Spectrum
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Sacred Heart University

Is school stressing you out?

By Michelle Shawah
Staff Writer

A SHU junior feels pressure to get her biology project done, to help organize activities for the Student Events Team (SET) and to train hard at track practice every day although she is sick. Many college students deal with the feelings of overwhelming pressure that characterize stress.

Stress is the nation’s number one health problem. 43 percent of all visits to primary care physicians are for stress-related complaints or disorders. Stress has been linked to the causes of death, including heart disease, cancer, lung ailments and suicide.

The college years are often viewed as one of the best periods of a student’s life. As a student prepares for a career, he or she develops friendships and participates in activities to make the years fulfilling. These four years are also some of the most stressful times for a student. A student must adapt to a new environment: roommates, classes and a heavy workload. These factors often cause stress for students and make activities and interactions with others more difficult.

According to Current Health author Kathiann Kowalski, stress is the “mental and physical pressure you feel from circumstances perceived as threats.” When stressful events occur, the body causes the adrenal glands to release the hormone adrenaline. This release of hormones raises one’s heart and blood pressure. According to Stress, page 3

Theft thwarted by SHU staff

By Lori Singer
Staff Writer

Little did Beverly Boehmke, the assistant to the Chair of Language, Literature, and Media Studies know that the skills she learned while taking Serial Killers and Profilers at Sacred Heart University, would be used to catch a laptop thief someday. That day came when SHU hosted the ceremony for Bishop William Lori on March 19.

All the activity was centered around the ground floors. The offices upstairs were relatively quiet. Boehmke was the only one in the office when she decided to run down to FLIK to get a quick sandwich. Not gone more than ten minutes, as she was coming up to the top of the stairs, she noticed “a man wearing a jacket with brown sleeves walking towards her carrying a black briefcase,” she said.

With in seconds Boehmke realized there was something suspicious about the situation. She immediately went to her

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Horizons publishing in Spring semester

The SHU Horizons, an interdisciplinary, multi-cultural journal, will begin publishing with the Spring 2001 issue. They are seeking poetry, fiction, drama, memoirs as well as art and photographs. Put submissions in the Horizons folder, outside of HC-221 F.

Mr. SHU rocking the Theater next week

SHU’s annual Mr. SHU contest will at 10 p.m. next Wednesday in the Theater.

-Compiled by Brian Corasaniti

Lambda: Week of education and reflection

The Annual Candlelight Vigil will put a close to the entire Awareness Week on April 8. SHU Students and Lambda Sigma Phi will gather together in the South Lot at 7:30 to express their feelings and stories on something they experienced. They are hoping the attendance will be more than last year in which over 150 people attended. The “A Lesson in Violence Education” A.L.I.V.E. Group will be co-sponsoring the event.

During the entire week purple ribbon pins will be handed out to recognize the Awareness Week. Lambda Sigma Phi is also coming out with a new program, which will be in full effect by April 5.

Safe Walk is going to be a nighttime walking escort service for students, faculty, and staff on campus only, which has its base location in Hawley Lounge. Kerri Casella, a graduate assistant in the Student Union, is the direct advisor to Safe Walk since she also started up a similar program at Plymouth State College in New Hampshire.

Anyone can volunteer between 9 p.m. to 2 a.m. on Thursdays-Sundays, which is the running hours for Safe Walk. Volunteers must attend a training session so they know help quickly. Lambda Sigma Phi is also looking to install 6 more blue lights around the campus in the upcoming years.

The overall costs for Lambda Sigma Phi’s Safe Walk and Awareness Week was over $4,000. Beside the many fundraisers they held, the fraternity would also like to thank all those that contributed including: Student Government, Student Events Team, Public Safety, Kappa Phi, Alive Group, the SHU Bookstore, Telecom, and the Lambda Sigma Phi Alumni.

Lambda Sigma Phi Alumni.

Do you & your friends want a bite to eat but don’t want to leave the dorm?

Get it delivered to right to your room!

Great for a study break!

Monday - Thursday

7 pm to 11 pm

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Use your Dining Dollars!

Pizza Party
Two Pizzas ($1.00 extra for toppings) 12 Peach Soda (Coke, Diet Coke or sprite)
6 Buffalo Wings $8.22

Italian Indo Style
Two Grinders
(Chicken Parmesan, sausage or Montreal)
Two 30 oz with Bacon of choice
1 Bag of Potato Chips
$14

The Ultimate Bread Brunch
Two Pizzas ($1.00 extra for toppings)
Two Grinders
(Chicken Parmesan, sausage or Montreal)
One Dos梭 Wings
1 Bag of Chips
$12
**Stress: Pressures of college life can mount up for many students**

**Continued from page 1**

to Kowalski, “the body becomes like that of a threatened jungle animal primed for fight or flight.” The stress victim will either deal with the problem effectively or pass the problem on by engaging in risky behavior. According to Sister Anne-Louise Nadeau, director of Psychological Counseling at the SHU Counseling Center, “stress affects us on the inside and outside. It affects how we feel about ourselves and others.” The most common causes of stress for SHU students include roommate problems, course selection, fights with friends, financial problems and Spring Break. Many times students may overdose on the guilt of not having a good semester and or feel in a way because they did not go anywhere during the break periods.

