Juniors and seniors can stop over and provide services for every class. They can help each student with their career development. At the career development office, chemistry professor at the nationally renowned chemistry professor visits campus. SHU faculty and students were present to let them know they are here to help. "This is the second year that Career Development also works heavily with sophomores and juniors with undecided majors. They view each major with the student and help with self-assessment to find his or her strengths. Juniors will start to receive mail over the summer about resume deadlines and recruitment days, which are usually held in the fall and spring. As for seniors, the career office helps them find relevant work experience before graduation, so one can learn what is out in the real world. The Career Development offices have also added some new faces, including Patricia Klauser, who now works full time with students. "I am here for all and focus on self assessment, which is what is important to them and how they come to making decisions," said Klauser. Klauser deals mostly with the undecided majors and helps them to explore more deeply into their interests and what they can learn about themselves and the world. Everyone has an idea that Sacred Heart University's Career Development office can help each student with their resumes or finding a job after graduation. However, they don't just help the seniors, they provide services for every class and individual that attends SHU. All freshmen, sophomores, juniors and seniors can stop over at the career development office for tips about changing majors, finding out what events they will be holding, setting up job interviews and internships and paving the way for the future. Career Development is constantly communicating with SHU faculty and students to let them know they are here to help. "This is the second year that we have been visiting every single freshman seminar class," said Lucy Cox, assistant director of Career Development. "We do a lot of self assessment with our freshmen to help them explore different areas and find out what they are interested in. This helps them come to the decision of a major." Career Development also works with sophomores with undecided majors. They view each major with the student and help with self-assessment to find his or her strengths. Juniors will start to receive mail over the summer about resume deadlines and recruitment days, which are usually held in the fall and spring. As for seniors, the career office helps them find relevant work experience before graduation, so one can learn what is out in the real world. The Career Development offices have also added some new faces, including Patricia Klauser, who now works full time with students. "I am here for all and focus on self assessment, which is what is important to them and how they come to making decisions," said Klauser. Klauser deals mostly with the undecided majors and helps them to explore more deeply into their interests and what they can learn about themselves and the world. Everyone has an idea that Sacred Heart University's Career Development office can help each student with their resumes or finding a job after graduation. However, they don't just help the seniors, they provide services for every class and individual that attends SHU. All freshmen, sophomores, juniors and seniors can stop over at the career development office for tips about changing majors, finding out what events they will be holding, setting up job interviews and internships and paving the way for the future. Career Development is constantly communicating with SHU faculty and students to let them know they are here to help. "This is the second year that we have been visiting every single freshman seminar class," said Lucy Cox, assistant director of Career Development. "We do a lot of self assessment with our freshmen to help them explore different areas and find out what they are interested in. This helps them come to the decision of a major." Career Development also works heavily with sophomores and juniors with undecided majors. They view each major with the student and help with self-assessment to find his or her strengths. Juniors will start to receive mail over the summer about resume deadlines and recruitment days, which are usually held in the fall and spring. As for seniors, the career office helps them find relevant work experience before graduation, so one can learn what is out in the real world. The Career Development offices have also added some new faces, including Patricia Klauser, who now works full time with students. "I am here for all and focus on self assessment, which is what is important to them and how they come to making decisions," said Klauser. Klauser deals mostly with the undecided majors and helps them to explore more deeply into their interests and what they can learn about themselves and the world.

Got turkey?

By Danny Luciano
Contributing Writer

Thanksgiving is a week away and Sacred Heart University students are getting ready to head home for the annual turkey fest. But the traditional Thanksgiving meal of turkey, stuffing, vegetables and pumpkin pie receive some adjustments for much of the student population. Some of the items that SHU students will dine on next week may surprise the Thanksgiving traditionalist.

Many students dine on foods connected with their cultural backgrounds. Jeff House, a senior from New Milford said, "We all have the usual stuff, but someone always makes some sort of macaroni, which is common for Italians." Although from Venezuela, senior Jose Beria still eats some of the traditional dishes along with some dishes from his home country. "We eat rice and beans and other "

SHU students like Kelly Bennett and Kim Almidda can't wait to drop the Flik food and have some home cooked meals next week when they go home for Thanksgiving.

Career office becoming hot spot at SHU

By Melissa Greenhalgh
Staff Writer

Department Profile

Career Development is a week away and Sacred Heart University students are getting ready to head home for the annual turkey fest. But the traditional Thanksgiving meal of turkey, stuffing, vegetables and pumpkin pie receive some adjustments for much of the student population. Some of the items that SHU students will dine on next week may surprise the Thanksgiving traditionalist.

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Nationally renowned chemistry professor visits campus

By Kerry Freel
Staff Writer

Bassam Z. Shakhashiri, a self described, "Scientist by training, teacher and public servant by trade, advocate by conviction and optimist by nature," spoke at Sacred Heart University last Wednesday in the Theater. He is a general chemistry professor at the University of Wisconsin. Shakhashiri received a degree in chemistry from Boston University. He earned a master's and Ph.D. in chemistry from the University of Maryland.

He has performed shows that packed houses at the University of Wisconsin, the National Academy of Sciences, the Smithsonian's National Air and Space Museum in Washington and Boston's Science Museum. His show, Once Upon a Christmas Cheery / In the Lab of Bassam Z. Shakhashiri Shakhashiri, airs on PBS and other stations. Shakhashiri has been featured in the New York Times, Washington Post, Newsweek, Time, NBC Nightly News ,CNN and the Larry King Show. Originally from Lebanon, this son of a physician now travels the world trying to give people a greater appreciation for science. He explains that the purpose of education is to enable individuals to fulfill their human potential. Shakhashiri demonstrated how flash paper treated with chemicals burns brightly and then disappears into the air in a puff.

As he continued to talk, certain substances reacted and he asked the audience to observe the substances in a beaker while they oscillated, changing colors. The mixture would be blue for a few seconds, then switch over yellow and back to blue. Shakhashiri blew up a balloon inside a mug and then turned it upside down. The mug did not fall, he said, because of...
**News Briefs**

**Special Thanksgiving dinner Monday**

Flik will be hosting a Thanksgiving dinner feast from 4:30 to 9:30 p.m. on Monday in the cafeteria. Fresh baked apple pies will be on sale for $7.99 among other things.

**Yearbook retakes ending this week**

If you don't like your proofs from the photography company, or missed the first chance to have your senior portraits taken, retakes will be the week of November 13, 2000 in the Prologue Office. Log on to www.oouryear.com using school access code #328 or call 1-800-oour-year to book your appointment.

This is your final opportunity. Remember that if the yearbook's photography company does not photograph you, your photo will not be placed in the yearbook.

Contact Julie at 371-7962 with any questions.

