What the Spiritan Division of Academic Programs means to me:

“I recommend the Spiritan Division to all freshmen for years to come!” — Bruce Hocker IV

“The Spiritan Division has helped me become a better student. It was a program where I could meet new people and get accustomed to the college life. The Spiritan Division means much to me. It is a supportive route for me to meet my goals. It has proven to be most helpful to me.” — Todd Jackson

“I feel that the Spiritan Division is a great program for young men and women like me. If it were not for this Division, I do not know where I would be right now. I am very grateful for this program. This Division gives students with potential a chance to be successful college students.” — Todd Mills

“The Spiritan Division has had a major impact on the people who I surround myself with here at Duquesne University. I have made some awesome friends who share and obtain the same responsibilities in this program and we all help each other.” — Liane Harrington

“The Spiritan Division means something that is helpful when you use it correctly.” — Robbie Morissette

“The Spiritan Division is a good thing, a very good thing. It is a supportive group of people ready and willing to help you at any time. They help you over the rough parts and rejoice in your success. The Spiritan Division — when you’re here, you’re family.” — Eleanor Docauer

“The Spiritan Division has been a valued asset for us since we came here for the Summer Program in June 2003. From taking placement tests to attending the classes, we got an idea of college life and became friends with 35 other people. As we entered the fall semester, we came confident and ready to start college life. Not only did we have our families as a “support” group, we also have our Spiritan Division friends and the Spiritan Division staff. The Spiritan Division has been a good program to be a part of and it has been a good foundation for the next couple of years for all of us at Duquesne.” — Ami Bavishi

“The Spiritan Division means meeting new people and a second chance.” — Matthew Hoffman

“Everyone in the Spiritan Division is so nice and friendly. The Spiritan Division to me means when all else fails, there is a friend at the Spiritan Division waiting to give you a hand.” — Justin Smith

“The Spiritan Division is the extra help that I need and is a good support system.” — Joseph Maimone

“The Spiritan Division is the backbone for many academic careers here at Duquesne University. It is a life-giving center and helps assist anyone who walks through its doors.” — Bob Crankovic

“Having a place to go that will allow you to succeed in any area of study.” — Eric Rusnak

“It means chances.” — Rony Gomez

“Friends and opportunity.” — Jim Corcoran

(continued on page 2)
“The Spiritan Division gives people a second chance to succeed in life.” — Mike Drake

“It means a reliable helping hand whenever I need it. A fire underneath me, when I need one.” — Michael Shubosky

“A chance to succeed in the future.” — Kevin Edwards

“The Spiritan Division works as a helping hand for those who need some extra help. Without the Spiritan Division, where would I be?” — Vanessa Kreuer

“The Spiritan Division means hope for my future. The Spiritan Division is a helping hand to those who need it.” — Katie Gearing

“Makes me feel cared for.” — Harley Moyer

“A way to be able to succeed in college.” — Alvin Hill

“The Spiritan Division is a group of not only wonderful students, but friends willing to help and support each other in any way they can.” — Alicia Kanaan

“The Spiritan Division means people who care about incoming freshmen, and make sure we stay on track with school.” — Chris Campbell

“The Spiritan Division has provided an awesome opportunity to make friends and achieve success academically.” — Mackenzie Fries

“Spiritan Division is an academic family oriented program which gives students many opportunities to succeed at Duquesne University.” — Nadeen Seldon

“It is a guided transition into the ultimate college lifestyle. It is a group of people who are there to guide, assist and motivate us to be successful in college.” — Amanda Reinhard

“It has meant great friends, caring teachers and advisors, and a fabulous program that has helped me feel at home here at Duquesne.” — Natalie Clouse

“The Spiritan Division is a great opportunity for achieving success in college.” — Nick Sutherlin

“It is a great experience that not only helped me educationally, but socially as well.” — Mike Constantine

“The Spiritan Division is a place where I can feel confident that I will be able to succeed and achieve my dreams with the support of teachers and peers who will help and support and be my friends along the way.” — Alexandra Rendino

“The Spiritan Division has given me a second chance at receiving a college education.” — Justin Stagno

Bavishi, Ami
Campbell, Chris
Clouse, Natalie
Constantine, Mike
Cocorlan, James
Crankovic, Bob
Docauer, Eleanor
Drake, Mike
Edwards, Kevin
Esteves, Rosalisa
Fisher, Nick
Fries, Mackenzie
Gearing, Katie
Gomes, Ron
Harrington, Liane
Hill, Alvin
Hocker, Bruce
Hoffman, Matthew
Jackson, Todd
Kanaan, Alicia
Kreuer, Vanessa
Maimone, Joseph
Mills, Todd
Morissette, Robbie
Moyer, Harley
Reinhard, Amanda
Rendino, Alexandra
Rihn, Andy
Rusnak, Eric
Seldon, Nadeen
Shubosky, Michael
Smith, Justin
Stagno, Justin
Sutherlin, Nick

The Most Interesting Summer
Job I Have Ever Had.......................... 3
Saying Goodbye Can Be Difficult........... 3
Becoming A Doctor........................... 4
I Am Determined ............................. 4
My First Semester Is Interesting............. 5
Visiting Big Ben, Heathrow Airport And Stonehenge ....... 5
Change Has Always Been A Struggle ...... 5
My Summer .................................... 6
How Do You Stay On Top In College? ...... 6
Do You Think There Is Too Much Violence And Sex On TV And In The Movies? ...... 6
Football Was A Constant ...................... 7
Paradise Found ................................ 7
Success In America ......................... 7
Knowing You Are In Love Can Be
Overwhelming! ................................ 8
Losing A Friend ................................ 8
My Goals For Completing College .......... 8
Someday Playing On Sundays .............. 9
Changes ....................................... 9
What I Would Like To Achieve .............. 10
My Family Is My Greatest Gift .......... 10
Enjoying A Cruise ........................... 10
The War On Terrorism Has Come
To Light ...................................... 11
Back To High School In A Heartbeat ...... 11
Heroes ........................................ 11
Philadelphia And Pittsburgh Differ ...... 12
My One And Only Regret .................... 12
Evergreen ..................................... 13
The Tradition Of Senior Trips ................ 13
Comparing College To High School ....... 13
Jasmine ....................................... 14
Life In A Box ................................ 14
Fan Frenzy ................................... 14
College Football’s Play-off Format
Is Unfair .................................... 15
Driving ....................................... 15
For most 16 year olds, a typical day during their summer vacation consists of spending time with their friends, sleeping and working a part-time summer job. My days, on the other hand, consisted of waking up at the crack of dawn, catching the train to New York City and having 12-hour days. While this may not seem like a typical day for a 16 year old, this was how I spent the summer before my junior year of high school.

