

photo courtesy of Charmaine Daniels

The newly published book is available at the SJC bookstore.

Book Highlights Admired Director with Maine Roots; Co-edited by History Professor

By Courtney Dyer
F&S Editor

History professor Dr. Michael Connolly has added to the list of published works by SJC faculty as he co-edited *John Ford in Focus*, published by McFarland Publishing in North Carolina. Who is John Ford? Dr. Connolly described him as, "A prolific director of American films."

Prolific is one word to describe him. Not only did he grow up here in southern Maine, Ford directed more than 120 films, won six Academy Awards, and directed four feature films. Three years ago, Dr. Connolly was asked to co-edit the book by Dr. Kevin Stoehr of Boston University because of his connections, studies, and involvement with the Irish in Maine. Two years were dedi-

cated to the research and writing and it has taken one year for the book to come out.

Dr. Connolly researched by contacting the Maine Historical Society, local history writer Matt Barker, and a relative of Ford's still in Maine. He also traveled to Galway, Ireland, in the summer of 2006 to interview several relatives of Ford's.

The book is meant, "To show the connection with

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Monks Begin Spring Season with New Competition

Baseball and softball join the GNAC conference; Lacrosse in it's first year as a Division III team

By Patrick DeCola
F&S Staff

Springtime is a favorite part of the year among the St. Joe's faithful. The snow is slowly melting. Shorts begin to make their appearances again. The end of the school year and summer vacation is in

sight. But best of all, spring sports are here!

Here's an outlook on how the Monks are looking to fare this season:

Baseball:

The team looks to storm into this sea-

son on the heels of its recent success of the past few years. Looking forward to the competitive schedule ahead of them, the Monks are poised to take over the GNAC in its first year of competition. Many returning stars such

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Campus News

Class Ventures to NYC for Museums and Sightseeing

By Brittany Bartlett
F&S Staff

The 35 members of the Capstone class loaded onto a coach bus the morning of Friday, March 14th. Accompanied by their professor, Dr. Michelle Laughran, and art professor Scott Fuller, the class headed out for a three-day, two-night excursion to New York City.

Designed to wrap-up the Honors program, the class is also available to Political Science majors. A goal of the trip was to tie in all of the honors classes: Western Civilization, Theology, Philosophy, and Ecology. The three main stops were the Guggenheim Museum, the Museum of Natural History, and the Metropolitan Museum of Art. The rest of the time students were left to their own devices.

Friday night at the Guggenheim was, "Pay as you wish," and therefore the most inexpensive night for the group to visit. The museum was showing an exhibit by Cai Guo-Qiang called, "I Want to Believe." Unfortunately, the building, known for its architecture, was under construction but its



Danielle Durand, Heather Hackeman, Kayla Rickards, and Brittany Bartlett visiting a 9/11 memorial on Wall Street.

con-
tents

made up for that.

Patrons were greeted with a piece consisting of about eight cars all in a different stage of a light up explosion. Another exhibit showed a herd of nearly 100 stuffed wolves rising into the air as though they were flying, only to crash into a glass wall and slide to the floor. Guo-Qiang is also known for using gunpowder as a medium to create art.

The Museum of Natural History houses everything from the world's largest meteorite to the complete skeletons of dinosaurs, ancient artifacts, and exhibits

showing the evolution of man and other creatures. The hot exhibit for the weekend was the water display. It showed water usage, distribution, and ways to cut down on consumption. Tickets for the museum were usable all day so students could come and go at their convenience.

Sunday was spent at the Metropolitan Museum of Art, where students who spent four hours there said they did not experience a fraction of what the museum had to offer. From a fashion through the ages exhibit to arms and armor, there was

something for everyone. Egyptian hieroglyphics covered walls and there was an actual Egyptian sarcophagus next to a temple that was rebuilt inside the museum. The museums were only a small portion of the weekend. The students were divid-

ed among three rooms in Jazz on Lenox, a youth hostel in Harlem. The hostel was clean and well kept, despite uncomfortable beds. It had a kitchen available for traveler use, a small courtyard, and fresh towels and sheets.

Students visited the back-back-rooms of Chinatown, the Staten Island ferry, Queens and everything in between.

Outside of the subways, navigating wasn't very difficult and the only casualty was a missing cell phone. Saint Joseph's students tackled New York and came back with tired feet, lots of pictures, and, for some, a new perspective on the city. The class returned Sunday night with an exciting story or two to tell about the weekend.

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yearbook!**

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Campus News

What's Eating Our Students?

By Alice Guidi
F&S Contributor
Counseling Center

*Counseling Center offers information and help
for those struggling with eating disorders.*

We've all heard that food is the fuel that keeps us going. Some argue that food is not so much a fuel, but acts more as building materials which make up the very substance of our bodies. Either way, it is clear that without food we cannot function and grow.

