by Frank Castiglia

Since 1951, Youth for Understanding has been a leader in foreign exchange programs all across the world. Through the exchange student experience, YFU students gain knowledge of foreign countries, individuals, cultures and perspectives that help them meet the challenges and opportunities of our diverse and changing global community.

YFU has a network of more than 1,400 community-based volunteers throughout the United States. The exchange student program ensures that host families are matched with appropriate students and that both families and students get the support they need during the year. YFU volunteers work with professionally staffed offices located throughout the United States. I have volunteered for YFU in Buffalo for ten years now. This is truly an exciting opportunity for everyone involved. My favorite event held throughout the year for YFU is Columbus Day Weekend.

Youth for Understanding volunteers in South Buffalo, including myself, had invited international students from across the Northeast Region of the United States to visit Niagara Falls over the past Columbus Day weekend. The long-time sponsors of this event were my close friends David and Mary Ann Voorhees of South Buffalo. Mr. and Mrs. Voorhees every year invite, on average, one hundred to two hundred foreign exchange students to spend Columbus Day weekend at their residence in South Buffalo. There are approximately fifteen host families besides the Voorhees family who engage in this event. These host families take in about five to ten international students a piece. Each host family has flags on its lawn so that the students a piece. Each host family has flags on its lawn so that the students may be welcomed by the flags that the host family has put up on their property so that the students may be welcomed by the flags that the host family has put up on their property.

Last winter I stepped off a plane into a foreign paradise of adventure and excitement. Hilbert’s Study Abroad program allowed me the opportunity to pack my things and start a new life in beautiful green Ireland. Prior to leaving for Ireland I was skeptical of the experience I would have. Would I make friends, would I be able to learn in a new environment, is the food going to be weird? Although understandably nervous at first, within the first week of being abroad all my fears were quickly assuaged. All it took was a few friendly faces to make me feel welcome and at home in this new country.

Making friends in Ireland was surprisingly simple, although I was at a cultural disadvantage not knowing the norms of the Irish college student’s lifestyle. It seemed that everyone was willing to talk to the new international students. The National University of Ireland at Maynooth had many international students in attendance during that spring semester. Although I had my heart set on making friends with the charming Irish, I took advantage of the opportunity to make friends with students from all over Europe. One evening I stumbled upon the beer pong Olympics being held in my own apartment.

Continued on page 4

HILBERT ADVANCING CAMPUS SUSTAINABILITY EFFORTS WITH ASSOCIATION MEMBERSHIP

Hilbert College is strengthening its ongoing effort to advance campus sustainability practices and commitment toward building a healthy sustainable future by becoming a member of the Association for the Advancement of Sustainability in Higher Education. “By joining the AASHE, Hilbert has taken a major step forward in enhancing its campus initiatives in operating in a more environmentally and sustainably responsible way and integrating collaborative actions in the college community that will have a positive impact,” said Richard Pinkowski, vice president for business/finance. AASHE enables higher education institutions to meet their sustainability goals by providing specialized resources, professional development, and a network of peer support. Membership Continued on page 3
**EDITORIAL CREDIT CARDS: HILBERT COLLEGE STUDENTS’ FRIEND OR FOE?**

*by Frank Castiglia*

Having a credit card may seem exhilarating for college students, but you need to be cautious. Here are some suggestions on how to use your credit card sensibly and how to avoid debt and bad credit. Have you ever wondered why as a college student you have been swarmed with credit card offers? The reason for this is because credit card companies think Hilbert College students, as well as students from colleges and universities all across the United States, are easy targets. College students can make appalling decisions with credit cards. When this occurs, credit card companies benefit.

Several student credit cards come with extremely high interest rates. Interest refers to the money you have to pay if you buy something and pay it off in installments instead of all at once. When you pay something off in installments, you pay an extra fee every month, based on how much you owe and the interest rate. Nearly all loans are paid back with interest payments, including mortgages, car purchases, and student loans. If you have a low interest rate, the extra money you pay every month will not be too expensive. If you have a high interest rate, you will be paying a large sum of money every month, and it may become very difficult to pay off your credit card debt! Credit card companies are counting on Hilbert students to spend beyond their means with their credit card. They make a fortune on interest payments from college students.

Does this mean that you should not get a credit card? No, absolutely not. College students can benefit from having a credit card, as long as they use it wisely. If you pay your credit card payments on time every month, you will build a good credit score. In turn, this will help you when you need to make a large purchase. For example, after graduating from Hilbert College you may decide to buy an automobile. In order to make this kind of purchase, you need to have credit. The credit that you have built while attending Hilbert College will provide you a credit history. This credit history will allow you to shop around and shop contact a lender so you can make your vehicle purchase. The higher your credit score, the lower your interest rate will be. In addition, having a credit card for financial emergencies is important.

How can a college student use a credit card responsibly? You will provide you with a few helpful tips. You need to be able to resist temptation. Credit card companies want college students to go untamed with the freedom of their new credit cards and make purchases way beyond their means. Keep in mind that when you go to make a large purchase for a new vehicle or for the first house of your own, you need to have a good credit score.

Make your payments on time every month. If you do not, this will hurt your credit report, and your credit score will suffer for the next seven years. As a college student, your credit card may be the only thing on your credit report, so that one mistake could affect your ability to buy a vehicle or a house later on. Late payments of course, come with late fees.

Pay your credit card balance off every month, if possible. If you always pay the bill in full, you will build credit without having to make interest payments. If you happen not to be able to pay the bill in full, pay as much as you can. Pay more than the minimum payment that arises on your bill. If you do not pay more than a certain percentage of your balance, you will continue to accrue interest on your debt. Continue on page 3

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**CONTEST TALLY**

(Complete Scores for Issue #3)

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**TOTAL 45**

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**H-FILES’ WRITING CONTEST**

A previous issue of The H-Files had announced the publication’s writing contest (in its twelfth year) for most articles written within the 2010-11 academic year. The contest tally above shows the standings, as of the first three issues.

However, with five more issues to go—one in the fall and four in the spring—there is plenty of opportunity to write articles and compete for fabulous prizes. The top ten students writing the most articles will be eligible for the following prizes.

1st Prize: $100 check
2nd Prize: $75 check
3rd Prize: $50 check
4th Prize: $25 Follett gift card
5th Prize: $20 Follett gift card
6th Prize: $18 Follett gift card
7th Prize: $15 Follett gift card
8th Prize: $10 Follett gift card
9th Prize: $7 Follett gift card
10th Prize: $5 Follett gift card

The first prize is sponsored by the Hilbert College Bookstore, to whom many thanks are given for each division chair’s generosity. The second and third prizes are sponsored by The H-Files. Prizes #4 through #10 are made possible by the Hilbert College Bookstore (Follett Higher Education Group Store #0044), to whom much thanks is given. The same article(s) may also make you eligible for one of three top prizes in the *H-Files’* Journalism Contest already in its tenth year. If your piece is chosen by a panel of faculty/staff judges, with awards-winners in both contests to be announced in the last *H-Files* issue for Spring, 2011, appearing April 21.

**BIRTH LOTTO**

Birth Lotto is a game in which a student’s birthday is selected at random to determine each issue’s prize-winner. All student birthdays (month and day) for October were obtained to create a list, with each student in the list assigned a number.

The guest editor for the issue in question has randomly selected one of the numbers to determine the issue’s prize-winner.

The prize for this issue is $5.00, to be collected (with suitable picture ID) from Dr. Ernst (Room 105A, Bogel Hall, 649-7900, ext. 315).

And the winner is... Brittany Kay! To collect this prize, the identified winner must contact Dr. Ernst, with accompanying Hilbert College ID or driver’s license by or on Friday, Oct. 29, 2010.
Adventures in Europe

Continued from page 1

ment building! I found this event very exciting as there was a wonderful mix of ethnicities to have students representing several countries throughout the world. It was great to see that I would meet two of the kids who would change my life. One of these kids was a young man from Kansas named Char-rii, and the other was a young lady named Tom who could enlighten me on the truths of his own culture, while I introduced him to the feeling of Chinese buffet! Al-though I had really strived to become best friends with her, I never would have imagined that we would end up in the same city, with the cheapest fare and hop on this bus. We were heading to Galway. We did not know what Gal-way was, where it was, or what to do in Galway, but we went anyway! On this dark, cold night we stepped off the bus into a quiet town with an intriguing of where to go next. In the tradition of being spontaneous, we proceeded to find a pub and spent the whole night in making Galway friends and observing the Galway com-munity. From meeting the kids at the pub we learned that we should take a tour to see the Cliffs of Moher and we would be on our way to the next destination. The Cliffs were beautiful, and if we had not been so spontaneous, we might have missed this great experience. The act of randomly traveling throughout Europe would be come known to us as “Gal- waying it up.”

Living in Ireland, I felt that the possibilities were end-less. Over Easter vacation, Madison Lux, Charrii, and I would hop on a cheap flight over to England. In England we were invited to stay at an eco-village, convenient-ly located in the center of London. Staying at the vil-lage allowed us to visit the sights of London during the day and also to learn about the operations of an eco-village. An eco-village sur-vives outside the economy. The villagers have built their community without any money, using only free ma-terials. They would work together to prepare meals and keep the village nice. It was a friendly and happy place. Staying there taught me not to be judgmental and to embrace any new experi-ence no matter how bizarre it might seem at first.

Living abroad was truly the greatest experience of my life. The relaxed atmos-phere and friendly people of Ireland changed my life and helped me to grow as a person. The memories there I will never forget.