Everything began in January of my junior year. While going through the craziness of junior year (ACT, SAT, getting the “perfect” grades), I began to look for possibilities of summer employment. My options in places of employment were not much at first. A Better Chance Inc. is a non-profit organization which helps place minority students in grades 7-12 into college preparatory schools around the country. Having been a part of the organization for two years, I had yet to learn about the career services program. Soon, I learned about the internship opportunity with JP Morgan Chase & Co., and decided to send my resume to career services. After my interview in March, I found out a month later that I was one of 10 ABC scholars to receive the internship. In total, JP Morgan Chase & Co. took around 300 high school seniors for the summer. I also learned that I was the only one to be commuting from out of state — Princeton, New Jersey.

The department to which I was assigned to was the Supplier Diversity Program. This department assists minority and women-owned businesses in many forms. From helping them jumpstart their businesses to working with finances, this wonderful department has become a strong asset for all. I arrived on my first day and was immediately put to work. At first, I dealt with the little things, filing folders and making phone calls. Soon, I began to input data in their key databases and worked with various computer programs, such as Microsoft Word and Microsoft Excel. I was even fortunate enough to attend some company events, even though I was the youngest in the department. One of the most exciting events was when JP Morgan sponsored a group of high school students from the Selective Corporate Internship Program for the day. I was given the opportunity to plan the entire day’s events for the students, from organizing the details to making sure each student arrived at our office on time. From having the students meet some executives of our Community Development Group, getting a tour of the residential units in Harlem, visiting the Studio Museum of Art in Harlem, to having lunch on the 65th floor of our building, the students had a full day of events. It was a wonderful experience to spend the day with students my own age and learn many new things as well.

While I do not think I want to go into business in the future, I found this summer experience to be rewarding. When I was given this opportunity, I never expected to have gotten so much from it. From my various experiences during the eight weeks, I was able to meet new people and establish connections with other people. Furthermore, I learned much about myself. By increasing my communication skills and learning how to survive on my own by commuting back and forth to the city, I was also able to gain more independence. I found that taking advantage of all the opportunities given to one can never hurt, since you never know where they can lead.

Saying Goodbye Can Be Difficult

Chris Campbell

Getting ready to go to college was the hardest thing for me to overcome in my life. I think it is hard for everyone. It is hard for the students leaving to go to college and for the people that they leave behind. The biggest thing that I was worried about was how was I going to adjust to meeting new people? I did not think that I would make many friends while I was here. And I did not want to, but meeting new people is a part of growing up.

For the time that I have been here at Duquesne University, including the summer program, I have met several people. But I have only met a few with whom I have made friends. I am happy that I got the chance to get away from home, and still be happy, and meet new people. I have a strong relationship with those who have become my friends. It has been good from the beginning of the school year. One of my best friends attends Duquesne. My other best friend and brother attend the University of Pittsburgh.

I have been having a good time here at the University. Leaving my family and friends was tough for me but I managed to get through it. Meeting new people is a good thing, because you get to learn more about people and expand your horizons. There are several people in this world who think the way I did before I left for college. But once they get to college and experience what I have, they will have just as much as I do.■
Becoming A Doctor

Natalie Clouse

Ever since I was old enough to talk and listen, my mother would say to me, “Natalie, one day you will become a doctor.” My response stayed the same and I always told her it would never happen. Then she would beg and pray that I would go into the medical profession. I thought that I would never be interested in it and dismissed the idea, only to hear my mother beg and plead every day. As I grew older, my mind started to change. My freshman year in high school was the first time I became interested in what would lead me to my major and career goals. I was enrolled in an anatomy class at Carlow College and that is where I saw human body parts for the first time. Immediately, I was hooked and became intrigued with the human body and its functions. That class opened my eyes to what medical professions could be and what was involved. From that point on, I knew that my career goals were towards medicine.

After my experiences at Carlow, I began to become totally involved in this newfound interest. I started working at an elderly home and discovered that I really enjoyed taking care of people. I took that into consideration and started thinking of what my life would become and what I wanted to do in life. Afterwards, I began volunteering at hospitals to get a taste of what hospitals were like. But my big break came in my junior year of high school. I was accepted into an apprenticeship conducted by UPMC and other organizations. It was a medical sciences apprenticeship and I was able to see things behind the scenes and shadow medical professionals. That experience was rewarding and reassured me that the medical world was for me. So, then again in my senior year of high school, I was accepted into another medical apprenticeship. These apprenticeships were, by far, the best experiences and I am so happy to have been involved. With these, I was able to stand in on surgeries, learn how to do various medical tasks, talk with medical professionals, converse with patients and gain so much practical experience. To make it better, I was involved in a program called Medical Explorers in my senior year, and the organization actually let us look at several dissected cadavers. Also, working in a doctor’s office aided my interest in medicine—which is definitely my calling in life.

Here I am, a freshman at Duquesne University, on my way to obtaining a science degree. When first asked what my major would be, I said biology and assumed that I could get into a medical school with that degree and would be interested in all that biology had to offer. I thought to myself, “I like science and anatomy, so I will like biology.” Well, I was wrong. Now, I love science and I love the human anatomy, but I do not like learning about the cells and their organisms.

I started to look in other areas of science that I could still use for my focus on medicine and I found one. I now have new goals in mind and I think they fit me well. Besides being interested in the human body, I have been interested in why this person died or what happened to this person. So, I have decided that I am going to major in forensic science, and obtain my master’s degree from Duquesne and go on to medical school and become what my mother always knew I would become—a doctor.

