

# Around Rap Around Rap Around Rap Are



## Direct Information

Students at Notre Dame participated in a Vocations Day March 23, which opened with an assembly addressed by, from left, James Jaeger, a priest candidate at Becket Hall; Brother Edward O'Donnell, a Carmelite from the Waverly monastery; Sister Kathleen O'Connell, RSM, a chaplain at Geneseo State College; Father Patrick Connor, a Divine Word Missionary; and Father Daniel Riley, a Franciscan. The panelists also were available during the day to answer questions from interested students.

## Who's Who

Phil Lanzatella of McQuaid, was named by the Rochester Times-Union as City Catholic League wrestler of the year. Lanzatella finished the season with a 35-2 record and a fourth place finish at the state tournament. Joining Lanzatella on the all-star team selected by the paper are: John Bellomo of Bishop Kearney and Andy Springer, Rob Starkweather, Lem Rogers and Vince Baiamonte of McQuaid.

finished with 24 points, shooting 11 of 13 from the field, had two rebounds and handed out six assists.

Jody Lavin (ex-Geneva DeSales) of the University of Rochester, Sue Mulroney of St. John Fisher, and Meg Tuttle, (ex-Cardinal Mooney), of Nazareth College have been named to the Eastern Association of Intercollegiate Athletics for Women All-Northeast Region basketball team.

Scott Delgatti (ex-Cardinal Mooney) is fighting to land a job pitching for the Rochester Red Wings of the International League. If he fails, Delgatti will most likely end up playing for Class AA Charlotte of the Southern League.



JOHN

Aquinas junior, John Uebelacker, has won the Rensselaer Math and Science medal. Only one medal may be awarded a year per school. To qualify John achieved the highest combined average for both Math and Science.

## Speaking Out

By Mary Shannon NAZARETH

We are now in the middle of 40 days of what should be spiritual growth and development. It is a time, we have been taught, when we are expected to search for the "selves" within "ourselves" by different forms of self-denial. It is a time when Catholics traditionally have fasted and abstained from meat and all other forms of entertainment. How can we relate this to us today?

Our lives, aside from school and work, often revolve around parties, movies, sports and concerts. How do these fit into Lent? Should our social lives be eliminated? Or modified? Quite possibly it's not the change in our social life, but the change in ourselves as a

whole. The traditional question asked (at least in my school) is "What are you giving up for Lent?" An even more traditional reply of "ice-cream" or "candy" seems to come quickly. How is a rejected candy bar going to help us — or anyone else?

It is, true Christ fasted extensively for 40 days and we should in turn follow His example. But perhaps more importantly, we should be trying to develop our frame of mind, our own personal and spiritual beings to the height of perfection He reached.

Possibly it's not the giving up that is needed — alone. It may be making up for Masses skipped, the rumors passed, or the English paper not done. Lent should be a positive time. A time used to build oneself up for Easter.

Easter is the time of newness — in nature and ourselves. Spring seems to be God's outward sign of his hope for our future. He offers us this through flowers, leaves, and grass. Things forgotten, only thought of in Winters past. The air is cool with a warm edge. It seems a sign of still more to come as the days go by. It is like a gift from God, giving us the chance again to be more like Him.

Lent should be focused on the joy of Easter to come. Now we should work on ourselves to prepare for this occasion. To become more aware of all things. Lent, though a time of careful preparation, should be built upon a happy spirit because, "Rejoice, For I make all things new!"

## Sheehan Ends ND Career With 45 Wins

By Martin Toombs

Elmira — Scott Sheehan will be continuing his wrestling career in college next year, but he leaves Notre Dame, Elmira with a record that should remain intact for some time.

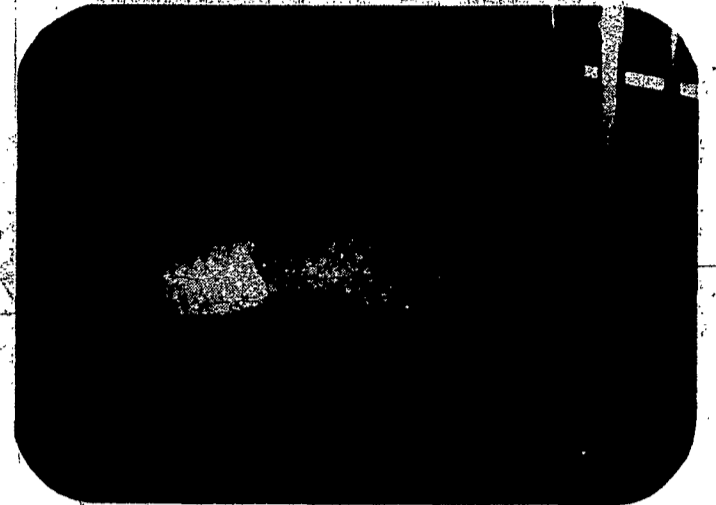
Sheehan competed in 15 dual meets each of the last three years, and left the mat each of those 45 times a winner.

He also capped his junior and senior seasons with sectional championships, and, this year, added a third-place finish in the state championships in the 119-pound weight class. He finished the season with a 36-2 record overall.

After such a career with Coach Michael Watson's Crusaders, it comes as no surprise that Sheehan has had "three or four" scholarship offers. He reported that he is considering Old Dominion, Virginia, Hofstra or the University of Buffalo, with a view toward wrestling and studying business.

Sheehan said that he first started wrestling as a Notre Dame freshman because of Watson's encouragement. Then, when the coach was out of earshot, he credited him with the team's successes. Sheehan called him "the most talented coach within miles of here," adding that he has had opposing coaches tell him that.

In the summer of 1977, Sheehan went to a national wrestling tournament, after placing second in a state competition in freestyle



Scott Sheehan working out on Notre Dame's Universal Gym.

wrestling, the type used in the Olympics. Although the experience improved his take-down skills, which are important in freestyle, he said he prefers the regular style.

Sheehan noted that wrestling "is a lot harder than any other sport I've done," requiring more physical exertion. Wrestling for six minutes is "totally exhausting," he noted, and added that "being in good shape" is a major factor in who wins. He noted that physical conditioning is especially important for tournaments when a competitor may have to wrestle as many as three times in one day.

A year-round body building program is important for developing the kind of strength necessary, he noted.

His coach agreed that continuous work is important. He stated that only two or three team members keep at it

all year; "coincidentally, they had the best records," he added.

Watson recounted that when Sheehan was a freshman, he and several teammates took a beating, competing with much more experienced wrestlers. But experience and hard work paid off, he said, and the team has become increasingly stronger.

Sheehan has been a major factor in that improvement, Watson noted, as he could usually depend on him for "five or six points" in each match, meaning that he would get either a superior decision or a pin.

His weight is "just right" for the 118-pound weight class in college, Sheehan said, or possibly he could go up to 126 pounds. Whatever the weight class and wherever the school, Sheehan sounds as though "year-round body building" program is on for next season.

## ND Drive A Success

According to Notre Dame's newspaper, the Maryleaf, this year's school magazine drive was a great success. Over 75 per cent of the student body contributed, raising \$13,668.

Top salesman was David Agran (\$358) who received \$50 for his efforts. Mike Cappola won \$25 for having the second highest sales, \$176.

Others who topped the \$100 quota were: Nancy Maloney, Ron Tryon, Gary Milne, Kathy Dingleberry, Kathy Atkinson, Colleen Reynolds, Lisa Teeter, and Rosemary Wetmore.

Main incentives for the student salesperson to attain goals were out of uniform privileges and a day off from school.

## AQ Notes

Sophomores and freshmen will be participating in retreat days, Monday April 9 and Tuesday, April 10, respectively. The rest of the school will have the days off. Vision testing will be available on April 6, the same day the forensic team is in Albany for speech finals. The ACT tests will be given at the school on Saturday, April 7 at 8 a.m.

## Team Challenge

St. John Fisher College's alumni will try to repeat last year's victory against the school's club hockey team on April 7 at 4 p.m. in the Lakeshore Rinks, 123 Ling Road. The event which is becoming an alumni tradition, according to a Fisher release, is open to all alumni. For further information interested person may call the alumni office (716)586-4140 ext. 340.



## State Champs

Aquinas seniors Mark Foley and Larry Costanza display the trophies won at the recent NYS Forensic League District Championship Tournament, Monticello, N.Y. The young orators will now compete in the National Championships in Cincinnati, Ohio.