

Echo

DeSales High School What's the real meaning of Valentine's Day?

MARGARET FINNERTY, junior

On Valentine's Day, we remember others in a fond way. People we care about hold a special place in our hearts and bring a special warmth.

BILL BIRDSALL, junior

I believe that the true meaning of Valentine's Day is to think of and/or be with someone that is special to you in some way.

CHAD CHORNEY, junior

I think the true meaning of Valentine's Day is that we express our love and admiration for the people we care about in our lives.

UR announces scholarships for area Hispanic students

The University of Rochester's Office of Admissions has made a new scholarship for Hispanic students available beginning this year. The University of Rochester-AHORA (Access for Hispanics to Opportunities Results in Achievement) Scholarship has been established to meet the special needs of Hispanic students in the Rochester area.

The scholarship is valued at up to \$2,500 for each of four years for a total of up to \$10,000 over four years. Scholars with financial needs above this amount may also be given other scholarships and a financial aid package to fully meet their need. Those who do not demonstrate any financial need will be eligible for an "Honorary Book Award" of \$250.

Eligibility is limited to Hispanic students

As Teens See It

MARYN NICHOLSON, junior

Valentine's Day is a day when you show love to your companions and make them feel special. I often think of the romantic aspects, like giving flowers.

who are residents of Monroe County and who are applying to the University of Rochester as high school seniors or as transfer students.

The Nomination Committee will look for candidates with strong academic achievement and extracurricular or volunteer work experience. Candidates will also have a personal interview and write an essay. Applications for the scholarship are available in high school guidance offices and various community agencies.

By Renee Petrillo
Nazareth Academy

I don't understand why we mock people who are overweight or obese. Many of these people today are often picked on or talked about. It's not fair to them. Whatever one's weight, I believe everyone should be treated the same.

Psychological problems cause some people to be obese. Emotional problems at home or in school can cause them to overeat. Then they start gaining weight and put themselves down a lot, and get so depressed because they can't seem to stop eating. They start to constantly eat until they get sick. These people need support, not criticism.

Another reason some people — about five percent — are overweight is because of a real physical disability. Obesity is usually caused by the consumption of more calories than the body can use. The excess calories are then stored as fat. Although the body has a natural ability to adjust food intake to body needs, this process is sometimes disrupted because of glandular defects. Should we laugh at these people who are overweight through no fault of their own?

I also feel that it's wrong to mock people who are only slightly overweight — say, five or 10 pounds. If the health of these "overweight" people isn't being endan-

Speaking Out

gered, why should we we think it's wrong that they're five or 10 pounds heavier than "normal?"

Maybe people who are overweight try to compare themselves to others who are thinner, like the movie stars and models we see today. I think this is wrong for them to do. Even if a person isn't what a doctor would call obese, he or she may think so and end up starving him or herself because of it. We see all those commercials about diet pills, and we get so intimidated by them. It's hard to believe that people actually believe that they can lose all the weight in a few weeks. This is absolutely unhealthy to do.

I personally think that those who like to make fun of obese people should first think about how they would feel if it were them. Most of us don't think of this — and it's hard to — because not all of us are in this same situation. We should, however, try to consider other people's feelings too, and look at the person on the inside.

Sparring students keep AQ tradition alive

By Cindy Skelton
Aquinas Institute

Boxing has been a tradition at Aquinas for the past 56 years. Starting out as a program to support the missions, the annual Mission Bouts soon became a traditional fund raiser at the school. Today, part of the money still goes to the missions, while some goes to the boxing club.