Many factors also cause stress. Nadeau believes that often parents are not too concerned on their children to do well. Students may feel pressured to achieve academically if they have a scholarship. Many students come to Nadeau feeling as though a burden has been placed upon them by pressure from their parents.

Other factors such as temperature changes and being stuck indoors due to inclimate weather may also cause mood swings that lead to stress. According to Nadeau, there are 10 positive perception styles that lead to stress in students. One example of a negative perception style is “All-or-Nothing” thinking. Nadeau believes that for this student, “nothing is good enough. The student is a perfectionist that can’t take a compliment.” This type of student must learn to accept that nothing is perfect. He or she must learn to accept achievements and shortcomings as a part of life. Another negative perception style is “Personalization.” Nadeau see student with this attitude that “take everything personally and view everything as a personal attack on themselves.” A student such as this may think everything revolves around them and not as those everyone is watching them. These students must come to realize that often times people are not focusing on them.

There are also different pressures that students must cope with during all four years of college that can lead to stress. The Freshmen are new to the school and must adapt to a different environment, new roommates and classes.

The adjustment can be extremely stressful for many. Freshman Lauren Drew commented, “The fact that they have we all reapy for the nursing major when they told us when we first applied that it was not very competitive made me feel stressed.” Another freshmen added that “studying and personal issues” stressed him out.

Sophomores often become bored by their classes. They no longer have an advisor to watch over them all the time like the freshman.

They may not enjoy the adaptation to new classes and professors each semester. Nadeau believes, “boredom becomes stressful for many sophomores.” These students may wonder how they can make their year better. One sophomore said, “Fighting with my boyfriend stresses me out. I’m not exactly sure what I want my major to be yet.”

Juniors “see the light at the end of the tunnel” because they are closer to the graduation year. Junior transfer Mary Geirig says the things that stress her out the most are “the professors at school and living with wacked out roommates.” She added, “The closer I get to graduation, the less room for error.” They may feel pressure to “stop thinking about the future and graduation. Junior Jessica Andrade feels that, “Working five days a week and trying to keep up with school work is definitely stressful cause I get overworked and overtired but I still have to stick to my schedule.”

Seniors must think about going out into the work world away from the safety of the college campus and the friends and faculty members they were close to.

In college, shared activities were often the basis for friendships, but now in the work world students may wonder if they can make new friends. These situations add to the stress of the senior year. Senior Mike Benedetto said, “Looking for a job and a place to live is very stressful. The future is always uncertain.”

The counseling center offers group sessions to those seniors that are stressed out over their plans for the future. There are many healthy and unhealthy coping techniques that can either relieve the pressures of stress or lead to greater problems. Eating right, exercising, getting enough sleep, taking things a day at a time, and eliminating unrealistic expectations of oneself are healthy coping techniques.

On the other hand, students often turn to drinking, smoking, and drug abuse to relieve their stress and see these behaviors as a way to solve their problems. Realistically, these unhealthy coping techniques lead to greater problems such as drug addiction, alcohol abuse, and depression.

Although the pressures of the college years seem overwhelming, students can cope effectively if they change their mindset. Nadeau advises students to “be gentle with yourself and everything will work out. Give yourself a break.”

Students who wish to talk about someone about their problems may come to the counseling center for individual help or join some of the group support sessions that are offered there.

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**Theft: Boehmke stops computer theft from happening**

**Continued from page 1**

boss’s office and saw that his laptop had been disconnected and stolen. She then began to follow the thief, who was hastening his footsteps, when he turned around to face Boehmke. She asked him, “Are you carrying our computer in your bag?” At this point he took off and headed for the exit, with Boehmke following him to Nancy Olofson’s office, and told her to call Public Safety to alert them that a thief was running with a stolen laptop in a black briefcase.

Officers were posted all around the campus that day because of Bishop William Lori, and everyone of them heard the call. The thief attempted to run up towards Curtis Hall, then dropped the bag when he saw security, and tried to run towards the golf course. Meeting more police there, he circled around towards the parking.

He tried to hide underneath a car, but the cops by at the front entrance saw, and apprehended him immediately.

According to William O’Connell director of Public Safety, the entire chase “lasted for two minutes, at the most.” O’Connell also said that the thief “picked a bad day for himself. A great day for public safety though because of all the officers on duty.”

Officer Steinke of the Fairfield Police arrested Alexander Martin, a 40-year-old Bridgeport resident. He was driven by in a squad car where Boehmke was able to identify him as the criminal. He was charged with “burglary, larceny, and trespassing,” according to Mr. O’Connell.

Laptop theft is on the rise at the Sacred Heart University. Since September of 2000, there have been 16 laptops stolen.

Boehmke has received mixed reactions since the incident. Most people are congratulating her and calling her a heroine. Although some are “begrudging me my 15 minutes of fame, and worried that it might go to my head,” she said, “I have not felt that alive in years,” she said. Now that the excitement is over, Boehmke will continue doing her job and being a student at night at SHU.

A General Studies major, with a concentration in Psychology, she plans to graduate in the spring of 2002. Having always been fascinated with crime, Boehmke feels “I may have missed my true calling as an investigative detective,” she said.

Her big dream is to own a little supper club someday with her husband, she said.

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**Job Search Techniques**

Sitting in your room in Avalon but looking for a Career in Phoenix? Don’t know where to start?

