Katz to address graduates

Special to the Spectrum

Stanley N. Katz, Ph.D., president of the American Council of Learned Societies, will deliver the Commencement address at Sacred Heart University’s 31st annual graduation exercises on Sunday, May 18. The ceremonies will be held at Campus Field beginning at 1 p.m.

Katz, long active in a multitude of charitable, educational and religious organizations in western Connecticut, will be awarded the degree, Doctor of Humane Letters, honoris causa.

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Katz holds three degrees from Harvard, an A.B. (magna cum laude) in English history and literature, an M.A. in American history and a Ph.D. in American History.

Prior to joining the ACLS as president in 1986, Katz was the Class of 1921 Bicentennial Professor of the History of American Law and Liberty at Princeton from 1978-86.

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For next year’s slots.

The search committee was comprised of Denise Surfing, director of Student Activities/Union; Ralph Cappigan, Ph.D., professor of English and adviser to Spectrum; Don Harrison, manager of the University News Bureau; Erin Harrison, co-editor-in-chief, Spectrum; and Michele Herrmann, co-editor-in-chief.

Stacy Norelli, a junior psychology major from Bethlehem, and Brad Wilson, a junior media studies major from Clifton Park, N.Y., applied for the position of editor-in-chief of the Spectrum for the 1997-98 academic year.

Norelli was selected by the committee as editor-in-chief and Wilson will serve as associate editor.

“I am very excited about this,” said Rebecca L. Abbott, associate professor of media studies.


The total budget for the video was $200,000.

The documentary goes inside the classroom and shows what the middle years of a student’s schooling are like. It also captures the way a teacher works and the enthusiasm students get from that.

“The video shows the mainstream public what the adolescent years are like in middle schools,” said Abbott. “Good schools were sensitive to the needs of adolescents and the changes in young people,” she added.

Abbott’s students are enthusiastic over hearing that her documentary was nominated for an Emmy.

“I think she is a wonderful professor who is very caring about her students,” said Sharon Nagy, a junior media studies major from Bridgeport. “I think she deserves the honor,” she added.

Along with her students, many of Abbott’s colleagues had congratulations to offer, as well.

“We were very happy and delighted with the work she has been doing,” said Dr. David Graustein.

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Student media heads designated Spectrum, WHRT & Prologue leaders set for 1997-98

By Erin E. Harrison

Selections have been made for next year’s Sacred Heart University Spectrum editor-in-chief, WHRT manager and Prologue editor. Normally, each prospective editor or manager must undergo an interview by the search committee, although there was no competition for the WHRT and Prologue positions.

Faculty member earns Emmy nomination

By Michael Powers

A professor of media studies at Sacred Heart University learned last week that her work has been nominated for an Emmy.

"I found out I got nominated for the Emmy through a phone call," said Rebecca L. Abbott, associate professor of media studies.

"The call came from the office of Gary Kikkin, who is vice-president of Connecticut Public Broadcasting," she added.

Abbott’s documentary “Schooling That Works: The Middle Years” is about teaching young students at a pivotal point in their development from childhood to adulthood.

The nomination is for the Educational Documentary category.

Abbott received a $150,000 grant from the William Caspar Graustein Foundation to do the documentary. The total budget for the video was $200,000.

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Inside... How to find your soulmate... page 6

Bands kick-off SHU Spring Fling... page 8

Laxmen beat rival Southampton 15-14... page 12

Leaders to be honored

By Ayona Pereira

The Campus Life Leaders Award, organized by the Office of Student Activities, will be held tonight in the Gym at 7 p.m.

“This ceremony is a time out to acknowledge students in their leadership roles,” said Denise Surfing, director of Student Activities.

The keynote speaker for the event is James Bargainero, vice president of Enrollment Planning and Student Affairs.

“There will be various department awards as well as what I call the six big awards,” said Surfing. “These include the outstanding involvement by a first-year, sophomore, junior and senior; the Doug Bohs Unsung Hero and John Crofty Outstanding Leader awards.”

Other awards being presented are the department awards, leadership awards: NRHH (National Residence Hall Honorary), Orientation, S.T.A.R. (Students Taking an Active Role), and Who’s Who Among Students in American colleges and universities.
“Garlicfest” at Notre Dame High School

The sixth annual “Garlicfest” will be held Friday, May 2 through Sunday May 4, at Notre Dame High School (right across from Sacred Heart). The festival will run Friday from 5 to 11 p.m., Saturday from noon to 11 p.m. and Sunday from noon to 7 p.m.

More than 45 vendors and restaurants from around the country will feature garlic in a variety of ways. Admission for the event is $3. Proceeds from the fest will go towards providing area youth with academic scholarships.

For more information call Tara Noce at Notre Dame Catholic High School at (203) 572-6521.

Accounting Society hosts
“Mock CPA Review Class”

The Accounting Society of Sacred Heart will present a “Mock CPA Review Class” on Friday, May 2 from 11 a.m. to 12 noon in Annex #5.

The class will consist of a course lecture, sample course materials, a review of past questions and a comprehensive look at “The P/W Approach.”

All accounting majors are encouraged to attend this event and have the chance of winning a special gift at a drawing during the course.

By Kristyn Mulry
News Co-Editor

College students expecting to graduate in May are preparing for the challenges that await them in the future. Some people will take time off to relax before beginning their careers, while others will enter graduate school or the full-time workforce.

“I’m looking for a position where the employer doesn’t blow me off as just a college graduate who doesn’t know anything,” said Kristen Lalla, a senior media studies major from White Plains, N.Y.

“I have turned positions down because they didn’t offer enough responsibility,” added Lalla.

Lalla is looking for a job that will be challenging, fun, and allow her to earn a substantial paycheck.

“Due to the expenses that I’ve racked up here at SHU, I need to find a job that pays well,” she said. “I’ve already gotten a letter saying that I need to start paying back Sacred Heart in six months,” she added.