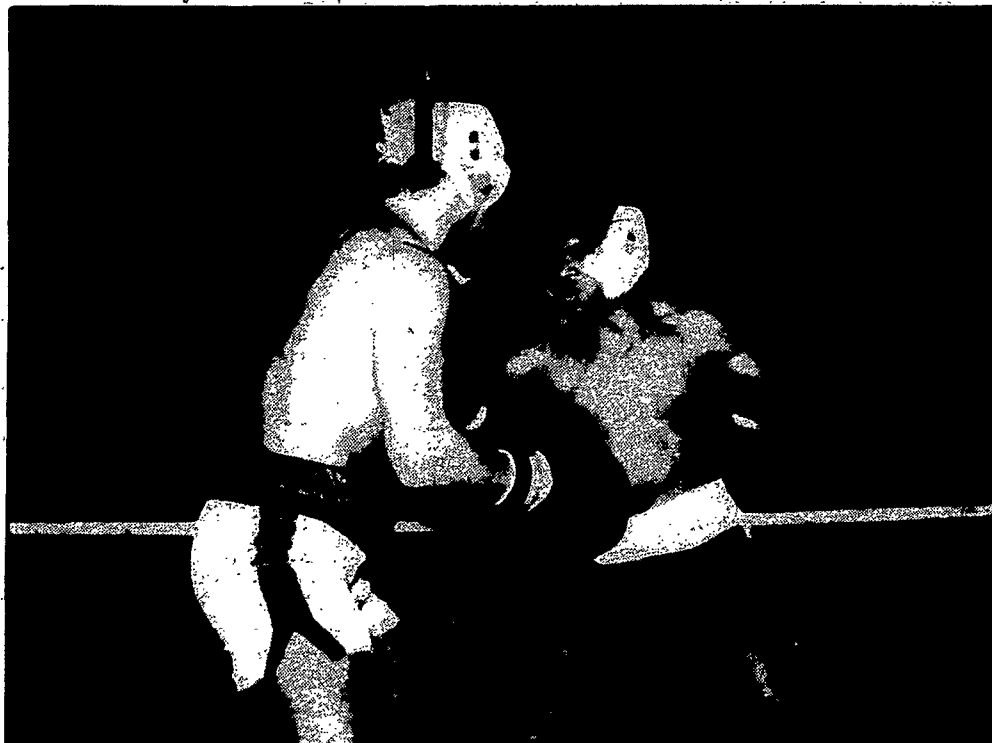
Coaches Dominic Arioli and Kevin Farrell — both amateur boxers — teach the boxers safety first. It's important that the boxers are paired by skill level. The boxers' training, which is very strenuous and involves lots of conditioning, starts in January, with two weeks of calisthenics and running before the boxers even get into the ring. This is followed by six weeks of sparring sessions. Four days before the Mission Bouts, the boxers participate in a round-robin elimination match.

Robert Schwab, a sports-booster and moderator of the boxing club at AQ, is an important part of the boxing tradition. The father of five sons who boxed at Aquinas, Schwab keeps in close touch with the coaches and watches practices many times a week. He is in charge of making sure the boxers have all the equipment they need. The boxing ring is donated from St. Martin's Boxing Club.

"They are real nice people (at St. Martin's)," Schwab said. "They've given us the ring every year."

Students who keep the tradition of the Mission Bouts alive at Aquinas are very dedicated. "Any kid who can walk up those three steps to the ring is a very special kid," Schwab said.

One such special fighter is junior Mike DeLano, a third-year boxer at Aquinas. Delano



Joe Altobelli, a four-year veteran of the Mission Bouts, won his senior-year bout with junior Tony Postell (right) last March.

first became interested in boxing to get in shape. Through his participation, he gained much more than a knowledge of boxing skills; he also gained many friends.

"When you box, you make a lot of friends, and contrary to popular belief, we're still friends even though we fight," DeLano said. Because boxing is not a sport in which other

schools compete, most schools don't even consider it. Aquinas, however, is not like most schools. The Mission Bouts make Aquinas unique — the only high school in the nation to offer boxing as a sport. The Mission Bouts give kids an opportunity to learn how to box, to get in shape and to participate in an unusual, high school contact sport.

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We received 15 correct entries identifying David Bowie as the English performer who adopted the persona of "Ziggy Stardust."

The winner was Tom Zampatori of Rochester

MUSIC TRIVIA

This week's question:
What southern band named themselves after their gym teacher?

A: _____

Name _____
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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
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Courier-Journal

THE By Jo Doubl 768 p

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