Steven M. Wise "rattles the cage" at Sacred Heart

Steven M. Wise, a pioneer in Animal Rights Law spoke on Monday in the Schine Auditorium as part of a lecture series at Sacred Heart University. Wise based his lecture on his book, *Unlocking the Cage*, which focuses on the legal rights of animals. The event was hosted by the Hershey Institute for Applied Ethics at Sacred Heart University and Brian Stiltem, Ph. D. Assistant Professor of Religious Studies.

Wise thinks that there are a number of ingrained institutions in our society which justify the view so widely held by our species that we are superior to non-human animals. He specifically identified several traditional obstacles, that prevent animals from equality. If each of these obstacles were overcome, he believes that our society would be much more active toward protection of non-human animals, as the courts currently see animals as property.

"In law you are either a thing or a person. If you are a thing you have no rights" Wise explains, "and if you are human than you have rights over things." According to Wise, the courts see all non-human animals as things even though they may have more brain function than some human beings.

He drew upon the idea of a little girl born with only a brain stem and no brain. Though she could not even think, in the eyes of the court the girl was still able-bodied enough to make her own decisions.

Though most of the audience was there to study, several students made comments about how cute chimpanzees are as he described their behavior. These apes as well as bonobos, another type of ape have shown the ability to learn language and communicate to a given extent. Despite the fact that these creatures can communicate more than that little girl, she has more rights than they do.

However, according to Wise the problem does not end there. More than ten billion non-human animals die each year for scientific, hunting and trapping purposes. Aside from the physically ending this practice, a large quantity of money comes from the animal industry. In fact, the practice of using animal products is so ingrained in our society that Wise himself admits to using such things as polishes and lubricants. When people stand to lose such large revenues through corporations they associate with, they become politically involved in maintaining their practice.

According to Wise, one of the largest problems lies in religion. Almost everything from Islam to Christianity and Judaism support a hierarchy of humans over non-humans. So, few would be surprised by the fact that historically, humans have persecuted non-human animals. Due to this history, humans have a tendency to psychologically see themselves as superior to non-human animals. Wise believes that people see non-human animals now as the white man once saw women and slaves - as property. He feels that by appealing to the masses he will be able to slowly make inroads into eventual animal equality by making people understand and sympathize with his cause. Will he be able to convince you? His second book, *Unleashing the Cage*, arrives in bookstores this April.

---

Scary Times at Sacred

Heart University

By Aimie Likens
Copy Editor

As Halloween draws near, Sacred Heart faculty and students have been preparing the campus for many events, activities, and celebrations.

On October 27, 26, and 29, in the University Commons (the Old Gym), will be a fright fest called the "Terror Dome." Students are invited to participate in this event that will include a maze of frightening spectacles, gruesome characters, and surprises "too terrifying" to mention.

Opening night is Saturday, October 27, when the "Terror Dome" will run from 7p.m. to 11p.m. This event will also run on Sunday from 10p.m. until midnight and Monday from 8-11p.m.

Hosted by the SHU Band Council, the event will be run and sponsored by students. Tours will be led through the haunted house by guides prepared to do everything they can to scare the living daylights out of their victims.

"Our goal is to make every person who enters the "Terror Dome' scream at least once," explained Paul Wronski, a junior from Hamden, CT.

A graphic design major, Wronski was one of the minds behind the "Terror Dome" and is excited for the event. "We've worked really hard on this, and I can't wait to see the terrified looks on my friend's faces," claimed Sharon Power, a sophomore from Shelter Island, NY.

See 'Terror' on page 3
Corrigan's book becomes required reading
Ralph Corrigan, Professor Emeritus, recently wrote a book titled, *Answering The Call*. He came to Sacred Heart University, in the Faculty Lounge, for a book signing. Sacred Heart University President, Dr. Anthony Cemera, addressed those in attendance that Corrigan's book is now going to be required reading for all incoming freshmen. This will show students how intrinsic service is to the Sacred Heart community. Corrigan was presented a certificate that announced the establishment of an Award Program and Lecture Series which will be held in recognition of his personal and professional contributions.