Did you know there are are 8 effective tools to use in a job search all from your room?

Come to a seminar to help you organize your job search and maximize your efforts

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All seminars are held in the Office of Career Development 2nd Floor, Curtis Hall, Room 215 371-7975
Editorials

Why do bills need to be paid so early?

As most seniors know or should know, all parking tickets, library late fees, etc., need to be paid in full by next week or they won’t be processed in time for the students to graduate. Translation, no money, no diploma.

This time of year is very financially difficult for many of us. A lot of students are coming off of spring break and many are getting ready to put a deposit down on a new home so they will have shelter after they leave the comforts of SHU housing. But on top of that, they have to pay the bills that have mounted up over the year.

We’re not excusing the students from parking illegally or turning in books late, whatever the case may be. The money should be paid in full to SHU. But why does it need to be done so early? Is SHU so poorly run that it takes that long to process a paid bill?

We suggest they at least move the deadline to the end of the semester to ease the burden that this puts on us, the students. Or better yet, set it up like loans, where students can pay after they graduate. By then, they’ll likely have a job and more money to burn. At the very least they can use the graduation money their family has hopefully given them.

Sacred Heart will get their money in the end, they always do. Waiting a few extra weeks to get paid isn’t going to cripple the school financially.

Get ready, Mr. SHU is a few days away

In less than a week, Mr. SHU will once again hit the Sacred Heart stage. It is arguably one of the most entertaining school event of the year to attend and a personal favorite of the Spectrum.

It’s in the Theater this year, so hopefully students won’t be turned away like what happened last year. It would be wise to arrive a little early though, to secure a good spot.

This year’s event promises to be one of the most interesting Mr. SHU’s in recent memory. We’ve been privy to some of the things that the contestants are doing. While we spoil it for you, trust us, attending won’t be a wasted evening.

So try to make it there and support all of the men hoping to take home this year’s crown.

Bishop Lori installation an honor, not an inconvenience

I was checking my Sacred Heart email on Friday afternoon, and came across an email labeled ‘Bishop Lori!’ from our Student Senate. Thinking nothing of it, I opened it and read it. To my dismay the students at this school have shocked me once again. “How were you inconvenienced on Monday 3/19 when Bishop Lori was installed?”

Needless to say the students at this school have no class.

All that the students cared about was that they had a day off. On March 19, Sacred Heart was honored with the presence of many officials of the Catholic Church, as well as prominent figures from other religious communities in the area who were showing their support for the new Bishop.

We were also honored to have such political figures as Senator Joseph Lieberman and Representative Christopher Shays. Also in attendance were local political dignitaries, among them the Mayor of Bridgeport, Joseph Ganim. The ceremony lasted three hours and I’m sure parking was a problem, but parking was a bigger problem two nights before at the 3 Doors Down Concert.

The students at this university need to put their collective heads together and step outside the bubble that we call Sacred Heart. I’m sure that before each of you leave this school there will be many other events that inconvenience you, and maybe even ruin your day.

Catholic, Jewish, Protestant or non-denominational, all students can (hopefully) realize the importance of this event. And even if you see no importance in any function held at this school, remember you choose to come here. So if the Student Senate is thinking of another question to ask the student body, here’s one “What else can you do to help Sacred Heart stay the sheltered little bub

The SHU Voices

What are you most looking forward to see at Mr. SHU?

Maureen McElwee
Holbrook, N.Y.
Senior

“Tonka in a dress.”

Laurie Nagy
Andover
Junior

“Guys without their shirts on.”

Michael Stanley
Bellmore, N.Y.
Junior

“I’m not even going.”

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.
Dear Editor,

In the movie "Dead Poets Society," Robin Williams plays an English teacher at an expensive academy. When he encourages his students to explore their passions and possibilities in life, he becomes unpopular among the faculty and is eventually fired.

Although this may be just Hollywood dramatization, it leaves me to wonder whether this same English teacher could therefore become popular by discouraging and opposing free thought among students.

Id so, then does justify banning the ROTC program from SHU? Perhaps then the Communists were right the first time and we should oppress many other programs to including religious, which is after all, the opium of the masses. Or should the justification for opposing free thought end with the ROTC program?

Let us suppose then that they should not have programs on any college campus. Should they recruit those lower classes which cannot afford an education or cannot think for themselves? Let us build the ivory tower higher.

Dr. Curtis, if our military is somehow unable to defend against outside invasion, would you volunteer to forfeit your family, or would you resort to animal like instincts and behavior to survive?

I am not a fan of war and the likelihood of finding me in an Army recruiting office is very slim. However, I realize that the only reason we are able to write these letters is that the U.S. maintains the most effective military in the world.

The military is an option many students choose in order to develop their talents and minds. Service teaches a mental discipline that is invaluable in other endeavors.

Let us not forget the GI Bill opens the door to liberal college thought for many people who are not well endowed.

Finally, we shall not overlook the intellectual and societal contributions military minds have offered us, including many pieces of timeless literature.

Peter Markey, Senior

Public Safety didn't tow cars from Avalon

Dear Editor,

The editorial cartoon in last edition of the Spectrum implies that the Department of Public Safety was responsible for having cars towed from Avalon Gates: this is not so.