---

I Am Determined

Mike Constantine

Ever since I was a young child in a crib, I have always loved the game of football. My parents still tell me how I would run around for hours with my dad’s football and destroy everything in my path. As I grew older, I started playing in a recreational league under the direction of a great coach, my dad. I was never the biggest or strongest child on the field, but I had one thing that other students lacked, heart and a passion for the game. These driving factors helped me to overcome all the adversity that came my way. Whether it was an injury or an asthma problem, I always strived to reach my goals and succeed on and off the football field.

I have been playing football for 13 years and I am still learning new ways to better myself. Football has become a part of my personality and my life. You might know me as the quiet, shy student who does not say much, but when I step onto that football field, I am a totally different person. I will be your friend after practice or after the game but when I am on that field, every person on the other side of the ball is my enemy. This is not because I am a mean or angry person, it is just that I need to possess this type of mentality on the football field. If I do not, my opponent will be able to attack my weakness and, in return, will have a field day with me. A good football team will usually find the weakest players on the field and try to exploit those players. I do not want to be one of those players. I want to be the one that the other team goes the extra mile to try to stop.

I am not ready to stop playing this game yet. I could not possbibly throw away all those years of hard work and determination when I still love the game as much as I did as a little boy in my crib. In playing football, I still have dreams and goals that I think can still be accomplished. If I play well here at Duquesne, there is always the possibility that a professional football team will give me an opportunity to try out for their franchise. This is not a far-fetched idea considering a tough fullback is what pro teams are looking for when evaluating a college player. Duquesne University can be proud that they just helped two players achieve their goals of playing professional football. With hard work and determination, I would love to make that number three!
My First Semester Is Interesting

James P. Corcoran

My first semester at Duquesne has been interesting so far. I am a commuting student traveling from the South Hills every morning, so time management has been a bit crazy. I have to wake up two hours before class, shower, dress, grab food, drink a caffeinated beverage and run. Without traffic, it takes me about 20 minutes to get to Duquesne. But when I leave, the traffic is so bad, it can take an hour or more. It can be really hard to wake up and give myself enough time to do this, especially if I am up late doing work the previous night.

I am also a member of the University of Pittsburgh's Marching Band and I have practice almost every night from 6 p.m. until 8 p.m. Often because of this, I do not get a chance to eat a real meal until 9 p.m. or 10 p.m. I would not have it any other way. The Pitt Band has provided many new experiences and has given me many new friendships. It is also one of the few times I get to see most of my friends.

I have not found it terribly difficult to get my school work finished. For smaller assignments, I have a two-hour break in between classes on Tuesdays and Thursdays. As for larger assignments, I get them finished on Wednesdays because I never have band.

Despite having a hectic schedule, I am really enjoying college so far and cannot wait until I start taking classes more specific to my major. How I have done academically I will soon know, I suppose.

Change Has Always Been A Struggle

Eleanor Docauer

For many people change is easy, and may even come naturally, but for me, change has always been a struggle. I can remember opposing change from an early age. Even at four years of age, I did not look forward to having another sibling and especially was not thrilled when I found out that it was to be a boy. I eventually got used to this situation, but it took me a couple of years. Another memory is that of throwing a tantrum, because my parents had decided to divide our backyard in half with a wire fence. It may not sound like a large change, but for me it was unthinkable at the time. I did get used to the arrangement, but it took me a while.

Things did not get much better as I got older. When we moved from Pennsylvania to Tennessee, I was not happy. It helped that my grandparents would be much closer and that I would be able to spend the summer of the move with them, but even this was not enough to console me after having to move away from all my friends and familiar things. Even the landscape was dissimilar. The trees did not change to the brilliant hues that I had always looked forward to seeing in the fall. Instead, they mostly turned brown, or if I were lucky, shades of yellow, not to mention there was not a decent mountain or hill in sight. Yet again, I got used to the situation and came to love the place I lived, though I did not realize how much until I arrived at college.

College has been a major change in my life, and it has taken me a long time to adjust. Luckily, I had spent the summer in Pittsburgh as a member of the Spiritan Division, and got the worst of adjusting out of the way before college actually began. I began crying and becoming homesick before it was even time for my parents to leave. The room seemed cold and sterile. The

Visiting Big Ben, Heathrow Airport And Stonehenge

Bob Crankovic

This summer was an extraordinary one. Not only did I go to places I have never gone before, but I also met people that I have never met. My family took our summer trip over to the United Kingdom. My family had a great time seeing all of the sights. Those sights included Big Ben, Heathrow Airport and Stonehenge, to name a few of the attractions that bring tourists to the United Kingdom. London was also a sight to see. Even though it was much smaller than New York, it had the same home feeling as the Big Apple. My family and I also saw the Crown Jewels and took a tour of Parliament, because it was out of session the time that we stayed in London. We stayed in the United Kingdom’s capital for a week, and it was the coolest trip that my family has had in a long time.

After we came home, we traveled to Orlando for a week because we had to use a time share that we got from a friend of the family. We purchased this time share because it was the week before I would have to stay at Duquesne University. I had to stay at Duquesne, because it was part of the Spiritan Division’s Summer Program, which was a multiple-week program. The program required that we attend several classes each day, just like a college schedule, and we were graded and evaluated. I met many new people and found new friends during this five-week program. I believe that I had an action-packed summer and it was one which I will never forget.

(continued on page 6)
My Summer
Mike Drake

This past summer was literally the best summer I have experienced. Some people may ask, “How could you have had a great summer since you had to go to the Summer Program?” Well, the answer is that I have met some of the coolest people in the Spiritan Division. Also, think about a summer with no parents around and a bedroom where no one will tell you to clean. The students were allowed to go downtown just as long as they were in time for class. We were not stuck on campus for the whole five weeks we were at Duquesne. The facilitators took us to a Pirates game, Dowe’s Jazz Club with a catered dinner, a play with a good dinner beforehand and also we did Challenge By Choice, an outdoor motivational activity.

