<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kealy, Father Sean</td>
<td>What is Our Vision?</td>
<td>1</td>
</tr>
<tr>
<td>Adamczak, Brian</td>
<td>My Grandfather is my hero</td>
<td>2</td>
</tr>
<tr>
<td>Arrico, Meghan</td>
<td>Hockey is Life</td>
<td>3</td>
</tr>
<tr>
<td>Blanford, Jay</td>
<td>High School to College</td>
<td>3</td>
</tr>
<tr>
<td>Beaver, Ryan</td>
<td>Obesity in America</td>
<td>4</td>
</tr>
<tr>
<td>Congdon, Claire</td>
<td>My Summer at Duquesne</td>
<td>4</td>
</tr>
<tr>
<td>Council, Jennifer</td>
<td>Transition from a Commuter to a Resident</td>
<td>5</td>
</tr>
<tr>
<td>Davis, Dominic</td>
<td>Chief Reasons Why Students Drop Out Of High School</td>
<td>5</td>
</tr>
<tr>
<td>Davis, Louis</td>
<td>What is the meaning of Ramadan to Muslims</td>
<td>6</td>
</tr>
<tr>
<td>Dugan, Corinne</td>
<td>College Far From Home</td>
<td>6</td>
</tr>
<tr>
<td>Firman, Chris</td>
<td>Technology and the Affects on Everyday Life</td>
<td>7</td>
</tr>
<tr>
<td>Gardner, Mykal</td>
<td>Who are we?</td>
<td>7</td>
</tr>
<tr>
<td>Geidt, Richard</td>
<td>The Lion King: A Movie for all Ages</td>
<td>8</td>
</tr>
<tr>
<td>Hickey, Shawn</td>
<td>Preservation of Our Countries Wilderness</td>
<td>9</td>
</tr>
<tr>
<td>Jickell, Garrett</td>
<td>Automotive Advertisements</td>
<td>9</td>
</tr>
<tr>
<td>Kashatus, Andy</td>
<td>The Meaning of Life</td>
<td>10</td>
</tr>
<tr>
<td>Kinland, Connor</td>
<td>The Weight Lifting Phenomenon</td>
<td>10</td>
</tr>
<tr>
<td>Longford, Mike</td>
<td>Attendance: Required or Optional?</td>
<td>11</td>
</tr>
<tr>
<td>McCreary, Ryan</td>
<td>The High School Years</td>
<td>12</td>
</tr>
<tr>
<td>Merki, Colleen</td>
<td>My Favorite Season: Fall</td>
<td>12</td>
</tr>
<tr>
<td>O'Malley, Brandon</td>
<td>The O'Malley Clan</td>
<td>13</td>
</tr>
<tr>
<td>Queen, Matthew</td>
<td>Me and my Bed</td>
<td>13</td>
</tr>
<tr>
<td>Qayley, Ryan</td>
<td>If I Could Meet Anyone</td>
<td>14</td>
</tr>
<tr>
<td>Sue, Matthew</td>
<td>Teenage Smokers: Tobacco Companies</td>
<td>15</td>
</tr>
<tr>
<td>Stroot, Brian</td>
<td>Welcome to HOTLANTA</td>
<td>16</td>
</tr>
<tr>
<td>Stamm, Laura</td>
<td>Good advice</td>
<td>17</td>
</tr>
<tr>
<td>Verbitsky, Andrew</td>
<td>Are Spectator Sports Overemphasized in this Country Today</td>
<td>18</td>
</tr>
<tr>
<td>Wilkins, Courtney</td>
<td>My Summer Program Experience</td>
<td>18</td>
</tr>
<tr>
<td>Willems, RJ</td>
<td>Drunk Driving: A Serious Problem in American Life</td>
<td>19</td>
</tr>
<tr>
<td>Wong, Jared</td>
<td>An Unmatched Life</td>
<td>20</td>
</tr>
</tbody>
</table>
OUR KIND OF GOD: Everybody believes in some kind of God. I regularly insist to my students as I invite them to write down for themselves what is their God like, a question which takes courage to face. The inevitable reply is how does one know one's God. I give such answers as: “What do you wake up thinking about in the morning?” “What do you spend your money on?” As some theologians point out, most of us are not monotheistic but rather polytheistic idolaters who find themselves divided between competing allegiances. This intensifies our fear and mistrust and allows rage and hatred to surface all the more. Lack of an overall meaningful God, leads to disintegration and chaos. One thinks of Niebuhr’s famous description of the late 19th century Protestant liberal god: “A god without wrath brought men without sin into a kingdom without judgment through the ministrations of a Christ without a cross” (Christ and Culture, New York, Macmillan, 1951 pp. 45-82, 190-229).

The fact is that people can idolatrize just about anything from sex to clothes, to country, to self, to power, to nature (even Jack Daniels whiskey was a clear favorite among many students). The inevitable result is disorders such as anxiety, fear, hatred, anger, inability to trust. In his famous little volume Your God Is Too Small (New York, Macmillan, 1961, pp. 8-9), J.B. Phillips, the Anglican translator of the New Testament into modern English, tries “first to expose the inadequate conceptions of God which still linger unconsciously in many minds and which prevent our catching a glimpse of the true God; and secondly to suggest ways in which we can find the real God for ourselves: “While their experience of life has grown in a score of directions, and their mental horizons have been expanded to the point of bewilderment by world events and by scientific discoveries, their ideas of God have remained largely static” and they have not found a God big enough for modern needs and experiences, a God who is the incredibly complex being behind what we call life. He insists that people find it very difficult to change their false images of God: God the resident policeman, the parental hangover, the grand old man, the meek and mild companion, the embodiment of perfection, the heavenly lover, the managing director, the puppeteer, the God in a box, the pale Galilean, the projected self-image and similar stereotypes. Today, when we stress the mystery of the known rather than the unknown, we recognize that our journey into God is a lifelong odyssey and that we can never have too big a vision of God. It reminds me of the conversation comment of a friend as a group of us discussed the view that if one is not part of the solution, one is part of the problem. To which my friend replied that the current view is that if one has the solution, one is part of the problem! Yet this God has given us a concrete focusing of himself in the human yet risen person of Jesus, who alone can show us what God is really like. As Michael Northcott wrote in The Tablet (Saturday, 6 November, 2004): “It was precisely as a vulnerable child, a non-violent teacher, and a crucified trouble-maker in an occupied land that God chose to reveal the truth of the divine word by which
My Grandfather is my Hero

Brian Adamczak

A person I would view as a modern hero in today’s world would be my grandfather. My grandfather is always upbeat and cheerful. He will do anything to help others. My grandfather loves to tell stories about when he was a child or when he was in the Navy. His stories are not always about things he did in his life that were that happy.