Public Safety was not aware cars were towed from Avalon until a student called us later that morning asking if we had towed cars from Avalon, to which we responded we hadn't.

It was later determined someone from Avalon Gates called Star Towing claiming to be security, requesting vehicles be towed. Further investigation revealed an Avalon Gates RA, from another room at Avalon Gates, had called the tow company, claiming to security.

Mistakes were made by the RA and the tow company. Safeguards have been put in place that will prevent a vehicle from being towed without the request and approval of Public Safety.

William O'Connell, director of public safety.

Two students chime in response to the ROTC letter

Dear Editor,

As I picked up the latest edition of the Spectrum, I was appalled to see an editorial in opposition to the University's reinstatement of the ROTC.

As one of the students to join the program, I was even more disheartened when I read the editorial to find out that the author was a member of the Army himself.

I would have thought for sure that someone who has had the honor to serve his country would not be so opposed to such an honorable institution as the ROTC.

I have some answers for our disheartened member of the faculty as to why the ROTC is good for Sacred Heart. If you are to read the University Mission Statement, SHU prides itself in preparing "men and women to live in and make their contributions to the human community."

The statement also says that they "...are able to respond to an ever-changing world" and "...deepening in them a sense of social responsibility."

Where else can someone become more prepared to contribute to society and develop responsibility than as an officer in the United States Army?

If the University wants to achieve their Mission Statement then developing Army officers is the way to go.

ROTC promotes the Army's tradition of "Duty-Honor-Country." Army Officers are motivated, eager and responsible individuals that are proud to serve their country and willing to accept danger to preserve the prosperity of this great nation.

I am running for SG president because I truly love every aspect of Sacred Heart and aspire to support and develop that amazing experience with the entire SHU community.

If elected, I will focus efforts on strengthening communication between the Student Government, University Administration and Student Body. Additionally, I will work towards strengthening our voices by getting a student seat on the Board of Trustees to acknowledge student issues by creating a diverse and accepting community at SHU.

I am running for SG president because I truly love every aspect of Sacred Heart and aspire to support and develop that amazing experience with the entire SHU community.

When I first came to visit this University I realized it was in the midst of change. The ROTC Center was opening, classrooms were being built and new programs were being implemented.

At first it was discouraging; I wanted a school with tradition, a winning team and a good name. So I looked at other schools, but something always brought me back to Sacred Heart. Then I realized what it was, I was going to college to grow and change and that's what this college would allow me to do.

I could be part of the change not a result of it. In my past three years here, I've begun traditions, began cheering in the packed stands of a football game and heard out name used with respect.

I am not a fan of war and the University Administration. It is essential for Student Government to take a strong stand on diversity issues.

As such, I would challenge students and the Student Government to take a strong stand on diversity issues.

As such, I would challenge students and the Student Government to work towards making a diverse and accepting community at SHU.

We are done growing and changing. Academics, Athletics, Greek Life, or any one of the many limbs that make up our school's body, what we must remember is that students are at the center of that body.

The amount of effort we put into next year's Student Government will be in direct proportion to the type of year SHU has as a whole.

As President of Student Government I will put forth nothing less than my best efforts to ensure a successful year. I will bring with me, not only 2 years of experience, but also the dedication of passion, enthusiasm, and, heart that it takes to improve our future at Sacred Heart!

Keep those letters coming!!! Drop them off in the Spectrum whenever you can.
Sheep without a shepherd

International-Multicultural Center needs director, SHU says position filled by next year

By Allison Keck Staff Writer

A question that may puzzle many students, faculty and administration at SHU is, why doesn’t Sacred Heart University have an International/Multicultural Center director?

A director has been missing from the center since October and has yet to be replaced. Many people have brought up this concern, either by voicing their opinions around campus or by stating it in the Spectrum. It may not be an issue that can be ignored, because people appear to want answers.

Marvin Royal, student and president of UMOJA, stated in a past issue of the Spectrum that “SHU is not the worst, but it is not the best in terms of diversity. For instance, the International/Multicultural Center is lacking the most vital agent, a director. How can SHU promote a well-rounded, diverse educational atmosphere and not have a well-rounded International/Multicultural Center?”

Grace Lim Baccay, director of International and Multicultural Affairs for about six years, left her position at SHU up in the air in October for other opportunities. People may have asked why her position was not filled immediately after her departure, but the administration professes finding someone to fill the job in the middle of the year would not have been the easiest task.

The University seems to be taking the extra time to find the right person who has the experience and knowledge to do a job well done, while re-evaluating the position itself.

Denise Tiberio, assistant dean of students, explains that “Grace did an awesome job, but to reevaluate the position of director we need to figure out the job responsibilities and figure out where we want to look into enhancing.”

A draw back in hiring a new director is what the “funce” holds. Apparently SHU has been toying with the idea to split the position into an international and multicultural director.

Dean of Students Larry Wielk acknowledges that “issue need to be addressed.” Wielk feels the issue is being looked into and is being thought carefully out by the University to figure out what is best for the SHU community in the long run.

Wielk is hoping for the population of international and multicultural students to grow in the near future. Increased enrollment would justify separating the current position into two.

For right now, the year is almost over, and finding a director to fill Baccay’s spot is still in the process.

Wielk states that “a professional person to fill the International/Multicultural Affairs Director’s position will be filled by next year.” So who’s been walking in Baccay’s shoes?