**State of the University Address coming up**

The third annual State of the University Address is coming up at 7 p.m. on Nov. 29 in the Theater. SHU students will have the opportunity to voice their questions and concerns to SHU administrators.

**Business opportunities waiting for students**

Those who are interested in a career in the finance industry have a chance to meet with professionals in the industry to identify what it takes to land that perfect job, and most importantly to succeed once you have it!

Information regarding jobs for seniors and internships for underclassmen will also be available. Join the Finance and Economics Club Monday in the Board Room at the Pitt Center.

-Compiled by Brian Corasaniti

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**Parties recruited Florida college students for election**

**By Matthew McGuire**

**TMS Campus**

The necks of America may have experienced whiplash but its eyes remained on Florida until the state awarded its 25 electoral votes. In an election that will be decided by the slimmest of margins in Florida, the choice you make may never have been so important.

Partisan origins on Florida campuses did what they could to get often considered apathetic students to cast their ballots, from phone banks to registration drives, palm cards to lawn signs.

Connecticut State University college democrats held an absentee vote drive, which culminated in a short march to the state capital where about 1,500 students cast their absentee ballots, said democratic chapter president Dorothea Lantz. "There's only so much you can do with the student population. But I really feel like we did all we could to get out the vote," Lantz said.

While some groups focused on mobilizing absentee voters, others registered students at their new college address. After coming under fire on the Gainesville campus of University of Florida, the college republicans identified potential Texas Gov. George W. Bush voters and helped students fill out change of address forms.

"About 50 percent of the students we hit up filled out change of address forms. The other half we were fighting for the first time, which is a shame," said organization chairman Dan Soyka.

Soyka added that the University of Florida campus usually leans left, and said he was surprised with the republi­can involvement on the campus. "The college republicans' chapter grew to include over 600 students, which brought out a huge republican vote on campus, he estimated.

The college democrats on the Gainesville campus also tried to energize voters with a string of visits by left-wing politicians from the Rev. Jesse Jackson to satirist Al Franken, said Mark McCullough, presi­dent of the University of Florida chapter of college democrats.

Both Gainesville groups, however, seem to have done their jobs, as one campus area precinct reported around 1,300 student votes, up from 54 two years ago, McCullough said. But was it enough to nudge Bush into victory? Soyka said he was all but positive Bush had taken the state. "I'm very confident," he said. "It was kind of a scare last night when CNN and NBC prematurely awarded Florida to [Vice-President Al] Gore, but at things were on we knew that Florida would eventually go to Bush."

So confident, Soyka admitted, he was still trying to "sleep off part of last night's celebration," which he hosted in his backyard.

The major television news organizations -- CNN, NBC, ABS and CBS awarded Florida's 25 electoral votes to Gore before many of the polls in the Panhandle section of the state had closed. That may have discouraged some voters to come out, believes Lantz.

"I'm pretty upset that the media awarded the state of Florida to Gore way before it's time -- before many of the polls close," Lantz said.

"I think it's a done deal. Especially when they count the absentee ballots from overseas that were mailed in by hand in the territory, who tend to be conservative. Then -- well, you fill in the blank,... Whatever they're doing now is just to make people feel better about [Bush's victory]," added Lantz.

After awarding the state to Gore, news organizations decided it was too close to call. Hours later it was awarded to Bush, only to be taken back a second time. McCullough uses the flip-flop to be optimistic about Gore's future.

"It's not over until the fat lady sings, and she's singing twice already," said McCullough. "We're hoping the third time's a charm."

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**Forum encouraged local students, residents to vote**

**By Gabriel Bomanni**

**Contributing Writer**

Local political candidates told HCC students, members of the college community and area residents at the first Political Forum Oct. 25 to make their votes count.

Over a dozen candidates representing the municipalities in the school's service area shared their positions with members of the sponsoring Black Student Union and over 200 attendees assembled in the Performing Arts Center from 7 p.m. to after 10 p.m.

The four candidates for Connecticut State Senate were: Alvin Penn, D, Bridgeport, incumbent from the 23rd district who held his seat to Joseph Borgan; Michael Singh, D, Stratford, a first-time candidate from the 21st district who lost to incumbent George "Doc" Gunther; Andrew Testo, D, Milford, rookie candidate for the 14th district who lost to Win Smith Jr.; and William A. Finch, D, Bridgeport, candidate in the 22nd district who upset incumbent veteran Angelina "Lee" Squitieri.

Half a dozen candidates from Bridgeport, both eventual winners and losers in the race for Connecticut State Assembly, were present or represented. Vallorie Clark, R, candidate in 124th district, lost to Curtis E. Newton II.

Hector A. Diaz, D, state representative from the 130th district in Bridgeport was defeated in the primary but ran on as a write-in candidate.

Curtis E. Newton II, D, Deputy Majority Leader in 124th district held his seat to Jim Orazieti.

The Natural Law Party, a non-traditional group whose members have been known to practice transcendental meditation to levitate themselves as well as an entire city in order to reduce crime, was also represented.

Gail Darby, Branford, the party's candidate for Connecticut's 131st Congression­al district, lost to incumbent Democrat Rosa DeLauro, stood for in her party­mate, Terry M. Nevas.

Nevas, Wesport, the party's candidate for the 133rd Assembly District lost to Republican Cathy Tymniak, Fairfield, who filled the seat a year ago after her husband's death.

Andres Ayala, D, represent­ed Bridgeport City Council's 131st district.

Anthony Ball, J.D., instruc­tor of American government and history, moderated the forum. The three-part forum consisted of questions from the audience, questions from the BSU panel, followed-up from BSU and the audience, and finally informal questions from the assembly. He began by asking all candidates what they felt they should do to increase youth civic engagement in an political participation.

Testo, who attended HCC last semester, began by recognizing his former sociology professor, Barbara Richards, Ph.D., as an inspiration to his political aspirations and wishing her current students to take the initiative to succeed.

"All this 22-year-old college student and Milford alderman, accompanied by his parents and girlfriend, told his peers in attendance that despite the challenges -- especially financial-affiliation with a colleague politician faces, the potential to make a difference is worth the effort of running. "We need true, honest repre­sentation up in Hartford," Bridgeport native with some family political history said, "somebody who has no strings attached to big government or special interests."”

"Somebody who is going to be the voice for people who really need something from Hartford-and that's the students."

Finch, who only attended briefly having a conflicting campaign appearance elsewhere, also encouraged all those of age to register to vote as the only way to have their concerns heard by politicians.

"You have to start now-while you're young-to make a difference in the electoral process," Finch said.

"People are stuck with people who come up to me and say, 'Well, I'm not registered,' I can't waste my time to talk to them," Finch said, citing the thousands of registered consti­tuents that demand his attention. "If they can't vote, I can't talk to them. I don't have the time."

