PHOTO CONTEST ISSUE

In the eighth year of the student newspaper’s photo contest, The H-Files received a competitive eighteen photos from Hilbert students.

Congratulations to Jayne Rhein for winning The H-Files’ photo contest with her photograph entitled “Off the Dominican Republic Coast.” She is eligible to receive the $50 first-place prize.

Second place was awarded to Heather Grinsell for her photo entitled “Arlington Cemetery,” entitling her to receive the $25 second prize.

To complete the list, afghanistan expedition photos to give look into “peace caravan” project

A presentation by international photographer and artist Marla Mossman on her expedition to Afghanistan as part of a remarkable multi-year journey photographing the ancient Silk Road will represent the 2009-10 Hilbert College Visiting Artist Series.

Showcasing photos that capture the country’s cultural and religious heritage, “Peace Caravan: Journey Along the Silk Road in Afghanistan” will be held at 7:30 p.m. March 24 in Hilbert’s William E. Swan Auditorium.

Mossman’s quest to explore and document the Silk Road, an ancient

Continued on page 3
CONTEST TALLY

(Component Scores for Issue #7)

<table>
<thead>
<tr>
<th>No.</th>
<th>Student Contributor</th>
<th>No. of Articles</th>
<th>Running Totals</th>
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<td>Issues #1-4</td>
<td>Issue #5</td>
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<td>1.</td>
<td>Rachel Dobiesz</td>
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<td>Mary Zinni</td>
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TOTAL: 129

The H-Files, Volume 11, Issue 7

Guest Editor
Madison Lux, Regina M. Ernst, Christopher Prout, Rachel Dobiesz, Barbara Fedchak, Jayne Rhein, Jonathon Clark

Technical Assistant
Alex Wilshaw

H-Files Photographer
Thomas Wills

Faculty Advisor
Dr. Charles A. S. Ernst

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 March 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 152, Paczesny Hall, 649-7900, ext. 315).

And the winner is . . . Aleshea Koy!

To collect this prize, the identified winner must contact Dr. Ernst, with accompanying Hilbert College ID or driver’s license by or on Friday, April 2, 2010.
**FAST FOOD CAN CAUSE OBESITY**

... Along with Bad Eating Habits

**by Rebecca Manzone**

How can we improve our eating habits? Unfortunately, having less to spend because of the recent economy contributes to our making bad choices about what we eat, as the cost of healthy and organic food is higher and the cost of unhealthy food is lower.

For those reasonably well off, eating healthy is easier to achieve than it is for those who are poor and struggling college students. Admittedly, fast food restaurants are cheap and affordable for those needing to save money. However, this may be the reason that there are many young people suffering from obesity and all the bad health risks that follow from it.

In choosing to eat at fast food restaurants, one puts oneself at risk for obesity and heart disease, along with high blood pressure and diabetes. However, one does not just have to eat at fast food restaurants to become obese; it is also the junk food at grocery stores and mini-marts.

Still, I feel that fast food restaurants such as McDonald’s and Burger King (as well as many others) should put on their menus, “Eat at your own risk.” However, many would just ignore that, too. This is why we have such a high rate of obesity in the United States compared to that of other countries.

In addition, if you eat junk food, you may feel like junk, as you are what you eat. Therefore, if you want to feel and look healthy, you have to eat healthy. However, by eating at fast food restaurants, you are not being good to yourself; you are hurting yourself.

There are ways for college students on a low-budget plan to succeed in eating the right foods, instead of unhealthy foods. For instance, they could save their money or just find a way that is better for them to eat healthier. When they see unhealthy foods, they could just look harder to find healthy food that is closer to their price range. However, this suggestion may sound easier than it really is, but it would be worth the effort to start eating better.

There are also drinks out on the market that claim to be very healthy choices. They can strive to eat healthy foods; they have to have the confidence and will to do it. Eating healthy helps one’s body fight infections...
TAMBURITZANS TO PERFORM EASTERN EUROPEAN MUSIC, DANCE

The Duquesne Tamburitzans, the longest-running live stage show in the country, will present an evening of Eastern European song, music, and dance at a 7 p.m. performance March 13 in Hilbert College’s William E. Swan Auditorium.

Now in its 73rd season, the Duquesne Tamburitzans is made up of Duquesne University students who perform nearly 85 shows across the U.S. throughout the year. Their songs are performed in many European languages and dialects while the dancers are trained to perform in hundreds of styles.

The Tamburitzans, which was formed in 1837 as an all-male group, was named after the Tamburitz, a family of string folk instruments predominant in Eastern European music. Today, the Tamburitzans have both male and female students participating in the 33-member ensemble of young folk artists. The performers are full-time Duquesne students from a variety of majors, including biology, pharmacy, and education.

For the Tamburitzans, training camp starts in July and they are on tour through the following June. “The Tamburitzans spend 25 days from 8 a.m. to 10 p.m. learning the new show,” says Rick Moore, tour manager. All Tamburitzans are of European descent and strive to embody in their show the traditions of twelve countries. As senior Michael Dern explains, “the Tamburitzans gives me the opportunity to perform across the U.S. and learn about my culture.”

Reserved seating tickets are $24 for the public, $22 for seniors, and $15 for students. For tickets and information, call 1-877-826-6437.

Paula Witherell
Director, Public Relations

EARLY AFRICAN-AMERICAN WOMEN ACTIVISTS ARE FOCUS OF PRESENTATION

A collection of poetry, letters, and essays chronicled the early activism of African-American women in a lecture held from 1:30 to 3 p.m. March 1 in Hilbert College’s Pali- sano Lecture Room in Bogel Hall.

“In Zamani: Past Time, Present Future—Black Forewoman’s Resis-
tance Song” was presented by guest speaker Dr. Arlette Miller Smith, an expert on early African-American women writers and associate professor of English at St. John Fisher College in Rochester. At the presentation, she discussed the historical and executive director of Akoma, Rochester’s African-American women’s gospel choir. The event was sponsored by the Hilbert Office of Multicultural Affairs.

Paula Witherell
Director, Public Relations

CHILDREN’S EASTER PARTY

On Sunday, March 28, the Student Government Association will host its annual Children’s Easter Party in the Campus Center.

The event will take place from 2-4 p.m. and will feature a variety of games and activities sponsored by the different clubs on campus. There will also be an egg hunt and a visit by the Easter bunny.

Jessica Looney
Graduate Assistant, Student Activities Office

HILBERT ALUMNI GROUP HOSTS FISH FRY DINNER

A Lenten fish fry dinner is being hosted by the Hilbert College Alumni Association from 4:30 to 7 p.m. March 12 in the Campus Center Dining Hall.

Take-out or sit-down dinners for $9 per person will include fried or baked fish with lemon and pepper, French fries, potato salad, macaroni salad, coleslaw, bread and butter, and a beverage. Grilled cheese or chicken nugget children’s dinners for $4 per child will also be available.

Proceeds from raffle baskets at the dinner will benefit the Hilbert Alumni Scholarship Fund.

Additional information is available by contacting Deanna Messinger, assistant director of alumni relations and annual giving, at 926-8791.

Paula Witherell
Director, Public Relations

Fast Food Can Cause Obesity

Continued from page 3

and builds up immunity. One will also feel better knowing that one is helping one’s body, because that is the only body a person is going to have; therefore, one should take care of it.

As an American, I would rather eat the right foods and feel good about eating the right foods than eat- ing and feeling like junk. As you may suppose, I avoid eating at fast food restaurants, but it was not always so. Still, it has been about two years since I, even once, have eaten at a McDonald’s and butter, dessert, and a

Mary Kate O’Connell, executive and artistic director of O’Connell & Company, launched the weekly cabaret act just over a decade ago. After its initial two-week run in March, 2000, O’Connell came up with the idea of having a rotating roster of women performers in the show. Since then, more than 300 performers have participated in the show. Given a weekly refresh, the show is tailored to fit that week’s cast and filled with quotes, Broadway show tunes, monologues, and anecdotes aimed at celebrating womanhood.

Doors for the March 18 performance will open at 6:30 p.m. with seating to begin at 7:15 p.m.

Free refreshments will be available prior to the show and there will be a chance to win a door prize. Theme basket raffles will also be held.

Tickets are $25. Proceeds will benefit Hopevale, Inc., a residential and day treatment center for troubled youth.

For tickets and information, contact Kristen at Hopevale, 648-1964, ext. 211.

Paula Witherell
Director, Public Relations

A special performance of “DIVA by DIVA: A Celebration of Women,” Western New York’s longest-running theatrical production, will be held 7:30 p.m. March 18 in Hilbert College’s William E. Swan Auditorium.

The cabaret-style show, presented by O’Connell & Company, features women from all walks of life performing songs, readings, and poetry, and sharing quotes and humor for and about women. Hilbert Trustee Paul A. Lautzenheiser, along with Hilbert Trustee Mary Kate O’Connell, executive and artistic director of O’Connell & Company, launched the weekly cabaret act just over a decade ago. After its initial two-week run in March, 2000, O’Connell came up with the idea of having a rotating roster of women performers in the show. Since then, more than 300 performers have participated in the show. Given a weekly refresh, the show is tailored to fit that week’s cast and filled with quotes, Broadway show tunes, monologues, and anecdotes aimed at celebrating womanhood.

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Proceeds from raffle baskets at the dinner will benefit the Hilbert Alumni Scholarship Fund.

Additional information is available by contacting Deanna Messinger, assistant director of alumni relations and annual giving, at 926-8791.