For now, we have to thank Tiberio, and international/Multicultural Center intern, senior Tina Shah, a student majoring in economics and business from Zambia in Southern Africa. The two have kept the administrative aspects of the Center afloat.

Shah states that “Denise Tiberio has done a tremendous job in keeping this going. Black History Month didn’t have to happen, she took it on with everything else that was going on. We have various other programs that really are no-one’s responsibility right now. These responsibilities don’t fit in anyone’s job description, but they are helping out. The fact that it is still going shows enough that they want to fill this position.”

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Music medicine: Dr. D cures morning blues

By Keysha Whitaker Features Editor Profile

Do you hate to get up early? If so, then Dave Mosher, freshman from East Windsor, has got the cure for your morning dread.

Take two hours of Dr. D in the Morning and get on with your day.

Dr. D in the Morning is Dave Mosher’s radio show, which broadcasts on 91.5 FM WHRT, SHU’s student-run radio station on Tuesdays from 9 a.m. to 11 a.m.

The show features music from the 1970’s and early 1980’s and is geared toward a more mature audience.

Mosher has been hosting his own show since October 1999, and finds the experience very rewarding.

“I worked on a television program in high school where we’d broadcast the news every morning. A group of us would rotate positions, and I went from doing that to visiting radio stations, and talking to d.j.’s and it got me interested in it. My dad was always into radio and media, and he kind of led me in the direction. So when I heard of the opportunity here I was able to just go into it.”

Working on a high school production is a completely different arena.

“Well, here it is a two-hour show and in high school it was five minutes. Now I do a show by myself for two hours.

I get to play whatever I want and say what I like,” said Mosher. “I don’t have to worry about a time allotment that is constraining or trying to please the other person.”

Mosher describes Dr. D in the morning as a natural progression from his childhood experiences.

“I’ve grown up on listening to the 70’s music, my parents were always into the disco, so that’s the kind of thing,” Mosher plans to continue his show next year.

The International/Multicultural Center is in search of a director.

The Spectrum is a student publication of Sacred Heart University. © 2000 SGA SAC.

Photos by Keysha Whitaker
Tina Shah
Declareing a major not a minor event, says Collazo

Q: What is the next step after a student chooses a major?
A: Once they have made their decision, the students should go to Michael Bozzone, dean of freshmen, or myself. If they cannot decide on a major, they will outline a form called the undecided form. We want to be sure by next fall all freshmen have an advisor with the department they have chosen or with an advisor if they remain undecided.

Q: What makes the Majors Fair unique?
A: All students get a personal invitation to the Majors Fair. We are going to have popcorn. Last year we had a pretty good turnout, and we expect the same this year. When students sign in they will get a little gift.

Q: Where should students go with questions?
A: If they have any questions they can visit the Office of Academic Advisement.

The most important thing is they get to have some knowledge of what they want to do so in the future they will be on time with graduation.

Some majors have certain prerequisite courses, and if students don't know what they are doing, they can be delayed in the future.

The Majors Fair will be held Tuesday, April 3 from 4-7 p.m. in the Mahogany Room.
Oscar night lives up to the hype

By John Ruggiero
Staff Writer
Commentary

The 2001 Academy Awards took place on Sunday March 25, 2001 from the Schine Auditorium in Los Angeles, California and didn't fail to entertain. This years awards had many question marks leading into Sunday's show that stemmed from whether Steve Martin can fill Billy Crystal's shoes, the heir of the Oscars? Will Tom Hanks win his record setting third best actor award? And will Traffic or Crouching Tiger, Hidden Dragon upset the favorite, Gladiator, for best picture? As a whole the Academy Awards lived up to all the hype and then some.

Steve Martin's opening routine was very funny as he picked on some of the Oscar favorites Russell Crowe, who didn't seem too thrilled being the blant of Steve Martin's jokes. Martin also picked on Julia Roberts for most of the night, but she is in a fun and easy-going target anyway because she is so down to earth. But the highlight of the night was when Martin responded to the alleged kidnapping plot of Gladiator Russell Crowe by saying who was the master mind behind the whole ordeal, Tom Hanks. And to make the joke even more funny, Hanks played along with it by giving the audience the: "I just got caught with my hand in the cookie jar" facial expression, while apologizing with an "I'm sorry".

Overall Steve Martin did an excellent job, his jokes were very tasteful and seemed to be a very worthy replacement for the Oscar favorite Billy Crystal. I think Martin filled his shoes just fine, as a matter of fact his shoes aren't very hard to fill, he's a whole size five.

Well, enough with the bad jokes for now. The awards ceremony also showed a few upsets but in the end the favorite stole the show. In the final category of the evening for best picture, Gladiator took home the award for best picture of 2000-2001 by silencing critics who thought that Traffic or Crouching Tiger, Hidden Dragon would steal the award away from the favorite.

And to stay on the Gladiator parade the favorite Russell Crowe took home the best actor award for his portrayal as the Gladiator that defined an empire in the name of revenge.

Steve Martin's opening routine was considered the two favorites to win this award.

Marcia Gay Harden and Benicio del Toro won the best supporting actor and actress awards for their roles in Pollock and Traffic respectively to round out the six major award categories.