Dominic Carew, welcome center coordinator for Connecticut’s Tourism Division, offered some advice to students looking for employment.

“Persistence is the key,” Carew said. In finding work, be tenacious and “Get them to see your face,” he added.

Doing research will help you to determine your place in the company and present yourself to the employer, said Carew.

“When they are about to forget, give them a call,” he added.

Employers are looking for candidates who are reliable and proactive and have consistency, perseverance and integrity, said Cox.

“I don’t think the job market is as bad as we’ve been told it is,” said Lalla. “I just started looking two weeks ago and I’ve already had three good offers,” she added.

According to Lucy Cox, career development counselor, computer science is now the field with the greatest opportunity for employment.

At the turn of the century, everybody’s computers will have to be reprogrammed and that leaves a tremendous need for people with backgrounds in computer science, said Cox.

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Public Relations forum offers advice

By Kristyn Malry
News Co-Editor

The Communication Arts Career Night held last week in the Mahogany Room attracted an estimated 80 people. The night began with a panel discussion by business leaders of the community and ended with the panelists talking in small groups with the audience members.

The panel discussion focused on how the speakers got started in their careers. The table of $500 followed by $300 for second place and $200 for prize is $500 followed by $300 to the winning groups. First place on the same day.

The outdoor barbecue on Saturday will be held on the patio between 4:30 and 7:00 p.m. An outdoor volleyball and basketball tournament will take place on the same day.

"We've also planned a Road Rules contest for Saturday," said Precourt. "It will be a dollar per person to enter the contest and the start time will be around 6:30 p.m." Prizes will be given to those who place in the race.

Tired of all those boring courses you have to take? Then hop into a hot, new Ford Escort ZX2. You'll chart your own course in excitement with its powerful 130-hp Zetec engine, AM/FM stereo with premium speakers, optional 6-disc CD changer and other great features that make ZX2 really fun to drive. So what are you waiting for? Get down to your local Ford Dealer today and find out what all the excitement's about, starting at just $12,995. This is one course that definitely won't put you to sleep.

The judges are Geanne Peloso, Student Activities graduate assistant, and Oscar Allain, International Center graduate assistant. A third judge will be announced.

Don't forget to vote for king and queen outside the Faculty Lounge today," said Gallagher.

"I want to improve the communication between the students and administration," stated Rivera. "Students should use Student Government as a resource to handle issues and concerns that they might have," added Rivera.

"I wanted to be a part of student government because as secretary I saw all parts of student government. I realized it was something I could do, so I took an interest in it," stated Gray.

Gray's goal is to work together as a successful team and to really hear the students concerns and ideas for solutions.

Recently, her committee discussed a proposal for South Lot for next semester and each senator chose a committee to sit on. The committees are: admissions, career services, health services, judicial review, library, registration, safety or the technological committee.

"We are looking for students who are not already involved with Student Government to sit on these committees as well," stated Gray.
EDITORIALS

Choose alternatives to substance abuse

There is no doubt that alcohol and drugs are used by several students at Sacred Heart University. Everything from beer and vodka to marijuana and cocaine. On every college campus there are people who use and abuse drugs. No place is exempt.

It is dangerous when people use these substances as some form of a crutch and more often than not, that is the case. Whether they are using these substances to ease emotional pain, escape, relieve stress and anxiety or repress problems—alcohol and drugs are never the answer, although they can seem like the answer.

It is our hope that students who choose the path of alcohol and/or drugs realize just how extremely damaging these substances are to their bodies and examine their lives and their motives. We hope that they will ask God to intervene and allow them to see alternatives as well as seek professional help.

Graduating class shows maturity

The Class of 1997 has witnessed many transitions during its time here. Along with space renovations, growing pains of new academic programs, slow-paced development in student services, and changes in administration, the class has learned to cope with these frustrations.

Some classmates chose to leave because they felt they could no longer tolerate these conditions. But for all those who decided to stay, they showed maturity in realizing that change is slow. Their patience with progress, despite the inconveniences that often accompany it, is a step in dealing with the uncertainty that comes with graduation and with entering a world which remains the same only for a moment. They are ready to take on future challenges.

Best of luck to the Class of 1997.

Time allows for change and growth

Time is a funny thing. I either seem to have too much of it or not enough. Usually it's the latter. I am perhaps the Queen of Procrastination. I usually leave the last minute or day to complete a task. I am not the type of person to allot small blocks of time to work on a project or paper.

This doesn't help much now that my college career is coming to a close, but my days of putting things off are over as I embark into the inevitable "real world." My academic career has not been pristine, although I take pride in the major changes I have made over the last four years. I am sad to say it will be over in just two weeks.

It seems like just yesterday, I was sitting in my high school guidance counselor's office and she was telling me that I should be a writer. I thought, "No way." I doubted both her opinion and my own ability.

The irony is uncanny. I am about to step down as an editor-in-chief after a year of a grueling and rewarding experience. Many times, I have doubted and underestimated myself, but my accomplishments and personal growth help me to have better faith in myself.

The changes I made over the last four years are both small and significant. How I accomplished all of them does not exactly fit the mold, but approaching tasks takes a personal touch. Everyone has their own way. Regardless of what teachers profess, there is more than one right way of accomplishing a task or goal.

I remember when I was a little girl in elementary school, teachers always taught one way of doing a math equation, or to stay within the lines when coloring. I was no math whiz or science freak, but doing things in my own way taught me to be more tolerant of people who are different than me (even if I always did color within the lines).

Perfecting who you are is a lifelong process, and I'm not sure that perfect is what anyone should be. Rather, more importantly, make changes and grow. Reflect on all that you've done rather than all you haven't.

Part of my willingness to accept my faults in doing things is recognizing that there will always be another task. Believe me, I always like to get it right the first time, but I don't always. My incessant persistence reaffirms my belief that I am strong enough.

For those of us leaving the Sacred Heart community feeling like we could have done better, remember this: there is plenty to do in life and look forward to. I hope I've made somewhat of a mark at Sacred Heart, but if I haven't, I will somewhere else.

There is always time enough for change and growth—even for me.

Volunteering is American

"To whom much is given, much is expected," is a direct quote from the Bible. Now whether or not you're a religious person, I would hope most people agree with this statement, or at least the general principle behind it.

Which is, if you've become a successful member of society, you should find your own way to give back to society, so that in turn, more members of society will have the opportunity to succeed.

That is what volunteerism is about. President Clinton has put together a Presidential Commission on volunteerism, which is in being.AsyncTasked to find new ways to give back to the community.

By ROB SAWICKI

Volunteer Summit over the weekend in Philadelphia. There are some people who are concerned the summit is going to lead to big brother, forcing citizens into volunteering.

Any such concerns are ridiculous. There is no way that, in this political climate, any bill expanding the role of government is going to see the light of day, and it shouldn't. Forced volunteerism is not the answer.

Other concerns have been raised, such as compensation for those who volunteer. There needs to be a distinction, as President Clinton has made, between national service, which is compensated with scholarships, and volunteerism, which is not compensated at all.

Why should you need to be paid to help the community?

Many people have become defensive about the idea of volunteerism, or lack there of. Arguments have come up about coaching their children's sports teams or being involved in girl scouts or boy scouts.

I don't consider that volunteerism. I consider that being involved in your children's lives. Volunteerism is giving something back to the community.

How could anyone be against volunteerism? Taking time out of your life to help the life of another. Truly giving of yourself is what this country was founded on. When the founding fathers fought for our independence from England, they weren't just fighting for their own independence, they were fighting for the independence of every American that would follow them.

There are too many people who feel the only person they're supposed to look out for is themselves. If we all do that, how can we call ourselves the greatest nation on Earth?

Volunteering is something that should be inherently American. The strength of our nation shouldn't be individualism. It should be unity and togetherness. Since when have we become 264 million individuals? We are "one nation under God, indivisible."

Are we?

Have a great summer, from all of us at the Spectrum

EDITORIAL POLICY:
The editorial page is an open forum. All submissions are subject to editing for spelling, punctuation, grammar, and clarity. The Spectrum does not assume copyright for any published material. All submissions are reviewed by the Editorial Board.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to Spectrum, Sacred Heart University, 5151 Park Avenue, Fairfield, CT 06430-1000. The advertising deadline is 7 days prior to publication. The Spectrum is published weekly (203) 371-7963). Business phone line is (203) 371-7966. Fax number is (203) 371-7828.
InVESTIGATIoN NEEDED IN MAILROOM SITUATION

To the editor,

I am going public with this because the situation is desperate and the matter is related to Sacred Heart University’s community. Silence over the issue of tests can only do more damage.

Some Sacred Heart officials are not being genuine. Their words do not match their actions. They know the golden words, not their true meaning.

As a result of their decisions, privileged students have handled and continue to have access to a majority of tests that are photocopied and stored in the mailroom. I attempted to remedy the problem by telling my supervisor who showed little interest in my complaint. I then contacted the professors who have tests in the cabinet.

It is unfair to those working in the mailroom who have nothing to do with this. They can be vulnerable to accusations. Not every student who works in the mailroom is involved. It is also unfair to the great majority of students who are not working in the mailroom.

I demand that the Office of the President, Anthony Cencera, intervene to launch a non-bias investigation and to take the appropriate measure.

Pascal Jean-Jacques
Letter Shop Technician

THANK YOU

To the editor,

I just wanted to say a huge thank you to the Sacred Heart community for participating in the Jefferson Hill Spring Cleaning Clothing Drive.

We collected about 5,000 articles of clothing! I’m still amazed at the outpouring of love and generosity that everyone showed. A little bit of giving really goes a long way.

Sincerely,

Colleen McGrath
President, Jefferson Hill Hall Council

FROM THE CO-EDITORS’ DESKS...

It has been my pleasure to serve the Sacred Heart University community this year as co-editor of the Spectrum. The experience has been, at times, exhausting mentally, physically and emotionally, but well worth it.

I pride myself on the fact that Michele and I have worked on a close-knit basis with our staff, many of whom became my good friends. I am proud of all of their accomplishments. In all the years I have been on the Spectrum staff, I have never witnessed such a dedicated and concerned staff.

Our advisor and mentor, Ralph Corrigan, will be greatly missed, both knowingly and unknowingly, by future editors. His 14 years of determination and sincere care for the well-being of the newspaper and its staff has encouraged many of us, as well as frustrated us at times, but the newspaper would not be where it is today without him.

Also, my father, Don Harrison, was a constant resource for our staff and was always there when I needed his help.

I am sad to bring this last issue to a close. Regardless of the many things that were put on hold because of my dedication to the Spectrum, including my own sanity, I will miss seeing the Spectrum every Thursday, which was a reassurance and reminder of all of my hard work and sleepless nights.

One thing I have definitely learned from this experience is how to be with and work closely with people who I thought I had nothing in common with. I find that we have more similarities than I ever imagined.

I would like to thank each of the editors, Michele, Ayoma, Dirt, Brad, Dude, Steph, Lora, Corinne, Gina and Lauren, as well as our columnist Rob, for their sacrifices and continuous hard work.

Each of them put their hearts into this newspaper and we leave the Spectrum in good hands with Gina Norelli, who will be next year’s editor.

I hope I have made somewhat of an impression on Sacred Heart, because it has definitely left an imprint upon me.

Erin Harrison

BITTERSWEET FAREWELL FROM CLASS OF 1997 PRESIDENT

To the editors,

In 17 days, the Class of 1997 will be saying "good-bye" to Sacred Heart University. The four years we have spent here together have been years of growth for ourselves as well as the University.

I know I’m not only speaking for myself when I say that Sacred Heart has shaped my life as no other school could have.

This school has become my second family. It has shown me sides of myself and other people that I would have never found with the friendly nature of all who walk these halls.

Many of you reading this can’t wait to leave Sacred Heart and all of its growing pains as well as the papers and tests. I, on the other hand, will miss SHU tremendously. No, I will not miss studying for an exam or doing a paper at 2 a.m., but I will miss the community. I’ll miss recognizing all the faces in the hallways and being able to say "hello" without even knowing the person.

For four years I’ve been thinking about the day I graduate and go on into the real world, never really believing that the day would come. But May 18 is staring me in the face and I have no choice but to believe it, and I do.

I believe May 18, while being a sad day of hugs and tears, will also be a beautiful day as we all begin our real lives. Although some of us will stay in the area, some will be hundreds of miles away, we’ll all share the common bond of 5151 Park Avenue. We will all recall the memories we’ve made since September ’93, when we were at the beginning of the changes.

In each of our own ways, we’ve left our marks on Sacred Heart University, and Sacred Heart has left its mark on us.

I wish everyone in the Class of 97 (whether you’re graduating in May, August or December), the best of luck for the future. I ask one favor of all of you — that you always let the positive outweigh the negative in life and to always believe in yourselves.

Once again, good luck and see you May 18.

Deirdre Eller
President, Class of 1997

I have enjoyed serving as co-editor-in-chief of the Spectrum, and to be honest, I think this job, although a tiresome one, has been a challenge I’ve mastered.

However, I should point out that with the support of Erin, an enthusiastic and hard-working staff and Ralph Corrigan, this newspaper has reached a level of quality in which it should be recognized as a professional, student-run publication. I know this because I have worked on this paper for four years, and this year all the right elements came together.

I was hesitant at first about becoming an editor-in-chief. After working under three editors, it’s quite different when you enter into a head position. Personally, I felt there more I could have done, but I will look back a few years from now to answer that. I do feel that the countless hours that I, Erin and our staff put into creating each issue is something to be proud of.

I’ve also learned how to work closely with people, when to speak and when to listen. Being here during a growing point for the University, I think I have grown in confidence by working on this paper.

Thank you Ralph for your commitment to the Spectrum and for always pushing, more often than we needed to be, us to be better.

Although you feel you’ve done all that you can, future editors would appreciate your concern, dedication and motivation.

To this year’s editorial board: Dirt, Ayoma, Gina, Dude, Steph, Brad, Corinne, Lora, Lauren, as well as Danielle and Cheryl, thank you for your hard work and devotion. Without you, there would be no paper.

Erin, it was a pleasure working with you. I think we both contributed our knowledge and qualities to the Spectrum, which shows in each issue.

I wish Gina Norelli much success for next year. Good luck.

To my friends and the Sacred Heart community, thank you for making these four years memorable and enjoyable.

Michele Herrmann

Co-Editors-in-Chief & Publishers
Erin E. Harrison
Michele Herrmann

News Co-Editors
Kristyn Muly
Ayoma Perera

Features Editor
Gina Norelli

A & E Co-Editors
Stephanie Smith
Chris Twarowski

Sports Editor
Brad Wilson

Assistant Sports Editor
Corrine Waltheim

Photography Editor
Lora Marcella

Copy Editor
Lauren McKinley

Accounting Manager
Megan Donegan

Ad Manager
Erin Harrison

Classified Ad Manager
Michele Herrmann

Marketing Coordinators
Available

Work Study
Kristyn Muly

Librarian
Available

Circulation Coordinator
Chris Twarowski

Typist
Available

Columnist
Rob Sawicki

Staff Writers
Bruce Carlson
Grace Mukupa
Julie Nevero
Mike Nimons
Wendy Pisciolo
Lauren Wiggins

Dark Room Technician
Available

Computer Technician
Jack Halapin

Photographers
Alicia Hurley
John Wilson

Ad Representatives
Available

Web Designers
Available

CCO Representative
J.T. Tetreault

Faculty Adviser
Dr. Ralph Corrigan

May 1, 1997
SHU Spectrum - 5
Soul mates often appear at oddest times

By John Wool
Contributing Writer

There are questions often asked on campus and throughout the world about soul mates. How do we know who our soul mate is? Where will we meet him or her? When?

Your soul mate should be the guy or girl who is perfect for you. Your soul mate is the one that has the same interests as you and is the one person that you can spend the rest of your life with. "Despite the fascination, many claim to have the exotic and the popular belief that opposite attracts. A survey found that the overwhelming majority of Americans choose their sexual partners and their lifetime mates from a pool of people very much like themselves," said Dr. Jane E. Brody in an article.

When we search for a mate, what do we look for? Are looks really that big of a deal? Do height, body shape, color of hair or eyes, religion or race play a role in our search? And if it does, then why?

Mike McCaffrey, a student at SHU, said, "Not to sound like a pig, but looks play a major part in meeting a person. When you go to a party, or just out in general, you look for a nice looking girl, and this is where the attraction starts."

Pete Reynolds said, "My question is how do you know if the person will like you back?" Where will you find this mate? Will it be in college, at a bar or in the workforce? Many say that they are in search of their mate now. Others say that they are in no rush and that it will just fall into place.

Your soul mate should be the guy or girl who is perfect for you.

Daniel Carpentier said, "I met my girlfriend at a high school dance in the Bronx and it was history. We started to dance, and I felt she was a nice girl. That's what I was looking for at the time."

Francine LaFlamme, an R.A. at Parkridge, said, "I started out as friends with all of my boyfriends. I was very attracted to them and then I gained trust in them."

These students were lucky to find their soul mates at an early time in their lives. But what about the ones who haven't found their "true love?" How long will they have to wait? What kind of search will they go through?

McCaffrey said, "I would like to find a soul mate while in college so that I can start to organize my life and hopefully settle down in the years to come."

