults. It is not a hard concept.

I learned that a little respect makes one feel better about the work being done, and adds a gentle pressure to do quality work. A student will give no more than the minimum asked of them.

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**Pitt Panthers**  
*John Heinlein*

Pittsburgh has long been considered a city of champions. Normally, this statement just refers to the Steelers, the Penguins and the Pirates. What about the Pitt Panthers basketball team? That is right; the city of Pittsburgh has a new team for which to cheer. Last year, as you all know, not much was expected from the Panthers and they completely surprised everybody. (2001-2002)

Coach Ben Howland took this team from being among the worst teams in their conference to one of the best. The Panthers ended up finishing their season with a final record of 29-6, which is an excellent final record especially for a team that finished among the worst in their conference the previous year. Coach Howland was awarded Coach of the Year for leading the Panthers to such a successful season. They ended up being runners-up to eventual Big East Champions, Connecticut. Along with finishing up as the second best team in their conference, they also earned themselves a spot in the prestigious NCAA Tournament.

The Panthers were lead last year by junior point guard Brandin Knight. Knight is a 6’0” guard from East Orange, NJ, who had an excellent season that earned him a spot on the All-Big East Team, as well as finishing as Co-Big East Player of the Year along with Caron Butler from Connecticut. Knight is part of a team that is returning every player, except for forward, Chad Johnson. The other half of Pitt’s savvy backcourt duo is Guard Julius Page.

Along with Knight, Page helped form a backcourt that was nearly unstoppable. Their starting line-up for this year figures to be: Knight, Page, Jaron Brown, Ontario Lett, and Torree Morris. Along with such a great and solid starting line-up, Coach Ben Howland also had a strong bench and supporting cast with excellent role players such as, Donatas Zavackas, Chevy Troutman and some of their three new recruits coming in this year.

The 2002-2003 season is extremely promising, as Pitt is ranked in the Top 10 of just about every national poll. The mighty Panthers can pick up where they left off last year, taking on the Big East and get past the third round of the NCAA Tournament. This has been an interesting season in Pittsburgh.
**The Person I Most Admire**

*Tricia Israel*

I grew up side by side with my adopted brother. He is the person I most admire, because I have experienced all my life and ways of life with him.

I was adopted from Brazil and came over to the United States at the age of two weeks. Once I arrived to live with my present family, they received a phone call from Passavant Hospital here in North Hills saying they were the adoptive parents of a healthy boy. While growing up, my parents made sure that Scott and I both participated in every activity together from day care center, camps, to sports. My brother and I not only have the same interests, but we share the same friends to enjoy these interests as well. We have helped each other with good times and bad times. We have a special bond. No one in life can tear our close friendship apart.

**Home Town Talk**

*James Jacobs*

When one finally arrives at college, the fun, freedom, friends, and hard studying comes into play. One begins to meet friends and realizes that they talk differently than you do. When I say different, I mean they use certain words differently from me. These friends are from all different areas, and they all talk a certain way. Whatever I called an item or say a phrase, it is different from what they say.

I am from the Philadelphia area, and I am so used to my way of talking. Now that I am in college, there are all kinds of different phrases of talk going around. For example, people in the Pittsburgh areas call sodas, pop and that is funny, because they will say the word all the time, but I really cannot respond to it, because that is not what I call it.

Also, people who live in Maryland, have many different ways of talking. But I am only going to touch on one word, and that word is “Bama”. What the heck is that? That is the question on campus. Maryland defines “Bama” as a person who is not on his level with regard to clothing, looks, and personality. Every Maryland person you talk to says that word. As years pass, we will still probably use the words we use from back in our hometowns.

**My Parties vs. College Parties**

*Malik Jarvis*

If I could party every single night or at least Thursday through Sunday, I would. Where I am from, (Brooklyn, NY) parties are a part of every teenager’s life. In going to college in Pittsburgh, I have found major differences from parties back home.

In Brooklyn, most of the people knew how to dance, and often times the most impressive dancer had a crowd formed around him or her. In college, I have rarely found anyone who can dance well. Back home, a party is not a party if there are people sitting down and conversing.

In college, a party can be people sitting down and conversing, paying no attention to the music or the few dancing.

Despite missing the parties in Brooklyn, I like the college parties as well.
**Growth of the Video Game Industry**

*Michael Jaszczak*

The video game industry is something that almost every child in this day and age knows. Games like *The Grand Theft Auto*, *Tekken*, and *Super Mario* are some of the most popular games out there, but the question of from where they evolved is still unknown by the children of the late 80s and early 90s. The first game system was the Commodore 64, which was a 6-bit system that had such games as *Dig-Dug* and *Pac-man*. Soon after that the Atari systems came out and had games like *Spider-man*, *Donkey Kong*, and *Space Invaders*. The Nintendo Entertainment System was the console system that turned around the video game industry. It came out with guns blazing introducing *Super Mario Bros.*, *Ice & Fire*, *Zelda*, *Contra*, and various other games that older game players today remember quite well. The Sega Master System slipped into the scene right around the time NES was having some trouble getting sales and creating a sound fan-base.

With the creation of stronger computers, the Super NES came out along with the Sega Genesis which were both 16-bit systems that were the most complicated systems of their day. Games like *Street Fighter II*, *Sonic the Hedgehog*, *Shinobi*, and *Super Mario Bros.* ruled the gaming charts for years, but a stronger player loomed on the horizon. Playstation swept in the playing field with its whopping 64 bits and 3D-like graphics, N-64 and Sega Dreamcast were born soon after this; but, Playstation had an ace up its sleeve. The Playstation 2 soon came out and pushed to the forefront of the gaming world, leaving Nintendo to work on its newest system, the GameCube, while Sega ditched Dreamcast and focused on making games. During all this Microsoft was off creating their system known as the Xbox. The Xbox came out in November of 2001, and has been competing with Playstation 2, and GameCube for the number one spot on all game players lists. There is a rumor in the mist of most gaming magazines that Playstation 3 has been in the works for the past two years, and should be out later in 2003 or early 2004. Fanatical ‘gamers’ across the world are sure to be biting their nails in anticipation of this long awaited super system.

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**My Hobbies**

*Katie Jorden*

I am sure that most of you have something that you enjoy doing, which would be your hobby. My favorite hobbies are rollerblading, playing tennis, and swimming. When I get a chance to do something that I enjoy doing, I go to South Park to rollerblade.