The Spiritan Division also has many advantages. This summer, everyone learned their way around campus, so we knew where all of our classes would be in the fall. The students got a taste of what college work is like. In the summer, there was much schoolwork, but we learned how to better use time management. The workload is great but manageable, because we acquired time management skills in the summer.

Through the Spiritan Division, I have learned that the secret to getting good grades in school is time management and devotion.

I like this Division because it gives people like me a second chance to do well in their lives. It gives people a chance to succeed and feel like they are on top of the world.

How Do You Stay On Top In College?
Kevin Edwards

In the past six weeks I have been in college, I have found that it is very important to manage your time between academic, activities and personal life. Your academics should be your first and most important priority. So, if you have not yet devised a schedule to manage your time, I suggest that you do. Try starting out on a day-to-day schedule. In order to do that, begin by listing the things you need to undertake.

Put your most evasive tasks first. If you have trouble figuring out which of tomorrow’s tasks are more important than the next, then stop and clear your head. Think and ask yourself, “What is absolutely essential for me to accomplish tomorrow?” If you do, then you should be able to gather your thoughts together and figure out the important tasks you need to accomplish. Once you get comfortable with making a day-to-day schedule, try to challenge yourself by creating a weekly schedule where you have all of your activities and classes planned out. This can develop into a decent plan of organization. In this schedule, one can map out his or her classes and activities as well as time for meals, leisure, studying, review after classes and sleep. Another helpful suggestion would be to set aside three to four hours of studying a day. This way you can study for an hour and take a 10-minute break with the purpose of regaining your focus.

After your break, move on with the topic at hand or switch to a different subject for review. Continue this “study-and-break” method as long as you need to until you complete the studying that needs to be done. Leaving space in your schedule for studying and reviewing gives you the opportunity to catch up on work that you did not understand or studying to get ahead. I guarantee that if you take the time to follow these steps to schedule organization, then you will not fall behind or forget about any assignments, and you will be more successful than many other students at Duquesne.

Do You Think There Is Too Much Violence And Sex On TV And In The Movies?
Rosalisa Esteves

We are living in a generation where people are attracted and accustomed to violence and sex. It can be found all around us at any time and at any moment. The most common systems of communication that advertise violence and sex are obviously the most seen by humans from all ages — television and the movies.

Television in general consists of news, cartoons, sports, variety/classified movies and commercials/advertising. Children always find out the way to unlock the adult channels. They always know when and how to watch all scary and real action movies where someone cuts another’s leg. They seem to be resourceful and whenever their parents are not home or simply sleeping, they take advantage of the situation, watch and learn.

(continued on page 7)
Another way to find violence and sex on TV is in commercials. Take, for example, the campaign from Dentyne Ice. Every time the guy starts to chew the gum, all the girls come to him.

Does this mean that a person is definitely going to be kissed by someone for the mint? They love it!

It cannot be stopped, unless more people protest.

Football Was A Constant

Nick Fisher

Football has always played an important role in my life. I have played this wonderful game for 10 of the 19 years of my life. This game has taught me many tools that I need not only for the game of football, but for the game of life as well.

Football started for me just playing in the backyard with my friends as a small boy, as most boys do. Then I went into organized flag football at the age of nine at the YMCA and played there for two years.

From fifth until eighth grade, I played for Saint Christopher’s Grade School. I was the captain of my sixth and eighth grade year. In high school, I played for Saint Edward High School. Now, football is no longer a part of my life on a competitive level, but it is kind of hard to forget. I love to play, but now it is time to work on life lessons I learned from playing football.

Football has been a constant throughout my life that has taught me many things. I have learned how to work with other people better, practice harder and work as a team. Life is just not the same without these qualities.

Paradise Found

Mackenzie Fries

Picture this: beautiful cloudless skies, shimmering clear turquoise water, bright hot sun, soft white sand running through your toes and a night life like no other. These words do not even do it justice. The place is just breathtaking. It is my favorite vacation spot and nothing will ever compare to it. Most people would not even be able to imagine a place as gorgeous as this. Most people would not even be able to imagine all the things that there are to do there.

I am lucky enough to not have imagined it. I have been there twice, and hopefully I will visit more. My hotel was right on the beach and there is nothing more spectacular than waking up, opening the blinds and seeing the ocean glistening in the early morning sunlight. As soon as I woke up, I went straight outside to the pool or the beach. I felt like I was in heaven. The ocean was so clear and cool, I felt like I was in a pool. The sand felt silky as I walked down the beach. The sun was so hot, but it felt great as it beat down on my body. I was outside the entire day. I was away from home in a place that can only be described as paradise. I spent my days on the beach relaxing, because the night life there is just unbelievable.

People travel from all over the world just to get a taste of the night life. There are hundreds of dances, clubs, bars, malls with designer brands and delicious restaurants. Everyone down there is there for one reason only: to have fun. People drink all night long, go from one club to another and meet new friends along the way. I was out almost every night and each night I went out, it was better than the last. I met so many new people and learned many different things about the culture. I even began to understand some of the language. I have never had so much fun in my entire life and that is why Cancun, Mexico, is my favorite place to vacation.

Success In America

Katie Gearing

Is having money necessary to achieve success in America? Many people would say, “No.” America is the land of opportunity. But what many do not know is that money gets you everywhere, especially in America. The real question that is essential to ask yourself is, “What is your goal?” Everyone has different goals in life. In order to achieve success, you must reach your goal.

After you have set your goal, whatever it is, stand back and look at it from this point of view. You must have money to do anything today. It is a chain reaction, without one link there would be no chain. For example, you need a job to get money, right? Well, in order to get a job, you need to go to an interview. In that interview, you need to dress suitably. Therefore, you need to buy clothes. So the chain keeps adding more and more links. There several other things that are imperative to survival. Food and shelter are the number one things that everyone needs to stay alive and they turn out to be the most expensive. In America, everything costs money. So when you add luxuries like doctors and medicine, the chain gets longer and longer. It seems that you never get a break, and that is the truth!

