SHU reflects on Black History Month

By Marvin Royal
Staff Writer
Commentary

"In all things purely social we can be as separate as the five fingers, and yet one as the hand in all things essential to mutual progress," Booker T. Washington.

As Black History Month draws to its mainstream, publicize end, I'm reminded of UMOJA's fundamental principle of bridging the gap between faculty, staff and students and bringing minority issues to the

ROTC returning to SHU

By Lori Singer
Staff Writer

After a five year absence, R.O.T.C. (Reservist Officer Training Corps.), is returning to Sacred Heart University's campus. Beginning in the fall of 2001, students will be able to take four one-credit military science courses as electives towards their degree.

Lieutenant Colonel Brian Durbin, who taught War this past fall semester at SHU, will be the instructor of the R.O.T.C. program. After twenty-three years of service in the Army, the Colonel retired in April of 1999. While active in the military, for five years he was responsible for "teaching leadership and management skills to mid-level captains at The Command and General Staff College in Fort Leavenworth, Kan." The age range of these captains was 26-30 years old. Durbin was also involved in "teaching and helping train thirty Lieutenant Colonels to do what I did for captains in the Army Reserve and National Guard throughout New England. I spent my summers at Fort Dix, N.J., helping other instructors prepare to be teachers themselves," he said.

Now, working as a government contractor, Durbin teaches R.O.T.C. at the University of Connecticut in Storrs. In addition, he is in charge of all of the events given truly uplifted, imminent themselves to have a better understanding of the world around them.

Victor Benson, junior, said, "The events of Black History Month offered a great opportunity and showed a good sense in striving for diversity on the SHU campus. It felt good to see speakers of color come in and broaden our minds and inspire us to look into our culture and ourselves. I was truly inspired by the presentation done by Herman Boone. I felt a relationship between him and me. His message of being better students and becoming influential people of the future I enjoyed and took in mind that I will never forget."

For students of color at campus ministry said, "I was genuinely please with the events of Black History Month. UMOJA offered excellent insight of Black History through their programing. Their events were a great celebration and entertaining, but informative about African-American issues." I enjoyed opening ceremonies, especially, the performance of the Central High School praise team. Their dance was an expression of faith. Also, Herman Boone with his down to earth speech, spoke from the heart with an important message that everyone needs to hear."

K.O., captain of the Pioneer Football team, said, "I enjoyed Charles Barron at opening ceremonies. He said many key facts that I did not know and was not taught. I thank UMOJA Organization for this opportunity."

Sabine Auguste said, "the dancers of Central High School performed an emotional, touch

Unsung professor of the week: Jane Gangi

By Michelle Shawah
Staff Writer
Commentary

In one of Jane Gangi's Education in the U.S. classes students sit chairs on top of the tables to represent different power structures in the classroom. In another class, students represented the ideas of the founders of education such as John Dewey and Alfred Adler through role-play.

Because of her creative style of teaching, in which students become active participants in the classroom, and her willingness to help prospective teachers, Jane Gangi has been selected as one of the Unsung Heroes for the Education Department at SHU.

Gangi came to SHU in 1995 after extensive experiences in education and the arts. She decided to come to SHU because she "always wanted to teach teachers and she thought her experience in public schools and her arts background could help "make learning more interesting for teachers." Her experiences working in the Eugene O'Neil Center combined the creative arts with educational methods. She also worked with special needs students.

At SHU, Professor Gangi teaches both graduate and undergraduate education courses such as Children's Lit, Ed. in the U.S.; Edu. of Special Needs, and Early Childhood Literature. When teaching her students, she strives to "model different teaching strategies and use discussions, seminars, the arts and choral reading to engage the interest of students" and enhance their level of participation.

Gangi hopes students will "take responsibility for their own learning and the learning of others" by engaging in interac

La Hispanidad on fire this year

By Kerry Frel
Staff Writer

Five dollars for an all you can eat restaurant and home-made Spanish food spectacular will be the latest fundraiser from La H raspidad.

La H raspidad has grown to over 20 members. It is the one of the oldest clubs at SHU, having been around for over three decades.

Many of the club's activities promote unity within the club itself. They have movie nights and dinners together. "One day last semester we all went out to dinner and then went out to a Spanish Club," said La Hraspidad Vice President Naiara Azpiri.

Until two years ago, Azpiri used to live in Spain. She studied English there, but found carrying on a conversation here in America very difficult at first.

La Hispanidad is one of many groups that promotes diversity on campus like the International Center (above).

Contributed Photo

La Hispanidad was the latest fundraiser from La Hraspidad.

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SHU track breaks records

By Emily Greenough
Staff Writer

The Sacred Heart men’s and women’s track teams had another weekend of record-breaking events at the New England championships. The women’s team was held at Tufts University on Friday and Saturday, while the men’s meet was at Boston University.

Freshman superstar Sara Tasber had another great week, particularly in the 500 meter run. Tasber ran the fastest qualifying time on Friday (1:16.43), placing sixth. Drew’s fastest time was 6.57 amongst all the runners. Drew will compete in this event in the IC4A Championships this weekend.

Junior Adam Reynolds managed a time of 1.59:24 in the men’s 800 meter race. He broke his own school record with this time.

There were also plenty of records broken amongst the relay teams. The women’s 4 x 400 meter relay team broke the Sacred Heart record with a time of 4:57.63. Tasber managed the fastest leg with a time of 58.9. The team also consisted of junior Heidi Cheever and freshmen Emily Marks and Colleen Cotter. The women’s distance medley relay team brought in a time of 12:41, which broke the school record by 12 seconds. The team was comprised of senior co-captain Heather Stockton, freshman Katie Wrinkle, Cotter, and Tasber.

The men’s 4 x 800 meter relay team, consisting of Stockton, junior Sara Doyle, freshman Christinendra, and Wrinkle, broke the school record by 4 seconds in 9:56. The 4 x 200 meter relay team had a school record-breaking time of 1:51.97. The woman’s team was Cheever, freshman Lauren Drew, sophomore Kendalle Brown, and Marks.

The men’s 4 x 400 meter relay team managed an indoor record in 400 meter relay teams. The women’s 4 x 100 meter relay team managed to make All-New England and managed to finish 4th overall in the finals on Saturday and also broke her school record. Her Friday time allowed Tasber to qualify for the Division One ECAC Championships in the Boston weekend. Tasber is the first SHU track athlete ever to qualify for this meet.

"We’ll be losing some of our top graduates to graduation this year," said head coach Christian Morrison. "But Sara is quickly emerging as the next star of this program. What a talent. What a competitive heart."

Junior Kim Almeida also had a great meet by running her personal bests in both the 5000 meter run with a time of 18:57, and the 3000 meter run in 10:55.

Junior Shamir Drew managed to make All-New England status in the 55 meter dash by placing sixth. Drew’s fastest time was 6.57 amongst all the students. “They were very good and heart moving,” said Larry Wielk, dean of students said. “Opening Ceremonies was the event that stood out to me the most. One of the best opening ceremonies I have seen in a long time. The program was very diverse in poetry readings, editorials, singing, dancing, and a thought-provoking speaker, Charles Barron, who brought critical issues of concern.”