What does it mean, then, when a person stops eating, or limits eating in a drastic way, as in a person with anorexia? What is the meaning of food for someone with bulimia who literally forces food out of his or her body? Knowing that the body needs food to survive, why does a person with an eating disorder deny this basic need?

There are no easy answers, but research finds that there are various ways that a person with an eating disorder views their appearance. Some experience body image distortion, possibly influenced by media and other external sources that give the message that women must be thin and men must be muscle bound and fit. Some are depressed or

anxious and find that abstaining from eating or purging relieves the symptoms or replaces the difficult emotional feelings with more manageable physical feelings. Then there are those who feel unworthy of care or nourishment, and regard food as a way of giving or withholding food or caring.

The college environment can add to the equation. The transition from home and high school into college is one where many processes combine. It is a time of letting go of the dependence on family and supportive networks and learning how to be self-sufficient and independent. College is also a setting where performance and appearance are valued, and it is difficult to be objectively self-aware when there is so much feedback from others. Finally, the structure

of residence hall life could be described as a can of sardines, with so many students living in a rela-

be a challenge. They may choose to stay away from these difficult situations and eat in a dorm, or change their eating or behavior in order to experience stress.

Sometimes becoming aware of unhealthy thinking can spark some change in eating patterns, but sometimes more support is necessary. One thing we know about people with eating disorders is that there is an element of secrecy that is constantly

present, and it is hard to let it go and ask for help. There are resources for people suffering with eating disorders, and they range from talk therapy to intensive inpatient treatment. The first concern is always to stabilize medical issues, then to begin supporting their emotional recovery.

At St. Joseph's College, we have a

Counseling Center staffed by caring professionals. Our role is focused on talk therapy for less severe cases, consultation with the college's Health and Wellness Center, and assessment and referral for those students who need more intensive help. We may refer students to Mercy Hospital who can provide inpatient and day treatment. If a person does not wish to have this level of care, Mercy may make referrals to counselors in Southern Maine who provide specialized outpatient services.

If you have concerns about your own eating, experience stress related to eating, or if you are concerned that a person you care about has these concerns, consider calling or emailing the Counseling Center. Your concerns will be kept confidential, and you will have control over all decisions regarding your care. Our goal is to support you in maintaining good health and succeeding in your academic and personal growth.

St. Joseph's College
Counseling Center
St. Joseph's Hall, First Floor
207-893-6637
counselingcenter@sjcme.edu

New England Eating
Disorder Program at
Mercy Hospital
144 State Street
Portland, ME 04101
207-879-3795
<http://www.mercyhospital.com/patient/medicalcare/eatingdisorder.html>

tively small space.

During one trip to the cafeteria, a student might receive verbal and non-verbal messages including appearance, what they eat, or how they speak or move. If they already have a tendency to focus on others' responses or has inner fear that keeps them from feeling confident or safe in relation to others, every meal can

Campus News

Sports - Continued from page 1

as Luke Enman, Brian Schools, and Dustin Spiller are looking to finish their Monks

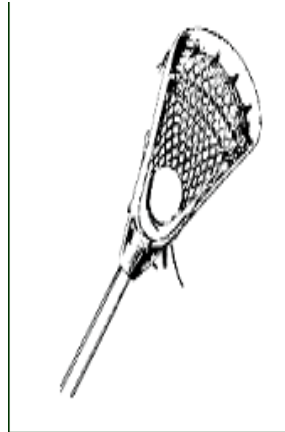


career on a high note this year, while plenty of newcomers are out to make a statement of their own. St. Joe's wrapped up their yearly Florida trip with a win, capping a 6-3 stand at the Port Charlotte Invitational. The team currently sits at 7-6 on the season after losing three of four on their sec-

ond road trip, but remains positive while looking at the remainder of the schedule. Looking ahead at how his team will fare this season in its first year in the GNAC conference, Coach Will Sanborn said, "For the first time in some time, I feel we will be the underdog. We will have to step it up to compete with the top teams in our conference. Our players and coaches will need to be ready to compete at a higher level in the years to come."

Softball:

This team is also sporting a positive attitude coming into the 2008 campaign. Last month, the Monks began their schedule



which includes seven tough conference games for the season. These games should provide for some intense competition for St. Joe's who stand at 5-5 as of March 25th, following a four-game win streak. Captains Megan Farrell and Liddy Van Der Linden look to balance the infield while Captain Christy Wezowicz leads the pack on the mound. On how

his team will manage in its first year in the GNAC conference, Coach Jamie Smyth said, "I think we will be very competitive in the conference from a softball perspective. I know quite a bit about the other schools in the conference and we should be a strong opponent for anyone in the conference."