And on a side note, Harry's victory came as probably the biggest surprise of the evening seeing that mostly everyone's pick for best supporting actress was Goldie Hawn's daughter Kate Hudson for her role in Almost Famous.

Award-winning artist to speak at SHU
Special to the Spectrum

Steve Stroud, whose paintings have appeared on the covers of books by Isaac Asimov, Stephen King and other noted authors, will be featured at Sacred Heart University's 11th annual Art Festival on Tuesday, April 3.

Stroud's talk, "A Professional Transition from Illustrator to Fine Artist," will take place in the Schine Auditorium, starting at 11 a.m. The lecture is free and open to the public.

Students from several school areas will attend the lecture, tour the University's annual Student Art Exhibit in the gallery of Contemporary Art and visit the new Art Department classrooms at Oakview Drive in Trumbull.

In addition to Asimov and King, Stroud has illustrated special editions of works by Pearl Buck, John Cheever, William Faulkner, Joseph Heller, Joyce Carol Oates and William Styron.

The artist's award-winning work appears in collections of the Department of Defense, Hyatt Hotels, Omega Engineering,UPS and General Electric, and is included in the recently revised 200 Years of American Illustration.

He is a past president of the Society of Illustrators.

Stroud, who works in a converted factory loft located on the banks of the Housatonic River in Shelton, served four years in the U.S. Navy as a photographer and graphic artist.

He holds degrees in painting from Drake University and The Art Center College of Design. Stroud's second one-man show of recent landscape paintings is being held through April 8 at the Greenwich Workshop Gallery in Fairfield. For Art Festival information call Jack deGraffenried at (203) 371-7739.

Also on March 23, Sacred Heart University's annual Senior Painting Exhibit will feature the work of Mainee Shomsky, a senior from Stratford, from April 20-27.

Snow days
By Joseph J. Brigante
Staff Writer
Commentary

Unfortunately, "Chocolat" went home with nothing on Oscar night. But, 81-year old Dino De Laurentis did. He received a special award for being a producer and financier for above average American films.

One thing Mr. De Laurentis gave credit to when receiving the award were the young directors that worked for him. One of the films that he was not recognized as being from the De Laurentis Company was 1974's "Death Wish" starring Charles Bronson. 39-year-old British director Michael Winner direct-ed this film, and made this picture not just a violent story, but thought provoking and even sad. Yet, we smile to what happens later on in the story. Charles Bronson plays Paul Kersey, a New York City architect, whose wife is murdered by muggers and his daughter brutally raped. Even when waiting for news on his wife and daughter in the hospital, there is a cold shoulder present. One man is bleeding right in the hall, but no one comes to help him. After hearing the news of his wife's death, Kersey goes to the police station. He tells the officer in charge of the case, is there a chance of getting the thugs. The officer tells him maybe a chance, but this is the city. That's when Paul Kersey takes the law in his own hands.

What director Winner shows us is a very futuristic society at the time. Every night you are on the street, you are 100 percent likely to be attacked by muggers. The streets are dark, frighten, and chilling. You don't want to be in New York City at night. It is equivalent to hell on earth. Yet, Paul Kersey will give this dark society their own hell.

With his six-bullet revolver, Paul Kersey kills every scum that tries to rob him. He gets two thugs on the subway, he gets three others trying to rob another person, and even more. After a short amount of time, the crime rate has dropped more than 50 percent in New York City. Even though he is killing people, he is doing society a favor. We don't want the cops to arrest the "vigilante".

Paul Kersey is eventually caught, but that is not the end. Instead of going to prison, he has to be transferred out of the city. His new home will be Chicago. When he arrives at the airport, another bunch of muggers are bothering a woman with her luggage. Paul looks at them, and with his fingers, imitates shooting them. "We're happy since he is now probably going to help Chicago. Good for him."

Michael Winner's Death Wish still a classic
By Jonathan Smith
Staff Writer
Commentary

...
Oscar night winner’s list

BEST PICTURE
GLADIATOR
Douglas Wick
David Franzoni
Branko Lustig

ACTOR -- LEADING
Russell Crowe
GLADIATOR

ACTOR -- SUPPORTING
Benicio Del Toro
TRAFFIC

ACTRESS -- LEADING
Julia Roberts
ERIN BROCKOVICH

ACTRESS -- SUPPORTING
Marcia Gay Harden
POLLOCK

ART DIRECTION
CROUCHING TIGER, HIDDEN DRAGON
Tim Yip

CINEMATOGRAPHY
CROUCHING TIGER, HIDDEN DRAGON
Peter Pau

COSTUME DESIGN
GLADIATOR
Janty Yates

DIRECTING
TRAFFIC
Steven Soderbergh

DOCUMENTARY SHORT
BIG MAMA
Tracy Seretean

DOCUMENTARY FEATURE
INTO THE ARMS OF STRANGERS: STORIES OF THE KINDERTRANSPORT
Mark Jonathan Harris
Deborah Oppenheimer