It is obvious that while studying abroad one would receive the best possible education. No one can argue the personal growth that will occur by assimilating into a culture while adjusting to a new lifestyle while studying abroad, one must strive to adjust the best possible to the miliar academic experience. As a junior in college, I had already become accustomed to the American style of learning. I was used to lectures followed by cumula-tive assignments, frequent tests, the typical presenta-tions, in-class participation, a variety of classes and methods. With this, I would have to abandon this learning mentality and adapt to the Irish technique. At the City University of Ireland at Maynooth, tra-ditional students choose a major and solely take classes in that major. A student in America may study English yet take varying courses in the field of mathematics or other centers, or just general interest. In Ireland students only study one subject, or course, as they call it. It is surprising to observe how students’ course scheduling contributes to their academic experience. Irish cliques seem to be based on major. For example, the course of Product Design dominated the clique of Irish kids I became friends with. I found this interesting, as in American colleges you make friends from any number of majors.

In the beginning of the semester abroad it became difficult to adjust quickly to the teaching techniques of American and Irish professors. In Ireland I do not distribute syllabi, leaving students with the independence and responsibility to learn at their own pace. Attending lectures did not seem nec-essary, as attendance was not taken and participation credit was not distributed. Large lecture halls allowed students to dislike the view of their professors. Although larger schools in America do use big lecture halls, Ireland’s education system is based on more interactions. In American universi-ties students become accus-tom to larger require-ments. In Ireland it is up to students to decide when to have readings done, if at all. Students often study based on one or two heavy assignments—usually a final exam. I have found this to be advantageous, because the cumulative assessment forces students to learn in a more holistic way. The absence of papers, quizzes, and other assignments, students may neglect to learn the information as the semester progresses. This leads to end-of-the-semester cramming, which often is the most positive way to learn. Although the learning pro-cess of Ireland was differ-ent from what I was used to learn, the relaxing, casual lifestyle of the Irish col-lege student was worth a nice change. Although I did attend my lectures, it was sometimes nice to have the freedom to attend classes all semester, leaving me free to experience the pub culture of Ireland. Adjuring to the learning habits Ireland was a great grow-ing experience for me as a student.

Biology Lab Blessed; Donors Recognized

At Cornerstone Reception

A special blessing of Hilbert College’s newly refurbished biology lab, designed to give the college a competitive edge, was on display at the recent Cornerstone Reception, guests had a chance to view Hilbert’s donor recognition wall, which was unveiled done in the Swan lobby where the donor wall is displayed.

Paula Witherell
Director, Public Relations

CAMPUS WELLNESS IS
FOCUS OF NEW TASK FORCE

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Continued from page 1

CAMPUS WELLNESS is a new focus of a task force that is meeting monthly to develop ways to encourage healthy lifestyle choices and to coordinate campus-wide wellness and health initiatives using a campus-wide approach through the use of monthly wellness themes. A calendar of events has been created that highlights the monthly themes and includes theme-related campus activities, such as Alcohol Awareness Month events in October.

Continued on page 4

Sustainability

Continued from page 1

cover all individuals at an institution, giving the entire student body and staff access to member benefits.

“We’re delighted to have Hilbert on board and par-ticipate in the campus sustainability community,” stated Paul Rowland, execu-tive director of AASHE. “This shows a real commit-ment to playing a leadership role in some of the biggest challenges of our time, and provides the campus community with access to thou-sands of examples of best practices in campus sustainability.”

Among AASHE’s major programs is a standardized, comprehensive assessment instrument called STARS (Sustainability Tracking, Assessment, & Rating Sys-tem). STARS covers every sector of campus, from planning and administration to research and development.

AASHE’s major programs is a standardized, comprehensive assessment instrument called STARS (Sustainability Tracking, Assessment, & Rating Sys-tem). STARS covers every sector of campus, from planning and administration to research and development. With STARS as a roadmap, institutions can select meaningful and developmental pathways to sustainability while conserving valuable resources, reducing waste, improving campus safety, and building healthier communities.
exchange students can find where their host family's home is located. The exchange students arrived this year on Friday, Oct. 8, and stayed until Monday, Oct. 11. On Friday the exchange students met at the Voorhees residence by four travel buses. The travel buses were escorted by the Buffalo Police Department. The buses drove directly to the student's host families, who had a flag of each country represented through YFU. This is almost like a parade because each volunteer carries a flag down the street and then waits for the buses to arrive. When the buses arrived on Ridgewood, the Buffalo Police vehicles sounded their sirens as the buses made their way down the street towards the Voorhees residence, the volunteers waved the students and the students' flags all along the street. As soon as the buses unloaded, the exchange students met the host families lined up across the street and the students were given a wrist bracelet with the last name of the host family they would be staying with for Columbus Day weekend. The exchange students stayed with the Voorhees family. Once all the exchange students found their host families, the students went to their host families' homes and unpacked. After unpacking, the students got a chance to relax and meet with their host families. The exchange students had set activities throughout the weekend. They slept in individual sleeping bags at the host families and were provided for them. One event that the students really enjoyed each year was the dance floor, which is always a fun and exciting experience. There was a professional DJ coordinating the music for the exchange students and the host families. The students got to bring their own cultural roots to the dance floor, which is always a fun and exciting experience. There was a unique opportunity to discuss what the United States and more specifically, what Buffalo and its surrounding suburbs have to offer the world. The exchange students wanted to learn about the U.S. and to experience and learn about their country and cultures. The Maid of the Mist boat ride and the Cave of the Winds in Niagara Falls were attractions that the exchange students and host families got to discover during the Columbus Day weekend experience. This special trip was the one where students enjoyed the best new experiences on the trip to the United States and over sixty-four other countries. You will be exposed to foreign cultures and have an opportunity to share your own culture with the exchange students. You will get the chance to enhance your leadership and listening skills after being involved with YFU. Language barriers can cause a struggle at times, but with patience and helpful communication you can reach a common ground. As a YFU volunteer, you can make a significant contribution to improve cultural awareness and international understanding. By getting involved with YFU, you can assist your community in broadening their cultural awareness and embrace foreign cultural values. Learning about foreign countries and exchanging information with students from across the globe makes me feel more diversified. I love to learn about different cultures and ways of life. Communicating with students throughout the world can bring us all together. I believe that we need to embrace and understand not only our own American values but the values of all nations throughout the world. Embracing all cultures and sharing our lifestyles with foreign exchange students brings us closer with one another and unites us. As globalization redefines the world we live in, the ability to learn foreign languages is abundant under the YFU program. I have been able to learn basic greetings and simple questions and responses in a variety of languages. I highly encourage getting involved in a foreign exchange student program if you are interested in learning more about the countries of the world we live in. If you want to expand your knowledge on foreign countries and their relationships with the United States, this is a great way to go about doing so. This is a chance for you to ask any questions that you may have about foreign countries' ways of life.
COMING ATTRACTIONS!
Sponsored & Coordinated by the Common Ground Club & the Office of Multicultural Affairs
The 5th Annual Flip Da Runway Event
Date: Nov. 4
Time: 9 p.m.
Location: Campus Center (upper level)
Come out and enjoy the fashion show hosted by the Common Ground Club! Even if you missed the auditions scheduled this month to be a model, performer, or host, there is still time to be a part of the show.
For more information, please contact the President of CGC, Laura Wilson lwilson@hilbert.edu or Vice President of CGC, Jaquanna Hamilton jhamilton@ hilbert.edu

A CALL FOR HELP
To differentiate between need and want can sometimes be a fine line. What is clear, though, is that in Western New York, a domestic violence center needs assistance.
Haven House, a domestic violence shelter, sets up a room called “Toryland” during the holidays. This room provides donated gifts from the community to clients. It becomes a place where clients are provided the opportunity to shop for their children at no cost to them. This gives clients in need the opportunity to experience the joy of picking out gifts for their children. Selection of gifts is not limited, as the center also gives the women an empowering experience, while preserving their dignity.
Collection boxes will be located in the foyer of Bogel Hall and the atrium in Franciscan Hall. These will include a wish list of items that are in need. Some items are school supplies, gift cards, batteries, wrapping paper, books, etc. In order to prepare this shopping room, the deadline is Tuesday, Nov. 23, for the last pick-up.
Any questions about the Child & Family Services Haven House Holiday Project may be directed to kmangan@hilbert.edu.

Sponsored by Kathleen Mangan with the support of Campus Ministry

MR. HILBERT
by Shannon Connor
One of the traditions Hilbert puts together every year that draws a large crowd is the Mr. Hilbert contest. This year there was a large turn-out of almost 150 students, as well as faculty members, who came to support their fellow classmates.
There were four contestants who braved the stage—Dan Dury, C.J. Hodge, Mike Watson, and Grant Decz— and were judged in four different categories: Formal Wear, Talent, Night Out Wear, and Q&A. All four boys wooed the audience and won them over with comedic remarks and an easy-going attitude. The audience was lively and encouraged each contestant by cheering them on and shouting their names.
This year’s winner of Mr. Hilbert was Dan Dury, who showed off his moves on stage by dancing to Lady Gaga’s “Telephone” feat and Beyoncé, and pulled Theresa Beyoncé from the front row to dance with him. If you happened to miss this year’s Mr. Hilbert, you missed out on a great night, but there is always Ms. Winter Fest later this semester and of course Mr. Hilbert in Fall, 2011.