There is a flat and smooth sidewalk in South Park, which is perfect for me, because I do not like rollerblading down hill. One of the reasons why I love to rollerblade is because it keeps me in shape and tightens my muscles. I find it to be exciting.

Rollerblading keeps my heart racing. I love to be active whenever I can. I do not like to be lazy or just to sit around watching television or playing Play Station 2. I would like to be out playing tackle football or just walking. I have been rollerblading since I was nine years old and I love it.

Another hobby of mine is playing tennis. I enjoy singles, which is one on one. In singles, there is a great deal of running, which gives me a rush. I enjoy volleying competitively, not just hitting the ball to one another. I like to run back and forth to get the ball over the net. In tennis, you need to plan a strategy in order to win the game; it is all about where to hit the ball on the court so that your opponent cannot get to it in time. Also, you need to hit it right across the net so it is low and hits the ground faster. Playing tennis causes my heart to race and releases stress for me.

I also enjoy swimming; I like to do laps around the pool. Swimming calms me down. Other people feel that when they are not in the best of moods, they need to go and hit something; well, when I am not the happiest person, I just jump in a pool and swim a few laps. I spend most of my time in the summer at the wave pool or my friend’s pool. All of my friends think that I am a fish, because I enjoy swimming so much. The best feeling for me is when I have completed a few laps and I know that I did something that I enjoy and that makes me happy.

Rollerblading, playing tennis, and swimming are activities that I enjoy doing in my spare time. My hobbies are also ways of keeping me in shape and by having a great time doing so.

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**Materialistic Things**

*Ashley Jones*

People think they have it all when they have love, money, and expensive things. Most people think that all the things they fantasize about will make them happy and complete. Material things should not make our lives satisfying but the little things in life should. Once people get what they lust after, they realize that there are a thousand things in life that could make them happier than fast cars, big houses and a fake life.

To say that one thing would make me happy is a total lie. There are many things that make everyone happy, including me. I am a big family person and without them I would be nothing and have nothing. They are truly my everything. They support, guide and love all at the same time and to know that they will always be there for me makes me happy. Friends are the people in your life that understand you and know where you are coming from on various levels. True friends could be categorized as part of the...
family, because they do what a family does. I look forward to doing anything and everything with my friends, because there is never a dull moment, and sometimes simple laughter is what a person needs. Being in love and finding true love makes everyone happy. To find that one person in the world that makes you melt when you lay eyes on them is pure love, but first we all must be players in the game of love. If sharing your life with the people that make you happy puts a smile on your face and that have a special place in your heart, then you know that happiness is staring you in the face.

The Pressures of Being a Student Athlete

_**Jason Kettering**_

As a freshman entering college, I felt many pressures upon me, including the responsibilities of being an athlete. Some freshmen students have all the free time in the world after classes to get their work done. But when you attend film sessions at 7:30 a.m., grueling hot practices from 3:30 p.m. to 6:00 p.m., and away games that take up your entire weekend, being a student athlete at Duquesne University is more demanding than for the average freshman student. Time for homework is less. That means working harder on assignments and less social time with friends.

Many people think that because they are athletes and students that teachers are less demanding of class work. Some feel athletes are slackers and do not do good jobs on their work. I have not had one teacher that has let me skip an assignment due to being tired from practice or my just being out on the football team. The responsibilities as a student athlete have made me work harder to accomplish my goals in the classroom. If I keep doing this, it will pay off in the future.

The Freedoms of College

_**Christine Kwong**_

Your alarm clock goes off and there is no one to yell, scream or pull your covers. You rub your eyes a little and you fall back asleep. This is freedom of college. You go to lunch and you decide to eat fries with melted cheese for the whole semester, not to mention that you would probably wash that down with a few glasses of soda. There is no one to nag you about nutrition. This is freedom of college. You have homework for the night and there is a party to attend, there is no one asking you if you have done your homework and you do not have to ask for permission to go out. This is freedom of college. The weekend rolls around and you do not have to come back to sleep in your bed until Sunday. Best of all, there is no need to explain, rationalize, or make excuses for your actions. There are freedoms of college.

Yet, with such immense freedom comes a price. One must learn self-discipline in order to keep his or her scholarship and not to be kicked out of school. If you allow yourself to sleep in every morning and miss your classes due to your laziness, your attendance record will drop and worst of all, you will miss vital information that will help you pass the course. If you happen to eat fries every lunch for a whole semester and wash it down with soda, perhaps you would like to check your cholesterol level or your calorie intake. If you do not bother to get at least a decent amount of sleep during the semester, your grades, attendance and not to mention your health could very well diminish.

Freedom is a right, but it can also be a privilege. When abused, it can lead to a student’s demise in more ways than one. With great freedom comes great responsibility.

How Has War Within America Changed the Lives of the Children?

_**Michael LaRue**_

Everyone is affected by war but how does war change the perspectives of the children that live through it? How do the children live their lives after a war? “December 7, 1941, a day that will live in infamy,” was heard nation wide as President Roosevelt addressed the United States of America shortly after the tragedy of Pearl Harbor. This was the first real American catastrophe brought on the United States by another country since the Revolutionary War. But as tears were shed and the lives of many American changed, we must ask the question; was our revenge appropriate? Many would argue, “Yes” and few would say, “No”. The youth of December 7, 1941, demanded revenge. It was the youth, then, who now thought wisely during the events of September 11.

For everyone who was affected by September 11 our thoughts and prayers go out to you. I, like many others, was affected due to my father’s position at the Pentagon. However, while many of “us,” the youth of America, presently felt and cried for the same justice from December 7, 1941, it was the youth of that time that knew nothing would come from the same revenge. People and critics say that America is graying, because we allow the older generations the positions of control. The argument at hand is that it is better to absorb and gain knowledge than it is to not learn from our mistakes. I am proud to be a citizen of this wonderful country, and I have learned the value of life by living through 911.
College and High School

Kristi Latorre

College and high school are very different in many ways. The biggest change for me is not living at home and not having my mom and dad there to push me to do things or cook my favorite meal. College is all about growing up. I can honestly say that before college I depended on my mom for everything. She was the one who woke me up, made sure my clothes were washed and ironed, always cooked for me and reminded me to stay motivated in school and to always do my best. She helped me through so much of high school’s hardest times and always kept me at the top of my game. It is hard to go from being so dependent on someone to being all by yourself.

High school was such a socially centered life for me. The changes in me since high school are incredible, especially because I have only been in college for a few months. One of the biggest changes in me is my whole attitude about school. I was always one to procrastinate and take school lightly. This seems to be almost impossible in college. I feel more focused and more in charge of my responsibilities, and I believe that I am even improving on my time management. I feel college will prepare me for so many different experiences I will face in life, just from doing everyday things that I am not used to such as laundry, cooking, and for the most part living independently. Everything is going great so far. I have new friends, new experiences, and new memories. I hope my next years at Duquesne go well and I look forward to my new life!

The Atlantis

Steve Lattin

There are many beautiful resorts all around the world. However, the finest resort that I have visited is the Atlantis at Paradise Island in the Bahamas. The resort is like a city itself, because vacationers can do everything right on the premises. The Atlantis is known throughout the world as one of the finest places to vacation.

As I got off the bus and looked at the Atlantis, I saw a beautiful sight. Two absolutely gorgeous pink towers were connected by a large Bridge suite that costs $25,000 a night. Many stars and celebrities such as Michael Jordan, Tiger Woods, Evander Holyfield and many more have been known to vacation in the suite. As beautiful as I thought the outside was, the inside was even more elegantly beautiful. There were murals painted on every wall, statues of animals, and marble floors. As I walked through the lobby and casino, there was soothing music playing. As I sat down and ate at the one of the many elegant restaurants, there was a pianist playing as we dined.

Where we were sitting, there was an aquarium where we could watch sea animals while we ate. The aquarium was filled with all different types of fish, sharks, sting rays, and many other fish. As you know, the Bahamas are famous for its beaches. I can tell you first hand that the beaches there are the best in the world. The beautiful golden sand and the clearest water you can imagine are two of the many virtues the Atlantis has to offer. At night while walking through the casino, there were many sounds of slot machines and people betting money.

There were also so many activities in which I participated. I played golf, basketball, swam, and jet skied. One of the best things I enjoyed was the comedy club. Regardless of your personal enjoyments, the Atlantis has something to offer for everyone.

Life learned lessons of my High School Years

Te’Airra Ledbetter

During the four years of my high school career, I learned many lessons. Some of these lessons were bad experiences and some good. I was a fair student. I was in a gifted program entitled Center for Advanced Studies (CAS). I had been in this program since I was in the second grade. I maintained a GPA of at least 3.5 up until I went to high school at Peabody High School.

In the ninth grade, there were so many things to do. Most of them were bad things. These included going to both lunches, skipping class, skipping school, and playing “It-Tag” in the hallways during classes. These are just a few of the things we used to do. The first semester of ninth grade, I still had a GPA of about 3.5, but after my ninth grade year I began to go downhill. Although I loved to go to school, it was for the wrong reasons. I still did my work, but only a day before the assignment was due. At this point, I realized that I had to do something about my behavior, but then was just not the time.

I ended up waiting too long to make this change. I graduated with a cumulative GPA of 2.67. On the other hand, I walked away from this situation with a helpful lesson. I now have a clear distinction between playtime and worktime. When invited to participate in senseless activities, I simply refuse, because I know the possible outcome. Consequently, I think what I took with me from my high school years also may be what many others need.
Slow Start
Roy Leukhardt

The Steelers slow start does not mean that they are not a Super Bowl Team. Both the Steelers’ players and coaches have their work cut out for them. The players need to start being a little more careful with the ball, show a little more heart, and show more intensity on the field. The coaches have the biggest job in front of them. They have one of the most talented teams in football. The Steelers’ coaches need to solve the problem of pass defense. Every team in the NFL knows you can pass at will on the Steelers. The Steelers need to prove to the NFL if you pass on us, we will make you pay.

After the Steelers prove that they are one of the elite teams in the NFL, they can pursue their goal of becoming Super Bowl Champs. We need to prove again that we are the powerhouse team in the AFC. We need not only to beat the returning Super Bowl Champs, we need to clean the floor with them. This will set the rest of the teams back on their heels and let them know the Steelers are back. We should listen to the media talk about our surprising 0-2 start.

My Best Friend
Christine Lubic

If I had to pick a best friend who is one in a million, that friend will be my sister, because she has been my friend for the longest time. She is not one of those friends who just fade away, or went in another direction as with others. She is the one who stayed close and did not leave.

Even though we have our fights just like other siblings do, we forgive and forget about the fights we have had. We have our fun together, going shopping and maybe helping each other out with homework. She sure does help me out with some of the problems that I may have.

The Person I Most Admire
Greg Malta

There are a few people that I look up to. My Nanno, Gregorio Malta is at the top of the list. He has experiences that are just so amazing. He was born in Maierato, Italy, in 1923. He was one of the many sons born to a farmer. Teresa Malta, his future wife also lived there.

Growing up, he enrolled in the Italian Army and went to fight in World War II. He saw Mussolini and said that he remembered his cold heartless eyes. He also met the Pope at that time. When the Italians switched sides, he was captured by the Nazi’s and doomed for death. He was on the train to a death camp and he thought it was all over. When he was at the camp, he met a guard and was given the opportunity to escape. He began his journey. He started walking. He said that he had to travel at night, and sleep during the day. He was in Northern Italy at the time. This was the first time that I have ever seen such a strong man cry. The first and only time that I heard this story was at Christmas dinner. He finally broke into tears when he said that he had not eaten for a month by then.

When he came home, his family had presumed that he had died in the war. He walked into the town and nobody recognized him. He was extremely skinny and deathly looking. He wanted revenge, but his father talked sense into him to stay home.

Later on he married his girlfriend Teresa Malta. In 1956, they had their first son, Nicoli Antonio Malta, my father. It was a time of depression, so they decided to move to the land of opportunity, the United States. They boarded the boat and were off.

They arrived in the states and got started. My Nanno got a job with the Pittsburgh construction company. He worked hard and nearly lost his life. He was digging a tunnel and it collapsed on him. He was buried alive.

A man that worked with him saw his hand. He reached in
and pulled him out, saving his life. Even though the work was tough, he always kept his family as his first priority.

He retired thirty years later. He has two children, three grandchildren and a nice house. I have come to realize that he has experienced much in life and has succeeded. I will never be able to experience as much as he has. I hope that one day I can have stories like that to tell my children and grandchildren.

**Missing High School**

*Lewis McCaskil*

Do I miss high school? The only thing that I miss about high school is my athletic career. During my freshman year in high school I played football and basketball. In my sophomore year, I only played football, because I had also started a new job. My junior year was my most demanding year in high school. I only played football and basketball while working a job 30-35 hours a week. Even though it was my most difficult year, I can honestly say that it was my most enjoyable year. My senior year I did not want to play basketball. I played football my senior year, because I knew that was what I wanted to do as a college career.

Academically my freshman and sophomore year in high school were fairly easy. All I had to do was adjust to the high school atmosphere. In my junior year I had difficulty finding time to study. I could have done much better than average. My senior year was not as easy as I had wanted it to be. I did average work. I guess I did so because of poor time management. I hope to change that in my freshman year and throughout college.

**Athletes**

*Matt Melillo*

Everywhere you look you can find an athlete. Athletes are all over the world. Sometimes a sport may not seem athletic. Take darts for example, when you think of darts, what do you think? Maybe it is just some person that tosses an object at a board and gets points. You may think, what can be hard about that? Well, go pick up some darts and see how many times you can stick all three darts in to the bull’s-eye. Some athletes can put all three darts in the bull’s-eye almost every time they try. Do not think of darts as a bar game, because it is not. Just remember it does not have to be some big rough sport.

All over the world we have athletes. Sometimes things happen in sports you think never will. Well, yes, it can. There are children all over the world starting at very, very young ages to be the best. A good example is Tiger Woods. This athlete is now a star. But it was never like that before. He started at a very young age practicing and working on his game to be the best athlete in his sport. What it all comes down to is one never giving up. No matter how much people get on your case saying, “You’re never going to be anything,” or “You are wasting you time,” you must continue to show them that you will work just as hard in the class as you do in the field so you can be the best athlete that you can be.

**Family Support**

*Matt McGuire*

In September of 2001, my girlfriend found out that she was pregnant. We did not know how to tell our parents, and even more so, how they would react. We eventually told our parents and decided to have the baby. They were supportive of our decision, and they wanted to know about every doctor’s appointment.

When we saw the sonogram, everybody was exceptionally excited, because we found out that it was going to be a girl. After many doctor’s appointments, my girlfriend’s pregnancy was running late, and therefore she had to be induced. On June 21, 2002, Shaylin Renee McGuire was born and both families were there to celebrate. I am now able to afford my apartment while going to school full time, and am also able to afford day care prices. My family has helped me in more ways than I could have asked, and I think that I am blessed in so many ways throughout my young life.

**Staying on top in College**

*Thomas McNeil*

A low percent of college freshmen fail either at the end of the first semester or at the end of their freshman year. Many students party too much. They go out and party all the time, because they feel since they are not living at home that they feel that they can do whatever they choose. Many college freshmen do not put the time into their studies. These students would rather socialize and do other activities than study. Many college freshmen are unable to handle the responsibility of living alone. There parents are not around them to make them do their homework, go to bed, and tell
them not to go out drinking. Many learn the hard way. Others take on the responsibilities and succeed.

Many individuals say, “High school is the greatest time in your life.” Well, it is. College, on the other hand, is not bad either. In college you have to be goal oriented. One should write his or her goals and post them in their room. Remember that for every hour socializing, one student must spend another hour studying. In college, one must be able to adapt to a different environment. Students do not have to drink, or go to parties everyday to have fun. Be yourself and college will be great.

**Video games are good**

*Mac Moeini*

Video games have been around for decades. First, it started with a game called Pong. It is a game that consists of a bouncing ball moving back and forth. Now more than twenty years later, video games have revolutionized the gaming industry. As the industry gets bigger, the reviews get worse. People everywhere say video games are a waste of a child’s time and that they corrupt a child’s mind to the point where they become out of control. Video games may be subjected to harsh reviews, but they can be seen in a positive light.

Video games are proven to be effective teachers. They can help build a child’s natural drive to learn. Video games can also fine-tune a child’s hand-eye coordination. They can also improve a child’s math and reading skills. It is actually a great way for a family to spend time together.

**A Phish Show**

*Shawn Miller*

There is something special about going to a Phish concert. A few years back I was lucky enough to have seen Phish live. It was my junior year of high school. My best friend, his brother, a few other students and I were about to embark on the greatest day of our lives. I can remember sitting in class biting my nails waiting for the bell to ring. As soon as the class ended, the five of us headed straight to the car. The Thursday morning dew filled the air as we set off to the great state of Ohio. The ride had only taken three and a half hours and by the time we got to the show it started. Walking through the parking lot the smell of beer filled the air. Once we got inside the gates, it was like being at a circus. They had a petting zoo filled with goats, pigs, llamas, cotton candy, clowns and everything you could ask for at one place. Every one at the show was incredibly nice, and we did not have to worry about anyone attacking us. By the time we sat down Phish was about to perform. They played two sets that night with each song being at least fifteen minutes long. They were on stage for almost three hours. On the ride home as I was replaying the show in my head with my ears ringing from standing next to the amplifier, I realized that was by far the best concert I have ever attended. About a month after the Ohio show Phish decided to take a break. Phish called it quits for two years and just a few months ago they announced their new dates. Their first show was New Year’s Eve 2002, but unfortunately tickets sold out the first day. Phish also has three more shows in New York and then they are heading to Philadelphia for a few days. I would encourage everyone to see Phish live once before they die, for it is much more than a rock concert.

**Dorm Life**

*Nicholas A. Pantano*

Dorm life is full of adventures. Many students take some time to adjust to sleeping in a new bed, or sharing a bathroom. Dorm life is full of surprises. Another element of dorm life that takes some adjusting to is living with a roommate. Living with someone takes some adjusting. It does not matter if you know your roommate. Once you live with them all of their little quirks surface. Living with someone can help build bonds that will last a lifetime.
That Day
Will Page

It was my freshman year in high school and my brother, Elliott, was a senior. It was the first Saturday of the SAT test. I was asleep and my brother went to take the test early in the morning. A few hours after he left, my mother called my upstairs phone crying and telling me that my oldest brother, Booch, had died. I thought it was a terrible dream. As I dozed off again thinking it was a dream, my other brother, Elliott, came home running up the steps crying. Then I knew it was true.

At the time, I did not know how to feel. My mind would not let me believe it until I actually saw my mother crying. It felt like someone cut half of my stomach out and threw it out the window. All that week I did not want to look at my mom, because she was always crying when she looked at me or Elliott. This made me want to cry and want to hurt someone for making her cry, but I could not do anything about it.

I think that when my brother died it hurt my mother more than anything ever before, because he was her first born son. It hurt Elliott and me, because we both looked up to him. As the years passed, I do not think the pain left my mom, because I still cry when thinking about my brother, because I loved him.