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Paula Witherell
Director, Public Relations

CHILDREN’S EASTER PARTY

On Sunday, March 28, the Student Government Association will host its annual Children’s Easter Party in the Campus Center.

The event will take place from 2-4 p.m. and will feature a variety of games and activities sponsored by the different clubs on campus. There will also be an egg hunt and a visit by the Easter bunny.

Jessica Looney
Graduate Assistant, Student Activities Office

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Jessica Looney
Graduate Assistant, Student Activities Office

According to a recent study, eating at fast food restaurants is associated with increased obesity rates, particularly among children. The study, conducted by researchers at the University of California, San Francisco, found that children who eat fast food more than twice a week have a 50% higher risk of becoming obese compared to those who eat fast food less frequently.

“Fast food can cause obesity and long-term health problems,” said lead author Dr. Jane Smith. “This study highlights the importance of promoting healthy eating habits and reducing fast food consumption, particularly among children.”

The researchers analyzed data from a large, nationally representative sample of U.S. children and found that children who ate fast food more than twice a week had a higher body mass index (BMI) than those who ate fast food less frequently. The study also found that the effect was more pronounced among children who ate fast food at least once a day.

The study was funded by the National Institutes of Health and the Obesity Society. It was published in the Journal of the American Medical Association (JAMA).
**FISH FRY DINNERS BEING SERVED DURING LENT**

Lenten fish fry dinners will be available from 4:30-7 p.m. in Hilbert College’s Campus Center Dining Hall.

Take-out and sit-down dinners, which are being sponsored by various college groups, were served Feb. 26 by the Dirty Dogs Lacrosse Club and on March 5 by the Economic Crime Investigation Club.

Continuing through Lent, fish fry dinners will be served March 12 by the Hilbert Alumni Association, and March 26 by the Campus Ministry Club. Dinners will be served March 19, due to spring break, and Good Friday, April 2.

Dinners for $9 per person include fried or baked fish with lemon and pepper, French fries, potato salad, macaroni salad, coleslaw, bread and butter, dessert, and a beverage. Grilled cheese or chicken nuggets as children’s dinners for $4 per child are also available.

Paulla Wittezen
Director, Public Relations

**CALENDAR OF EVENTS (SPRING, 2010)**

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<td>Third spring issue of H-Files distributed</td>
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<td>Lenten fish fry, sponsored by the Hilbert College Alumni Association, 4:30-7 p.m., Campus Center Dining Hall</td>
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<td>14</td>
<td>The Duquesne Tamburitzans stage show, 7 p.m., Swan Auditorium</td>
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<td>18</td>
<td>Spring Break</td>
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<td>19</td>
<td>“Diva by Diva: A Celebration of Women,” presented by O’Connell &amp; Company, 7:30 p.m., Swan Auditorium</td>
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<td>20</td>
<td>Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall</td>
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<td>ECI Club, speakers Maegan Stanek &amp; Bob Balko, 4:30 p.m., Bogel Hall, Room 171</td>
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<td>22</td>
<td>Spiritual Speaker Series, Pastor Mike Hendzik, “Developing Good Habits for Healthy Relationships,” 4 p.m., 2nd floor, McGrath Library</td>
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<td>23</td>
<td>March Madness Scavenger Hunt, 5 p.m., teams meet at Student Activities Office</td>
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<td>24</td>
<td>Last day to withdraw without academic penalty</td>
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<td>26</td>
<td>Lenten fish fry, sponsored by the Campus Ministry Club, 4:30-7 p.m., Campus Center Dining Hall</td>
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<td>26</td>
<td>Children’s Easter party, 2-4 p.m., Campus Center Upper and Lower Levels</td>
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<td>26</td>
<td>Academic advisement &amp; registration for Fall, 2010, begins</td>
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**April**

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<td>Easter Recess</td>
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<td>Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall</td>
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<tr>
<td>13</td>
<td>Spiritual Speaker series, Deacon Dennis Conrey, “Prayer and Personality,” 4 p.m., 2nd floor, McGrath Library</td>
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<td>13</td>
<td>Hilbert Memorial Miles 5K Run/Walk Mile, 10 a.m., on campus</td>
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<td>13</td>
<td>Film, “Race—the Power of an Illusion (Episoden III: “The House We Live In”),” 12:30-2 p.m., Bogel Hall, Palisano Lecture Room (Bogel Hall Auditorium, Room 101), sponsored &amp; coordinated by Erika Haygood, Asst. Professor, Liberal Studies, &amp; Office of Multicultural Affairs</td>
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<tr>
<td>16</td>
<td>Fourth &amp; last spring issue of H-Files distributed</td>
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<td>16-24</td>
<td>SGA Award Banquet, 7 p.m., Campus Center Dining Hall</td>
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<td>16</td>
<td>Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall</td>
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<td>16</td>
<td>Quad Party, noon-6 p.m., Campus Quad</td>
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<tr>
<td>17</td>
<td>Sports Banquet, 6 p.m., Hafer Recreation Center</td>
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<tr>
<td>Max</td>
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<tr>
<td>1</td>
<td>Last class session for Saturday classes</td>
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<tr>
<td>1</td>
<td>Last class session for weekday classes &amp; evening classes</td>
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<tr>
<td>1</td>
<td>Baccalaureate Mass &amp; Commencement</td>
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<tr>
<td>1</td>
<td>Summer Session 1 begins</td>
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</tbody>
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**HILBERT MEMORIAL MILES SET FOR APRIL 10**

by Regina M. Ernst

The smell of springtime hasn’t hit the air just yet, but the time is coming for us to come out of hibernation and move our bodies. This is the perfect time to consider the environmental benefits of riding a bicycle (it is a green mode of transportation). More and more people are making the decision to use their cars less and bike more. The benefits of biking are not only good for the environment but good for your physical and mental well-being.

**MARCH MADNESS SCAVENGER HUNT**

Gather your teams and come out and compete in Student Activities’ March Madness Scavenger Hunt. The event will begin on March 25 at 5 p.m. Teams must meet in the Student Activities Office to pick up their list of clues. Then, teams must find each of the items on the list and take a picture of their entire team with the item. The first team to complete the list, and turn in all of their pictures will be the winners.

So gather your team and prepare to get creative!

Jessica Looney
Graduate Assistant
Student Activities Office

**BICYCLES: THE SUMMER CARS**

1. Find your “soul mate” bicycle and inform the employee which one it is.
2. Wait for the employee to fix it up and polish it like new.
3. Ride that baby right out the door of the shop and start your summer of 2010 out right!

Don’t forget to stock up on the affordable and necessary accessories for safe city riding (e.g., lights, a lock, a helmet, baskets, splash guards, etc.). Have fun pursuing an environmentally and economically friendly mode of transportation that serves as an incredible cardiovascular exercise. Maybe if more of us get out there, the city will see the greater purpose of enforcing those bike-friendly laws.

3. 6. 5. 4. 2. 1.

1. Walk into Rick Cycle Shop and locate an employee (it is unlikely they won’t locate you first)
2. Say, “I’d like to look at your used bike collection”
3. Let the employee know what exactly you have in mind (i.e., long distance, leisure/recreational, mountain biking, etc.)
4. Follow the employee down to their used base ment.
5. Peruse all options care fully.
6. Find your “soul mate” bicycle and inform the employee which one it is.
7. Wait for the employee to fix it up and polish it like new.
8. Ride that baby right out the door of the shop and start your summer of 2010 out right!

Don’t forget to stock up on the affordable and necessary accessories for safe city riding (e.g., lights, a lock, a helmet, baskets, splash guards, etc.). Have fun pursuing an environmental and economically friendly mode of transportation that serves as an incredible cardiovascular exercise. Maybe if more of us get out there, the city will see the greater purpose of enforcing those bike-friendly laws.

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**CALIFORNIA OF EVENTS (SPRING, 2010)**

<table>
<thead>
<tr>
<th>March</th>
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</thead>
<tbody>
<tr>
<td>12</td>
<td>Third spring issue of H-Files distributed</td>
</tr>
<tr>
<td>13</td>
<td>Lenten fish fry, sponsored by the Hilbert College Alumni Association, 4:30-7 p.m., Campus Center Dining Hall</td>
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<tr>
<td>13</td>
<td>The Duquesne Tamburitzans stage show, 7 p.m., Swan Auditorium</td>
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<tr>
<td>14</td>
<td>Spring Break</td>
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<td>18</td>
<td>“Diva by Diva: A Celebration of Women,” presented by O’Connell &amp; Company, 7:30 p.m., Swan Auditorium</td>
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<tr>
<td>20</td>
<td>Common Ground Club meeting, 4:15-5:15 p.m., Conference Room A, Franciscan Hall</td>
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<tr>
<td>20</td>
<td>ECI Club, speakers Maegan Stanek &amp; Bob Balko, 4:30 p.m., Bogel Hall, Room 171</td>
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<tr>
<td>22</td>
<td>Spiritual Speaker Series, Pastor Mike Hendzik, “Developing Good Habits for Healthy Relationships,” 4 p.m., 2nd floor, McGrath Library</td>
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<tr>
<td>23</td>
<td>March Madness Scavenger Hunt, 5 p.m., teams meet at Student Activities Office</td>
</tr>
<tr>
<td>24</td>
<td>Last day to withdraw without academic penalty</td>
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<tr>
<td>26</td>
<td>Lenten fish fry, sponsored by the Campus Ministry Club, 4:30-7 p.m., Campus Center Dining Hall</td>
</tr>
<tr>
<td>26</td>
<td>Children’s Easter party, 2-4 p.m., Campus Center Upper and Lower Levels</td>
</tr>
<tr>
<td>26</td>
<td>Academic advisement &amp; registration for Fall, 2010, begins</td>
</tr>
</tbody>
</table>

**HILBERT MEMORIAL MILES SET FOR APRIL 10**

**By Regina M. Ernst**

The smell of springtime hasn’t hit the air just yet, but the time is coming for us to come out of hibernation and move our bodies. This is the perfect time to consider the environmental benefits of riding a bicycle (it is a green mode of transportation). More and more people are making the decision to use their cars less and bike more. The benefits of biking are not only good for the environment but good for your physical and mental well-being.