He loves to tell one story about when he was a boy. Once, he told of when he and his brother drank all the root beer while everyone was away, and he got so sick but did not want to admit how it happened. Another one of his stories is set during the war. He was walking through the woods when he was confronted by the enemy who jumped out at him. He told me how he was scared to death. He said the man looked like he was seven feet tall, but he knew that in reality he was really probably only five feet tall. These are only two of many stories my grandfather shared with me.

Another reason I view my grandfather as a modern day hero is because he donates much of his time to help others. He has spent many years helping people with their income taxes. He would do this for his neighbors and other people who would need his help. Every Wednesday morning, he goes down to the church to help make pierogies for the church to sell. I know I can call him at any time and he will be there for me. These are just a few examples of what he does to help people. He is never too busy to help anyone who needs it.

About four years ago, he was diagnosed with stomach cancer. When he was diagnosed, he never said a negative thing about it. He went through surgery, chemotherapy, and radiation, never complaining. He took it the best that he could. He tried to make sure everything was all right with his wife and family through this hard time. He was nice to the doctors and nurses in the hospital. He ended up beating cancer. It was a hard time for him, but he stayed positive and nice through the whole experience.

This is why my grandfather is my hero. He is always willing to share his life stories, the good and the bad. He is never too busy to help others that are in need. If he can help anyway he will. And last but not least, he is always cheerful when he is around even through difficult times.
Hockey is Life
Meghan Arrico

The 2004-2005 season was a tough time for hockey fans, and not just because their favorite team did not make the playoffs or their star player was injured. It was for a much different reason that the fans were upset -- NHL owners locked out their players. The Collective Bargaining Agreement (CBA) between the National Hockey League and the National Hockey League Player Association (NHLP A) expired. This agreement dictated how much the NHL and NHLP A would operate together. It included such provisions as minimum salaries. NHL owners said they would not sign a new CBA unless there was “cost certainty,” which led to the cancellation of the 2004-2005 NHL season, the first time a major professional sport cancelled a season.

In mid-July, the NHL and the NHLP A finally agreed to a deal after losing a whole year. The players made sacrifices which included a 24 percent reduction on all current player salaries and the implementation of a salary cap, a first in the NHL. The owners won the battle which they said they would. The players had several opportunities in mid-February to accept a much more lucrative deal, but held out in hopes of getting a better one. That better deal never came. Instead, the owners were able to finally achieve their cost certainty through a salary cap of $39 million. However, all teams were required to spend at least $21.5 million. The addition of a salary cap and the reduction of player salaries has allowed all thirty NHL teams to be able to compete on an equal playing field.

Our own Pittsburgh Penguins have benefited greatly from the year. With the addition of the salary cap, they have been able to assemble a drastically different team than when they last played, and it did not cost them much more than what they spent in 2003-2004. The Penguins had a payroll around $25 million in 2003-2004, now they have spent around $30 million and have what some might call an all-star team. The Penguins have added free agents Ziggy Palffy, a rightwing that is known for his goal scoring; leftwing John LeClair, who tormented the Penguins for years as a Philadelphia Flyer camping out in front of Penguins goalies; and defenseman Sergei Gonchar, known for his scoring abilities from the blue line and almost considered a fourth forward when on the ice. In addition to these big name free agents, the Penguins won the NHL Draft Lottery, which allowed them to draft Sidney Crosby. Crosby, an 18-year-old rookie, is being called the best prospect since Wayne Gretzky and has been nicknamed the “Next One.”

Yes, our Pittsburgh Penguins may be off to a slow start as of October 12, 2005, but things are sure to turn around soon with a lineup featuring Lemieux, Crosby, Gonchar, Palffy, Recchi and many others. Some might say the year off might have been worth it for many Penguins fans. The salary cap is beneficial to the league as a whole. Now, all teams in the NHL have a chance to win the Stanley Cup.

High School to College
Jay Bluford

High school students who are not mentally prepared to experience the transitional phase that they may endure are more likely not able to succeed in the college atmosphere. Students are faced with different issues that they may not have previously faced when they were in high school such as independence, and time and money management. Not all students adjust well but they will eventually have to because things you learn in college are major steps to adulthood.

The amount of independence can be difficult for some students because they do not have their parents on which to rely. There is no one there to follow up and to tell them when they should do their homework or dictate when they go to sleep and every action they take. It is up to them, the young adult, to learn how to manage their time and to decide when to do their homework.

Time and money management are important in college due to the amount of freedom that students are given. It is up to the student to be mature enough to know when to set aside free time and time for studying. Without proper time management the result could be disastrous. It could cause the students to become sidetracked with college life and cause their grades to drop. Also a major change from high school is that students will have to manage their money. Their parents will not be there to tell them what they can or cannot buy. It is entirely up to the student.

CONTINUED ON PAGE 4
Every high school senior looks forward to their “senior summer,” when they are finally out of high school and about to begin a new chapter in their lives. For me, it was different. I graduated from high school, and, four weeks later, packed for five weeks of summer school at Duquesne University. When I heard I was required to attend the program, I was not thrilled about spending five weeks of my summer in school when all of my friends were at the beach. I came into the program with a negative attitude not knowing a single person and expecting it to be the worst thing in the world. But to my surprise, it turned out to be a great thing.

One of the biggest shocks for me was living with a complete stranger. Never in my life have I had to share a room. Now, I was thrown in a room with someone whom I did not know and forced to live with them for five weeks. Rooming with Meghan turned out to be a great thing. We became and remain great friends now that school has started. The Spiritan class became close, and we still are,
even after the arrival of the rest of the freshman class. I think we will remain friends throughout our four years here at Duquesne, and I am looking forward to it.

In addition to the social aspect of being here in the summer, I realized I really liked the campus, individual attention and small class size. I feel this is the right size school for me, and I am able to get the most out of my classes through help from my professors.

I thoroughly enjoyed my summer experience here at Duquesne. It was nice to come back on move-in day and see all my new friends from the summer. I was able to become familiar with the campus and get a taste of what college life is really like before anyone else. Coming here in August was not overwhelming for me; I was completely comfortable and excited to start the semester. Now, I am able to help my roommate as well as other people with their transition in college life.

**Transition from a Commuter to a Resident**

Jeanika Council

Being a sophomore on campus this year has been strange, because last year I was a commuter, and this year I decided to stay on campus. I had to remind myself not to get angry when people ask me the big question, “Are you a freshman?” I would get so upset when people would assume I was a freshman only because they did not see me last year. I always have to answer their question with a sigh and say, “No, I was a commuter last year.”

What people do not know is that I used to be a resident at Duquesne. The first month of my freshman year, I stayed on campus. Something went wrong with my scholarship money and I moved home. Even though home was only fifteen minutes away, I missed out on many activities on campus. From that day on, I hardly saw anyone.