He pointed out that a few votes can make a difference in a local election.
Diabetes hits home at SHU

By Jason Reid
Contributing Writer

Diabetes is a disease that affects people today in all different walks of life. When the body doesn’t produce insulin in the pancreas, the body can’t make use of sugar. If this is untreated, diabetes can lead to blindness, vascular disease, kidney disease and many other problems.

A recent study that was conducted by the Centers for Disease Control showed that diabetes affects 6 percent of the population. Also, 1.2 million Hispanic Americans have diabetes and 675,000 Hispanics have the disease but don’t know it.

The disease is most common among middle age and older Hispanic Americans while the age varies for all other Americans. One in five Hispanic Americans over age 45 has diabetes. Hispanic Americans have higher incidences of diabetes complications such as eye and kidney disease. The complication complications for other Americans with diabetes is heart disease.

There are three types of diabetes: type 1, type 2 and secondary diabetes. Eighty-five percent of diabetics have type 2 diabetes. Type 1 diabetics die from a lack of inability to produce insulin, whereas type 2 diabetics don’t have to take insulin shots daily. Secondary diabetes is a result of pancreatic surgery and overactive glands.

Time Payne, a senior from Hewitt City, was diagnosed with diabetes in his sophomore year of college. “It has totally changed my life, and I think it has made me a better person,” said Payne. “It is an inconvenience and it is a major risk factor for developing diabetes. Doctors today are working to find a cure for diabetes.”

Some students go their own way for Thanksgiving instead of family traditions as well. Stacy Bennett, a senior from Hamden said, “My family’s unique tradition is we all drink a lot of wine, get drunk and talk about the other family members who are around there...and along with the traditional foods, my mother also serves turkey’s neck on the side.”

Shakhashiri said his teacher told the class, “Pretend you’re flying over the ocean...and describe it.”

Thanksgiving: A day of food and family

Continued from page 1

Spanish foods for my Spanish side of the family. For my Indian side, we eat chicken curry.

Chemistry: Shakhashiri entertains and informs

Continued from page 1

friction. “My parents were a big influence in my life. They always encouraged me to ask questions,” said Shakhashiri.

His high school geography teacher also had a positive impact in his life by teaching him how to visualize things in a new way.

OPPORTUNITES FOR INVOLVEMENT:

GIVE FAMILIES A REASON TO SHARE THIS THANKSGIVING SEASON!

Wednesday Nov. 29th: Habitat for Humanity: Painting Recycling Boxes
Need Volunteers from 2-3 p.m.
Call Darlene Harris 365-7622

Tuesday Nov. 21st: St. Charles needs help with Thanksgiving baskets.
9-12 a.m. and 4-6 p.m.
Contact Phyllis Machledt 365-7622

St. Luke Church. Volunteers needed to help Serve and Cook dinner. 4 people needed the first and second Wednesday of every month
St. Luke Church 510 Wilmont Ave, Bpt.
Contact Phyllis Machledt 365-7622

Habitat for Humanity Work Days
Need Volunteers Nov. 18 – Dec. 2.
Contact Phyllis Machledt 365-7622

UMOJA is planning a meal swap to raise money for hunger
Contact Marvin Royal for further direction and dates

Toys for Tots needs NEW and unwrapped toys by Dec. 15
Contact Chairs TJ Moore and Dan Gorton

Compiled by Gaetano Marra, Jr.

Public Safety Releases

Incident report from Nov. 5 to Nov. 11

Nov. 5: 7:12 a.m. - The Public Safety Office received a report that an exit sign was vandalized. Public Safety Officers responded and filed a report.

4:14 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated from plastic burning.

4:15 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Fairfield Police and Fire Department responded. Alarm was activated from a malfunction.

7:20 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated from a malfunction.

7:24 p.m. - The Public Safety Office received a report that a room was vandalized. Public Safety Officers responded and filed a report. Public Safety is investigating.

Nov. 6: 9:31 a.m. - The Public Safety Office received a report that a door was vandalized. Public Safety filed a report. B&G cleaned up the mess.

1:31 p.m. - The Public Safety Office received a report that a parked car was hit. Public Safety Officers responded. Police assistance was declined. Public Safety filed a report.

3:32 p.m. - The Public Safety Office received a report that a car backed into another. Public Safety Officers responded. Fairfield Police responded. Public Safety and Fairfield Police filed a report. What was a motor vehicle accident with a minor injury. Public Safety Officers responded. Alarm was activated by accident.

Nov. 7: 12:26 p.m. - The Public Safety Office received a complaint that a resident was received mean phone calls. Public Safety Officers responded and filed a report.

3:41 a.m. - The Public Safety Office received a complaint that a bedroom was vandalized. Public Safety Officers responded. B&G cleaned the mess.

3:40 p.m. - The Public Safety Office received a complaint that a car was vandalized. Public Safety Officer and Fairfield Police responded. Public Safety and Fairfield police filed a report.

5:06 p.m. - The Public Safety Office received a complaint that there were residents smoking marijuana. Public Safety Officers responded and confiscated illegal substance.

6:36 p.m. - The Public Safety Office received a report that a student was having a seizure. Public Safety Officers responded. 911 was called. Student was transported to St. Vincent’s Hospital.

11:04 p.m. - The Public Safety Office received a fire alarm. Public Safety Officers responded. Alarm was activated by accident.

Nov. 8: 8:25 a.m. - The Public Safety Office received a complaint of a stolen laptop. Public Safety Officer responded and is investigating.

4:48 p.m. - The Public Safety Office received a complaint that an instructor got her hand caught in a desk. Public Safety Officers responded and filed a report. Resident did not want any actions taken against the other person.

Nov. 9: 12:20 p.m. - The Public Safety Office received an report that an instructor got her hand caught in a desk. Public Safety Officers responded. Public Safety was able to free her hand. Instructor sustained minor injuries.

6:58 p.m. - The Public Safety Office received a report that there was a motor vehicle accident with a minor injury. Public Safety, Fairfield Police, and AMR responded. Student was taken to St. Vincent’s Hospital via Ambulance.

Nov. 10: 1:54 a.m. - The Public Safety Office received a report that a resident injured her hand. Public Safety Officers responded. Resident was given an ice pack. No other medical assistance was needed.

3:57 p.m. - The Public Safety Office received a complaint that there was an intoxicated visitor at a dorm. Public Safety Officers responded. 911 was called. Visitor was transported to St. Vincent’s Hospital via ambulance.

Nov. 11: 12:49 a.m. - The Public Safety Office received a report that a resident who was banned from campus discharged a fire extinguisher. Public Safety Officers responded. Resident was escorted of campus without incident.