In America, money is what makes the world go around. So in order to achieve your goals and reach success in America, or anywhere, you must have money— plain and simple.
Finally, Tuesday came with a phone call from my mother saying I

not with the family and friends who needed me, and whom I

with him. I felt disassociated and helpless being here at school and

and the loss of control. I was so far away from all I knew of life

When I hung up the phone, I felt the feelings of disbelief, sorrow

being cracked and shaky, and mine being calm and in denial.

killed in it. I still remember my friend’s voice on the other line

at a college an hour away from my hometown, and my friend was

I received a phone call informing me that there was a car accident

my newest loss has been much harder for me to overcome.

Neither loss feels more or less hurtful than the other. However,

them to be taken off this earth due to foolish adolescent accidents.

loved him? Starting college has a new set of freedoms, stressors

and anxieties. Even though there have been many days where I

did not want to do anything at all, I know that my friend would

want me to keep on learning, living and experiencing things that

he did not get a chance to do. My advice for anyone who has

experienced a loss such as mine is to never forget the impact the
deceased person had in your life and just add that to your list of
reasons why you have to succeed in this life.

Losing A Friend

Liane Harrington

Losing a friend is one of the greatest tragedies life can give us. Over the past four

years, I have experienced two friends leaving this world to enter another. I have

encountered the feelings of sorrow, grief and doubt as to why a God so powerful to

create awesome human beings would allow them to be taken off this earth due to foolish adolescent accidents. Neither loss feels more or less hurtful than the other. However, my newest loss has been much harder for me to overcome.

Three weeks after starting a new life at Duquesne University, I received a phone call informing me that there was a car accident at a college an hour away from my hometown, and my friend was killed in it. I still remember my friend’s voice on the other line being cracked and shaky, and mine being calm and in denial. When I hung up the phone, I felt the feelings of disbelief, sorrow and the loss of control. I was so far away from all I knew of life with him. I felt disassociated and helpless being here at school and not with the family and friends who needed me, and whom I needed too. That weekend seemed like the longest weekend here. Finally, Tuesday came with a phone call from my mother saying I

could fly home for the services. Relief and anxiety fell upon me while I was waiting to get off the plane. I could not believe I was coming home for such an awful reason. When I left in the fall, I assumed the next time I would come back home, I would be excited for rest, a home-cooked meal and quality time with my old friends.

I do not have to go into detail about the rest of my time back home. As anyone can imagine, it was a pretty awful couple of days. When I came back, the feelings were not gone, and to this day when I look at his picture on my desk, I still ask why someone so great and one who could have done such great things was taken from all the people he loved and people who loved him? Starting college has a new set of freedoms, stressors and anxieties. Even though there have been many days where I


did not get a chance to do. My advice for anyone who has

experienced a loss such as mine is to never forget the impact the
deceased person had in your life and just add that to your list of
reasons why you have to succeed in this life.

My Goals For Completing College

Alvin Hill

This is my first semester in college and I want to get off on the right foot at Duquesne University. And if I want to be able to get off on the right foot, I will need to set some goals to meet my first term here. If I can be willing to take the time to study and reflect on things I say in this paper, there will be no doubt that I will succeed.

The most important things I need to set right now for myself are my goals for my first term. I am going to list three main goals I think I will need to complete college. My first goal is to reach a QPA of 3.25 or better for each term I am here. What I need to do to reach this goal is to put in the right amount of study time for each of my classes and do well on tests and papers. A big part of getting a 3.25 will be how I manage my study time. This is a great goal for me, because I think if I can meet this goal, I will have no problem at all with completing college. My next goal is to be able to receive no lower than a “B” grade on tests or quizzes. This will take a great effort, because I will need to make sure that I look through everything in great detail when I study.

Next, I will need to take the proper time out to study for each test. I will need to take my time on each test, and not rush through it and to answer questions thoroughly. If I can take these efforts in to each test, I believe I will have no problem in achieving that goal.

(continued on page 9)
And, finally, my last goal is to never miss any assignment in
any of my classes. This goal will help me stay on top of my
studies and make sure that I do not lag behind in any subject that
I am taking. Also, it will help me to hand everything in on time
and look professional, which I will need to be in the real world.
This is a demanding goal that I will need to focus on to achieve in
the long run. These are all of my goals to complete my college
career here at Duquesne University.

Someday Playing On Sundays
Bruce Hocker

Ever since I was six years old, my
dream has been to play on Sundays
someday! When I say, “Playing on Sun-
day,” I do not mean going to the play-
ground with my friends, or playing
horseshoes with my grandpa. “Playing on
Sunday” is playing in the National
Football League. It has been my dream to play professional
football, since I could remember.

Football, to me, is like music to Mozart. My father was a
college football player for the University of Maryland and my
mother was an all-state athlete in track. So it is no coincidence
that both sports were natural to me. My first year of football was
in 1992 when I played for the Beltsville Bulldogs in Maryland.
The first position I played in football was defensive end. As years
progressed, my position varied from running back, to linebacker,
to quarterback, until I found my ideal position.

Since I am 6’4”, 195 pounds, my ideal position is wide
receiver. I worked hard at wide receiver, until I was better than
everyone else. In the National Football League, the job for a wide
receiver is to make big-time catches, so every day I caught passes
from my dad after practice. Playing football in the NFL would be
a great pay off for all the hard work, blood, sweat and tears I
have put into playing football.

Right now, the best place for me to be successful is Duquesne
University. It is important for me to get my degree, but my family
always said, “Follow your dreams, and if you put forth all your
efforts, you can do anything you want to do.” My dreams and
efforts are being put towards being an honest man, walking in
God’s footsteps and being a famous football player.

Changes
Matthew Hoffman

As I look back, I have noticed many
changes in my life. The first one is my
parents — they have become friends after
years of animosity. My political views
have become extremely liberal. I am more
understanding now than ever and I am
now starting to understand what it takes
to be independent. I have friends that are like a family because I
have surrounded myself with people who care about me.

The first change I have noticed over time is my parents
are acting like friends now. They talk to each other and have
actually eaten together. This is mainly because they see each
other at my sporting events. So they had to figure out a way to
tolerate each other.