FUN AWaits AT FAMILY-FRIENDLY HALLOWEEN PARTY
Come celebrate this “spooky” time of year at a family-friendly children’s Halloween party being held from 2-4 p.m. Oct. 24 in Hilbert College’s Campus Center.
A costume contest will light up the afternoon event, which is free and open to the public. Children are encouraged to dress in costume for a chance to win a prize.
Other exhibition activities will include pumpkin painting, hay rides around campus grounds, arts and crafts, face painting, and the reading of a Halloween story.
The party is being sponsored by the Hilbert College Activity Advisory Board. More information is available by contacting Jean Mac Donald, director of student activities, at ext. 335.

Paula Witherell
Director, Public Relations

WOMAN JOURNALIST VISITS McGRATH LIBRARY
by Bernaline De Mike
When Professor Chris Gallant learned that Amy Moritz, a Buffalo News sports journalist, was coming to campus as a guest speaker, he took the unique opportunity to what the aptitudes and hone the writing skills of communications students.
Moritz’s amazing experiences and climb to her present position as a sports reporter at the Buffalo News were unfolded with an air of authority, but bereft of arrogance. Her visit is the result of a collaboration between the McGrath Library and the Digital Media and Communication program to bring interesting speakers on campus. Besides Moritz’s obvious gift of articulation, she inspired students with her stories about navigating the world of sports journalism. One of the greatest secrets for successful publications is that “you must love people,” as is oft reiterated by professor Gallant in many classes. “If you are not a people person, journalism is not for you.” In a surprising admission, we found that there are two “camps” regarding sports writing. One reporter may be the facts and figures type who knows and remembers teams, players, and scores since “Casey” struck out in Mudville, but the other is simply a writer who tells the story of the man or woman behind the bat, the pigeon, the pack.
A great insight into how to proceed with our dream of invading this fascinating world is subtly to ask opinions reviewing your work from others in the field and also to be content to work in a variety of venues, from visiting dignitaries to Victorian tea parties.
I have been on a journey with journalist Amy Moritz and have found her correspondence crowded with compassion. She weaves with wit the five magic W’s (what, where, when, why, who) into a tapestry of the true purpose of sports. Amazingly, although I have no interest in sports, except for a future daughter-in-law who is a fabulous lacrosse player, Moritz’s articles, I find, have vast appeal to everyone. She puts a human face on football, a beating heart on baseball, and prods the world in its willingness to partake of charity races. In the face of controversy, she is courageous, believ- ing her words will carry the unique description, seen order to place her readers at the heart on baseball, and prods the world in its willingness to partake of charity races. In the face of controversy, she is courageous, believing her words will carry the unique description, seen order to place her readers at the front of each event. Amy Moritz is an example to emulate, for we all have special gifts, and she is not deterred by negative criticism. The passion to share our talents should come Continued on page 6

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CALENDAR OF EVENTS (Fall, 2010)

October
24-27 Alcohol Awareness Month continues
24 Children’s Halloween Party, 2-4 p.m., Campus Center, upper level
25 SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140
Common Ground Club’s Book Club meeting on Barbara Ehrenreich’s Nicele and Dimed, 4:30-6:30 p.m., McGrath Library (upstairs leisure reading area)
26 CI/Forensics Club meeting, 2 p.m., Bogel Hall, Room 160
CI Studies Division Association meeting, 3:15 p.m., Bogel Hall, Room 141
27 Mark Sterner sharing experience of drunk driving & repercussions at 11 a.m. in Swann Auditorium

November
1 Hawk It Up! entry deadline for naming the Hilbert Hawks mascot; submit entries at Office of Institutional Advancement, 2nd Floor, Franciscan Hall
SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140
Human Services & Rehabilitation Association, 3:30 p.m., Bogel Hall, Room 200
3 Comedy time with Matt Krajewski at 9 p.m. in Campus Center, upper level
Flip Da Runway, 9 p.m., Campus Center, upper level
Family Night: Murder Mystery Dinner, 6:30 p.m., Campus Center Dining Hall, upper level
8 SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140
8-10 CI Studies Division Association selling candles, glass pendant necklaces, etc., at table in Bogel Hall near auditorium
9 The Deal Is Right, 9 p.m., Swann Auditorium
H-Files deadline for Nov. 19th issue (last issue of fall)
10 Health & Wellness Fair, 10 a.m.-2 p.m., West Herr Atrium
11 Screening of Red Violin, including pre- & post-discussion with Dr. Anthony Hughes, as part of Hilbert College Community Film Series, 6:30 p.m., Bogel Hall, Room 160
12 Hilbert Alumni Awards & Reconnection Dinner, 6 p.m., Romanello’s South, South Park Avenue, Hamburg, New York
15 SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140
19 Men’s Basketball Home Opener, winning name for Hilbert Hawk mascot announced
H-Files distributed
Deadline date for poetry/story submission to Hilbert Horizons; send to cernst@hilbert.edu
22 Cake Decorating Contest, 11 a.m.-1 p.m., Campus Center
SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140
23 Child & Family services Haven House Holiday Project, last pick-up for wish list items, foyer of Bogel Hall
29 SIFE meeting, 3:15 p.m., Pacescy, Hall Room 140

December
1 Human Services & Rehabilitation Association, 5:30 p.m., Bogel Hall, Room 200
5 Christmas at Hilbert with Nativity Scene (outside Franciscan Hall) & Children’s Christmas Party (Franciscan Hall Atrium), 2-4 p.m.

Amy Moritz
The group was established for their social and educational purposes. The Buffalo Creek dancers were founded by Tara Jabbaar-Gyambrah, and their members are learning about Native American culture, dance, and storytelling. The group was established in 1988, and it is recognized for its social and educational activities. The event was sponsored by the Office of Multicultural Affairs.

The Buffalo Creek dancers performed in the Hilbert College Campus Center. The audience included students, faculty, and staff. The group performed "The Possibility of a Family," which is about two boys, one of whom is an "Aye" and the other is a "No." This is an adaptation of a play that was written by Tara Jabbaar-Gyambrah, who is the director of the Office of Multicultural Affairs.

The performance was well-received by the audience, who were impressed by the talent and dedication of the dancers. The Buffalo Creek dancers will continue to perform and engage with their community, sharing their culture and traditions through dance and storytelling.

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STUDENT ACTIVITIES

First off, we want to say thank you for everyone who participated in the first annual Welcome Week and helped to make it a success! It was a great way to kick off the academic year! Here are a few pictures of the event.

And let’s not forget MR. HILBERT! This program was a great success thanks to the help of the students and the participants. Thank you to those who came out and congratulations to Mr. Hilbert: Dan Duzy!

Children’s Party

Celebrate All Hallow’s Eve and give back to the children of the community! On Sunday, Oct. 24, from 2 to 4 p.m. in the Campus Center is Hilbert’s celebration of Halloween! This event is mandatory for all clubs. Make sure you have an event for the children to participate in! Costumes are recommended!

Mark Sterner

On Wednesday, Oct. 27, at 11 a.m. in Swan Auditorium, Mark Sterner will be sharing his first-hand experience of drunk driving and its repercussions. Mark Sterner has taught more than two million college and high school students that it only takes a moment to change a friend’s life forever. Just months from graduation, he and four fraternity brothers headed to Spring Break. On the final night, they decided the least drunk would drive home. The next morning, three of the men were dead, and Mark lay in the hospital critically injured and facing three counts of DUI manslaughter. Instead of being the first in his family to go to college, he would be the first to go to prison. Mark does not preach or tell people what to do, but he leaves students with a real story that forces them to confront their own choices. Mark puts real faces to the tragic consequences of impaired driving by showing videotape the friends made of their Spring Break, ending just minutes before the crash.

Comedy Night with Matt Bergmen

Enjoy a night of hilarity and laughter while Matt Bergman tells how things really are. Matt is performing Wednesday, Nov. 3, at 9 p.m. in the Campus Center.

Family Night: Murder Mystery Dinner

Grab your family and come enjoy a night of intrigue and secrets in the Dining Hall on Saturday, Nov. 6, at 6:30 p.m. They say that two brains are better than one. What about an entire family? Solve a crime and enjoy delicious food during this fun-filled night! The cost is free for Hilbert Students and $10 per guest.

To participate, sign up in the Student Activities Office!

The Deal Is Right

Come on down to this fun-filled night on Tuesday, Nov. 9, at 9 p.m. in Swan Auditorium! Do you have what it takes to guess the prices of objects without going over? It’s just like the longest running game show in America without the overpriced flight to California! Move over, Drew Carey!

Cake Decorating Contest

Get your decorating skills on! You never know what you’ll come up with until you try. Edible + artwork = delicious! Yum! This mouth-watering event will take place Monday, Nov. 22, from 11 a.m. to 1 p.m. in the Campus Center. All cakes will be donated in the spirit of Thanksgiving.
Academic honors for the spring semester were earned by more than 250 Hilbert College students who achieved a 3.3 GPA or above. (Graduating seniors were listed in the previous issue.)