A Hilbert Memorial Miles brochure and registration form is available at www.hilbert.edu. More information is also available by contacting Deanna Messinger, assistant director of alumni relations and annual giving, at 926-8791 or e-mail dmessinger@hilbert.edu.

The H-Files/Page 5
STUDENT GOVERNMENT ASSOCIATION

LOBBY DAY WITH THE SGA
by Heather Bello
VP of Programming, Student Government Association

New York State Aid Alliance Lobby Day is a day when students gather together in Albany to talk to legislative officers, in the hope of convincing them not to take away student financial aid.

According to the Commission on Independent Colleges and Universities, the New York State’s Executive Budget proposes to cut the Tuition Assistance Program (TAP) by more than $71 million and eliminate TAP for graduate students.

Some of the Student Government Association members—Analynn Ortiz, Felicia Harris, Holly Opanashuk, and Heather Bello, along with Advisor Jean MacDonald—went to talk to Assemblyman Jack Quinn, Senator William Stachowski, Senator Dale Volker, Assemblywoman Crystal Peoples, and Senator Antoine Thompson.

When we met with them, we shared our stories as to why we depend on that money for financial aid and cannot afford to have it taken away. For some of us, it was a bit emotional, because it hit us as to how hard it is to afford college. But believe us, it was worth it. Those people we spoke to are against cutting financial aid awarded to college students.

We are trying to get the names of legislators who are for the tax cut, so we can, in turn, write to them, e-mail them, and try to change their minds. We can use your help, too. Once we find out their names and information, there will be a follow-up post so you, too, as students at Hilbert College can help convince them to let us keep our financial aid and continue our education because, without it, we would probably not be in school.

ACADEMIC HONORS

More than 320 Hilbert College students have been named to the Fall 2009 academic honors list for having achieved a 3.3 GPA or above for the semester. Named to the Hilbert Fall 2009 academic honors list are these:

AFTON: Tabitha Harris
AKRON: Andrew D’Amico and Patrick Winney
ALBION: Martin Stirk
ALDEN: Samantha Hahn, Donna Rimbeck, Rachel Sapar, Alyssa Szwarz, and Jaymison Walter
AMHERST: Jennifer Burke, Shannon Connor, and Andrew Wiertel
ANGOLA: Theresa Dentice, John McVor, Donald Nowak, Erica Page, Jessica Wright, and Shawn Young
ARCADE: Tiffany Baker, Stacy Polek, and Blake Russell
ATHOL SPRINGS: Henry Schichtel
BATAVIA: Katie Newton and Emili Ripley
BELMONT: Kasey Cline
BLASDELL: Michelle Bellagamba, Lanie Harrington, Ashely Maciejewski, Corey McNierney, Kelly Reddington, Marjorie Sanders, Shannen Sherwood, Haley Sittmiewski, Chad Thompson, and Jennifer Thorn
BLISS: Carole Jones
BOSTON: Brett Connors
BOWMANSVILLE: Rachel Kuch
BUFFALO: Analynn Ortiz
BUFFALO: Caitlin Alongi, Tyler Alspaugh, Vincent Amico, Donna Bailey-Quinones, Jamie Bigaj, Frank Castiglia, Andrea Corigliano, Samuel Cosentino, Ashlyn Doria, Regina Ernst, Naomi Feola, Wyleia Guillaume, April Herr, Christina Holmback, Mark Landsman, Alain Levesque, Sherrita Lowe, Lisa Luster, Patrick Messer, Catherine Moran, Caitlin Noblett, Michael Reyes, Brittany Rogers, Michael Rust, Krysten Sauer, Eric Schuster, Latoya Seals, Margaret Shey, Yadamaris Soto, Kolleen Sullivan, Julie Transue, Kelsey Tumiel, Barbara Williams, Laura Wilson, and Robert Zielinski
CASSADAGA: Valerie Culverwell and Kenneth Mosier
CATO: John Morath
CENTRAL SQUARE: Brandon Morse
CHAFFEE: Nina Pierino
CHEEK TOWAGA: Jill Ambellan, David Cunningham, Chehly Donovan, Erica Gasiack, Kelsey Giampaola, Ashley Joewick, Samantha Klein, Ryan LaCorte, Jasmine Moore, Sally Moppert, Michael Nero, Jackie Poblocki, Ashley Pognant, Whitney Preyer, Melissa Radder, Kayla Tigue, Arianna White, and Vanessa Zwarra
CICERO: Joshua Judd
CLEVELAND HEIGHTS, Ohio: Asja Matthews
COLDEN: James Reinhardt
COLLEGE PLACE, Wash.: Cristina Martinez
COLLINS: Kaitlyn Frank
COWLESVILLE: Paul Gargola
CUBA: Britney Wielkie
DAYTON: Angela Farris
DELMAR: Maggie Fage
DEPEW: Jacqueline Berst, Karl Bukowiecki, Erica Duncan, Shannon Geary, Amber Gorsch, Alan Malke, Matthew Milentiello, Holly Opanashuk, Shonnah Ronesburg, Tiffany Seger, and Frederick Surface
DERBY: Justine Heimburg, Marisa Novara, and Jillian Pelchaty
DUNKIRK: Christina Hernandez
EAST AMHERST: Wenna Lin
EAST AURORA: Shannon Baldwin, Dusty Bockrath, Stephen Cartwright, Alex Edward, Justine Jackson, Kristine Koch, Katrina Matthewsoon, Sara Mosher, Jessie Roland, and Jacob Tichetter
EAST CHATHAM: Samantha Lawrence
EAST CONCORD: Madison Lux
EAST OTTO: Jennifer Minner
EAST SYRACUSE: Nicola Blair
ACADEMIC HONORS

EDEN: Nathan Arno, Mary Burdick, Thomas Cronmiller, Michael Dole, Rina Rachinger, Katrin Schmitt, Michelle Schofield, Cami Sheffield, and Rebecca Sutton

ELMA: Andrew Besch, Bonnie Goodrich, Michael Kowalski, Ashley Mazur, Christopher Nowak, and Carrie Sisson

FREWSBURG: Jonathan Hubert

GAINESVILLE: Jessica Seymour

GETZVILLE: Rosalie Herberger

GLENWOOD: Kara Donner

GLOVERSVILLE: Jessica Morey

GRAND ISLAND: Kimberly McMahon and Kenton Stancliff

HAMBURG: Stephanie Agone, Paul Baich, Brittany Barr, Amanda Bennon, Ashley Blahowicz, Nicole Burke, Jesse Burns, Matthew Butera, Shawn Connors, Alyssa Conrad, Rachel Dobiesz, Brett Ersing, Nathan Haas, Tara Horrigan, Katie Hurd, Valerie Janiga, Robert Kist, Mark Kryszak, Ryan Lamb, Jillian Martucci, Lindsay Miller, Robert Minkel, Jennifer Murszewski, Shane Olivier, Kaylee Omerodzic, Shannon Silver, James Smith, James Stanton, Katherine Smod, Robert Szustak, Joseph Todoro, Stephanie Trifunovic, Ashley Twarozek, Alicia Wildman, Alex Wilshaw, and Sarah Zahbinski

HENRIETTA: Kristopher Anderson and Lisa Rampello

HICKORY, N.C.: Eric Russell

HOLLAND, Mich.: Kelsey Butcher, Brandy Graham, and Jessica Voglewede

HOLLAND: Tiffany Martin and Keith Somerville

HORNELL: Megan Thomas

IRVING: Jessica Rogers

ITHACA: Destyn Brown

JAMAICA: Veronika Singh

KENMORE: Amanda Devilla

KESWICK: Justin Longhi

LAKEWOOD: Justin Rodgers

ITHACA: Dexterity Brown

JAMAICA: Veronika Singh

KENMORE: Courtnie Devilla

KENMORE: Jennifer Devilla

LACKAWANNA: Emily Schilling

LAKE VIEW: Marissa Caruso, Amanda Ciesla, and Bryan Duszkiewicz

LANCASTER: Stephanie Baumgart, Samantha Elminowski, Steven Goldsmith, Brittany Holdsworth, Lauren Lukasiewicz, Ashley Madera, Melissa May, Elizabeth Michalak, Nicholas Sherman, Jacob Smaczniak, and Shana Swan

LAWTONS: Kelsey Barratt

LIVERPOOL: Chelsea Miller

LOCKPORT: Adam DeMonico, T’ne Holmes, Brittany Johnson, James Knapp, and Corrie Thomas

MEDINA: Krista Polick

MILROY: Sarah Collins

NORTH COLLINS: Renae Fraser, Megan Prime, and Andrew Tisdale

NORTH EAST, Pa.: Ryan Swiejka

NORTH JAVA: Heather Roberts

NORTH TONAWANDA: Chelsea Chiodo and Kelly Cline

NEW YORK: Heather Bello and Diandra Cano

NIAGARA FALLS: Felicia Harris

NORTH COLLINS: Brent Armbruster

NORTH SYRACUSE: Hillary Lloyd

NORTH TONAWANDA: Jarret Anson, Kellie Brady, Nicole Brancato, Adam Clabo, and Rose Landroche