Voice your concerns
The Student Senate has a very important question for you! What do you feel is the MOST pressing issue on our campus? Please respond to this question via e-mail to jennifer-corrigan@sacredheart.edu.

Yearbook dedication nominees
And the nominees for this year's yearbook dedication are:

- Jill Angotta, Director of Special Services
- Pam Barnum, Student Life Departmental Supervisor
- Frank Cooper, Public SafetyAdminISTRATIVE Supervisor
- Jack Fernandez, Public Safety Administrative Supervisor
- Sharon Sanders, FLIK Floor Supervisor
- Larry Wiel, Dean of Students

The winners will be announced May 2, 2002, at the Campus Life Leadership Awards Banquet.

Foxwoods seniors
The senior trip to Foxwoods is coming soon. The bus leaves from Public Safety at 7:45p.m. on Monday. The trip will last till departure from Foxwoods at 1a.m. Buy your ticket in front of the Public Safety Administrative Office. The senior trip to Foxwoods is coming soon. The bus leaves from Public Safety at 7:45p.m. on Monday. The trip will last till departure from Foxwoods at 1a.m. Buy your ticket in front of the Public Safety Administrative Office.

State of the University
The State of the University address is November 6th at 7pm in the Schine Auditorium. The State of the University address is November 6th at 7pm in the Schine Auditorium.

Mid Terms

- East Hall Examined During Mid Terms

By Kacey Semler
Staff Writer

Sacred Heart University held it's annual Family Weekend festivities on Friday, October 12, through Sunday, October 14.

Parents, grandparents, siblings, and other family members attended the planned activities. On Friday evening, following a wine and cheese party with Sacred Heart University President, Dr. Anthony Cemera, families tested their luck at Monte Carlo night. The University Commons was transformed into a buzzing casino, where games such as Black Jack were taking place.

There was even a mini-game show that offered contestants a chance to show off their smarts and quiz themselves on some trivia.

Awards The night concluded with a 50's styled dinner dance, where Sacred Heart's show choir entertained families.

On Sunday morning, Mass was held in the Piti Center and afterwards, students bid their loved ones farewell with a brunch accompanied with a live brass band.

“Judging Amy’s” inspiration speaks at Sacred Heart

She then explained the history of neglect laws. The first neglect laws written in the early 20th century were broadly written and not enforced.

Children were soon placed in foster care and other institutions. By the 1970's, the Children’s Bureau was created, and Family Preservation Programs were created.

Judge Brennan also spoke briefly on the topic of Juvenile Delinquency. She feels that children shouldn’t be given the title of “delinquents.” This is just recriminalizing children who commit crimes. She would rather the title of “respondents.”

“Judging Amy’s” inspiration speaks at Sacred Heart

Continued from page 1

She was the second female judge to be appointed in the state of Connecticut. Judge Brennan was named senior Superior Court Judge for the State of Connecticut and now serves as a Senior Superior Court Judge.

Judge Brennan’s lecture was entitled “Protecting the Protections: Minimizing harm in Child Protection.” She has dedicated her career to minimizing child abuse and neglect.

She doesn’t usually remove a child from his/her home, but sometimes it is necessary in extreme cases.

By Giovanni Diaz
Terror Dome comes to Sacred Heart University

Continued from page 1

There is also going to be a scaled-down version of "Terror Dome" for children from the area who want to come and see the haunted house, but would be too frightened by the actual version.

The SHU Band Council is working with Phyllis Machledt in getting some Bridgeport area children to come for a few hours.

The children will be able to walk through the G-rated "Terror Dome" and then participate in various arts and crafts projects set up for them.

"I think doing community service is a great way to show that students not only want to have fun, but that we care about our area," said Andrea Minei, sophomore from New Rochelle, NY.

While the G-rated version will be free to area children and their families, the full-scale version has a fare of $5.00 per person, or a reduced price of $2.00 with SHU ID.

Recycling starts at Sacred Heart University

Is your car in need of repair?

By Tom Pence
Staff Writer

Recycling is becoming a priority on SHU's campus and many feel that it is an important step to saving our world's ecosystem. This year, students and faculty are taking action to make recycling become more then just something we talk about.