Greg Nota, a media studies major from Mass., said, "I am very busy being a student athlete right now. It is hard to juggle a girlfriend, academics, a social life and football. I do however think that if there were two girls in a room and one was really pretty, I would be more inclined to go up to her and start a conversation."

So where are these soul mates of ours? Are they really out there, or will we be searching for them forever?

Does someone else have our soul mate, and how will we know?

"What I have heard in the past is that whoever you are with your junior year of college is the one you will spend the rest of your life with," said Craig Baker, a junior from Greenwich.

Tree love is a constant search for most people. Many will probably find their true love when they least expect it and in the last place they would think of.

Love is a powerful feeling that will suddenly just hit you in the face.

As semester winds down, seniors ready to graduate

By Gina Norelli
Features Editor

Soon, things will be drawing to a close. Or will they just be beginning? Well, it depends on how you look at it.

But in any case, for many of the graduating seniors, this is a time of mixed emotions that consist of excitement, sadness and even fear.

Dean of Freshmen Michael Bozzone said that he sees two things in seniors at this time of mixed emotions that consist of excitement, sadness and even fear.

"I see students extremely excited and proud of themselves. I also see what I consider to be a very healthy reflection of what they've done both academically and personally. You see it in their faces," said Bozzone.

What are the thoughts of seniors on graduation?

"I'm glad it's finished, glad it's done," said Eddie Cisneros, a computer science major from Stamford.

James Colette, a criminal justice major from Mass., said, "I haven't gotten there yet. I don't know how it's going to feel."

Danielle Vote, a psychology major from Stratford, said, "I'm so excited. The only thing that worries me is what do I do with my life? For that part, I want to stay in school, but otherwise I'm very happy to get out."

Some other thoughts:

Teri DelRossi, a biology major from Melrose, Mass., said, "It's a big relief. I've been waiting for this day for a long time. At the same time, it's sad to leave my friends."

Kristyn Mulry, an English major from Worcester, Mass., said, "I think graduating from college is a tremendous yet scary accomplishment. Getting your diploma means that it is now time to step into the real world, which can be a frightening place."

Rob Sawicki, a media studies major from Fairfield, said, "A special part of life is ending, but the new and exciting part is beginning."

According to Registrar Douglas Bohn, 62 associate's degrees will be awarded, 593 bachelors', 380 masters' , 18 sixth year degrees in teaching, and 3 postmasters' degrees in nursing.

The grand total in 1996 was 980 degrees. This year, we will award 1,053 degrees," said Bohn.
Let your nose relieve tension and stress

By Amy Finkle
Contributing Writer

If you are a college student, chances are you know what staying up all night long to study for an exam can do to your alertness the next day. Dashing right before or during the very exam you prepared so hard for is common.

Many people now believe that sniffing peppermint oil before an exam can rev up your energy and keep you more alert. People all over the world are looking to aromatherapy—the use of essential oils derived from plants to cure anything from sleeplessness to problem skin. Aromatherapy has been around for years despite early skepticism. According to an article by Janice Min in Allure magazine, "Aromatherapy has outgrown its New Age image of being just pretty-smelling candles."

Aromatherapy has been claimed to cure many different ailments. According to Min’s article, a whiff of rosemary is said to stop headaches, and sniffing fennel can act as a natural suppressant. Tea-tree oil is said to help problem skin and orange blossom can help nail-biters kick the habit.

Today, distinguished medical journals such as The Lancet have reported success with aromatherapy. One such report, according to Min, was on the study of David Stretch at the University of Leicester in England.

Stretch replaced sedatives with the essential oil lavender, believed to be used by the Egyptians some 6,000 years ago. The scent of lavender, which Stretch diffused through the rooms of his participants, was as effective as the regular sedatives they were given. They reported less cases of restless sleep as compared to with drugs.

"To our slight surprise," said Stretch, "we found that there might be something to the old wives' tale."

Some uses of essential oils, according to Min are: the use of peppermint oil to heighten mental alertness, and ylang ylang oil to treat some parts of Alzheimer’s disease.

Although these oils are unregulated by the Food and Drug Administration, they are highly regarded and widely used in England, Germany and France. One reason why these treatments are not endorsed by all medical practitioners is that the claimed success cannot be backed by crucial hard evidence in every case. One precaution: Don’t go out and buy the first bottle of essential oil you find and slather it all over yourself. Instead, check out books from the library on aromatherapy to find out the safest uses.

Using the oils without knowing correct usage can cause more harm than good. Pennyroyal oil can cause miscarriages. Using almost any of the oils in excess can cause burning of the skin.

Weather, vacation thoughts distract from finals

By Michael Babinski
Contributing Writer

When students start to get cranky about such things as housing arrangements, there is always that one thing left in their minds that they either choose not to think about or choose to kill themselves over. Those things are finals.

Now is when most work needs to be done, but the conditions do not want to cooperate. Who wants to spend afternoon hours in a classroom or library when it is 70 degrees outside and sunny?

"It just seems that now is the hardest time to concentrate and I feel I have a million things to do," said sophomore Sean Smith from Milburn, N.J.

Many students are wondering what kind of minimum wage employment they will land for the summer. Others are wondering if they will have to take a summer class to help make up for poor efforts during the year.

Sophomore Kevin Anderson, from Levitown, N.Y., said, "I am going to work for my father full-time this summer, but I also have to make up some classes as well. Who knows how I am going to be able to find the time to concentrate on both of those things."

The time seems to be a little easier for underclassmen, since they don’t have as difficult a course load yet.

Reflections on the first year and the processes of adjustment

By Grace Mukupa
Staff Writer

Now that the semester is almost over, first-year students are preparing themselves to share their first year of college experience with friends back home. Does the first year experience discourage students from coming back?

Most first-year students have confirmed that they will come back next year.