Lacrosse:

The Men's and Women's Lacrosse teams are both in their inaugural seasons as full Division III teams at Saint Joseph's. Both teams are looking to establish themselves as viable opponents to their competitors in order to create rivalries in the coming years. Men's Senior

Captain Tyler Arsenault will set a good example for the many freshmen on the team, while Junior Captains Matt Campbell and Ryan Prescott will continue to lead next year. The women's team started the season off with a loss but came back strong with a win against Becker College 19-9. This is a young team, with only one upperclassman and no seniors, which bodes well for St. Joe's women's lacrosse in future years.



Looking for a job on campus this summer?

Visit the Student Summer Employment Job Fair in Café Bon Appetit on April 2nd from 11:30am - 1pm!

Meet hiring supervisors and get applications! FMI call Erica Long in Human Resources at Ext. 7753

John Ford - Continued from page 1

his work between his family in Maine and Ireland," Dr. Connolly said, "It's also to see how his raising affected him later in life."

For the locals, there is a statue of John Ford right here in nearby Portland on Fore Street. This July will commemorate the tenth anniversary of the statue. Down the street, the popular Bull Feeney's bar sits, its name's origin unknown to many

visitors. It, in fact, did come from John Ford. In high school, John Ford's nickname was Bull, and his real last name is Feeney.

This is not Dr. Connolly's first go-round with publishing, as he has published *They Change Their Sky* in 2004 about the Irish in Maine, and he has a contract for a third book to come out late this year into early next year. This next book will look at the

Irish longshoremen of Portland. *They Change Their Sky* is available at the school bookstore.

Copies of *John Ford in Focus* are available at the SJC bookstore as well as the Maine Historical Society.

Feature

A Few Words from Sister Mary George O'Toole

Integrity! Integrity?

Most of the Saint Joseph's College community is very grateful to John Hufstader, Associate Professor in the Communications Department, for engaging himself and his students so uniquely in support of this year's emphasis on our core value of INTEGRITY.

Individuals among us on campus were selected by students enrolled in Professor's Hufstader's class as examples of INTEGRITY. There wasn't a poll or a campus-wide voting to approve, nor were the selections up for discussion. It was a class assignment with the students and professor cooperating to produce the posters.

Those life-sized hangings were certainly impressive and, indeed, caught the eye of all who entered the buildings where they were mounted.

Editorial Note: *The above contribution is by Sr. Mary George O'Toole. With the new theme, "Small Steps, Great Strides... Walking with Integrity," we at Fortitudo et Spes dedicate a section of the monthly newspaper for the 2007-2008 school year to the Sisters of Mercy, the founders of St. Joseph's College.*

Thank you, Professor Hufstader and students, for undertaking a project that took extra time and which was well done.

Unfortunately, however, some few among us took it upon themselves to rip off, remove, damage, or make additions to some of the hangings. These few may not have agreed with the choices; some may have wanted "souvenirs" of their favorite person, and I am sure there are more than I have offered. They were not anyone's personal property to treat in this fashion, nor was such treatment an example of INTEGRITY on the part of those persons who acted in this manner. To my way of thinking, it not only violated the dignity of those persons who were portrayed but also shows a lack of respect—another of our core values!

*April 16th
12pm - 1pm
Alfond Hall Auditorium*

Family Crisis Services will be giving a presentation on relationship violence

Hosted by the Nursing Department/Counseling Center

All are encouraged to attend

*FMI contact Debra Riendeau
Room 317 Mercy Hall x7972*

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SPECIAL OCCASION COMING UP? SENIOR BALL, GRADUATION, WEDDING, SEE ME TO LOOK YOUR VERY BEST!

Feature

Health Beat: Stress Reduction

By Nicole D'Atri
F&S Staff

April showers, May flowers. The semester at Saint Joseph's is quickly coming to an end. With this there are final exams, papers, projects, practicals, homework...and our stress builds as the list goes on and on.

Often, stress and late-night study breaks involve Domino's, chips, coffee, and many other foods that are not effective choices for nutritional intake. We say we are "too busy" to exercise, but still find a total of

at least 20 minutes a day to spare looking at email, Facebook, or text messages.



Doesn't this sound familiar to anyone? I won't deny that I have been a victim of this mindset and pattern...and to a point, I still am. However, I resolved to change

a few patterns of mine starting the week we returned from Easter break. My goals include exercising as much as possible, filling my refrigerator with healthy snacks, trying to get more than five hours of sleep every night, and to lose five pounds by May 31st. Why do I have these goals?

Exercise reduces stress, releases endorphins (which are basically happy, natural chemicals), that can also prevent weight gain. I put healthy snacks

in my refrigerator, starting with carrots, fruit, and orange juice so that when I feel the need for something sweet or crunchy, I am less apt to reach for the crackers or the chocolate. This way, I can fill up on foods that are lower in carbohydrates, fat, and calories and are higher in water content, vitamins, and minerals.

