Several renovations planned for summer

By Leann Doyle
Staff Writer

When school lets out at the end of the semester, Sacred Heart will begin work on renovations and expansions. In addition to the Old Gym conversion, there are plans to renovate the dining hall and institute a new ID card system.

"We will probably not do as much this summer as we had hoped. There is no way to get everything done in time for the fall semester," said Dean of Students Larry Wielk, who shared his upcoming plans for the dining hall.

"We have intentions to begin renovations of the servery this summer. FLIK themselves will also institute some changes within their parameters," Wielk said.

There are also plans to convert the cashier counter at the entrance of the dining hall into a coffee bar and to expand the new ID card system.

"Because," he said, "I've watched you in class and I think you're a serious student, and you've got a good instinct for journalism."

I didn't know why Ralph had confidence in me, but I decided to trust his opinion.

Thus ten years ago I wrote for the Spectrum; then I became editor, which was one of the most educational experiences I've ever known; and now I'm an associate editor at Tennis magazine. Ralph Corrigan undeniably changed my life.

Of course, Ralph never accepted credit for my successes; each time I said thank you, he'd say, "Chris, you're the one who did the work." But Ralph saw a talent in me that I hadn't seen a talent in me that I hadn't...
SHU blocking access to Napster website

Following the lead of several other colleges and universities, Sacred Heart University has blocked access to the Napster website, located at http://www.napster.com.

In a global e-mail sent out to the university community, Vice President of Information Technology Mike Trimble said, "I would like to point out that this proactive measure is not one that we take lightly. Furthermore, it should definitely not be considered censorship, rather, it is due to the legal consequence of US copyright law."

Napster has been the subject of controversy lately, due to lawsuits filed by high profile artists Metallica and Dr. Dre for copyright violation.

Metallica's lawsuit originally included three universities as well, including Yale, but they were eventually dropped.

"This is due to the existence of copyright laws and possible claims of infringement," added Trimble.

Charity 5K run this Sunday at Sacred Heart

On May 7 at 11:00 a.m. starting from the Pitt Center, the Student-Athlete Council of Sacred Heart University will be sponsoring a 5K Road Race for the Center, the Student-Athlete Council of Sacred Heart and Dr. Dre for copyright violation.

Metallica's lawsuit originally included three universities as well, including Yale, but they were eventually dropped.

"This is due to the existence of copyright laws and possible claims of infringement," added Trimble.}

El Salvador: SHU delegation comes back

SHU's first faculty delegation to El Salvador in 1992. In that community, the SHU delegations have assisted in the construction of a school, community center, a playground and a community basketball court.

This year Sister Elena, the group's coordinator in El Salvador, suggested that the group live and work instead in a neighboring community, the village of Los Ensayos, which was still very much in need of the kind of help SHU delegations have provided to San Hilario. The people of Los Ensayos wanted to build their own community center, and when Elena told them SHU could help, they went right to work. By the time the delegation arrived on March second, the villagers had already acquired the necessary land and had just begun work on the building itself.

Members of the delegation performed quite a variety of tasks during their week in Los Ensayos. They helped mix cement and put up the cinder-block walls of the building. They hauled dirt into the building by the wheelbarrow load, creating a floor one foot above the ground around the building. They cleared tree-stumps and weeds from the lot, and leveled the lot itself so rainwater will drain away toward the road.

Members of the delegation performed quite a variety of tasks during their week in Los Ensayos. They helped mix cement and put up the cinder-block walls of the building.

They also strung barbed-wire fence all around the perimeter of the property to keep large farm animals out.

The delegation did more than just work. They spent evenings renewing old friendships with the villagers of San Hilario and building new friendships in Los Ensayos. They spent a whole day enjoying the sand and surf at a beautiful, undeveloped beach on the Pacific Ocean. They went dancing under the stars at a neighbor's house on the last night in Los Ensayos.

One day, members of the group competed in a volleyball tournament. Another day, they formed a team and participated in a real soccer tournament with teams from six villages in the area.

The area had been organized by the local office of the FMLN, a Salvadoran political party that used to be a guerrilla army, and was played in a field right across the road from where we were working.

The next day, seven members of the group traveled with Elena to a town about an hour away to buy cinder-blocks for the project, and found themselves invited into the offices of the regional headquarters of that same political party to meet the FMLN candidate for mayor in this year's local elections. He spent 45 minutes with the students, talking politics and answering their questions, all on a day when he was scheduled to address the largest rally of the election campaign just two hours later.

The group's final full day was spent visiting San Salvador, the country's capitol city, where the delegation visited historic and religious sites, including the National Cathedral, and a museum and shrine dedicated to the Catholic martyrs of El Salvador's civil war, which ended only in 1992.

Think Warm!

The 2000 Summer Undergraduate Schedule

175 courses offered
- 3 sessions on the Fairfield campus
  - Intensive Session, May 17 to June 2
  - Regular Session 1, June 5 to July 11
  - Regular Session 2, July 17 to August 22

Special Courses for Residential Students
- 1 week institutes in Business, Criminal Justice, Media/Women’s Studies and Sociology, before you leave for the summer.
- Distance Learning classes in Business, English, History and Media, while you’re home for the summer.

1 week summer institutes in Business, Criminal Justice, Health Studies, Media/Women’s Studies, Philosophy, Religion and Sociology, open to all students.

Distance learning classes in Business Law, the Research Paper, International Business, Approaches to Literature, the Sporting Goods Industry, Civilizations and Introduction to Media, open to all students.

Courses also offered in Danbury, Derby, Shelton and Stamford. Stamford offerings include 1-week institutes and weekend classes.

Courses offered in the Leadership Studies Degree program

Trip to Ireland to study Celtic religious traditions.

Summer schedule available at the Registrar's Office in the Academic Center and at the University College Office in the Administration Building.
Pack it in for the summer. 

Boxes 'n supplies for moving and storing—no one's got 'em like we do.

When it's time to move or store your stuff, our BoxMart® stores have it all in one place... boxes, tape, protective wrap and more. To move it, we have rental trucks. And to store it, we have lots of storage spaces in many convenient sizes at affordable monthly rates.

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Walkway: SHU's a brick... house

Continued from page 1

with some suggestions for the naming of the walkway which will go to the cabinet for approval.

"There will be some sort of plaque stand in the beginning of the walkway officially recognizing the sponsoring class of 2000 along with the name," said Sekelsky.

This year, the senior members of the executive board donated $10,000 to the walkway project as their gift to the university.

