

"I am an optimist. It does not seem to much use being anything else."
--Winston Churchill

The

Carbon

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Students Help Others in Trip to Appalachia



Mark Doberenz, Brian Boyle, James Faulstich, Katrina Jahn, Maria Scarcelli, Christina Casper, Victor Breckler, Chuck Lemerson, Jen Haire, Matt Stoelb, Nancy Jenks, Bret Blockson, Rob Hamilton,

Karen Walsh

Although many students spent their spring breaks basking in the hot Florida sun, that was certainly not what everyone did. One such group had quite a different adventure. The trip took them to Owingsville, Appalachia where they were hosted by the Glenmary Sisters. Marian has been making the Appalachia trip for ten years, and this year Fr. Fred was accompanied by fourteen students. Marian asked permission to work there and Sr. Pat lined up the work they were to do.

The group left on Sunday, March 7 and returned the following Friday. They began each day with Mass at 8:15. After that it was breakfast and then it was off to their assigned worksites until five o'clock. And it was work! The group had about three different projects, but their main project which the whole group worked on at some time during the trip consisted of cleaning up an abandoned house in the

woods for a mother and her two children who were deserted by their father.

Their task was to make this house liveable. They cleaned up the floor which was covered with a thick layer of insulation, sealed up the attic, painted the walls (even taking time to add a stenciled pattern around the archway to the kitchen to make the room look more cheerful), and put a plastic seal around the outside of the house to cover up the holes letting in rain and cold air. A couple of the guys also positioned a fence at the bottom of the steep hill in back of the house to catch the children, should they fall. The house looked much better when the students left, though it did look empty because it was void of any furniture. Fr. Fred said that a load of furniture was to be donated the week after they left.

The group worked hard, but they also allowed time for recreation. Every night they

planned a prayer service, allowing time for reflection about their experiences that day. They also had "bonding exercises" such as word association games and personality tests. And of course one could not forget the trips to Dairy Queen, the gospel concert, and on the last day the adventure at Sky Bridge Park.

Fr. Fred commented, "We saw Jesus in the people who live there; they had great faith." Matt Stoelb especially liked getting a chance to meet the people they were working with, describing them as "spiritual." He went last year and liked it so much that he decided to go again this year. Fr. Fred said, "The students were wonderfully generous. I didn't have to pull any teeth to get them to do anything—they just volunteered!"

Fr. Fred said the interest was so high this year in the Appalachia trip that there is a possibility of having two places to go next year.

Graduation Plans in Order

Rob Pickett

Graduation this year is planned for 2:00 p.m. on Sunday, May 10 at the St. Francis Colonnade. A Mass will be held in the chapel at 10:15 a.m. for the graduates and a brunch at 10:45. The reception is going to be held at 3:30, on the west lawn of Allison Mansion.

All full-time faculty members and professional staff will attend as well as most of the administration and Board of Trustees. The speaker will be Bain J. Farris, President of St. Vincent Hospital. Also, Mr. Crowdus, Dr. Paul F. Mueller and Frank J. Wemhoff will be speaking. The Municipal Band will be providing music for the ceremony. In case of rain, the graduation ceremony and reception will be held in the PE Center. Tickets for both

the reception and graduation exercises, both outside and in the PE Center, will be required.

This year, candidates for graduation will receive a graduation guide when they turn in their papers. The guide has information on the ceremony itself; fees for caps, gowns, graduation announcements; and various other notices and reminders.

Those who missed cap and gown measurements are asked to see Sr. Shirley Massey in the bookstore. Rehearsal will be Wed., May 6, at 2:45 p.m. in the PE Center. Friends or family who will be travelling on I-65 into Indianapolis on graduation day should take the 38th Street exit due to the extensive road construction and closing of the 29th and 30th exits.

Heywood Banks Invades Marian

Kerry Patrick and Holly Criss

Comedian Heywood Banks invaded the Marian College Auditorium

Sunday, March 27, with more than one hour's worth of quirky comedy and off-beat lyrics.

Banks, of Q-95 fame, wore dark pants, a pink shirt, a red tie, and a jacket he coined "wintergreen" in color. His occasional "Huh-huh-huh-huh" laugh and his black plastic glasses reflected the appearance of a nerdy high school teacher from

"Ferris Bueller."