I did not know too many people so I would leave home, come to class, and immediately return back home. The only people I spoke to were the students in my classes. My mom would always tell me to meet people, that it would benefit me later. I did not believe her, but she was right. Maybe if I had met some of the students last year, I would not be going through this freshman stereotype.

Being a freshman commuter was hard at times. The routine of having to wake up a little extra early, driving every morning, and driving back home was really stressful. However, I managed because I had no choice. This year, I was determined to stay on campus. Living as a commuter before, I did not actually feel like I was a student because I was home all the time, but now I am glad to wake up on campus and not at home. I am finally living the true college life. I know more people than I ever knew before, and I am glad to participate in all the activities available.

**Chief Reasons why Students Drop Out of High School**

Dominique Davis

Everyday there are more and more teenagers dropping out of high school left and right. People ask why they should come so far to just give up now. It is basically a waste of a mind. There are many reasons that teens drop out: it can either be pregnancy, depression, worrying too much about other issues, parents’ divorce, and other significant things. These are some of the chief reasons that I think teenagers drop out and do not become all they can be.

First of all, pregnancy is a major situation that causes students to drop out of school. Some of them are too young to take care of a child and some of the teenagers get embarrassed that they are pregnant and drop out. The male teenagers already have school in their lives and now they have another burden and have to take care of a child until the child is 18 years old. By then, neither the male nor female teenager would be able to get a good job.

Last of all, depression is another big problem with high school students these days. Teenagers can be depressed because of bad grades, girlfriend/boyfriend problems, parents’ divorce, anything that could make them feel different inside. Teenagers definitely do not need this type of pain and suffering in their lives. All this can do is allow them to believe that life is nothing but downfalls.

In conclusion, teenagers’ dropping out is a bad decision for them in the future. This could ruin their careers. I hope that more and more teenagers learn how to stay away from these problems and just be a child and enjoy life because one will never be a child again.
Choosing to move over 900 miles away from home to a new city to discover new faces, landmarks and history is not an easy decision to make. College can be one of the most challenging experiences of one's life, as the transition from high school student to independent young adult brings about many confusing and difficult choices to make.

Relocating across the country to attend college adds to the uncertainty of the time, as the comfort of home and familiar faces is left miles behind. Duquesne University, however, proved to be an institution that provides not only a prestigious education, but a family-like atmosphere that provides the same security of home. Because Duquesne is a smaller university, the bonds between professor and student can be fostered on a personal level. Many professors at Duquesne know their students by name and some by their personal interests. Although some classes are larger, the faculty at Duquesne are willing and eager to help students who are struggling. Dedicated professors can sometimes be a deciding factor in how well a student succeeds in college, and the professors at Duquesne have been proven to help aid very successful students.

The ideals of a Catholic University are found throughout the campus – the numerous service organizations, volunteer opportunities, and the campus ministry services all help aid in the transition for Duquesne freshmen. Duquesne provides many opportunities for students to get involved, no matter what their area of interest may be. Each Living and Learning Center also provides a community away from home, offering numerous activities.

Duquesne University proved to be a home away from home for me, as I have come across so many caring and interesting people ready to help me succeed. Despite the distance from home, I have found a place where I feel comfortable with myself and my surroundings that I plan to make a part of my life for the next four years. While the reasons for choosing a particular college may be different for everyone, it was important that I found not only new friends and professors, but a new family. With Duquesne, I am at home.
Technology and society go together like peanut butter and jelly. However, most people do not realize how much the use of technology affects their everyday lives. From automobiles to computers, technology has contributed to America's growth like wild fire in a forest. The question is whether or not technology has affected America for better or worse. To respond to this question one must look at both sides of the spectrum, because there are many points to confirm either argument.

“People use technology when washing clothes, driving to work or even typing a paper.”

Looking at technology as a good influence on society, one would be able to say many things. As a culture we could not survive without it. The simplest activities that most people partake in daily require some form of technology. The United States Government uses the finest forms of technology every second of every day. Computers run the high tech databases which contains every US citizen's information. Without many of these, our country's status within the world would change greatly. People use technology when washing clothes, driving to work or even typing a paper. Without a laundry machine, car, or computer these daily tasks would not only become a burden, but also consume more of people's time. While people do not need a vehicle to get from one place to another, most human beings are so accustomed to this type of convenience that being without it would be like a drug addict without drugs.

This is where one could step in with the opposing viewpoint that technology affects society for the worse. It is kind of sad that one person, like Bill Gates, could single handedly destroy our nation with the implementation of one virus. It is also scary that nuclear weapons have become a threat to us. Technology, in essence, could become our ultimate enemy and the downfall to our world. In addition to this, technology kills people in a more discreet way everyday: car wrecks, roller coaster accidents, plane crashes and even shooting are examples of technology's everyday threat to life. The fact of the matter is that technology is able to hurt society both accidentally and intentionally.

So, does the good outweigh the bad? In most people’s opinion the answer is, “Yes.” The downside to technology can be eliminated and the good sides of it assist the human race daily. Technology is also being furthered every day; computer chips, car speeds, and even cell phones are constantly changing. Without many technologies the world may not be able to operate. However, one must be not only careful, but aware of the bad sides as well. With these concepts in mind technology can do nothing but help us.

Who am I?
Mykol Gardiner

Who am I? This is probably the most difficult question a person will have to ask him or herself. Many people go through their entire lives thinking they have a good understanding of who they are, but in all actuality, they may have it all wrong. I think most people find out about themselves when they are teenagers and his or her entire belief-system is tested on a daily basis.

Imagine this: it is the first day of college for an eighteen-year-old. As soon as he or she steps foot on campus, one sees people older, taller, and completely different from him or herself. The first question that comes to his or her mind is, “Where am I going to fit in?” College is known as one of the most exciting times because for most, this is the first time he or she is away from home and he or she
can consider themselves independent. However, with freedom comes responsibility. Although college may be fun, it is also a place where one's values will be tested on a daily basis. For the first time they are tempted by parties, drugs, alcohol, and other things that may go against what he or she believes. This is part of the reason why over 50 percent of college students drop out within the first year. But one's social life is not the only place he will be tested. One will also be tested on the playing field.

“Although college may be fun, it is also a place where one’s values will be tested on a daily basis.”

Many students who participate in athletics at the collegiate level probably played a sport in high school, where they may have been the superstar. But as soon as they entered college, they had to start off at the bottom. For some, this is probably the first time they have faced adversity. Some use this as motivation to do better, while some take the easy way out and quit. This is a perfect way to find out how strong someone is mentally and how he can respond when he is no longer the “big man (or woman) on campus.”