Bright blue recycling bins are being placed around the school and inside of FLIK to ensure that every person on campus has the opportunity to recycle. So it may be time to throw away some old habits if you are used to dumping your recyclable trash in the garbage.

A graduate, a professor at SHU, has been monitoring weekly, the amount of recyclable material that was being thrown into a dumpster, rather than being brought to a recycling center. Dr. Walker says that his observations were more than disturbing.

"Even though there were a few marked recycling bins on campus and students were trying to recycle, at the end of the day everything was just dumped together in one big dumpster out back," said Walker.

"That is why we have started 'Recycle 2001.' It is a campaign to get students, faculty, and administrators on this campus to start consciously recycling," Walker added.

Many students who feel the importance of protecting our environment support the campaign.

"I want to see our school become more involved with recycling and hopefully have it catch on with everybody," said junior Matt Mulvey who is among a group of concerned SHU students.

To help recycling catch on with everybody, Mulvey has decided to start a recycling club to increase Sacred Heart's awareness about recycling and to help make it happen.

If approved, the club's purpose will be to make SHU more environmentally friendly.

"We can monitor the recycling bins around campus and encourage people to recycle," said Mulvey.

Right now, there are over 30 students who have expressed their interest in getting involved with a club that supports recycling.

Since the importance of "Recycling 2001" has been publicized through global e-mails and the bins have been placed around campus, Dr. Walker has noticed a considerable improvement in what actually gets picked up to be recycled at the end of the week.

"It really is happening," said Walker. "I saw the guy today take our bags filled with bottles, cans, and white paper to be recycled. A difference is really being made!"

Read the reports of an obscene man in the Ryan Matura Library, Public Safety bandaging wounds, and multiple occurrences of disorderly conduct, this week in the Public Safety Reported Incidents Log

October 3: 8:43 a.m. - A set of computer speakers were stolen in Curtis Hall. Public Safety filed a report.

1:34 p.m. - Suspicious activity was reported at the library where a male was found with exposed genitalia and in a lewd act. Public Safety responded. The unidentified male left the building and campus before Public Safety arrived.

2:30 p.m. - Property Damage was reported at Parkridge. An access lane was struck by lightening. Public Safety filed a report. A part was ordered.

7:16 p.m. - A resident in West Hall hit his head. Public Safety, Fairfield Fire, and AMR responded. Resident was taken to St. Vincent's hospital via ambulance.

10:42 p.m. - A fire alarm went off in East Hall. Public Safety and Bridgeport Fire responded. Alarm was activated by burnt food.

October 4: 1:38 a.m. - Off campus, a resident injured his foot while playing football. Public Safety responded. Resident was given an ice pack.

2:52 a.m. - A fire alarm sounded at the Pitt Center. Public Safety responded. The alarm was triggered by a malfunction.

October 5: 12:30 a.m. - A motor vehicle violation occurred on the main campus. A vehicle was driving with someone in the trunk. Public Safety made the visitor get out of the trunk.

12:39 a.m. - A staff member was not feeling well in FLIK. Public Safety, Fairfield Fire Department, and AMR responded. Staff member was taken to St. Vincent's Medical Hospital via ambulance.

October 6: 11:15 a.m. - An alcohol violation occurred at J-Hill. A commuter student entered a dorm with alcohol. Public Safety, Fairfield Fire Department, and AMR responded. Staff member was taken to St. Vincent's Medical Hospital via ambulance.

October 7: 11:55 a.m. - Numerous CDs were stolen from a car in the South Lot. Public Safety filed a report and is investigating.

October 8: 1:50 a.m. - There was suspicious activity off campus. Several people were seen going onto the golf course at late hours. Public Safety responded and nobody was found.

1:58 a.m. - A fire alarm went off at Taft Commons. Public Safety and Bridgeport Fire Department responded. Alarm was activated from a broken sprinkler. Buildings and Grounds repaired the broken sprinkler.

October 9: 10:33 a.m. - Larceny was committed on the main campus when a male exited a cab without paying. Public Safety looked for the person and could not find him.

1:28 p.m. - Disorderly conduct occurred on the main campus. Tow drivers became irate with Public Safety when they were pulled over. Public Safety filed a report and issued both drivers citations.