Banks incorporated a number of props to assist his act. His continuous motion on stage along with a good sense of timing kept his audience in tune with his comedy. The predominant student crowd laughed at most of Banks' off-the-wall humor, such as his ventriloquism for the hearing impaired. However an occasional corny joke prompted Banks to plead to the audience to just "Let it go...let it goooo..."

Twice in his act Banks brandished an electric guitar and performed a set of his famous (or perhaps infamous) ludicrous lyrics. More popular songs included "Dust Mites," and "The Pancreas Song," but "Looking at the World Through Flies' Eyes" received the greatest response.

Banks' show was preceded by Dr. Ken Elmendorf and his ventriloquist dummy, Elmer. "Elmo" delivered a hu- (BANKS cont. pg.3)

Guest Editorial

Language Center: Friend or Foe

N.M. Gasco

Let's talk about the language center for a moment shall we?

But where does one start? How about scheduled hours. Like many offices on this campus, the language center is made for easy access, that is there's always someone there and available except when they are somewhere else. What makes it especially easy for commuter students is that just because the language center is conveniently "opened" 2 hours per day, does not necessarily mean that there will be anyone in the lab. Also, the lab posts hours on Thursdays for example, from 11:30 a.m. to 1:30 p.m. This should read: 11:30 a.m. to 1:20 p.m., or anytime in between if you're lucky. I stopped in at 1:10 and yes the door was actually open for the first time all semester and yes I did get to admire the lovely carpeting and sophisticated equipment, but no one was there to assist me. So, I stopped back at 1:15-1:20 and the center was already closed. Heaven forbid that the center be open the entire two full hours, that's too much to ask for anybody. I left my tape there over the weekend. Mon-

day my tape was not done. Fine. Tuesday I pick it up and assuming it's done, planned to listen to it over the weekend as I practically work 24 hours a day. But guess what? The sophisticated equipment that I previously admired did nothing...the tape was blank! I guess that makes it easy to study for the test doesn't it?

I did not wait until the last minute to obtain this tape. But, for the past two or three weeks I haven't been able to obtain it and I know I'm not alone.

So, if I fail the music section of this test, I feel the language center is to thank for letting me face the music.

Oh, by the way, if the center isn't more closely monitored, I fear students will begin to use the center for their own purposes such as holding wild and destructive parties 24 hours a day. Of course these parties will have to be without the music of Mozart since the equipment is not sophisticated enough to playback the tapes they supposedly record. Let it suffice to say that the Brady Bunch had more sophisticated stereos.

CONGRATULATIONS!!!!... to the following Accounting and Finance majors for their well deserved honors and awards:

- ***James M. Meer**--Indiana CPA Society Outstanding Senior Accounting Major Award
- ***Robert F. Schafer**--Financial Executive Institute Accounting Senior Award
- ***Mary L. Davis**--Financial Executives Institute Accounting Junior Award
- ***Charles H. Kurtz**--Outstanding Senior Finance Major Award
- ***Julia B. Stivers**--Accounting and Finance Society Service Award
- ***George E. Spaeth**--Henry K Engel Accounting Scholarship
- ***James M. Meer**--Indiana CPA Educational Foundation Senior Grant Award



Student involved in COOL (Community Opportunity Outreach League) left: Kevin England, Tim Davidson, Toby Musariri, Alice Davis, and Michelle Zauaza.

The Cool National Conference '92

Toby Musariri II

The Cool conference was an experience of a lifetime. There was nothing as exciting as to see over 500 students from all over America, stretching from New York all the way down to Illinois. Gathering for something they strongly believed in, which was to find new ideas on how to better the community through mentoring and service work. Who is he/she going to be like you if he can't be like you was the main topic at the Cool Conference held in Orlando which four of us Kevin England, Tim Davidson, Michelle Zavala and I were privileged to attend.

At the conference we learned that students often arrive on campus with decent impulses and very good intentions on wanting to make the world they live in a better place. Sometimes, however, they do not know how to best use their skills and capabilities to work toward developing generosity or the capacity for conscientious action.

There were also those students who needed a little help boosting their confidence or who just need a role model on campus or in the community. Mentoring begins to play its part at this point.

In Florida we got together to discuss and try to find a solution to the hard task, which was to turn the question inward, to add "what must I do?" to "what should be done?". We found this to be an easier task when the chance to act and the human consequence of

choice were present in our minds. We found it was even easier when service activities had gotten students into the world beyond the campus gates and made the question come alive. We also learned that the connection between community service and leadership development was very tight.

