Sr. Helen Speaks

Helen Prejean, author of “Dead Man Walking,” and death penalty opponent, spoke Tuesday afternoon about that subject at Sacred Heart.

See Story, page 6...
Online addiction growing concern for students

By Claire Zulkey
TMS Campus

Robert Arcola says he paid the price for his obsession with online comics.

"I ended up dropping classes my senior year because I would stay up until five in the morning looking at comic Web sites," says Arcola, who graduated from Ball State University in May. "I had to take a couple classes in the summer to make it up. I felt pathetic."

Arcola's not alone. A recent study says that 10 percent of college students may spend too much time online, resulting in missed classes and social isolation. These results may seem to come as no surprise.

Much Internet and computer technology is developed on college campuses, which are updated in order to lure potential students by being state-of-the-art.

Meanwhile, students are encouraged to use campus email and electronic research systems to their advantage. Even the media associates college students with living life online, from a commercial showing a student ordering a car via his computer, to Kozmo.com, which comes close to eliminating any need to leave one's dorm room.

Kenneth J. Anderson, a psychologist at Rensselaer Polytechnic Institute, in Troy, N.Y., decided to conduct a study on how much time college students spend online.

He had been counseling a student who flunked out after spending an average of 18 hours a day online. The student talked about other problems he had, such as depression, missed classes, clashes with his parents, and lack of sleep.

"Interestingly, while he did not know his next-door neighbors, [he] drove to Tennessee, some 1900 miles round trip to meet a woman that he met during MUD conversations," says Anderson.

"Students will always take advantage of things that make their lives more efficient," is how Anderson explains students' readiness to spend a lot of time online. "However, sometimes they just lose track of time, as anybody does. They have more independence, there is nobody telling them when to do their homework, or go to class, or go to bed," says Anderson.

From 1998-1999, Anderson surveyed 1,500 students from American International University, Black Hawk College, the New Jersey Institute of Technology, Rensselaer, Siena College, the State University of New York campuses at Albany and Buffalo, and the University of Ulster, in Northern Ireland (see survey results.)

What he found is that at least 10 percent of college students use the Internet to the extent that it interferes with their grades, their health, or their social lives, and that the problem is not only limited to science and engineering institutions.

For his study, Anderson used criteria from alcohol and drug addiction, such as withdrawal from other activities because of the addiction, unsuccessful efforts to cut down or quit, and a tendency to consume larger amounts over a longer period of time than they had intended.

The students who were characterized as Internet-dependent spent an average of 229 minutes a day online for non-academic reasons, compared with 73 minutes a day for other students, according to Anderson.

"Do certain types of people tend to become Internet addicts? According to Anderson, "A disproportionate number of Internet dependents are found among the hard science majors." Of the 106 classified as Internet dependents, 93 were men, and 76 percent of the dependents majored in chemistry, computer science, engineering, math, physics, and computer science.

"These types of students tend to be more comfortable with the technology," says Anderson, "and are less comfortable socially."

In order to remedy this problem, Anderson suggests that some schools look into a system in which students are granted a sort of debit system for Internet time. He is aware, however, that this may be unpopular with many colleges.

"Schools are trying to increase access, not decrease it, and they may look at this suggestion as a bigger problem than it's worth." Anderson also applauds schools that emphasize the importance of and reward students who get involved in campus activities.

Ball State grad Arcola agrees. "I used to do so much of my first couple years of school at night intramurals, going to see local bands. Then I just started sitting in front of my computer screen," Arcola said. "It took me a while to snap out of it."
ACS making strides in 2000

By Emily Greenough
Staff Writer

Sacred Heart's chapter of the American Chemical Society, one of 900 chapters in the country, is continuing strong into the year 2000.

The main purpose of ACS, which is comprised of students, professors, research chemists and companies, is to make people aware of the chemistry that is in our everyday lives through a program called Project Outreach.

Students and teachers from ACS perform workshops at local elementary schools, where they put on magic shows for the kids and also facilitate hands-on experiments that teach students about chemistry.

One of the most important weeks for the ACS is National Chemistry Week, which will be from Nov. 4 to 11. The ACS will promote the awareness of chemistry in the SHU community, beginning by pacing molecular formulas on all salt and coffee in the dining hall.

The theme for this year is kitchen chemistry and the week will kick off on Monday with cotton candy and ice cream making in the cafeteria from 10:30 a.m. to 2 p.m.

Other events during the week include hands-on science workshops for teachers and aspiring teachers, chemistry magic shows presented for local elementary schools, and other lectures and seminars.

The student will also be hosting a food drive in the campus community throughout the week. Any food donations can be dropped off with Dr. Farber in the Chemistry office.

The ACS also spends a large amount of time fundraising for their annual trip to the national convention, which is usually held in late March or early April after spring break. Last year, the convention was held in San Francisco.

At the convention, several professors and students from the university present research projects that they have been working on. The student affiliates also present a poster of the activities, service and fund raisings they have been doing throughout the year.

This past October, the SHU chapter of ACS was honored with the "Outstanding Chapter" award for the fifth year in a row. This award is given to 25 chapters in the nation and is the highest award given at the national convention.

The ACS will receive this award when they attend the national convention again this April in San Diego.

The ACS is not just for chemistry majors. Students participating vary from chemistry to biology to business.

Elizabeth Mangione, the president of SHU's chapter, feels that this variety of students in the club is important. "People automatically assume that science is just facts and figures."

She added that the club is simply meant for people who have a curiosity about science.

Depression is a serious threat to anyone that has a brain.

Depression is a suppression of brain activity that can strike anyone. It can make life unbearable. It is also readily, medically treatable. And that's something you should always keep in mind.

Public Service message from SAVE (Suicide Awareness/Volunteers of Education)

http://www.save.org

Incident report from Oct. 12 to 14 and Oct. 22 to 24


9:03 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by a malfunction.

9:12 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by a malfunction.

11:30 p.m. - The Public Safety Office received an alarm activation. Public Safety Officers responded. Alarm was activated by a malfunction.

Oct. 13: 11:27 p.m. - The Public Safety Office received a report that an employee hurt his hand. Public Safety Officers responded. Employee declined any medical attention.