FILM EDITING
TRAFFIC
Stephen Mirrione

FOREIGN LANGUAGE FILM
CROUCHING TIGER, HIDDEN DRAGON
Ang Lee

MAKEUP
DR. SEUSS’ HOW THE GRINCH STOLE CHRISTMAS
Rick Baker
Gail Ryan

MUSIC (SCORE)
CROUCHING TIGER, HIDDEN DRAGON
Tan Dun

MUSIC (SONG)
WONDER BOYS
"Things Have Changed"
Bob Dylan

SOUND
GLADIATOR
Scott Millan
Bob Beemer
Ken Weston

SOUND EDITING
U-571
Jon Johnson

VISUAL EFFECTS
GLADIATOR
Ang Lee

WRITING (ADAPTED)
TRAFFIC
Stephen Gaghan

WRITING (ORIGINAL)
ALMOST FAMOUS
Cameron Crowe

“This year’s awards had many questions leading into Sunday’s show” - John Ruggiero

Twelve Angry Jurors opens in the Bowley-Newman Theater

By Brian M. Polovoy
Contributing Writer
Commentary

The first major show of the spring theater season opens in the Bowley-Newman Theater this week. 12 Angry Jurors, under the direction of Peter Hahn, is a fast-paced courtroom drama full of exciting twists and turns. This is the first time that a major production is being done in the round. I spoke to Mark Rossetti, a member of the 12 Angry Jurors cast. I asked Mark how he felt about doing a major production in such a small space. He told me that he was excited about doing such a well-known piece. He said that he preferred acting in the round, as opposed to the stage, because of the intimacy between the actors and the audience. "You have to be honest when acting in such a small space." The audience is able to see every emotion and movement that the actors make, therefore it is important to be true to your emotions and your character. In order to obtain a full-spectrum view of what it is like to do a major production in the round, I spoke to the stage manager, Nicole Thomas. I asked her what she felt was the most challenging aspect of working in a space such as the Bowley-Newman. She said that lighting and blocking were the aspects that proved most difficult. I had never seen a play in the round, so in order to get the full experience I went to the opening night performance of 12 Angry Jurors. I thought that the play was extremely well done. Speaking from an actor’s point of view, the challenges that each cast member faced were incredible. I see now why Nicole felt that the lighting and blocking were so difficult. The Actors did a wonderful job of making the audience feel as though they were actually in the jury room with a young man’s life in their hands. In my opinion this is one of the best show done by Student Theater to date. 12 Angry Jurors depicts the classic struggle between human emotion and true justice. Pete Hahn and his cast do a wonderful job of bringing this masterpiece to life. I only hope that all that attend will be as taken back as I was by this great performance.
Women’s lacrosse takes a 13-5 win over LeMoyne this past Saturday

By Keri Blair
sports editor

Senior attack Laura Mack (Franklin Square, N.Y.) tallied four goals and two assists, to lead Sacred Heart past LeMoyne College, 13-5, this past Saturday at Campus Field.

With the win the Pioneers improve to 4-1 on the year. Freshman attack Christa Macchia (Carle Place, N.Y.) was named the NEC Rookie of the Week as she picked up where she left off last week with two goals and three assists.

Sophomore Michelle Bruckner (Carle Place, N.Y.) chipped in with two goals, and two assists for the Pioneers.

Senior goaltender Ginny Capicchioni (Oradell, N.J.) had 15 saves in between the pipes for the Pioneers.

The Pioneers improve to 4-1 on the season.

Sacred Heart played Marist on this past Thursday and they won 13-5. Sacred Heart got three goals from Mack as well as rookie Megan Tucker.

Sophomore Kelly Sullivan junior Allison Reilley and freshman Maria Stehn all contributed one goal a piece.

Goaltender Capicchioni had seven saves while Kristy Uellendahl for Marist had 12 saves.

The Pioneers return to action on Friday, April 6, when they host Howard University.

Bergin named JOFA/ACH A second team All-American

Special to Spectrum

Senior forward Sarah Bergin (Keene, N.H.) of the women's ice hockey team, was named second-team Division III All-American by the American Hockey Coaches Association.

Bergin helped lead the Pioneers to the ECAC Division II Playoffs for the third consecutive season.

Bergin was the leading goal scorer with 13 tallies for the Pioneers, this past year.

She finished the year second on the team in scoring with 22 points (13 goals, 9 assists).

Bergin was also voted first-team All-ECAC by vote of the League’s head coaches.

Bergin finished her Sacred Heart career having played in 66 games, scoring 29 goals and 26 assists for 55 points.

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INFORMATION SESSIONS:

Lincoln Center Campus, McMahon Residence Hall, 155 West 60th Street
Saturday, April 21, 11 a.m. - 12:30 p.m.

Tarrytown Campus, Rita Hall, Neyman Road
Saturday, April 21, 10 - 11:30 a.m.
**SHU Athlete of the Week**

**Grabow tallied eight goals in the last two games for the Pioneers**

Sacred Heart University's men's lacrosse team defeated Siena, 20-2, at a wet and windy Campus Field this past Wednesday.

Sophomore Stephen Grabow (Commmack, N.Y.) added four goals to the Pioneer scoreboard leading SHU to jump out to a 13-0 lead at the break. Sacred Heart took the field against Mount Saint Mary's this past Saturday and suffered a tough loss, 15-10.

The game opened with SHU jumping to a 2-0 lead with a goal scored by Grabow. Grabow ended the game with four goals.