In college, one is judged by what he puts down on paper and earns respect by what he or she accomplishes. For some, this is a shock because they lived off a family name in high school and received his or her respect by what his or her family members achieved. College is an introduction to the real world and most people do not stop to notice someone unless they distinguish themselves. Whether it is academically or athletically one has to prove himself or herself on a daily basis. For some, college is a testing ground for who he or she is. Some think of it as a game. One can take the easy way out and quit, or have pride in whom they are and stand strong by their beliefs.

THE LION KING:
A MOVIE FOR ALL AGES
Richan Gaskins

In 1994, Disney created a movie that revolutionized animated films. This ingenious film was the first animated movie that had no human characters. It also held the title as the highest grossing animated film in theaters of all time, until Disney/Pixar’s Shrek was released in 2003. The Lion King not only entertained people of all ages, it also provided dozens of catchphrases, memorable characters, and many life lessons along the way.

The movie’s main character is Simba, a young lion cub who is the future king. This, however, makes his uncle Scar second to the throne, making Scar extremely jealous. Scar devises a plan to kill Simba’s father Mufasa and manipulates Simba into thinking that it was his fault. Simba flees away from home in shame for a long period of time, only to return to the kingdom to claim his throne and his place in the “Circle of Life.”

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Critics and audience alike gave rave reviews for the movie, but the most touching part of the movie is the growth of Simba and the lessons that he learns. Simba goes from a young, arrogant, naïve cub to a grown, powerful, wise lion king, which would not have been possible if he had not suffered so much heartache and pain. His father Mufasa taught him responsibility, and even shared his wisdom with Simba beyond the grave. Nala, his future wife, taught him about love, and his newfound friends Timon (a sarcastic meerkat) and Pumbaa (a lovable but flatulent warthog) taught him about friendship and loyalty.

For a movie whose intended audience was children, it has become a classic in the eyes of many adults. Those who have seen The Lion King understand how powerful the movie is. It evoked so many emotions that it could arguably be the greatest animated motion picture of all time.
Preservation of Our Country’s Wilderness
Shawn Hickey

In the United States, there are currently 614 million acres of pristine wilderness (more than six times the size of California) that is overseen by four federal land management agencies: the Bureau of Land Management, Fish and Wildlife Service, Forest Service, and National Parks Service. Currently, there is much debate with many different opinions on how we should use this land. Some say the land should be left alone so it can go back to its original state. Some say that the land should be open to the public and used for recreational purposes. Others say that the land should be harvested for its raw materials such as lumber, oil, coal, and other minerals, and some say that the land should be developed for economic reasons.

The United States government is on the right path. It has been since the days of President Theodore Roosevelt, in that the land should not only be preserved and restored to its original wonder, but to also be used for the enjoyment and well-being of the American citizen. Even though the government has the right approach, there is still much to be done in order to properly preserve the nation’s wilderness. One idea is that the United States government needs to stop allowing the clearing of government-owned wilderness in the search for natural resources and the development of the land for suburban sprawl, roadways and commercial development. The government also needs to set aside more land as protected wilderness to help preserve our nation’s many ecosystems.

In preserving the land, we make a better world for ourselves: the air is fresher, the water cleaner, and the landscape nicer. We are also preserving a habitat and ecosystem for many species of animals and removing some from the endangered species list. Our rivers, lakes, and streams are 55 percent cleaner now then they were in 1972. As pollution has decreased dramatically, water cleanliness has increased dramatically. In 2002, water consumed by humans was 94 percent cleaner than it was a decade ago. Air pollutants have also drastically decreased as well by more than 25 percent in the last thirty years. The nation’s air is much cleaner than it was thirty years ago even with large increases in energy consumption, industrial production and travel.

The preservation of land is a must for the well-being and future of Americans. We have taken so much from the land that it is time that we give back and start to think about the future because a land without wilderness is not a land I want to live. If these lands are not preserved, then hundreds of species of animals will be left without a place to live and will not be able to survive. But preservation does not mean that the American public cannot enjoy it, not at all. The land should be available for recreational use as well. There are many things that need to be done to in order to preserve this land, but I feel that we are capable of doing it and are off to a good start.

Automotive Advertisements
Garrett Jockel

Car manufactures tend to market their cars by promoting speed and affordability rather than quality and efficiency. Today, a car may have all the horsepower in the world, but what matters is if it is reliable and efficient. Inexpensive cars, for the most part, do not get the consumer an automobile that is both safe and practical. The car industry works like everything else in life: you get what you pay for. When most people go to buy a car, they are interested in it being safe and efficient. Advertisements were created to influence people, and, if the information is persuading wrongful acts, then the ad should be illegal. Therefore, car manufacturers should market their cars for style, while promoting safety and practicality at the same time.

Most people agree with the statement that “speed kills,” so why would car advertisements encourage speeding? Certainly most car manufacturers encourage you to wear your seat belt, but you might have to put on your glasses to see that part of the ad. Advertisements are influential to the customer and can make them attempt the things they see in commercials. Most people do not need a sedan that can go 0-60 miles per hour in five seconds or an SUV that can climb up a mountain. Consequently, society calls for cars that get good gas mileage and are practical. The government should put
The Meaning of Life

Andy Kashatus

What is the meaning of life? Is it happiness, or is it what ever you want.

I believe that what ever makes you happy is the true meaning. If a doctor told me that I would only have a few more months to live, I would give great consideration as to what the meaning of life is.

When given a limited time to live, I would probably alter my life style greatly. One change I would make would be the things I eat. I would eat healthier foods in the hope of prolonging this life so I might have more time with my family.

Another life style change is the fear of doing certain things. I would go and pursue my dreams. I would go on a world expedition and ride all the roller coasters I can find. I would like to know that when I died I would have no regrets. Knowing that I accomplished everything I wanted to do in life would be the greatest pleasure.

If a doctor told me that I only had a few more months to live, I would have no fear, because I know with the help of my friends and family a few months could seem like a life time. I try not to take life for granted, but I try to live every moment like it is my last.

The Weight Lifting Phenomenon

Conor Kinkead

For years, weight training has caused heated debates and countless scientific studies on what and when a person should eat. Books have been written, magazines have been published, and scientists have researched endlessly to figure out the best way to grow muscle. Why is there such a strong interest among men and women in getting bigger and stronger?

Some people do it for their specific sports, so that they can perform at an optimal level. Others do it to lose weight and get into good shape. However, there are others who do it because they simply love it.

The obsession of these individuals is to figure out how they can turn their bodies from normal looking to extraordinary looking. As a result, they stop at nothing to figure out what they can do to be the best and be the strongest. Businesses have capitalized on this obsession by producing protein shakes, magazines, books, supplements, clothes and other various things all dedicated to helping an individual become bigger and stronger.