Students on the spring academic honors list are these:

AKRON: Michael Kolb and Patrick Winney
ALBION: Martin Stirk
ALDEN: Samantha Hahn, Alyssa Szwarz, and Jaymison Walter
AMHERST: Jennifer Burke and Shannon Connor
ANGOLA: Andrew Day, Theresa Dentice, Donald Nowak, Erica Page, Denise Wilson, and Jessica Wright
ARCHADE: Tiffany Baker, Stacy Poley, and Blake Russell
ARKPORT: Julie Bossard
BARKER: Cassandra Black
BARTON: Ricki Mann
BATAVIA: Katie Newton, Emilie Ripley, and Mary Zinni
BLASDELL: Michelle Bellagamba, Lanie Harrington, Mark Landsman, Ashely Maciejewski, Jeffrey Ritter, Marjone Sanders, Shannon Sherwood, Haley Sittnowski, Chad Thompson, and Jennifer Thorn
BLISS: Carole Jones
BOSTON: William Brown
BOWMANSVILLE: Anna Galati and Rachel Kuch
BRONX: Jaquanna Hamilton
BUFFALO: Caitlin Alongi, Vincent Amico, Jamie Bigaj, Michael Nero, Whitney Preyer, Amanda Ratajczak, Frank Kessler, Ryan LaCorte, Jasmine Moore, Sallie Moppert, Giampoala, Ashley Jozwiak, Andrew Kaun, Michael
BUFFALO: Jill Amal, Vincent Amico, Jamie Bigaj, Michael Nero, Whitney Preyer, Amanda Ratajczak, Frank Kessler, Ryan LaCorte, Jasmine Moore, Sallie Moppert, Giampoala, Ashley Jozwiak, Andrew Kaun, Michael
CAMPBELL: Joshua Day
CAMPBELL: Adam Matula
CASSADAGA: Valerie Culverwell and Kenneth Mosier
CENTRAL SQUARE: Brandon Morse
CHEAFFEE: Nina Piertino
CHEEKTOWAGA: Jill Ambellan, Erica Gasiecki, Kelsey Giampaola, Ashley Jozwiak, Andrew Kaun, Michael Kessler, Ryan LaCorte, Jasmine Moore, Sallie Moppert, Michael Neroni, Whitney Preyer, Amanda Ratajczak, Michael Simms, Jason Wohl, and Vanessa Zwer
CLARENCEx: Joseph Goele
ClevelAND HEIGHTS, Ohio: Asja Matthews
COLDEN: James Reinhart
COLUMBUS, Pa.: Ashley Pognant
COWLESVILLE: Paul Gargula
CROSBY, Pa.: Lindsey Johnston
CUBA: Britney Mosher
DAYTON: Angela Farris
DEPEW: Jacquesy Kner, Amber Grossh, Jessica Kagels, Holly Opanashau, Shonah Romesburg, Tiffany Seger, Nicholas Sims, Elaine Snyder, and Frederick Surface
DERBY: Jillian Pelechaty
DUNKIRK: Rita Corsi and Nelson Smoczylnski
EAST AMHERST: Wenna Lin
EAST AURORA: Shannon Baldwin, Justine Jackson, Katrina Mathewson, and Jessie Roland
EAST CHATHAM: Samantha Lawrence
EAST SYRACUSE: Nicole Blair
EDEN: Mary Burdick, Jonathan Flowers, Heather Gechell, Devon Kron, Rina Rachinger, and Rebecca Sutton
ELBA: Christina Weibel
ELMA: Andrew Betsch, Bonnie Goodrich, Jeffrey Krajewski, Ashley Mazur, and Christopher Nowak
FREEDOM: Jessica Litzinger
FREDONIA: Emily Remington
FREWSBURG: Jonathan Hubbert
GASPOT: Brandi Mack
GLENWOOD: Jay Janik
GLOVERSVILLE: Jessica Morey
GOWANDA: Ashley Troutman
GRAND ISLAND: Kimberly McMahon
HAMBURG: Stephanie Agone, Amanda Alba, Paul Baich, Amanda Binnion, Ashley Blahowicz, Robert Buresch, Jesse Burns, Matthew Buxer, Jay Coleman, Alyssa Conrad, Katie Courtney, Rachel Dobiesz, Holly Fidby, Stacy Granica, Nathan Haas, Katie Hurd, Valerie Janiga, John Kane, Ryan Lamb, Frederick Martin, Jillian Martucc, Katelin Milliman, Shane Olivier, Kaylsee Omerhodzic, Jaslibile Phungula, Phunye Rhein, Aaron Senesee, Shannon Silver, Katherine Strnad, Robert Srautz, Daniel Telaak, Stephanie Trifunovie, Ashley Twarzez, Emily Valenti, Alicia Wildman, and Sarah Zabokinski
HAMLIN: Kayla Norman
HENRIETTA: Kristopher Anderson
HICKORY, N.C.: Eric Russell
HOLLAND, Mich.: Brandey Graham and Jessica Voglewede
HOLLAND: Tiffany Martin
JacksonVILLE, N.C.: Nathan Irving
KEMMORE: Jillan Cohen and Kevin Conti
KESER, Pa.: Justin Longhi
LACKAWANNA: Emily Alvarez, Emily Schilling, and Aaron Strozewski
LAKE VIEW: Marissa Caruso, Amanda Ciesla, Bryan Duszkieiwicz, and Chelsea Dangdon
LANCASTER: Jeffrey Brown, Samantha Elminowski, Brittany Holdsworth, Lauren Lukasiewicz, Ashley Madera, Shireen Schlemmer, and Jacob Smoczniak
LAWTIONS: Kelsy Barratt
LEWISTON: Dominic Grenda and Theresa White
LIVERPOOL: Chelsea Miller
LOUTPORT: Adam Demontico, Daniel Duzy, T’ne Holmes, Brittany Johnson, James Knapp, and Corrie Thomas
MEDIA, Pa.: Thomas Wills
MIDDLETOWN: Christopher Spence
NORTH COLLINS: Mia Stoll and Andrew Tisdale
NORTH TONAWANDA: Kelly Cline
NEW YORK: Diandra Canto
NIAGARA FALLS: Felicea Harris
NORTH COLLINS: Renea Frear
NORTH TONAWANDA: Jarret Anson, Nicole Brancato, and Adam Clabo
OLER: Jamie Sloane
ORCHARD PARK: Daniel Andol, Brian Benz, Michael Cavanagh, Cecilia Chmuryznk, Maria Delmonaco, Kelsey Dunning, Victoria Felser, Heather Grinsell, Andrew Sulsik, and Amber Supertino
PER: Molly Merz
ROCHESTER: Colby Miller, William Strassner, and Scott Walker
SCHODACK: Aisling Simpson
SILVER CREEK: Arrin Pfeuge and Nicole Phillips
SLOAN: Joshua Anderson
SPRINGVILLE: Ashley Beeman, Adam Haag, Ryan Mertowski, and Adam Pitsadnick
STOW, Ohio: Richard Sykora
TONAWANDA: Chad Damiani, Eric Davies, Amanda Dudek, Gabriel Finch, Alyssa Hubert, and Jason Klosterman
VARYSVILLE: Darren Gasiewicz and Kristen Maplesden
WATERLOO: Stephanie Smith
WATERTOWN: Rebecca Easton
WEST EN: Jade Cummings, Andrew Elhardt, Kelly King, Rachel Kwiatkowski, and Melissa McGuire
WILLIAMSVILLE: Stephen Crane, Aaron Dinderski, and Alexandra Rasey
WYOMING: Cherie Haas

Continued from page 6
few students had shared stories of how they are in debt already and how they wished they had chosen a different path. Others spoke of how they had shopped online exclusively for textbooks. This presentation has allowed me to reflect on how I spend and save my money well enough to avoid making the same mistakes as others.

Beginning With the End in Mind

Continued from page 6

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Overall, I thought the activity was very rewarding. I learned quite a few money management skills that I intend on remembering for the future. I’m also taking away from this experience that I should make some goals for myself to be even more successful in life.
STUDENT GOV’T. ASSOC.

Still wondering what SGA is on campus? The SGA is the Student Government Association. The organization does a great deal for students on campus, planning fun events and activities. One event just held was a Mocktail Party, held Oct. 19 in the dining hall from 8 to 11 p.m. Games of root beer pong and root beer flip cup were played and prizes given to the top two teams. This event was scheduled in acknowledgment of Alcohol Awareness Week. Look for other events coming soon!

Still searching for a group to join on campus? Take a look at SGA—positions are available. Stop in to see us at our office on the lower floor of the Campus Center.

COLLEGE COMMUNITY JOINS IN ST. FRANCIS WEEK EVENTS

Hilbert College’s St. Francis Week observance was a great success with many well attended activities held for the annual celebration.

To start off the activities, animals and pet owners were welcomed on campus Oct. 1 for a blessing of the animals and pet owners. To start off the activities, for the annual celebration. Well attended activities held Week observance was a.

Hilbert’s observance wrapped up Tuesday with a showing of the film Francesco. Thank you to Barbara Bonanno for planning a wonderful St. Francis Week.

Paula Witherell
Director, Public Relations

CRIMINAL JUSTICE & FORENSIC SCIENCE CLUB

Students from all majors are welcome to join. Visit us on Facebook! The next meeting is scheduled for Oct. 26, at 2 p.m. in Room 160 of Bogel Hall. The club’s advisors are Dr. Kathleen Pierino, Associate Professor (BH 173), and Donna Zimpfer, Assistant Professor (BH 120D).

THE SADD CLUB

True leaders have the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. They do not set out to be leaders, but they become leaders by the quality of their actions and the integrity of their intent.

Be a Leader – Join S.A.D.D.
(We Are an Award-Winning Team)

Phyllis Dowey
Faculty Advisor

THE FILM CLUB REACHES OUT FOR JOINT SPONSORSHIP FOR FILM SCREENING ON CAMPUS

As part of the Hilbert College Community Film Series (HCCFS), the film Red Violin will be shown in Room 160 of Bogel Hall on Nov. 11 at 6:30 p.m. Those attending will watch the film and engage in pre- and post-discussion with Dr. Anthony Hughes.