6:53 a.m. - The Public Safety Office received a complaint that a faculty member tripped and fell. Public Safety Officers responded. Faculty member refused any medical attention.

7:35 p.m. - The Public Safety Office received a complaint that a resident was having stomach pains. Public Safety Officers responded. Resident was transported to St. Vincent’s Hospital via ambulance.
Editorials

State of the University Address vital

Forget about your 7:45 class, forget about Karaoke night at the Page, on Nov. 29 each and every SHU student who's wanted to get the ear of an administrator but hasn't been able to should drop their plans and attend the third annual State of the University Address.

Even if you're an editor at the Spectrum, it is very difficult to find time to talk to any of the high level administrators at Sacred Heart with issues that you want to discuss with them. But thanks to the State of the University Address, every administrator that is normally difficult to track down will be available to hear your questions and concerns.

Sacred Heart students have a reputation for complaining left and right about how this school is run and doing nothing about it. Well, if those students are really that upset about how this school is run, then they should get their acts together and march down to the Theater.

Even if you just want to tell them you think they're doing a great job (but judging from last year's event, that won't be very many), you should take advantage of this once a year opportunity to do so.

Why should parking tickets prevent registration?

We realize that the policy of having to pay for parking tickets before registration doesn't come directly from Public Safety and they're just doing their job, but we feel the administration needs to take a look at the rules students must follow in order to register.

If you're a SHU student who has amassed a great deal of tickets and can't afford to pay them before you registrar, that could screw up an entire semester. Your classes and financial aid could potentially be cut. SHU is going to get their money one way or another, so it would probably save the students and the public safety office a great deal of headaches if a different solution is reached.

Why not add parking tickets on to a student's tuition instead of making them pay before they register for classes? That way students who parked illegally can still register and when the tuition bill comes, they will have the opportunity to pay then. This way a student's schedule and financial aid will remain intact and public safety won't have the headache of dealing with angry students who don't know how to park.

Time constraints can be managed with proper planning

My initial introduction at Sacred Heart was with Ed Donato at University College. After a number of meetings trying to come up with a plan of study that would best suit my needs, we decided that in order to graduate with a BS degree in general studies and be accepted into the education program, I would need to take 54 credits.

The first of many decisions I would find myself making was whether to begin my return to college to finish up, or continue with my education in a realistic time frame. Taking one or two classes a semester or enrolling full-time.

Like many returning students, I felt that the only thing holding me back was whether I was going to have enough time. I barely had any free time after work as it was, how was I going to find the time for 15 hours of classes, study for tests, and write papers at the college levels. Having the discipline to attend classes three hours a day, five days a week, in my first semester in nearly 15 years was quite daunting. I was very lucky to have teachers like Dr. Walker who really reminded me what learning was all about.

I was also very fortunate to have the people in my life outside of school for support. My wife, who would help me with studying and keeping track of my schedule, and my place of employment, which was very flexible in allowing me to put in my 30 to 40 hours of work every week at different times.

Lastly, a great deal of guidance came from the education department, especially Dr. Gioiella, Dr. Gangi and Dr. Murray, who all sat patiently with me at different times answered any and all questions I had for them regarding choosing and scheduling of classes. Because of their direction and instruction I was fortunate enough to receive the Certificate of Excellence in Leadership Award for having a 3.9 GPA in my discipline when I did graduate last May.

I believe this was a direct result of me recognizing early with their help, the commitment and sacrifices adult students need to make when they return to college to finish up, or continue with their education.

Looking back to the Fall of 1998, if you were to tell me that in a little over 10 years I would have finished my undergraduate studies and was going to graduate again in May with my MAT, I wouldn't have thought it was possible.

Edward T. Cammarata

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.
If you want to place a birthday announcement...
- Submit the text as you want it to appear.
- Photos may also be included, but aren't required.
- You can design the ad yourself or we can design it for you.
- The fee is $20, checks only, written out to The Spectrum. No cash, credit cards or any other form of payment.
- Submissions must be in by the Monday before the issue comes out.
- Drop announcements off in the Spectrum office.

Congratulations from CCO to the following

CCO Representative of the Month - Amanda Veautour
CCO Club of the Month - Women's Rugby
CCO Program of the Month - Blood Drive
Greek Organization of the Month - Beta Delta Phi
Greek Council Representative of the Month - Lauren Pacello
Senator of the Month - Dave Parkin

Happy Birthday Nikki, Jess and Adrienne!

Love, your sisters of Delta Phi Kappa

The Weather Corner
Friday - Sunny, Hi 50, Lo 33
Saturday - Showers, Hi 53, Lo 34
Sunday - Partly Cloudy, Hi 52, Lo 35

There was a time, 21 years past, two lovely girls were born at last. Bringing joy to all they knew and then they entered SHU. Singin' chiefs no fun and lifetwo ACM goddess, she's gaid row. 2 years of smiles, 4 years of fun and now you'll both be 21!
Happy 21st Birthday girls! We love you! Nikiti, K.T., Jen

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Class of 2001 branching out

By Tom Wuestkamp
Class of 2001 President

Hello Class of 2001, this is Tom Wuestkamp and I am representing our class this year as president.
As a representative, I am taking this time to invite you to become a part of our board.
We have three committees to serve as an outlet for you to do so: Programming, Fundraising and Community Service.
Each of these committees is vital for us this year. They are there to help you have a voice in the events that we plan including Pub Nights, Flea Markets, meetings with our adopted family and of course, Senior Week.
If you are not interested in getting involved, but still want to bond with our class, then you can take advantage of our upcoming events.
They include a trip to Foxwoods on Nov. 30 (cost is $15), and a Christmas Pub Night at 10 p.m. on Dec. 6 in the Outpost.
In addition to our class events, the Student Government Executive Board is hosting the third annual State of the University Address at 7 p.m. on Nov. 29 in the Theatre.
If you are interested in getting involved, please contact me in the Student Government office at extension 7954, e-mail me or come to our weekly meeting at 5:30 p.m. on Wednesdays in the Mahogany Room.

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In addition to our class events, the Student Government Executive Board is hosting the third annual State of the University Address at 7 p.m. on Nov. 29 in the Theatre.
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What does it mean to be Catholic?

By Keysha Whitaker
Features Editor

Father David Ihenacho, campus minister, is trying to educate and encourage young Catholics at SHU. The Spectrum sat down with Ihenacho to find out more.

Q: How was the name of the group developed?
A: Originally, I wanted to name the group a Social Study of the Catechism of the Catholic Church. But after our first meeting, we found the name catechism does not go well with young people, they think it is indoctrinating them, or may think they can't study unless they are receiving the sacraments.

