Students keep up the PACE at Rutgers

By Johnathon Andrews

February was a busy month for the DeSales PACERS. Peer Advising Counseling Educating had the chance to display some of their programming and workshops for an audience of other college and university students at Rutgers University. As PACE continues to gain a name for itself at DeSales, the need to utilize experience from other campus sources was a great opportunity. On Saturday, February 26, PACE and their advisors, Dr. Greg Amore and Wendy Knaul, made the trip to New Brunswick, New Jersey. Rutgers was the chosen host the Bacchus and Gamma National Peer Educator Network’s regional conference. DeSales joined with other certified Peer Educators from New York, New Jersey, and Pennsylvania with the hopes of bringing fresh, external ideas to campuses in each of the three states.

Choosing from various topics of presentations, the PACERS attended programs performed by other colleges/universities to increase their own knowledge and do research for potential DeSales programming. Programs attended included sexual relations covered by Lehigh University’s “SEXPERTS”, alcohol and its scientific effects on the body, sexual assault and its various effects, and basic communication in relationships, sexual assault, and STD’s. Their presentation’s call for highly active participants playing “Communication Feud”, and the “Telephone Game” provided for a fun, learning atmosphere.

First-year PACER Chad Serfass

Rape Aggression Defense helps women protect themselves

Edited by Jan Fleisch

Rape Aggression Defense or R.A.D. is a course specifically designed for women to increase their ability to defend themselves against sexual or physical attacks. The twelve hour course is provided by the DeSales University Police Department to educate the school community.

It is the responsibility of the University Police Department to bring educational programs to the University community. Officer Karen Tempinski, a certified R.A.D. instructor and DeSales University Police Officer, researched the program and brought it to campus. "This program is offered to any woman at DeSales University. It has benefits that can reach women of all ages. We are looking to open the program next semester to ACCESS students as well."

This program seeks to aid women of all physical capabilities. It is not a martial arts course. The program does include some active, hands-on instruction. However, it is not necessary to have any prior training. "It’s important because any woman is open to the possibility of being a victim to sexual assault," says Tempinski. 

"Often times I find that many women do not understand the definitions of rape and sexual assault. There are women who believe they lose their rights if the assault occurred when they were under the influence of alcohol and are under twenty-one years of age. It is important to dispel myths like those and others." The course progresses into hands-on techniques in later sessions.

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Great American Sleep Out increases homeless awareness

By Erin Magazine

Earlier this year, I learned that birds get up around 5:15 in the morning. Yes, I was awake, and yes, I was outside in 40 degree weather attempting to sleep on concrete when I heard their beautiful little chirping that told me I had been awake all night and that time was almost up. Description: the Great American Sleep Out.

On Wednesday November 18, 2004, I went into peer pressure and slept outside in a box. I begged for my dinner at the HHSC sleep in a cardboard box in front of the library, shivered in 40 degree weather, and realized how much fun you can have with those conditions.

Two weeks before the event, tables were set up in the cafeteria for people to sign up to sleep out and for others to donate money. People sponsored those sleeping out to cover the cost of the $15 boxes and to support Habitat for Humanity. Each box was worth $15 to simulate to high cost of housing.

Although a common myth is that homeless people don’t work but, rather, get all their money from public assistance programs, the fact is almost all homeless are among the working poor and work at a minimum wage job. Research shows that no person working a minimum wage job is below the cheapest rent possible in any state across the country. Therefore, $15 boxes, although a seemingly onerous task, is actually relevant to the replication of homelessness.

During the actual event, some participants begged for money. Brain Berth even raised $50 just from holding out a cup. Overall, the event rose close to $583.37 for Habitat for Humanity.

At 7 pm, about twenty-five “homeless” people stood in a group outside of the University Center begging passers by for dinner. We were entertained by Tom Lelo and his guitar and Natalie Antrim playing her tin whistle. The open guitar case even earned a few jingle jangles.