4:34 p.m. - A fire alarm went off in the academic building. Public Safety responded. The alarm was activated due to a malfunction.

7:14 p.m. - A fire alarm sounded in the academic building. Public Safety and the Fairfield Fire Department responded. The alarm was activated due to a malfunction.

October 10: 12:43 a.m. - A fire extinguisher discharged in the academic building. Public Safety filed a report and replaced the extinguisher.

8:30 a.m. - A medical illness was reported in the academic building. A student fainted during class. Public Safety responded. The student declined medical attention.

1:40 p.m. - Reckless Driving occurred on the main campus. Public Safety responded and the vehicle was issued a ticket.

3:12 p.m. - A staff member reported that there was a suspicious person walking around the administration building. Public Safety searched the campus and nobody with the given description was found.

3:27 p.m. - Two vehicles were involved in a minor accident off campus. Public Safety filed a report. State police responded and are investigating.

6:31 p.m. - A fire alarm went off in East Hall. Public Safety and Bridgeport Police responded. The alarm was activated by burnt food.

8:59 p.m. - A CD was reported stolen in the old gym. Public Safety is investigating.

11:32 p.m. - A fire alarm went off in J-Hill. Public Safety responded. The alarm was activated due to a malfunction.

October 11: 12:05 a.m. - An assault occurred near South Hall. A pizza delivery man was hit with a rock. Public Safety searched for the individuals responsible but could not find them. Public Safety filed a report.

12:16 a.m. - A residents previous injury at J-Hill became infected. Public Safety responded and bandaged the wound. The resident was taken to St. Vincent's Hospital by a friend.
Editorials

It's all what you make of it

For all of you out there you make it your job to criticize the Spectrum, we personally challenge you to step forward and put your money where your mouth is. Tell us what your problems are, and tell us in writing. This way you can voice your opinion to the entire school and be heard.

The Spectrum is a very important part of our lives here at Sacred Heart, and we take it very seriously. So anyone who is willing to criticize us, please give us the respect to put your name behind what you say.

This challenge is not only for students, it is for the faculty as well, who also takes liberties in criticizing the writers. We put our name on the line every time we author an article. If you can stand behind what you say, then say it to us.

The paper is here to inform students and give the university an outlet to voice their opinions. It's what you make of it. So if you choose not to submit anything then we will assume that there are no problems and continue to do what we have been doing. It's up to you Sacred Heart, make the most of it.

-Megan Flood, Editor and Chief

A Lack of Respect for Greek Life

Dear Editor,

All members and associate members of Greek Life play a certain game during pledging. This game is to try to "steal" the notebooks, lunch boxes, or other pledging paraphernalia from associates of other organizations. However, there is also an unspoken rule which all Greek Life members abide by: no one ever actually looks at the information, and the notebook, etc. is always returned. We all understand that this information is sacred and that reading through it would ruin the secrecy and tradition which makes pledging a Fraternity or Sorority so great. We all have enough respect to enjoy the game for what it's worth and to never overstep the unspoken boundaries.

However, last week one of our associates' lunch box was stolen and never returned to us. While we are saddened by the fact that the individual or individuals who did this did not have the respect to return the box to us, we realize that this person is clearly not affiliated with any Greek Life organization. We find it upsetting that this person has so little respect for tradition and secrecy and thinks so little of the pledging process. It is not only an insult to the Sisters of Beta Delta Phi, but to all members of Greek Life.

We feel that this was an act of stupidity and immaturity committed by someone who is bitter and angry at those who are part of something worthwhile. Perhaps this person wishes to be a part of something as wonderful as Greek Life- but just doesn't have what it takes.

We've all heard stories and rumors about what happened to the box and its contents and our only question is this: what did you truly expect to find during week one of pledging? The very reason that pledging is an eight week process is because no organization gives up all of its secrets at the beginning. These associates need to work for their letters and for the satisfaction they will get when they cross over.

It is sad that this person was so interested in finding out something about our organization that they were willing to stoop to this level of cowardice and disrespect. If someone really is that curious as to what is behind the doors of Greek Life Organizations, then perhaps he or she should consider pledging one of them- though we are of the opinion that this person is unworthy of letters of any kind.