Jim Fleck, said, “I was enlightened at opening ceremonies on a perspective of history that I have not spent a lot of time with. Hell, I haven’t spent time with a lot of time with history...period. I consider myself an educated man, but far from an academic person. As everyone there is a great deal that I do not know. I heard a perspective then that I have had limited exposure to. The names of many that were mentioned today were new to me. There are many people of color who have been anonymous for too long and the efforts to expose their contributions to society is an important undertaking to unite the country and overcome racial lines. "The study of history exposes the stories of those that have gone before us. The lessons that are learned from history highlight mistakes that we must all work together to never repeat. Your generation is critical in helping to bring all people to view one another as equal. You guys as leaders on this campus carry the responsibility of bridging the gaps of cultural differences. Racism brings about sincere emotion to all parties involved. Hate, love, injustice, intolerance are words that jump to my mind when thinking of racism in this country." Earlier I asked did we accomplish anything? Apart of it,"

Gangi: SHU professor making a difference in the Education Department and beyond

Continued from page 1

In the London Times, Gangi began teaching. The implementation of technology in the classroom has been an important addition for the education of special needs students. The computers have many educational uses such as “required reading” in the London Times Educational Supplement and her own 420-page manuscript, Encountering Children’s Literature: An Arts Based Approach, and the accompanying Supplementary Materials which has been accepted at Greenwood Press.

She has also presented at regional and national conferences and has served as a guest speaker, panelist, consultant and advisory board member. She has discussed the benefits of service learning, storytelling, and reading, and dramatic art and reading.

Professor Gangi believes that a good teacher must be "knowledgeable, caring and be dedicated to a life long learning process." She feels many of SHU’s students are ready to work in the educational field because they are "well-prepared, and go above and beyond what is required of them."

She sees the effort the students put into their Service Learning Projects in which they work in a learning environment and write a reflection on their experiences.

She has seen the changes in the field of education since she began teaching. The implementation of technology in the classroom has been an important addition for the education of special needs students.

The computers have many innovative programs that these students benefit from. She believes that technology has also limited education since the computer detracts from the "face to face interaction and dialog" that stimulates learning. She supports the move toward full-inclusion in the classroom since students with learning disabilities are "relegated to the resource centers."

In the future, Professor Gangi hopes that there will be a continued growth of reading in urban school. She believes this trend will expand through the Essentials of Literacy Program founded by Ed Murray, another faculty member from the Education Department at SHU. She believes reading and writing workshops should also be a focus of the educational curriculum.

Because of her enthusiasm in promoting learning through the use of creative methods, Jane Gangi stands out among the faculty at SHU.

Her insights on the field of education and her own experiences in the field have allowed her to share a wealth of knowledge with her students.

For this, they are very grateful.

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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, but it's something that can't be avoided. And that's something you should always keep in mind.

Public Service message from SAVE (Suicide Awareness Voices of Education)

http://www.save.org
Hispanidad: Three decades at SHU

Continued from page 1

She enjoys talking about the club and encourages others to join.

Members of La Hasiédad will be hitting slopes for a skiing trip in mid-March.

The club also tries to support UMOJA, the International Club, Latin Club, Delta Phi Kappa and Omega Phi functions.

The club’s mission is to educate students and promote Latino heritage and awareness on campus. They strive to be a voice for minority students and people who feel strongly about their issues.

After not going to a conference in two years, La Hasiédad is attending one in March. The members of the group are of varying ages, from freshman to senior.

There is also an alumna that used to be in the club that occasionally comes to keep current with the club.

During first semester, the club had Latino Heritage Month, bilingual read-alouds, and guest speakers. The feature event during the Latino Heritage Month was Noche Tropical.

This was an event where students from other Connecticut colleges joined SHU students for an all night dance and some eating too.

Other colleges in attendance included Trinity, UCONN and Fairfield.

There could possibly be a dinner dance during the spring semester which the club would co-sponsor. They might also co-sponsor the “Battle of the Sexes” during the spring semester.

La Hasiédad also serves the community by helping the Habitat for Humanity. They have also participated in Helping Hands. Another community serving activity the club has been active in is a program that allows parents to go to classes to learn how to better raise their children and cope in today’s world. The La Hasiédad members watch the children while their parents take classes that will help them care for them.

Some of their members are also on the diversity committee on campus. Many of the club’s members are also in the Ballroom Dance Club that is teaching salsa this semester.

“Every year we try to make Latino heritage more known than the year before. We encourage all races to join the club, you don’t have to be Latino to be a member,” said the club’s treasurer Barbara Giuliano, a two year member.

The club meets Wednesday’s at 7:45pm at the International Center, next door to the SHU Marketplace.

“New people bring new ideas and dream up new goals,” said Giuliano.

ROTC: Coming back after to Sacred Heart five years out of the curriculum

Continued from page 1

In addition, they will need to complete “At least two one day leadership labs/semester at UCONN, along with one full weekend of military field training exercises. Land navigation, drilling ceremonies, and radio/telephone communication” are just some examples of the skills the students will learn while participating in these sessions, according to the Colonel.

Other activities include “learning First Aid, rappelling, building and crossing a rope-bridge across a stream, and individual movement skills, which is like painball without the paint,” he added.

They will experience army life by living in an actual barracks during the entire weekend.

Jonathan Wojcico, currently a sophomore at SHU, has always been interested in the military. “I always wanted to serve my country because I felt it was my duty,” he said.

Jonathan was a student in the War course taught by Col. Darbin.

He learned that it was possible for him to enroll in R.O.T.C. through talking with the Colonel. Even though Jonathan is already a sophomore, he has been “pre-qualified for a two year scholarship.” This means that he can substitute the first two years by going to the “Basic Camp in Fort Knox, Ky. for five weeks during the summer.

This camp validates Jonathan by teaching him basic military skills as well as some leadership skills,” said the Colonel.

Right now, there are three SHU students travelling to Middlesex Community Technical College in Middletown to take the preliminary R.O.T.C. courses. With SHU becoming the southwestern tier of R.O.T.C. in Connecticut, these students will no longer have to make that trek.

In addition, students interested in R.O.T.C. from the surrounding schools, such as Yale, Southern University of New Haven, Fairfield University, UCONN at Stamford, and Western, will be able to take these classes,” according to the Colonel.

As Gary Rose, the chair of the Political science department, said, “at no cost to SHU, it is a win, situation for everyone involved.”

Track: Entire team continues to set record pace at their invitational.

Continued from page 2

The team was composed of Reynolds, freshmen Sal Cataldo and Paul Herman, and junior John Sakowich, who anchored the race with a fastest split of 49.7.

The men’s distance medley relay team, consisting of freshman Will Figueroa, junior Tom Daly, and freshmen Matt Uzenksi, managed a time of 10:55, which is the second fastest time ever for SHU athletes.

“It was nice to end the season with five new relay records,” said Morrison. “It looks promising to even better things during the outdoor season.”

