Summer Internship Program enters second year

BY JON SMALL
CRUSADER NEWS STAFF

The Summer Internship Program (SIP) is a new resource at Holy Cross that offers students the opportunity to apply to approximately 50 paid internships in the New York and New England region. In this its second year, the SIP has expanded to include new challenging internships in fields such as advertising, medicine, teaching, environmental studies, technology, social services, and management. The program is open to juniors and senior sophomores who are looking for a challenging internship that will provide them with practical work experience in professional occupations.

The SIP benefits Holy Cross students by making them eligible for internships that they would otherwise not be able to access. In addition, the SIP provides assistance in the application process, and internship itself, through on-site evaluations and communication with the employer and intern. But perhaps the most attractive feature of this summer opportunity is the networking potential for Holy Cross students with key members at the internship site, many of whom are Holy Cross alumni. The program anticipates that these internships may eventually develop into career opportunities.

The elite companies offering internships are a result of the SIP's work with Brown, Harvard, General Electric, St. Elizabeth's Hospital, MassMutual, Time Magazine, and Staples Inc. among others. In the first year of the SIP, Holy Cross students will have the opportunity to participate in internships with world-class companies to be a positive experience. Meg Malchodi, a junior who was recently selected to participate in the program, observed, "The SIP grants Holy Cross students access to some of the best internships available. I cannot believe that such a program was not started sooner." Meanwhile, Anjali Mandalaywala '01, a junior, commented, "I learned so much about the advertising industry as well as myself. The experience increased my confidence in my abilities and creative skills."

Acceptance to the Summer Internship Program is selective. The program acquires these exciting internships because it promises the employers that it will accept only the best Holy Cross students. The next deadline for interested sophomores and juniors is Feb. 23. Those students interested in applying to the program should visit www.erecruiting.com, log in using their Holy Cross ID as a login name, and date of birth as a password and, once logged in, click on the "experience" icon. To begin the application process, users must set up an online profile and create a resume. Applicants will also need to submit an application and cover letter to the SIP, asserting their career aspirations, what they hope to gain, and what they have to offer the internship sites. This information as well as a review of their academic records, activities, and participation in an interview will complete the application process.

Those that are accepted into program will enter a pool of applicants for the 50 plus internships available. Acceptance into the SIP does not guarantee an internship. Thus, 30 applicants have been accepted into the program and are to participate in the program. Participation records will be sent to internships that are of interest to them. SIP personnel further aid in the application process through practice interviews and resume critiques. The Holy Cross Summer Internship Program is an example of a resource here at the college that seeks to aid students in making the transition from a challenging liberal arts education to practical work experience in a competitive environment. The principle of the program is to provide Holy Cross students with an opportunity that will result in a rewarding internship experience. Support and evaluation by the SIP staff throughout the summer aims to ensure intern and employer satisfaction.

For more information visit the website at www.holycross.edu/sip.

Six Weeks of Wellness encourages healthier habits

BY NICOLE ROYLANE
CRUSADER NEWS STAFF

Returning from winter break with New Year’s resolutions and plans for spring vacations involving bathing suits, many Holy Cross students began to make the trek up to the Hart Center to get their bodies ready for spring. The Six Weeks of Wellness Program aims to make students think healthy beyond this March.

Six Weeks is an expansion of the one day Wellness Fair that used to be held each year. The one day event typically attracted just two hundred students, but the Six Week program provides the opportunity for hundreds more to get involved.

The new program kicked off with information tables set up in Hogan where students could sign up for classes in aerobics, yoga, golf, taekwondo, and orientation sessions for the Smith Wellness Center. Aerobics classes, which are taught by Holy Cross students, have had record numbers of people sign-up and participate. These classes include a variety of activities including step aerobics, kickboxing, and stretching. The Tae Kwon Do classes are a new offering and will provide participants with the opportunity to learn new techniques from instructors. For the golf lessons, students will receive instruction from a PGA professional, and yoga will be taught by teachers from around the Worcestor area. In addition to signing up for classes, many students took advantage of the SmithOrientation Sessions. Wellness Programs looks to expand Six Weeks in the fall, particularly for incoming first year students.

Although the emphasis of Six Weeks of Wellness may appear to be mainly physical health, Wellness Programs also intends for students to improve their emotional and spiritual health. The Wellness Inventory, which students to complete, participation in the program will result in a rewarding internship experience. Support and evaluation by the SIP staff throughout the summer aims to ensure intern and employer satisfaction.

The Wellness Inventory and the other programs this week are all aimed at teaching students to set goals that will last for life. Unrealistic goals, like losing twenty pounds by spring break, are destined for failure. Six Weeks of Wellness will teach members of the Holy Cross community to set realistic goals, like going to the gym and riding the bike for ten minutes every day, gradually helping students to increase their level of fitness.

Visiting professor urges a closer look at black history

BY GARE WEAVER
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On Monday night roughly 30 Holy Cross students listened to David Lamb lead a discussion entitled “Praying to the East: Malcolm X, Islam, and Hip Hop.” The discussion, which was sponsored by the BSU and MECCA, was part of Holy Cross’ celebration of Black History Month. Lamb, an adjunct professor at John Jay College of Criminal Justice in New York City and author of two novels, read various excerpts from his works, including “The Trumpet Is Blown,” a fictional story about a young trumpet prodigy.

Lamb concluded the event with “Praying to the East,” an essay from a book he is presently working on. Lamb writes in a style that he calls hip-hop fiction, which is fiction that incorporates rhythm and rhyme, references to rappers, and various dialects. By using this style, Lamb hopes to get students in the inner cities to read more. He wants to make his readers laugh, become angry, and think about the portrayal of black history by the mainstream media.

Lamb spoke of the evolution of African American music, from jazz to rap, and of the role that Islam has played in many of the lives of black artists. The impact of Islam grew in the 1940s among jazz musicians and spread from there. Islamic beliefs were related to the veneration of artists who felt welcomed in the Islamic faith. In one reading, Lamb narrated the story of a young African American rapper practicing Islam in the inner city.

Lamb also discussed black history. Islamic musicians often address issues regarding the role of blacks in the pre-Columbian exploration of America, and the presence of blacks in Egypt and Southern Europe. This focus on black history indicates a desire among these musicians to reconnect with their past.

In contrast to the themes of Islamic musicians, Lamb talked about themes from mainstream rap artists. Lamb stressed that music describing drugs, pimping, and thug-life reinforces stereotypes about African Americans. Lamb convincingly demonstrated that many rappers do not take their stories from their real lives, but from recycled stereotypes appearing in movies and literature. Lamb sees these artists as a threat to enlightenment about black history, and denounced this form of mainstream music.

Lamb also discussed the important role that Islam plays among blacks all over the world. Islam at one time was seen as a way to unify Africans for the Pan-African movement. Lamb cited Malcolm X and “The Nation of Islam” as examples of the close relationship between African Americans and Islam.

The author of “The Trumpet Is Blown” stressed the importance of knowing the true history of African Americans. Lamb suggested that knowledge of the past is a way to counter the stereotypes promoted by the mainstream media today. Lamb constantly referred to history as a current event, for history repeats itself.

Through his novels and essays, and by tracing the evolution of black music in America, Lamb hopes to inform people about black history, and by doing so arm them against stereotypes. Lamb wants people to make people laugh, be angry, and think about the conditions African Americans face in inner cities.