At first, people passed by, ignored us, and made a wide circle around the group as if to pretend we didn’t exist. But soon, friends began to donate food, and after that, even strangers came up with plates of pizza, bags of cookies, sandwiches, and hot chocolate. Someone brought a tray of cheese, and Dunkin Donuts donated donuts they hadn’t sold that day. By the next day, we had so much food that the people who participated in the sleep out had bags of it to take back to their dorms.

So the food was one unrealistic part of being homeless, however we were slowly brought closer to reality. After begging for dinner (and being well fed), we moved to the library to set up camp. Each person received a box and duct tape was provided to construct our homes.

After we assembled our boxes into a shanty representation of a homeless village, people came to donate blankets and money to keep us warm. That was another improbable occurrence. Real homeless people don’t have groups of people bringing them food or blankets. In fact, they are more likely ignored.

While we were thankful for the donations, we did, however, experience some aspect of homelessness by being cold, sleeping on the ground and being ignored by some people. But we also realized that real homeless people do not have it nearly as well off.

Brian Radziwill, one of the coordinators, said, “I was very thankful for the large number of people who slept out that night, but what impressed me the most of all was the outpouring of support from the DeSales community. Both students and faculty members came out in support, many of whom brought us hot drinks and blankets to keep warm.

‘Countless others came out just to be there with us. This was one of our intentions when we planned the event. We wanted those participating in the event to be dependent upon others for food and blankets.’

To illustrate our reason for sleeping out, we had a reflection at 9pm. Everyone who was sleeping out participated as well as a few people who came to donate things. At this time, it was made apparent our reason for the fund raiser. I, who had just decided to sleep out that night, was not aware of exactly the whole premise of the event.

During the reflection, Brian Zunbrum, another coordinator (Trent Hosner also coordinated and Fr. Hanley provided guidance), explained that the sleep out was to raise awareness of homelessness on our campus. He said, “It is an attempt for students like ourselves to make a difference; to raise money to help turn the tide in the little ways we can.”

Zunbrum added that the way students can make a difference is through continued participation in Habitat for Humanity and by writing letters to state politicians to make them more aware of the magnitude of the problem. An additional approach he mentioned is to increase awareness in the community and pair up with other colleges to have a more “united voice for the homeless and poor in this area.”

Participant, Brian Berth said, “This year’s sleep out really put homelessness into perspective for each of the students involved. The half hour reflection/prayer service made us realize how serious a problem homelessness is in our society.

Jackie Lukasik, another participant, said, “I learned that the homeless are people that need everyone’s help to survive. The community needs to help them. We can help by donating: food, blankets and money and sometimes even a person can make a person’s day 100 percent better.”

After discussing the meaning of the event and ways we could help, the homeless stereotypes were raised and Zunbrum provided statistics to dispel the myths. Two specific myths stick out in my mind as common misconceptions. First, the fastest growing homeless group in the U.S. is families and children. Second, out of the 200 poorest counties in the country, only 11 are urban. This contradicts the view that most homeless people are men reading in cities.

Throughout the night we had fun playing music and games and talking. However, after the reflection, we were more aware of our reason for sleeping out. I think we all thought about what it would be like to have friends to bring us blankets, not to have food in our stomachs, not to be warm at night. I don’t think I could have handled sleeping outside if I didn’t have food in my stomach...and some people do both on a daily basis.

Kelly Smith, who also slept out, said, “It really taught me about being homeless.” Tom Eloyo agreed. He said, “I was really proud to be part of it. It was a great experience, especially begging for dinner.”

At 5:15 in the morning, I stopped attempting to sleep on the concrete and warmed my hands with a few other people on the tamps near the library. Who knew that they provided warmth? And who knew that concrete could be so hard? Those who slept on the grass were still asleep. Next year, I think I’ll choose a new spot to sleep.

At 7am, the sleep out ended. People packed up the blankets to be returned, food was distributed, and 3D dances walked back to their rooms to get ready for 8:00 classes. But when asked if they would do it again, many said yes. “Absolutely,” said Lelo.