Public Safety Releases

Incident report from Feb. 12 to Feb. 16

Feb. 16: 10:48 a.m.- An employee injured his back while shoveling snow. Employee filed a report with Public Safety and went to Immediate Health Care.

Feb. 12: 2:00 a.m.- A resident made complaint she was having chest pains. Public Safety Officers responded. Resident refused any medical Attention.

Feb. 17: 1:58 p.m.- A complaint was made to Public Safety that two people were arguing. Public Safety Officers responded. Visitor was informed not to come back to campus.

Feb. 17: 4:27 p.m.- A report was made that a vehicle was leaking gas. Public Safety responded. Vehicle was towed to a repair station and gas was soaked up.

Feb. 18: 1:14 p.m.- A report was made to Public Safety that a room had been broken into. Public Safety Officers and Residential life responded. Residential Life confiscated Drugs and Visitors were escorted off campus.

Feb. 18: 2:10 p.m.- A table was damaged. Public Safety filed a report.

Feb. 19: 2:46 p.m.- A report was made that there were drugs in a room. Public Safety Officers and Residential Life responded. Residential Life confiscated drugs.

Feb. 20: 8:24 p.m.- Fire alarm. Public Safety Officers responded. Alarm was activated from a malfunction.

Feb. 20: 11:28 p.m.- Harassing phone calls. Public Safety Officer filed a report.

Feb. 21: 11:40 p.m.- Public Safety Office received a report that a resident was not feeling well. Public Safety Officers and AMR responded. Resident was transported to St. Vincent’s Hospital.

Feb. 21: 5:25 p.m.- A student reported that her vehicle was hit while parked. Public Safety filed a report.

Feb. 21: 10:57 p.m.- Fire alarm. Public Safety Officers responded. Alarm was activated from burnt food.

Feb. 21: 1:35 a.m.- A resident made a complaint she received a harassing instant message. Public Safety Officers and Fairfield Police responded. Fairfield Police informed both parties not to contact each other.

Feb. 22: 8:27 a.m.- A Pitt Center member was having chest pains. Public Safety, Fairfield Fire department and AMR responded. Member refused to go to hospital.

Feb. 22: 10:12 p.m.- Fire alarm. Public Safety Officers responded. Alarm was activated from a malfunction.

Feb. 22: 10:20 p.m.- A resident was having a nervous breakdown. Public Safety Officers and Residential Life staff responded. Residential Life was handling the situation.

Feb. 21: 9:14 a.m.- A resident reported her window broke by her room. Public Safety Officers responded. Window was broken by the wind. B&G was informed.

Feb. 22: 9:33 a.m.- A University vehicle was involved in an accident. Public Safety filed a report.

Feb. 22: 12:05 p.m.- Vandalism to a motor vehicle. Public Safety filed a report and is investigating.

Feb. 22: 6:05 p.m.- A student was not feeling well. Public Safety Officers and AMR responded. Resident was transported to St. Vincent’s hospital via ambulance.

Feb. 22: 11:53 a.m.- A laptop was reported stolen. Public Safety and Fairfield filed a report and are investigating.

Feb. 22: 11:59 a.m.- A resident fell off his bed and hit his head. Public Safety Officers, Fairfield Police, Fairfield Fire department, and AMR Responded. Resident was transported to St. Vincent’s Hospital via ambulance.

Feb. 22: 9:18 a.m.- A resident was not feeling well. Public Safety transported resident to her room and she declined any medical attention.


Feb. 22: 7:22 p.m.- Two vehicles were involved in a minor accident with no injuries. Public Safety Officers responded. Both parties declined to call police.

Feb. 22: 10:08 p.m.- A resident bumped her head in an off campus accident. Public Safety Officer responded. Resident declined any medical attention.

Feb. 22: 11:21 p.m.- RA’s informed Public Safety there was an alcohol violation. Public Safety Officers and Residential Life responded. Residential Life confiscated alcohol.
Editorials

Election packets will be available soon

Believe it or not, election of student government representatives is coming up really soon. In fact, application packets will be ready for all underclassmen when we return from spring break. That means if you’re interested, then you should get in gear.

It seems like every week we try to urge the student body at SHU to be more involved with campus life.

Running for student government is just about the best way you can do that (aside from joining the Spectrum, of course). Student Government is one of the best ways to bring about change in the SHU community because they have power that others don’t.

Packets are due March 23. Positions up for grabs are Student Government President and Vice President for the Senate. All class officer positions are available as well. That includes president, vice-president, secretary, treasurer and four senators.

So if you even have the slightest inkling to join SHU’s student government, please take advantage of the opportunity and fill out a packet when you return from spring break.

It’s winding to a close for some of us

Monday’s senior trip to the Corner Pocket is a reminder of how much fun college truly is. We rant and rave about the problems in our lives, but the college years are the best years of our lives for many of us. Even with the stress of midterms this week, we need to remember how much fun there is to be had.

The real world is a tough place and college provides us with a lot of insulation that we don’t realize many times.

Before we know it, we’ll have to pay for our housing, meals and utilities to name a few. But here at SHU, that is taken care of for the most part.

While there are significant pressures in college as far as work goes, the times that we spend with our friends makes it all worthwhile. So don’t forget about the good times even in the middle of one of those stressful nights.

The SHU Voices

-Dorothy Tully
South Windsor
Sophomore

“Yeah, I think it basically stays on Spring Break.”

-Amanda Giardino
Hempstead, N.Y.
Sophomore

“I think we’d talk about it with our friends, but no one else.”

-Justin Lear
Oakridge, N.J.
Senior

“It depends on who you have to answer to.”

The SHU Voices -Compiled by Jennifer Simeonidis

Turning words into action makes a difference

By Stephen Vincent
The Dixie Sun

Last week, my 3-year-old niece, Talia, called her dad at work. “Come home, Daddy,” she pleaded. Of course, her dad couldn’t leave work, much to Talia’s dismay. After the conversation ended, Talia pondered why he didn’t come for a few minutes, then declared to her mother, “If I eat this candy, Daddy will come home.”

A misguided notion similar to that of our generation’s form of solving societal problems, which seems to me involves either waiting or asking for someone else to change the problem. I compete on the forensics team in the persuasive speaking division. As I listen to these speeches on serious issues, they all seem to have the same cookie-cutter call to action: write your Congressman. If you do, he’ll solve your problem.

Clearly, if I were to write this letter, all 535 members of the Legislative Branch would immediately halt whatever they were doing, go over to my Congressman’s office, listen to him read the letter out loud, then they’d pass it around, photocopy it, memorize it, and enact legislation to every last word in my letter, including the hope “you’re enjoyin’ the taxin’ and spendin’” part.

Unfortunately, it’s much more probable that some pin­​ple-faced intern will read my letter, throw it the trash and send me a form letter.

Woo-hoo. Well, at least, my letter was read in the general vicinity of my Congressman. I’m not trying to put down writ­ting letters to your Congressman; I do actually think it’s important to try to let my representative know what I’m thinking. At the very least, it couldn’t hurt—and it only cost 34 cents, but I’d hardly expect dramatic results from it.