DAY 1

We arrived in Orlando and spent half a century trying to find where to get the shuttle which was going to take us to the our hotel. After taking an unintended tour of Orlando International we finally found the shuttle. We got to meet a new friend at the first assembly where one of the speakers was the Mayor of Mississippi.

A very humorous, high-powered inspiring woman.

DAY 2

This was the highlight of the conference. The theme of this day was "into the streets Orlando." It gave participants the opportunity to work with community agencies in Orlando. Participants could choose from 17 issue areas. Issues ranged from Aids to substance abuse.

I chose criminal justice. Our group which consisted of 24 members went to the Orange County Correctional Institution. Before I talked to one of the officers, I was really afraid to go anywhere near the inmates because I had always believed the stereotype that prisoners were all offenders and really

bad people.

The truth is there are some people who were locked up because they could not pay bail and had not gone to trial yet. Some of them were unfortunate (COOL cont. pg. 4)

THE CARBON

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The Carbon, a source of news and information as well as an open forum for the Marian College Campus community, is not an official publication of Marian College and does not necessarily reflect the views of the college administration, faculty, or editors. Readers can submit timely and relevant letters of opinion to the editors, not to exceed 150 words and must include the author's name and phone number. For verification purposes the letter must also be dated and signed. Telephone numbers will not be published, nor will anonymous letters be published. Letters may be edited for clarity and brevity, and may be rejected if potentially libelous, obscene, inflammatory, or in poor taste. Letters should aim to address issues, clarify events, promote understanding, or clearly identify what is going on in an event, issue, or scene. No guest editorials will be accepted unless explicitly solicited by the editors. Unsolicited pieces will be treated as letters to the editors. Letters to the editors must be turned in to the Carbon's mailbox the week before they are to run.

Any campus club or organization sponsoring an event can advertise at no charge by submitting a 4"x5" ad in the Carbon mailbox in the faculty mailroom one week before the ad is to run. If typesetting is required, the ad must be submitted two weeks in advance, and a fee will be charged. The ad will run for the two weeks preceding the announced event.

Events or informational notes can be submitted for the Knightly Notes; must be 50 words or less. Deadline is Wednesdays at 3:00p.m. in the Carbon mailbox. The Editors reserve the right to edit all advertisements and notes submitted.

Fads on Campus: What's Hot at Marian?

Michelle Gobin

What's new? What's hot? I asked everyone who would hold still what they considered to be fads going around campus right now. Aside from nearly 30 "I don't know's" and two "Why do you care's?" this is what I found.

Clothes

rolled jeans
flannel shirts and boxers
plaid
flowered leggings
college sweatshirts
baseball hats

Activities

roller blades
Thurs. night parties
sex

drinking
the environment
tanning beds
saying "not"

Music

Garth Brooks
songs about sex
WZPL
WHHH

T.V.

Beverly Hills 90210
Studs

Days of Our Lives

Brady Bunch

Andy Griffith

Movies

Wayne's World

Little Mermaid

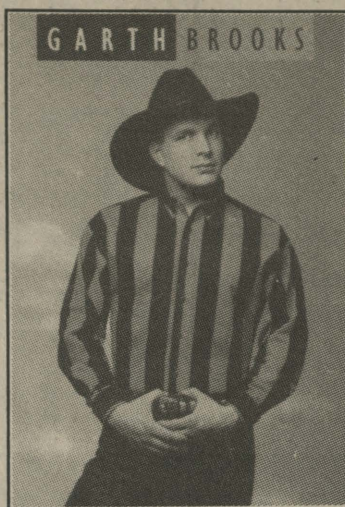
Beauty and the Beast

The Addams Family

Naked Lunch

Others

crystals
beads
sideburns
short hair
incense
Andre Agassi



Country star Garth Brooks is a hit everywhere; Marian students seem to agree.



(BANKS cont. from pg.1)

morous but gutsy act while questioning the men's baseball and basketball teams' academic standing and the personality of accounting majors.

After the show Heywood Banks sold t-shirts, cd's and cassettes outside the auditorium.

This Michigan native started his career as a folk singer, writing songs and singing; but like many others in the business, he hit a slump in his career. It was not until a comedy club had an amateur night that Heywood began to emerge as a great entertainer. Heywood commented, "A lot of performers don't like the audience putting little endings or cracks on their jokes, but the one joke with the dog eating grass seed to fertilize the lawn, someone in the audience

yelled 'chia pet'. I liked it, so I used it."