The weight lifting obsession seems to have really caught wind over the past three decades, dating back to when Arnold Schwarzenegger stunned the world by becoming Mr. Olympia, (awarded to the world’s best body builder), eight years in a row. Soon enough, everyone wanted to get big and look great. Ordinary people decided that they wanted to put on some muscle. Their reasons varied from wanting to get into shape to looking like an imposing figure at business meetings. People wanted to figure out how they could get bigger faster than others; they wanted an edge while weight training. This created businesses that capitalized on the individual’s needs to be the best.
Magazines like Men’s Fitness and Muscle Man arose in the midst of this lifting frenzy providing answers to peoples’ questions on nutrition and lifting programs. These magazines provided scientific research and quotes from body builders talking about what supplements they use. Stores like GNC and the Vitamin Shop also sprang up, and these stores gave their customers everything they needed from Power Bars to protein shakes to lifting supplements like creatine and NO2. Businesses capitalized on the weight lifters obsession to get huge.

“...they stop at nothing to figure out what they can do to be the best...”

Weight training has encouraged many individuals to get into better shape, and it has also given some people a valuable lesson in work ethic. However, weight lifting can be dangerous if taken too far. Steroid abuse has become commonplace in some weight rooms, and many teenagers have tried to emulate their favorite body builder by abusing steroids. Other supplements like Creatine and NO2 are approved for use; however, the long term effects of them are not yet known. Weight lifting has its upsides and downsides, but it is one of America’s obsessions. It seems it will remain that way for a long time.

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Attendance is important at any level of school you are. I think universities should not have an attendance policy, because it is not like high school. You are paying to go to college, and it should be up to the student to go to class or not.
THE HIGH SCHOOL YEARS
Ryan Mahovich

When a student is in high school, most likely they are saying, “I cannot wait to graduate.” I was one of those people. Now, being in college, I sometimes wish I could go back. My high school years went by quickly. I am still in disbelief that I am starting my college career. I can remember being a high school freshman on the first day of school. My friend and I were playing around, and then things escalated quickly. After that, my friends and I found an open corner and hung out there before class. As our four years of hanging out, it became known as “the Corner.” That is what our security guards called it when they would yell at us to go to class. By our senior year, they stopped. I guess after four years they got tired of yelling at us.

Maybe it was just because we were seniors. It seemed like my friends and I ran the school my senior year. The school revolved around us, and it was fun. In athletics everyone knew who we were, and that is impressive, considering that there were 3,200 students. I always guessed it was because of the newspapers, or someone was wearing their team shirt, or just simply wearing school colors.

As I look back high school was not bad at all. I think about all the fun things my friends and I did. On Friday’s (football game day for me), my friends and I would go down to the coach’s office and play video games on the big screen where we watched film. We told our teachers we were reviewing for the game that night. When the football season was finished, we went to every sporting event. When my friends and I walked into the gym, everyone noticed us. We always wore our letterman jackets. If not, it did not matter because the teachers and faculty knew us anyway. We did many road trips to away games. The most fun ones were any type of playoff game. We always had the biggest student section and the best chants. What made it even better was that our team would usually win.

High school was absolutely the most fun for me, and it was something that I will never forget. The whole class thing was not bad either for as much as I hated it. The things around class and outside of school are what made it great. Now I have to start over at the college level. That is just part of growing up.

MY FAVORITE SEASON: FALL
Celine McNeil

By far, the season that appeals to me the most is the fall. This amazing time lasts from late September until late November. Not only is the weather absolutely beautiful during this season, but the surroundings are just as breath taking. Fall can also bring happiness and joy to people of all ages.

The weather during autumn is nothing short of being perfect. My favorite part of the whole year is when I get to go outside and simply sit and relax or go for a walk. It is the type of weather where you can actually be comfortable, instead of being too hot or too cold. The leaves turn the most amazing shades of red, green, orange, and yellow. Fall is a more colorful and scenic season than summer, winter, and spring. Its beauty never ceases to amaze me, and every time I look at it, it seems to be more beautiful than the last time. After a short while, the leaves fall from the trees and decorate the ground. The beauty of this season is beyond words.

Besides the fact that fall is absolutely gorgeous, it brings something exciting to all generations of people. After the leaves fall from the trees, children are drawn to them and want nothing more than to play in them.

Halloween is an exciting part of this time of the year, and children get to go trick-or-treating. It is one of few times of the year when children can honestly have a great time without being given gifts, such as in the winter for Christmas. Also, Thanksgiving is in fall. This is a time when we can all give thanks for the things and people with whom we are blessed. During fall, many sports are in season, such as high school and college football, and girls’ and boys’ soccer. This brings excitement to numerous amounts of fans and players of the sports.

Unlike all of the other seasons, fall can bring something different to everyone by its mesmerizing beauty and its exciting activities. This time of year has been my favorite for countless years because it stays the same every year. Winter can be either really snowy or not snow at all. Summer can be scorching hot one year and then mild the next. I know that when fall comes around, it will be the perfect weather for me, never too hot and not too cold, just as always.
The O’Malley Clan
Brendan O’Malley

Through all of the trials and triumphs that I have had throughout my life, I hold nothing closer to my heart than my family. I have seven brothers, two sisters, and one amazing mother, and I would not trade the world for any of them. If it were not for the moral and spiritual support of my mother and my siblings, I know that I would not be the man I am today.

It is a special bond that we share that no force on this earth could ever break. We would do anything for each other and we always push so hard for one another to succeed. When I was growing up, I would argue and fight with my older brothers, but they made sure that no one would bother me. I did the same for my younger brother. It just goes to show how much we love each other. As mad as we could get sometimes we would always be there to lean on one another.

As much as my younger brother would be upset and angry with me when we were living together, I would not hesitate for a second to run to his side when he was hurting. I would much rather see him be happy and successful in life than myself, and I would do anything to keep him that way. I always saw myself as my brother’s keeper. We do not live in the best of neighborhoods. That is part of the reason why I look out for my younger brother. If you were to ask any drug user why they would never offer my younger brother, I would bet their reaction would be “because Brendan would kill me.” I do not keep this close watch over him because I do not trust him; I do it because I love him. That is what makes us so close, the love.

The love is what makes us celebrate every time we are together, which makes our holidays so amazing. On Thanksgiving my brothers have held the “Turkey Bowl,” a football game that brings out famous high school players, young and old, to come out for this pick up game, which they started before I was even born. They always would tell me that I was too small and too young to play. I remember the first year they let me play in fourth grade. My older brother’s best friend and co-captain of his high school team, Paul Falcone, would always pick on me in good fun when I was young. When he got the ball he purposely ran head on towards me. But one time, I hit him so hard that I broke his nose, and, after that day, they decided that this puppy was finally old enough to play with the big dogs.