“It was fun. I would definitely do it again!” exclaimed Smith.

Advised Radziwill, “While I received little; if any, sleep that night and was unbelievably cold, I would not hesitate to sleep out again.”

There’s just something about staying out all night in the cold that makes you feel like huging people...yes body heat! The sleep out was a great night of bonding for a good cause. But moreover, it was an experience that touched and transformed the thinking of some students.

And this change is the beginning of a revolution of compassion in the world.

Radziwill continued, “Hopefully, [the sleep out] showed students how we can help one another, another is one of the cardinal rules of a blanket, a cup of warm coffee, or a simple ‘Hi, how are you?’ can mean to someone who has nothing. If all individuals treated each other with the same kindness we received that night, the world, as we know it, would be radically different!”

Many students who were involved with the event that will be attending spring break service trips. Look for a Spring Break Special in the next edition of the Minstre!
Cheese: our myths and misconceptions

By Tara Rabenold

February 3

What comes to mind when a normal person thinks of February? Well, for those of you out of the know, that Alvin song refers to everyone’s favorite "Jury Gladhouse," Dave Coulier. Anyway, as much as I love the quilts at school, I can’t figure out why they would add chicken. It takes up valuable space where cheese should be. Are you obsessed, you ask? Perhaps. But I could spend my time complaining, and bushes of cheese, instead of eating cheese.

I’ve always liked DeSales, but my love has grown fonder since they began to sell that Frito Lay Mild Cheddar Dip. I’ve always liked DeSales, but my love has grown fonder since they began to sell that Frito Lay Mild Cheddar Dip. You can have your drugs and your alcohol. Give me Mild Cheddar Dip, extra cheesy Doritos, and a Saturday afternoon Full House marathon. Talk about ecstasy!

On the subject of DSU, I will mention my diverse university experience. When I attended St. Joe’s University, I felt like I was living in a drug house campus in California that calls themselves BALCO. BALCO is notorious for providing health, dietary and nutritional supplements to professional athletes to assist them in their training. Giants received the drugs from BALCO during his stint with the Oakland Athletics, while Bonds plays for the San Francisco Giants. Both teams are in close proximity to the BALCO base.

Bonds, the all-time single-season home run king, admitted to unknowingly taking a type of steroid that his personal trainer provided for him. He stated that he was not aware that the substance being provided by his personal trainer was steroid-based. On the other hand, Giambi, who is a slugger for the New York Yankees, received the drugs from BALCO during his stint with the Oakland Athletics, while Bonds plays for the San Francisco Giants. Both teams are in close proximity to the BALCO base.

Despite the announcement of the new plan, owners and management are being heavily criticized that the punishment for offenders is not nearly severe enough. Current drug policies in the Olympics and the NFL are much harsher towards offenders. However, having a steroid testing plan put in place is a start in the right direction. The suspicions given to offenders will not be nearly as harsh as in the scrutiny they will face from the public, media and their fans, along with tarnishing their reputation as a player. One can only hope that by instituting a better steroid testing plan among Major League Baseball will not only bring back the integrity and purity to the game, but help players train in the right direction so that both players and fans can enjoy America’s Favorite Pastime once again.

Barry Bonds shown in his first How the book is a direct result of the investigation after questions this point in his career; I want to rectify the brevity of my argument based on Freire’s thesis. The whole point of Freire’s book is to open the flood gates to inform the public about the reality of oppression—and that the way to amend the problem is through dialogue. Freire did not provide ultimate answers in his book, for the very reason of encouraging dialogue, but to the reader seek both sides of the issue and invite the reader to debate his theories. In attempting to argue against Freire, I was agreeing with his whole point of the book and in criticizing him, I was missing the point.