So we decided to name the group A Group Study of the Catholic Faith.

Q: Why was the group developed?
A: "The danger we have nowadays is spirituality without much basis in the community doctrine. Some of us are worried that some of our young people need to be taught, this is what we believe, and this is what we want you to realize in case someone asks you what you believe. In case of questions like 'why do you go to church?', 'why are you a Catholic?' Many of the times we find that young people do not have an answer to this, and the may drift away like a reed in the wind.

Q: Who's idea was it?
A: The group was my idea. In two high schools I taught scriptures. Once I asked who Jesus was, and one boy asked me if he was someone we had seen in a movie. Similar issues arose here, so I suggested the group to my colleagues and they supported it.

Q: How did you promote the group and how has it been successful?
A: We advertised all over the school and got about 10 replies, only four or five are showing up. After around five months, other study groups will branch off.

People will graduate and form other study groups so we can reach as many people as we can.

Q: Won't the new study groups be duplicates of this one?
A: No, they will have to right the branch off. The study whatever they want to study, but there will be an ordered leadership. They will know their resources and how to address some of the questions that may come up.

Q: Can you give some examples of issues the group will address?
A: We address the issue like the meaning of life, the basis of immorality, who is Jesus Christ, what does your church believe vis-a-vis other churches with regard to issues like the resurrection of Jesus, other Biblical figures like Mary, and the structure, organization, and morality of the church. Some of these may be worrisome to some young people. We want to help our young people come to grasp with these.

Q: Have people been supportive of the group?
A: I have not experienced any opposition. Even the President asked me when I would start and he told me to just start with the numbers I had. Sr. Donna Dodge has been very supportive. It is only one hour a week and people come out, have a good time, and learn.

Q: Has anyone expressed concern for forming groups for other faiths?
A: I have met with a number of people to form different groups, like Baptists faiths, and Muslim students. I asked Tina Shah if she would organize a group of Muslim students. And others as well. My interest is to get the young people to learn their faiths and be comfortable in what they believe. It just so happens that I am a Catholic priest, so I have to start from where I am.

Q: Do members of the group have additional responsibilities from week to week?
A: That is a catch we are used to. There is no homework. Members don't need to buy anything. We have books provided by campus ministry, we only want you to come and learn.

Q: What is one thing the group hopes to accomplish?
A: Many people may think their own faith is empty, but what is empty is the knowledge. If they get to know more of their faith and the spirituality of their faith then they will be happy.

We want to communicate that if you take some time, to get to know your faith and be comfortable in your faith, instead of confusing yourself.

See how much you can learn about your faith before you decide if you will believe.

We must teach the young people and teach them the faith, because a very ignorant generation is a disaster for any kind of institution.

A Group Study of the Catholic Faith meets Thursday at 6:30 p.m. in the Campus Ministry Office.
SHU students give handfu1 of heart to city kids

By Keysa Whittaker
Features Editor

How many hands does it take to screw in a light bulb? Nowhere near as many as it takes to plan the annual Helping Hands Holiday Party at Sacred Heart University.

And this year, it's going to take many more.

Senior Lisa Cefaloni of Danbury, CT, is the advertising chair for the Helping Hands committee and said, "We are in desperate need of money this year.

Helping Hands was brought to Sacred Heart University four years ago by Nancy Parkison, who was a graduate assistant.

Senior Caitlin Hurley of Barnstable, Mass., is chair of the odds and ends committee.

Cefaloni and Hurley explained the goal of helping hands.

"The full committee gets together and then we are split up, and begin to advertise. Our goal is to raise money so we can buy gifts for the under-privileged kids of Bridgeport," Cefaloni said.

Disorders: problem for some

By Nicole Lee Acquafredda
Contributing Writer

Do you know someone who is constantly talking about their weight, skipping meals, or exercising vigorously because they are afraid of gaining weight?

If you do, chances are this person may have an eating disorder, or is at risk for developing one in the near future, if not helped.

Nationally, approximately 5-10% of postpubescent girls and women suffer from an eating disorder or borderline condition," cited the Eating Disorders Awareness and Prevention Incorporated (EDAP).

According to the EDAP, "anorexia nervosa is characterized primarily by self-starvation and excessive weight loss.

Bulimia, at the other extreme, "is a secretive cycle of binge-eating followed by purging." Both of these disorders have the potential to be life threatening, if they go untreated.

Jocelyn Novella, a personal counselor at SHU, addressed two common misconceptions about anorexia nervosa and bulimia.

First, many are not aware the two are "addiction disorders.

"A bulimic or an anorexic is just as afraid of losing their behavior (whether it be binging and purging, or starving themselves) as a drug addict is of losing their drug," Novella said.

Second, most people assume that eating disorders are about food, when the reality is something very different.

"Eating disorders are about emotional issues and control," Novella said.

This year at orientation, freshmen were asked to fill out a questionnaire that incorporated some of the questions.

The results were devastating.

"Seventy-five students who showed tendencies toward an eating disorder," Novella said.

Counselors contacted those students, but only seven replied.

These were given the opportunity to become a support group member, or meet with a personal counselor.

Only four met with a counselor.

And only three wanted to participate in the support group,Parameter of the necessary number.

Novella anticipates they will be able to have a support group shortly.

"A lot of people are afraid of the confidentiality issue, but we have never had a problem. It is just a matter of convincing the students of that fact," she said.

If you do know someone who you think is exhibiting signs of eating disorders, it is important for you to take action.

See Disorders, next column

K-Mart and The Wiz lend a Helping Hand to SHU

By Nicole Lee Acquafredda
Contributing Writer

Have you seen the interesting display of decorated hand cutouts in the cafeteria lately?

It's Helping Hands time again.

The Helping Hands program is one of the newer organizations on campus.

It is a non-profit direct organization that benefits the less fortunate children of Bridgeport. This program has grown, starting off with eighty children and has gone up to one hundred children from three different shelters.

The children and sponsors come together to celebrate the Christmas holiday.

Some of the fundraising is done by selling hand cutouts on and around campus.

The pledge gets to decorate their hand. The decorated hands are then put on display in the cafeteria.

Some sponsors include K-Mart and The Wiz. The money raised from the fun run is then used to purchase gifts from the children's holiday wish lists.

This year the big Christmas party will be held on Dec. 9, in the Pitt Center.

Other SHU groups and clubs will come together on this day to contribute activities to make this a special day for the children.

Past activities have included decorated picture frames, and cup cakes, musical chairs and a movie taken with Santa.

Jodi Seguna, a junior from Holbrook, N.Y., is a three-year veteran of the Helping Hands program. "Fundraising is our main goal but the excitement on the children's faces is priceless." Seguna has been actively selling hands since her freshman year and is very dedicated to the program.