Death in the Family
Lenna Pateras

It was December 11, 1998, my mother was supposed to pick me up from school. The bell rang at 3:03 p.m. I walked to my locker and then out to meet my mom. I looked for her for about 20 minutes and she was nowhere to be found. A few moments later my uncle Pete pulled up and said that he was told to take me to my grandmother’s house. I asked him why and he told me that he did not know. When he said that, I knew it was bad news. The whole way from Mt. Lebanon High School to Monroeville, I could not stop thinking about what it could be. We finally got to my grandmother’s house after what felt like an eternity, I walked into the house and everyone was crying. I did not know what to do. I asked my family what happened and they said that my great-grandmother had passed away. I could not believe it. I knew that the next few days would be the hardest I had ever been through.

The next few days were hectic. My mother and my aunts were busy making funeral arrangements and trying to keep my grandmother from crying. The children sat around and thought about the good times that we shared with our great-grandmother. The funeral home and the funeral were obviously the hardest. I cried for four days straight only stopping when I fell asleep. It was hard to see my mother, grandmother, aunts, and other family members so hysterical. I must say that this was the hardest day of my life and I will never forget my great-grandmother. I Love You, Yiayia!
Volunteering

Meghan Patton

I always found it worthwhile to use my time as a volunteer to help out less fortunate people. I have been volunteering since I was thirteen years old. It gives me a good sense of accomplishment and it makes me grateful for what I have. I think volunteering is something with which everyone should get involved.

I began volunteering for my church in the day care. During the religious education classes, I watched the teacher’s children. Occasionally, I substitute taught for a class when the teacher was unable to make it. I volunteered at the church until I was seventeen years old and I would still be doing it, if I were not at college. I also volunteered at Mercy Hospital in the Child Development Center for the infants, and one- and two- year olds. I fell in love with all of the children and got to know all of the workers. I came twice a week at 8:00 a.m. and stayed until about 4:00 p.m. I also volunteered at Mercy for a breakfast and lunch with Santa. Many of the inner city children came and we spoke to the management about bringing the Santa around to the sick children’s rooms, but we were unable to do that. I think that my favorite volunteer activity was called “Christmas in April.” We renovated low-income houses for the elderly, painted, gardened, put in new plumbing and much more. Some of the people lived alone and could not do any of these things themselves. They were extremely grateful to us and it made us all feel that it was a worthwhile job. Everyone should be involved with volunteering.

The Person I admire most

Mike Poremski

The person I admire most is my mom. My mom is always there to support me through everything that I and my other two brothers and sister do. My mom also has a masters degree and is extremely intelligent. Along with being a full-time mother, she also runs the business end of my father’s company. She has put herself, and her own needs out of the way to accommodate ours. When I was younger, she took me to 10:30 p.m. Sunday night hockey practice that lasted two hours and never had a complaint.

I hope someday that I can be as truly amazing and wonderful as she is, and that I can also pick up some of her marvelous personality traits, such as kindness, loving, and compassion. My mom means everything to me. I really appreciate all the things she has done for me and my family, and I owe her the world.

An Eye for an Eye

Justin Portis

Ghandi said, “An eye for an eye will make the whole world go blind.” I think that we should adapt this belief as we consider what further actions we take against al Qaeda and Saddam. In this time of crisis, we need to seek only the truth and justice of the matter so that we can make the right decisions as a nation.

For every action there is a reaction most of the time. I have considered since September 11th all aspects of what happened and why. It seems now that this war on terrorism will never end. We commit a crime in the eyes of certain individuals and they attack us in retaliation. We revenge ourselves by attacking them and so on. Even if we arrest every member of the terrorist groups today, will not their children and their children’s children seek revenge of their fathers?

There is an alternate way of dealing with these matters. It is important that we look at and examine each side of the problems existing, so that the right and just action will be taken. If we are unaware or keep away from the truth, if the media is filtered and manipulated to prevent our knowledge of certain things, then democracy has failed and we need to reexamine our government’s motives and actions.

My Life, My Future

Kyle Postell

Football is my life and my future. Ever since I laid my eyes on the game, I fell in love. When I am on the football field my mind erases. All I am focused on is making a play or doing my job. I have been blessed with talent by the Lord and now I am just going with what he gave me. This game has given me an understanding of life and what it takes to make it on the field as well as in the world.

It has also brought many important people into my life. Carlos Alexander was one of these people. He was my 110 lb. coach in little league and taught me many things that I still think about to this day. Carlos was like a father to me. He took me out, brought me food and took me to football games.

He was definitely an angel sent to look after me until my junior year in high school.
when he passed away. A bad heart
condition took him. Carlos Alexander
died of a heart attack. He never told
anyone about this condition. This was
one of the saddest days of my life and I
could not believe it. Football has made
me think twice. I now cherish everyone
and everything in my life. I never take
anything for granted. Football has given
me many opportunities. Through playing
football and studying hard, I will be able
to get a degree. Football is my life and
future.

Living on Your Own Terms
Carma M. Reed

College is a big transition from high
school. Life is now based upon your own
choices. These choices decide how smoothly or
roughly your life path will go.

Though most students lived with
their parents and their parents made most
of their choices for them, most students
never had to really worry about anything.
But now that they are in college they are
faced with this challenge on a daily basis.
Living on campus, instead of under their
parents’ roofs, makes this a challenge that
I personally would get tired of but
students have to make the transition
because there is not anyone who can
choose what is best for him or her.

Living your life on your own terms
will give you a sense of even deeper
responsibility. Most of all it will enhance
your self-esteem if you find that many of
the choices you make are positive. In
conclusion, being able to decide what is
best for you helps one to grow and
mature into a better person who is living
his own life on his own terms.

Creative Expression
Joe Reihart

There are many ways for a person to express
himself. I think the biggest way is through
creative expression.

Creative expression consists of many
things for me. These include my artwork,
the things I wear, and the many colors I
have dyed my hair. But it can also
include music and dance. Some people
consider my creative expression “wild”
but I feel I have to be who I am. I wear
many things that people think are strange
but it is the way I express myself. I dye
my hair many colors. So far I have had
purple, green, many shades of blue,
orange, and shades of red.

I think creative expression is impor-
tant to many people including my
friends. Most of them are artistic. I think
too many people spend too much time
worrying about what other people think
of them, so when this happens they do
not show their creativity. But they should
express their creativity. If people did not
express their creativity the world would
be a very boring place.