1:12 p.m. - The Public Safety Office received a complaint that someone stole part of his computer. Public Safety Officers responded and are investigating.

4:08 p.m. - The Public Safety Office received a complaint that someone had vandalized a vehicle. Owner of the vehicle fixed the car. Public Safety filed a report and is investigating.

8:57 p.m. - The Public Safety Office received a report that a student was assaulted with a weapon. Student was driven to the hospital. Fairfield Police are investigating.

10:49 p.m. - The Public Safety Office received a report that an athlete twisted her ankle. Public Safety Officers responded and gave the athlete an ice pack. The athlete declined any further medical assistance.

11:16 p.m. - Two students were caught with alcohol and became verbally abusive towards a Fairfield Police Officer. The two students were ejected from event and left campus.

Oct. 14: 10:43 a.m. - The Public Safety Office received a trouble alarm. Public Safety Officers responded. Alarm was activated by a malfunction.

11:00 a.m. - The Public Safety Office received a report that a resident's laptop was stolen. Fairfield Police were called. Public Safety Officers and Fairfield police responded. Public Safety and Fairfield Police filed a report and are investigating.

12:01 p.m. - The Public Safety Office received a trouble alarm. Public Safety Officers responded. Alarm was activated by a malfunction.

12:33 p.m. - The Public Safety Office received a report that a student's car was parked while parked. Fairfield Police and Public Safety Officers responded. Fairfield Police and Public Safety Officers filed a report and are investigating.

2:53 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by a malfunction.

Oct. 22: 6:43 p.m. - The Public Safety Office received a report that a resident was having an allergic reaction. Public Safety Officers responded. Resident was taken to St. Vincent's Hospital by a friend.

Oct. 23: 2:33 p.m. - The Public Safety Office received a report that a B&G employee injured herself. Public Safety Officers responded. Employee was driven to Immediate Health Care by a friend.

4:00 p.m. - The Public Safety Office received a report that a resident bumped her head and was bleeding. Public Safety Officers responded. Resident was transported to Health Services by Public Safety.

4:30 p.m. - The Public Safety Office received a report that one of the shuttle vans was in an accident off campus. Public Safety filed a report. There were no injuries.

5:43 p.m. - The Public Safety Office received a report that a student was having an allergic reaction. Fairfield Police, Fairfield Fire and AMR responded. Public Safety Officers responded. Student was taken to St. Vincent's Medical Hospital via ambulance.

8:43 p.m. - The Public Safety Office received a report that a resident slipped and injured her ankle. Public Safety Officers responded. Resident was taken to St. Vincent's Medical Hospital by a friend.

Oct. 24: 10:24 a.m. - A student came to the Public Safety Office and stated another student was harassing him. Student left office before Public Safety could file a report or obtain any other information.

11:27 a.m. - The Public Safety Office received a complaint that someone stole part of a computer from a classroom. Public Safety filed a report. Student informed Public Safety the stolen part was returned.
Editorials

Voting isn’t just a right, it’s a responsibility

Around election time, this is the section of a newspaper where the editorial staff endorses a candidate for president. This box is supposed to represent the staff’s collective opinions, but with the Spectrum’s diversity of political leanings, we’re not going to do that this year. Instead, we’re supporting something we all can agree on; the need for you, the SHU community, to get in line and vote on Tuesday.

The rights and freedoms granted to us as American citizens is unparalleled anywhere else on Earth. No civilization in the history of our planet is arguably granted as much freedom as the United States has granted its citizens. But with that freedom comes responsibility.

The Spectrum staff is putting out a challenge to each and every one of you reading this to vote on Tuesday. It is your responsibility as American citizens to make your voice heard. The opportunity each and every one of us is given is one that millions of people have fought and died for in the course of human history and still fight for today. It is irresponsible, immature and idiotic to not vote, plain and simple.

If you don’t vote, your opinion doesn’t count. It doesn’t count because you have not taken the time to participate the democratic process. It doesn’t count because you don’t care enough about your country to make your voice heard. It doesn’t count because you are too selfish to take time out of your life to help preserve our way of life.

One vote does count. If every American who does not vote because they don’t think it will make a difference did, then the face of our country would change drastically. The will of the people would truly be enforced, and not the will of a small elite that currently makes our laws for us.

The rights and privileges granted to us are not the norm when you look at the rest of the world. If we want to, we can change how this country operates, but it starts at the voting booth.

The United States does not have to be the way it is. If you’re upset with how our government runs, you have the power to change that.

If you take the short amount of time to vote, then we will be on our way to preserving democracy for ourselves and the generations that follow.

Nader is the best choice we have for president

It’s election time once again, and once again we have to deal with the same old political song and dance from the two major candidates for president.

Bush and Gore go on television and say the same thing, but from different ends of the political spectrum. The way it’s going though, the gap that used to separate the Democrats and Republicans is closing in. Although there are still striking differences between the parties, the similarities are there too.

That’s why my vote on Tuesday is going for neither of them. I’m voting for Ralph Nader and the Green Party, and you should too.

Instead of rambling for another 300 words why I think Nader’s the best choice for our country, I’m going hit a few of his major issues so you can have an idea what he’s about. All this information can be found at his website, www.votenader.org.

Global Warning. Nader supports zero emissions standards on all cars, a moratorium on logging national forests and the forcing of old coal plants to meet modern pollution standards.

Political Reform. Under Nader, political campaigns would be publicly financed so large corporations can’t buy out whichever candidate they please. He also supports same day voter registration so new voters can register at the polls instead of waiting several weeks like in most states now.

Healthcare. There are 46 million Americans without healthcare coverage, down from 35 million seven years ago. Nader supports universal health coverage, something Gore says he wants as well, but judging by the numbers, is not the case.

Minimum Wage. Nader wants the minimum wage to go up as inflation increases as well, just like it does for our leaders in Congress. Nader also wants the minimum wage to be raised to $7.30 an hour as soon as possible and gradually raised to $9 within the next few years. I’m sure the large number of SHU students, like myself, that make less than that at the Trumbull Mall would appreciate the change.

Education. The Department of Education estimates that fixing the buildings of our nation’s public schools will cost $127 billion. About 60 percent of school children in this country go to school with at least one inadequate building feature. Nader will support federal funding of schools to fix these structural problems and will also support the hiring of new teachers to reduce core class size to no more than 25 and a target size of no more than 20 for secondary schools.

These are only a few of the issues that Nader will fight for if he becomes your president. He also supports Social Security, Affirmative Action with no quotas and woman’s right to choose among other things. If you’re still not convinced, please check out his website to learn more.

The SHU Voices

-Compiled by Jennifer Simonidis

What did/are you doing for Halloween?

By Brian Corasaniti

By Jeff Murray

By Edgar Palacios

By Raul Martinez

Randy Pelkisson

Senior

Yonkers, N.Y.

Edgar Palacios

Senior

Queens, N.Y.

Raul Martinez

Junior

Bronx, N.Y.

"Going to the Delta Party and egging Lynx."

"Egging Delta Phi Kappa."

"I’m coasting at the Delta party, Omega Phi Kappa style."

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.

The Spectrum is a student run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828.
Cynicism fuels inactivity in American political process

By Leila Rouhi
Mount Holyoke College

Political inactivity on the part of young Americans stems from one fundamental source—a general cynicism about the American political process. This disdain for politics is perpetuated by a lack of voter education and needlessly archaic voting procedures that create unnecessary barriers to voting.

Only when American citizens are better represented in the political process will young Americans be truly compelled to vote. One way to achieve this goal is through adoption of a system of proportional representation, in which like-minded voters win seats in proportion to their share of the vote. This reform, combined with the implementation of Internet voting, increased voter education and same-day voting, will encourage a rise in voter turnout and youth participation in government.

With its accompanying strategic gerrymandering, incumbency advantages and governmental unresponsiveness to constituent desires, the current system of winner-take-all elections deters even the most politically conscious person from voting. For many young voters, the realization that their vote is likely to have little impact on elections prevents them from becoming involved in the electoral process altogether.

With the implementation of a proportional representation system, the voice of more American voters can be heard—and a more representative government created. The exorbitant amount of wasted votes in today’s system will be greatly reduced. The lower threshold of votes needed to elect a candidate will allow smaller groups to elect representatives more in tune with their political philosophy without having to constitute the majority of the voting body. The vote of each person will carry greater weight. By providing these incentives to vote and increasing opportunities for third-party candidates, proportional representation ensures a more representative government that will better serve the American people.

Furthermore, proportional representation eliminates much of the opportunity to predetermine elections through gerrymandering, again allowing for a more accurately representative government. Winner-take-all elections are far too static to be adequate for the dynamic needs of the American people, and especially American youth. Proportional representation, on the other hand, allows for the evolution of American thought by creating a governing body that will change with the electorate, rather than one that continually alienates voters by ignoring their demands.

Providing a more representative system through proportional representation is only the first measure in ensuring that young Americans will take part in the electoral process.

Happy Birthday, Melissa Martin!

We wish you all the health and happiness that life has to offer you...

Love Always,
Your girls at 4-202, Jonnie Rockets & Ruiner

The Spectrum

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The Weather Corner

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Sunday
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Hi 52 Lo 34
Death penalty controversy hits SHU

By Keysha Whitaker
Features Editor

Sister Helen Prejean, author of Dead Man Walking graced the Sacred Heart University Center for the Performing Arts on Tuesday.

Senior Dana Fusco, a business administration major from Livingston, New Jersey, was deeply inspired by the Louisiana born nun that spoke to the SHU community.

"I've always been against the death penalty but I never really had specific reasons. But listening to Sister Helen speak made me really reflect and think about why I was against the death penalty," added Fusco.

"She was a positive and motivational speaker," added Fusco.

Prejean spoke to a crowd of SHU students, faculty, and community members.

She began with a reflection on how she arrived at her current position today.

Prejean said that she never knew when she agreed to be pen-pals with a death row inmate, that she would subsequently accompany him and four other men to their deaths.

She marveled at this and chalked it up to the "unkneciness of God" in life.

Prejean felt that it all began with her involvement with poor people, and said she did not realize how privileged she was until she saw others who didn't have the things she took forgranted.

After establishing that she was a Southern story teller, Prejean told her story of working with the inmates themselves, and then with the victims' families.

According to Prejean, the victim's families go through stages that begin with anger and rage, which may explain why they are anxious to have a severe action taken that should ease their pain.

But Prejean warned that this is just an illusion and will not take away the pain of losing a loved one.

Prejean feels she has "found a way to be on both sides."

In an interview before the lecture, Prejean spoke about her experiences.

She said that people often have a mental picture of a criminal as vicious and hostile, but she discovered the contrary.

"All the people I have met with are lonely, and welcome someone who comes to visit them and who cares," Prejean explained. "I have never found the fierce and horrible people that most may think of. Granted, these are people who may have done a terrible crime, but they are still human."

"Human beings are worth more than the worst thing that anyone has ever done," Sister Helen Prejean.

Prejean noted that everyone agrees that the innocent should not be put to death, but there is a question of "what to do with the guilty people."

"Out of 17,000 convicted homicides per year," Prejean noted, "only 1.5% are selected to die. Eight out of ten are chosen because the victims are white."

Prejean noted the gross distortion that primarily poor people and minorities are receiving the death penalty.

She proposed that this may be poor people may not often get good defense.

To date, 108 countries have abolished the death penalty, including Turkey and countries in the Soviet Union.

"On Dec. 18, Kofi-Anan, Secretary General of the United Nations will propose a moratorium on the death penalty," Prejean said.

Prejean offered words of advise to college students.

"Get involved in big agendas of social justice of helping to transform society. Public housing, schools, people in prison, victims of violence, wherever there is a need."

Senior, Maria DeBonis, a psychology major from Long Island, N.Y., took Prejean's words to heart, focusing on the communication with both the victim's families and inmates.

"I found the communications aspect of it interesting. People should always know both sides of the story," began DeBonis.

"The death penalty kills two people's families. Someone did make a mistake, but the government is hurting the other family. "She told a story about a father of a victim who said to her 'you don't know what I think unless you sit down and talk with me' and I think that is really important."

Prejean chastised the use of Biblical quotes to justify the death penalty, reminding the audience that if that were the case, then death should be a punishment for everything from adultery to homosexuality to dishonoring the Sabbath.

Besides, she pointed out that in the New Testament, Jesus brought a gospel of forgiveness.

After the lecture, members of the audience were invited to sign petitions calling for a moratorium on the death penalty.

Prejean said this would be a temporary halt on the death penalty.

Dr. Brian Stilmer of the SHU Religious Studies Department, invited anyone interested in becoming involved with a campus chapter of Amnesty International, to come and see him.

"Human beings are worth more than the worst thing that anyone has ever done," Prejean added.
So you wanna be a lawyer?
Judge's book offers insight for those considering law school

By Keysha Whitaker
Features Editor

Commentary

If you're remotely considering going to law school, you definitely need to read Majoring In Law, by Stefan Underhill. Underhill, now a judge in the State of Connecticut gives the reader a brutally realistic look at law as a career option.

The book begins with an introduction that unambiguously addresses the fears, concerns, and indecision that may be flowing through a prospective law student's mind.

According to the book, Underhill believes that "the indecision you feel about law now will actually help you decide whether law is right for you." He also says that the book is "intended to help you help yourself."

Underhill begins with a personal story about how he fell into the decision to become a lawyer. He applied once with no success, then later applied a second time and was offered admission to Yale School of Law.

After this, Majoring In Law goes through a step by step analysis from the birth of the thought to go to law school, taking the LSAT, completing law school applications, and deciding which area of law would be right for you.

The personal stories and examples from practicing lawyers, or those who did practice at one point, give backbone to Underhill's book. The book also contains worksheets in each chapter. Readers can keep journals and record answers to various exercises to help them focus their thoughts about law.

Now I must admit, I was at first a little put off by the book. And not because the book was harsh, I just wasn't prepared for such a completely honest depiction of law.

I seriously began to consider whether I would enjoy being committed to a job that entailed long and involved hours.

I distinctly remember two examples.

First, a woman began practicing law full time, then switched to part time, and finally left the profession altogether because of the demands on her family life.

Next there was a woman with two small children.

The oldest, who I believe was around 7, would ask the mother if "daddy still lived with them" while the toddler would look behind the shower curtain when she wanted to talk to him because that was the only time she ever saw him.

Not that I was ready to settle down and have 2.5 kids, I just began to question whether I wanted to become involved in something so demanding at this stage of my life.

The book also offers numerous examples of people who are enjoying their work as lawyers and wouldn't trade it for anything in the world.

I still love the idea of being able to fight for someone's battle and think I may enjoy being a lawyer, but Majoring In Law made me think about my true desires for a career, and how law fits with that.

Now I'm not saying Majoring In Law made me change my mind, because I still have the applications, taken the LSAT, and I am still meeting with people who are practicing or have practiced, but I guess I am making a more informed and realistic decision.

If your desire is strong, Majoring In Law will not discourage you from pursuing a career in law.

If you're not too sure, it will only slow you down and make you read the street signs, instead of just zooming down the street and finding out you should have made the left 3 lights back.

Majoring in Law is published by The Noonday Press and is available at your local bookstore.
91.5 WHRT - straight from the sacred heart

By Megan Flood
A&E Editor

Every day when you walk by the radio station on campus you may wonder just what does it take to have your own show.

Every Monday at 1 p.m., Kristine Schiebel, from Beth Page, N.Y., and Elena Rosero, from East Meadow, N.Y., have their show. They have had a weekly show for the past three years, and now that they are both seniors they have reflected on their experiences at WHRT.

"Friends say that the show helps them through the day, and that's when we know we've made an impact," said Rosero. Rosero, a media studies major, has thought about broadcasting as a job, but is still not sure. However, they are sure of one thing - their love of music, "we try to open up peoples' ears to new music."

Second art exhibit opens at SHU

By Kerry Freel
Staff Writer

Oil-painted eyes follow one as he or she walk through the new display at the Gallery of Contemporary Art. Contemporary Art from a Figurative Perspective.

These realist and figurative works will be out until Nov. 19. Jeffrey Smith, assistant to the director, explained that this is the second of six exhibits to come to Sacred Heart. This is the first of four professional artist displays while there are also one faculty and one student show.

Robert Fishko and Kathleen Brady curate the current exhibit. There are artists from the Forum Gallery in New York City, each with a unique vision expressed through their unique media.

Artwork presented in the SHU gallery includes a variety of mediums from oil paintings to watercolors. There are also pencil and charcoal drawings and sculptures.

The oil paintings quickly catch the eye because they are very rich in color. Detailed work can be seen in the precise shading techniques used in the pencil and charcoal pieces.

One oil on canvas by Christian Vincent depicts a man sitting on a bench, staring down and to the right, as a man is about to pass by his bench and go into another room. The picture is brought to life with the browns and reds used.

Seniors Kristine Schiebel and Elena Rosero spend two hours a week broadcasting their radio show. The two have been doing radio shows since their sophomore year at SHU.

Jeff Hoose, a senior form New Milford, co-hosts a show on Wednesday at 3 p.m. with senior Brian Polovoy. "I've become a lot more comfortable talking in front of large groups, despite the fact that when I'm on WHRT, absolutely no one can hear me."

"These are the differences and similarities between the two works. Everything from shading, to that fact he's wearing glasses in one and not the other deserves special notice."

Sacred Heart's Gallery of Contemporary Art will hold its Annual Gallery Fundraiser this year on Nov. 3.

The guest speaker, Robert Fishko, who is the curator of the present display, will discuss, "Looking at Contemporary Art from a Figurative Perspective."

The Gallery of Contemporary Art is located in the heart of Sacred Heart's Academic building, just beyond FLICK and the theatre entrance.

Gallery hours are Monday through Thursday from noon to 7 p.m. and Sunday from noon to 4 p.m.

The show will be the faculty's exhibit running from Dec. 4 through Jan. 24. All students are welcomed to attend.
Fleming’s presence felt at SHU

Kacey Semler
Contributing Writer

Tailgating growing at SHU

By Anne Pandolfi
Contributing Writer

By Michele Shawah
Contributing Writer

When squaring off against competition at a martial arts invitational, Danielle Fournier is not an easy opponent to face. The Sacred Heart University senior from Manchester has participated in the Martial Arts Club since her freshman year and has taken Tae Kwon Do classes at Hwang’s Tae Kwon Do School in South Windsor, since she was nine years old. She is SHU’s highest ranked competitor with a third degree black belt who has won several individual matches throughout her career and looks to continue to be a top contributor to the martial arts club this year.

