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

Students Help Others in Trip to Appalachia

Mark Doberezen, Brian Boyle, James Faulstich, 
Katrina John, Maria Searcelli, Christina Casper, 
Victor Breckler, Chuck Lemerson, Jen Haire, Matt 
Stoelb, Nancy Jenkins, Bret Blockson, Rob Hamilton

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 ventriloquist 
quarium for the hearing impaired. However an occasional corny joke prompted Banks to plead to the audience to just "Let it go...Let it gooo..."

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

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 for graduation will re­ 
ceive a graduation guide 
brunch at 10:45. The re- 
ception is going to be held 
at 3:30, on the west lawn 
of Allison Mansion.

All full-time faculty 
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 speak­ 
ing. The Municipal Band 
will provide 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 gradu­ 
aton exercises, both out­ 
side and in the PE Cen­ 
ter, will be required. 
This year, candidates 
for graduation will re­ 
cive a graduation guide 
when they turn in their 
papers. The guide has 
information on the cer­ 
emony itself; fees for 
caps, gowns, graduation 
announcements; and 
various other notices and 
reminders.

Those who missed cap 
gown measurements 
are asked to see Sr. 
Shirley Massey in the 
bookstore. Rehearsals 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 gradua­ 
tion day should take the 
38th Street exit due to the 
extensive road con­ 
struction and closing of the 
29th and 30th exits.

Karen Walsh

Although many stu­ 
ents spent their spring 
breaks basking in the hot 
Florida sun, that was cer­ 
tainly not what everyone did. One such group had 
quite a different adven­ 
ture. The trip took them to Owingsville, Appala­ 
chia where they were 
hosted by the Glenmary 
Sisters. Marian has been 
making the Appalachia 
trip for ten years, and this 
year Fr. Fred was accom­ 
panied by fourteen stu­ 
ents. Marian asked per­ 
mission to work there and 
Sr. Pat lined up the work 
they were to do.

The group left on Sun­ 
day, March 7 and re­ 
turned the following Fri­ 
day. They began each 
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 was to work on at some 
time during the trip con­ 
sisted 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 furni­ ture was to be donated the week after they left.

The group worked hard, but they also al­ 
towed for time for recre­ 
ation. Every night they 
planned a prayer service, 
allowing time for reflec­ 
tion about their experi­ 
ences 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 gos­ pel 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 enjoyed getting a chance to meet the people they were working with, de­ 
scribing them as "spir­ itual." He went last year 
and liked it so much that 
he decided to go again 
this year. Fr. Fred said, 
"The students were won­ 
terfully generous. I didn't have to pull any teeth to 
get them to do anything­ 
you just volunteered!" 
Fr. Fred said the inter­ 
est was so high this year in the Appalachia trip 
that there is a possibility of having two places to go 
next year.
The Cool National Conference '92

Toby Musarir 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/she can't be like you was the main topic of 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 which consists 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 the greatest education. Some of them were unfortunate (COOL cont. pg. 4).

Student involved in COOL (Community Opportunity Outreach League) left: Kevin England, Tim Davidson, Toby Musarir, Alice Davis, and Michelle Zauaza
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” and two “Why do you care?” this is what I found.

**Clothes**
- rolled jeans
- flowered leggings
- plaid
- flannel shirts and boxers
- baseball hats
- college sweatshirts
- rolled jeans
- plaid
- sex
- drinking
- tanning beds
- the environment
- songs about sex

**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

**Others**
- crystals
- heads
- sideburns
- short hair
- incense
- Andre Agassi

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

**Movies**
- Garth Brooks songs about sex
- WZPL
- WHHH

15 Really cool things I've noticed 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.
8. The Toxic Avenger triloxy 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.)
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 specialty 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.
Knights 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 ext. 212.

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 to encourage the return and eat.

USHERS NEEDED: The college will pick up to protest the Bush very important issue. Any help would be appreciated.


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.

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 $55 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 18.

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

“More for info, contact Jack Sederholm (Ext 292).”

We got together and realized some of the kids say I get on my knees. So, that’s why we have a dietitian. 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.”