Sleep is essential because without enough, I feel tired and have a hard time focusing on what I am learning in my clinicals and classes. Also, if I have not slept well I am not as efficient working out and at lacrosse practice. My

new rule is to go to bed by midnight and to get as much homework done by then as is possible. I also will plan my day so I get no less than seven hours of sleep a night. Our age population should get between eight and ten hours each night, but everyone is different. I find my perfect amount of sleep to be right around 7 hours.

Hopefully, I will reach my goal by May 31st with these new strategies. I encourage you all to take some tips from me or go online to find other simple ways to decrease stress during this hectic time of year.

Fortitudo et Spes Spring 2008 *Officers*

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Email us! Submit a story, join the staff, or tell us what you think!

newspaper@sjcme.edu

Congratulations to the Field Hockey team, recognized by the National Field Hockey Coaches Association for academic excellence.

The team posted a combined 3.15 GPA.

Several members were named to the 2007 ZAG/NFHCA Division III National Academic Squad.

Arts & Entertainment

By Sonja Guskea
F&S Staff

Cinema Central!

Untraceable

The calendar says spring is here—despite the fact that we still have some pretty high snow banks scattered around campus. However, I'm sure spring and warm weather will be on their way very soon. Speaking of things that are just around the corner, we only have a month and a half of school left and it is fair to say most everyone is counting down to summer. As the homework and final projects start to increase towards the

end of the year, it's important to remember to take time out for yourself and do something fun to get away from work for a while. The movie I reviewed for this issue, *Untraceable*, is the perfect thriller-escape movie.

Untraceable stars Diane Lane (*Unfaithful*, *Must Love Dogs*) as Jennifer Marsh, an FBI agent in the cyber crimes unit. When she receives a note about a website called "Kill With Me," everything in her life takes a turn



Photo courtesy of Yahoo photos

for the worse. A killer has set up a website that allows browsers to watch as a person

who has been chosen dies in a painful way; the more people who log onto the website to watch and comment, the quicker the person dies. Marsh, her team, and the FBI must catch the killer before it is too late—and before it hits too close to home. I think a good movie is when I leave the theater thinking about everything I've just seen. That happened for me with *Untraceable*. Lane brings a great strength to her character and was the perfect actress choice

for this film. A warning though—this movie is very graphic and has some disturbing sequences. However, all of those pieces were very well done. The plot kept me hooked the entire time, and I found myself just waiting to see what would happen next. If you're looking for an intense thriller, this is a movie for you. Join me next time, right here at Cinema Central!

*** 1/2/5

From the Editor...44, 43, 42...

I already had my editorial written, but something even better just struck me.

I can be the first to say the countdown is on for graduation. Forty-four days from right now we will have marched in and marched out of our traditional college lives. Every day I say to myself how many days are left and that's when I will be free and begin a brand new chapter. Every day I remind myself how many days when I'm annoyed about something or another about school or have a to-do list up to my ears. I was even the one in my suite to make a

poster countdown for my suitemate and me to rip off a day to lower the number to May 10th. However, that forty-four just took on a brand new meaning for me, in a much different perspective.

I think I just figured out what forty-four means. Forty-four days left with the friends I'll keep for a lifetime. Forty-four days left of having someone around to talk to, 24/7. Forty-four days left with these people to eat two or three meals a day with and chat about our lives. Forty-four days left of being surrounded with these people, going through

the exact same things you are, knowing the exact same people to gossip about, living one minute and thirty seconds from in the dorm next door. I hadn't even pondered the fact at how comforting it is to be surrounded by these people every single day.

I came to this realization literally about twenty minutes ago. I arrived back from dinner with five girlfriends, where we did the normal talk-about-nothing-over-dinner routine which lasted close to an hour. When was the last time we all ate together? I can't remember.

Dinner ended and we split up, and I went with one of them

on a walk up the road, talking about our suite lives and how we can't wait to move out on our own. We talked about boyfriends and new apartments. We talked about how we can't wait for Spring Fling and how there are forty-four days left of school. There are only forty-four days left of this? Really?

I'd been counting the days in schoolwork, in how much work it is and will be to get this and the next issue of the newspaper out, how much time I spend looking for jobs, and how badly I just want a day to nap and watch T.V. I've been counting wrong. I should have been counting the days in

how much time is left to enjoy what it really is like to have my friends around day and night.

Whenever again will I be able to yell down the hallway something obscene or hysterically funny and have an equally obscene or hysterical answer from a friend down the hall?

Whenever again will I be able to join five friends for dinner and not have to pay a tip?

Never... but I still have forty-four days.

Enjoy,

Courtney