To all those out there who consistently put down Greek Life and the people who are trying to be a part of it, we have only one thing to say- don't knock what you don't have the courage to try yourself. Unless you have put in the time and effort that pledging a Fraternity or Sorority requires, you have no idea how important your letters are to you- and therefore no right to put down something that is so wonderful.

-Sisters of Beta Delta Phi

The SHU Voices

Are you concerned at all about the Anthrax out breaks in the U.S.

Alexia Mouyaris
Bellerose Village, NY
Junior
"Of Course, I don't want to die!"

Anthony Criscaolo
East Haven
Freshman
"Not one bit."

Marie Cetti
Pittsfield, MA
Senior
"I'll only worry if I get it, until then there is no use worrying about something that hasn't happened yet."

The Spectrum

5151 Park Avenue
Fairfield, Conn. 06432
Office: (203) 371-7963 or 7966 and Fax: (203) 371-7828
www.shuspectrum.com

Editor-in-Chief
Megan Flood

Assistant Editor
Jennifer Simeonidis

News Editor
Kerry Freel

Sports Editor
Keri Blair

Features Editor
Keysha Whitaker

A&E Editor
John Ruggiero

Photography Editor
Ryan Greenfeld

Photography Assistant
Position available

Business Manager
Aja Smiley

Cartoonists
Jeff Murray
Giovanni Diaz

Staff Writers
Gaetano Marra, Jr.
Janine Graffe

Copy Editor
Aimie Likens

Kacey Semler
Allison Keck
Laura Ryan
Nancy Monaco
Laurie Nagy

Webmaster
Greg Kyrystchenko

Advisors
Dr. Debbie
Danowski, Faculty
Dr. Robert McCloud,
Web Page

Compiled by Ryan Greenfeld
Letters/Op-Ed

LET'S Face Reality

By Megan Flood
Editor and Chief

What do all college students have in common? They like to have fun. Now I’m sure that you can have plenty of fun in the residence halls hanging out with your friends, going to the movies, or doing any number of other things—but where do you go when you want something different? Well that was the point of the article in the A&E section last issue. I have heard the negative responses towards the last issue and the article written by Chris Economy, “How to party like a Rock Star”. Honestly, anyone that takes offense to this article shouldn’t be working at a university which is full of college students who are always looking for a good time.

The Spectrum is an open forum for the students, by the students. We continuously strive for articles that will interest students and draw their attention. We all know that students are always interested in places to go, so why not put an article in about where to go and have fun.

I realize that it is alcohol awareness week and that there are organizations who promote this cause. But no one is telling anyone that it is good to drink so much that you put your life or the life of anyone else in danger. I understand that there was a certain tone to the article, but please don’t get the impression that we are telling students to drink every night. Clearly, the article was intended to be humorous and to poke fun at the stereotypical image of a college student—which it succeeded in doing.

The article was written by a student who likes to “party” and was meant to be a satire on life here at SHU for some of its students—so take it for what it was.

The article gave advice on places to go and have fun, and perhaps have a drink while you are there. Please note that all of these establishments can be attended without drinking anything but good old Coca-cola. Also a person could attend for the sheer pleasure of listening to one of the many live bands these establishments host or for a variety of other reasons (i.e. hanging out with friends).

People want to know where to go and they have a right to this information. If we can provide for that then we have done our job.

All of the establishments that Chris mentioned do require that you are 21 with a valid I.D. They all provide an atmosphere which is enjoyable to most college students.

I, like many of my friends, am over the age of 21, which is the legal age of consumption in the state of Connecticut. We are always looking for new places to go. The article was written for people like us. I realize that a majority of the school is under the age of 21, but that doesn’t mean that we can’t inform those who are.

Hey you. Can you feel it?

There is a certain vibe amongst us and it is creeping ever so slowly into our hearts. It is that spirit of freedom that we have longed for. Some of us set out for it by enrolling in this manufacturer while hunting it down through work, as the rest simply just ignore it and dive into a world of surreal contentlessness. How sad. