

ECHO ECHO ECHO

A Time for Reflection

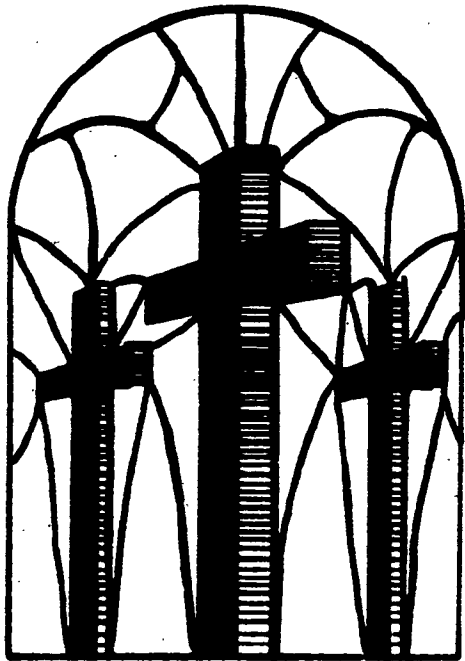
By Mark Simonelli

When one thinks of the word retreat, a negative picture is formed in that person's mind. The most common definition of the word "retreat" is withdrawal from danger. Yet we at Aquinas have taken that negative word and have developed it into a great experience which enhances our experience with God. By retreating from our ordinary schedules, we are able to develop different perspectives of the relationships with ourselves, others and God.

There are two paths that an Aquinas student may take in order to achieve his goal of a stronger relationship with his community, and with God. The first is the day retreat in which a group of students, usually a homeroom class, leaves school for a day to reflect on their lives. These students usually go to St. Jude's Parish Center, under the guidance of a priest from school as well as student peer ministers. To make the day of reflection more meaningful, different exercises are introduced to help each student reflect on his experience in life. Each class has a different theme. The freshman have recently completed their retreats and their theme was getting to know each other better. New friendships are stressed because one can't get to know God unless he knows himself as well as his peers. A person can't love God unless he can experience love himself. God is definitely in our lives here at Aquinas.

The second path is the weekend retreat. A group of students, usually seniors, go away together for a weekend in order to look at several aspects of their lives. The weekend retreats are under the guidance of four faculty members and peer ministers and are usually held at Camp Stella Maris on Conesus Lake. They contemplate their relationships with one another and the importance of God in their lives. The students also try to answer the question: Who am I? The goal of the retreat is to understand what God called them to be and how they can be a sign of hope for others. In this sense, this type of retreat is known as the "rainbow" retreat. The students wish to bring God's sign of the rainbow into reality. The rainbow seems to symbolize God's love for us and is brought into reality as the students achieve their goal on the retreat.

Peer ministers are an intricate part of the retreat program at Aquinas. They are usually juniors and seniors who work very closely with Fr. Mitch Dowalgo, chaplain at Aquinas, in planning the retreats. The students go over the retreat plan and answer



the discussion group questions before they attend a retreat as a minister. We find that many students respond more openly to a peer in this situation. Using peer ministers has proven to be a fulfilling experience for the ministers as well as the students on retreat.

Father Dowalgo and Father Tom Helfrich organize the retreats, which are not always the same. Father Dowalgo develops the retreat programs according to his experiences and the needs of the students. He was one of four Catholic chaplains at the University of Alberta. By keeping in touch with the people he has worked with, he has gained the knowledge to organize different retreats. He is always willing to try new things to make retreats better.

One of the most important aspects of the retreats is that new friendships are made. The students stop looking at facades and try to see each other for what they really are. The friendships do not end after the retreat. New friends get together afterwards and this is what makes the students at Aquinas special.

The retreat program is an intricate part of Aquinas. It is the ability to interact with one's God and peers. The ideal student is one who can relate with God and his peers. As students at Aquinas, it is our duty to fulfill God's message. We are to love and care for one another. By developing ourselves through the retreat program, we are able to do this.

Speaking Out

By Lisa Frisone
Cardinal Mooney High School

You've come a long way, baby! Stand proud and declare your rights as an American citizen. Pledge allegiance to the flag. From sea to shining sea, America the beautiful is witnessing a powerful rebirth in "patriotism."

Gone are the turbulent 1960s and 1970s - a time when Americans hid their heads in paper bags because they were too embarrassed to face the world. We are being led to believe that trying times are now mere memories with little or no substance in today's world.

The Civil Rights movement is behind us, as are Watergate and Vietnam. Forgotten are the Iranian hostage crisis and the plight of the steelworkers.

We have locked the poor, elderly, students, and single-parent families in the closet, pretending that they don't exist. They have been replaced with America's family. The Cleavers are alive and well and are proud to represent the American public.

"Hey, Beaver. What's wrong?"

"I'm worried, Wally. The President said on TV that he's gonna have to cut student aid and grants. How's dad gonna afford your college expenses?"

"Don't worry about it, Beaver. Do you know why Mr. Reagan is doing that?"

"No, Wally."

"So we can have money for the

national defense budget. It's important that our country is able to defend itself against the Communists. I can always go to college after I get out of the military. After all, then I will be deserving of college aid."

"Oh. Now I get it. Hey, Wally, let's go see a double feature. Rambo and Commando are playing at the same theater."

"Sounds great, Beaver. Let's go."

A far-fetched conversation? Maybe, but it gets the point across, and effectively.

Many Americans feel that this country has been criticized and abused too long. We're not going to take it any more. No longer will our great nation be the punching bag and scapegoat of other nations. The time to act is now, and if someone pushes us too far, we are going to come out victorious.

Our country is leaning towards blind conservatism. We must open our eyes, and instead of erasing all that the 60s and 70s fought for, we must go forward. Idealistically, we must strive for global unity with our brothers and sisters. Be proud to be Americans. Be even prouder to be humans.

I am not a communist, bent on the destruction of Mom, apple pie and democracy. I am an American citizen who is concerned about our welfare, as well as the welfare of others.

Equal Time

Bishop Kearney
What is your opinion of the way the media handles tragedies, such as the space shuttle incident?

Jill Kress
Junior
Coronet sports editor

The media coverage of tragic events has been exaggerated. The fact still remains, though, that the public must know and understand what has happened. If we are not told the truth, no matter how tragic, we might begin to fear such projects that the U.S. engages in, or cease to believe the press and that what they print is true. Media coverage should continue to be extensive, but not too complicated. It is important for all Americans to be informed on the state of the nation so we can grow up without any trace of fear of the unknown.



Chris O'Connor
Senior
Students Reaching Out

The space shuttle explosion was an overwhelming disaster; however I disagree with the media's attempt to place a higher value on some lives than others. For example: why doesn't the media do equal investigative reporting on plane crashes. People are people, right?



Amy Herbert
Sophomore
Tennis

I feel the media does a very thorough job in reporting current events, yet in the space shuttle event I think that they overdid the coverage and were too repetitious. They spent too much time analyzing the event which was not necessary. Overall though, they try to bring news to the public in the best way that they can. It is important to realize the hard work that goes into each news report.



Sharon Dermody
Junior
Soccer

I don't feel that the media handles issues such as the space shuttle very well at all. I think that they use sensationalism in their articles and photos. The media distresses the victim's relatives and friends more by the way they obtain and present their material. They don't seem to be very concerned about the people's feelings; just for their story and who gets it out first.



Ana Tarafa
Sophomore
Forensics

When the media cover a tragic event they seem to at times blow it out of proportion. The media does cover stories well, but at times it presents exaggerations. In a tragedy, the family of the people involved needs privacy. Sometimes the media makes this impossible.



Vinnie Falbo
Freshman
Basketball

I believe that our news media does an excellent job of informing the public, although at times, the media carries the stories out to a degree which is out of proportion. The media has attempted to bring the news to us in an entertaining manner which becomes long-winded. They should keep to informing us of the facts, rather than continue on in a way of little purpose.



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Aquinas	Mark Simonelli	DeSales	Matthew Carty
Bishop Kearney	Marilou Halstead	Mercy	Rebecca Boyle
	Deana Manuse	McQuaid	J. Peter Huggins
Cardinal Mooney	Tim Flynn	Nazareth	Debbie Cragg
	Jolie Pizzi	Notre Dame	Elena Cambio
	A.J. Rogers		

HOUSE OF GUITARS

We received 14 correct entries identifying **Genesis and Mike & the Mechanics** as the 2 music groups Mike Rutherford is currently in



The winner was **Todd Vallie** of McQuaid High School

MUSIC TRIVIA

This weeks question:

What singer-songwriter, born in Peoria, Illinois scored his biggest hit to date in 1980 with the ballad "Longer"?

A:

Name _____
Address _____
City _____ State _____
Zip Code _____
School _____

Rules:

Each week, the Courier-Journal, in conjunction with the House of Guitars will feature a Music Trivia contest. All you have to do to enter is answer the question, fill in your name and address and the school you attend (if applicable), cut out the coupon, and send it in to the Courier-Journal. If more than one correct entry is received, a drawing will be held and one winning entry will be drawn.

If yours is the winning entry, you will be mailed a coupon for a free album or tape of your choice redeemable at the **House of Guitars, 645 Titus Ave.**

All entries must be received within seven days of this paper's issue date. Winning names and answers will be printed the week following each drawing.

The Courier-Journal
Music Trivia
114 S. Union St.
Rochester, N.Y. 14607