According to Fournier, a psychology/education major, the martial arts club is probably one of the best competitive club sports that are not part of the athletic department. At SHU, martial arts is not considered a sport, but the council of clubs and organizations oversees it.

The martial arts club is a member of the CCO because it attracts less of the student body than other clubs and it is a student run club. Students who participated in martial arts that attend SHU started the club for other students with an interest in martial arts. The club does not have a full-time coach who gets paid, two former SHU students advise it. The club also does not practice as frequently or for as long as sports that are part of the athletic association. Through the CCO, the club receives a budget to pay for their tournament costs. The participants in the club must pay for their own uniforms and forms.

The SHU martial arts team is hoping for more success this year. Four years ago, the club, advised by former SHU students Marie Lenz and Jamie Watson, is open to all ability levels. According to Fournier, the club offers guidance and competition for the beginner (a white belt) to the most experienced (a black belt). Practices are held on Tuesdays and Thursdays from 8-10 p.m. in the Aerobics Room and hall next to the gymnasium in the Pit Center.

Every year the martial arts club competes in tournaments against other schools in New England, including Central CT State, Southern CT State, Rutgers, Princeton, Penn St. and Drexel. Players can decide to fight in one of two categories at competition. In group A fighting, there are bigger, more advanced fighters with higher belt colors. In group B fighting consists of the less advanced competitors with lower belt colors. Certain contact maneuvers are not permitted. By choice, Fournier competes in group B competition, since she can excel in it and the style is less aggressive.

In both groups, participants are scored in forms and fighting. According to Fournier, forms are the “dance routine for martial arts. You have to imagine that competitors are coming at you.” The participants perform a set of movements appropriate for their skill level. Participants are scored on accuracy and precision with which they complete their movements. In fighting, participants are given points every time they make contact with their opponents.

SHU’s martial arts club has fared well against the competition. In Fournier’s first tournament as a freshman, she went 5-0 on individual competition and won a gold medal. She also won a silver medal in forms. Team B has also won several trophies but in recent years they have been “rebuilding” the team.

The benefits of martial arts training extend far beyond the practices and competitions. According to Fournier, martial arts training is a valuable learning experience because you get to meet new people and learn to defend yourself. Martial arts gives a competitor something to strive for. To Fournier, martial arts is a sport in which one can always try to reach a higher level of precision. Few have reached the highest level of black belts. There are only three people in the world who have reached the highest level, the 9th degree black belt, one of whom is the sports founder, General Choi Hong Hi.

In order to pass from one belt color to another or reach another degree of belt color, one must be tested. Members must complete the forms routine for their belt color, up to, and including the next level. If the participant completes the test with the sport’s founder or a promoted to the next belt color or degree.

When reflecting on years of martial arts experience, one tournament stands out clearly in Fournier’s mind. In 1995, Fournier’s hometown team from Manchester, participated in Poland in the Junior World Tae Kwon Do championships. The team place 3rd in power board breaking and had an individual winner in the men’s category for power board breaking. Although Fournier did not place highly in individual competition, she learned a lot from the experience. It made her want to strive to improve her technique and continue to reach higher levels of competition.

Fournier is optimistic about the future of the martial arts club at SHU. She hopes more people will participate in the club even if they are not able to reach the highest level. She also wishes the club would get more recognition and coverage in school publications for their successes. This season, plans to advance to the 3rd or 4th grade teacher and wants to continue to participate in martial arts. When reflecting on her ability in martial arts, Fournier puts it best, “Everyone has gifts, everybody has something special that they can share with everybody.” Well martial arts is her gift.

By Jim Fleming

By Anne Pandolfi

Fleming started his coaching career in 1985 at South Carolina, Boise State, Brown and Villanova.

This is Flemings first year at Sacred Heart, as well as his first experience as a head coach. Before he became head coach, Fleming was an Assistant Defensive Coach for 11 years, and an Offensive Coach for four. This has given Fleming great background experience with the sport.

Fleming has always had a strong passion for football for he began playing at a young age in little league. He continued playing throughout high school and college, while also giving his time to coaching and assisting within his community’s youth league.

“I always thought that I would enjoy coaching, because of the ability to impact kids in such a good way. Through coaching, I believe I would be able to share my enthusiasm and love of the game with someone else that had the ability to play it,” said Fleming.

This obvious zeal for the football game, has definitely helped turn the SHU team around, instilling a new level of determination and victorious aura in the locker rooms and on the playing fields.

“Fleming knows football. He has the most positive outlook, and has got us hungry for a championship,” said junior offensive line Marty Weimann.

“He is such a great leader. He instilled discipline which has helped the program tremendously,” said team member Ron St. Juste.

Discipline is a key necessity to any team and is one significant aspect of football that coach Fleming likes to focus on. When commenting on his team, he mentioned how committed the players are, and how they work hard to learn and improve their skills.

The “ability of the players to fight adversity and find a way to win, is amazing. This team has a great heart and a tremendous love of the game. They play hard disciplined football.”

It is important to have discipline instilled in a sports program because it prevents the players from losing insight on the values and virtues of the game.

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“In order to tailgate, the first thing you need to do is buy a tailgate pass. You can purchase this pass for $15 before and during the season. As a tailgater, you are able to park your car in the parking spots behind the Pit Center, which makes it easier to go to and from the game instead of parking in North Lot, which is a much farther walk. The passes are available to the parents of the football players and anyone else who wants to tailgate at the games, but most of the passes are taken by the parents.

When you walk up to the parking lot, you see picnic tables full of food, many cars with food and drinks outside the trunks and plenty of people having fun. One by one some of the football players walk over after they come out of the locker room to eat the food provided by the parents. There are hotdogs, chilli with cornbread, beans and lots of salad and plenty of soda and juice.

According to Lorraine Weiman, the mother of defensive tackle Marty Weimann, “We want to make sure that we have enough food and drinks for everyone who comes to the game, no matter what time they arrive.” It’s nice to have a place where we can enjoy the win instead of going straight home after the game.”

Weiman lives in Northampton, Mass, and travels and hour and a half for each home game.
SHU women’s XC placed fourth in Saturday’s Northeast Conference Championship

By Emily Greenough
Staff Writer

Sacred Heart women’s cross country team placed fourth this past Saturday in the Northeast Conference Championship.

The meet was held at Stanley Quarter Park in New Britain. Monmouth won the meet with 81 points, and the SHU women were only 29 points higher with a score of 110.

Sacred Heart freshman Katie Wrinkle placed fourth in the Northeast Conference (NEC) Championship with a time of 18:49 (fastest time ever run by a SHU freshman) and was named to the All-NEC Team for her efforts.

“Wrinkle, showed that she is amongst the best runners in the NEC,” said head coach Christian Morrison.

Senior co-captain Heath Stockton placed 17 in the race with a time of 19:21, while freshman Christina Mendoza was soon behind her in 20 place with a time of 19:26.

Sophomore Suzy D’Angelo was next, with a time of 19:46, and junior co-captain Kim Almedia finished in 20:03.

Other top seven SHU runners for the women were graduate student Sabrina Kenny (20:14) and sophomore Kristi Plourde (20:16).

Coach Morrison also commented on the overall performance on the meet by saying, “we had an off day. There was a very tight spread between first and fifth place, and unfortunately we came out on the wrong end of it. It doesn’t change the fact that this team has had a very good season.”

The men managed to place eighth in a field of 12 teams, which is one place higher than they were ranked in the NEC preseason poll. The men collected 212 points, while the winning team, St. Francis of Pennsylvania, had a mere 26 points.

Junior Chris Ciparelli was top runner for the men’s team, with a 23 place finish in 27:53.

Freshman Andrew Renna, Will Figueroa, and Matt Uzenski all put in solid performances with times of 29:04, 29:18 and 29:49, respectively.

Senior co-captain Ed Njai and junior Brian Wrinkle also ran varsity for the men, with times of 29:34 and 29:49, respectively.

The teams will be competing in the NCAA Regional Championships at Van Cortland Park in the Bronx, N.Y. on Saturday, Nov. 11.

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Women’s field hockey loses in first round of NEC’s to Quinnipiac

By Keri Blair
Sports Editor

Sacred Heart’s women’s field hockey team was a number three seed going into this past Sunday’s game versus number two seed Quinnipiac.

The first half of the game remained scoreless. The pace changed as the Quinnipiac-Bruins picked up a pair of second-half goals.

Amy Hollister put Quinnipiac on the board first on an assist from Courtney Ryan with 23:21 remaining.

Less than seven minutes later Julie Smith scored an unassisted goal to give Quinnipiac a 2-0 lead. Sacred Heart’s senior head coach Tara Jely, has been such a blessing to the team. Jely came in and turned the program around. We have had a successful season and as a senior it was a good way to go out,” said Lee.

Sacred Heart’s senior goal-keeper Ginny Capicchioni (Oradell, N.J.) made 10 saves in the game.

Capicchioni was named first team All-Conference by the Northeast Conference’s head coaches this past Friday night.

Cappicchioni leads the league in save percentage (0.833) and leads the nation in overall saves with 259.

First year student and forward Julie Messenger (Hinsdale, N.H.) picked up second team honors after exploding onto the scene with a team-high 15 points (7 goals and one assist) on the season.

Messenger was joined by senior defender Chrissy Stevens (Kingston, N.H.), one of the league’s top sweepers.

Men’s ice hockey: Beat UConn CONN 5-1 in home opener Saturday night

By Keri Blair
Sports Editor

The Men’s Ice Hockey team faced off against UConn twice last weekend.

The Pioneers salvaged a 1-1 tie on Friday night at Storrs, while they were victorious in their home opener.

Sacred Heart dominated the Huskies at home as they won by a score of 5-1.

The team improved their record to 2-1-1 and are currently tied for third place in the Metro Atlantic Athletic Conference.

Quinnipiac holds the top spot, but has two games in hand on the Pioneers. Sacred Heart is only one point out of second place.

“This was a huge weekend for us, because we were able to earn 3 out of 4 points,” said senior goalie Alexis Jutras-Binet.

“We have two big games coming up against Quinipiac, and a successful weekend could put us in first place.”

Friday night’s game was a defensive battle and neither team generated much offense.

Sophomore goalie, Eddy Fehri made 29 saves on the night and played well for his team.

Mike Goldkind scored the lone goal for the Huskies early in the first period.

Sacred Heart answered back later in the period on a score by Chuck Metcalfe. The goal was assisted by Marc Fournier and Ed Bourget.

Neither team was able to light the lamp for the remainder of the game.

Saturday night was the home opener for the Pioneers, and the boys did not disappoint the crowd.

Sacred Heart exploded for five goals in the final frame to win 5-1.

Chris Mokos supplied the offensive fireworks by tallying four points on the night (1-3-4).

Sacred Heart jumped out to a 1-0 lead in the opening stanza as Mike Reagan buried the biscuit past Artie Imbriano. Mokos assisted on the goal.

UConn answered back in the second period to tie the game at 1-1 on a goal by Mike Goldkind.

The Pioneers took control of the game after Goldkind’s goal by scoring four unanswered goals.

Chuck Metcalfe netted the game winning goal on the power-play in the second period.

Peter McRae and Mokos added assists on the goal.

Mokos lit the lamp in the closing minutes of the period as he put home the rebound of a shot by Jesse Saltmarsh.

The Pioneers added two more goals in the final frame to make the final score 5-1.

Reagan tallied his second of the night on a power-play. Eric Drake and McRae assisted on the goal.

Freshman Marc Fournier recorded his first collegiate goal in the closing minutes of the game. Ed Bourget and McRae assisted on the goal.

The Pioneers will be on the road for two weeks as they face Cornell University on Saturday and Quinnipiac College next Friday, both games will begin at 7 p.m.
Sports Briefs

Women's volleyball falls to Quinnipiac

Sacred Heart lost to Quinnipiac this past Wednesday in four games.

In the first game, Quinnipiac had trouble finding a rhythm, and SHU won easily, 15-7. In the second, SHU stumbled similarly as Quinnipiac won, 15-3. The third game was a long and hard-fought battle by SHU, but Quinnipiac took the game, 15-12. Quinnipiac won the final game 15-11.

The Lady Pioneers were lead by junior co-captain and setter Kate Summon with 35 assists.

Women's volleyball plays at 7 p.m. next Wednesday at home vs. Seton Hall.

SHU wrestlers make ECWA pre-season All-Freshman team

The coaches of the nine-member East Coast Wrestling Association made their choices for the pre-season All-Freshman team for the 2000-2001 season, and three SHU wrestlers were among their picks.

At 149 pounds, Dan Wunschfasky (Chelmsford, Mass.) is a three-time Massachusetts State Champion and three-time New England place winner.

Steve Forrest (Bennington, Vt.) at 165 pounds, was ranked as high as second nationally in high school, and was twice named the New England Champions’ Outstanding Wrestler. Forrest is an AAI Grand National Champion, a two-time New England Champion, and a three-time Vermont State Champion.

184 Derek Venne (Ludlow, Mass.) was a National Wrestling Coaches Association National Champion and a two-time New England place winner.

Sacred Heart's season will open next Saturday with the Bearcat Open in Binghamton, New York.

Intramurals

Co-ed Wiffleball starts in November. Rosters are due on the eighth and a captains’ meeting is on the tenth. The teams must consist of four persons with a minimum of two males and females at a time. Games begin on the Nov. 13. For more information contact Jen Hoffman, director of intramurals, at 396-8129.

Sacred Heart's equestrian team second in region

The Pioneers hold second place in their region in an emerging sport for the NCAA.

With three shows down and two left the equestrian team hopes to place first by the end of the fall season.

Sacred Heart is lead by head coach Nichole Fieschel, an alumni SHU equestrian team member, and consists of nine freshman, two transfer students, one alumni and sixteen returnees.

The equestrian team is a member of the Intercollegiate Horse Show Association (ISHA) and part of the Connecticut-Long Island Region which includes: Fairfield, Yale, C.W. Post, St. John’s, Hofstra, Adelphi, Molloy, SUNY Stony Brook and Nassau Community College.

“The team looks great this year. We are really strong and if we put our mind to it we could be first in our region,” said Krista Kartalis from Redding.

Regional shows are held on Sundays during the fall and spring semesters. Riders at ISHA horse shows cannot use their own horses yet are provided horses by the host college.

As of now St. Joseph is in first place followed by SHU in second and Fairfield following in third.

Women's soccer names two Pioneers to second-team All-Nec

Goalkeeper Leslie Konsig (Millburn, N.J.) and midfielder Paula Pineda (Vigo, Spain) were named to the second-team All-Conference squad this year.

Sports Schedule for November 3-9

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<th>Friday</th>
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<td>Men's Soccer</td>
<td>NEC tour.</td>
<td>Men's Ice Hockey vs. Cornell, 7 p.m.</td>
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<tr>
<td>NEC tour.</td>
<td>TBA</td>
<td>TBA</td>
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<tr>
<td>Football Homecoming vs. Robert Morris</td>
<td>12:30 p.m.</td>
<td>Men's Rugby vs. Yale, TBA</td>
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<td>Wednesday</td>
<td>Women's Volleyball vs. Seton Hall, 7 p.m.</td>
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Fleming: Here with heart

Continued from page 9

Coach Fleming's commitment to these principles is reflected in his pre-game talk where he always emphasizes to the players, "Play hard and honor the game." Fleming currently resides in Fairfield with his wife Leslie, and his four children, Jimmy, Will, Kate and Meg. They support the team and come to every game.

"My boys are the 'ball boys' and my wife and the girls are avid fan in the stands," stated Fleming.

Coach Fleming is looking forward to the game this weekend versus Robert Morris.

Fleming hopes to bring the game into overtime, so then both teams can battle it out, and see who comes out on top.

Fleming also stated that as long as the offensive, defensive, and special teams play extremely well, we can win this game.

Nominate an Athletic Unsung Hero

I am looking to recognize the athletic “Unsung Heroes” which grace our campus.

I briefly define an “Unsung Hero” as an athlete who is found on the field before anyone has arrived and remains long after all have gone. It is this athlete whom the coach and players rely on. This athlete holds the character of a genuine competitor, ultimately hoping to help their team win.

They create something to be apart of, something to take pride in.

In the upcoming weeks of the Spectrum there will be a special section in the sports pages that will be designed to report a profile on those athletes.

Anyone can nominate an athlete who they feel is an “Unsung Hero.” Nominee forms can be picked up in the Spectrum office or at the front desk of the Pitt Center.

These athletes work so hard and do so much for the Sacred Heart community that it is well worth the effort to recognize their importance.

Keri Blair, Sports Editor

Marvin Royal

Football

SHU Athlete of the Week

Royal breaks four Division I-AA football records in win over Iona this Saturday

SHU junior running back Marvin Royal (Pleasantville, N.J.) ran for four touchdowns surpassing the school record of three in a single game, most recently held by Terrence Washington vs. St. John’s in 1995.

Royals 302 yards rushing replace the old record of 285 by Ron Sopkoski (11/14/92 vs. Assumption). This amount also sets a school record for total offense.

Royal's game average of 10.4 yards per carry (29 carries, 302 yards) sets yet another record, beating the 10.2 yards per carry average set by Quinn Britto vs. Nichols in 1991.

Royal’s output is the season-high in the NEC, and the most by an NEC runner, since John Campbell of Wagner who ran for 324 yards against Jacksonville in 1998.

Royal was named the Northeast Conference Offensive Player of the Week this week for the second time.
By Keri Blair
Sports Editor

The Sacred Heart football program kept its perfect season unblemished as the Pioneers improved to 8-0 on the year with a 46-7 victory over Iona this past homecoming weekend.

SHU’s scoring was opened by a 99-yard, nine-minute and three-second drive in the first quarter, capped by a one-yard touchdown run by junior co-captain and running back Brandon Graham (Waterbury). The touchdown was followed by a good kick from Tim Redican (Meriden).