I mean, come on, my Congressman solve a problem?

Maybe if I had a Congresswoman, I might believe a change could occur. But while I’m waiting for my Congressman to care, the negative effects of my concerns will continue to pile up.

So the solution is for me to actually do something about the problem. Look at it this way: last year, all media outlets kept releasing people who they felt had made a difference in the past century. How many of them made that difference by writing a letter to the U.S. Congress: None! But a high number of them were ordinary people who championed a cause through their own efforts.

Margaret Sanger was just another nurse in the early part of the century when her frustra­tions of watching would-be mothers die and witnessing other mothers have their quality of life compromised. What did she do? She led an extremely unpopular crusade to legalize contraceptives. She was repeatedly thrown in prison and once even fled the country, but eventually, her cause was won.

Another individual who didn’t write to Congress to solve his problems was Bill Wilson, an alcoholic, who after kicking his habit, formulated a unique 12-step program and founded Alcoholics Anonymous. More than two million alcoholics have sobered up using Bill W’s program.

Turning words into action makes a difference

-Compiled by Jennifer Simeonidis

The SHU Voices

By Jeff Murray

VIOIATION OF VISITING HOURS... RA'S MOVING IN.

VIOLATION OF VISITING HOURS... COME OUT... SLOWLY!

Does what happen on Spring Break stay on Spring Break?

By Jeff Murray

When Monday's senior trip to the Corner Pocket is a reminder of how much fun college truly is. We rant and rave about the problems in our lives, but the college years are the best years of our lives for many of us. Even with the stress of midterms this week, we need to remember how much fun there is to be had.

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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.
March 1, 2001

Letters/Op-Ed

I loved Kelly Smith’s article in last week’s Spectrum. She put into words what many seniors are feeling right now about leaving college and the decisions ahead. You too might find yourself feeling unsettled, nervous, stressed-out, and confused or a little of each. Many students have discovered that they can manage the stress that comes with major and career decision making just by researching various majors and occupations. With 14 million occupations, there are a lot of exciting decisions coming up.

Kelly feels there are many untapped talents within her that still need to be explored. I remember that feeling as I approached the end of my senior year. It’s an exciting feeling, but with the end of college approaching a frightening one as well. I have learned, as you will, that this feeling is also a signal that it is time to move on.

Kelly warns freshmen not to waste the opportunity to take classes they want to take. As a college career counselor I couldn’t agree more. Although taking any class you want all of the time is a bit unrealistic there is usually room in everyone’s program for experimentation. As in Kelly’s case, the business course convinced her that business was not for her. So be prepared to find out what you don’t like is part of the equation. Check with your academic advisor about where these courses will fit into your program.

Everyone knows that the Office of Career Development is the place to go if you’re interested in finding a job. What many don’t know is that Career Development is THE place for getting the information you need to make an informed decision about what to do with your major.

"Major in Success" is a structured, step by step program we offer to assist you through the major/career decision process. Depending on your goals and needs, the program can include, individual sessions with a career counselor; interest testing, techniques for researching occupations, action planning, informational interviewing, career library research, information on internships, computer-guided assessment tests, and career alumni advisors. Contact Trish Klauser (371-7978) for more information.

The "Backpack to Briefcase Series" is specifically designed to assist seniors in making the transition from college to the working world. Topics include, job-hunting techniques, interviewing, landlord issues, managing finances, insurance, investments, stress management techniques and health. Contact Lucy Cox (371-7975) for more information.

We know it’s difficult to narrow down options, create back-up plans and decide what you really want to do. So what are you willing to do about it? Are you up to the challenge? It’s never too late to get some assistance with the process. The first and most important step is yours. Hope to see you in career development.

Trish Klauser
Career Counselor
Office of Career Development
Curtis Hall

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English language in trouble

By Margo Adler
Tulane University

Before you read this article, put down your paper, walk out into the hallway of your dorm and count the number of ‘likes,’ ‘ya know’ and ‘whatevers’ you hear in one minute.

I’m confident that unless you live on a hall with mutes, non-English speakers or headless horsemen, your one-minute tally will attest to the bitching that is to follow.

But before I begin ranting, I think it’s only fair to offer some explanation for what I’ve heard termed the "verbal diarrhea epidemic."

Many linguists have studied in depth the speech patterns of men and women and have often found that women tend to exhibit insecurity in their speech.

Traditionally, women have been expected to show complacency in speech (as well as in everyday life), and in order to avoid asserting herself, a woman learns to de-emphasize her speech with hedges and confirmation requests.

Using words such as "perhaps," "maybe," and "like," and introducing statements with "I think ..." is called hedging. Confirmation requests, such as "ya know?" and "right?" as well as a question-like rise in intonation at the end of a sentence (sometimes called "up-talk"), also indicate a lack of confidence in speech.

But women and insecurity are not solely responsible for our generation’s verbal ineptness. Granted, it seems clear that the aforementioned words are usually associated with a female vocabulary.

After all, "Valley Girl" speech is named after a group of females in California. And for awhile it was trendy to dizzily flip your bleached-blond hair from side to side as you said, "Like... whatEVER!" But what was once a trend is now the norm, and it’s really starting to wear on me.

At the beginning of the devolutionalization of America, it was easy to avoid the hair flippers. And if the myth about this type of speech belonging only to women was true, then I suppose I could avoid my gender entirely: but it’s everyone — males as well as females — and there is no escaping it.

The worst part is that I do it, too. Call me a hypocrite if you like, but I consider myself a helpless victim of this newfound atrocity passing itself off as a language. I don’t want to speak this way (and in all fairness, to myself, I do it as rarely as possible), but how can I avoid picking up the speech patterns of virtually all of my peers?

I don’t consider myself the only victim, either. Perhaps we are all victims of the dumbing-down of our society (most recently exemplified by the inauguration of an illiterate president), but no one seems to care.

No one seems especially
A survivor speaks out

Student discusses battle with bulimia

Q: When did you first learn you had an eating disorder?
A: It wasn't so much a case of learning, more of accepting. Part of me always knew that I had a problem but during my freshman year of college I took an eating disorders screening survey by the SHU counseling center and finally allowed myself to admit it.

Q: Who or what made you realize it?
Initially, my mentor/father type friend made me really start to question and look at my eating habits. After that a counselor from the SHU Counseling Center really made me realize that things were at a point where I had an eating disorder.

Q: What were the types of thoughts you would think when you were trying to lose weight?
A: I always thought that when I got skinny, I would be happy. Every thought I ever had revolved around food. I constantly compared myself to other women and thought about how much better their lives were.

Q: What kinds of comments made you feel like you weren't happy with your body?
A: No one really made comments toward me that made me feel unhappy with my body, it was more what I heard people say about skinny girls and models in magazines. I wanted people to envy me like they did these girls.

Q: How long was it before your family noticed?
A: My friends noticed before my family. I hid it better from my family. My friends knew right away that I was on a crazy "crash diet" so they were quicker to pick up on my weight loss and physical symptoms. My mother noticed after a few weeks when I began to be tired all the time and had lost about 15 pounds.