Theresa Forget, president of the class of 2000, said she is proud to be involved in the planning of the project because she feels it will strengthen alumni relations and support.

"Sacred Heart is still a young school and by creating this walkway we are setting tradition. The students are the foundation of the university and the walkway represents that," said Vimala George, a junior from Trumbull and next year's student government president.

Each graduating senior will have the opportunity to purchase a brick for a discounted price of $100. They will be able to pay for the brick in four payments of $25 over one year. Alumni can purchase a brick for $150, a payment plan for that is still being discussed. Sekelsky said these numbers are subject to change.

"I believe it is a great idea that will build tradition. I would purchase a brick if it was no more than $100," said Kimberly Abrahams, a sophomore.

Kristen Leboeuf, a freshman, said she would most likely purchase a brick a few years after graduation when her loans are paid off.

"I fully intend to purchase a brick some graduation. It believe it is an improvement to the face of our campus," said Jason Slattery, a senior from South Norwalk, N.Y., and departing Student Government president.

Alumni Relations is hoping to break ground late this summer and have the bricks set and ready for homecoming 2000. There will be a ceremony which alumni and graduate seniors will be asked to attend, said Sekelsky.

Without Ralph, the Spectrum may never have gained or maintained the respect it's earned in the past 15 years. In the students' battle for free speech on this campus, Ralph was always an ally in an unparalleled kind—he was an ally with tenure.

Ralph taught me in his classroom for four semesters. He also advised our newspaper staff (sometimes at very, very late hours), directed me in two internships, sailed with me to Connecticut's Thimble Islands and played me in several tennis matches, none of which I won. He became not just a teacher, but a friend I trusted and enjoyed, a friend I wish I now spoke with a little more often.

Now Ralph—my teacher, my mentor, my old friend—is retiring. Let me credit him again, this time in a forum in which he cannot refute me: Thank you Ralph, for changing my life. And may God bless Ralph Corrigan for the gifts he's given us all.

Chris Nicholson was Editor-in-Chief of the Spectrum from 1992-'94.

Incident report from April 5 to April 9

April 5: 1:34 p.m.—West Hall resident reported she has been receiving harassing telephone calls. Public Safety responded and investigated.

April 6: 1:28 a.m.—South Hall resident reported someone had vandalized her room door. Public Safety responded and investigated.

April 6: 3:05 p.m.—A resident reported she had been assault ed. Public Safety responded and investigated.

April 7: 2:56 p.m.—A resident reported she was in a minor motor vehicle accident while driving a University vehicle off campus. Public Safety responded and investigated.

April 7: 2:56 p.m.—Staff member reported she was in a minor motor vehicle accident while driving a University vehicle off campus. Public Safety responded and investigated.

April 8: 12:04 a.m.—West Hall, second floor fire alarm; no problems found.

April 8: 2:11 a.m.—Residential Life staff member reported there were some Parkridge residents who were throwing rocks at passing vehicles on Park Ave. Public Safety responded and investigated.

April 9: 12:03 p.m.—Commuter student reported he was in the Main Academic Building, SC Wing stairwell which was overcooked food. Fairfield Fire Dept, was called and responded.

April 9: 6:49 a.m.—Staff member reported someone vandalized the landscaping on the side of the Main Academic Building. Public Safety responded and investigated.

April 9: 5:52 a.m.—Jefferson Hill, Building one fire alarm; no problems found.

April 9: 5:44 p.m.—Main Academic Building fire alarm activated by overcooked food. Fairfield Fire Dept. was called and responded.

April 11: 22:04 p.m.—Parkridge residents reported the contracted security officer at South Hall accidentally hit their video camera and damaged it. Public Safety responded and investigated.

Norwalk
35 Hoyt St.
(8179) 854-811

SHU Spectrum 3
Editorials

Thanks to everyone for making our job easier

A long overdue note of thanks to all SHU faculty and students for helping the Spectrum throughout this year. Twenty-three issues don't magically print themselves. While our staff works long tedious hours to bring you the best newspaper we can muster, it couldn't be done without input and feedback from you our readers.

Special thanks are due to the staff members of Student Government, Student Life, Public Safety and Residential Life for providing us with information on a week to week basis. We may not always agree with each other, but we are both working towards a common goal: to make Sacred Heart University an institution that meets and responds to the demands of its students.

Thanks also to the readers for your continued support. We truly appreciate your input, whether it be a small compliment or constructive criticism.

The time is now for SHU to reach its potential

Another academic year is almost in the history books. For some, upcoming final exams mark the last step before venturing out into the real world. For others, it is the first step into college has just been completed.

A common sentiment among students is that Sacred Heart is struggling through a period of rapid growth, but that once the university's expansion is completed it will be one of the premier institutions in the region, or even nationwide.

But there's no reason for the student body to be content that SHU achieve greatness 10 years down the road. Instead, students should work towards making the university the best it can be today.

The student body is on the right track, as indicated by the tens of thousands of hours it collectively performs each year. But much more effort is needed to make SHU a leading university.

SHU students are good at reaching out to the surrounding community, but perhaps more attention should be focused on supporting our own campus. Let's use our time and money to support our outside community, but also show our very own campus the same attention.

It wouldn't take much, just an appearance at a football game or a club-sponsored gathering every now and then. A little effort goes a long way.

So stop waiting for others to make Sacred Heart a better place, do it yourself. Next year's senior class has the opportunity to begin a new era of increased student participation at SHU.

Make the most out of opportunities at SHU

Uncommonly bored one Thursday this semester, me, and a few friends decided to take a trip down to South Carolina for the weekend. We went to see a friend of a friend at Clemson University.

We didn't care much about the 16 hour drive, we just figured it was something different to do.

To make an extremely long weekend shorter I was yearning to come back. The change of environment served me no justice and if not for the beautiful weather I might have gone, and more importantly where our lives have gone, and more importantly where we are headed.

During the last few weeks that I have left in this place, it seems like that is all I have been thinking about. I must admit I am not much of a sentimental type, and nostalgia rarely fills these veins, but occasionally I do sit back and think about the first 21 years of my life. Often, I come to a unanimous conclusion: the most complete part of my life rests from 1996 to 2000, the four years that I spent here at Sacred Heart.

Now before you get the Kleenex and the chocolate covered bon-bons out, this is no sob-dripping, soft-bugging remembrance piece about my career here at SHU. I'm not one to bore you with my "special memories". Nor is this a half-hearted attempt by a person affiliated with a University's publication to "suck up". Those of you that know me know I don't work that way.