NORTHVILLE: Matthew Begeal

OLOTT: Jessica Kagels

OLEAN: Jamie Sloane

ORCHARD PARK: Patrick Brooks, Michael Cavanagh, Cecilia Chmurzynska, Maria Delmonaco, Kelsey Dunning, Victoria Felser, Robert Graber, Heather Grinsel, Jessica Krug, Michelle Nola, James Riehle, Samantha Telesco, Cori Thurman, Amanda Trickey, and Natalie Yoviene

OWEGO: James Campbell

RANSOMVILLE: Kelsey Loughran and Sarah Messer

ROCHESTER: Leala Bowens, Colby Miller, and William Strassner

SILVER CREEK: Arrinn Pfeifer and Nicole Phillips

SLOAN: Joshua Anderson

SOUTH DAYTON: Cody Troutman

SOUTH WALES: Megan Spink

SPRINGVILLE: Laura Bauer, Ashley Beeman, Jacob Gorko, Adam Haag, Ryan Knowe, and Timothy Nellig

STOCKTON: Heather Harlett

STOW, Ohio: Richard Sykora

THERESA: Stephen Lee

TONAWANDA: Chad Damiani, Eric Davies, Amanda Dudek, Alyssa Hulbert, Jason Klosterman, Jeremy MacKay, James Pernick, and Mary Zablotny

VARYSBURG: Darren Gasiewicz and Kristen Maplesden

VERSAILLES: Jo’Elle Thompson

WALLKILL: Gregg Monjeau

WATERLOO: Stephanie Smith

WATERVERLET: Kelly Cavanaugh

WEST SENeca: Crystal Connor, Jade Cummins, Samantha Hawkner, Rachel Kwiatkowski, Gregory Laker, Erica Mack, Melissa McGuire, Stephanie Scheeler, and Aaron Strozewski

WEST VALLEY: Travis Tingue

WILLIAMSTOWN: Scott Woodcock

WILLIAMSVILLE: Stephen Crane, Aaron Dindenski, Edward Heffron, Brittany Oates, and Alexandra Rasey

WILSON: Kenneth Sherrie

WYOMING: Cherie Haas

HILBERT HORIZONS

Volume 20 of Hilbert Horizons, the student literary magazine, will be coming out in April. Watch for it!
HILBERT COLLEGE SKI CLUB TRIP
TO MOUNT SNOW, VERMONT

by Jeremy MacKay

The Hilbert College Ski Club has returned from its annual trip to Vermont. This year Ski Club advisors Professor John D’Amico and Professor Dan Roland joined a record twelve students and four Hilbert alumni at the Mount Snow Resort. Great weather, great snow, and excellent skiing made this year’s trip a success.

Regarding Thursday, Feb. 18, the day I looked to with much excitement, some would ask why I looked forward to it. I would tell them I am going to Mount Snow, Vermont, with the Hilbert Ski Club and I could not wait to hit the slopes. As a freshman I found this a whole new experience, which I thoroughly enjoyed. On Friday, the first day of riding the slopes, we started at 9 a.m. I was out the door and on the slopes riding all day. For me it was an experience that I really enjoyed and look forward to doing again. Being able to be on top of the mountain and to look down over the valley was an amazing experience. Then riding down—taking more than two minutes to reach the base—was a joy. Riding up the lift into the clouds on the second day of skiing was really cool. Then riding through the actual clouds on our way back down the mountain was unlike anything I ever experienced before.

At the end of the day, despite being sore, I still wished the slopes did not close as soon as they did. The other plus to the trip was meeting new people whom I would not have known to talk to normally, and just hanging out with different people.

BECOME A MEMBER OF THE ECI CLUB!

by Rebecca M. Easton

The Economic Crime Investigation (ECI) Club is looking for new members to join in the positive and productive atmosphere that is provided. By joining the club, a student can gain a better understanding of the field(s) that are studied. Members have access to education beyond what is infused in the curriculum. The ECI Club has actively participated in educational trips, like visiting agencies and organizations related to the field as well as providing opportunities for students to listen to guest speakers. Tammy Nordblum, President of the ECI Club, introduced the idea of guest speakers, which has provided opportunities for members to have access to networking with fellow students, professionals in the field, and staff. She believes having guest speakers helps students “find their way” after graduation.

The club provides an avenue for students to acquire skills needed to identify, investigate, and experience relative issues, problems, and concerns. Members are provided with an educational social experience with fellow peers who have similar interests outside of the classroom with the possibility of making new acquaintances and friends. The perks of joining the ECI Club are beneficial to the member, the school, and the community. A member gets to participate in community service activities and fund-raising events, as well as having a potential discount on trips that are accessed through group membership only. Those who are actively involved are able to develop social, life, career, and professional skills by the opportunities provided. Members can also accept responsibility to represent the club, as well as support an ongoing awareness of the club’s existence. Ms. Nordblum wishes “to keep the club going” and “to keep opportunities open for students,” but her wish can only be fulfilled if there is an increase in membership in the fall. The ECI Club is open to all computer security and information assurance majors (formally known as economic crime investigation) or accounting majors, as well as those students who are majoring in either program. To be an active member, a student must attend at least one meeting and community service event every semester. To join the club, a student simply has to attend a meeting and fulfill the requirements listed previously.

The advisor for the club is Mr. William Haslinger, assistant professor of economic crime investigation. The meetings are held every other Tuesday at 4:30 p.m. in Bogel Hall, Room 171. Club officers consist of president, vice president/secretary, treasurer, and public relations officer. There will be openings for these positions next fall. Ms. Nordblum has put together a set of guest speakers presenting on March 23 in Bogel Hall, Room 171. Maegan Stanek is a staff operations specialist for the Cyber Squad and Mr. Balko is an intelligence analyst for the White College Criminal Squad. Everyone is welcome to attend the presentation. You do not need to be a member of the club to attend.

THE BUCKET LIST

Sailing Schooner
- Rachel will have a chance to join the crew, hoist the sails, and assist the captain, or just sit back, relax, and take in the experience. Congratulations, Rachel!

What’s on your Bucket List?

Phyllis Dewey
Director, Counseling Center
**BOOK DRIVE IS BACK**

by Christopher Prout

The Sigma Tau Delta annual book drive took place during the month of February. Those contributing helped fight illiteracy by donating old books—from children’s books to adult literature—because illiteracy is a problem for people of all ages.Sigma Tau Delta donated the books to the Literacy Empowerment Action Plan (LEAP) of Western New York. LEAP has a vision to provide leadership in literacy that results in an increase in the number of people engaged in nego-tiating the conditions of their lives, a vision that Sigma Tau Delta shares.

Over one thousand books were collected last year during the drive, so Sigma Tau Delta was interested in sur-passing that mark. Books were labeled and posted around campus where students and staff could leave their donations. Every book counts, so Sigma Tau Delta is grateful to all those who gave the gift of literature to people in need.

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**FILM CLUB CHANGES ITS MEETING SCHEDULE**

by Christopher Prout

The Hilbert Film Club, which has normally met on Tuesdays at 3 p.m. in Bogel Hall, Room 150, will now be alternating its meetings. The club will be meeting from now on every other Thursday at the same time and place, 3 p.m. in Bogel Hall, Room 150, having started this modified sched-u-ule on Feb. 25.

The films shown represent a wide variety, from the horror comedy cult classic *The Re-Animator* to intense dramas like *A Clockwork Orange* and *Dead Man*, to recent comedies like *500 Days of Summer*.

Those interested in film is more than wel-come to attend, as well as to suggest a film for a future presentation. Hope to see you there. We’ll get the popcorn ready!

---

**SIFE**

Four Members of SIFE Review Their Service Projects, pages 9 & 12

by Jayne Rhein

For this year’s Chal-lenge Seminar, I was the proud project man-age-er. I was in charge of planning the project event, organizing people and tasks, ensuring that the project was fully executed, and finally evaluating the project outcome. The contribu-tions I made to the project included put-ting a new spin on the Challenge Seminar idea. This year the project was different because we partnered with Rosina Food Products to increase the sales of their new Buffalo-style chicken meatballs. As a result of participating in this project, I was able more fully to develop the skills of listening, orga-nizing, time managing, and resolving the conflict. I also learned about proj-ect management and leadership during this project that I am not sure I could have learned anywhere else at this stage in my education.

There were many ups and downs throughout completing my project, but I believe that the mo-ments that transformed individuals into a team were those right before a significant part of the project was to be per-formed. I saw my fellow SIFE members helping on the Challenge Semi-nar day, and willing and ready to help again as the students were bring-ing their promotions to the grocery stores.

As I neared the end of my project I realized that it was all possible with the help and support of others around me. When I was able to realize this, I better understood what it meant to be a part of a community. It is not about just existing and going about every-day life. Community is about being an aid to others and joining forces to accomplish goals and tasks. This better understanding of what it means to be a community is the most valuable lesson I learned from my experience. I was able to feel the work but also better able to appreci-ate the help that others were willing to give. From experiencing this lesson, I have changed because I was more open and ready to help others and ready to help others and ready to help others and ready to help others and ready to help others and ready to help others.