Around dinner time, we would say our good-byes, pack into one or two cars (getting in trunks when we had to) and head back home. When we got home, we would have to take off our cleats and enter a house filled with people.

“If it were not for the moral and spiritual support of my mother and my siblings, I know that I would not be the man I am today.”

That is how our times together are -- there are a million things going on at once and it reminds me of the old days when we all lived under the same roof. We are all so similar but at the same time so different and unique: Gerald, the ambitious one; Timmy, the funny one; Brian, the warrior; Jude, the hippie; Tommy, the hyper one; John, the fun-loving one; Anne, the sweetheart; P.J., the baller; Mom, the angel; Mary Kate, the rock. Our diversities made our times together fun and a learning process at the same time. Our clan grew even more with the addition of my brother-in-law, Brian Wurster, who has become a newfound brother to me and my family. We have since been blessed by his and Mary Kate’s two babies: my niece Maggie and my new-born nephew Ronny.

Though our times growing up were extremely difficult without a father, but with all the drama that came with his absence, I would not give those memories up for the world. My family pulled together, and we are now able to look back on those times and laugh. Through all the love, all the pain, all the good times and the bad, there was always my family by my side, and that will never change.
There are many different items that appeal to many different people, but everyone should be able to find a favorite in any topic. If you were to ask me my favorite color, I would say blue. If the question came up what was my favorite food? Cereal. Favorite singer? Alicia Keys. Favorite Number? Eight. Favorite piece of furniture? Huh? Many people have answers to those common questions, but when a person starts to look at his or her personality and what appeals to them, a question like a favorite piece of furniture might be harder to answer. Now for me, I am a laid back person; I like the night; so, my favorite piece of furniture is the bed. I like the bed mainly because it is there when I need it, and it makes me feel comfortable.

"...I like the night; so, my favorite piece of furniture is the bed."

After five hours of classes, followed by sprinting sixteen 40-yard dashes at football practice, and a weight lifting session, a bed will make all of your hurt disappear. When I am in my twin size, navy blue, soft, comfortable, cozy bed, it seems that all my problems fade into thin air. The feeling when I am in the bed is so comfortable and makes me not have a care in the world. When my head hits the pillow and I know that for the next few hours I will not be bothered, it gives me a sense of relief and comfort to know that I have peace ahead of me. Many times I get in my bed and wonder just how good I will feel when I get out. But once I get up, I dread leaving that comfortable place which I had been in for the past few hours. I love the bed for many different reasons, and I feel that there is no better piece of furniture.

When looking at what might be a favorite for someone, there are many options that are available. A favorite anything is hard to find, but once you do find one, you will never forget. There are many types of foods, many colors, many cars, and many pieces of furniture, but one may stand out for everyone. The things that are my favorite might not be a favorite for someone else, but that is okay because we are all different. One thing I do know is that, when it comes to furniture, a bed is the best pick.
If I Could Meet Anyone

Ryan Quigley

History is full of people who are famous and notorious. History is full of people that I wanted to meet at one point in my life. But if I had one chance to meet anyone, alive or dead, who would it be? I tried to answer this question, but it was not as easy as I thought it would be. For example, when I was five years old I watched Sesame Street; I would have told anyone I wanted to meet Burt more than anyone else in the world, alive or dead. Now, as I am a freshman at Duquesne, I have found that I wish to meet different people. So I began to narrow it down to one person.

There are so many groups of great people to meet throughout history, great leaders, such as Julius Caesar, Alexander the Great, William the Conqueror, Fredrick the Great, and Winston Churchill. No one on this list was someone I would want to meet more than any other one person.

Then, I thought of great scientists: Archimedes, Copernicus, Galileo, von Braun, Oppenhiemer, Einstein. It would be a chance in a lifetime to meet any one of these people. Then it hit me: Who better to talk to than the great philosophers and religious leaders – Plato, Gandhi, St. Peter, any of the Popes. Any of these would be great to meet, but why not meet someone who founded one of the great religions of our time, Muhammad.

I decided on Muhammad rather than Jesus, the founder of my religion. I know many things about Christianity, but I do not know too much about Islam. I think it would be interesting to learn about the world’s fastest growing religion from the man who founded it in the first place.

From day to day, the choice of picking one historical figure to meet will change for us all; I hope that during this you have been thinking of the person you would want to meet. Would it be a famous leader, a great scientist, or someone who could give you the answers to everything you would want to know?

Teenage Smoking: Tobacco Companies

Matthew Sax

Teenage smoking in the United States is a huge problem and is not addressed well enough in the public’s eyes. Most students who smoke do not start off liking it, but ultimately find it soothing and eventually get addicted. They know it is harmful for them and could cause cancer, yet still do it anyway. The tobacco companies entice young people to smoke cigarettes because they give off the impression that smoking is the “cool” thing to do and will make you adult-like.

It is a fact that adolescents brought up in a smoker’s environment will have a higher risk of smoking themselves. In order for big tobacco companies to keep making the big bucks, they need to get young teenagers hooked while they are still young. The tobacco companies own studies have shown that the earlier the company gets a student addicted, the deeper the addiction. They need to get nicotine into a youth’s brain chemistry while the brain is still forming so that he or she will develop an extreme addiction. These people have spent millions of dollars in research money studying teenagers like rats in a cage to determine what kind of stimulus will make the teens want to smoke. That is why so many teenagers smoke today. The teens do not even know why they started. Teenagers want to be adults, and that is how the tobacco companies lure them in. Smoking supposedly makes one feel adult like. Smoking is not just a sign of being “cool” it is also a sign of rebellion towards their parents. It gives the kid a sense of being “bad” or a way rebel. Also, a useful tactic for the tobacco companies is to pay movie producers to make the villain in the movies to smoke.

Peer group pressure is widely regarded as a crucial factor affecting teenage early experimentation with tobacco and their subsequent eagerness to continue smoking. If a non-smoker is around a group of friends that are smoking, the chances are that individual will try a cigarette just to fit in. Though the non-smoking teen may know that what he or she is doing is unhealthy, he or she will do it anyway to be cool. The parents of the teenagers who smoke need to take a stand and say something to their children. They ought to let it be known that smoking is harmful towards their body.

While it is a fact that a person is three times more likely to smoke when their income is lower, the rich smoke too. The wealthy cannot look down upon the poor because they are doing the same.
Deciding where to live can be a challenge for any male or female. But for a black, single male, like myself, who must also weigh factors such as job growth, cost of living, culture, nightlife, and one of the most important factors, women, it can be especially overwhelming. I am in search of a city where I can have it all. When I first began thinking about this topic, two cities came to mind: New York and Los Angeles. These are two great cities, but they do not meet my standards. Atlanta was my third choice. This city meets all the requirements of a place I can call home. The city has great job growth, amazing nightlife, and is flooded with massive numbers of beautiful black women.

