Spiritan Chronicle
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To Leave A Legacy

What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others.
- Pericles

A former student once came and asked me to perform his wedding ceremony. “Why Me?” I asked.

“It is because of a story you once told in class which I never forgot. It was about a father and son realizing their dream of going to a circus for which they had saved their money during the year. As they joined the line for the ticket office, they could not help but be caught up in the enthusiasm of a large, rather poor family in front of them who were looking forward with excitement to the circus. Gradually they came closer to the ticket office. When the family in front of them arrived at the ticket office and asked the price of the tickets, it quickly became evident that they did not have sufficient money to pay for the tickets. Suddenly our hero noticed his father doing something unusual. He shoulder the father in front of him and then pointed to $100 lying on the ground. ‘I think you dropped something,’ he said. The other father recognized what he was doing and thanked him profusely with tears in his eyes. The young man often recalled the moment. ‘We did not get to the circus that evening, but my father left me an example which I never forgot.’”

I like the popular story of Jesus returning to Heaven after the Resurrection. On the way, he meets an Archangel who questions him about how things went. Jesus gives an account of his life, passion, death and resurrection. And then to the question about future plans, he replies, “I picked twelve ordinary men, and unfortunately one of them let me down.”

“What if they all let you down?”

“I am relying on them,” was the confident answer.

“And what about plan B?”

It was the same answer. “I am relying on them.”

Such is a reflection which I frequently use at the beginning of my undergraduate course. But I often learn from them also. I cannot forget, for example, the time my students insisted that I omitted three ‘l’s. “To laugh, to lose and the Lord,” they kindly replied!
Difference between Determined and Destined

Devon Almeida

Some people succeed because they are destined to, but most people succeed because they are determined. “Destined” is being predetermined, whereas “determined” means to set a firm decision. Various people have their views on the meaning of this saying; however, I believe it means one thing. I believe one may have a career already set for them because that is what is expected because one is carrying down a family business. But when someone is determined he/she truly wants something and has a dream, he/she can work hard enough to achieve that career. I personally have experienced this throughout high school, determining where I was to end up in college.

Starting out as a freshman, I had expectations given to me from my parents, in which I was to follow because my dad has the same expectations as I do. I was sat down and told that I was to be involved with various organizations and stay on the honor roll for most of my high school career. This was a very difficult task, starting out at a college preparatory school; however, it was what was expected of me. This was hard in many ways, including how I wanted to go out and have fun while working to get money to pay for my car. I felt like I was under a lot of pressure, but when I was able to sort things out, it all worked out in a way. When I finally attended school, I started out with those honors and then found the fun part of high school, determining where I was to end up in college.

My high school years clearly explain my view on people who succeed because they are destined to. My parents expected a lot from me coming out of high school so that I could come out better in life than they did. However, because they pushed me too hard, I did just the opposite and was more concerned about hanging out and participating in activities with others. When junior year came and I realized how much grades meant to where I was going to be in college, I pushed myself harder than ever. I slacked off in the beginning and then came to the realization and received grades that I had never received before.

The Chronicle Article

Bill Clark

Many important things in my life help to keep me strong. The one thing I cherish and need the most is the love from my family. My mother, grandmother and sister always support me in whatever I do, regardless of the situation. They always support me in my second most cherished thing, my ability to play basketball. My family plans to attend some of my games this year.

My ability to play basketball comes from the practice and hard work that I put into the sport. My effort landed me a Division I scholarship to continue my dream and to fulfill my passion, playing basketball.

During the off-season and summer, I work to increase my skill. I workout by running the track, climbing the stairs, lifting weights, and shooting jump shots. I could not think of a better instance in which all of my hard work and effort would pay off more than my game at the Charlie Weber Tournament, held at Penn State this spring. I excelled in every game and impressed many coaches, including Duquesne’s. I thank God for the ability to play, and play healthy.

Because there is a lot going on in my life with school and basketball, listening to music is also important to me. It is my number one stress reliever. Music also helps me cope with situations that could be bothersome to me. For example, being so far away from my family or all the pressure that is basketball is dealt with by listening to music. I know that everything is going to be just fine. I want to keep these three things forever as they help me with life.
College Stress
Aaron Fitzpatrick

It’s graduation night, you’re officially finished with high school, and now you are moving up to the next level of education—college. Most students view college as another 4-6 years of school, but many view it as the “good years.” There are many things that could happen while you’re in college. You could find a new group of friends, a girlfriend, or just get into the nightlife. Whatever it is, college is going to be a great experience, but a stressful one as well.