This program is sponsored and coordinated by the HCCFS Committee (i.e., the Offices of Student Activities, Multicultural Affairs, and Student Success & Retention; Prof. Chris Gallant; Dr. Anthony Hughes; and the Film Club).

SIFE NOTES

Join our award-winning team! Club meetings are held at 3:15 p.m. on Mondays in Room 140 of Paceseny Hall. Everyone is welcome! For more information contact Professor Dan Roland, 649-7900, ext. 351 <droland@hilbert.edu>.

SADD

THE SADD CLUB

THE A.D.D. CLUB

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PHOTO GALLERY

President Cynthia Zane, Ed.D. Unveils New Bogel Hall Biology Lab Preceding Cornerstone Reception on Sept. 30

Father Michael Sajda, OFM Conv., Hilbert Trustee, & President of St. Francis High School, Blesses New Biology Lab

Campus Ministry Rocks! Friends of Campus Ministry Enjoy Time at Pioneer Camp Retreat Center

Campus Ministry Club Members Jill Martucci & Allison Hall Perform Landscape Work at a New Habitat for Humanity Home in Buffalo on Oct. 2

Phyllis Dewey Reads at One of the Stations of the Peace Walk on Oct. 4

Kathleen Fairbanks & “St. Francis” at One of the Stations of the Peace Walk on Oct. 4
PHOTO GALLERY

The Cliffs of Moher in Ireland

Study Abroad Students Kayla Tigue & Madison Lux in Ireland at Newgrange

Buffalo Creek Native American Introduces Iroquois Social Dances on Sept. 29

Deacon Dennis Conroy & Bernadine DeMike during Blessing of Animals on Oct. 1

Buffalo Creek Dancers Perform in Hilbert College Campus Center Dining Hall on Sept. 29

Elaine Szczepanski’s Dolly, a Shetland Sheepdog, meets Bernadine DeMike’s Elvis, a Pomeranian
THE WELLNESS CORNER

Breathe Easier: October is National Healthy Lung Month, sponsored by the National Lung Association. Quitting smoking is one of the best things you can do for your health. The CDC estimates that the average smoker loses 13-14 years off his or her life because of the habit. Fortunately, you can start to see immediate health, financial, and social benefits as soon as you quit smoking. Other than quitting smoking, here are some other pertinent healthy lung tips:

Do you snore? If the answer is yes, make an appointment with a sleep specialist and get checked for sleep apnea. The condition, in which you stop breathing dozens or even hundreds of times during the night, can actually damage your lungs nearly as much as smoking. Fortunately, it’s treatable.

Use stairs every day. The kind of exercise that makes your heart beat faster, like climbing stairs, riding a bike or walking briskly, is very important for keeping your heart and lungs in good shape. For instance, studies find that walking about 15 minutes at a time, three to four times a day, improved breathing in people with emphysema. Other than quitting smoking, here are some other pertinent healthy lung tips:

Take a fish-oil supplement every morning. Most airway problems, including asthma, are related to inflammation. Omega-3 fatty acids, which are the main ingredient in fish-oil supplements, reduce inflammation.

Breathe from your belly for at least 5 minutes every day. This kind of breathing, called diaphragmatic breathing, involves training and strengthening your diaphragm so it requires less effort to take in each breath. To do it, inhale deeply through your nose, filling your lungs from the bottom up. If you’re doing it right, your stomach will pooch out. Exhale and repeat.

Paula Witherell, Director, Public Relations

THE SPIRITUAL MATTERS

Sunday Mass
Hilbert students are invited to attend Sunday Mass at 8 a.m. at the Motherhouse of the Franciscan Sisters of St. Joseph. Please use the convent’s front entrance, which is located on South Park Avenue, directly across the street from the College. Arrival must be between 7:45 & 7:55 a.m. Other arrangements for attending Sunday Mass can also be made through the Campus Ministry in Bogel Hall, Room 105C.

Confirmation Classes / Rite of Christian Initiation for Adults (RCIA)
Hilbert Students seeking full membership in the Catholic Church through the RCIA program, or those desiring to receive the sacraments of Eucharist and/or Confirmation, may register with Hilbert College Campus Ministry for free weekly classes arranged to fit your schedule. Arrangements must be made before the end of October.

Prayer Requests
Would you like others to pray for you, a family member, or friend? Write your request in the notebook that is located outside of St. Clare Chapel in Bogel Hall. Likewise, please pray for those who have asked for prayers.

For more information, contact Barbara Bonanno-Wilcox, Director of Mission Integration and Campus Ministry; Office: Bogel Hall, Room 105C; bonannoj@hilbert.edu; 649-7900, ext. 407.

Barbara Bonanno-Wilcox
Director, Mission Integration & Campus Ministry

TAKE ON THE PHONE-A-THON CHALLENGE

Are you ready for the challenge? Faculty and staff volunteers are sought to join a Hilbert College phone-a-thon challenge during upcoming call sessions for the Hilbert Fund. Here’s how it works:

Volunteer faculty/staff callers will challenge student callers to find out who can raise the most support during a call session. Callers will also have the chance to win prizes for their efforts.

Call sessions are scheduled from 6 to 9 p.m. Monday–Thursday from Oct. 18–Nov. 11 and from 2–5 p.m. Saturdays from Oct. 23–Nov. 6 in the Donough Board Room on the second floor of Franciscan Hall. One “celeb- rity seat” is available for a faculty/staff volunteer in each call session. In addition to assisting with raising support for Hilbert, being a phone-a-thon faculty/staff caller is a great opportunity to be involved with building relationships with alumni, donors, and friends of the college while updating them about events planned at Hilbert.

If you would like to take on the challenge, contact Deanna Messinger, assistant director of alumni relations and annual giving, at ext. 340.
DMAC program to the wider WNY community. They discussed various topics of interest to the department, including...

DMAC’s board of professional advisers met Friday, Oct. 1, from 8 a.m. to 10 a.m.

BOARD OF ADVISORS MEETS REGARDING DIGITAL MEDIA & COMMUNICATIONS (DMAC) PROGRAM

DMAC’s board of professional advisers met Friday, Oct. 1, from 8 a.m. to 10 a.m. They discussed various topics of interest to the department, including internship opportunities and getting the word out about Hilbert’s fantastic DMAC program to the wider WNY community.

Chris Gallant, Assistant Professor, DMAC

ALCOHOL AWARENESS WEEK

Do you know someone who died owing to an alcohol-related accident? Please write their names on the crashed car located on our campus. Oct.13–27 is Alcohol Awareness Month.

Sponsored by The Counseling Center, The S.A.D.D. Club, & Campus Safety

THE VALUE OF A HILBERT EDUCATION

by Frank Castiglia, A Hilbert Intern for Tim Kennedy, a Candidate for New York State Senate 58th District

As a senior at Hilbert College, I hope to make the most of my last year here. It is interesting to me how both business and politics correlate with one another. Through my studies I have been able to draw comparisons in both fields and come up with a better understanding of the material that is being presented by my professors. Service Learning is critical in becoming well-rounded. I am a graduate of St. Francis High School; one thing that was highly emphasized at St. Francis was being well-rounded and becoming a renaissance man.

I have gone through a rigorous study so far as a Hilbert student. While attending Hilbert College, I have participated in various clubs that are offered on campus, such as Student in Free Enterprise (SIFE), Phi Beta Lambda, and the Emerging Leaders Program, all of which I am honored to have been involved with. I have been blessed to have had such phenomenal professors, who have gone above and beyond their role as teachers and surpassed my highest expectations. If you are a freshman here at Hilbert, I suggest you get involved as much as you can. I have been told to think of Hilbert College as a pie. You can go through Hilbert College and just go to class, will work hard, and eventually take advantage of all that Hilbert has to offer. Why take only piece of the pie when you can have the entire thing? Take advantage of all that time spent here at Hilbert and see where it takes you.

The librarians at Hilbert College have been such a tremendous asset to my college experience. If you commit yourself to a project, they will go out of their way to help you. McGrath Library at Hilbert has been a place where I have spent many long hours on school-related projects. The librarians are more than willing to help you and lend their support and opinion on any of your concerns. Katie Donahue, the Assistant Library Director at McGrath Library, has helped to make my internship with Tim Kennedy a success.

Many courses I have taken at Hilbert College have been helpful for my time spent interning for Tim Kennedy. I have been able to apply different thinking and reasoning from many professors, and use what I have been taught in the classroom, outside in the working world.

Chris Castiglia, A Hilbert Intern for Tim Kennedy, a Candidate for New York State Senate 58th District

Continued on page 14

OFFICES/Academic Divisions, Programs
Frank Castiglia Examining a Legal Tome in the McGrath Library

Page 14/The H-Files

THE VALUE OF A HILBERT EDUCATION 

Continued from page 13
when it comes to politics. The government should be looking to minimize unemployment and that is what job creation is all about. Tim Kennedy has contributed to many projects, that has in turn, created new jobs for the citizens of Western New York.

Bus 208: Contem- porary Marketing, Profes- sor Dan Roland stressed being organized and prepared while delivering a speech, and he has instilled in me dedication and time management skills.

Bus 210: Principles of Management with Prof- essor Patrick Heraty brought about the need to have previously been prepared to present your material to a group of individuals and actually to be able to describe what the authors or, in this case, the candidate’s point. It is about learning what you have learned to others and communicating the message that is intended to be distributed.