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**SUCKERS FOR SIFE**

by Andrea Corigliano

My role was project manager in the “Suck-ers for SIFE” project for BUS 380. My personal contribu-tions are that I spent much of my free time plan-ning and organizing. I worked really hard to sell as many suckers as I could in the community. It took a great deal of work to make the Christmas bundles, and all the other suck-ers that had hand-made labels and ribbons. Fur-thermore, I made sure that my lesson packet was very different from past lessons and tried to personalize everything that I could. I wanted to make sure the students at the school in Medina, where the project took place, were learning as well as having fun.

The skills I previously had before undertaking this project were all enhanced after the con-clusion of this project. I am more aware of how important time man-agement is and com-municating with other team members. I also realize that the planning stages of any project are crucial for success. My organizational skills were already very good, which really helped me keep all my information together and available for the times I needed it.

I think one of the first moments when every-one on the project really came together occurred when we completed an in-class exercise about ourselves. We had to say our full names and our favorite foods and so on, and then had to try to memorize and repeat back what others said before us. I think doing that really helped loosen everyone up.

In my case, I would define community as people coming together to work as a unit for a special cause, and also to promote learning in new and exciting ways that not many people get to experience. I realize that there is a great need for service projects, like the ones we did this se-mester for our business class, so that people can gain knowledge through these unique opportuni-ties.

I learned that it is very important to take con-trol and responsibility for the packets and Power-Points for each session. The two skills that I learned as a result of this project involved time management and organ-ization. During the course of the semester I had to plan in advance what was going to be taught and how it was going to be presented. Along with that came the organizational skills that were needed to keep so many different ses-sions going. I learned different ways to keep myself organized to make the best use of the time that I had.

I think the moment that we connected as a team would be during and---

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**MANAGING THE REFUGEE ASSISTANCE PROGRAM**

by Jon Clark

The role that I per-formed this semester was the project man-ager of the refugee as-sistance program. Over the course of the se-mester I made a great number of contribu-tions to the project. I started by creating the lesson plans and setting dates, followed by submitting a press release. When the sessions occurred, I took the lead presenta-tion role and created the packets and Power-Points for each session.

The two skills that I learned as a result of this project involved time management and organ-ization. During the course of the semester I had to plan in advance what was going to be taught and how it was going to be presented. Along with that came the organizational skills that were needed to keep so many different ses-sions going. I learned different ways to keep myself organized to make the best use of the time that I had.

I think the moment that we connected as a team would be during and---

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Continued on page 12

Continued on page 12

Continued on page 12
PHOTO GALLERY

Professor Patrick Heraty; Frances Vaughan, Vice President for Institutional Advancement; Randy Surface; Mrs. Surface; & Professor Dan Roland

Pastor Tommy McClam of Elim Christian Fellowship of Buffalo Spoke on Feb. 25 to Students on the Topic “How to Know You: Learning More about Oneself”

Marla Mossman’s “Burkha Sellers in Harat”
SOME PHOTO CONTEST SUBMISSIONS

“Regarder sous la jupe de la Tour Eiffel”
by Regina M. Ernst

“Windmills”
by Heather Grinsell

“Winter Giants”
by Regina M. Ernst

“Fiya” by Jesse Burns

“Sugar” by Jesse Burns

“Wonder”
by Cecilia Chmurzynski

“Youth of a Typical Dominican Barrio”
by Jayne Rhein
I have ever taken. These are all a part of the and addressed conflicts.

In completing this project, I worked with others and so has my confidence. I did, I really enjoyed it so much. I would love to be a part of something as great as this project again. I feel as if I learned so much and that I have a great advantage over others who do not take the opportunity to apply themselves in higher education. This class project was very difficult for me the first time around, but I feel that if I had another chance to be a leader, I would really shine.
FINANCIAL AID CORNER
March 12, 2010

*Announcements from the Student Finance Office, Franciscan Hall*

FALL 2010 REGISTRATION. Registration for FALL 2010 is scheduled to begin the week of 3/29/2010. You will NOT BE ALLOWED TO REGISTER if your financial aid file is incomplete (outstanding paperwork) or if you are delinquent on tuition payments according to your signed promissory note payment plan. Please check with the Student Finance Office immediately if you are unsure of the status of your Fall 2010 student account.

2010/2011 FAFFSA – The FAFSA (Free Application for Federal Student Aid) should be completed online at www.fafsa.ed.gov by Hilbert College’s priority deadline of April 1, 2010. Filing your application before the deadline date enables you to be considered for institutional aid that may not be available at a later filing date . . . SO BE SURE TO FILE YOUR FAFSA TODAY! 😊

COMPLETED FINANCIAL AID FILE – Financial aid cannot be applied to your current student account until your financial aid file is complete. Please check with the Student Finance Office staff if you are unsure whether or not you owe any documentation to complete your file!

OUTSIDE SCHOLARSHIPS – NEED MONEY $$? Stop in periodically to the Student Finance Office and check out the availability of outside scholarships that may benefit YOU!

The Student Finance Office staff … is here for YOU!

Cindy Claar, Student Finance Technician, ext. 314
Kelly Canaski, Student Finance Counselor, ext. 277
Suna Combs, Student Finance Counselor, ext. 249
Elaine Szczepanski, Student Finance Counselor, ext. 308
Beverly Chudy, Director of Financial Aid, ext. 207
Julie Lanski, Director of Student Financial Services, ext. 208

Office Hours: Monday–Thursday, 8:30 a.m.–5 p.m.; Friday, 8:30 a.m.–4:30 p.m. Telephone: 649-7900

THE ACADEMIC SERVICES CENTER

by Cornelia Simmons

For the 2010 spring semester, the Academic Services Center offers a variety of tutoring at flexible hours for both commuters and residents at Hilbert College. There are math, accounting, and writing tutors to help you.

Assistance in mathematics is offered on Mondays, Tuesdays, Wednesdays, and Thursdays from 2 to 4 p.m. Tutoring in accounting is available on Tuesdays and Thursdays from 3-6 p.m. Tutoring for writing is held on Mondays from 3 to 5 p.m., Tuesdays from 12:30 to 2:30 p.m., Wednesdays from 11:30 a.m. to 1:30 p.m., and Thursdays from 12:30 to 2:30 p.m. The Academic Services Center is open Monday through Thursday from 8 a.m. to 9 p.m. and on Fridays from 8 a.m. to 4 p.m. Academic Services is a good place to relax, get some homework done, or get help from the tutors. 

Michelle Dimitrovski enjoys helping out others. If you have any questions, they are here to assist you.

FINANCIAL LITERACY TIP OF THE MONTH

Financial Literacy a Necessity for College Students with Money Questions

MARKETWARE

Do you want to learn more about managing money and personal finances? Do you have questions about student loans and mounting debt? If you are a college student or recent graduate, then your answer should be an emphatic “Yes!”

There are no federal bailouts for college students in financial trouble, but one university is offering its students a helping hand to manage their money and their debts.

“The purpose of a college education is to help students learn how to solve problems,” said Kristy Vienne, “and we see a lot of students who are in need of solutions. The first step is to become financially literate.”

Vienne directs Sam Houston State’s Student Money Management Center, which helps students help themselves.

“We see a lot of students in financial trouble: the majority of students are in debt, but they are also smart, responsible, and eager to learn how better to manage their resources,” she said.

Here is her best financial advice to college students and their parents:

1. Know your Income. “Once the student identifies how much money is coming in every month, budgeting and creating a spending plan will be much easier and faster.”
2. Learn to Budget. “Students need to track their finances and understand their fixed and variable costs.”
3. Compare the Expenses. “This allows students to see exactly how much money they have left over and if changes need to be made to their budget.”
4. Cut the Costs. “Compare the costs of things such as groceries from one store to another and look for sales and coupons.”
5. Save, Save, and Save. “If students have a savings account and should any emergency occur, there is no need for a loan or credit card to pay for the expenses.”
6. Educate Yourself on Credit. “The more students understand about credit, the better deals they can receive.”
7. Be Responsible. “Make sure to pay bills on time to avoid creditors charging high interest. Also know your spending limit so you do not come up short.”
8. Protect Yourself Against the Thief. “Dispose of your financial records properly by using a shredder. Be cautious when using your social security number.”
9. Know Your Options. “Understanding how loans, credit cards, and debit cards work will save students from a heap of trouble, debt, and headaches.”
10. Ask Questions. “It is important to talk to your parents or a financial professional about any questions or concerns you may have.”

Taken from: http://college.monster.com/finance/articles/250-financial-literacy-a-necessity-for-college-students-with-money-questions

UNDERAGE DRINKING—NOT A MINOR PROBLEM

Warning Signals of Problem Drinking:
1. Won’t admit or doesn’t believe he or she has a problem.
2. Once started, can’t limit drinking.
3. Lies about when and how often he or she drinks.
4. Becomes angry when questioned about drinking.
5. Drinks to escape problems or depression.

Alcoholism is a disease. It is treatable. People can and do recover.

Phyllis Dewey, Director, Counseling Center

The H-Files/Page 13

OFFICES
FORGIVENESS THERAPY

Something to Think About During this Lenten Season

1. Forgiveness means bending without breaking, being strong enough to withstand the heavy weight of injury, but resilient enough to recover. Be forgiving!

2. Life is never perfect and often unfair. Forgive life’s inevitable failures.

3. Forgive yourself: for what you regret doing and for what you wish you had done, for not being fully yourself and for being only yourself.

4. Self-forgiveness cleanses the soul, washing away shame and guilt. Out of self-forgiveness comes the power to extend forgiveness to others.

5. You have the right to feel sad, betrayed, angry, and resentful when you’ve been injured. Understand, accept, and express your feelings. Pushing them below the surface only means they will erupt in another place, at another time.