My first couple of days in college were pretty exciting, meeting new people, discovering the city and the dorm rooms. But soon, all of that excitement fell apart. I had realized that college is more of a responsibility than an enjoyment. With having so much responsibility, came a great amount of stress.

“...college is going to be a great experience, but a stressful one as well.”

One of the many things that I was responsible for was time management. Having 14 credit hours on top of football and studying for exams at times really got to be frustrating. Having school from 9 a.m. to 3 p.m. and football practice following everyday is pretty difficult. Not only do you have to manage your school time, but you have to with your friends, girls and your own free time. I had no idea it would be this difficult.

Time management alone was starting to get on my nerves, but finding a new group of friends that had the same quality as the ones from back home was ridiculous! I had already met a good amount of people through the football team and the Spiritan program, but I wanted to meet other people as well. I figured out that there will obviously be no one like my friends from back home, but you have to deal with that and find or make new ones that will have the same quality of the ones back home. The new friends that I met here I actually enjoy more than the previous ones.

Glass
Jarred Goldman

Since I was a child, I have been a “maker of objects.” I was introduced to the glass medium at the age of thirteen through a class with my father. I still remain inspired by this seductive material. The field of glassblowing, in my opinion, is the definitive combination of process and creativity. From designer to fabricator and student to teaching assistant, I have started a fulfilling path. Glass is a medium that provides me with endless opportunities for learning and exploration. The process of creating is a magical, spiritual journey for me. I am always awed.

Glass has always been a passion of mine. I have had lots of opportunities to work and develop ideas and gain experience. I taught glass to high school students my junior and senior year at the Pittsburgh Glass Center. There was a government-funded program, which gave the center grant money to teach high school students glass after school. I was granted a seat as a teaching assistant for a few semesters. I truly enjoyed my time as a teaching assistant. While applying to colleges, I was looking to major in glassblowing.

“The process of creating is a magical, spiritual journey for me. I am always awed.”

However, I did not find a school that had a feeling like Duquesne. So I chose Duquesne and majored in a different field.

I plan to further my studies with glass. It is a hobby I really enjoy. The process of glassblowing is a magical, spiritual journey for me.
My Epiphany
Riley McCall

As if I were a child, I felt giddy and awed when I stepped off the plane and took in the mind-boggling sight. I was in Hawaii, the little piece of heaven that brought me back to life. Luscious hills of green and bouquets of flowers were naturally blooming everywhere. The sun was radiant, finally happy to shine. The air held a comforting welcome, fresh and carefully soothing. My mind cleared and my heart filled with compassion. I never felt this way towards nature. I suddenly understood the reason we cherished the past and looked forward to tomorrow. The core of life is good; the heart of life is truly good.

Last spring when I went on a vacation to Hawaii, it changed me as a person—it made me more attentive and appreciative. Before, I did not look twice at nature that surrounded me. I simply went through time, only looking at what was next on the agenda. However, my perception changed the moment I stepped off the plane and I entered a whole new world. Hawaii finally stopped the quick passage of time and held everything at a standstill. It’s ironic how some things just click in an instant and you actually notice what you have missed. It is a place that you cannot catch in a picture or see on television, you have to be there. The colors in Hawaii can only be experienced by the naked eye. The weather there is spontaneous, raining one minute with the sun shining the next; most of the time both clash together making endless rainbows. Hawaii’s beaches are scattered along the coast so you can take in the other striking islands. I would sit on the beach for hours just thinking about how beautiful this place is. I never wanted to leave; I never wanted to return to that rushed and hollow life.

I thought I would be miserable when I returned home from Hawaii. I was wrong. Instead I had a different outlook. Finally, I am seeing the world through both my eyes. I drove slower on familiar roads and wondered aimlessly around my community appreciating the surroundings that are overlooked too often. I breathe slower and steadier and rest better and longer. I would rather lie in the grass and stare at the drifting clouds than be sheltered indoors entertaining myself with unreliable high-tech devices. Since my return, however, everyday I grow more and more concerned about the world and its future. Global warming hits me in a tender spot, making me realize this place will not last too much longer if we keep living the way we do. If people would only see the world through both their eyes like I do, they would understand how we need to stop this epidemic. My new insight, my new being was the reaction to the “Aloha State,” and I can never thank that place enough. It has my heart and I hope to return to Hawaii one day.