Q: Did any family it friends say anything to you?
A: My friends who weren't dieting with me (we had initially started dieting together) were very conscious of my weight loss. They often said that they were concerned and that they didn't think I needed to lose weight. They thought that I was too young to be dieting and it was unhealthy. In my family, my brother said something first, he knew I was trying to lose weight and tried to convince me to just try and eat healthy. After a little while my mom said that I was "getting a little skinny".

Q: What happened when your eating disorder came out in the open?
A: I was never hospitalized. When my eating disorder came out into the open, I had a few (very long) doctors' appointments and a lot of tests taken to get a handle on how much physical toll the eating disorder had taken on my body through he years. I also had to go through many months maintaining a healthy weight to further convince her of this and then I headed down an unhealthy road once I thought she had put her guard down. This lapse only made it harder to get back into counseling once I again realized that I needed to.

Q: What emotion encourages or discourages you to talk about your ordeal & why?
A: The biggest feeling I have that makes me want to share my experiences is the desire to help others who are going through what I did. I was always very moved by reading about others' stories. I was many times jealous of the stories of girls who had beaten the disease and now I am proud that I (almost) have. I guess that I just really wanted the chance to be heard and maybe help someone else realize that they are not alone. And (as many times as you are ever going to hear it...) you can get help.

Q: What has been the hardest part of your battle?
A: The absolute hardest part has been trying to get my mother to understand. When I told her we talked about some of the specifics and it broke her heart. She cried a lot and in many ways thought that things were her fault. The hardest thing for her was when I told her that I had purged. She asked me flat out and then after I answered she cried a real lot. She wanted to try and understand what I was going through but I knew that it was hurting her to know. Very often I think about how I have effected and hurt her and that is truly the hardest part.

Q: What is some advice you'd give someone who had a friend who is denying her problem?
A: The best thing you could do is to listen to her. Don't try and tell her that you understand completely, don't tell her she is crazy, don't try and pressure her into going to see someone. Offer to go with her if she wants to go see a counselor. That is a very comforting feeling and would make seeing a counselor much less threatening (which it is). Other than that just being there to listen and not judge is the best thing someone can do.

Q: In your opinion, what public opinion is associated with eating disorders that leads victims to keep private their battle and recovery?
A: The main reason for keeping the eating disorder a secret is that you know that if someone finds out you are going to try and make you get better and you don't want that. As far as contributing public opinion though, I think that the over all opinion of bulimics it harsher than that of anorexics. People tend to be taken very much off guard and almost look down on bulimia because of the binging and purging that it involves. This becomes a huge reason for those suffering from it to hide it. The public opinion of anorexia has almost become one of sarcasm. People look at thin models and women and automatically label them as anorexic. They see it as just wanting to be thin, very few people think about these girls as suffering and/or going through a hard time. They see it as a physical ailment, not a mental disease.

Q: What size family did you grow up in?
A: I have two brothers, one older, one younger. I am exactly in the middle.

Q: What's one word of advice you'd give to girls/guys who are battling this eating disorders?
A: I would say to listen to that part of you that wants to get better. It doesn't hurt anything to just go and talk to someone in the counseling center. If you are afraid, you can even discretely E-mail them and say you just want to talk. Going through the process of getting better is hard at times, but it more worth it.
Interested in running for a Student Government position?

Election packets will be available on Mon. Mar. 12 in the Student Life Office. You could play an important role in this University’s future.

**Body Pride Week**

**Schedule of Events**

- **Sunday, 2/5**
  - 6-10 PM Wall of Beauty East Hall
- **Sunday, 2/5**
  - 8 PM "Food for Thought" RA Karen
- **Monday, 2/6**
  - Noon-1:30 PM Opening Ceremony + Panel Discussion Mahogany Room
- **Monday, 2/6**
  - 8 PM "Healthy Living" East Hall RAs
- **Monday, 2/6**
  - 8:30 PM "Nutrition Night" Katrina Sooper
- **Tuesday, 2/7**
  - 5:30-7 PM Healthy Eating Screening
- **Tuesday, 2/7**
  - 7:30 PM "What Beauty Means to you"
- **Wednesday, 2/8**
  - Noon Healthy Eating Screening Main Academic Building
- **Wednesday, 2/8**
  - Noon-2 PM "Tools for Self-Management of stress & Eating" Workshop from Occupational Therapy & Social Skills SC 122
- **Thursday, 3/1**
  - 5:30-7 PM Healthy Eating Screening

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**Heights**

by Brandon M. Graham

I had always been afraid of heights and while gently sipping on glasses of comfort in each other’s company, as we held hands and conversations of kin David and Deiallo and about intimate relations and how long it had lasted her lips we both tense from anticipation.

However, I had not ever anticipate falling and I can vaguely hear her softly calling me as I was drifting slow fly downward and out of her life the hopeless romantic seems to always fall twice as hard and I let down my guard even though mother had warned against loving at such a tender age I am falling out of love and spirally downward out of her life she never knew I had always been afraid of heights or even more so afraid of falling out of love but I am and that I cannot deny I’ve read Erica Jong and I too have gained a fear of flying.

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**UMOJA’s KORNER**

By Martin Royal

**Commentary**

As we strive for institutional diversity, we, the SHU community, have fallen short in implementing the vast awareness of the true refinement of diversity.

I have witnessed countless SHU tours that have not spoken on the services of the International/Multicultural Center to the same degree as other agents in the school. However, the International/Multicultural Center is commonly the interest or focus of the student ambassadors. When the visiting group is primarily minorities.

On center stage, this may appear to be an issue of meeting interests of those in a particular tour, and student ambassadors are just serving that interest.

But hidden behind the stage, like most issues of diversity, this action enhances the fear of discomfort, which establishes a vale of complacency and falsification of reality.

I fear is a powerful emotion, one that immobilizes, traps words and thoughts, and stills our tongues. It forms a psychological paralysis of a subtle that impedes the fundamental principle of college, which should consist of mind opening experiences that educate.

If Sacred Heart University wants a more inclusive environment as a goal, then SHU should have that goal reflected in their criteria and representation of the goal.

Fletcher Blanchard, author, suggests that these new criteria be:

- extent and favorable of one’s experience working in multicultural settings, the experience of being supervised by managers of color and different gender

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By Allison Keck  
Staff Writer

What are you doing Saturday, March 17th? If anything, cancel those plans and go to the SHU women's basketball game. It will be a huge hit, climbing to the Top 5 on the Hot 100. Doors Down sounds pretty similar to Matchbox 20 and has been compared to them on a regular basis. The second band is Fuel, formed in Tennessee by Carl Bell (guitar/vocals) and a long time friend Jeff Abercombie (bass) in the mid 1990's. The band was also joined by Brett Scallions (vocals/guitar) and Kevin Miller (drums). Fuel made their self-produced album, Porcelain, in 1996, which made them popular among the college music lime-light.