I'm asking you students to open your eyes and just simply take a look around you. You have it made. As far as I'm concerned, the 3,500 students that walk these corridors each day are the luckiest people I know. Let's take a second to think about this. Where else do you have professors that know you by your first name rather than your social security number? Where else do you have the convenience of training in a state-of-the-art athletic complex that shares comparisons to some professional facilities?

Where else could you find living quarters that strike more similarities to a Holiday Inn than a collegiate dormitory? The list goes on and on. I could mention them all but my editor is pressuring me for 550 words.

I was lucky enough to make the most of my opportunities here at Sacred Heart, and I wouldn't trade the experiences that I had here for the world. My only wish would be that the rest of my life could be half as fulfilling as my college years.

So, I offer my congratulations to all of you students, who, should I have been you, couldn't have picked a better choice. Take it from a guy who has been there...and done that.

The SHU Voices

Why aren't you transferring out of Sacred Heart University?

Anthony Barrett
Junior
Hartford

"Because I want to graduate"

Victoria Venti
Freshman
Babylon, N.Y.

"Because they have my major here."

Katie Wilson
Freshman
Meriden

"I love it here."

By Jeff Murray

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

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Meet the new SG President

Brian P. Merwin

Dear Editor,

I have decided to reflect on my four years at Sacred Heart. I will do so by leaving my senior gifts to the University community.

To Dean Wielk, I leave my respect for putting up with me. To Public Safety, I leave my ATM card for all of those magical parking tickets. To the Jefferson RAs, I leave my guitar for my beautiful music at 3:00am. To my baseball coach, I leave my thanks because maybe it will be useful one of these years.

To Flik, I leave my internal argu­ ments for future hot line selec­ tions. To Campus Ministry, I leave a picture of my church because maybe we will get a real one some day. To Buildings & Grounds, I leave my video collection of Bob Villas’ fix-it-yourself.

To the Caining Staff, I leave my boxers for all the sympathy and best wishes (you freshmen year. To all the RAs that I “waterfalled,” I leave my first 10 future Radio Station. To Financial Aid, I leave my name in Vimbala George. (Vim). I am a junior biology major from Trumbull, and I have just been elected SHU Student Government President.

I am beyond excited to have been elected to this position. I have been a part of Student Government, I love SHU and only hope to improve it. If I have learned one thing in the past years, it is to thank everyone who voted for me and assure all those who didn’t that I’m going to put 100 percent into this position. I hope I will win you over. I ran on the platform that I wanted to increase school spirit, deal with student issues, and hopefully get rid of the image of SHU as a suit­ able place for you to perform in.

To all of my friends, I leave my memories, my tears, my laughter, my joy, and my hope for continued friendship. And, to the Class of 2000, my fellow Seniors, I leave my best wishes and admiration for making it through these four years. I congratulate each and every one of you for this great accomplishment. WE DID IT!!!

I wish you the best of luck after graduation and with the rest of your lives.

I hope you are all happy, successful. Live life to its fullest and remember the great times we shared at this wonderful school.

I have no regrets. See you all at Senior Week!!

Ted Miller

The Spectrum

5151 Park Ave.
Fairfield, CT 06432-100
Office: (203) 371-7963 or 7966 Fax: (203) 371-7828

Co-Editor-in-Chief
Matt Duda

Assistant News Editor
Kelly Smith

Features Editor
Mike Kuchar

A&E Editor
Frances Moore

Photography Editor
Megan Flood

Staff Writers
Leann Doyle

Slate's farewell message

I just want to say thank you to everyone who has served as a Student Government representa­tive, we all were part of a great team.

To everyone else, it has been one hell of a ride being your Student Body President. Thank you for your support, and even at times, your critical­ cism.

I did my best to do what Student Body Presidents should do, which is to repre­ sent students.

I will never forget my time here at SHU, and I will miss you all! But I promise I will be back now and then.

By Jason Slattery

A senior’s graduation will

Dear Editor,

I would like to take this opportu­ nity to introduce myself to those who don’t know me. My name is Vimbala George. (Vim). I am a junior biology major from Trumbull, and I have just been elected SHU Student Government President.

I am beyond excited to have been elected to this position, to work hard to fulfill these goals. I encourage you to take an active role in your University and your college experience. Please feel free to come and talk with me about concerns and issues to any student government member or myself. We are here for you and can only help if you let us know your needs.

SHU may have its problems, but what university doesn’t? This university, in fac­ cy, staff and stu­ dents have made me past three years of my life easily the best. We have a community that we should all be proud of. I know I am.

For the past year and a half I have been the Vice President. Of Student Government. It is a position that I have learned a lot, worked very hard for. The people who have me and the issues I’ve had to deal with have only made me a better, stronger person. I would like to thank all those Greeks for a great year and a half! To all my council members, past and present, I am sorry for the long meetings and appreciate your patience.

Americans fortunate to live in this land of opportunity

By Brian P. Merwin

The first generation immigrant. Usually a poor minority, these people wake up and go to bed thanking God for the opportuni­ ty to just exist within the con­ fines of this State. They are the true face of the modern America and society is unquestionably ic­ creased by this fact.

What Americans today consider their freedom and liberty is an American concept that enjoys perversion rather than on America’s. You can gauge the amount of passion they exhibit­ ing this society. A parents right to ship God in hiding and never speak wrongly of Lord Castro and his workers paradise. The Security of the Interior work­ ing the summer hard at work our borders. However this talk was ever attacked with this kind of thing. Cubans by the tens thousands of cultures and types of thoughts are obviously and this society.

Do you feel lucky? A perversion rather than on America’s. You can gauge the amount of passion they exhibit­ ing this society. A parents right to ship God in hiding and never speak wrongly of Lord Castro and his workers paradise. The Security of the Interior work­ ing the summer hard at work our borders. However this talk was ever attacked with this kind of thing. Cubans by the tens thousands of cultures and types of thoughts are obviously and this society.

But I could be wrong. I could be at fault for thinking that our nation and society is unquestionably superior to ad others. Those types of things is obviously hard to put into the thousands of cultures and governments around the world.

But I could be wrong. I could be at fault for thinking that our nation and society is unquestionably superior to ad others. Those types of things is obviously hard to put into the thousands of cultures and governments around the world.

Therefore I will be spend­ ing the summer hard at work building my own personal past similar to the one Elian sailed to America with. On a raft. But it off set on my quest to discover a country whose society and system of government rises above the rest. The rest is part of the opportunity to live in such a nation.
**Features**

**With spring comes a severe case of senioritis**

**Seniors struggling to maintain their sanity for last two weeks of semester**

By Samantha Fiedler  
Staff Writer

With graduation only a couple of weeks away, seniors are paying more attention to their senior week plans, shopping for commencement dates and dresses, and of course studying to pass their classes to graduate.