For some, going through the application process has discouraged them from leaving this school. Friendship is one of the major reasons that is constructing the continuation of education for some students. Because memories will leave a great impact on how you perceive college life. "This is a lot better than high school because there is a closer bond among friends," said Christine Turowski, a first-year student from Long Island, N.Y.

As students become familiar with college life, they have made the best of it by joining some clubs and sports. "I’m coming back next year. I definitely found college fun because I like tennis and my friends that I met," said Chris Duwart from Wrentham, Mass.

The size of the school and its environment has definitely contributed to the comfort that one feels when attending this school.

Definitely the size of the school and its environment has contributed to the comfort that one feels when attending this school.

"I love SHU because of the closeness I feel to other students. I love being a name and face rather than being a number," said Kara Kelly, a first-year student, also from Long Island.

Despite the good points about SHU, some students should have found some little things annoying and disturbing.

"The area is good, however, the school should have more variety in food," said Cheryl McGill, a first-year student from N.J.

Little matters like these can become big issues in the future if they are not taken into consideration immediately.

Of course, some parents have shown concerns about some situations.

"Damage bills are more outrageous. My parents asked me why did I have to pay if I didn’t damage stuff?" said Linda Beauchene, a first-year student.

For those first-year students who have made their choices to come back to SHU, make the best of the current situation.

Believe it or not, your situation will improve.

William Diaz, from Queens, N.Y. said, "Your first year at SHU is normally the hardest one. Everyone is getting adjusted to the new environment; every freshman deals with it in their own way. The longer you stay here, the better things get."

What do seniors do if they have not yet found a job?

Dan Sherman, a senior from Gardiner, N.Y., said, "I am not worried yet because I still have the opportunity to go to graduate school. But I have to admit with the end near, it does seem very scary. Now is the time when you need to buckle down. Can you make the grade?"
Bands spread spring music

At right, top: The Barenaked Ladies played Friday night in the Gym for the Spring Concert. Camus opened the evening, which drew quite a crowd.

At right, bottom: Die Laughing performed at the first-ever Jefferson Jam last Saturday. People played frisbee and munched on burgers.

Vigil sheds light on rape awareness

By Christopher Twarowski
A&E Co-Editor

The candles were lit. A circle was formed. The voices of those touched directly and indirectly by the crimes of rape and sexual abuse rang out through the quiet evening air.

It was the third annual Candlelight Vigil for the awareness of rape and sexual abuse that took place alongside West Hall this past Sunday night. Over 100 students turned out.

The event was co-sponsored by Lambda Sigma Phi and A.L.I.V.E. (A Lesson In Violence Education), an ongoing support group through the university’s Counseling Center for the survivors of rape and other forms of sexual abuse.

Since its beginning, the Vigil has grown in size and solemnity. “It spreads awareness to people,” said Jim Prior, pledge master of the fraternity. “The fact that more and more people turn out for it each year is an indication that the message is getting out. More and more students are becoming aware.”

“Rape happens,” said Sr. Anne-Louise Nadeau, director of Personal Counseling. “It lets people know to be careful about what they say, because you don’t know if you’re living next to someone who has had that experience.”

The Vigil was highly emotional. Powerful.

“It’s not just an isolated incident like it happens one night and that’s it. You feel the after effects year after year after year.”

While those in attendance raised candles and listened, three or four SHU students stood before them and recounted in horrid detail their personal experiences of these crimes.

Others’ stories were read by members of Sigma Delta Phi. The silence had been broken. According to Sr. Anne, it had been a crucial step in a long and arduous healing process.

“This year it was that it’s not just an isolated incident like it happens one night and that’s it. You feel the after effects year after year after year,” she said.

“It’s part of the healing. A big part of the healing.”

She adds that an unintended consequence of the Vigil is its strong influence on others to seek healing for themselves. People see somebody else come out and think, “If they can do it, then I can do it too.”

A.L.I.V.E. meets once a week during the school year. It is strictly confidential.

Call 371-7955 for more info, or to set up an appointment.
"Welcome to the Afterworld." These are the words Mar. 9, 1997. Biggie Smalls, was murdered on Notorious B.I.G., also known as probably last) Notorious B.I.G. which appear on the latest (and 

...probably way too eerie. The intro of "Life After Death" also adds to this by fea­

...It's a heart monitor. The sound of sirens, a piano and a

...producer, talking to Biggie over 

...turing Sean "Puffy" Combs (a.k.a. Puff Daddy), the album's 

..."Welcome to the door," "What's Beef' and 

..."Somebody's gotta die," "Kick 

..."My Downfall" tell stories of death and violence. Not all of the songs on the

...for B.I.G. teams Biggie with the Bone Thugs-N-Harmony. Some of the strongest tracks on the album are "Notorious Thugs," "Hypnotize," "Going Back To Cali," "Sky's the Limit," and "I Got A Story To Tell." There are also a couple of slower type tracks like "Miss U" (which was played at Biggie's funeral) and "#19 You Tonight," which features R. Kelly.

...Overall, this is an above average rap CD. I don't like it as much as "Ready To Die," but it would be tough to out-do an album like that. Being that it is a double CD, "Life After Death" has a lot of songs, 24 in all, and a variety of rap types. I would recommend this to any fan of Biggie or rap in general.

With the number of songs gaining popularity from this CD, The Notorious B.I.G. is showing through his music, that there is life after death.

---

Poet's Voice

what would I do without you?
you gave me everything
ever wanted from this life.
you gave me a reason to live
when I had a reason to die.
you took my pain away
so I could enjoy life again.
you were always there for me
when I needed a friend.
what would I do without you?
I don't want to think about it now.
I can't do this right.
I need you to show me how.

these feelings I have, I want to let
everyday I want to let
the days, the ways of life
and I don't want to die.
I want to find the way
I think of all the things
you've done for me, and realize
what I did.
I want to think about it now.
I can't do this right.
I need you to show me how.
you gave me so much.
when I was feeling so down,
you brought me to my feet.
you made me laugh
when I thought I'd smile again.
you were always there for me
when I needed a friend.

what would I do without you?
I don't want to think about it now.
why can't I do this right?
I need you to show me how.

end.

by Kevin "Pickles" Horgan

words like angels bent to moonlight hidden codes;
but there must be a meaning...
Sports in brief

Women's lax struggles into final week

Sacred Heart University, the defending ECAC Div. II women's lacrosse champions, continued to struggle this past week as the Lady Pioneers dropped games to Springfield College (10-5) and Trinity College (24-10) to fall to 2-9 on the season.