Another change I have noticed in myself or around me is
my political views. My views used to be conservative and I was a
Republican. Now, because of many influences such as a band
called Rage Against the Machine, I have become a liberal.
Another huge change I have noticed is how I am more under-
standing. This ties in with my political views. I do not favor rich
people because there are people living off of a dollar per day.

I understand this, which is why I became a liberal Demo-
ocrat. Some of the other influences I have in my life are my
friends. They understand political issues and world hunger.
Rage Against the Machine does something about it by playing
music to raise money. They send messages to the government
through the channels of music. Everyone that I have surrounded
myself with is an influence in small ways or large ways.

Changes occur through time and growing up. Some people
mature faster than others and some people do not notice any
changes. But I have noticed most of the changes in my life and I
believe everything is changing for the better.
What I Would Like To Achieve

Todd Jackson

There are many things that I would like to achieve during my four-year stay at Duquesne University. These things are goals that I have picked for a number of reasons. I feel that if I can achieve these goals, I will have a better opportunity to obtain a better job whenever I graduate from this university. Another reason is that I would like to go out and meet new people. And most importantly, I want to make my parents proud of me. I know that whatever I do, they will be there and will always support me.

I have three goals that I would like to achieve. One of them is making the Dean’s List every semester. This is a goal that I know I can reach. If I just keep working hard, I am sure that I will be able to make this dream become reality. My second goal is that I would like to become more involved with activities both on and off campus. This will give me an opportunity to meet new people and become a popular person. I am shy when it comes to meeting new people. So by achieving this goal, I think that I will become a better person overall. I already think that I am reaching this goal, because I am tutoring elementary students every Monday from 3 p.m. until 6 p.m. I enjoy doing this, because it makes me feel good and I know that I am helping someone to make better grades in a given subject.

I was not sure at first what my goals would be when I first got this assignment. This was something that started to interest me when I began to think more and more about it. I am glad that I have set goals for myself because I think it will make me work harder and shoot for something that I do not have. I am sure that my goals are reachable and I feel that reaching them will make me a better student and person.

My Family Is My Greatest Gift

Alicia Kanaan

My family means more to me than anything else in my life. Ever since I was born, I have been surrounded by many loving people who have cared for me enough to take the time to raise me into the mature young woman I am today. I feel so lucky to be a part of my family, and could not ask for anything more. My parents are supportive and understanding, and my sister and brothers never fail to make me laugh any time I need them. Some people take these types of gifts for granted, but, as I grow older, I know that my family is the greatest blessing in my life.

Enjoying A Cruise

Vanessa Kreuer

My family has recently started a tradition where every two years we take a vacation cruise. Cruises are by far our favorite vacations. My family went on a Disney Cruise through the Caribbean. The cruise allowed time for family-oriented activities, but still allowed places where you could go to get away and spend time alone. So if I could take any vacation, it would be a cruise.

Every morning I would wake up and look out the window and right in front of my eyes were miles and miles of blue ocean. I would go out on deck and feel the warm air whistling past my face. For those moments, I felt as if nothing could bring me down. In the background, I could hear the water rushing past the boat and children laughing. That is when I realized this was the vacation for me.

When we stopped at our ports, there were many activities besides lying on a beach and swimming. I really enjoyed the banana boats and snorkeling. Banana boats are pulled by a jet ski. It is extremely difficult to stay on the boats, because they go so fast. Snorkeling was a ton of fun, especially seeing all the tropical fish and a couple of sting rays. Even just soaking in the sun was a great time. The water was so clear I could see my feet. The time I had on my first cruise vacation was a great time, and the following cruise vacations were great as well.
The War On Terrorism Has Come To Light
Joseph Maimone

Terrorism seems to have come to light since the attack on the United States on September 11, 2001. Most Americans never even talked about terrorism before this attack. The terrorists’ attack killed people from all over the world. People became aware of weapons of mass destruction, biological agents and global terrorism. The war on terrorism has begun, but it is not over.

Terrorist groups are self-sufficient to support their operations. Our government—the president, U.S. senior policy makers, the homeland security department and the military—must show the leadership needed to protect us. We depend on their intelligence and technology for tracking our enemies. Security issues are America’s major concerns and Americans are feeling more secure. Our government has shown the leadership that we needed to see. There have been no successful attacks on American soil since September 11. The economy is starting to revive. A homeland security system seems to be working to protect Americans.

Again, I will say the war on terrorism has begun and is not over, but we seem to be making some advancement.

Back To High School In A Heartbeat
Todd Mills

All throughout high school, all a teenager can think about is graduation day. In reality, high school is the time in students’ lives when they will have the most fun. I had so much fun in my high school career and it makes me a little angry at myself that I did not really take the time to sit back and enjoy it. Just going to class could be fun. Not to mention the other activities that we did in high school that were meant to be fun.

The football games were the greatest. At my high school, everyone was so supportive of the football team. We did not play a game where there was not a packed crowd. It would be so loud at our stadium that we could not hear anything. That is what I miss most about high school.

College is not bad, but I do not think that it could ever compare to the excitement of my high school football games. It makes me a little bit sad when we are at a football game and sometimes it gets totally quiet, because I am so used to not being able to hear anything but the crowd cheering and the band playing. Of course, it is not the same because I was a star on my high school football team, and now, I am back to being just a freshman who has to start from the bottom again and wait his turn to play. In high school, even when I did not play, going to the games was exciting because it was like going to a professional event. The only thing that made it exciting was the support of the students, faculty and community. I know that I will eventually get used to college and have a great time here, but if I had the chance I would go back to high school in a heartbeat.

Heroes
Robbie Morissette

Heroes come in all shapes and sizes. Sometimes they are imaginary, and sometimes they are real. Whenever someone thinks of a hero, they think of “Courage, someone who defeats evil, someone who has extraordinary powers and someone who will defend justice.” When you ask someone to think of a hero, you normally think of the imaginary ones: Superman, Spiderman, Wonder Woman, Captain America, The Incredible Hulk etc. In this day and age, people still have the same views.