Atlanta is one of the top cities in the nation with the largest job growth. The city is young and on the move. More than 70,000 jobs have been added in Atlanta in the past two years. Atlanta is filled with great job opportunities for young people. Major companies such as Coca-Cola, Delta, and Bell South are located in Atlanta. I have great ideas of starting an array of businesses. I have several different business ventures I plan on launching once landing in Atlanta. I have interests in finance, fashion, entertainment, real estate, and sports.

If you think that Las Vegas is the only city that never sleeps, think again! When the sun goes down, Atlanta is fully awake. All across town, Atlanta's night clubs shine with electrifying entertainment. Whether you feel like partying at one of Atlanta's spectacular dance night clubs, lounging in one of the city's premier casual bars, or spending a romantic evening at one of many beautiful restaurants located throughout the town, Atlanta's nightlife appeals to every taste.

With four historically black colleges, including the all-women's Spelman College, and a plentiful amount of organizations aimed towards women, Atlanta can be called the capital of beautiful black women. Culture and nightlife are all fine and dandy but if you do not have a beautiful woman – beautiful women for the casanovas out there – to share with, what is the point? “Hotlanta,” as it is affectionately known, is flooded with beautiful, single, black women. With a nine to one female to male ratio, this city is every single man's dream. There are so many beautiful black women in Atlanta. The standards of the average Atlanta male are so heightened that, upon traveling outside the city, it is almost depressing.

The city of Atlanta is simply amazing. It has so much to offer. Coming out of college is usually hard for a student because one must search for a job and often times the job you want does not come right away. Atlanta has an amazing growth of jobs. This job growth enables a graduating college student to earn the job that meets their desires. The city is full of interesting cultural activities such as entertainment venues, historic landmarks, museums and so on. The nightlife in this city is spectacular. You can never get bored because there is so much to do. Beauty is her name and that is exactly what Atlanta breeds, BEAUTY. Stunning black women are spread all throughout the city. With all these women floating around, a man is bound to find that special someone. With the combination of great jobs, exuberant nightlife, and masses of astonishing black women, a man could never resist such a city. Throw in the city's southern hospitality, and you get one extraordinary place to live.
The best piece of advice anyone ever gave me was to “plan your work and work your plan.” This advice has become more and more important to my life as I have become involved in projects and have taken more advanced courses in school that required me to budget my time and to create plans of action in order to succeed.

I love to work on projects; they are my creative outlet. I am not naturally an organized person, nor am I a linear thinker. However, I have realized that creating a plan of action is absolutely necessary and must be done. I have learned that without creating a plan in advance, I will not be able to finish it with the result that I wanted. I have also learned that I am able to be more creative without worrying about the organizational hassles all the time.

The members of the Spiritan Division have helped me to create an academic plan of action, which has been tremendously helpful. I have applied these techniques to the projects I work on outside of school. I am currently helping my friend, Andrew Wagner, run for Ohio Township Supervisor. We created a three-month plan of action. It has allowed us to know exactly what we are doing today, tomorrow, and next week. It allows us to create time limits and know when campaign events will conflict with big papers or tests.

The second part of the quote is to “work your plan.” Making a plan that will work for you is an important component of this process. You have to make a plan that you will be able to realistically implement. Considering your limits, creating new limits, and identifying problems ahead of time are what allow this process to be successful.

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Every Sunday, a majority of people in America can be found doing one thing: sitting in front of their television sets watching a group of men run around and smack each other to the ground. I am talking about football and how Americans tune in faithfully every Sunday to cheer on their favorite teams. There are plenty of other spectator sports that receive this kind of attention, like baseball, soccer, and basketball. However, some people believe that spectator sports are overemphasized in this country. I could not disagree more with them.

After the attacks of 9/11, sports helped pull our country closer together in a time of loss. Spectator sports are not overemphasized in this country, because they are a multibillion dollar business that provides many jobs for this country's struggling economy.

I remember I went to a baseball game between the Pirates and the Mets two or three days after the terrorist attacks of 9/11. When the Mets took the field, they were greeted with a standing ovation. All of the ballparks across the country had given away little American flags, and everybody was waving them. Then, as tradition dictated, the national anthem was sung. Towards the end of the song, it seemed like everybody in the place stood up and starting chanting “U-S-A! U-S-A! U-S-A!” When the NFL returned after the attacks, there was a special tribute to all of the victims of the attacks that delayed the games by about 10 or 15 minutes. Every team had at least one of their players run on the field holding an American flag.

Sports are what helped bring this country closer together. What would we have done if there was no baseball game right after 9/11? There would have been no national outlet to honor the heroes and victims who deserved to be recognized. We as Americans are lucky
that we care about sports so much so that when a tragedy strikes, we can rally around them and bring our country back to what it was before.

“Sports are what helped bring this country closer together.”

But sports also give plenty of people work. Millions of people pack the stands of PNC Park and Heinz Field every year wearing Pirates or Steelers jerseys. Those fans need to be directed to their seats; they need to buy food and drinks, they need to park, and they need to party before or after the game. Also, we need a way for people to be able to watch the games at home. Spectator sports are a very big business for this country. Think about all the people that have to come together to make one sporting event a success. There are dozens of jobs to do, from taking people to their seats to a camera man to an announcer. The people working at the sports get more out of it then people watching the game.

Our country is much better off with spectator sports. Not only do they produce money, but they are fun to watch. I could not think of doing anything better on a cold Sunday afternoon than to stay inside and watch some football.

However, some people argue that the athletes who are performing in the sport get paid too much or thrive on all the attention they are getting. Sometimes they do get overpaid, but people love the things that they do. So as long as they keep doing those crazy things, Spectator Sports will be great for this country.

When I first heard that I had to attend the summer program, I was not too excited about it. I was upset because it was the summer of my senior year, and I just wanted to spend time with all of my friends before everyone left for college. I also could not work this summer at S.P.E.A.K, the Summer Program for the Education of Autistic Kids. It is a summer camp for autistic children that runs during the month of July. I was not too thrilled to be attending the summer program.

I had many concerns as I was getting ready to start the summer programs such as the classes, living away from home, and knowing absolutely no one. I was worried about what the classes would be like, because I had never taken college classes before. I did not know if they would be hard. I was worried about adjusting to living away from home, even though I can see my house from campus. I have never lived away from home and I did not know what it would be like. I was also concerned about being thrown into a situation where I knew absolutely no one, because I did not know what the people would be like.