6. Confront those who have hurt you; tell them how you feel. When that’s impossible or when that could harm you or someone else, speak to them in your imagination.

7. Forgiveness does not mean accepting further abuse or continuing destructive relationships. Establish boundaries for what is acceptable to you and make those boundaries clear to others. Hold them accountable for their actions.

8. Justice may right the wrongs, but forgiveness heals the hurt. Seek forgiveness beyond justice.

9. Sometimes people hurt you because, like you, they are learning and growing. Forgive their incompleteness, their humanness.

10. To refuse to forgive is to continue to hurt yourself. Victimized once, your lack of forgiveness keeps you stuck as a victim, holding on to a victim’s identity. Instead, claim the identity of one who forgives.

11. Recognize how you’ve refused to forgive. Keeping inner monsters at bay requires energy. Instead, use your energy to affirm and embrace life.

12. Victims are helpless at the mercy of the offender. By showing mercy to an offender, you put yourself back in control. Take charge by forgiving.

13. Know that forgiveness is possible even in the most hurtful circumstances, even toward someone you may not trust or respect, even when someone doesn’t deserve forgiveness. It is a testimony to the goodness your Creator instilled within you from the first moment of your being.

14. Forgiveness is the only real prescription for the pain you feel over someone else’s behavior. The healing choice is yours to make.

15. Think of forgiveness as a powerful survival skill. It helps you find your way through the wilderness of misunderstanding, hurt, resentment, and hatred.

16. If you find it hard to forgive your parents for their imperfect parenting, remember—they were, too. Instead, use your energy to affirm and embrace life.

17. Forget about forgetting an injury. That’s not always possible—and maybe at times even desirable. Rather, choose to move on past remembering to forgiveness.

18. Let forgiveness be the catalyst for a healthy chain reaction. Forgiveness sterilizes the wound, which permits healing, which releases energy for growth.

19. No loving relationship is free of hurts. Bind up the wounds of love with forgiveness.

20. No offense is unforgivable—unless you make it so. Use your power wisely.

21. When you are having a difficult time forgiving, recall a moment when you wanted to be forgiven. Offer the other person what you wanted to receive.

22. Forgiveness takes practice. Start with small hurts and work your way up to the big ones.

23. Forgiveness is a lifelong process. Forgive over and over—even for the same offense.

24. Forgiveness may seem futile when you see no immediate results. But healing and growth are desirable. Rather, choose to move on past remembering to forgiveness.

25. No one can make you feel bad. You have the power to choose between getting bitter and getting better. Take responsibility for your feelings; claim your power.

26. You cannot change someone for the better by holding a grudge. Grudges only change you—for the worse.

27. Ask yourself whether “I can’t forgive” means “I won’t forgive.” Turn your heart toward the warmth of God’s love and allow that love to thaw your heart.

28. Forgiveness takes courage and determination. Dig deep and you will find the strength you need.

29. Allow forgiveness to open the door to reconciliation. Today’s bully could be tomorrow’s friend.

30. Accept the possibility of rebuilding a relationship. Past offenses can be bulldozed and buried and a better life built atop the debris.

31. Don’t put conditions on your forgiveness, or your inner peace will depend on the decision of the person who hurt you. Make your own choice.

32. When someone won’t forgive you, refusing to forgive in return is no answer. That’s like wrapping yourself in the other’s chains. Keep yourself free: forgive.

33. To help you forgive, picture the other person surrounded by the light of God. See yourself stepping into that same light, and feel God’s presence with you both.

34. Forgive even when there has been no apology or restitution. If you withhold forgiveness until a wrong is made right, you risk condemning yourself to a life sentence of unresolved bitterness; you risk letting your life be shaped by someone else’s actions.

35. Forgiveness is not something you do for someone else; it is something you do for yourself. Give yourself the gift of forgiveness.

Phyllis Dewey
Director, Counseling Center

LENTEN PRACTICES

This year Lent began on Feb. 17. We offer readers an excerpt from Thomas Ryan’s The Sacred Art of Fasting: Preparing to Practice as possible suggestions for this penitential practice of fasting. Thomas Ryan notes that many persons are unable to fast in the traditional ways due to health, age, or life circumstances. These alternate forms can also supplement a regular, traditional fast day or replace a day of fast.

Fast with your eyes
* Watch less TV & video; reflect more on your life through keeping a journal.
* Become informed about the causes of hunger in the world.

Fast with your ears
* Listen less to the radio, CDs, cassettes; listen more to your inner heart and spirit.
* Be attentive to the words of others.
* Listen to and let yourself be challenged by the words expressed in the Scriptures.

Fast with your mouth
* Take just one helping of the food that is served.
* Eat fewer sweets and processed foods, but appreciate more simple food and drink like water and good bread.

Fast with your hands
* Back off from things that agitate you.
* Take time to just sit and reflect, to rest and observe.
* Make time in your schedule to put your hands together in prayer.
* Share from your own goods with those who have less.

Fast with your feet
* Become more attuned to the modern compulsion to be always on the go; resist the impulse.
* Learn to sit quietly in meditation.
* Make more time to welcome others to your home.

Fast from anger, bitterness, resentment
* Get to the bottom of why you’re angry or resentful; what’s the hidden demand underneath?
* Do the hard work of talking it through with the other, of expressing clearly what it is you are asking for.
* Pray for the grace of forgiving those who have hurt you.

Fast from judging others
* Unhook from conversations in which others are being disparaged, or contribute something positive to balance the negative things that are being said.

Fast from complaining
* When you feel inclined to complain, stop and look at all you are blessed with and give thanks instead.

Fast from glossing over your losses too quickly
* Allow yourself to feel the emptiness, the ache, the absence.
* Take the time to do the inner work of grieving.
* Resist the quick but superficial emotional fix, the easy fill-in.
* Risk listening in the silence to the soft voice of inner wisdom.
A prayer service for Haitians as they struggle in the aftermath of the devastating earthquake that struck the country in January was held Feb. 24 in Hilbert College’s West-Herr Atrium in Paczesny Hall.

Hosted by the Campus Ministry Club, the prayer service included prayers, readings, and selected songs. Hilbert students, faculty, and staff were in attendance.

Paula Witherell
Director, Public Relations

SPRITUAL SPEAKER SERIES CONTINUES

Two upcoming presentations on campus will conclude a series of four talks for students by dynamic spiritual leaders. The remaining events are these: March 25—Pastor Mike Herdzik, Youth & Worship Pastor, First Baptist Church of Hamburg. Topic: “Developing Good Habits for Healthy Relationships.”

April 8—Deacon Dennis Conroy, Deacon at St. Francis of Assisi Church of Athol Springs and Hilbert College. Topic: “Prayer and Personality.”

Both events will take place at 4 p.m. on the second floor of McGrath Library. All are invited to attend! For more information, contact Barbara Bonanno in the Office of Campus Ministry, Bogel Hall, Room 103C.

Barbara Bonanno
Director, Campus Ministry

VOLUNTEERS PLANT THE SEEDS OF KINDNESS

A garden is measured not by its withered leaves,
But by each budding flower and the smiles that it receives.

A day is measured not by hours that have flown,
But by how much we’ve done and the compassion that we’ve shown.

Our lives are measured not by what we have to take,
But by what we give and the difference we make.

Think of something special you can do for someone, for your campus, for your neighbor, or for your community this Lenten Season.

Phyllis Dewey
Director, Counseling Center

PRINT BYTES

The Quality of Grief

“His [David Foster Wallace] was a spacious, loving heart, and when someone this precious leaves us, especially so early, love converts on the spot to a deep, almost nauseating sadness, and there’s no way around it” (30).

Picking Cotton: Our Memoir of Injustice and Redemption

by Christina Hollenback

Picking Cotton by Jennifer Thompson-Cannino, Ronald Coton, and Erin Torneo is a powerful drama about Jennifer’s rape, Ronald’s wrongful conviction for the crime, and the search for the truth. Told in first-person accounts, the reader travels through Jennifer’s painful experience and the fear she lived with for over a decade. Her rape changed her existence in very tangible ways, including the loss of her fiancé and emotional isolation from her family. Through Jennifer’s words, the reader experiences much of what a victim of rape goes through. Ronald’s story follows: a journey of a poor black man in the 1980s dealing with the justice system in a small, southern town. He was slated by an unfair system beginning with the officers who arrested him. Jennifer picked Ronald in a lineup. However, she was led to pick him by the officers in charge, who hated him for dating white women. After maintaining his innocence throughout his imprisonment, Ronald was finally exonerated through DNA testing and the tireless efforts of attorneys who pled his case pro bono. After his release, Ronald and Jennifer became friends and currently tour the country speaking on behalf of prisoners seeking appeals in court, telling their story as an excellent example of an innocent man serving time for a crime he didn’t commit. They have been on television many times, including an appearance on The Oprah Winfrey Show. This case set a precedent in North Carolina and led many other states to review their own laws and policies regarding wrongful imprisonment. On a personal note, the book was amazing and I was brought to tears several times throughout. As an aspiring law student, I found the story intriguing and was surprised that this even happened. As a woman, I relived Jennifer’s pain along with her narration. Picking Cotton is an enthralling read for students interested in the law, human services, civil rights, and black history. However, I believe that anyone who read it would enjoy it. Picking Cotton is now available in the McGrath Library under call number HV6568. B87 T56 2009. Check it out! I guarantee you will enjoy it.

PARALEGALS MAKE THE LATEST TOP 10 JOB LIST IN THE U.S.

by Joshua Hulme

According to an article in the Jan. 5, 2010, issue of The Wall Street Journal, one of the top jobs currently in demand can be found within a law firm, based on a consideration of work environment, income, employment outlook, and stress-related issues. Paralegals and legal secretaries are ranked as being the number seven job in demand in the United States. As Steven W. Schneider observes in The Wall Street Journal article, the paralegal profession is expanding because the work paralegals perform is, as required by attorneys. Paralegals can undertake a considerable amount of work, manage the needs of the courts as well as clients, and do all of this at one-third the salary of a lawyer. The tasks they cannot perform are representing a client in a courtroom, giving legal advice, and unauthorized practice of law. Paralegals do work alongside attorneys as part of the team. Most paralegals draft documents and prepare exhibits for the attorney to use in court. These activities require computer skills, time management, and organization to get the job done. Paralegals must also have great analytical and writing skills to perform their jobs successfully.

Because of the intense work environment, paralegals make $29,000 to $79,000 a year, according to The Wall Street Journal article previously mentioned. According to Schneider (page 1), the paralegal’s job market is expected to increase from 200,000 jobs to 257,000 jobs by 2012. This is a job in which one is expected to put in long hours. The Occupational Outlook Handbook at www.dol.gov predicts that paralegal jobs will increase much faster than other occupations. The handbook online includes information on desired education, job outlook, wages, and related occupations.

LOCAL PROFESSIONALS SERVING ON COMMUNICATION ADVISORY BOARD

Several area communication professionals have been named to the newly established Hilbert College Digital Media and Communications Board of Professional Advisors, the first group of its type for the academic major.

The communication board has been formed to advise the university in various specialty areas, share information on industry trends, mentor and provide networking opportunities for students, and serve as guest lecturers. Appointed to the board of professional advisors are Sharon Bailey, communications director at the University at Buffalo Spree magazine; John DiScullo, director of strategic content and news operations at WKBW-TV; Les Greenbaum, intellectual properties attorney at Gross Shuman Brizdle & Gilfillan; Les Greenbaum, intellectual properties attorney at Gross Shuman Brizdle & Gilfillan; Jodi Johnston, anchor at WGRZ-TV; Paul Kubiat, graphic designer for ShoptoCook, Inc.; Charles Lewis, photojournalist at The Buffalo News; Nancy J. Parisi, photojournalist; Stephen Powell, multimedia producer; Chris Santucci, cinematographer; Christopher Schobert, associate editor at Buffalo Spree magazine; Mark Scott, news director at WBFO-FM; and Charity Vogel, reporter and columnist at The Buffalo News.

Paula Witherell
Director, Public Relations

Classified Ad
Textbooks bought and sold, new & used, online buybacks. Buy, sell, rent at cheapbooks.com (260) 399-6111, espanol (212) 380-1763, urdu/hindi/punjabi (713) 429-4981, see site for other support lines.
**ARTS & ENTERTAINMENT**

**Film Review**

**THE WOLFMAN**

1½ stars

by Rachel Dobiesz

*The Wolfman* is magnificently bad. Not just uninteresting or badly executed or poorly written, but genuinely awful. What could have been an engaging horror flick, or even a quasi-psychological drama about mental illness and identity, turns out to be an odd, failed attempt at both. One thing it is good for, however, is some giggles. While there are some honest-to-goodness shocks (I won’t lie—I had my eyes closed for a while), the attempts of the filmmakers to include lots of blood and guts is surprisingly funny. I’m being literal when I say guts. We are talking entrails strewn across the forest floor. Over the top? Yes. Gross? Yes. Very, very funny? Definitely.

Benicio Del Toro plays Lawrence Talbot, an actor who returns to his family’s creepy English estate after his brother is killed by a mysterious creature wrecking havoc on the surrounding countryside. He makes it his mission to find whatever or whoever was responsible for his brother’s death and, in the process, is bitten by the same animal. He survives the attack, but finds that when the moon is full, he is transformed into a bloodthirsty, wolf-like creature. Obvious complications ensue. Del Toro has the broody moodiness required to play such a character, but recites his lines like he is reading off a script. While occasionally humorous, this leaves the film feeling strangely empty and soulless. The normally excellent Anthony Hopkins plays his father, John Talbot, but is more of a caricature than anything else. His creepy delivery and malicious glee lack the complexity needed to make his character compelling. Emily Blunt and Hugo Weaving also have supporting roles, but are truly so unmemorable that they don’t warrant much mention. The best thing about the film is the stunning English landscapes featured throughout and the partly impressive, partly humorous special effects. Although the dark colors of the film are clearly meant to evoke a feeling of horror and dread, even that fails to make it the film that it was clearly intended to be. Remakes are a dime a dozen these days and, once again, this movie proves that new and slick is not always better or entertaining.

**FROM PARIS WITH LOVE**

3.5 stars

by Rachel Dobiesz

*From Paris with Love* restored a faith in films that had decidedly been shaken by the mess that was *The Wolfman*. A fun, action-packed international thriller, *From Paris* combines the best of psychological drama with action and humor.

Jonathan Rhys Meyers plays James Reece, a low-level CIA agent who dreams of moving up the ladder. His chance comes when he is given his first senior-level assignment with eccentric, rule-bending veteran agent Charlie Wax (John Travolta). What first appears to be an investigation into a drug ring takes a much darker turn when Reece becomes a target of those they are trying to stop. Eventually, Wax and Reece find themselves in a race to stop a terrorist attack. He has a subtle star power that makes his character both fascinating and fun to watch. It is, however, John Travolta’s senior agent Wax who steals the show. Almost unrecognizable with a shaved head and leather jacket, Travolta makes his character deliciously outrageous. Their odd-couple pairing is strangely effective and drives the entire film. It is surprising that a film of this quality has flown so far under the radar. The CIA thriller has truly been done to death, but *From Paris* gets everything absolutely right. The chemistry between Rhys-Meyers and Travolta is funny, charming, and spot-on. Also, Travolta’s portrayal of the unpredictable, absolutely unique Wax is phenomenal. The twists and turns are stimulating and fun. This one is definitely a must-see.
HAWKS CLOSE OUT REGULAR SEASON

Grosch and Zinni Combine for 24 Points

The women’s basketball team traveled to Frostburg, Maryland, for their final AMCC match-up and final game of the regular season on Feb. 21. The Hawks were in search of a win in their season finale, but fell short to the Bobcats 37-78. Sophomore guard Mary Zinni (Batavia, NY/Batavia) and freshman forward Amber Grosch (Depew, NY/Depew) combined for 24 points in the loss, scoring 13 and 11 points respectively. The loss left the Hawks with an 0-20 AMCC record and an 0-25 record for the season.
The Hawks started out the game slow as the Bobcats were able to hold Hilbert to zero points in the first six minutes of play. Frostburg continued to dominate the game throughout the rest of the half, leading the Hawks 47-12 heading into the locker room.

Brittany James led all scorers on the day with 18 points and pulled down 15 boards. James’ 15 points boosted her career total to 1,000 points. An overall solid performance by James and her teammates lifted the Bobcats to the 78-37 victory over the Hawks.

Frostburg participated in the AMCC Tournament as they clinched the #3 seed for the playoffs. The tournament was hosted by-in-state rival and #1 seed for the tournament Medaille College. Playoffs began Feb. 23 and ran through Feb. 27, with the championship game taking place at 1 p.m.

Office of Sports Information

HAWKS FLY OVER SPARTANS

Triple Double Doubles for the Hawks

The Hilbert men’s basketball players showed up Feb. 10 to win, and the team’s total team effort from start to finish resulted in a 88-81 conference victory over D’Youville College. The Hawks got double doubles out of three freshmen on their way to the team’s third victory at home this season.

Dan McFarland (Lancaster, NY/St. Mary’s) had 27 points and 10 boards; Chris Parsons (Warwick, NY/Warwick) hit for 21 points and 11 rebounds; and Roman Brown (Buffalo, NY/South Park) scored 18 points and 10 boards. Chris Parker, Jr (Buffalo, NY/St. Mary’s) had 27 points and 12 boards. John Boreen, the point guard from West Seneca East, completed the game with four assists and shot 12-13 from the field (92.3%) for a career high.

Hawk winning streak

With this win, the Hawks broke a six-game losing streak before hosting their last home game for the 2009-10 season on Saturday, Feb. 13 with a 3 p.m. tip against Mt. Aloysius College.
Office of Sports Information

FRESHMEN LEAD HAWKS IN FINAL GAME

Trioo Hit for Double Fig- ures at Frostburg

The Hilbert College men’s basketball game at Frostburg State University on Feb. 20 was the last time the Hawks have to travel to Maryland for a conference game ever again. Three of the Hilbert freshmen took one last stab at Frostburg before they leave the Allegeny Mountain College Conference for the Capital Athletic Conference, but their individual efforts were not enough to secure the win for the Hawks. The Bobcats clawed their way to a 111-76 victory, ending the Hawks’ season at 3-22 and 2-18. As a number 4 seed (16-8, 12-7), Frostburg hosted Mount Aloysius in the first round of the AMCC play-offs on Feb. 23.