Helping hands makes children's wishes come true and being a part of that is an overwhelming experience.

The hands are on sale for a dollar in the cafeteria during lunch and dinner.

Students can help make the holiday memorable for the children by buying a hand.

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Contact us now if you're interested in studying in any of the following countries:

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STUDY ABROAD - CIS

November 16, 2000 www.shuspectrum.com
By Erica Beaulieu  
Contributing Writer  
Play Review

Get out your green tights and your feathered hats once again and get ready for another rendition of the play "Robin Hood" as performed by the SHU players. Forget Disney and Kevin Costner, this is how Robin Hood was meant to be portrayed.

Directed by Rick McKinnon, Don Nigro's "Robin Hood" is full of sidesplitting humor, witty lines and clever innuendoes mostly geared toward college students.

Yet everyone can enjoy this full-length comedy production for the fantastic sword fights and original hilarious lines and conversations.

Whether it is in Queen Eleanor's famous line illustrating the best part of Sherwood Forest, or Price John's continuous bad luck with jesters, the characters of "Robin Hood" literally come alive in the cast of the play.

The actors and actresses themselves are what really seemed to take this production into flight. Their lines were clever as each cast member fully portrayed the characters.

This is a Robin Hood you've never seen before. He is concerned not only with his fellow woodsmen, but beyond Sherwood Forest as well, to the villagers living in the farms on the king's lands. Bringing the naive Maid Marion with him along on his travels, he educates her in the ways of life outside her father's castle.

Although some of the characters were lacking somewhat in depth, the majority of the characters made up for that lack of development in others. However, the cast's efforts and overall skill at illustrating the plot and characters portrayals is well done.

Opening this coming Wednesday, "Robin Hood" will have a student appreciation production at 2, followed by productions at 8 o'clock the 15th through the 18th and at 2 on the 19th. Admission is $3 for SHU students, $5 for senior citizens, and $10 dollars for general admission.

A closer look at albums that should have been hits

By Joseph Brigante  
Contributing Writer  
Album Review

The last three decades of great albums were the 1960's, 70's and 80's. These were times when albums were worth more than the price you paid. These were albums where virtually every song included was brilliant and solidly produced.

"Help!" (1965) from The Beatles is a classic of its time and now. Not only does the album contain the commercial hits "Help!" and "Ticket To Ride", top-notch songs like "You're Going to Loose That Girl" and "You've Got To Hide Your Love Away" are also included. These four songs alone told the world John Lennon had the most dominant voice in the group. "I Need You", from George Harrison is also winner on this album.

Luckily, since the CD is the British version of this album, we get to hear more than songs from the hit film. We have Ringo Starr sing "Act Naturally", The Trammps rock with "Disco Inferno", Yvonne Elliman singing "If I Can't Have You" written by The Bee-Gees, is one of the most flashy songs of the time. This is also the best selling rock soundtrack in the world.

Wednesday, "Robin Hood" will have a student appreciation production at 2, followed by productions at 8 o'clock the 15th through the 18th and at 2 on the 19th. Admission is $3 for SHU students, $5 for senior citizens, and $10 dollars for general admission.

Albums like Madonna's Like a Virgin and the Beatles' Help are considered to be albums that are great hits.

By Erica Beaulieu  
Contributing Writer  
Play Review

The next album is the soundtrack from "The Graduate" (1967). This even deserves credit today for being a real soundtrack, since every song and instrumental music that was in the film is on the album.

Not only do the above average instrumental songs from David Grusin give you nostalgia of the film, like "The Singleman Party Foxtrot", and "A Great Effect", so does Simon and Garfunkel's songs. We get two versions of "The Sounds of Silence", the original studio version, and the version where we hear the Paul Simon giving us even more guitar play. Also from Simon and Garfunkel are an extended version of "Scarborough Fair", with an instrumental version, and "April Comes She Will". We also are giving the original version of Mrs. Robinson, which is different than the commercial version we always hear on the radio. This is one of the great soundtracks of all time.

The "Saturday Night Fever" (1977) soundtrack proved to be better than the biased film of the same name. The Bee Gees rock the world with "Night Fever", "Staying Alive", and "More Than A Woman", while The Trammps rock with "Disco Inferno". Yvonne Elliman singing "If I Can't Have You" written by the Bee-Gees, is one of the most flashy songs of the time. This is also the best selling rock soundtrack in the world.

Billy Joel's "52nd Street" (1978) is not only his most successful album to date, but also his best. Billy wrote all the songs, while Phil Ramone produced the whole album. It contains the hits "My Life", with every other song also getting thumbs up, such as "Honesty", "Rosalinda's Eyes", "Zanzibar", "Silentino", and the title track. This is really Billy Joel's centerpiece album, and rightly so.

During the early 1980's, Culture Club, whose lead singer is Boy George, came out with their first album, "Kissing To Be Clever" (1982). This album contained the winners "Do You Really Want To Heart Me" and "I'll Tumble 4 Ya", plus dance classes like "I'm Afraid of Me", Boy, Boy (I'm the Boy) and "You Know I'm Not Crazy". The song "White Boy" is also a stand out as George raps.

Madonna reached number 1 on the charts for the first time with her "Like A Virgin" album (1984). With the help of producer Nile Rodgers, this is Madonna's most solid album. It contains the hit title track, which was the most unforgettable song of the year, while "Material Girl" is also included, another smash hit. Yet, the rest of the songs on the album are magic such as "Angel", "Dress You Up", "Stay" and "Love Don't Live Hear Anymore". This album also contains the best song Madonna and Stephen Bray ever wrote, the drum beatting "Pretender". This tour de force is the best female album of the 1980's.
**Student perspective on the 2000 Election**

By Elaine McCauley

In the 2000 Presidential Election, most Sacred Heart Students were eligible to vote for the first time in their lives. However, almost one week after the polls have closed across the nation, no one knows who will be the next President of the United States.

The state of Florida still has not come to a conclusion as to who won the Popular vote there because on early Wednesday morning it was still too close to call. Election officials are recounting the votes to determine who will win Florida's 25 electoral votes, and subsequently the Presidency. A wide range of students had different reactions to the surprising outcome.

Brad Carson, a sophomore from Methuen, Mass. said, "I think that the entire idea of electoral votes is preposterous. They should just use a popular vote." In CBS news National Exit Poll, cities with over 50,000 people and suburbs sided with Gore, While 56 percent of the population in rural areas voted for Bush. Each state has all three of these types of places to live, so who wins the election is decided by the electoral college and not the people. Many of Gore's vote show up in urban areas that are more liberal, yet Bush wins because of the electoral college.

"... students had different reactions to this surprising, unknown outcome."