All of this can be overwhelming, and the stress can lead to a healthy dose of senioritis.

Senioritis is an infamous disease most college seniors seem to get when this time of the year comes around. They don’t want to go to class and some have basically lost interest in school in general.

“I don’t want to do work or go to class anymore,” said Christina DiLaurl, a senior from Meriden. “I just don’t care about it like I used to.”

Spring and the influx of warm weather has arrived just in time, which doesn’t help the situation. Being trapped in a classroom with no windows on a 70 degree day isn’t anyone’s idea of a good time.

Most people want to sit outside, barbecue, soak up the sun and just hang out. You don’t get much done while your sitting in math class spending most of your time daydreaming than actually doing work.

According to Ron Maione, a senior from North Bellmore, N.Y., this type of anticipation makes you want to just sit around and take it easy.

“The past few weeks I have just wanted to hang outside with my friends. Class just doesn’t seem to be a priority because I am so close to being done,” said Maione.

It isn’t just inside the classroom where seniors are slack- ing. It seems to be at home too. They don’t put their homework first, and when they do it usually becomes a half-hearted effort. Seniors know that they don’t have too much time left and some are hoping that their teachers will pass them.

“I have been so stressed with work and school,” said Kristen Grue, a senior from Brewster, Mass. “I feel like giving up.”

You look at the freshmen and I am jealous of them because they get to stay here another three years,” said Beth Mitchell, a senior from Queens, N.Y.

“This whole thing is depressing. I just sit around all day, and it doesn’t make me any happier,” said Mitchell.

Even some professors on campus understand the attitudes of seniors who are just trying to graduate, but say that these students must realize their priorities and finish up school on a positive note.

“I think that the seniors’ souls have left the campus and their bodies behind,” said Dr. Marcia Calabrese, a professor in the English Department.

“Having been a student myself and still being one in some ways, it is part of the effort to sit down and read a book on some of those rare spring days,” said Dr. Robin McAllister, an English professor.

“Yet, we need to try and double the effort and get through spring.”

A whole case of senioritis doesn’t necessarily hurt anyone, unless of course you completely depend on your teachers to get by. Teachers are humans and they understand, but they won’t pass you if you don’t commit to yourself to make an effort to take care of all your responsibilities in the classroom.

Most people go through this disease at one point or another in their lives, and the only thing that a student can do is make sure we finish our classes, than enjoy the weather and what is left of the year.

---

**Trying to cope with phobias**

By Emily M. Houlihan  
Staff Writer

Everyone is capable of getting nervous when in a socially awkward situation. When a person has a phobia, there is no use for arguing logic. The irrational fear behind such fears and how they control or interfere with a person’s life is what defines a phobia.

Phobias transcend simple fear, bringing the horrific to the most ordinary situation. They are characterized by their persistence and intensity as well as having compelling desire to flee the source of fear.

“Accepting and acknowledging one’s fear is an important step in overcoming a phobia,” said Dr. Timothy W. Keller, assistant clinical professor of psychiatry at the University of Washington School of Medicine.

“Talking about it can help remove the shame and isolation that often accompanies phobia disease,” said Keller.

Reid Wilson, a licensed psychologist who directs the Anxiety Disorders Treatment Program at Chapel Hill, North Carolina said that it is estimated that up to 12 percent of adult Americans will suffer from a phobia during their lifetime.

“Phobias are in the category of ailments known as anxiety disorders which are themselves the most common mental health problem,” said Wilson.

Erin Driscoll, a freshman from Sparta, N.J. explained that her phobia was “any type of spiders.”

“Everyone is different, anyone can be afraid of everything. If just happens and it becomes a part of you,” said Driscoll.

“I have a fear of mustard,” said Jeannine Szamreta, a junior from Carteret, N.J. “I can’t taste it or have a mustard bottle even touch my skin because I will get extremely nauseous.”

Szamreta said that when she was younger her brother would tease her about her phobia and it added to the problem.

“Phobias are serious, and it is tough to get over,” said Szamreta. “People don’t understand my fear and they think it’s humorous.”

Maria Agudo, a sophomore from Merrick, overcome her fear of heights by climbing to the top of one of the highest cathedrals in Rome. “My knees were shaking and my heart was pounding, but I knew I had conquered my phobia,” said Agudo.

As outlined in the “Diagnostic and Statistical Manual of the American Psychiatric Association,” phobic disorders are grouped into three categories.

Agoraphobia is defined as the fear of open spaces or being in crowded public areas such as malls or supermarkets.

Simple phobia describes any phobic disorder associated with a well-defined stimulus, such as snakes or bridges.

Social phobia involves a fear of circumstances in which one would be subject to scrutiny and possible criticisms from others.

Classic manifestations of social phobias include a fear of public speaking, fear of public bathrooms or a fear of eating in public.

While much remains to be learned about the nature of phobias, science continues to progress to find safe and effective treatments.

---

**This week’s horoscopes**

By Linda Black  
TMS Campus

Aries (March 21-April 19): Taking a class over the weekend could be a good investment. Show you’ve learned a few things already by choosing which class, wisely.

Taurus (April 20-May 20): You’ll be advertising your wares and hunting in the big weeks for the next few weeks.

Gemini (May 21-June 21): Plan a huge celebration for this weekend 'cause the sun's comin' into your sign. Look for a great bargain on a gift or a bag for your self.

Cancer (June 22-July 22): You and your team need to finalize plans this week. Don’t get depressed, work with an older person to set up a plan, instead, on Sunday.

Leo (July 23-Aug. 22): You could be successful this week, but it probably won’t be easy. You have to prove to yourself what you’re doing.


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23-Oct. 23): Gather your money together this week so you can travel soon. Go slow, you’ll have to live with this deal for a long time. Scorpio (Oct. 24-Nov. 21): Make sure you’re getting a good deal over the weekend, too. Get something that’s built to last. Sunday will be a good day to cut up with a good book.

Sagittarius (Nov. 22-Dec. 21): Your friends will be glad to help on Monday. Go ahead and let them. On Tuesday and Wednesday you could be under pressure to perform.

Capricorn (Dec. 22-Jan. 19): The person who needs the job done will appreciate your help. You may want to continue that theme through Saturday, and maybe even Sunday, just for the fun of it. You’re hot!

Aquarius (Jan. 20-Feb. 18): Do what’s required. Collaborate with friends and teammates on a celebratory event on Saturday. Conditions are changing in your favor — big time!