Like all people, Heywood gets tired and makes mistakes during his shows every now and again, although often the audience does not realize it. "Many times I'll be laughing with the audience and forget where in the joke or song I am, but I just keep going. They don't notice usually unless you stop in the middle and say 'I messed up!'"

The Marian College Community was entertained with all of the songs, jokes and antics; most left with aches in their sides from laughing so hard. The Campus Events Committee of MCSA brought Heywood to us for our amusement and Heywood did just that--amused us.

O Sweet Spontaneous

Michelle Gobin

15 Really cool things I've seen in the past month.

1. Three other people (one of them female) wearing handkerchiefs on their heads.

2. Two people talking about the situation in South Africa.

3. A Jane's Addiction T-shirt at Union Station.

4. Five main choices at the Cafe that could be considered vegetarian.

5. Two people wearing imitation leather. (leather is dead too.)

6. WZPL's alternative program at 2:00a.m. on Saturdays.

7. An awesome book by DH Lawrence for sale for a dollar in the bookstore.

8. The Toxic Avenger

trilogy on USA up all night.

9. A cute little underground newspaper. (Does this mean I do have a few faithful readers? I applaud whoever's in charge.)

10. Green lettuce in the salad bar.

11. Broad Ripple High School's production of Romeo and Juliet.

12. A green El Camino painted like an olive. (At least I think it was an olive.)

13. Heywood Banks.

14. The new video by The Cure.

15. A shoebox full of condoms in Clare Hall lobby during the health fair. The freezer is stocked.

Food for Thought

Beth Whalen

(second of a two-part series)

There has been an explosion of nutritional information in recent years. As Americans become more health conscious they are interested in what they are eating.

Greater emphasis is placed on the role of nutrition in the prevention and treatment of disease. Americans are being challenged to re-examine their dietary habits and long-held beliefs about food.

Along with all this additional information comes confusion. Which studies are right? Who does one listen to regarding diet and other nutritional issues?

The registered dietitian has long been recognized by the medical community as the expert on nutrition. Only now is the rest of society beginning to discover the value of the dietitian.

Dr. Edward

Yaghoubian, Registered Dietitian and Assistant Professor of Dietetics at Marian, believes much of the confusion is a result of the scientific research being released prematurely to the public. Scientific research is often a continual process of learning and may not be an end in itself. He says often the public cannot understand the true meaning of research and jumps to conclusions.

According to Dr. Yaghoubian, one of the strengths of the dietitian is the direct contact with the people.

"They are in the front lines. It is their responsibility to explain these (scientific) things in a simple language. Then those who are not qualified to call themselves a nutritionist will not be able to take advantage of the people," Dr. Yaghoubian believes.

It was her perception of the public being taken

advantage of which prompted Jessica Barnes, freshman dietetics major, to want

"to learn everything about dietetics."

Jessica worked for a national weight loss clinic during high school.

"They manufactured their own food," she explains. "I didn't think it was right the way they were handling it. You need to teach people about everyday food...food they cook for their families. People can't afford to buy special food every week."

Doug Behlmer can appreciate the struggle to improve one's eating habits. He has changed many of his own habits since studying nutrition but admits to deviating occasionally.

The junior dietetics major sometimes finds himself held more accountable for his dietary habits

(FOOD cont. pg 4)



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Knightly Notes

Registration for **Kids-n-Sibs Weekend** is to be turned in by **April 4th** in Student Activities office in Alverna Student Center. Check-in time for the weekend is **April 10 4:30-6 p.m.** in Alverna. Guide for weekend events will be handed out then.

Graphic design and animation demonstration using the McIntosh computer system will be presented in the Writing Center in Kavanaugh Hall on **Thur. afternoon April 2 and Fri. morning April 3.**

COMMENCEMENT USHERS NEEDED: Volunteers needed to usher at commencement ceremonies on May 10. The college will pick up the room and board contract through Graduation Day for those students living on campus. If you are

interested, please see Connie Wesner, the Assistant Dean for Academic Affairs, before Friday, April 24, 1992 or call ext. 212.