Elaine McCauley

Kristin Brenner, a sophomore from Massapequa, N.Y., commented, "Gore seems to care more about women's rights and education and those are two issues that are very important to me because I'm a female college student." The rest of the nation's women also seem to agree since 54 percent voted for Gore, while only 41 percent voted for Bush.

Examining this election from a multicultural perspective, a vast majority of minorities supported Gore.

As a nation, 85 percent of Black voters, 66 percent of Hispanics, and 59 percent of Asians endorsed the Democratic Party. Al Gore and Joe Lieberman. Freshman Joanne Ong from Riverview, N.J. stated, "I supported Gore mainly because he's pro-choice. Hopefully after all of this nonsense is said and done, Al Gore will come out on top." In a few days we will hopefully know whether George W. Bush or Al Gore is the next President of the United States. There will be various reactions to the final outcome but that is what makes our country so diverse. Even at Sacred Heart, a small, private university, students who could finally vote made their voice heard.
SHU men’s ice hockey drops 4-1 and 5-1 to both Quinnipiac and Iona respectively

By Ed Bourget
Staff Writer

This past weekend the Pioneers men’s ice hockey team lost to Quinnipiac 4-1 on Friday and to Iona 5-1 on Saturday.

“We lost both games this weekend because we did not play with intensity,” said junior captain Pete McRae.

“We can not show up to the rink and expect to win. We must work hard for 60 minutes to be successful,” said McRae.

In the game against Quinnipiac the Braves struck first when Ryan Olson’s attempt to score passed netted a SHU defender and into the net. Sacred Heart was able to tie the game when junior Chris Mokos evened the score in the first half coming to a close.

The second period as he netted a power play goal.

“We can not show up to the rink and expect to win. We must work hard for 60 minutes to be successful,”

Captain Pete McRae

Quinnipiac was able to score the unanswered goals in the third period to skate to a 4-1 victory. Sophomore goaltender Eddy Feher made 37 saves in the loss.

The Pioneers did not fair any better the following night as Iona picked up a 5-1 victory.

Iona took a 3-0 lead before Sacred Heart could put the puck in the net. McRae lit the lamp on a power play goal in the second period to record the Pioneer’s lone goal.

Iona took control of the game in the third period as they scored two goals early in the final frame to cruise to the 5-1 win.

Senior netminder Alexsis Jutras-Binet played well between the pipes as he recorded 38 saves on the night.

The Pioneers are currently in eighth place in the Metro Atlantic Athletic Conference. Sacred Heart plays Quinnipiac and Iona in two out of their next three games.

Sacred Heart will be looking for revenge tomorrow night as Quinnipiac travels to the Milford Ice Pavilion.

The game starts at 7 p.m.

X-men contend well in playoffs

By Chris Vaccaro
Contributing Writer

The cold wind ripped through Rutgers as Sacred Heart took field Nov. 12 marked the first game in the metropolitan playoffs for division two, rugby.

It was bitterly cold which could clearly be seen on the players’ faces. SHU first faced Montclair, whom they beat during the regular season.

SHU started off strong and confident, making crisp passes and working their way quickly down the field.

In the second several near tries, SHU was finally able to score as freshman John Coffey muscled his way into the try zone as the first half came to a close.

New coach and former player Brian Bugnano told the team to “stay focused and concentrate on scoring another try so we can secure a win and advance in the playoffs.”

In the second half Montclair struck first which lead to a try early in the half. Late in the second half after a tremendous run by sophomore wing Scott Miller, Max McGrath, a 245 lb. center blasted his way into the try zone giving SHU the win. The final score was 11-5 SHU.

SHU next faced Columbia, a well-disciplined team and was able to move the ball swiftly down field.

SHU was able to stop them but not before a penalty allowed Columbia to kick for three points giving them an early lead.

This energized Columbia who scored in the final seconds of the game making the final score 1-7 them.

SHU traveled to number one seeded Yale for their final game in playoff contention.

SHU was unable to come up victorious however the X-men have proven that through dedication and practice anything is possible.

SHU managed to be successful based on the strength of its returning upper classmen.

Key players like Guy Onorio, Kevin Walsh, John Nolan and Rich Rebasti have all contributed to leading their team this year.

Seniors Wesely Moore, Andy Roy, Dave Bertoldi and captain Anthony Scalise have all carried the team spiritually since pre-season.

A strong crop of freshmen also helped shaped the team into a force to be reckoned with.

Pioneer Classified

Egg Donor
Professional couple looking for sincere egg donor. Interested females kindly send their brief description and photo (if OK) to the address below with full confidentiality guaranteed. Will compensate for the services. 32858.

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Sports Briefs

Colonials defeat Pioneer women's Volleyball, 3-1

In four games this past Sunday afternoon the women's volleyball team was only able to contest just one against Robert Morris.

Robert Morris dominated the first two games winning 15-6 and 15-2 yet the Colonials held on to hold RMC from tying the match. In a well-played battle by both sides the Colonials emerged victorious with a win of 16-14. The Colonials however fell short in the fourth game losing 6-15.

The Pioneer's women's volleyball team played their final game of the season this past Wednesday against Albany on home court.

Men and women's cross country ran in NCAA Northeast Championship at Van Cortland Park this past Saturday

Cross country ran this past Saturday in the NCAA Northeast Championship.

The men ran a 6,000 meter distance while the men ran a 10,000 meter distance.

The women finished 19 out of 36 teams and the men finished 31 out of 34 teams. Boston College won the race for the women and Providence won for the men.

The women beat a great deal of strong teams including Army, Syracuse, Holy Cross, Colgate, Manhattan and Fordham. They were also the top Northeast Conference team in the race, including Central Conn which finished well back in 24 place.

The women suffered the loss of key player Kim Almeida who was unable to compete due to illness.

"The women really had a great race. We beat a number of more established Division I programs and surprised a lot of people in the process."

"Katie Wrinkle, Heather Stockton, Suzy D'Angelo, Christina Mendoza and Kristi Plourde all had excellent races. It's rare to have your whole top five run well on the same day," said coach Christian Morrison. -Compiled by Keri Blair

Sports seen as gender equals under title IX

By Cassandra Johnson

Contributing Writer

What is tough, competitive, hard working, yet goes unrecognized? The answer is women's sports, many feel.

According to the Anti-Discrimination Foundation of College Sports, women's sports fall under the category of Title IX.

Title IX is a law, passed in 1975, that asserts for any program funded with Federal Financial Assistance, there can be no discrimination based on gender.

In other words, the members of every sports team, club and intramural, despite sex, are entitled to equal benefits.

Still, the Women's Sports Foundation reports that college male athletes receive 184 million scholarship dollars more than female athletes each year.