I think people believe a hero is someone who can do extraordinary things. People view sports figures or other celebrities as heroes just because they are famous. One celebrity who was a true hero was Princess Diana, because she actually went out and tried to make a difference to improve the environment.

My hero is my mom, because two years before I was born she was diagnosed with cancer. She still held her job and took care of my sister and me. She was not fired from her job because of her lack of ability, but because her disease took a turn for the worst. My grandfather came from Rhode Island to help take care of us while my mom was sick in bed.

There were many attempts to help cure her, but none of them seemed to be doing an effective job. There was one doctor in Boston who was determined to help take care of my mom’s cancer, which was primarily around the lungs.

Finally, around 1999 Dr. Sugarbaker had one of his inventions approved. He made a device that could surround the infected area and remove it without the fear of breaking the tumor and spreading the cancer to other areas.

It took my mom 18 years to battle cancer. If you did not personally know my mom, you would have never guessed that she had cancer. She did show signs of fatigue from time to time...
time. She was one of those people who just never gave up. She led “Daffodil Sunday” at our church for about eight years. We would go to the “Walk for the Cure” events every year, even the years when she was not officially a part of her support group. If you were to look at her, you would see a fragile and scared person, but you would also see a person who has made it. You would see a person who has taught me to never quit. My sister and I love her and appreciate all the things that she has done for us. There are times that we have, and still do on occasion, disappointed her, but she knows that we will always try our best to make it up and not do it again. I apologize for all the wrong I have done to her. I love her with all my heart. No matter what the outcome of my life is, I am determined to do the right things that she has taught me.

Philadelphia And Pittsburgh Differ
Harley Moyer

I have grown up all my life about 40 minutes outside of Philadelphia. Where I live, mostly everyone is an Eagles fan. Since the Eagles signed Donovan McNabb, I have been a devoted Eagles fan and have not liked any other team except them. The problem with where I live is that I am not right in the city. If you live in the actual city of Philadelphia, you are a true fan and can support all the games by wearing game jerseys on game day. Where I live it is not like that. Some people support the team, but not all.

In Pittsburgh, I live right in the city, since I am attending Duquesne University. I am starting to feel what it is like to live in the city and be surrounded by hardcore Steelers fans. I like how everyone in restaurants and other places go nuts when they watch a Steelers game. Every time I have gone out to a restaurant or a store on a Sunday, everyone is supporting the Steelers and wearing jerseys. It is hard being an Eagles fan now that I live in Pittsburgh. I must say, since living here, I have already grown to like the Steelers. I cheer for the Steelers every game, but I still cheer for the Eagles every game. I still believe I am an Eagles fan, and when they match up, I want to cheer for Philadelphia.

Food is different in Pittsburgh in comparison to Philadelphia. Some things in Pittsburgh are good, but not even close to the food in Philadelphia. Pittsburgh’s cheese steaks are horrible. They do not even compare to Philadelphia’s. Since I have been living here, I really miss a good steak sandwich. I just went home this past weekend, and of course, my mom took me out to get one. I like some of the food here, but one of the biggest things I miss from back home is the food. Also, since living here, some of the terminology is different. Pittsburgers say “yinz” and not guys, and “pop” not soda, so it is weird listening to these words. Even though I will be living here for four to five years, I do not think I will act like I am someone from Pittsburgh. I have lived near Philly too long.

My One And Only Regret
Amanda Reinhard

“You should never live your life in regret.” I have always lived by this theory until someone suddenly came into my life and was taken away just as fast as he came. My story is about love, which I now realize is the most important gift that I could ever receive. Most great things in life come when you least expect it, and that cannot be more true than in my situation.

This summer, I met a young man who changed my entire life’s perspective. We first started out as friends and then our friendship grew into a courtship. This person altered the way that I looked at life, the way that I conducted myself and helped me to realize what was important. We spent five weeks together and then we had to go our separate ways due to the fact that we lived hours away from each other. But throughout the month and a half that we spent together, we seemed to grow closer. We would talk multiple times in one day and I could not go out without hearing his voice. I had some of the greatest times in my life with this special person. When we returned to school for the fall semester, we had difficulty in our relationship due to the fact that I was at college and wanted to experience it in the manner that I felt was right. And so I did, but in doing so, I lost him. I did something that I never thought that I could do. I was not truthful with him.

Throughout the entire experience, I never thought that I would be the one to mess up the relationship and be blamed for everything. But the more that I look at it, the more I realize that I deserve what I got and then some. From this experience, I have taken many positive things. I have realized what I need to do to gain someone’s trust back and how honesty is the only way to communicate with someone you care about. I can never justify what I did, but I can only say that I am deeply sorry and I have changed my ways. In realizing this, I am willing to do whatever it takes to prove that I am a person who people are able to trust, including the ones that I love. I am deeply sorry, and I regret everything bad that I ever did to him.
Evergreen
Alexandra Rendino

Being a freshman in college really opens up new experiences, which is why a person should try to get involved in campus clubs and activities. There is at least one club that grabs an incoming student’s attention, if not probably more. One club that I joined that grabbed my attention was Evergreen, the environmental club on campus. I knew it was a club that I wanted to join, because I have always felt that the environment is an extremely important part of everyone’s well being, or at least I think it should be. I feel that the beauty of our planet is something that needs to be protected and preserved with as much care as possible. Preserving the beauty of the planet is something I have always thought to be important.

It makes me happy to be able to say that I am doing my part to keep Duquesne’s campus and the surrounding area beautiful and clean. I think Evergreen will do plenty of things to keep our campus as environmentally friendly as possible. The new bottles and cans recycling project is one example of the efforts to keep our campus from creating unnecessary trash. Finally, there is a place to put all of those empty bottles and cans!

Comparing College To High School
Eric Rusnak

If you compare college to high school, there are many differences and similarities. College is a different setting from high school. There are many more distractions found in college. For example, there are always things going on at the University and in town in which the students can get involved. If you are not careful, you can be taken away from studies which could hurt your final grade. The scheduling of college classes is a different system from high school. Instead of having the same class every day, you may have it one or two times a week. This requires you to study and complete all assignments for the class. It also forces you to be organized. You have to know what assignments are due and when tests are scheduled.