SHU, which has lost 9 of its last ten games since its victorious season-opener on March 24, continue to rely heavily on All-America attack Deirdre Hynes (Mahopac, NY). Hynes scored seven more goals this week to improve her team-high to 39. The Lady Pioneers conclude their season tomorrow against Bates College.

Sean Morrissey named to MIVC first-team All-Conference squad

Junior Sean Morrissey (Saratoga Springs, N.Y.) has been named to the Metropolitan Inter-collegiate Volleyball Conference (MIVC) first-team All-Conference squad, announced the MIVC last week. Morrissey, a 6-foot-4 middle hitter for the Pioneers, was third in the nation in hitting percentage (.486) as he led SHU to a 19-11 record and a 3-6 mark in the MIVC.

SHU baseball team extends losing streak

The SHU baseball team continues to struggle this season as the Pioneers went 0-6 this past week (0-6 in NECC play) to extend their losing streak to eight straight games. With one week remaining, the Pioneers are 12-22-1 overall (4-9-1 NECC) and a 5-9 mark in the conference with a 12-2 ledger.

Sophomore outfielder Scott Janacek (Lowell, Mass.) was the lone bright spot in Coach Nick Giaquinto's line-up last week, going 14-for-23 (.610) while scoring seven runs for the Pioneers. He also split of 50.6, his second fastest time this season.

Senior Vicky White of Ansonia pitched a complete, six-inning shutout in the opener, improving her record to 9-12. Junior Jen Baker of Northfield, Mass., provided credit for the victory in the nightcap, with White picking up a save in relief. SHU has won its last six NECC games.

Softball shares NECC lead

By Julie Nevero

Staff Writer

Continuing to play well against New England Collegiate Conference opponents, the SHU softball team swept UMass-Lowell, 2-1 and 3-2, Saturday in Lowell, Mass. Despite an overall record of 14-21-1, the Pioneers remain tied for first in the conference with a 12-2-1 ledger.

Senior Vicky White of Ansonia pitched a complete, six-inning shutout in the opener, improving her record to 9-12. Junior Jen Baker of Northfield, Mass., received credit for the victory in the nightcap, with White picking up a save in relief. SHU has won its last six NECC games.

In the Lowell sweep, nearly every Sacred Heart player contributed at bat. Senior captain Heidi Dripchak of Ansonia led the way with 2-4, while Jen Stark, Chris Vigliotti, Keri Loper and Karen Leber all went 1-3.

Stark, the All-Northeast centerfielder from Pompton Lakes, N.J., continues to lead the team in batting, averaging .300, while Loper (Farmingtonville, N.Y.) has moved up, hitting .343.

Last Friday, the Pioneers dropped a non-league double-header to Adelphi, 6-2 and 7-3, at Garden City, N.Y. Freshman Nicole Dorsa of Masseville, N.Y., and Vigliotti (Staten Island, N.Y.) starred at bat, each going 3-7. White suffered the first-game loss and sophomore Nicki Mesuret (Franklin, Vt.) took the defeat in the second.

The ladies will close out the regular season this afternoon at home against NECC rival South­ern Connecticut. The first game begins at 3:30 p.m.

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Sports Schedule

Thursday, May 1

Baseball at Teikyo Post University, 5:30 p.m.

Friday, May 2

Baseball vs. Franklin Pierce College, 2 p.m.

Tennis at Metropolitan Connecticut Championships, TBA

Outdoor Track & Field at CTC Championships, TBA

Women's Lacrosse vs. Bates College, 4 p.m.

Saturday, May 3

Men's Tennis at Metropolitan Connecticut Tennis Championships, TBA

Outdoor Track & Field at CTC Championships, TBA

Men's Lacrosse vs. Pace University, 1 p.m.

Sunday, May 4

Baseball vs. Dominion College, 1 p.m.

Athletes of the week

Chuck Chiodo

Chiodo, a senior from Stratford on the men's lacrosse team, tallied four goals and one assist, including two crucial goals in the final quarter to propel the Pioneers over rival Southampton, 15-14. Chiodo also leads the team in goals this season with 28.

Deirdre Hynes

Hynes, a junior All-america from Mahopac, N.Y. on the women's lacrosse team scored seven goals in the Pioneers' losses to Springfield and Trinity. She leads the team with 39 goals this season.

Honorable Mention:

Theresa Flood, a sophomore from Troy, N.Y. on the track team, placed second at the Yale Invitational. Flood ran the 800 meters in 2:25.14, setting a school record.
Last Saturday night we saw the final game of one of the most gifted and resilient athletes ever to play for the Pittsburgh Penguins. All-time great Mario Lemieux has called it quits on his storied NHL career. Lemieux played with a风格 that was considered a joke and led them to two Stanley Cups. He was a player whose talent and scorer that he made scoring goals look like an art form.

In every sport there is an individual who stands apart from the rest and in their retirement, they can emboss a permanent imprint in the lives of their coaches, spectators and family.

The experience of college bowling was unique. I often get asked if I will begin my junior year at Fairfield Bowl in tournaments (JBTA) or leagues. This allows a young bowler to travel and meet new people with common interests.

Sacred Heart University established a women's bowling program in 1993, building it around one young woman who ranks among the nation's powerhouses. Yet to be determined, they can embody the potential in the lives of their coaches, spectators and family.

Her career began at age eighteen. Swanson went on to work at high school at St. Joseph's in Stratford.