EASTER EGG HUNT- The International Club needs help for the annual Easter Egg Hunt on Saturday, April 11. Any help would be appreciated. On April 15, we will be coloring Easter eggs. Everyone is invited. If interested, contact Sister Rosanne at x272 or drop by Room 210 by April 8.

Pax Cristi will be coordinating downtown vigils at the Old Federal Building (Ohio & Penn.). The goal will be to protest the Bush admin. policy of forced Haitian repatriation and to encourage the return of Jean-Bertrand Aristide to the Haitian presidency. For more info call Brian, x567.

WOMEN'S HISTORY MONTH OBSERVATION

Carolyn Coukos, a distinguished Indiana lawyer, will be at Lunch and Learn on **Thursday April 2 11:30-12:20.**

For the past eight years, Carolyn Coukos has been part of a major effort to get Indiana legislature to pass the Uniform Marital Property Act, that would make property acquired during marriage equally owned by both spouses.

The event is sponsored by the History and Sociology Dept and will take place in the West Dining Room. Bring your lunch, see the NBC 25-minute video. There will be time following to discuss problems and solutions to this very important issue. All are welcome to join in to participate or just listen and eat.

(COOL cont. from pg. 2)

because they might just have been at the wrong place at the wrong time. Behind bars we do not know whether some of them are good or bad. We are not to judge. What we can do through volunteer work is help some of them develop their skills, so that they may be better people when they get out in that way they will be able to contribute to society.

To be accepted as a volunteer one has to go through an extensive check for security reasons EG the FBI and you have to be with an organization eg AA.

DAY 3

We got together and reflected on the new things

we had learned from each of our respective into the streets issues. Saturday however was a workshop day; like everything else they were fun and very informative. After the workshops we had joy, we had fun in the Florida sun. We also frolicked in the sand.

DAY 4

We said goodbye to good old sunny Florida. Saying goodbye to the good weather was almost like dying a little.

It gets you involved and you get to use your time, energy and talent for something really worthwhile. It might be something perfect for you, why don't you find out? Call Alice Davis ext. 257.

The Marian College Theater Department would like to invite anyone interested to one of the largest theatrical producing organizations in the world--the Shakespeare Festival in Stratford, Ontario.

The reservation deposit is \$35 due before Mon., April 6, and is non-refundable. Total cost for

trip, performances, and three nights stay is \$135. The buses leave on Thurs Oct 15 and will return on Sun Oct 18th.

The performances:
Measure for Measure
Romeo and Juliet
The Tempest
HMS Pinafore

*For more info, contact Jack Sederholm (Ext 292).

(FOOD from pg. 4) because he is studying to be a dietitian.

"Some students give me a hard time and kid with me about eating correctly, but they also ask for advice. They want to know if certain foods are good or bad for them," Doug says.

Beth Gindling is in her final year of study to prepare her for a second career as a registered dietitian. She sees the role of a dietitian as the counselor.

"People are starting to realize they can talk to dietitians and ask them questions about nutrition. Dietitians are starting to reach out to the community. People can have their questions answered instead of asking someone in a health food store," she believes.

"My daughter just rolls her eyes when I say something is high in fat or they need to eat more fiber. The kids say I get on my soapbox. But I don't talk

about it too much!" Beth insists.

Cathy Strain, Registered Dietitian and Program Director of Marian's Dietetics program, says opportunities for the dietitian will continue to expand.

"I see the dietitian as recently recognized as working in an even broader array of environments. We are going to see an even more heightened interest regarding food supply and easily prepared foods. Less people are going to come into their home environments with knowledge of how to cook or make food choices."

The dietetics department is available to answer personal nutrition questions or help those who are on a special diet. Either contact the department directly or direct their questions to the school nurse. Cathy says, "There is a resource here the college community can tap into."

Classified Ads

Attention...International Entertainment Bureau has DJs, Bands, Speakers, Comedians, and Celebrities. Call 926-7566 for details!

Nanny needed for the summer for children ages 9, 6, and 3. Pool privileges and close to Marian.

Need own transportation. Earn \$150 a week. For more info call Cathy Cowden at 290-8556.

Summer jobs-run, manage own store. Learn marketing, sales and advertising. Earn \$3000+ May through July 15. Call 257-9446 for details.

Wanted: PT nanny for two children, ages 8 and 6. Very flexible hours (approx 8-10 hours per week). \$3.50 per hour. Must have own transportation. Northside location. Call Sarah at 257-0539.