MLB institutes new steroid policy

The cat is officially out of the bag. The unclear picture of the involvement of steroids in Major League Baseball is finally coming into focus. Former Major League icon Jose Canseco and Ken Caminiti, along with present superstars Jason Giambi and Barry Bonds recently admitted publicly to using steroids or a similar product at some point during their major league careers, causing an uproar by players and fans to level the playing field by rooting for a stricter testing policy. Major League Baseball is now scrambling to pick up the pieces and reinstall the game’s integrity and fairness after such an intense blow. Early in January, the owners of Major League Baseball meet with Commissioner Bud Selig with the single notion of creating a plan to ban steroids from America’s game. Under intense pressure from players, fans and the government (Senator John McCain and President Bush threatened to take action), the meeting was a success and a new steroid testing policy was announced shortly thereafter. The new plan will subsequently overtake the current plan that issues weaker penalties to offenders. However, the agreement is not yet official. It still must be voted on by the player’s.

Within the guidelines of the new steroid agreement, a first positive test result would result in a penalty of 10 days, a second positive test carries a 30-day ban, a third positive test carries a 60-day penalty, and a fourth positive test carries a one-year ban. All of these penalties would be without pay. If a player should test positive a fifth time, his punishment would be at the discretion of the Commissioner. With players being randomly tested during the season, this new agreement will now allow random testing during the off-season without a limit as to how many times any one player can be tested. This is an important aspect to the plan, as it will help to prevent almost all steroid use during off-season training.

Under the current agreement, which will still be in effect the following year and is approved by the players, a first positive test results in anonymous treatment by a counselor. It is not until the second positive test that a player’s suspension is for 15 days. Amidst speculation, four big name players publicly dropped the axe on steroids over the past few years. Former major league icon Ken Caminiti publicly admitted using a performance enhancing drug during his 15-year major league career. He specifically mentioned that he was on steroids during the 1996 season, the season in which he won the league’s MVP award. Former slugger Ken Caminiti also announced publicly that he was on a performance enhancing drug. Caminiti, who was known for his towering home runs and wispy physique, has written a book on his experiences with steroids titled “Juiced.”

Current major league icon Jason Giambi and Barry Bonds recently admitted to using steroids during the past few seasons. Both players tag the blame on a purely empty. I knew something was missing from my life, I just didn’t know what. I finally found out once I transferred here. What DeSales has given me is that wonderful, forgiving, massive vat of cheese by the hot dogs at dinner. Oh, the things that eat and I have shared—fries, hot dogs, chips and crackers. Just stick my finger in the cheese and I’m off to the most wonderful experience I’ve ever had.

MYTHBUSTER: Eating cheese before bed does not cause nightmares.

My parents instilled in me a strong love for cheese. Stauffer’s Macaroni and Cheese used to be my favorite after-school snack. Such cheesy goodness with a few noodle’s really hit the spot. Cooking for me was cheese-kake; my parents loved it. As a teenager, I quickly secured a job in the restaurant industry, surrounded by cheese. As a bus girl, my access to cheese was limited, though I admit I pillaged some provolone. Now I work nearby at Hobo’s Bar and Grill. Our walk-in refrigerator contains giant crates of shredded cheese.

See Cheese on page 4

Social justice cannot be attained by violence. Violence kills what it intends to create.” These words spoken by John Paul II would be readily accepted by Freire, author of Pedagogy of the Oppressed. According to Freire, in order for the oppressed to overcome their oppression, they must unify against the violence imposed by the dominant of false generalizes the world.

Freire asserts that the only way this is possible is through dialogue. In the mean time, he just accuses the oppressed as being instigators of violence, only reacting to it. Above all, those who want to help the oppressed must become; one among them start with where they are, and dialogue with them.

In attempting to argue against Freire, I was agreeing with his whole point of the book and in criticizing him, I was missing the point.