PS 234: State and Lo- cal Government with Dr. Andrew Kolin is clearly very important because that is exactly what we are doing and what can apply how the government works to the reality of how people are elected and the time and effort that are needed in campaigns.

PS 235: Mass Media and American Society is ap- plicable here because television, radio, text, internet, billboards, fly- ers, and all different me- dia outlets are used in campaigns to represent a candidate for a certain position. In this case, I have interned for Tim Kennedy, and I have witnessed how the media are used in a political race.

PS 252: Human Rights and Global Politics, as well as PS 356: Justice, are classes that involve extremely important top- ics that affect society. “Once elected to the State Senate,” Tim Kennedy said, “and I will work to ward passing legislation that results in creating a New York State where each and every individual is treated equally and can

be open, honest, and safe at home, at work, and in the community. This in- cludes, but is not limited to, my support for marriage equality legisla- tion.

Bus 252: Personal Fi- nance with Professor Linda Bernstein is rel- evant when it comes to campaigning and fundraising. Money is a one media form of ex- pression for the right to speak freely; but not all advertisement is free. Campaign advertising through print media and television networks re- quires payment for politi- cal advertisements; and candidates must be able to raise money to finance their election campaign organizations.

Eco 330: Economics of Sport with Professor John D’Amico applies to this campaign because research I have conducted on the Buffalo waterfront for this course has been a part of this campaign’s commitment to improve- ments to Buffalo and its surrounding communi- ties. Economic theories have been influential for me during this campaign. Location of headquarters is critical, and must be in a consistent time and place where access can be easy for all involved; i.e., a central business dis- trict. Several communi- ties have benefited from funding secured by Tim Kennedy, such as South Park Avenue in South Buffalo and Lackawana; the rehabilitation of the Cayuga Creek Road Bridge in Cheektowaga; and funding for the inner and outer harbors in Buffalo. The utility that comes with new develop- ment in areas that badly need it is tremendous. A strong community pride and accomplishment will be created.

I have done a great deal of research on the Buf- falo waterfront and when combining what I have learned in my economic courses here at Hilbert with the current develop- ment, I realized what an opportunity we have in the City of Buffalo. Eco 309: Human Economics has been instrumental for my time interning with Tim Kennedy because I have been able to go through what I have learned about politics and government in this course and apply it to the campaign.

When money is spent and then re-spent in the community, all new spending related to the Buffalo waterfront con- struction has a multiplier effect. The economic ef- fects tourism can have on the City of Buffalo can also be explained through this theory. For example, tourists will spend money during their visits on such things as gas, food, lodg- ing, purchases, and recre- ation. The City of Buffalo would receive added dol- lars in the form of wages, salaries, profits, and taxes. In turn, employees and workers use these wages and profits to pur- chase similar goods and services within the city. As a result, the tourist dollar gets re-used over and over again (the mul- tiplier effect) and allows for high economic stimu- lation.

En 340: Professional and Technical Writ- ing with Professor Herb Kauderer prepared me in many ways while can- vassing for Tim Kenne- dy. I was interviewed by many individuals while engaging in conversa- tions about the New York Senate race. Indi- viduals wanted to know who I was, where I was from, and why I think Tim Kennedy would be a great Senator for the State of New York. This would not have been as uplifting if it were not for the tough interviewing questions I had to go through in Professor Kauderer’s classes. I also created my own driving directions for co-campaigners to get from point A to point B. The directions I created through the knowledge I received from Professor Kauderer made it easier to follow than Google Maps because I learned through this class how to make it easier, more pre- cise driving directions.

Geo 289: World History and Geography was help- ful for my time working for Tim Kenne- ddy because I worked as part of a team while cam- paigning with fellow vol- unteers. Professor Erika Haygood has her students communicate in groups every week during class. While in class, we would collaborate with one an- other in a group setting to provide answers to ques- tions brought about in the homework assignments. We also had individual discussions in class, which was great preparation for canvassing.

PS 352: American De- mocracy is applicable because of the treaties with Native Americans and how this has been a current issue facing New York State.

The education I have re- ceived from Hilbert has been exceptional. My professors have spent enormous amounts of time both in and out of class to help me to suc- ceed. What I love most about Hilbert College would be the one-on-one attention that is available because of the student-to-professor ratio being so small. Seeing that Hilbert does have a small student-to-faculty ratio, all of my profes- sors know my name and I have built academic rela- tionships with them. I am honored to have been ac- cepted at Hilbert College and given the opportunity to be part of its strong tradi- tion of hard work and community service. As a result of this internship, I feel more self-confident and willing to take on any challenge that presents itself.

You can check out more information about Tim Kennedy and his cam- paign for New York State Senate by visiting his website at: http://www. kennedyforchange.com/ home.html. Tim Kennedy also has his own Face- book page, if you would like to contact him or his campaign through that medium.

I am extremely hon- ored to have been given this opportunity to be involved in a hands-on service learning intern- ship with Tim Kennedy and his campaign, which let me take what I have learned in the classroom setting and apply it to re- al-life situations. If you, as a Hilbert College stuc- dent, want to get involved as I have in a political campaign, I would start by contacting Dr. Kolin, a professor in the politi- cal science program, or Katie Donahue, the As- sistant Library Director at McGraw Library.

The political science and business administra- tion programs at Hilbert College are phenomenal. I have set out to make the most of my time spent at Hilbert. I have built life- long relationships with several faculty members, students, librarians, ad- missions representatives, and all of the individuals I have met while attend- ing this school. As I enter my final year at Hilbert, I want to make the most out of it and plan to trea- sure the time I have spent here. I realize I am clos- ing another chapter of my life. I will now have two places I can call home, and I have been able to learn what they have taught me in many different aspects of my life outside of the classroom.

In closing, I would just like to thank my family for everything they have done for me. I would not be where I am today if it were not for everything they have taught me in many different aspects of my life outside of the classroom. The last thing I would like to say is this: I have been helping out at my fam- ily’s funerary business, Castiglia Funeral Home Inc. & Erie County Cre- mation Service, now for a number of years and I have been able to see how short life really is. All of us are here on this planet for just a short time. Make the most out of your life, get involved, and enjoy what you do.

Note: The results and my own experience of this New York State Senate race will be in the Nov. 19th H-Files issue. Stay tuned to find out the final results of this race. My advice is to remember to go out and cast your vote on Nov. 2 for the General Election.
**WENDY EDSON**

*by Chelsey Piotrowski*

For the past couple weeks a number of students in GS 101: Foundations Seminar have been interviewing the various campus staff to get a closer look at Hilbert College. This assignment gave students a chance to meet and interact with some of the staff that perhaps they would not have had the opportunity to meet otherwise.

For my interview, my blind selection turned out to be Jeanette Testa, Assistant Director of Admissions. She has been employed at the college for almost five years, starting out doing various different jobs in the office before becoming assistant director. In that role she has a number of responsibilities. Jeanette has to review transfer applications and figure out which credits will be accepted, while advising them about scholarship opportunities. She has the pleasure of traveling to recruit prospective Hilbert students. She enjoys the challenges of her position, working with the database and determining the maximum number of student credits that can be accepted. Her most highly regarded moment is seeing students on campus after the admissions process is completed. Overall, she very much enjoys working at Hilbert.

Jeanette actually played four sports at Hilbert: volleyball and softball, soccer for three, basketball for two, and softball for four. While playing sports at Hilbert, she always knew she wanted to work with people, earning a bachelor’s degree in human services. She is currently working on her master’s degree in school counseling at St. Bonaventure.

As a family person, Jeanette loves going home and spending time with her family. She also is still involved with softball. At Hilbert she is the softball coach and loves it when the girls on her team come visit her. One of her favorite pastimes is playing softball and beach volleyball. Some of her favorite hobbies include hunting and reading. She also loves shopping, decorating, and cooking. Not only does she enjoy spending time with her family, but with her dog Hunter. She is also engaged and plans to get married next spring.

I was very comfortable talking with Jeanette. As the interview went on, we realized that we had much in common. She has also put the thought of playing softball for the school in her head. I have gained more knowledge of Hilbert and how the school works. If it were not for this assignment, I do not think I would have had the pleasure meeting Jeanette. She has shown me new things I never knew about Hilbert.

Jeanette Testa is an amazing woman who has already accomplished a great deal in her life. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate. I hope I can set my goals and achieve them by the time I graduate.
**HILBERT PROFILES**

**Dr. Amy Smith**

Dr. Amy Smith is one of the many respected professors at Hilbert College. She is well-educated, having a bachelor’s degree in English, then having attained her master’s degree and finally a Ph.D. in Literature. As Director of the Honors Program, she is responsible for giving students a variety of options that are offered to them. For instance, she often assigns students to interview a Hilbert employee named Beverly Chudy. Dr. Smith had thought she had heard the name before, but she could not place the name with a face. She had e-mailed her, and they had arranged to meet and conduct the interview on Monday, Sept. 27, at one p.m.

When Monday came around, I ventured downstairs in the Campus Center with my questions in hand. Her office is located in the Student Financial Office, which can be found across the room from the pool tables and lounge area. Once in the office, I was quickly brought into a bright green room and you have reached her office. Upon my entering, she was instantly full of smiles and cheerfulness. I introduced herself as Jeannie and then I introduced myself. After the brief introductions we began the interview.