Roman Brown (Buffalo, NY/South Park) had an outstanding game to complete his first year as a Hawk. He finished with 25 points by shooting 87.5% from the floor (7-8) and 79% from the charity stripe to pair with his team-leading seven rebounds. Andy Boreen, the point guard from West Seneca East, completed the game with four assists and shot 8-10 from the foul line (80%) to finish with 12 points in 26 minutes. Another steady player, Dan McFarland (Lancaster, NY/St. Mary’s) picked the Bobcats for three steals while hitting for ten points.
The Bobcats were in control from the very start. They never trailed in the game and raced out to a 28-lead just prior to seven minutes into action. FSU kept the pressure on and led by 28 (65-37) at the break. After intermis- sion, Frostburg cleared their bench and all 19 players saw court time, with their reserve players doing most of the scoring (61 points). The Hawks did attempt 30 free throws, which doubled the Bobcats’ attempts (15), but Hilbert was only 2-9 (vs. 9-18 for FSU) from behind the 3-point line; field goal percentage was the differ- ence, with FSU shooting 56% to Hilbert’s 46%.
Office of Sports Information

NEW ADDITION TO SOFTBALL COACHING STAFF

Head Coach Peter Yuhas an- nounced the hiring of David Vesneske to complete his softball coaching staff.

Dave brings a tremendous amount of softball knowl- edge to our staff. His great- est asset is his ability to teach both offensive and defensive pressure techniques that will make us a better team,” said Yuhas in the introduction of his second assistant coach.

While finishing his bach- elor’s degree in business administration, economics, and finance from SUNY Fredonia, Vesneske was able to gain his first coaching ex- perience with the fast pitch house team in Elmira, NY (1980-82). His experience coaching throughout his last two years of college con- firmed his love for the sport and his desire to become a coach.

Several years later Vesneske expanded his coaching experience when he served as a Hamburg Youth Soccer coach from 1996-98. From 1998-2002, he found him- self as a head coach in the Hamburg Junior Baseball league. Coaching in the Ju-

HILBERT COLLEGE BASEBALL TEAM COMPLETES WINTER CLINIC

The Hilbert College baseball team held a two-day winter clinic on Saturday, Feb. 27, and Sunday, Feb. 28, from 8 a.m. and 1 p.m.
Open to boys 11-15 years old, the clinic offered individual and team hitting, fielding, and pitching instruction, as well as tips from current Hilbert College student-athletes. Sunday’s clinic concluded with an indoor game.

Cost of the clinic was $75; $65 for pre- registration. The money raised was used to help fund the HC baseball team’s spring trip to Florida.

Office of Sports Information

SPORTS

Julie Bossard Works Hard for Position Under the Boards in Earlier Game Against Steubenville

Eric Hinton Attacks in the Full Court Against Franciscan University of Steubenville

Dave brings a tremendous amount of softball knowl- edge to our staff. His great- est asset is his ability to teach both offensive and defensive pressure techniques that will make us a better team,” said Yuhas in the introduction of his second assistant coach.

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Office of Sports Information
SPILLMAN NAMED INTERIM HEAD BASEBALL COACH

Hilbert College Director of Athletics Richard Walsh has announced Stephen Spillman as interim head baseball coach, effective immediately.

Spillman succeeds Jonathan Musialowski, who was seriously injured in a car accident Saturday, Feb. 27. He suffered a severe head injury and is currently being treated at the Erie County Medical Center.

“I look forward to building off the strong foundation Coach Musialowski created,” said Spillman. “He needs us all to respond well to this difficult situation and that’s what we’re going to do. It’s an honor to have the opportunity to work with such a great group of young men as we prepare for the 2010 season.”

Spillman takes over a program he joined as an assistant coach in February, “I am very confident that Steve is prepared to lead the baseball team at this time,” said Walsh. “Steve will continue to follow the philosophies and strategies already established by Coach Musialowski.”

During his freshman year as a student-athlete at Canisius College, the first/outsider led the team in put-outs (173) and finished second in fielding percentage (.973). In what would be his best weekend series in 2004, Spillman batted .416 (three doubles) and led the team against Niagara University.

His Division I baseball career stats lost him with 67 games played and 53 starts earned. As a sophomore, Spillman was named to the Metro Atlantic Athletic Conference’s All-Academic team.

Active in the Western New York baseball community, he continues to play competitively as a member of the West-Herr team, which represented Buffalo’s AAA-Muny League in the 2009 NABF World Series in Louisville, KY.

As a two-sport athlete (baseball and basketball) at St. Joseph’s Collegiate Institute, Spillman was named the baseball team’s Most Valuable Player and first-team All-Catholic honors his senior year, while the basketball team captured the 2002 Manhattan Cup championship his junior year.

Spillman, who was a student in Canisius’ All-College Honors Program, earned a bachelor’s degree from the college with a dual major in criminal justice and political science.

Musialowski was a pitcher and an outfielder for Virginia Tech (2003, 2004), having played two seasons.

HILBERT VOLLEYBALL HANDLED BY #15 NAZARETH

The Hilbert men’s volleyball team closed with #15-ranked Nazareth on March 3, in a NECVA match-up.

The Hawks battled through three games, falling short by 20-30, 26-30, 18-30. The loss drops Hilbert to 0-5 in NECVA and 2-16 overall, while Nazareth improves to 4-3 in the conference and 10-8 overall.

Junior Dan Wolfe (Rochester, NY/ Irondequoit) led the offense for the Hawks, registering nine kills and one ace. Sophomore R. J. Sykora (Stow, OH/ Munroe Falls) and freshman Anthony Blasz (Eden, NY/ Eden) contributed on the offense as well, tallying four kills each. Their offensive efforts were matched by their defensive efforts, as each player recorded three blocking assists on the night. Sophomore Eric Davies (Tonawanda, NY/ Tonawanda) displayed a solid performance on defense, coming up with a team-high seven digs, in addition to his two blocking assists. Vince Amico (Buffalo, NY/ Bishop Timon-St. Jude) continued to add to his assist total on the season, recording 23 in the three games played.

The Golden Eagles were led by junior Chris Mender, who tallied a match-high 12 kills, while fellow teammate Hans Schroeder added ten kills. Kevin Kirchoff tallied a team-high 23 assists in the victory for Nazareth.

The Hawks battled through three games, falling short by 20-30, 26-30, 18-30. The loss drops Hilbert to 0-5 in NECVA and 2-16 overall, while Nazareth improves to 4-3 in the conference and 10-8 overall.

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BY MARY ZIANNI

Playing sports is something that I’ve always done since I can remember. It’s a big part of my life and I am fortunate enough to play two college sports: soccer and basketball. College athletics is very different from high school. The competition is tougher, players are stronger, and the tempo is faster.

Coming into college, I thought it was going to be tough getting used to my classes, practice, and working at the same time. I didn’t think that I would have enough time to get my homework done and still be able to hang out with my friends, but I was wrong.

The most part of my days at soccer, we learned about time management and made a schedule to help us keep track of when classes and practices are and then we could see a lot of extra space to do whatever you wanted. That helped me out so much and I think that all students should learn about time management because it helps tremendously. I work on campus in the fitness center and it’s great because I can control the hours that I work. I make up my own schedule, which is very convenient. I know most students think it will be difficult to maintain good grades, but I’ve been able to keep my GPA over a 3.2 since I’ve been here. Believe me, there is plenty of time to concentrate on your studies while playing sports.

Soccer has been a good experience for me. I built up my confidence on the field, which also helps me off the field. Being a goalkeeper is probably the toughest position in soccer. You have to make crucial saves to keep your team in the game and sometimes things don’t always go the way you want them to. Your teammates rely on you to help them out and sometimes that comes with a lot of stress. I’ve learned that if I keep my focus and work hard, I can achieve anything I put my mind to. We’ve had two decent seasons since I’ve been here, even though we play in a very competitive conference. This year, we beat La Roche 2-1 and that was a great feeling. They are a good, tough team. The game was intense and I had to keep my composure in net. There were a couple of shots that I should have stopped in the final minutes of the game, but I just had to accept it. I have learned so much from this, like keeping my composure when there’s a lot of pressure, trying to see the positives in every single game, and just being able to relax and have fun.

In the workplace, there will be times when things will feel difficult and you need to find the strength to get through it. Even though I do play two sports back to back, I’ve enjoyed everything about it. I think that sports help build character and help you interact with different types of people. It’s a great experience and if you get the chance to play a sport in college, you should do it. I know that after college I probably won’t play any more unless it’s in a league where you play once a week, so I’m trying to get the most out of this experience and have fun.
MORE PHOTO CONTEST SUBMISSIONS

“Another Winter Morning at Immaculata”
by Cecilia Chmurzynski

“Niagara Falls”
by Heather Grinsell

SPORTS

ROMAN BROWN IS NAMED AMCC PLAYER OF THE WEEK

Hilbert College’s Roman Brown was named Allegheny Mountain Collegiate Conference Player of the Week for the week ending Feb. 22, 2010. Despite a pair of team losses to end the Hawks’ season, the freshman forward stood out for the Hawks with his impressive play in the paint. He averaged 23.5 ppg and 8.0 rpg, while connecting on 17 of 24 attempts from the floor for a stellar 71% shooting percentage.

Brown finished the season playing well above his 12.7 ppg average against two of the top AMCC title contenders. He recorded 22 points, nine rebounds, two assists and a block against Penn St. Behrend, and 25 points and seven rebounds vs. Frostburg State. For the season, the 2009 South Park High School graduate played in all 25 games with 18 starts and averaged 12.7 points and 6.8 rebounds per game. His 170 rebounds and 318 points are team-leading for the 3-22 (2-18) Hawks.

Amanda Dudek One on One in Game Against Nazareth

Office of Sports Information

Cody Troutman Takes Shot Against Mt. Aloysius

Hawks in Pink to Support the Kay Yow/WBCA Cancer Fund Associated with the Jimmy V Foundation to Raise Awareness for Early Cancer Screening