When I arrived in the summer, it was not at all what I expected. The classes were not as hard as I thought they would be. All of the teachers made the adjustment really easy. Living away from home for the first time was fun, and I really enjoyed being in the dorms. I went home every weekend because my mother missed me too much and I missed my cat. The people ended up being really great, too. We all got along really well, and there were never any problems with any of us. We all have a really tight bond that can never be broken because we all went through the same thing.

I am so glad that I went to the summer program. It really helped me to be prepared for the whole college experience. The classes were not as hard as I thought they would be. All of the teachers made the adjustment really easy. Living away from home for the first time was fun, and I really enjoyed being in the dorms. I went home every weekend because my mother missed me too much and I missed my cat. The people ended up being really great, too. We all got along really well, and there were never any problems with any of us. We all have a really tight bond that can never be broken because we all went through the same thing.

I am so glad that I went to the summer program. It really helped me to be prepared for the whole college experience. I was able to get used to the campus, become familiar with all the buildings, and where to go if I need help with anything before most freshmen had the chance. I made some great friends. I have made friendships with people that I could never forget that I know will last a lifetime. Even though I originally wished I did not have to go through that program, I am really glad I did. I do not think I would have been as prepared for college as I am.
Drunk Driving: A Serious Problem in American Life

RJ Williams

It is 1:00 a.m. and there has been a party going on all night. Everyone attending the party has been drinking. An intoxicated student decides to get behind the wheel. Not only is he endangering his life, he is endangering the lives of everyone else on the road. The consequences could include numerous federal charges brought against the defendant. The driver manages to arrive at his destination without being pulled over by the authorities or becoming involved in an accident. Unpunished, the intoxicated driver may drive drunk again, but this time, someone could get hurt.

“More than half a million people were injured in crashes where police reported that alcohol was present—an average of one person injured approximately every minute,” according to the MADD (Mothers Against Drunk Driving) website. Driving under the influence of any drug or alcohol is a very dangerous situation because it can injure all of the parties at hand, and the driver could face serious criminal charges.

“Unpunished, the intoxicated driver may drive drunk again, but this time, someone could get hurt.”

Americans are given a big responsibility when they become licensed to drive. The driver has to worry about paying attention to the road, following all of the road symbols, using all of the recommended controls on their vehicle, and avoiding a wreck. Operating a vehicle is hard enough sober, let alone after consuming an abundance of alcohol that lingers in the body’s system. A national survey states that “one in every ten Americans will be involved in an alcohol-related crash at some time in their lives.” Many lives are ruined every day from the irresponsibility of others. Driving drunk does not only hurts the people who were in the wreck, but also friends and family who are directly affected by the driver’s decision. If someone is too impaired to operate a vehicle, then he or she should automatically find an alternate way home. The driver should ponder his decision before operating his or her vehicle.

People take great pride in their reputation and getting respect from others. If you are caught driving drunk, both of these assets will be stripped from you. All D.U.I. (driving under the influence) charges are immediately sent to the newspapers to be distributed the next day. This lets everyone in the area know that this person has committed a serious crime and puts family members through constant humiliation. Lastly, this is not acceptable behavior in the job force. Most companies will not hire an applicant if there is a record of any prior alcohol charges. A D.U.I charge could also result in dismissal from the defendant’s current job. As a member of society, it is unacceptable to have to deal with the situation of being charged with a D.U.I. Drunk drivers should think about their future, and the futures of those around them, before making the decision to drive drunk.

The consequences faced by a drunk driver deciding to get behind the wheel are extensive. These consequences branch out into the people’s personal lives, their family’s lives, and career opportunities. Americans frequently drive under the influence of alcohol without second thought to whom they are going to harm. The usual response is “I only had a couple, I am fine to drive” or “come on, we’ll take back roads home.” In all seriousness, driving under the influence can ruin people’s lives. So the next time you step behind the wheel, ask yourself, “Is it worth losing everything that you worked so hard for in this life?”
An Unmatched Life
Jared Wong

For years, I have been trying to figure out whom I most admired. Most people seemed to be insincere, having ulterior motives for what they have accomplished. It is difficult for me to look up to people who get praised for what they have done. Humility is a quality that I most treasure. When a person is a braggart about their many accomplishments, I am anything but impressed. Doing something unsurpassable is a huge goal in my life. The admirable person in mind is a person whose life has been unparalleled and continues to amaze people. He is my father, Dr. Alfonso C. Wong Jr., M.D.

Alfonso’s life started in the Philippines where he did not have much. His childhood was not fun and involved hard work. His mother sat around and performed small jobs, his father worked to provide for his family, and the children cooked, cleaned, and did everything else. When Alfonso Senior asked his son to do something and he did not do it right away, he was beaten. Alfonso Senior was strict with his children. Al Junior worked hard to make clothes, knives, hats, yo-yos, and machetes to sell at the market place. If Alfonso Senior found out about this, he would keep the money for himself. Everywhere Al went, he had to watch his step and look out for people wanting a quick dollar. A person had to grow up fast or stay out of the way in those days. One of the only things Al ever wanted was a brand new set of crayons. What he had was a used and broken box of old crayons. Alfonso Senior did not think that crayons were important. Al kept working hard to get somewhere in life and finally graduated from high school and was accepted into the University of Manila.

At college he studied medicine and received his doctorate degree after many years of hard work. Al never wanted to become a medical doctor. He really wanted to become an airplane pilot, but the only way to get out of the Philippines was to become a doctor. He sacrificed his life’s dream to escape his childhood prison. From there Al worked numerous jobs with bad pay. Some of his patients even paid him with chickens instead of money. He finally made it to the United States. He strived to make ends meet. He worked hard hours, but the pay was the only break he caught. Al met his first wife and had two children, Jamie and Adam. The relationship failed and he moved on to Pittsburgh. There he met Ann at a hospital where he was working. She was a R.N. They spent many months together and finally married. Al and Ann had three wonderful children, Alicia, Jared, and Tara. Throughout this time Al received a better job offer and got the money he deserved.

“Doing something unsurpassable is a huge goal in my life.”

Everything my father has done has meaning, and he works hard and perseveres through everything. Working twelve hours a day, being a father, being a husband, and finding time to make the best of every situation is a great accomplishment. Years back his parents, if that is what you want to call them, died and I learned nothing about them until recently. Everything I learned about my grandparents, I learned only when I asked. Al finally received his crayons for a Father’s Day gift and he could not have been more excited. All he ever wanted in life was to make his children’s lives better than his. He finished paying off his student loans late in life. If he is lucky, he finds time to go fishing or watch boxing, two of his favorite things to do. My father’s life cannot be explained on paper, although I have done my best. One day I may be able to accomplish even half of what he has. There is no person on this earth that has earned more respect than my dad. His life will never be equaled.
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