Fuel then relocated to Harrisburg, Pa., where they tapped the CMJ charts. Fuels big break was after performing at a sold out concert at Millersville University in Pennsylvania were an A&R rep from Sony 550 Music offered them a record contract.

Their major label debut, Sunburn, was released in 1998 with hit songs such as "Shimmer" (named Radio & Records #1 Modern Rock track of that week), "Sunburn," and "Sunburn." Fuel then released their sophomore album, Something Like Human, in the summer of 2000 with its first hit single called "Hemorrhage (In My Hands)" (also a #1 Modern Rock track) and "Innocent," its second hit single.

Fuel has shared the stage with the likes of Creed, last years SHU Spring Concert band Vertical Horizon, Aerosmith, Stone Temple Pilots and Orgy among others.

The last band to be featured at the Spring Concert is Oleander, a Sacramento, California based band that is fronted by Thomas Flowers (singer/songwriter), with Doug Eldridge (bass) and Fred Nelson (drums) rounding out the band. Courtesy of the Official Oleander web page, it states that "Oleander is a band that is able to captivate your heart with beautiful melodies and passionate lyrics, and then before you know it they will be knocking you around with the driving force of their powerful guitar riffs and rhythm."

Oleander, whose name refers to a poisonous flowering plant, released their self-produced album, EP, in 1996, following it with their second self-produced album called Shrinking the Blob in 1997. In the summer of 1998, Oleander signed a recording contract with the same group as 3 Doors Down did, Republic/Universal Records. In February of 1999, their third album, February's Son, was released with Republic/Universal Records with such songs as "Down When I'm Loaded" and "Why I'm Here." They have shared the stage with Creed and many other bands.

Three bands, One night

By Michele Shawah  
Staff Writer

Often cheerleaders are viewed as spirited leaders but are not recognized for their athleticism. At the upcoming NCAA Division I Cheerleading Championships in Daytona Beach, FL, SHU cheerleaders hope to perform well and demonstrate their athletic abilities in a three-minute routine. From April 4-8, the women will join other cheerleading squads from all over the nation and compete for a spot to perform in the final round of ten teams, from which three category winners are chosen. Since the SHU squad is an all-girl team, they will compete in a division with other female squads.

In order to win a bid to go to this prestigious competition, SHU cheerleaders had to submit a videotape of their performance. The women were selected for the excellence of their taped performance. To pay for travel expenses, the women did can­ning at Stop and Shop and asked for donations and sponsors from local businesses. The team was given a small budget to pay for a choreographer for their routine, but the girls have to pay for their plane tickets, hotel and clothing and shoes out of their own pockets.

Although this is only the women's first year of competition, they have prepared well for the opportunity. The cheerleading squad has a separate team solely for competition. The squad holds separate try-outs for the competition team. Junior Rebecca Williams is one member of the team who is only on the competition squad. She is not a member of the game team. Because of the teams' preparation for this competition, she believes the squad has "as good a shot as any other team to place."

According to Kelly Tedesco, coach of the women's team, the women the women should compete well at the competition "because of all their hard work." Cheerleading is a year long sport at SHU. The women begin preparing for the football season in August, cheer for basketball games during the winter, and conduct new try-outs in May. The women have conducted practice in the old gym 4-5 times a week since October for this competition.

The program that the girls have practiced consists of cheering, dancing, tumbling and stunting. According to Tedesco, "the judges look for precision in formations, timing, and also score them for their enthusiasm during the performance." If the program shows deficiency in any of these areas a deduction is taken. Tedesco believes that the highest score a team may earn is 100 points.

In order to qualify for the final day of competition, the girls must compete in the preliminary rounds on Thursday morning. The top ten scoring teams get to the final competition, which is held on Friday on a stage on the beach. This part of the competition is often televised on CBS Sports.

Tedesco is hopeful that the women will compete well in the competition. She is "really proud of the things they have overcome this season," such as coaching changes. They are a "good bunch of girls. They are helpful and encouraging." She admits that in preparing for the competition they had a "shaky start but now that it's down to the wire they are coming together as a team."

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Cheerleaders prepare to excel in Daytona
Letters from Luxembourg

By Alexis Dionne
Contributing Writer

Here's a word of advice: next time you are in Luxembourg and have a hunger pain for McDonalds, don't order the McFarmer. Here's the story...of two dumb Americans.

So last week, Crissy and I were walking through the centre, when she turns to me and says she is craving ice cream. Now, it being February, there aren't too many ice cream stands open. We see in front of us the infamous golden arches. Now, being in a foreign country, we want to try new things, but this appears to be our only option, so we take it.

There is a large banner hanging over the door that says in big letters "try the new McFarmer."

On the first day, when meeting the group there for a tour of the city, we ask someone in our group, who tells us that the McFarmer is their version of the McFlurry. This is all we wanted. So we walk in and up to the counter. The woman asks us, in French of course, what we'd like. Crissy says "un McFarmer, y'vu plais!" The woman asks her if she wants fries and a coke with that. With a confused look on her face, Crissy replies no, just the McFarmer. A minute later, the woman puts a burger carton down on the tray. We look at it, look at each other, and then I open the box to find a burger in a multi grain bun with lettuce and a tomato. "Oh, it is a veggie burger...this must be a new thing that we don't have at home," I tell Crissy.

The woman looks at me and says "No no no, Pig." PIQ!?!? we think out loud. We look up at the pictures to see that the ice cream we wanted is indeed called the McFlurry...what else. So I order that. The woman then asks me if I want smarties on that, and without thinking, I say yes. I then realize what I just said, turn to Crissy and say "they put smarties on their ice cream?" We take our "food" to a table to investigate the contents. I watch as Crissy takes a bite of her burger. As it turns out, it is merely a piece of sausage, much like the breakfast sandwich. I look at my ice cream. As it turns out, there are merely those mini M&M's often used for baking. Hmmm. We have so much to learn.

Flash forward a few days. The entire group is in Trier, Germany for the day. We explore Karl Marx's house for quite some time. It was actually rather fascinating. We saw much of his original works on display, along with pictures and stories. After a lunch of the best pizza I have ever had (go figure, Germany instead of Italy) we set off to shop for a few hours before catching the train back. After realizing that Trier is significantly cheaper then almost anywhere I have ever shopped before, I recall that I have very little money to spend. I become a little depressed when I see a beautiful suede jacket for $25, but I cheer up as I walk around the corner and stumble across a store that sells nothing but gummie things. Gummie bears, gummie fruits, gummie frogs...you name it, they had it. It was Heaven.

There was almost anything you could imagine. After the sales lady heard me exclaiming to Crissy (in English, of course) she walks over and asks us if we would like to try some. We were thrilled when we realized that she is speaking English as well.

We chat for a few minutes and discover that they deliver to Europe. They deliver on the same day. The woman tells us that their other store is in Heidelberg, right next to the University of Heidelberg, where we will be studying for about a week in March.

Order now, they will be there in time for us.