Pisces (Feb. 19-March 20): You’re still studying this week. You could even make some money while you’re practicing on Monday.
The P.O.T. Spot:
What's new with Phi Omega Tau

First of all, on behalf of the Sisters of Phi Omega Tau, we would like to thank the brothers of Alpha Sigma Psi for teaming up with us to have our wonderful blackout party a couple of weeks ago.

Furthermore, thanks to the student body and other Greek organizations that came out to support us. We believe it was a success due to the fact that everyone had such a great time.

A total of almost 300 people showed up.

On a different note, two weeks ago, Phi Omega Tau had a brunch with sisters who were alumni. It was interesting to meet the past sisters of Phi Omega Tau and we all had a great time.

Sisters who have been a part of Phi Omega Tau as early as 1994, when we were established were also there. It was an honor to meet my sisters who started this remarkable organization.

One of the founding sisters arrived who was a graduate of the class of 1997 was speaking of her life now in the marketing field.

This made me reflect on how this will be the last entry of the class of 1997 was speaking of Phi Omega Tau and SHU.

Laura Bomman, Kristen Beyer, Cordova, Kristen Espeseth, Turowski, Kimberly Rossi, Amy Jaime Gaddis, Christine Ni of Phi Omega Tau and SHU.

As many years will go by, we will always have that last year and a half, which has made us shine and gave us memories to last a lifetime.

One a personal note: To all my sisters, I'll miss you and remember you always. You will all hold a special place in my heart and I love you guys. Love, Jilly (Triple A)

Editor's note: Jilly Caruso is a staff writer who also contributes occasional columns on Greek Life.

By Jilly Caruso

Commentary

Some of us will become nurses, teachers, social workers, lawyers and writers.

No matter what we are doing, no tone of us will forget our sisters. Christine Turowski feels that, "Since I have been on Phi Omega Tau, I have seen seniors graduate, and now I am one of those seniors. It is upsetting. But I know I'm Leaving Phi Omega Tau in good hands."

Our sorority is in good hands, for we'll still have eager and ready to go members and higher goals set for next year.

There are so many things we have accomplished this year. We set our sights high and the end results were higher.

After all we have done this year, we are more proud to wear our cranberry and green letters with more pride than ever.

As many years will go by, we will always have that last year and a half, which has made us shine and gave us memories to last a lifetime.

One a personal note: To all my sisters, I'll miss you and remember you always. You will all hold a special place in my heart and I love you guys. Love, Jilly (Triple A)

Editor's note: Jilly Caruso is a staff writer who also contributes occasional columns on Greek Life.

By Jilly Caruso

Campus Leaders

Senator of the Month

Rob Gleijzer

CCO Rep of the Month

Naiara Azpiri

Club of the Month:

Paralegal Club

Campus Happenings

"Wall Street" showing in Faculty Lounge

The Finance and Economics Club is sponsoring dinner and a movie, with the presentation of Wall Street featuring Michael Douglas tonight at 9:30 pm. in the Faculty Lounge. Pizza and soft drinks will be provided. The event is free of charge but limited to 35 students. Interested students should sign up in HC 208 or contact professor Bridget Lyons at 365-7673.

Professional wrestler's come to Bridgeport

Northeast Wrestling presents "Bridgeport Brawl" tomorrow at 7:30 p.m. at Central High School in Bridgeport. Some of the popular wrestling superstars to appear include WCW Wrestler Sid Vicious, Tammy Lynn Sytch, George "the Animal" Steele, Gillberg, Chris Candido, the Mighty Midgets and a 20 man over-the-top battle royal featuring SHU's own Johnny Heartbreaker.

Bingo coming to the Outpost tonight

"Homerun Bingo" will take place tonight at 7:30 p.m. in the Outpost. The event is part of the Spring Week 2000 series and is sponsored by the class of 2000.

Library looking for summer employment

The Ryan Matura Library is now hiring student workers for the summer months. The majority of hours now available are between 5 p.m. and 9 p.m. on weekends. Must be a SHU student. If you are interested in employment, stop by the library between 8:30 a.m. and 4 p.m. Monday thru Friday and fill out an application.

Science students awarded at Symposium

Four SHU students took home awards for their presentations at the College of Arts and Sciences Research Symposium on Friday, April 28. Junior Christina French won in the biology department, senior Anne Coary won for the chemistry competition, sophomore Rahul Shaw was awarded in the mathematics department, and senior Tanya Iacono prevailed in the psychology/sociology competition. Congratulations to all the winners.

---Compiled by Mike Kuchar---
Art seniors display talents

By Samantha Fiedler
Staff Writer
Commentary

Twenty-four seniors stood nervously, sipping wine in their best business attire while businesses were set around for their work last Friday. It was the Art Department's Senior Portfolio Night held in the Pitt Center's conference room.

The event included one of the largest groups of seniors the school has ever seen.

The seniors were allowed to display 10-12 best pieces that they have done throughout the past few years.

"I was definitely nervous, but when I got there and saw how nervous everyone else was, I kind of just relaxed and displayed my work with a smile," said Shannon Morris, a senior from Port Fort Lee, N.J.

"It was nice to see everyone presenting their portfolios with pride," said Tina Serluca, a senior from Clifton, N.J.

Each student stood behind a table with their name tags displayed about their heads and copies of resumes sitting awaiting pick up.

Craig Balocco entered this graphic design, using famous baseball players as models for the $33 stamp, in the Senior Portfolio Night display.

Is anybody out there??? Let me know

By Frances Moore
A&E Editor
Commentary

This will be the last article that I will write for the Sacred Heart University Spectrum, and I think that it would be great if I included something that was actually entertaining, since this is the Arts and Entertainment section.

I have noticed, in my year and a half at the A&E editorial position, that even some of my good friends do not even know that I am responsible for this section of the newspaper. Worse still, my best friends do not even notice that I sometimes include them in stories when my articles are lacking in, shall we say, substance.

If my own friends are not reading my articles, then who is?

Well, now I'm going to find out. If you are reading this right now, and you know who I am, I would like to invite you to keep reading, as it could include something about you. If you have no idea who I am, you can probably stop reading at this point.

Hey, Dzawn, maybe you could learn to stay on the sidewalk and stop wandering to golfers, so I could get my senior project done. As much as I enjoy going to Dunkin Donuts at 1:30 a.m., I don't really think that they have too much in stock at that time. But thanks for keeping me up. You've taught me that there are some people in this world who can hear a band play every weekend for months, and still never get sick of the songs. Do you like truck777? I sure do, and I know a couple of others who do, too. I'm still trying to get the actions to "Until You Smile Again" down so we can bust out with them at the next HRRD show. Smile again soon.

Which reminds me...some people seem to have forgotten about showing papers in their ears, or going to Kinoko's. I'll be by to pick you up in 10 minutes—you'd better be awake.

But seriously, my Wade Terrace friends, I had a great time in Hawaii with Ellie, and I look forward to the Superhero Party. Thanks for EVERYTHING.

Residents of 1480 Capitol Ave, I have not forgotten you. J, I'm sorry for the distraction the other night, I'll try to sleep on my stomach. Ha ha. We didn't use our table in the basement quite as often as we should have, but there is still time.

I hope that somebody remembers any part of our HUGE New Year's Party. I never did get those socks clean. Catch Phrase was a blast. "I go to the..." What? You go to the what, Reilly??

"I've learned this year to stay away from Al's because even though you get all the way home, you might have to turn around and go back, and that's never good.

To the boys at Higgins Ave, I had NOTHING to do with the chicken, the signs, the toothbrushes or the razors. I swear.

Soccer S's (I'll let you fill in the blanks on that one), good luck next year and STAY OUT OF TROUBLE! C, you're doing a great job as captain, no worries.

Biffy, stay cool. Thanks for all the advice and hours of kicking a ball at me. It helps.

To the staff of the wonderful paper, you guys did a great job this year, and I'll miss you next year. I'm taking my computer with me, and I'm looking forward to Monday! (Oh, and Duda, don't worry, the styro-foam cup will be full some day.)

So to everyone who likes to do mental evaluations for cats, or who hates cats, or has nothing to do with this, I've lost you. I had a great year. If you're looking for me this summer, I could be up a cabin in Barre roasting a pig.

Art seniors display talents

By Samantha Fiedler
Staff Writer
Commentary

Refreshments were served and anyone was welcome to attend to view their work.

Teachers, coaches and even friends came to the conference room to show their support. Though the atmosphere was very professional, it was very relaxed and displayed stamp, in the Senior Portfolio Night display.

I think the students are doing professional work and also presenting themselves professionally. They are very polished and sure of themselves which is pleasing to me as their teacher," said Professor Virginia Zic, Head of the Art Department.

It was pleasurable to be able to see the graduating seniors display what they have worked so hard on.

The seniors held themselves together and did a wonderful job through the evening. Now all they have to do is wait the interviews!

Band shows improvement with each passing year

By Ed Bourget
Staff Writer

The Sacred Heart University Concert Band performed in the Theater last Wednesday night for their annual spring concert.

Conductor Marvin McNeill led the group as they played a medley of songs, varying from different time-periods and genres.

The crowd in attendance was bigger than the one that attended last year's concert, but this is not by any means surprising, considering the great strides the band has made under McNeill's leadership.

"I played really well on Wednesday," said sophomore horn player Aimie Likens, from Bedford, Conn. "We sounded a hundred times better this year compared to last year's performance.

After tough practices twice a week, the spring concert allows the band to showcase their talent each year. The trick is trying to gather the entire assembly for a rehearsal.

"The only time we played with the whole band was at dress rehearsal," said Kim Toscano, a sophomore clarinet player from Deer Park, N.Y. "I thought that we came together nicely and put on a good performance."

The group played four songs during the first half of the performance. After an intermission, the band returned for a three-song encore. The Suite on Greek Love Songs was the highlight of the evening because of the musical energy and well-performed solos by the band members.

The concert band looks to expand even more next year, which should bolster their sound quality. But for this year, the audience was pleased with the music and had an enjoyable evening. "I thought that the band sounded great," said sophomore Dan Borgis. "They really surprised me with the musical talent."
Spring Concert finds fans, not fun

By Emily Houlihan
Staff Writer

As I waited to enter the Pitt Center last Thursday, I had no idea what to expect at this year's spring concert.

In previous years, the artists who performed were rather well known, and Vertical Horizon is still relatively new to the music scene. I knew one of their songs, but that was all I knew about this band.

Herds of teenagers filled the Pitt Center, but there were also a good number of Sacred Heart students in attendance. I was surprised to see so many young faces on our campus.

The crowd was not massive, but it did open my eyes to the large following that this new band was accumulating, especially throughout the Sacred Heart community.

The concert began with a one-man acoustic show by performer Mike Errico. His songs focused on two main ideas: love for his perfect girlfriend, and pain he felt when she dumped him.

His voice was melodic, but the repetition of the song themes became quite monotonous. But his music did have a unique flavor with underlying heart-felt emotion.

I was impressed with the lighting and sound systems that SET helped set up. They really did a nice job of keeping everything running smoothly.

When Vertical Horizon took the stage, the crowd went wild, though I was unsure if that was out of politeness, or whether they really had true fans in the audience. The voices and musical talent of Vertical Horizon cannot be questioned. The only problem for me was that the majority of their songs were unknown to the crowd. Unfortunately, this is what made this event boring for me.

If more of their songs were on the radio or MTV, maybe my attention, as well as the crowd's attention, would have been easier held.

Instead, I heard their one popular song, and proceeded to leave the show.

Their performance was filled with enthusiasm and soul, and their songs expressed the way they view the world around them. The Vertical Horizon concert was decent, but nothing spectacular.

More scenes from Senior Portfolio Night

Seniors Frank Frieri and Laura Klein used their graphic design skills to create a poster for the 2002 World Cup and for the Beardsley Zoo in Bridgeport, respectively. Both works were displayed in the Senior Portfolio Night last Friday. In a CIP promotion for the event, the graduating seniors commented on their future possibilities. "I would like to have a successful career in Graphic Design either in Italy or in New York," said Frieri.

Klein said, "I look forward to the future where each piece is a creative challenge and is satisfying to myself and the client."

A&E Briefs

Bingo in the Outpost tonight!

After the Campus Life Leadership Awards, SET will be hosting the final Bingo game of the year. As a part of Spring Week, this event will feature a large number of great prizes. The event starts at 10 p.m. in the Outpost.

Last day to buy Senior Week ticx tomorrow

The last day for seniors to purchase Senior Week tickets is tomorrow. Ticket prices differ according to the event. Events include a kick-off at Captain's Cove, a trip to Lake Compounce, dinner and drinks at Holiday Hill, the Champagne Brunch, one Commencement Ball ticket and one ticket for the Parent Dinner Dance. For more information, contact Student Activities at 365-7675.