P.G. vs Pittsburgh
John McDonald

P.G. County, Maryland is one of the richest African American communities in Maryland, as well as the United States. The county is about 90 percent black and is a beautiful place to visit. P.G. County is about 30 minutes from Washington D.C, so people can come and visit and see all the great attractions, such as the White House and the other buildings coming out of P.G. County to Duquesne University in Pittsburgh was a big adjustment for me. If you are not open to learning other cultures, then you will not have fun in Pittsburgh.

Pittsburgh is a diverse city with many different cultures and races. When you grow up in one culture and one race, it is hard in the beginning to adjust and understand the ways of other cultures and races. You have to be willing to try new things, because things that you might have thought were fun in your home town, other people might not think are fun. Things we did for fun back in P.G. we cannot do up in Pittsburgh.

Other things you have to be open-minded about are the music you listen to. A lot of people outside of Maryland do not listen to some of the types of music we listen to. For example, GoGo music. Some people in Pittsburgh were open-minded to GoGo and liked it. But more people didn’t like it. In order to like it, I think you have to understand our culture and the way we live to like the music. You have to be able to relate to the music to like it.

One thing that I like about Pittsburgh is the people are a lot nicer up here than they are back at home. The people of Pittsburgh are very friendly and try to get to know you, while the people at home are more to themselves and stay with in their own neighborhoods. Overall, the city of Pittsburgh is a nice place to be, and it just takes some adjusting to get use to the new city life.
High School
Patrick Nigborowicz

In high school, most of the classes are connected to each other from year to year, especially with math class. Algebra 1 leads to Algebra 2, which moves onto trigonometry and so on down the line. Becoming successful in all of these classes is very hard if one of them is missing from the curriculum. Unfortunately, this is what happened with me during my sophomore and junior years of high school. Many of my friends would argue that our Algebra 2 class was the best times of their lives. I, on second hand, knew that it was going to hurt me in the long run. Even if a teacher is easy and has no control of a class, sure it can be fun at times, but come junior year when I need to know Algebra 2 terms to do Trigonometry homework, I knew I was going to be in big trouble. All of my friends saw this class as a chance to act out and show off for one another. This made sure that no class was ever boring. I could always count on somebody talking back or throwing something at the teacher, which would put a smile on my face. Our teacher, Mr. Leo, had no grading system, so everyone pretty much was assured an A grade. He would try to teach and keep the class in line, but since he gained no ones respect at the beginning of the year, every student walked all over him as if he was not there at all. I had heard about Mr. Leo my freshman year and all the funny stories the upper classmen would tell. I never believed some of the things that happened in that class until I encountered it first hand. I have to admit some of my funniest memories in high school came from that chaotic classroom. My friends all wished every teacher was as cool and laid back as Mr. Leo, but laziness and misbehavior never took anyone far in life. I guess what I am trying to say is that even if a class is fun and you think that you are having the time of your life, it will most likely not benefit you in the long run. Here in college everyone should take their classes very seriously because a lot of money is being put into their education and they should not just let it go to waste all for a good time.

Little Things in Life Matters the Most
Amy Palko

“A person’s true character is revealed by what he does when no one is watching.” To me, this quote tells a lot about a person because it says that everybody should be his/her own person and stop trying to be someone else. I am a strong believer in this quote because on the surface people just act to impress other people, but when things get tough, a person’s true self is revealed. As a competitive athlete, I live by this quote because putting 100 percent into a sport just does not cut it, but putting extra time and effort into a sport at practice when there is nobody around to impress will eventually give the athlete some success. Not only do I live by this quote on the court, but also in my day-to-day life when no one is watching me.