There are some similarities with college. They both require motivation and work to be successful. If you want to get the grades, you have to be willing to do the work that is required to succeed in that class. The classes still use mid-term and final exams to measure what one has learned in that class.

So far, I have been enjoying college life. There is always something to do here. Since Duquesne is in town, I am able to go to the concerts and shows. I also like how the campus is secluded from the rest of the city.

The Tradition Of Senior Trips
Andy Rihn

It has been a tradition for many years for all seniors to go on a senior trip with their best friends. For years, my friends talked about where we could go, how much we could spend and who would come with us. It was all just a dream until senior year came around. About halfway through my senior year, we started planning our trip. We decided to go to Ocean City, Md., for our senior week from June 14 until June 21. Although we planned the trip six months in advance, those six months went by extremely fast.

All of a sudden, after all those months of eager waiting, June 14 had finally come. I loaded up my car with my three best friends and we headed out at 5 a.m. for Ocean City. After a long, but fun, seven-hour ride, we arrived at the beach and met up with our other friends. There were 14 of us. We rented a fairly nice place to stay. The first day we went to the beach and relaxed, because we were pretty tired from our lack of sleep. That night, we decided to have some people over and it was a great time. The next few days we did the usual beach thing, and went out and had people over during the nights. We were lucky to have a nice miniature golf course right across the street from us, so we usually played a few rounds every day. Throughout the rest of the week, we rented wave runners, went deep sea fishing, rode mopeds and had a blast.

I will never forget all the memories that I have from that trip. I think all of my friends would agree that it was the best week of our lives. The memories of that trip are something nice to think about for me, because I have not seen many of my friends since school started this year. Senior trip will be something that always stays with me, and I can not imagine ever having a week like that again ... until next year.

Spiritans Chronicle
Jasmine  
Nadeen Seldon

Everyone has someone who is like a little sister that they can depend on when they need a shoulder on which to lean. For me, that person is Jasmine. Jasmine is like the little sister I have always desired to have. I have known her for almost one year, and we have bonded together in a short period of time. I usually do not tend to attach myself to people. However, early on in our friendship, I saw a great amount of potential in Jasmine. I believe that she needs someone who is around her age, a person to whom she can relate, as well as a person who has been through some of the same issues that she is experiencing.

She has gone through a great deal at an incredibly tender age, yet she is a determined and focused young lady. We look up to each other for strength, support and advice on personal situations. Before I went away to college, we spent a great deal of time together. I was there to support her throughout all of the events she participated in at her school. Jasmine had the opportunity to attend my high school graduation, which was one of the most important days of my life, and I am glad that I had the chance to share it with her. Over time, Jasmine has become a part of my family.

My little sister Jasmine reminds me so much of myself when I was 14 years old. Although I made many mistakes growing up, I do not want Jasmine to make some of the negative choices that I did. I want her to achieve more than I did and reach higher than I ever thought I could. Even though I am away at college and I am physically absent from her for a small amount of time, Jasmine has never left my heart.

Life In A Box  
Michael Shubosky

As many college students prepare for the upcoming years at Duquesne University, they will learn how to adapt to the living conditions at college. Through my personal experience at college, there are a few things that one must learn to do to survive when you are living in a dorm. Here are some things that I have learned to make that transition as smooth as possible.

The first and most important thing that one must get used to doing is keeping clean at all times. You do not know where the people in your dorm come from, and you do not know what germs they may have. The best way to stay clean is to always wash your hands and face whenever you return to your dorm and keep your dorm as clean as you can.

The next important step is to keep your body running at 100 percent so that you can perform at the top of your game. Eat right and work out regularly. Your diet is one main part of staying healthy in a college environment. If you eat without your health in mind, you will become fat and get sick more quickly than you think. But if you keep your health in mind and eat plenty of greens, fruit and protein, you will stay in good shape longer.

In a nutshell, you need to keep in good shape and take care of yourself to perform better and get better grades. You will also avoid all of the hazards of living in an enclosed environment and stay strong.

Fan Frenzy  
Justin Smith

Have you ever been to a Pittsburgh Steelers game? No matter where they play, there are always fans there to support them. The Steelers’ fans are the best thing to happen to the team.

Every year, for a few short months, the Steelers take the field. Before games start, the aroma of hot dogs and hamburgers rise from the parking lots’ tailgaters, and everywhere you turn, there are faces painted black and gold, supporting their team. Then there are the crazy fans that dress up in costumes that are black and gold, and for one lone afternoon, they are not considered to be fools. The Steelers’ fans pour themselves into the stadium’s seats and from above, it looks like one of those pictures that you can make when you pour paint onto a spinning paper, full of black and gold. The fans are what make the home team special. The Pittsburgh Steelers have the best fans of any town.

No matter where you go to watch a Steelers game in Pittsburgh, you will always hear the loud, but familiar, “Here we go Steelers! Here we go!” chant. Pittsburgh’s football team is viewed as one of the best around. The fans make them that special. Be proud to be black and gold!
College Football’s Play-off Format Is Unfair

Justin Stagno

College football must change their play-off format from bowl games to an eight-team tournament in order to be successful in the future. A precedent must be set for college football officials to change their format. It is unfair that a computer picks who plays in the national championship game.

In 1997, two teams went undefeated throughout the regular season and won their bowl games only to find out they are to split the national championship. This caused great controversy. College football officials were forced to change the rules for their play-off system. They put a formula into a computer to decide which two teams are the best at the end of the regular season. The two teams picked are to play for the national championship.

Driving

Nick Sutherlin

Driving is the ultimate accomplishment between man and machine. When you are behind the wheel, it should just be you and the open road. There can be no distractions, only a passenger and your music. Some people say that driving is a chore, but it is more like a reward if done correctly. The right automobile for the terrain must also be used for the ultimate accomplishment between man and machine.

If you are going to spend a day in the desert, you are not going to take a Mustang. The proper vehicle for the desert would be a truck, in which you should be able to maintain at least 30 mph. If you are going to drive on the street, the right vehicle would be a Saleen S7 and not an off-road race truck.