Distance
Carolyn Rodriguez

“Distance makes the heart grow fonder.” This quote expresses the
many truths and meanings of my life here at Duquesne. Being six hours
away from home has allowed me to come to terms with leaving my
friends and family behind. This has created an obstacle for me to
overcome. While at school, I constantly think about those back home
and wish I were there with them. I remember the laughs with my friends when each of
us would crack a joke. I miss the warm hugs my mom and I shared when I was feeling
sad. I miss the home-cooked meals that always created a wonderful aroma in the house.
I miss watching movies with my mom and dad after dinner on Saturday nights. All these
things remain so vividly in my mind every day in and day out.

Even though I miss these special times, I know that when I have to come home from
my long journey, I will be able to say, “It feels good to be home.” The more I am away
from home, the more I learn to appreciate those good times that I shared with my family
and friends. The time spent on campus and away from home has been one difficult time
to overcome. But these experiences will make all of us stronger and will allow us to
meditate on these changes and cherish those whom I care about and miss dearly.
Dorm Life
Mike Salah

There are many differences between college and high school. The biggest difference is the change in lifestyle. In high school I considered myself to be dependent. It was not until I got to college and my dorm room, that I realized that while I was in class during high school my mom did much work around the house that I did not notice. My room was never messy, my bed sheets always got changed and my clothes where always cleaned.

Now that I am on my own, when things get messy and dirty, they stay messy and dirty. After time the mess and dirt accumulate. It seems that some things never get cleaned. It took a long time for my roommate and I to learn how to manage the dorm life. Taking care of a dorm room is extra stress that adds onto the workload that we get in college. A messy dorm room makes life uncomfortable and makes studying harder.

Within two weeks of school, our dorm had old food all over, spilled shampoo on the floor, dirty clothes in huge piles, and a strange smell that never went away.

We woke up on a Sunday morning and agreed that neither one of us could live like that any more. From then on it became like clock work that when we wake up on Sunday mornings, we clean our room and do our laundry. After a while we just got in the habit of picking up after ourselves to avoid the mess all together. My roommate and I can take mess but after a while it begins to be too much. Life definitely is more livable in a comfortable environment.

Fear
Jeremy Schultz

There are many things today that people fear. Some people might say war. Others might say heights, and some will say drowning. When I sit and think about watching my parents dying, this is probably my greatest fear. I love my parents too much to have to watch them be in any form of pain. When I think about everything they have done for me, it hurts to know that some day they will be gone. Sometimes I pray that I will pass before they do.

Last year in high school I had to watch one of my friends lay his mother to rest. All I could think about is how hard it would have to be to do what he did. Something like that really gives you a different outlook on your parents.

My parents have done nothing but love me, even though sometimes it is tough love. The one thing that I will always know is that it would probably be harder for my parents to watch me die, than for me to watch them die. I do know that I will always love them and be there for them when they need me the most.

The Advancement of Football Video Games
Vicente Santiago

Football games that are on the shelves this year have become more advanced than I could have ever imagined. The realism from the player’s actual faces to the lifelike collisions, is simply amazing. The controls have added to this realism. Now instead of being able to control only one person the entire game, anyone can learn to control where each of the defensemen line up, from the defensive line all the way to the secondary. A new feature is the R1 button, which allows anyone on defense to back pedal instead of turning away from the ball. This also allows strafing across the field.

With smarter defense, there has to be smarter offense. The new option is called “hot routes,” which means that each receiver can be assigned a route without being in a huddle. This is a big help against the blitz. You can also flip the play without being in the huddle. Along with these extras, the commentary is nearly perfect. But the most realistic aspect to these games is the kicking, which at times has become so difficult I never want to punt! What does all of this mean? I cannot wait to get these games myself, and when I do my friends will not see me for a while!

Transition
Lindsay Satler

The transition from high school to college is a large one. People will often say it is like closing a chapter in your life and beginning a new one. I would have to disagree with that. I believe it is even bigger. I see it as finishing an entire book and starting its sequel. When one comes to college, he or she essentially leaves everything she knows behind, his friends, family, and security all seem to be abandoning them.

The transition is different for everyone. The workload and class schedules are difficult to get used to. Not having your friends and family here with you can make anyone homesick. Then, there are those students who love the freedom to which they have been given. They see it as no parents, no rules, just fun. College for these students is a non-stop party. If your parents have brought you up to believe in yourself, to work hard, and raised you to believe in morals, then I do not think that the transition is as difficult. As long as you go to class, do your work, and spend several hours a day studying, there will be enough free time to spend with your friends and to relax. As long as you figure out how to manage your time well, the transition from high school to college can be an enjoyable one.
Child Labor  

*Ashlie Scullion*

Imagine yourself at the age of five and six years of age playing in pre-school and not having a care in the world. Then, all of the sudden, your world was turned upside down by the awful and dreadful conspiracy of child labor. These children did not wake up to a fun filled day at school, but awakened at 5:30 a.m. to work ten hours in the mills for their poor-income families. Every cent made is contributed to the struggling families and is appreciated deeply. Child labor is not limited to developing nations. It occurs whenever poverty exists and a growing concern over the years has been an increase in prostitution among youngsters in urban centers.

In some countries, industrialization has created working conditions that feature the worst of the 19th century factories. “In India, for example, some 20,000 children worked 16 hour days in match factories.” In the early 19th century different parts of the world were not the only people participating in the crude conditions of child labor. In the United States between the ages of 7 and 12 years old made up one-third of the workforce in U.S. factories and with a shortage of adult laborers children then were recruited. The most important effort to eliminate child-labor abuses throughout the world come from the International Labor Organization founded in 1919 and is now a special agency of the United Nations. The organization has introduced several child-labor conventions among its members, including a minimum age of 16 years for admission to all work, a higher minimum age for specific types of employment, compulsory medical examinations, and regulation of night work. The use of child labor was not regarded a social problem until the introduction of the factory system. Because of the children who worked so hard to contribute to their families at such a young age, our generation and society has come a long way from child slavery to savoring our precious childhood memories.

Love  

*Joshua M. Shuglie*

Love is a funny thing. It is hard to tell if you are in love with a person. There is a difference between loving someone and being in love with him or her. Also, in my opinion, love is not something that is attained in an instant, like in the movies, it is something that is worked on by two individuals. Love is a mutual and reciprocal thing. Love is being able to argue and ten minutes later everything is fine. Love is looking into one another’s eyes and having the feeling that there is no one else on earth except the two of you. Being in love is being at a loss for words whenever you are around each other.