Since I was a kid, I have always been an observer, and I have always noticed the “little things” individuals do in life or just how they act in a specific situation. For example, I always watch to see if an individual holds the door for the individual behind him or her. Actions like that that are not always noticeable, but make a whole heck of a difference by making someone else’s life easier. My mother and father constantly tell me that “the little things in life matter the most, and if you take care of the little things the bigger things will fall into place.” I can vividly remember at volleyball practice in high school my coach told me, “Amy, keep up the good work. You are a leader out there and keep working hard.” I did not know what he meant, but now that I am in college I realized that by putting in the extra hours and working hard in and day out, I will get somewhere in life. For example, when I go lift weights I make sure that I stay an extra 15 minutes to do an abdominal workout, which enhances my performance on the court. When I am in that weight room, I am not worried about impressing anyone but rather concerned about achieving my goal—working hard.

A person’s true character is also revealed in how he carries and presents himself. It is having respect and pride that reveals one’s character. Respect is “to feel or show deferential regard or esteem.” Pride is “having a high or inordinate opinion of one’s own dignity.” If one does not show pride in his/her work or have self-esteem, how
The Dilemma of Love and Sex for Teenagers

Tony Pimpinella

“All you need is love,” John Lennon’s inspired message was simple and straight to the point. No mistakes about it, Lennon and the Beatles had summed up the universe’s most powerful feeling in a simple, single phrase. The truth, unfortunately, is that love isn’t simple. Inside the depths of Lennon’s expression is a complex uncertainty.

Love is the most powerful feeling a person can feel, there’s no doubt about it. Yet, no one has really placed love into a definition. Love is commonly referred to as just a feeling, but undoubtedly much more, especially for teenagers. Love is a growing process. And then of course, there’s sex. How does love tie into sex at 18 years old? And, is sex okay if you’re in love? Love is an intense feeling of caring for another person. It can take many different forms (romantic, friendly, familial), but it is always about caring and growing, and these two characteristics are frequently overlooked.

“Teenagers shouldn’t be having sex, because they can’t separate their minds from their body,” says Buettler. “An 18 year-old teenager just doesn’t have stability of their emotions as a 25 year-old would. But I’m not denying the fact that teens can be in love, because I think they can.”

Romantic love often fades after high school. When it is gone, there is not always a reason. When somebody falls out of love it does not reflect upon one’s value as a person. “Love” should make you feel happy, secure and appreciated.

The true measure of romantic love is commitment and trust, and not physical attraction.”
Useful Skills for College
Darrell Robinson

Being a part of the Duquesne Spiritan summer program, I am now aware of things that will allow me to further my success as a student. There are small things that can separate one student from another. I feel I am able to be successful now that I am aware and am practicing good habits.

One study habit that can help a student in college is organization. Being organized and keeping clean, neat files is very helpful. It will allow you to keep track of your papers, class work and assignments, while on the other hand, it will be harder for a student that is unorganized to keep up with their assignments. Coming into the summer college program I was unorganized and unprepared for the task I had waiting for me. After taking Ms. Grabowski’s class, I now know what to expect and I have a good system to keep my work organized.

“There’s a big difference from high school to college...”

Time management is another key factor important in college. You will be presented with opportunities to put off work, hang out and have fun. There will be times when you know an assignment is due, but you would rather hang out with your friends than start on a paper or an outline. If you procrastinate and put off assignments, it will be extremely hard for you to be successful in college. There’s a big difference from high school to college, and it will become evident as you get acclimated to the college life.

There are many different walks of life. As you meet new people you will also notice differences in learning. There are people who learn better by hearing and not seeing. There are those who have to have hands-on, which is called kinesthetic. You will find those who only have to hear something once, or see it and have it remembered. You will realize early on which is easier and most effective for you as you progress in school. As stated once before—there are a lot of things you will notice about yourself and others while in school. As long as you’re focused and realize that you can do it, you will be fine.

I feel now I have the ability to be successful in college. Knowing the skills but also having the courage and thought process allows me to be successful. Thinking good thoughts also helps me feel confident about myself, especially when taking a test. After reviewing my notes and preparing for a test, I go into it with a good head on my shoulders. Having a good meal and being stress free helps me think better and I also feel more refreshed. Study skills can also determine your success in college. If you review materials for an exam, you will realize how things will lighten up.