We each leave with a bag of gummie animals for the ride home; Crissy with the passion fruit flavored palms and me with the giant sized gummies, which are each about the size of a deck of cards. Not too bad, we think. It's then that we realize that it is time to meet the group to get the train back to Luxembourg.

This past weekend was our trip to Paris. Unbelievable is one word for it. Incredible and sublime are two more.

We arrived there Friday afternoon and checked in to our hotel. We went to lunch, which was fabulous. I seem to have developed a new obsession with paella. I have had it about three times in the month that we have been here.

After lunch, we walked to Notre Dame...gorgeous. We stood in awe for a few minutes before we could even go inside, where they took pictures of the altar, the stained glass, the statues and more. It was wonderful.

Then we picked up a tour bus and rode around the city. We each left with a bag of gummie animals for the ride home; Crissy with the passion fruit flavored palms and me with the giant sized gummies, which are each about the size of a deck of cards. Not too bad, we think. It's then that we realize that it is time to meet the group to get the train back to Luxembourg.

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Finally! The Grammy's came and the Grammy's went

By John Ruggiero
Staff Writer
Commentary

The 43rd annual Grammy awards came and went as fast as the criticism came for Eminem's nominations back in early January. Grammy night lived up to its hype and surpassed expectations and even brought out a passionate side to the man of the hour, Eminem.

Eminem took home three Grammy awards on Wednesday night, one with Dr. Dre for "Forgot about Dre" and two other for a Rap solo performance and for Best Rap Album. Outside of his nominations and awards was much speculation and criticism from the skeptics for his harsh lyrics and for that announced performance with one of the all time great Elton John to close out the show. But the two put on a stimulating rendition of "Stan" and "Radioactive." We all got a huge hug and standing ovation from the audience at the end.

Al was great until the last minute middle finger that Eminem gave to the critics in the audience, but I'm sure that was his way of waving.

In the four major categories U2 came on top with their latest hit "Beautiful Day." The song won for Record of the Year and for Song of the Year and proved that sometimes the more deserving artists do in fact win them. For Album of the Year, Steely Dan pulled out their third Grammy of the night. The other two other winners in the pop category for Best Group Performance and for Best Pop Album. The last of the four major awards went to Best New Artist, which is labeled as the "where have they gone award?" saying that most that win this award fall off the face of the earth, not literally. But, anyway, country artist Shelby Lynne picked up the award.

Other big winners from the night were Destiny's Child, D'Angelo and Faith Hill, who picked up two Grammy's each. Lenny Kravitz, Foo Fighters, Radio Head, Creed, Toni Braxton, Sheryl Crow, Shakira and Sting were all other notable performers who picked up a Grammy in their respective genres.

Jon Stewart hosted the event and from watching many awards shows for many years, and yes there are many of them, Stewart did an excellent job. His jokes were right on the attitude needed for the show.

Somebody, I'm not sure who, thought it was a good idea to give the award to the rap artist of the year. We all knew it was going to go to Eminem, but it was a good idea. That didn't supply equally big performances. The other two were nothing special or entertaining about their performances and to be quite honest the shows first hour was very boring. It was the rather smaller acts that stole the show. Moby who played his song "Natural Blues" alongside the Blue Man Group and new artist Jill Scott gave the most outstanding performance of the night. The Elton John and Eminem duet ended the show in a big way. Faith Hill and Macy Gray included a stringed quartet in their songs "Breathe" and "Try" that gave their performances a classical touch. And lastly artists such as U2, Christina Aguilera, Paul Simon, and jazz selection by Nneenna Freelon with Take 6 made the show well rounded and enjoyable.

The 43rd annual Grammy Awards turned out to be a great show after getting off to a very slow start, but in the end, good performances, a great host and a wide variety of winners helped make this Grammy Award one of the best in many years.

March 1, 2001
www.shuspectrum.com
SHU Spectrum 9
Men’s lacrosse wins season opener with explosive 21-5 win over Wagner

By Keri Blair
Sports Editor

Sacred Heart men’s lacrosse took the field Sunday in their home opener against Wagner. The Pioneers rolled over Wagner College, 21-5, at a wet and rainy Campus Field.

Senior captains Mike Rebel (Clark, N.J.) and Kevin McCrain (Holtsville, N.Y.) led the Pioneers. They had a balanced scoring attack with three goals apiece.

At the end of the game 15 different Pioneers tallied points. Freshman Jorge Perez (Locust Valley, N.Y.) both had two points for Sacred Heart.

The Pioneers opened the scoring the 10:12 mark of the first quarter when sophomore Dan DeVo (East Rockaway, N.Y.) found the back of the net off a pass from sophomore Chris Swier (Hicksville, N.Y.).

“Tied the game at 41 a piece with Francis run brought them back as much as ten before a St. Francis Terriers, 70-66.

The teams put on a defensive clinic in the first half. By the ten-minute mark St Francis was only one point ahead.

The Pioneers closed the half 31-26 as they went on a 14-5 run.

Sacred Heart freshman Omar Wellington scored 14 points to lead all scorers at the half.

In the next half SHU led by as much as ten before a St. Francis run brought them back to tie the game at 41 a piece with just four minutes remaining in the half.

The Terriers regained a three-point lead with 11:22 remaining.

Three foul shots made by junior Andrew Hunter and Michael Sandy tied the game again.

Hunter then dunked on an alley-oop from Wellington the go up for good. The game stayed close but SHU stayed on top for the remainder of the game.

Hunt picked up 15 and six rebounds, while freshman forward Justin James had 12 points on the night.

This past Saturday the men’s team was unable to hold Long Island University as the blackbirds win 72-63.

The Blackbirds finished the half up by one point 33-32, playing off the strength of Ray Rivers.

After the half LIU built a lead as high as 12 points with seven minutes remaining. A 12-3 run left the Pioneers just three points in the hole with 3:50 to go, but LIU stretched the lead again to as much as 13 before finally winning by 11.

Junior center Tim Welch had 18 points and 11 rebounds, while senior Marijus Kovaliukas picked up 14 and freshman Chris Assel had 12 points on four-of-five three-point shooting. Senior Kurt Reis had a double-double ten assists and ten rebounds.

“We didn’t come out with enough fire. We were the home team and it was senior day,” said Welch. “We didn’t get the defensive stops when it was crucial.”

The Pioneers visit Quinnipiac in their season finale Monday at 7 p.m.

Men’s hoops defeat first place St. Francis in conference thriller Wed.

By Keri Blair
Sports Editor

In possibly the biggest upset of the Northeast Conference season, 11 place Sacred Heart beat the first place St. Francis Terriers, 70-66 this past Wednesday.

SHU was led by Omar Wellington’s 19 points, breaking his career high of 18 set just last game against Wagner. SHU is 5-13 in the NEC.

Junior Max Yokono
Eleventh place Sacred Heart beat the first place St. Francis 70-66 this past Wednesday.

The Terriers regained a three-point lead with 11:22 remaining.

Three foul shots made by junior Andrew Hunter and Michael Sandy tied the game again.

Hunter then dunked on an alley-oop from Wellington the go up for good. The game stayed close but SHU stayed on top for the remainder of the game.