Iona turned the ball over on the Pioneer’s 27, and a play later, running back Marvin Royal (Pleasantville, N.J.) received the ball. Royal ran for a 73-yard touchdown and with another Redican kick the score was 14-0.

Midway through the second quarter, Jason Bonadies (Southbridge, Mass.) rushed 32-yards for a third SHU touchdown. Redican’s kick was good.

Three plays later, Kayode Mayowa (Providence, R.I.) intercepted a pass on Iona’s 7-yard line. Royal was given the ball again and rushed for the touchdown. Redican’s 34-yard field goal gave SHU a 31-0 halftime lead.

Royal did it again with less than three minutes into the third quarter. An Iona punt into the wind gave SHU the ball on Iona’s 15-yard line. Royal rushed for a 5-yard gain on the first play, and on the second, ran the ten remaining yards into the end zone for his third touchdown.

Senior Mike Toto (Franklin Square, N.Y.) passed for the two point conversion on a fake kick attempt, and the Pioneers led 39-0. Royal scored once again on a 3-yard run with five minutes remaining in the third. Redican’s kick, again, was good.

In the fourth quarter, Iona running back Ralph Salvatori (Elkham, N.Y.) capped a 48-yard drive with a 1-yard touchdown run to give Iona their only points in the game.

“This game verse Iona was really good for us because it gave us a chance to work on our running game. Our offense along with our defense needs to really prepare for this upcoming weekend and Iona helped in our preparation,” said junior linebacker Jayson Jarrett (Stamford).

Royal’s four touchdowns surpass the school record of three in a single game, most recently held by Terrence Washington vs. St. John’s in 1995.

Royal’s 302 yards rushing replaced the old record of 285 by Ron Stokojski (11/14/92 vs. Assumption). This amount also sets a school record for total offense.

Something’s wrong with the Iona defense. They’re just not executing, and we’re just having fun pushing the ball down the field and scoring points,” said head coach Jim Fleming.

When Dymond was asked the biggest reason for his recent success, his reply was instant. “There was a couple of changes in the coaching staff. They are more personal and intense, and they put us in the right position.” Regardless of the great coaching Dymond gets out on the field every game and makes the big plays. Just like a true modest athlete, Dymond insists on giving credit elsewhere.

Royal’s game average of 10.4 yards per carry (29 carries, 302 yards) sets yet another record, beating the 10.2 yards per carry average set by Quinn Brito vs. Nichols in 1991.

Royal’s output is the season-high in the NEC, and the most by an NEC runner, since John Campbell of Wagner who ran for 324 yards against Jacksonville in 1998.

The Pioneers remain one of just six unbeaten teams in Division I-AA, a title they share with Northeast Conference rival Robert Morris.

RMC is gunning for its fifth straight NEC Crown and enter the contest with a 3-5-1 over-time win vs. Wagner last Saturday.

SHU and RMC will battle on Campus Field tomorrow at 12:30 p.m. in a game that could decide the conference champion.

**Unsung Hero:** DJ Dymond, the quiet storm

By Gaetano Marra, Jr.
Contributing Writer

Imagine going to work every week, knowing that you are not going to get paid for the hours that you put in.

Perhaps a better analogy for college students would be attending a university, studying for 2 hours everyday, and leaving without a degree. It is only natural that students who are not part of the majority go unnoticed. And when a conference is set, that is when the recognition be given in situations that deserve it.

So what would keep a person who was not always the center of attention nor recognized for his actions motivated to succeed?

I present to you the case of DJ Dymond, Sacred Heart University’s first Athletic Unsung Hero Award recipient.

The athletic training major from Woodburn, N.Y., stands at a mere 5’10” tall, and is the strong side interior defensive lineman. He weighs 248lbs, yet his presence comparable to that of a 300-pounder.

As head coach Jim Fleming puts it, Dymond is “playing in the land of the giants.”

“DJ is always up against the double teams. He sits in the trenches and takes on 650lbs every snap.”

The thought of being approached play in and play out by two, even three, other players is one that frightens many. To Dymond, it is just part of the job.

Glory to many athletes comes in making a big catch, speeding up into the end zone, and scoring the go ahead points to put their team ahead.

The professional scene today, as well as the collegiate scene, will often show some type of celebration by an athlete after a touchdown is scored.

Dymond rarely gets this opportunity to boast. Rather his efforts are most noticed after the game, when the hard-working coaching staff is examining the game film.

“He is constantly in a straight every snap. He may not get the sacks, but his actions never go unnoticed,” Fleming said.

Defensive line coach John Thompson agrees with Fleming. “He does his job every game. He works his butt off and doesn’t say a word. He takes the hard coaching, and applies it on the field, and it shows in the overall success of the program this year,” Thompson said.

Thompson also feels that Dymond is a leader in every aspect of the word. “His biggest attribute is that he leads by his actions, and he lets his performance do the talking,” Fleming said.

SHU Football is 8-0, and campus pride is at a level like never before. All coaches will agree that offense wins games, but it is defense that wins championships and separates the good teams from the great teams.

Currently, SHU is ranked number one in the NEC in scoring defense, at 11.1 points per game. Dymond is quietly a major reason why, and also why the rest of the Pioneer team is so optimistic about the games that remain.

When Dymond was asked what he enjoyed most about his experience with the football team this year, his reply was instant. “There was a couple of changes in the coaching staff. They are more personal and intense, and they put us in the right position.”

Regardless of the great coaching Dymond gets out on the field every game and makes the big plays. Just like a true modest athlete, Dymond insists on giving credit elsewhere.

So just how “unsung” is Dymond? When I informed him of the award he had received, he was not as excited as most would be.

“I really never expected to get recognized for this, and I am sure that there are better candidates out there,” Dymond said.

Dymond, who has been playing football since middle school, says that his experience with the football team this year has been phenomenal.

“I will always remember the different personalities that are on this team. The feeling of everyone working together is really cool,” said Dymond.

DJ Dymond is an athlete who is destined for success. His teammates respect him, and there are often chants coming from the crowd in the Dymond fan section (consisting mostly of members of his fraternity).

He will graduate from Sacred Heart with a degree in athletic training and a football experience that is very unique. And no matter how hard he tries, his efforts will never go unnoticed.