Tribute
Michael Salopek

I have a small studio at my house where I record music. Over the years I’ve met a lot of different people and have made some good friends. Last year, one of my friends passed away prematurely. Chris was a lot of fun to work with and his work ethic inspired me. As an artist, he was always looking for ways to perfect his music. He was dedicated to, and focused on his work, but was never short on jokes. He always knew how to have a good time and was a loyal friend. As time went by, I began to see Chris not just in the studio, but outside of it as well. I had lost contact with Chris for about a month or so when he called me out of the blue to set up an appointment at the studio. When he didn’t show up that day I didn’t think much of it. My cousin called me and told me the news, and I couldn’t believe it. When I went to the funeral, I was taken aback by how many people were there. I was amazed at how many people one person could affect in a short twenty-three years. That’s when it dawned on me that everyone there was influenced by Chris just as I had been. It was truly one of the most moving experiences of my life and something that I will never forget.

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Determination Will Get You Far
Elise Scott

The saying "some people succeed because they are destined to, but most people succeed because they are determined to" holds true for me. I feel that when I first started the Spiritan program, I was never sure if it was where I really wanted to go and if becoming an athletic trainer was what I wanted to become. After three weeks in the program, I felt that this was where I needed to be and that I had made the right decision. When finishing the program, I had received fine grades and three awards that made me feel even better about my choice of college.

When I finished the summer program I was so determined to start the fall semester that I didn't want to go home for the three-week break. Move-in day at the dorm finally came, and I was so elated to be back on campus. I was still unsure whether I had chosen the right major, but football season finally came around, and I was able to get back into watching the game. I also was able to see the athletic trainers work on the field, and I felt that I was making the right decision. I was able to meet and talk with the athletic trainer for the University. When I was meeting with the school's athletic trainer, she was able to work on a student athlete and show me how even though the student was in tears of pain, it was her job to relieve the pain and make it possible for the athlete to get back on the court. I felt very interested and delighted to learn when I saw her interact with the athlete, such as flexing the hurt area of the body, and showing the athlete how to develop her skills. I will make an amazing athletic trainer because I have a sense of what athletes need and how to interact with them. I also have will and determination.

"I will make an amazing athletic trainer because I have a sense of what athletes need and how to interact with them."

When I moved in to the dorms, I heard many students state that they were destined to come to Duquesne University. I feel that I can tell those students that I was determined to come to Duquesne also, no matter what it took. Also, I can now say that I am determined to become the best athletic trainer that I can become, thanks to the encouragement and help of the Spiritan program.
We Belong
Nicole Serafini

“The hunger to belong is not merely a desire to be attached to something. It is rather sensing that great transformation and discovery became possible when belonging is sheltered and true.”

John O’Donohue

From the time we begin school to the time we grow old, we are constantly looking for a way to belong. Belonging is a sense, a feeling, which everyone yearns for. As we mature, our ideas about belonging change and evolve. From our decisions about the friends to have and keep to our decisions about what college is right for us, we are always looking for ways to belong in every aspect of our lives.

Looking back, I have many memories of times in which I felt a strong sense of belonging and even times when I did not. For me, finding a school where I felt that I belonged was a key factor in my college search. I knew that my decision would influence my future and set the path I was going to take.

When I decided where I wanted to look for college, I had a very difficult time finding a school I felt that was right for me. Duquesne was one of the last schools that I toured. I was nervous and worried that I would not like it. I remember however, that I was not on campus for longer than an hour when I realized that Duquesne was everything I was looking for. The beautiful campus, the feeling of living in the city with the seclusion that the University offers, the faculty (especially in the school of education) were extremely kind, and the education program that Duquesne has is highly regarded. I loved everything about the campus and knew that Duquesne is where I truly belonged.

Today I could not imagine being anywhere else. I am so satisfied with my choice, and I am enjoying everything about my first year. I know that Duquesne is where I belong, and I am so grateful that I was so lucky to find a place that truly makes me happy. A place where I can begin one of the most challenging yet exciting periods of my life.

I Negro
Phillip Spencer

This poem was written to call attention to what I believe to be a major problem that is severely hindering the advancement of African American civil rights. The poem starts by explaining the many trials and tribulations endured by so many African Americans to ensure that they would not only gain equality but respect. Then the poem describes how the current image associated with African Americans portrayed through the media and culture, such as the gangster rap thug image, has had a detrimental effect on not only how we as black people are viewed by other races, but has been a tremendous step backward.