Junior and center Tim Welch blocks shot taken by opposing St Francis in conference thriller

Men’s hockey sweep Bentely and Holy Cross on home ice

Continued from page 12

Just before the end of the first Kyle Meszler netted an unassisted goal leaving the teams tied at two.

The game winning goal came in the second period on a shot by Forgian, assisted by Lloyd Tennant.

Martin Paquet produced a third period power play goal in the remaining minutes of play.

Goaltender Eddy Ferhi totaled 37 saves Friday and 41 saves in Saturdays game.

“Ferhi had two outstanding games this weekend which really help the team pull through,” said sophomore Matt Skinner.

Sixth place Sacred Heart entertain Canisius at the MIP at 7 p.m. Friday night and Mercyhurst at 5 p.m. Saturday night. SHU has only one loss in their last nine games (6-1-2) and are three points behind Canisius for the last home ice playoff spot.
Women's hoops ensure NEC tournament spot with 78-64 win over LIU Saturday

By Keri Blair
Sports Editor

Sacred Heart women's basketball celebrated this Saturday at the Pitt Center as they earned a second consecutive trip to the NEC Tournament.

The women defeated LIU by a score of 78-64. SHU lead just six minutes into the game, opening the game with a 20-4 run. This early run included eight of senior Heather Coonradt's ten first-half points.

LIU rebounded late in the half to trail by ten at the break as the Pioneers lead 40-30 at half time.

In the second half, SHU continued to drill LIU, as SHU went on an 11-2 run.

The Blackbirds brought the score to 63-56 with less then seven minutes remaining but they were unable to go any further. Coonradt scored four points and sophomore Brooke Rutnik hit a 3-pointer in a 7-0 run by SHU.

Along with Coonradt's eight rebounds and career-high 23 points, the Pioneers were lead by 33 points from the sophomore forwards Brooke Kelly (18 points) and Rutnik (15 points). Junior Leslie Newhard picked up ten points.

"I'm proud of them," said head coach Ed Swanson. It was a tough week. When you look at last Saturday we were playing for first place at Mount St. Mary's. This Saturday we're fighting for our lives. We deserve to be there. We belong there. Now we have to go down there and prove something, said Swanson.

The Pioneers finished the regular season with the identical overall (14-13) and NEC (11-7) records as last season.

NEC will open the NEC tournament at the Sovereign Bank Arena in Trenton, N.J., Saturday against an opponent to be determined. They will most likely be seeded fourth in the seven-team field.

The Pioneers finished the regular season with the identical overall (14-13) and NEC (11-7) records as last season.

Top far left: head coach Ed Swanson
Bottom Left: women celebrate after defeating LIU.
Right: Junior Leslie Newhard looks to keep Pioneers on top of score board

Women's ice hockey falls to Middlebury College in quarterfinals, 8-1

By Kristin Lee
Staff Writer

The women's ice hockey team lost a disappointing quarterfinal game, 8-1 to Middlebury College last Saturday in Vermont.

That game knocked them out of the playoffs and ended their season with an overall record of 12-10-2 (10-6-2 conference)

After the first period, Sacred Heart was down 4-0. Just 9 second into the second the Pioneer's Angela Yuhas (East Lyme) netted one off an Annie Katz (Malden, M.N.) pass. That short burst was all the Pioneers could muster up as Middlebury came back to score three more times in the second.

Goaltender Kim Derleth (Tomahawk, W.I.) made 14 saves before being replaced by Taryn Catania (Noobache, N.J.) who made nine saves and let just one by her in the third period.

"There just was not enough intensity from our squad out there. During the regular season we only lost to them by one goal so I know we have the ability to beat them. But we just didn't play up to our peak level," said Yuhas.

Katz and Rori Jean (Peacham, Vt.) paced the team's scoring for the Pioneers with three points a piece, while senior Sarah Bergin (Keen, N.H.) was right behind them with 22.

Bergin was also third in the conference for both power play goals and power play points, as well as second for defensemen scoring.

As a team, the Pioneers were ranked number one for penalty minutes with 224 and third for power play conversions (20/97).

The loss last weekend only strengthened the rivalry between Sacred Heart and Middlebury.

The panthers have knocked the Pioneers out of the playoffs twice in the last three years.

The last time was in 1999, when Middlebury beat Sacred Heart in the ECAC championship game, 5-2.

Sports Schedule for March 1-8

Friday
Men's Ice Hockey vs. Canisius 7 p.m.
Men's Lax @ Newbury 4 p.m.
Women's Tennis @ Newbury 4 p.m.
Saturday
Women's Basketball NEC tournament 7 p.m.
Baseball Florida tournament 7 p.m.
Men's Ice Hockey vs. Mercyhurst 5 p.m.
Sunday
Baseball Florida tournament 7 p.m.

SHU Athlete of the Week

Heather Coonradt leads women's hoops to NEC tournament

On senior day captain Heather Coonradt (Interlaken, N.Y.) scored a career-high 23 points and had eight rebounds in 39 minutes of play to lift the women over the visiting Blackbirds of Long Island University, 78-64.

Coonradt's early run included eight of her ten first-half points.

With the win SHU earned a spot in the upcoming NEC tournament.

Photographed at left: Senior captain Jaime Stimets makes rush toward the offensive zone.

Top right: SHU Athlete of the Week Heather Coonradt

Womens Basketball NEC tournament.

Bottom left: women celebrate after defeating LIU.

Top right: senior Captian Jaime Stimets makes rush toward the offensive zone.

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Men's hockey clinch playoff spot

By Keri Blair
Sports Editor

This past weekend the men's ice hockey defeated both Bentley, 5-2, and Holy Cross, 4-2, to get a seat in the 2001 playoffs.

The victories also give the Pioneers the best home ice record in the 2000-2001 men's college ice hockey season.

Sacred Heart lit the lamp first with a goal from freshman Marc Fournier assisted by Chris Mokos and junior captain Lloyd Marks at the 15:57 mark in the first period.

The Pioneers then scored 20 seconds into the second period with a shot by Mokos with passes from Marks and Fournier.

SHU scored their game winning goal about four minutes into the second period. It was an unassisted goal by senior right wing Eddy Bourget.

Bentley's Matt Beck answered back two minutes later with a goal at the six minute mark.

The teams entered the lockerroom after the second with the scoreboard still at 3-1.

In the third Sacred Heart struck first on a goal by sophomore defenseman Nick Nutcher, assisted by sophomore left wing Michael Forsland.

Bentley came back and closed the gap to within two. The Pioneers were good for one more scored by Mokos from Marks and Fournier at 17:35 in the third.

"Fournier was killing guys out there. He had an extremely solid offensive and defensive game," said Mark Esposito.

Saturday night SHU defended their home ice record once more as they maintained intensity throughout the game.

Holy Cross scored first with goals from Greg Kealey and Tom Pawlak. Less then two minutes after Holy Cross's second goal Mike Reagan scored a power play goal for SHU at the 17:42 minute mark. The assist was given to junior captain Pete McRae.

see hockey page 10