Jeannie MacDonald is the Director of Student Activities. She has only been at Hilbert for about a year. She attended Niagara University for her undergraduate degree and then attended Buffalo State for her graduate degree. She has a master’s degree in Student Personnel Administration. When I asked her about what prepared her to have a suitable background for the job, she responded with a smile and said, “Friends and resources within higher education.” She realized that this was what she wanted as a career during her undergraduate days when she was highly involved in different collegiate activities. She also thoroughly enjoyed seeing college students get so much out of their experiences.

The job of a Director of Student Activities is very involved. Jeannie not only attends campus events, but she is also the driving force behind them. She plans programs, and coordinates various activities on- and off of campus. The purpose behind events and activities is to keep the students engaged, because “if students are engaged, they’ll not only stay out of trouble, but they will also gain experience and have fun with others.” When asked how her job supports the business of the institution, Jeannie replied, “If the students are having a greater college experience, then they’ll want to continue their education here.” She has a passion for helping other students and she is more than happy to help. She says, “The most rewarding part of my job is knowing that a student is happy with their chosen college and finds it to be the one she has now. The most rewarding part of my job is the students that come in hand, and can participate more easily in collegiate activities. She is very involved in different activities on campus, and coordinates various programs, and coordinates different activities on- and off of campus. She is an excellent organizer and is able to get things done efficiently and effectively. She has a passion for helping other students and she is very involved in different activities on campus. She is an excellent organizer and is able to get things done efficiently and effectively. She has a passion for helping other students and she is very involved in different activities on campus.

**Jean MacDonald**

Jean MacDonald was a very interesting interview. I was interested in learning about her career as she has been especially proud. She added, “When students pull together knowledge and apply it to their experiences and future endeavors.” I thought about her career and found that she is very involved with the students at Hilbert College. She is involved in different activities on campus, and coordinates various programs, and coordinates different activities on- and off of campus. She is an excellent organizer and is able to get things done efficiently and effectively. She has a passion for helping other students and she is very involved in different activities on campus.

**by Frank Casey**

Beverly Chudy attended Allegheny College as an English major, hoping one day to be a journalist, writing newspaper articles. After she graduated, she went and continued her graduate program at the University of Buffalo (UB), where she earned her master’s degree and Ph.D. Her teaching started when she taught a class in her first year of graduate school. After graduating from UB, she taught at Elmira College for a year, then started her career at Hilbert College. One of Dr. Smith’s greatest moments in life occurred when she took Hilbert students to Kenya this past summer. She said, “I was very proud of the students who came to Kenya. They carried themselves very well. The students were very accepting of the change of lifestyle in Kenya.”

**by Chantal Rosta**

The most rewarding part of Beverly Chudy’s job as the director of financial aid here at Hilbert College is knowing that she and her team in the financial aid office at the end of the year are able to help provide support and full explanations about the options that are offered to students. The financial aid team here at Hilbert College provides each student with the tools that fit each individual student to help him or her adapt to the changes that come with college. According to Beverly, the worst part of her job is the paperwork and the paperwork. She also helps students to become more financially independent.

As director of financial aid, Beverly has many responsibilities, which mainly focus on "packaging aid." She is in charge of receiving FAFSA, or the Free Application for Federal Student Aid, and reporting to the federal government. Beverly is in charge of student loans and Pell grants. She also has to check student grades at the end of the year to see whether they are eligible to keep the scholarships they received at the beginning of the year. She cares about the students.

Instead of throwing terminology at prospective students, she and her team help provide support and full explanations about the options that are offered to students. The financial aid team here at Hilbert College provides each student with the tools that fit each individual student to help him or her adapt to the changes that come with college. According to Beverly, the worst part of her job is the paperwork and the paperwork. She also helps students to become more financially independent.

**BEVERLY CHUDY**

Caniusius College in Buffalo, New York, where she studied English. She worked three years at Canisius in the Bursar’s Office as a loan technician. A loan technician is responsible for Stafford loans and money returns. She was also a Perkins loan technician, working with Perkins prominent notes and repayment of those loans. She also worked in auto insurance for a year, but did not care it, which eventually brought her to Hilbert College.

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**Linda Frenzel**

Linda Frenzel is a very busy person, working for the dean and helping students. She is usually to be seen in her office, located in Franciscan Hall in the Student Life complex. You can go to her for help, just to talk, or just to do home- work. She will also help if you lose your I.D. card. So give her a visit sometime. I know I will!
Behind every person there is something that you would not expect. Kathy Fairbanks, a police officer but fortunately she still decided to drive to one of her finals, a blizzard to overcome. On the day of Kathy’s graduation from high school, she had to take care of many activities with the Travis Pilgrims such as the Peace Walk. Kathy said, “The biggest challenge was not allowing yourself to get overwhelmed with work.” Kathy also asked her if her position interacts with students in any way and she pointed out that there was not as much contact with students but she was involved in many activities with the Franciscan Pilgrims such as the Peace Walk. Kathy asked how rewarding the position was and she said how much she loved it. For example, she mentioned how she likes meeting people and has a good relationship with her coworkers.

Kathleen Fairbanks & Husband at Renaissance Fair

Continued on page 18

KATIE DONAHE
by Shalene Richardson

Katie C. Donahue was born in Jamestown, New York. Five years later her family moved to Cheektowaga, where she graduated from Cleveland Hill High School. While there, she met her husband, who got accepted into the Massachusetts Institute of Technology. She lived in Massachusetts for eight years, where she attended Dean College in Franklin, Massachusetts, a small, private two-year college. She majored in liberal arts, with sociology as her minor. After graduating from Dean with an associate’s degree, Katie pursued a bachelor’s degree. Katie’s father started his own business, which motivated her to study business administration at Lesley College in Cambridge, Massachusetts. She believes a business degree is a practical one that can be used in every field. After eight years in Boston, finishing college and working, she moved back to Buffalo because it is an affordable place to live and she wanted to be close to her family. Employed at McGraith Library of Hilbert College, Katie has a great job, because she is the school to attend. As the Assistant Director & Information Literacy Coordinator, she needed to have a master’s degree in library science to be an accredited school and to have experience in the field. She obtained her master’s degree at the State University of New York at Buffalo. She enjoys working with students, hearing about their goals, and responding to their needs. She is very passionate about students and their focus on their studies. She loves when she can use her creativity while she is working. When I was interviewing her, in her office, she had many creative pieces of art work on her wall.

Outside of work, she enjoys hands-on pastimes such as cooking and taking lessons on the ukulele, a small four-string instrument that is very popular in Hawaii. At the end of the interview, I asked her what advice she would give the class of 2014 regarding their freshman year. She said to, “Well, it’s hard not to equate one’s job and its worth, your compensation with your future career.”

Kate Munroe

Katherine Munroe is the Executive Director for Student Success and Retention. She has been employed here at Hilbert College for eight years and has worked at her current position for three years. Kate enjoys working here and enjoys the staff she works with. Her duties and responsibilities include paying all employees and students who work on campus. She also is in charge of benefits: health and dental insurance, retirement, employment, disabilities, and workers’ compensation. Her position is very important: it helps support the business of the institution. She observed, “I’m very popular every other Friday [payday].” One of the main challenges of her job is making sure that she meets all deadlines. By doing so she has to have good time management skills. Kate feels that this will be a huge help to all students in the long run. She feels that being at graduation with the students who struggled, watching as they walk across the stage, is the most rewarding about her position.

Kate attended Daemen College, receiving her bachelor’s degree, and then went to St. Bonaventure’s. She does not feel that attending college, knowledge about people, communication skills, and knowing how to help struggling students are what prepared her to have a suitable background for this career. She always knew that work for her was in the education field with young adults; Hilbert was the place for her. She is very happy to be a part of the staff here at Hilbert College helping students. When asked, “With the career you have, do you feel as if you are underpaid?” Munroe answered, “Well, it’s hard not to equate your compensation with one’s job and its worth, but the quality of my work won’t change. If you love what you do, you keep doing it. Believe in what you do; it makes a difference.”

Kate Munroe would recommend her career to anyone, “I absolutely would—it’s worth it.” It’s definitely safe to say that she loves her work.
ARTS & ENTERTAINMENT

Film Review

Get Low—3 of 4 Stars

Robert Duvall as Felix Bush

while he is still alive. He requests that they invite anyone who has a story to tell about him. This is not difficult, as people all over the county have tales to tell about the frightening hermit from the woods. As it turns out, he is less interested in hearing their stories than in explaining his own. When the truth is finally revealed, in all its surprise, sadness, and, yes, tragedy, Felix is finally able to find forgiveness.

Get Low is not fast moving; it has no mind-blowing special effects, no super heroes, detectives, secret agents, or hilarious comedians, or hilarious situations. It is a story of the simplest kind. It unfolds slowly to reveal not only one man’s truth, but everyone’s. We are all aware of our own mortality, we are all afraid of dying without forgiveness, and we all strive for personal peace. And you just can’t find that in the middle of a high-speed car chase.

SPORTS

WINDY SATURDAY GETS THE GOLFERS

The women’s cross country team at Hilbert College participated in the annual Harry F. Anderson race hosted by Roberts Wesleyan College on Sept. 25. The women’s team finished the 5K course in a combined time of 3:22.57.59 resulting in an eleventh-place finish.

HAWKS FLY TOGETHER

by Angela Borkowski

Since the beginning of the school year the cross country team has been building itself up. The team practices Monday through Thursday at six o’clock doing various workouts. As you can imagine, the biggest part of practice is distance and speed training. Other workouts include weight and abs training, sprints, and elevation practices.

The work is hard and continuous, but is very much needed to do well in this sport.