Midnight Breakfast starting next week

"Under the Sea" is the theme of this year's Midnight Breakfast, which will take place from 11 p.m. to 1 a.m. on Tuesday, May 9 at FLIK. Stressed out students can enjoy bagels, coffee and juice as they get a break from the rigors of finals week.

"Hello Dolly" comes to SHU theater

The Center for the Performing Arts at Sacred Heart will present the musical comedy "Hello Dolly" during the end of this month. The show is brimming with upbeat songs as the stage comes to life with one of the theater's most charming and endearing characters: Dolly Levi.

Performances begin on May 12 and run through May 21. Showtimes will be at 8 p.m., with performances on Friday and Saturday. The May 1 show will be at 5 p.m. For tickets, ranging from $15 to $18, or more information, contact the theater box office at 364-2777.

-Compiled by Frances Moore

A&G Briefs
A suggested revision of the policy

South, West, East: remain dry. Apartments (Jefferson Hill, Park Ridge, Avalon Gates): If everyone is 21 the apartment is wet. After three noise complaints you lose your drinking privileges for the semester. First time you're caught with an underage drinker you lose your drinking privileges for the year. No kegs, beer balls, etc.

Let the RA on duty know about your party. This will stop you from getting questioned in the middle of your party. It's also for your safety.

SECOND PLACE
Underage drinkers: First write up: Community service. Second write up: More hours of community service, trips to counseling center, weekend suspension from housing, phone call to parents.

administration must begin to modify the alcohol guidelines in accordance with the National Minimum Purchase Act passed in 1984. Congress did not present restrictions on this law. Why should SHU impose a moderation of the law? If SHU insists on patrolling campus for alcohol violators, it is imperative that the administration of the University change to do so coinciding with the Connecticut State Law.

Honorable Mention entries

Administration, Sacred Heart University has disallowed students over the set national legal drinking age, to engage in consuming an alcoholic beverage outside of the confined restrictions of the Outpost. Students over the legal age are wrongly being restricted. The issue of “social riches” that Dr. Cerema invites students to take full advantage of in his Welcome Letter in the University handbook.

Sophomore Amy Zanlungo has a May 9 date with the People's Champion at the New Haven Coliseum. Increasing the drinking and driving risk factor, as well as worrying about injuries, accidents, and deaths. Also keep in mind when students are drinking in their rooms, they're HOME, where people can assist them, should unfortunate circumstances arise.

If a student wants to take the risk, he/she has to take responsibility for any consequences incurred, including legally.

Amy Zanlungo
Sophomore

Here at SHU it's the same old thing. Weekend after weekend the students go out on Thursday and Friday and Saturday minimums. Others drink almost every night. Even though the staff tries to stop it, when it really comes down to it there is nothing they can do. It is like trying to stop a moving car by just standing in its way. I propose that the school change its policy because there is no way that they can stop the students from drinking, and it would make it a lot easier on the students.

So many problems would be solved. When can we get the beer? How are we going to get it in? And when drinking, the students wouldn’t have to keep an eye out for the people that are trying to stop the inevitable. The RAs could then become

friendlier with the students because they wouldn’t have to worry about writing them up, and getting them in trouble.

Overall I feel that the drinking policy needs to be reversed because it is too much pressure on the students, when they should be concentrating on their work.

Evan Hillman
Sophomore

Thanks to all who entered our
SmackDown the Dry Campus contest

Congratulations to our winners

Photo by Matt Duda

Amy Zanlungo
Sophomore

Invites You to Attend

Summer Job Fair

The Office of Career Development invites you to attend

Sacred Heart University invites you to attend

The Mahogany Room

in the

Mahogany Room

Some of the companies that will attend*(as of 4/25/00)

Advantage Human Resource Services*Early Learning Center*First Union*Hobart Staffing Services*KIGN Office Solutions*

Kennedy Center*Louis Dreyfus Mad Science of CT*Office Services of CT*Save the Sound Summit Bank*

SureSource Human Resources*Walgreens*American Skandia*Cintas Corporation*Cendant Corporation*Kaplan Test*LEAP

Remember your resume must be approved by the CD office!

All are welcome!!

Fourth write up: Expulsion.

By Rob Glejzer
Senior

For his ideas aimed at loosening the drinking policy, Rob Glejzer earned a copy of the new WWF Aggression CD.

Restricted Senior

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For his ideas aimed at loosening the drinking policy, Rob Glejzer earned a copy of the new WWF Aggression CD.
Vigliotti ends softball career with a bang

Senior third baseman Christine Vigliotti finished her stellar career with a 1-3 batting performance in the second game of a doubleheader Sunday.

The Staten Island, N.Y., native finished her career after batting in 88 runs. That ties coach Bippy Luckie for fifth place on the Pioneers' all-time list.

Vigliotti also hit over .300 for her career, and recorded over 130 hits. She appears in the top 10 of several offensive categories at SHU.

Athletes can bring great recognition to the school, but the university needs to help bring the eyes to the game. Right now there just aren't enough.

COMMENTARY

Athletes support. There have been several instances where I have gone to games and there were more fans in the stands for the opposing team. Doesn't that tell us something?

Football games should be packed with fans. Men's and women's basketball games should have larger crowds also.

Perhaps the answer to this would be for the university to have athletic booster clubs.

This way the athletes don't have to sell themselves. When there is a game coming up for the weekend there should be

booster clubs promoting the athletes and enticing students and staff to attend the games.

This may give the athletes more incentive to give it their all out on the field or court or whichever they play on.

It can bring a heart down to have a few recognize all the hard work they put into being a Sacred Heart athlete.

They are representing the university and it is one thing to show up and seeing their fans in the stands.

They are often approached the next day and asked, "hey did you win this weekend?" My question to those would be, "why weren't you there?"

Perhaps the answer to this would be for the university to have athletic booster clubs.

Athletes strive for support.

All their hard work and ambition gets thrown down the tubes when they have no one to support them.

SHU Athlete of the Week

By Amy Miloscio

With all the sports teams here at Sacred Heart, you would think that athletics would be number one as far as campus activities.

However there's little support shown for any particular team. All to often you will see athletes in their uniforms and say, "I wonder if they just had a game," or "I wish I knew about it."

When applying to Sacred Heart University I was fond of how they portrayed athletic competition.

Upon arriving at SHU, I realized that what I thought about the support for athletics was needless to say, a bit embellished.

Athletes strive for support.

All their hard work and ambition gets thrown down the tubes when they have no one to

Lacrosse: Pioneers prep for conference semifinals

Continued from page 12

the exercise, say holding a weight in a bicep curl for five - 15 seconds, the weight is heavy enough.