On the other side of the coin though, is that love makes you do things that you never thought you could or would possibly do, like going shopping with a woman for shoes thinking about your loved one and stopping and buying flowers for them, putting on a smile when you know you are unhappy. Adding to the extreme sense of it all is that you would lay down your life to save that special someone. I cannot exactly explain how I know that I am in love or what it is. Love is usually a thing that you do not describe with words. It is more of an unspoken and actions type of bond. It is having butterflies in your stomach when you know you are not sick but on a roller coaster ride. This is love.

Do I Miss High School?  

*Stephanie Shook*

As I stepped into the large campus on my first day of college, all I could think about was all the friends I left behind. Being the first child in my family to go to college, I did not have an idea of what to expect. All I knew was that I was alone without any familiar faces, and I felt like I did not have a friend in the world.

I walked into a large classroom filled with people I had never seen before and sat in a corner by myself. Instead of thinking about the upcoming year and all the new opportunities I had, I thought about sitting in homeroom with one of my best friends who had left the state to go to college.

My Favorite Place to Vacation  

*Karen Short*

I enjoy closing my eyes and letting my imagination take over. Usually I imagine clear water and waves crashing against sand. The beach is one of the most beautiful and peaceful places on earth. God created such a marvelous sight for the human eye to see. There is something about the scenery that takes my breath away.

I believe that the beach is the best vacation spot ever. The purpose of a vacation is to leave all your worries and go for a get-a-way or to bring a family closer together. I have gone to the beach for many years with my family, and no matter what is going on in our lives at home, at the beach our problems seem to evaporate. I love picturing the sun setting and the waves crashing into the dirty brown sand. But then I know I have to open my eyes, and move on with the reality of everyday life. I also know that with a blink of the eye, I can return to my dream spot anytime I desire.
Creative Expression
Audrea Slaughter

Everyone is creative in his or her own way. I use my creativity to write poems. Poetry is a way to express yourself through personal experiences and common knowledge. When you are writing you can display emotions and feelings that you have at that time. You can write about being sad, happy, glad, excited, heartbroken or in love.

Poetry has many definitions and different meanings. Poetry can be a piece of imaginative writing or a personal expression. Famous poets see their work as expression through imagination or emotions. When writing poems. I usually write about what is on my mind or how I am feeling. Most of my poems are about love and romance. Writing poems to me is a way to clear my conscience. Here is just a sample of poems that I write:

*Missing You*

Today was the first time I looked at you in days
I miss you
Every night I lay in bed longing for your call
We talked every night
I miss you
I want to call you and tell you that you mean a lot
But you were wrong, childish, you need to grow-up
Still I miss you so much
I got used to you, now I gotta get over you
Why can’t you be a man?
Tell me your sorry and you never meant to hurt me
I miss you like crazy
I want and long to hear your voice, look in your eyes and feel your touch
It hurts to miss you so much.
Still I sit alone looking at the phone asking if you called
Wondering if you even cared
Is the love there?

I miss you.

HOOSIER
Richard Stevwing

What has four legs is all white with a few khaki colored spots? The answer is a Hoosier Daddy. This brings up another question. What exactly is a Hoosier Daddy? He is a Beagle, not your typical beagle though. He is a rare breed called a Lemon Beagle. Now, another question has been raised: What is a Lemon Beagle? A Lemon Beagle is all white with very few markings. At first look you would not think of him as a Beagle. When you hear the name Beagle you automatically think of the traditional tri-color and saddleback. There are many other types of Beagle such as: blue tick, tan and white, black and white, and the lemon.

Hoosier is now a one-year-old and it seems to me like we were meant to be together. Many people get a dog just to get a dog. Well, this was not the reason in my case. I got Hoosier as a birthday gift. I picked him because I wanted a Beagle to hunt rabbits. Another reason for him was that my mother told me that she would never have a dog in her house. Now that Hoosier has been there for just a little while, she has not a thing to complain. Hoosier and I do everything together. We run, we play, we sleep, and we hunt together. Hoosier is my best friend.

Staying On Top in College
Dave Strano

College is a much different atmosphere than high school ever was. There are many differences, especially if you live on campus. At college there is no one to wake you up, or tell you when to go to bed. This means is that you can have all the freedom that you want. That can also be a bad thing. If you have too much freedom, it will lead to lack of sleep and work.

If you want to stay on top in college, you must set goals for yourself. Two ways this can be done is to make a schedule or use a planner. It is best to plan your assignments and to get them completed ahead of time. Other ways to stay on top is to set alarm clocks, get enough sleep, and make sure you eat properly. These are some key factors for staying on top in college. One of the most important things is to study hard. That is a key to succeeding in college. Other keys are to plan your time out and do your work before you plan to go out. Skipping class is another bad thing, if you happen to not attend class, it is always good to call or to notify the professor and tell him or her the reason why you were not there. That is just another good tip for being a good college student. There are some other key tips but I just wanted to touch base on some of the key ones.
"The Person I Most Admire"

Christie Taormina

People come and go in individuals' lives, and other people come and leave an impact on that individual. The person I most admire is my father.

My father, Randy, became ill when I was about seven years old. I was only in the first grade. Even though my father was ill, he tried to keep his children happy and able to live well while he was sick. After my father had his bone marrow transplant, he went into remission for ten years. During those ten years, he lived life. He was a football coach who loved his players.

My father became sick again with another form of cancer. He never got better. My father passed away on February 23, 1999. He left me knowing that to always stay positive in tough situations and never give up.

Music

Vincenza Tolomeo

Personally music serves more than the one obvious purpose. Most people I meet need absolute quiet when they open their books and begin to study. I, however, am a little different. Even before my books are opened, I turn on the radio. I am not sure what it is, but I need music when I study. Music relaxes me, and even helps me to understand the material better more so than being in a quiet area.

Another purpose that music serves for me would be enjoyment. I love to hear all the different kinds of music. I do not have a favorite. To me anything with words and a good beat is music. When my friends and I are together, we are always at the computer, or listening to the radio picking our favorite song of the day. We simply sit in a room, listen to music and occasionally sing along. This makes us happy.

Death

Gianna Veno

When you think of death you might think of an elderly woman who died because she was getting too old and her heart could not take it anymore. Many of us have had that happen with our grandparents or someone close to us. The only thing I wonder is why would someone do it on purpose?