I Negro
A black wonder
Strong as thunder
I Slave
Bloody and scarred
Tired and sore
Filth at its core
I Bravery
Fighting for rights
Losing the fights
Struggling to be accepted
Never again to be neglected
I Victory
Becoming one with society
Not in social poverty
Achieving goals millions died for
I am a person unseen before
Made the King proud
Sayin’ it loud, “I’m black and I’m proud”
I Fool
Throwing away this great achievement
Speaking in grunts causing bewilderment
Allowing media and fashion to degrade my brethren
My once beautiful image, now raped into oblivion

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I Shame
Once stereotypical views
Now proven to be true
Making the King roll in his grave
Killing acceptance, none to save
Bringing shame on my forefathers
Making their sufferings meaningless

I Vindicator
Righting the wrongs
Defending the King’s honor with songs
The beautiful resurrection
Of a powerful new Zulu Nation

I Negro
A Black wonder
Strong as thunder.

College Relationships
Gabrielle Spina

Relationships can be tough, especially college relationships. There are many things that can contribute to making a relationship hard to deal with in a college setting. Racial differences, jealousy, arguments and breakups all add to the stresses of college relationships. But one can learn to deal with the drama of relationships by avoiding the little fights and not letting others influence one’s decisions. Although it may be hard sometimes, one should follow their heart!

College life is much different than life back at home in high school, and time management plays a key role to succeeding in college. It can be extremely difficult to manage one’s time wisely with a boyfriend or girlfriend that attends the same college or university. But not only should one learn to manage time when it comes to school work and loved ones, one should also allow themselves to meet new people and form friendships outside of their relationship. It is always important to have close friends who you know will be there no matter what.

The Game of Life
Aaron Zitkovich

“Courage is not the absence of fear but rather the idea that something else is just more important.” This statement expresses so much with so little. I heard this quote watching a movie one day, and from then on I have decided to reference this whenever I or my friends would come across a challenging endeavor that tested our courage and ability to move on, to redirect ourselves, and to survive.

College can be considered one of these situations. When someone I knew would take a new step in this life for the good or the bad, I would give him this advice. Many took it to heart and thought it to be insightful. When it came my turn for the knowledge, I was somewhat distraught. I felt like a young cub lost from his mother. College was a large step, especially going so early to a new environment. New places, new people, more opinions and more freedom brought along a feeling of self-reliance. No longer did we have to abide by the rules under which we once lived in our parents’ homes. It is our turn to be the ones to make the choices and do what is right.

Having a relationship with someone who does not attend the same school can also be a struggle. Setting aside time in between and after classes to talk on the phone with a boyfriend or girlfriend is important to keep a relationship healthy. It may be hard to see a loved one on a regular basis, but it is important to attempt to make enough time to at least talk to them at least once every day. Jealousy can often arise from being so distant from a boyfriend of girlfriend, but it is important to have trust in a relationship. One cannot have a relationship without trust!

Lastly and most importantly, do not let anyone tell you not to be with somebody merely because of their race or the color of their skin. In college, individuals come across more diversity than they have previously experienced in their high school settings. An individual should follow their heart and not allow others to make them think that they do not deserve what truly makes them happy!
There was the issue of security as well. I’m in a new place. I have lived in the Pittsburgh area all my life, but I am not familiar with it completely: large buildings hitting the sky, narrow streets, campus of seclusion, brick walkways, brick builds, uncomfortable dorms, filled with people. My sense of security was down and the feeling of being inferior rose within me like the first sound of war at the sight of dawn. What was a country boy like myself going to do in the city?

“I forced myself to move forward courageously and I was able to overcome my fears.”

The early summer semester was commencing. I was given my own room, so right from the start I felt lonely because I had no friends to encourage me. I endured a sense of feeling lost and separated, and my courage sank some more. I didn’t truly encounter peers until the second day. Random conversation is the key for breaking the ice. My wits, though, reminded me of my advice that I give. I just began to go up to people, making some random and sometimes risqué comments to try and get a smile out of someone. Yes it is an odd way to grab someone’s attention, but it makes the atmosphere a lot warmer and easier for conversation. I forced myself to move forward courageously and I was able to overcome my fears and go “out there” to meet people and to move on with my life. “Courage is not the absence of fear but rather the idea that something else is just more important,” shall stay with me the rest of my life.
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