If you can only remain in the curl for less than five seconds, you must decrease the amount of weight and if you can hold it for more than 15, increase the weight.

No more curling and lifting, just holding.

"For example, you may be able to curl only 100 pounds in a bicep curl, but ya may be able to hold 160 pounds in your strongest range," Resusa said. "This allows you to utilize the strength of the muscle to its full potential."

Static Contraction Training is structured where you work five muscle groups a week.

The following week you would work five different muscle groups and on the third week you would return to the first group.

The recovery period's most important and by doing these exercises in this fashion there are two weeks in which the muscles can recover.

In a month you would work the same muscle groups only twice, spending no longer than 75 seconds all together actually holding the weight.

Combined with at least 20 minutes of aerobic exercise two to three times a week, Static Contraction Training will help you lose weight and build muscle faster and more efficiently, said Resusa.

Track: SHU athletes give strong showing at Penn

Continued from page 12

which landed him in second place.

"This way the athletes don't have to sell themselves. When there is a game coming up for the weekend there should be booster clubs promoting the athletes and enticing students and staff to attend the games."

This may give the athletes more incentive to give it their all out on the field or court or whichever they play on.

It can bring a heart down to have a few recognize all the hard work they put into being a Sacred Heart athlete.

They are representing the university and they rarely see that "pat on the back" by looking up and seeing their fans in the stands.

They are often approached the next day and asked, "hey did you win this weekend?"

"Why weren't you there?"

Maybe they found out about it too late or maybe it didn't seem that big a deal.

With support there is no limit of where our athletic teams can take us. Don't we compete for recognition?

Athletes can bring great recognition to the school, but the university needs to help bring the eyes to the game. Right now there just aren't enough.

Babysitter

Part-time, evenings/weekends for two boys, 2 years old and 4 months old.

Transportation required.

Excellent pay.

(203) 315-5247

Restaurant

Cashier and Host wanted.

Outgoing and fast-paced individuals needed. Good pay & benefits. Apply at Taco Loco, 3170 Fairfield Avenue, in the Historic Black Rock section of Bridgeport, 335-8228.

Child Care

Supervise non-driving teens 10 a.m. - 2 p.m. from

Pioneer Classifieds

hours. 1 child 3 yrs old.

Call Merav at 254-7697.

Attention all Grads + Soon to be Grads:

Join our team... Advanced Placement is looking for individuals seeking summer employment as well as grads.

Office experience helpful.

Microsoft Word, Excel & Data Entry skills a must!!!

Top $5 for Power Point skills! Positions available in Fairfield and New Haven Counties.

REDEEM THIS COUPON FOR 20% OFF SunXer

High Voltage Designer Sunglasses

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Good at any of our locations

High Voltage Designer Sunglasses

Trumbull Mall

Good at any of our locations

Good at any of our locations
Lady Pioneers headed to playoffs

By Kristin Lee
Staff Writer

The women's lacrosse team ended their regular season last week with a win over Quinipiac to clinch a tournament berth for the second straight year.

The Pioneers started the game off with three unanswered goals in the first half. They scored two more in the second before Quinipiac answered with its first goal 32 minutes into the game.

Quinipiac scored twice more, but it was not enough as Sacred Heart added four more in the second to end the game on top 9-3.

Senior co-captain Keri Remington recorded a hat trick and an assist to lead the scoring for the Pioneers. Remington is also the team leading scorer this season with 28 goals and 10 assists.

Seating two each for the Pioneers were Jill Corrigan and Jeanne Raben. Michelle Bruckner added a goal and two assists and Laura Mack added the last goal.

Junior goalkeeper Ginny Capicchioni earned Northeast Player of the week after stopping 16 shots.

Capicchioni also led the NEC with a .632 save percentage and ranks second in the league for goals against with an average of 7.74 a game.

Besides being ranked tops in the league, Capicchioni is also ranked sixth in the country for save percentage and twelfth for goals against average.

The team joins the star goalie in the national rankings, as they field the 13th best scoring defense in the country.

This Saturday, the Pioneers will travel to Wagner College to face the University of Maryland-Baltimore County in the Northeast Conference semifinals.

This will be a rematch of last year's semifinal matchup, won by UMBC 19-6.

In their last meeting, on April 8, UMBC escaped with an 8-6 win.

See Lacrosse, page 11

Senior Ted Miller pumps iron in the Pitt Center. A new workout technique may change the way athletes exercise.

New technique changes workouts

By Amy Miloscio
Contribution Writer

Fitness has become essential to a healthier lifestyle but many people are reluctant to find room in their schedule for a little exercise. Some find it strenuous while others lack motivation.

"It's too time consuming," said Marlena Splendorio, a sophomore from Islip, N.Y. "It's hard enough to find time to eat, work and go to school."

Fitness buffs have spent endless amounts of time in the gym working their muscles in numerous sets of exercise. But what if you were told that you had spent less time exercising and could get better results in just one day a week at the gym?

There is a new exercise technique called Static Contraction Training developed by Peter Sisco and John R. Little. This form of training was derived from a technique called partials in which you would use only four to five inches of your range of motion.

According to Chiropractor Dr. Richard Resua, "The range of motion past the ninety-degree mark is where you can hold the most weight."

With Static Contraction Training, you build muscles by using the heaviest weight your muscles can handle. If you can hold the weight at the height of

See Exercise, page 11

SHU track athletes excel at Penn Relays

By Emily Greenough
Staff Writer

The men's and women's outdoor track teams competed in two separate meets last weekend. On Thursday and Friday, selected athletes went to Penn Relays, at University of Pennsylvania in Philadelphia, Pa.

Junior Heather Stockton set the school record in the triple jump with a distance of 16'4". She is ranked 2nd in the Northeast Conference in the long jump with a distance of 19'9-1/2. Senior co-captain Jennifer Blevins managed to place third in the triple jump with a leap of 34'11".

Shaw managed to place sixth in the long jump with a distance of 16'4 1/2." She is ranked 2nd in the Northeast Conference in the triple jump for the Northeast Conference meet at Mt. St. Mary's in Maryland, which will be held next weekend.

Junior thrower Brandi Benedetto made a great personal record in the triple jump, which makes this the best jump she's had all year.

For the men, junior Mike Blevins managed to place well in her events at Yale. She ranked sixth in the shot put, fifth in the discus, and eighth in the hammer throw. Junior Sarah Kornan also managed to place eighth in the triple jump (34'1"), which makes this the best jump she’s had all year.

See Track, page 11