The whole point of Freire’s book is to open the flood gates to inform the public about the reality of oppression—and that the way to amend the problem is through dialogue. Freire did not provide ultimate answers in his book, for the very reason of encouraging dialogue, but to the reader seek both sides of the issue and invite the reader to debate his theories. In attempting to argue against Freire, I was agreeing with his whole point of the book and in criticizing him, I was missing the point.
Parking ticket appeal and late denial causes stress for student

By Jon Pallone

A few days ago I received a notice informing me that my appeal for a parking ticket I received in December had been denied. I find this to be outrageous. It has taken the parking authority many hours to inform me of this denial. There is a right to due process in this country, and on this campus. Things must be done in a timely manner. The Parking authority asks that we go out of our way to make an appeal or pay our fine in less than a week, but it may take them months to look over an appeal, if they really do. I can say, however, that I have received at least one appeal granted, but it was rightly so.

On December 14, 2004 I had parked in the heights parking lot for a time no greater than 10 minutes, during finals week no less. Apparently this is a parking violation for parking in an unauthorized lot, and if I was going to be there for such a short time I should stop my car blocking in other cars and leave the flashers on. Within the time frame, which I believe to be 72 hours, I filled out an appeal form and handed it in. I receive no notification of anything, until I returned to school. Sometime after I returned to school I received a phone call from my parents informing me that I had a parking time of $45 on my bill. Where did this come from? This is a direct violation

Cup and Chaucer from page 4

of due process. I was never informed that my appeal was denied.

I immediately went to the Parking Authority to find out what had happened. A note was made of my visit, but no action was taken, so I again went down for a second time when a work study filled out forms to research what had happened. Just recently I now received notice that my appeal was denied.

Do I think the Parking Authority even read my appeal? No. To be honest I think they lost it. Did the Parking Authority make a mistake and bill me for my ticket without informing me of my appeal or of late charges? Yes, but they tried to correct their mistake. It doesn't really matter to me if they attempted to correct their mistake, nor should it to you the students. When we make parking mistakes are we allowed to correct them? Here is a copy of the appeal I sent in Wednesday upon receiving notice that my appeal had been denied, and it was a final decision.

"DeSales University Parking Authority, DeSales University Police Department. To whom ever it may concern. Ticket #013423 for vehicle license plate cve823 for $15 will not be paid at all. The DeSales University Parking Authority has violated my right to due process and has tried to right it wrong by informing me, too late. De, "I'm addicted now. It's bad. I don't be ashamed! (Be sure to eat lots of cheese because it goes well with all snack foods.) Happy National Snack Food Month, DeSales; God Bless and Godspeed!

I sent in Wednesday upon receiving notice that my appeal had been denied, and it was a final decision. "DeSales University Parking Authority, DeSales University Police Department. To whom ever it may concern. Ticket #013423 for vehicle license plate cve823 for $15 will not be paid at all. The DeSales University Parking Authority has violated my right to due process and has tried to right it wrong by informing me, too late. DeSales University Parking Authority has made a mistake in the violation of my right to due process and will suffer consequences equitable to my mistake of violation of an unauthorized lot, $15. To be honest I question the integrity of the DeSales University Parking Authority and if they actually viewed my appeal. It is my belief that the Parking Authority lost my appeal due to incompetence then received the note from the work-study and saw that I had an appeal. I further believe the Parking Authority upon noticing my questioning about my appeal sent out the form reading that my appeal had been denied. It is also my belief that if the DeSales University Parking Authority cannot handle the amount of tickets and appeals it has issued that it is not the responsibility of the student to wait 3 months to receive notification, it is the DeSales University Parking Authority's responsibility to increase their employment, and if they cannot do so, issue less tickets. Violators of the DeSales University Parking Authority are forced to pay their appeal within five days of receiving notice. Shouldn't the DeSales University Parking Authority be held to the same standard? Aren't college students busy with more important work than the DeSales University Parking Authority, our education? So with this in mind should not the DeSales University Parking Authority have the responsibility of notifying those in violation sooner than the 5 days they permit? So, to repeat, for violation of my due process and for compensation for my troubles in investigating my parking in unauthorized lot ticket I will be compensated for my work and troubles by granting this appeal. The decision regarding this appeal is final, I will not pay.