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**Sports Schedule for March 29 - April 5**

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<thead>
<tr>
<th>Friday</th>
<th>Sunday cont.</th>
<th>Wednesday</th>
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<tr>
<td>Baseball</td>
<td>Baseball</td>
<td>Women's Tennis @Albany</td>
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<tr>
<td>vs. Maine</td>
<td>vs. St. Francis</td>
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<td>Saturday</td>
<td>Softball</td>
<td>Baseball</td>
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<td>Baseball</td>
<td>St. Francis</td>
<td>vs. Manhattan</td>
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<tr>
<td>vs. St. Francis</td>
<td>TBA</td>
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<tr>
<td>12 p.m.</td>
<td>Women's Tennis</td>
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<tr>
<td>Softball</td>
<td>vs. Hartford</td>
<td>Thursday</td>
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<tr>
<td>@ Wagner TBA</td>
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<tr>
<td>Men's Lacrosse</td>
<td>Women's Tennis</td>
<td></td>
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<tr>
<td>@ Villanova</td>
<td>vs. Hartford</td>
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<td>1 p.m.</td>
<td>12 p.m.</td>
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<tr>
<td>Sunday</td>
<td>Baseball</td>
<td>Women's Tennis @UCONN</td>
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<tr>
<td>Men's Tennis</td>
<td>@ C.W. Post</td>
<td>3 p.m.</td>
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<tr>
<td>vs Hartford</td>
<td>3:30 p.m.</td>
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<tr>
<td>12 p.m.</td>
<td>Women's Tennis</td>
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<td>vs Siena</td>
<td>3 p.m.</td>
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**Bushor named NEC rookie of the week**

**Special to Spectrum**

Freshman righthander Eric Bushor (Uncasville) was named the Northeast Conference Rookie of the Week, after recording a complete game win against Fairleigh Dickinson in one outing last week.

The win, was the first in the young career of the Connecticut native, as he allowed four runs on seven hits while fanning four FDU batters.

The righty was in control throughout taking a 10-1 lead into the final inning, before FDU scored three times in their last-at-bat.

Bushor is 1-1 on the year with 13 strikeouts, and has only seven walks in 18.1 innings pitched.

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**Sports Briefs**

**Women's Bowling: Pioneers head to national Championships**

Sacred Heart women’s bowling team qualified for the IBC National Championships with a fourth place finish at the IBC Sectional Qualifier in Avondale, A.Z. over the weekend.

The Pioneers will head to Grand Rapids, M.I. on April 18, where they will bowl against 16 of the top teams in the Nation.

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**Base balls and Softball called off due to rain**

The softball double header against URI had been rescheduled until April 17, at 2 p.m. at Pioneer Park.

The Pioneers are next in action when they begin NEC play with a double header against LIU.

The baseball teams game with Marist College has been cancelled, and the game will not be made up.

The Pioneers are next in action this Saturday, when they travel to Quinnipiac for a double header starting at noon.

---

**Football: Pioneers prepare for spring campaign**

SHU football heads into spring practices which begin on March 31 and are ready to improve on last year's accomplishments.

The Pioneers are coming off the most successful season in school-history, as head coach Jim Fleming guided the team to the biggest turnaround in Division IAA.

The Pioneers were 10-1 last season.

This past season the Pioneers finished second in the NEC.

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Sacred Heart University's men's lacrosse team defeated Siena, 20-2, at a wet and windy Campus Field this past Wednesday.

Sacred Heart jumped out to an early lead, 6-0 at the end of the first quarter.

Sophomore Stephen Grabow (Commack, N.Y.) added four goals to the Pioneer scoreboard as freshman Tyler Turlington (Helotes, Texas) also tallied three goals for SHU, who used six goals in the first period and seven in the second quarter to jump out to a 13-0 lead at the break.

From there the Pioneers defense solidified the win only allowing two goals in the second half.

The win improved SHU to 3-0 in the MAAC conference and a 3-2 record overall.

The Pioneers have tallied an amazing 75 goals through five games this season, while opponents have scored 50.

Sacred Heart took the field against Mount Saint Mary's this past Saturday suffering a 15-10 loss.

The game opened with Sacred Heart jumping to a 2-0 lead with goals scored by Grabow and sophomore Chris Swier (Hicksville, N.Y.).

The score at the end of the first quarter was 3-1.

At the end of the half Mount Saint Mary pulled ahead 6-5.

From there things turned sour for the Pioneers.

A majority of the second half was played a man down by Sacred Heart due to some careless penalties and some questionable calls on the part of the officials.

St. Mary's took advantage and pulled away to 13-7 at the end of the third.

From there was an uphill battle for SHU, their efforts were ineffective, and the final score was 15-10 St. Mary's.

Sacred Heart was led by Grabow's four goals, junior TJ Hutmackers' (Pearl River, N.Y.) two goals and one assist and Swier's two goals.

George Bravo was named MAAC Rookie of the Week for his five points in the games versus Siena and St. Mary's.

"Mount Saint Mary's was an emotional game. We really wanted to win but the offense was not able to control the tempo as well as we would have liked," said Bravo.

"Unfortunately we did not play up to our capabilities. "There were too many penalties in the defensive end and too many mistakes overall, which St. Mary's capitalized on," said defenseman Mike Levchenko.

We are hungry to meet St. Mary's again in the MAAC championships," said junior defenseman Dom Villini.

The Pioneers travel to Villanova this Saturday. The game begins at 1 p.m.