Hilbert cross country runner Aaron Lawrence observes, “The sport of cross country is one of the most demanding sports there is. The only way to improve is to commit to Invitational at the Sheridan Park Golf Club. Junior John Nowak (Hamburg, NY/ Frontier) was the top performer for the Hawks when he finished the par 71 course with an 88 score. His 5th-place finish was the best score/finish for the Hawks this year. Medaille College took their own Invitational with a team score of 329, which was thirty-five strokes better than the field of competitors. Freshman Michael Werner (Orchard Park, NY/ Orchard Park) tied fellow teammate Patrick Brooks with a 97. Junior Jim and his brother Joe Pernick (Tonawanda, NY/St. Joseph’s Collegiate Institute) finished in 16th (98) and 18th (117) place.

OFFICIALS REQUEST THAT THEY INVITE ANYONE WHO HAS A STORY TO TELL ABOUT HIM. THIS IS NOT DIFFICULT, AS PEOPLE ALL OVER THE COUNTY HAVE TALES TO TELL ABOUT THE FRIGHTENING HERMIT FROM THE WOODS. AS IT TURNS OUT, HE IS LESS INTERESTED IN HEARING THEIR STORIES THAN IN EXPLAINING HIS OWN. WHEN THE TRUTH IS FINALLY REVEALED, IN ALL ITS SURPRISE, SADNESS, AND, YES, TRAGEDY, FELIX IS FINALLY ABLE TO FIND FORGIVENESS.

MEN’S CROSS COUNTRY COMPETES AT HARRY ANDERSON

Seven Runners Race

The men’s cross country team at Hilbert College participated in the annual Harry F. Anderson race hosted by Roberts Wesleyan College on Sept. 25. The men’s team finished the 8K course in a combined time of 3:25:51.54 resulting in a tenth-place finish.

Hilbert’s fastest runner was senior Aaron Lawrence (Fishkill, NY/ John Jay) in a personal time of 38:29.18, good for 56th place/86 seconds behind the team’s combined time of 3:25:51.54 resulting in a tenth-place finish.

Hilbert’s other competitors were junior Cameron Haag (Niagara Falls, NY/Niagara Wheatfield), finishing in 39:13.71 (85); freshman Lenny Messina (Long Island, NY/Centereach) in 41:00.00 (87); freshman Keyon McCarly (Buffalo, NY/Orchard Park) in 41:45.43, good for 64 points towards the team’s combined total (334). Division II NCAA member, Mercyhurst College’s Cherie Jackson moved through the course (18:39.03) quickest, outdistancing fellow AMCC opponent Anya Bogdanets (D’Youville College) by almost a full minute (19:21.53). Fourteen of the top twenty runners are athletic scholarship recipients at their respective institutions.

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HAWKS POST THIRD WIN OF SEASON

The Hilbert women’s soccer team hosted Thiel College in a non-conference match on Sept. 22. Even though the first half was scoreless, the Hawks outshot the Tomcats (8-1) and held an advantage in corner kicks (4-1). Junior captain Alyssa Hulbert (Tonawanda, NY/Tonawanda) put the Hawks on the board at the 77-minute mark off a rocket-powered free kick 40 yards out, earning her seventh goal for the season.

Hilbert finished the game with an advantage in every statistical category and had seven players getting shots off, winning by a 1-0 margin. Goalkeeper Mary Zinni (Batavia, NY/Batavia) had six saves against the Tomcats to post her third shutout this season. The Hawks moved to 3-5-1 in league play.

Office of Sports Information

HAWKS SOAR OVER LA ROCHE COLLEGE

The Hilbert men’s soccer team flew high over the La Roche Red Hawks in a 2-0 victory on Oct. 16. The Hawks’ first goal was scored by sophomore captain James Knapp (Lockport, NY/St. Mary’s Lancaster) in the upper 90 of the net off a pass from center midfielder Dave Walkow (West Seneca, NY/West Seneca West).

Hilbert played with high intensity and quick play as they caught the Red Hawks off guard again when they scored another goal in the 27th minute. Ed Sarcione (Eden, NY/Eden) scored his eighth goal of the season, blowing one by the keeper off a long pass by defender Ed Heffron (Williamsville, NY/Cardinal O’Hara). The Hawks held their lead through the scoreless second half, and held a 20-18 shot advantage in this tightly played match. Hilbert’s goalkeeper Kamil Cislak (Lancaster, NY/Lancaster) made nine saves.

This win kept the Hilbert men’s soccer team in serious contention in the AMCC Conference playoffs, now tied with La Roche with ten points, each good for fifth place. Hilbert was 3-10-1 in the season but 3-2-1 in league play.

Office of Sports Information

CONTINUED ON PAGE 20

WHAT IS IT LIKE TO PLAY VOLLEYBALL AT HILBERT?

by Shannon Memminger

I play for the Hilbert College volleyball team. I started my volleyball career here at Hilbert on August 20, 2010. That was the very first day of practice.

We had two full weeks of preseason before our real season actually started. I was excited for my college volleyball career to start, because I have been playing for nine years and I wanted to keep it going. In order for that to happen I had to go through preseason first. The first week was challenging. We had six-to-eight a.m. practices. That means I had to get up at 5:15 a.m. We were all so tired because none of us had ever gotten up that early before in the summer. After that practice was over we had off until 5:30 to 7:30 p.m. These practices were not so bad because we got to take really long needed naps. The second week was not bad either because our coach decided not to have early morning practices at that point. Instead, we had three-hour practices in the afternoon.

Office of Sports Information

CONTINUED ON PAGE 20
WOMEN’S VOLLEYBALL HAS BIG NIGHT AT NET

It took five sets for the Hilbert women’s volleyball team to capture the non-conference victory over visiting Cazenovia College on Oct. 13. The 3-2 win (14-25, 25-16, 25-22, 18-25, 15-10) improved the Hawks’ overall record to 5-14 and dopped the Wildcats to 6-11.

Three Hawk players hit for double digit kills with monster attack numbers, too. Sophomore Devan Jonathan (Basem, NY/Akron) led with 16, with senior co-captain Carole Jones (Bliss, NY/Bliss) adding 15, and freshman Chelsea Reischuck (East Letchworth) slamming for 11 kills.

Aurora, NY/East Aurora) Jonathan (Basom, NY/Basom) too. Sophomore Devan Jonathan (Basem, NY/Akron) led with 16, with senior co-captain Carole Jones (Bliss, NY/Bliss) adding 15, and freshman Chelsea Reischuck (East Letchworth) slamming for 11 kills and 27 digs.

Freshman sensation Shannon Memminger (Amherst, NY/Sweet Home) was able to deliver 34 assists, while senior Amanda Dudek (Tonawanda, NY/Tonawanda) contributed 18 digs.

Hilbert traveled to Pittsburgh, PA, for a 4:30 p.m. game at Chatham College on Oct. 16 and then to Pitt-Bradford for their third meeting of the week, but the efforts of Sarcione (and his teammates) did not go unnoticed. The sophomore forward from Eden High School scored both goals for the Hawks in their 2-2 tie with Franciscan University of Steubenville on Oct. 2. He first found net off a penalty kick just before half time, sending the teams to intermission with a 1-1 score. Sarcione’s second goal came with less than one second left in regulation, when he headed a crossed ball past the goalie for the draw. After an additional 20 minutes of play, the game ended in a 2-2 stalemate.

To date, Sarcione has scored five of the team’s eight goals, giving him ten points. Earlier this season, Sarcione had another double goal game (6-4 loss to Thiel College) and he scored the team’s lone goal in the 2-1 loss to Daemen College. The Hawks stood 0-9-1 (0-1-1, AMCC) having just started the conference portion of their schedule.

ZINNI NAMED AMCC DEFENSIVE PLAYER OF WEEK

The Allegheny Mountain Collegiate Conference announced Hilbert’s Mary Zinni as the Defensive Player of the Week ending Sept. 26, 2010. The junior goalie had an outstanding week for the Hawks, earning two shutout wins as the team went 2-0.

Against Thiel College, Zinni (Batavia, NY/Batavia) made six saves in 90 minutes of play in the team’s 1-0 victory. On Sept. 25, the Hawks played their first AMCC game at Greensburg, and after another shutout performance by Zinni, they returned home with a 2-0 win, improving their record to 4-5 (1-0).

For the week, Zinni made 13 saves in 180 minutes of play, earned her fourth shutout this season, and moved to fifteen shutouts in her two-and-a-half season career thus far.

The Hilbert College Hawks hosted the Hiram College Terriers Sept. 19 in a women’s soccer match and lost the match, 4-2. The first half was quite a battle, with the Terriers opening the scoring first, only to find the Hawks retaliating after each of Hiram’s goals. Junior midfielder Alyssa Hulbert (Tonawanda, NY/Tonawanda) scored both of Hilbert’s goals before intermission. The first score was off a direct kick from 35 yards out, placed in the upper right corner, and the second was okay. I played just as I knew I could. In fact, the whole team played very well, considering it was the first time we all played together.

At the end of the tournament we were all very satisfied with how we had done. We did not come in first, but fourth was pretty good for our first tournament. I had a great sense of accomplishment regarding my first tournament as a college player, receiving All-Tournament Team recognition. I was very surprised at receiving this honor because I was a freshman.

Now that I have been playing with the team for a while, I am very excited about the rest of the season to come. I look forward to continuing to enjoy the fun that our teammates have together and to keep playing as well as we have.

Playing Volleyball at Hilbert

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When our first tournament came around, I was nervous. It was going to be the first time I was playing as a college player. After the first game ended, though, all my nerves were gone and