I was in Foods class when I heard the news about my good long time friend, Bryan. He was a star athlete, academically perfect, and a wonderful friend. He was the type of guy that if you needed any sort of help he would help you without any questions asked. He would be kind and considerate to the people who needed it most, never showing off with arrogance towards anyone.

When I found out that he shot himself I could not believe it. It just never fit his profile. Then it all started to come together. Bryan hurt his arm before his senior year at football. He was going to be captain. His grades went down after that and he almost lost his scholarship to Virginia Tech. He noticed these things, and so did his parents. Although later in the year everything started to look up for him; he started to read a book. The book was called Things Fall Apart.

This book was about a tribal member who was the strongest, smartest, and best looking African ever, and things started to fall apart in his life. The tribal member gets so infuriated with himself that he commits suicide. My friend Bryan related himself to that character. He killed himself, because things started to fall apart in his life.

Experiences in Life that Mature You

Michael Vidale

Nearly everyone has had an experience which change their lives permanently. For some, these maturing events happen later in life making it easier for them to deal with it. But that was not the case for me. When I was in fifth grade my father passed away and that was extremely traumatic. You would like to think that something this life-changing could never happen to you, but by the time you think about it, it has already come to pass.

One day I had my father. Then next day he was gone. So just like that I went from a great home life to half the supervision and love that I was used to having. Since I was so young, my life changed drastically. I went from having two nurturing parents to just one.

Ever since that day I was forced to grow up much faster than I thought was necessary for an eleven-year-old. Now instead of having minimal responsibility, I had too much more. I had to be supportive to my mother, because it came as an enormous shock to her. At first I did not realize how permanent this actually was. It was hard to think that it was just my mother and me. Now that I have matured, strengthened my relationship with her, I feel that this experience has made both my family and myself better.
Opinions of College Life

Joe Wade

Coming to college means a whole new life is ahead for a student. College also means no more mom and dad around, at least for me, since I am now five hours away from home. This can be good and bad. So far it has been okay. One problem is that nobody forces you to go to class, because your parents are not here.

The other thing about college life is that you feel so free. Just not having your family around to force you to do chores makes you feel great. It also means you have no curfew. At home I do not have a strict curfew, but my parents do not want me walking in when the sun is coming up. In college you can stroll in whenever you want.

College life means a new way of living and with that comes responsibility. As long as one does not let him or herself be steered in the wrong direction, one will make it living on his or her own.

High School vs. College

Mark Westerbeck

The most noteworthy difference between high school and college is the classes. In high school, you must take the same classes as everyone else does and you must go to them everyday. In college, most classes only meet once or twice a week and almost no one’s class load will be the same as another’s.

One of the greater joys of college is staying on campus. This is an excellent chance to feel what it is like to live on your own. You can do whatever you want and whenever you want. You are not forced to go to classes either. Of course, you will have to deal with other problems by skipping class, depending upon from where you came. You may also experience homesickness for the first time.

Christmas

Keir Weseloh

My favorite holiday is Christmas. I like this holiday the most because it is one of the few times that I get to see my whole family for an extended period of time. My two older brothers both live away from home and this is the only time that I get to see the oldest one who lives in Baja. My older sister is at school and has not been at home for almost two years in the summers, as she stays at school and takes a few classes. I also like the look of Christmas. In Toronto it snows without fail every Christmas Eve and when we wake up, it is the epitome of Christmas. I do not like the cold but I can put up with it for these reasons, and it is always warm inside the house with that many people inside.

The only holiday that my family celebrates that is not normally celebrated in North America is Robbie Burns Day, which is a Scottish holiday. As we have a Scottish background we have a big celebration on this day. We have haggis, which if you do not know what it is, you do not want to know. It is sheep innards stuffed with oatmeal into its own stomach. We also have all the traditional dishes along with the haggis such as blood pudding and Yorkshire ham. This is also a fun holiday, because we turn on all the bagpipe music and my parents talk in horrible Scottish accents, which always creates laughter among everyone else at the table.

My Reflection

Chris White

As I look back on the last 19 years of my life, I often question myself “Why did I take the easy way out of everything?” I never really thought that the basics I learned in high school were going to be that important in college. I wish I could go back to the beginning of high school. I would take my courses more seriously. If I could foretell how hard it would be in college, I really would have done more to prepare myself.

I hope this article will help high school students realize the importance of getting a good high school education. I took for granted the free education that was given to me my whole life. Now I find myself in somewhat of a hole trying to get back to where I need to be. Many students went home and studied, but I would go to hockey practice and then come home and sleep until the next day. I never took advantage of the extra help my school had to offer. Instead, I would do what I needed to just get by. I accepted mediocrity and now I am behind because of it.
Saying Goodbye  
**Kristen Wickerham**

Over the announcements we heard the voice of reasoning, the voice of leadership, the voice that made absolutely every student cringe. It was the principal: “Seniors, it has been a pleasure having you. You may go spend your last day outside with your peers.” We all went outside and sat there. We branched off into our selected group of friends until it was time to leave. It was not until recently that I regretted just sitting there. Although we, the seniors, said good bye to high school, we never said good bye to each other.

I started thinking about when we were younger. I remember that nerdy student with the glasses who grew into a handsome young man, and escorted me to the school dance. I remember the shy girl in the corner of the cafeteria who became my best friend seven years after I saw her. Then I thought about all the people with whom I never talked. We had spent everyday together, with the exception of weekends, and yet we did not know each other. We all grew up together from children to adults, and most of us never said, “Good-bye.” Now that I have started college, I say, “Hi,” to a great deal of strangers. I have hopes of one day shaking their hands on our friendship and saying, “Good-bye”.

The Sickness  
**Kevilyn Wright**

When I first found out, I was distraught. This was the woman I looked up to everyday. I would have given her the world, if I could.

I ran home to show her my first pay check for which I worked so hard. She seemed so proud of me. That night, before I went to bed, I folded my money neatly and placed it inside my purse. I said a prayer and fell asleep. I woke up ready to go shopping wanting to buy my first pair of shoes. I was ready to walk out of the house and something told me to check my purse. I looked, and all my money was gone. I looked over and over again to make sure that I was not mistaken.

My mother looked at me and apologized. “I promise, I will give it back,” she said. I went to my room and cried. I was told that it would not happen again, but that was a lie. It only got worse. This woman started taking the televisions, VCR’s, and stereos from our house. When I questioned her, she did not have an answer. I never saw my things again.

People always told me that it is a sickness and that no one can help her. She has to do it alone. I longed to help her, but I knew I could not. All I could do is wait and pray that she will overcome her sickness.