She bowled in JBTA until she was nineteen and subsequent years entered adult competition.

Lemieux, a senior, who enjoys drawing and listening to music, has led her team to three championships, along with fifth place at the 1995 senior national women's bowling

There are two dangerous back operations and a bout of Hodgkin's disease that he battled at the age of twenty-one.

She was named MVP of the Eastern Intercollegiate Bowling Conference. She also led the individual women's team to the 1995 National Collegiate Championships in women's bowling. The conference was held at the national powerhouses.

The season, Lemieux won his second consecutive scoring title and his fourth in five years, scoring 122 points.

Lemieux has spoken about his retirement in the past, but in his final game, he again showed his true talent. During the final game of one of the day superstar athlete to do this is the unimaginable. He made it happen.

Swanson is a member of the bowling team that was considered a joke and a sports figure in Pittsburgh as the final game of one of the day superstar athlete to do this is the unimaginable. He made it happen. Swanson is tied for the third highest average of 213 (Brenda Swanson, Sacred Heart's premiere bowler) and 94 and second highest four-game series of 939 at the Intercollegiate Bowling Championships.

In July we will attend her fourth consecutive ACUI national singles and doubles championship in May. In 1996 and 1997 she was named MVP of the Eastern Intercollegiate Bowling Conference. She also led the individual women's team to the 1995 National Collegiate Championships in women's bowling. The conference was held at the national powerhouses.

If you're looking to work in the world of professional sports, you might want to consider getting a job in the industry. There is a need for people with skills in marketing, sales, and public relations.

The sports industry is a lucrative field and offers a variety of career opportunities. It is a field that is constantly growing and changing, which means there is always something new to learn and experience.

If you are interested in working in sports, there are many resources available to help you get started. There are also many organizations that are dedicated to helping people who are interested in working in sports.

Swanson, Sacred Heart's premiere bowler

Lady bowlers bid farewell to four-year team leader

By Corinne Waldheim

Contact Maiia/M-F 8-16hrs. awk. Bethel. Call Bridge for details.

I'm certainly that Mario Lemieux will miss hockey. I'm also certain that hockey will miss him. I expect to see him from now on, whether we call him the Frenchman or the Frenchman's son. He's simply the best.
Chiodo leads laxmen over rival Southampton

**Pioneers battle back from five goal deficit to win 15-14**

By Brad Wilson  
Sports Editor

In a game that was tied on six occasions, the Pioneer men's lacrosse team used a four-goal, one-assist effort from senior Chuck Chiodo of Stratford to edge Southampton, 15-14, last Sunday on Long Island.

Heading into the contest, Sacred Heart was ranked fifth nationally in Division II and Southampton was fourth. The victory advanced the Pioneers to fourth in the national poll and helped them secure an ECAC tournament bid.

"This was an important game in determining ECACs and it was a great win over a top rival," said Coach Tom Mariano. "It is also important because it's the last regular season home game for the seniors (Chiodo, Mazzeo, Colapinto, Krepil, DeGaetano, Scott Kohler, Kevin Yee and All-America defenseman Dan Sherman)."

Senior Jason Colapinto (Deer Park, N.Y.) and freshman Chris Spaterella (Garden City, N.Y.) contributed two goals apiece, while junior Brian Staunton (West Hartford) and sophomore Kenny Martin (White Plains, N.Y.) each netted one.

Senior Mike Mazzeo of Darien recorded three assists and junior Brad Wilson (Clifton Park, N.Y.) had one.

Four goal deficit to win 15-14

By Julie Nevero  
Staff Writer

The Pioneer men's and women's track teams fared well at the Yale Invitational in New Haven last Sunday. The meet was comprised of mostly Division I schools, but Division II and III schools were welcome. Among the teams entered were UConn, Central Connecticut State, Southern Connecticut State, Iona, Yale, New Haven, Marist, Army and Hartford.

There was no team scoring in the meet and awards were given only to the top finisher in each event.

"We had a lot of nice performances, particularly in the distance events, throws and jumps," said Christian Morrison, SHU's recently named Women's Coach of the Year. "It seems we're peaking at the right time for the CTC Championships next weekend."

Leading the women's team were sophomores Theresa Flood and Julie Nevero, who took second in their respective events and posted personal records in the process.

Flood ran the 800 meters in 2:25.14, just two seconds behind the leader. This represented her best time ever, earning her the school record and a nine-second improvement since her first go-round last fall. Flood also ran a leg on the 400 relay team, posting the best time this season by a SHU female 400 runner in 53.9.

"To improve more than nine seconds over two years in such a short race is phenomenal," said Morrison. "Theresa's improvement is a testament to what can be achieved through hard work and dedication."

Nevero threw the javelin 111' 1" defeating the third place finisher by over 14 feet and just five feet off the school record.

Freshman Tara Fay took third in the shot put with a throw of 36'3" a personal best for her as well.

Senior netminder Art DeGaetano of Beacon, N.Y. tallied 15 saves on the day.

On Saturday, Sacred Heart faces Pace at 1 p.m. on Campus Field in a game that will help determine home-field advantage for the ECAC playoffs. Last year the Pioneers defeated Pace, 18-15, with Lukowski netting the game-winner with three seconds remaining.

"Pace is an important game because it was hard-fought last year and both teams are going to be heading into the contest with something to prove," said Mariano. "It is also important because it's the last regular season home game for the seniors (Chiodo, Mazzeo, Colapinto, Krepil, DeGaetano, Scott Kohler, Kevin Yee and All-America defenseman Dan Sherman)."

Mark Gustafson, athletic trainer for the New Haven Ravens, spoke in Director of Sports Medicine Mike Weld's Advanced Athletic Training course on Apr. 18. The New Haven Ravens are a minor league baseball team that is affiliated with the Colorado Rockies. Gustafson's responsibilities with the Ravens include prevention, care and rehabilitation of injuries.