The reason, in part, due to the popularity of men's sports teams in comparison of women's teams.

SHU complies with the laws of Title IX in that scholarships based on athletic ability are given to a proportional number of male and female students and funds are not dependent solely on popularity.

The popularity of men's sports in favor of women's could be based on the differences in the games themselves.

"The reason women's sports aren't as popular is because they aren't as brutal as men's sports," says freshman Chris Graeme (Long Island, N.Y.).

"They could be as popular, but women's teams have rules about no tackling and no contact. Men's teams are bloodthirsty and that's why they are more fun to watch."

Another reason for the popularity of men's sports may be attributed to tradition.

Ann Little, junior from Mahwah, N.J. and co-captain of the women's rugby team, noted that women's sports teams cannot yet be expected to be as popular, since women have only been allowed to play sports and be treated equally under Title IX for twenty years.

"Give us another twenty years," Little says indicating that true equality between women's and men's sports will only take time.

Nov. 16, 2000

WWW.SHUSPECTRUM.COM

SHU Spectrum 11

SHU Athlete of the Week

Johnson scores opening touchdown in victory over St. Francis on Saturday

Junior wide receiver DeVeren Johnson from San Diego, Calif. opened the scoring this past weekend with a 22-yard touchdown catch with 13:43 left in the second quarter.

Johnson caught three passes for 80 yards in the 20-0 victory over St. Francis.

"Despite poor weather conditions DeVeren came up with some big catches. His opening touchdown really got us going."

"DeVeren is a great target for junior quarterback Justin Holtfreter being 6'6 and having great leaping ability.

"Johnson played a strong game and was vital in our victory," said junior running back and co-captain Brandon Graham.

Sports Schedule for Nov. 17- Nov. 25

Friday

Men's Ice Hockey vs. Quinnipiac
7 p.m.

Sat. cont.

Championships TBA

Sunday

Women's Volleyball NEC Championship TBA

Tuesday

Football vs. Wagner 12:30 p.m.

Men's Ice Hockey vs. AIC 7 p.m.

Cross Country IC4A/ECAC

Pro Sports Planner

Thursday

Islanders @L.A.
10:30 p.m.

Devs @ Boston 7 p.m.

Friday

Rangers @ Vancouver 10 p.m.

Knicks @ Phoe. 9 p.m.

Saturday

Rangers @ Calgary 10 p.m.

Islanders @ San Jose 10 p.m.

Nets vs. Ind. 8 p.m.

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. For the players this athlete is someone who can play when they cannot.

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 these 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.

You can also email any suggestions through campus email to Keri Blair or speak directly with Gaetano Marra.

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
SHU tackles St. Francis 20-0

By Keri Blair
Sports Editor

Sacred Heart's football team defeated St. Francis this past Saturday at The Pine Bowl with a score of 20-0.

Sacred Heart opened the scoring with a 22-yard touchdown pass from junior quarterback Justin Holstifre (Quartz Hill, Calif.) to junior wide receiver DeVeren Johnson (San Diego, Calif.) with 13:43 left in the second quarter. Tim Redican's kick was good.

The Pioneers increased their lead to 14-0 with a 13-yard run by junior running back and co-captain Brandon Graham with 9:39 left in the fourth quarter. Tim Redican's kick was again good.

Junior running back Marvin Royal (Pleasantville, N.J.) rushed for 158 yards and a touchdown.

Royal gained 119 of his yards in the second half and scored the last touchdown for Sacred Heart on a 27-yard run with 33 seconds left in the game.

SHU's defense with the shoutout moves to second in the Nation in scoring defense with 12.70 ppg. The Pioneers are also seventh in the Nation in pass defense with 126.00 ypg.

"The weather conditions were extremely poor and on the field we were ankle deep in mud and puddles. It did not provide for comfortable or playable conditions. If the weather and field conditions were better it would have been a different game and the outcome would have been even better. Those two components were big factors," said junior offensive line Marty Weimann.

"We did not play as well as we hope or would have liked although we came out with the win. The conditions were a bit more challenging," said Royal.

"We are very excited about this Saturday's home game against Wagner. "In the past we did not play well against Wagner but this is a new year with a new team and we are ready to show them what type of team we are. "We still don't have respect within our conference and this game will be key in gaining the respect we deserve," said Weimann.

This Saturday's home game which begins at 12:30 p.m. is thePioneers season final.

Unsung Hero: Ashley Anderson brings heart to field

Gaetano Marra, Jr.
Staff Writer
Profile

Women's athletics have made great strides in the sporting world. Comparing it now to what it was like 20 years ago is like the difference between night and day.

Organizations are constantly being formed to give female athletes an opportunity to do what they love on a professional and paid basis.

Field hockey is a sport that is very popular on the high school, collegiate, and Olympic level. However, there is no in-between. Recognition is something that appears to be lacking to these ever so hardworking athletes.

One person that has experienced this on an individual basis is Sacred Heart University senior Ashley Anderson, this week's athletic unsung hero award recipient.

Anderson, a psychology major from Dover Plains, N.Y., has been a four-year starter for the Pioneer offense.

She currently maintains a 3.3 GPA. As a midfielder/forward, her efforts did not always show up in the goal column, nor did they reflect on the overall record of the program.

However, her hard work, leadership skills, and motivation pushed her to a unique and unforgettable career.

Senior Amy Foster, friend and person who nominated Anderson for this award, couldn't be more proud of her.

"She goes out there everyday, plays real hard, and doesn't get recognized," Foster said. "She leads by example, and I think that is very admirable."

Anderson played midfielder her first three years at SHU.

This past year, she made the shift to forward. Her impact was felt immediately, as she was ranked third in the NEC in assists.

"I don't know if I really was successful," Anderson said. "I didn't get the goals, but field hockey is a team sport, and my teammates knew I was there. They knew that I always gave my 100 percent."

Anderson is really grateful of the support she has received. Not just from her friends and teammates, but from her parents and coach as well.

"My parents are definitely my biggest support. They missed only one game this year," Anderson said.

This was also Anderson's first year playing under head coach, Tara Jelley.

"Jelley was awesome," Anderson said. "This is the best season I've had. We as a team came together, and coach showed us how to win. "She wanted to win as much as we did," Anderson said.

"We are lucky to have her, and so is the program."

No season is complete without the achievement of pre-season goals. Anderson described how the team was able to meet their goals.

"There was a lot of team unity this year, and we all worked together very well. "We had a common goal, to make it to the NEC's, and we did just that," said Anderson.

Anderson cherishes every moment she had with this pioneer field hockey squad. While anyone's future is uncertain, Anderson is determined on giving back what she has learned throughout her athletic and academic career.

"Five years from now, I probably won't be playing field hockey," said Anderson.

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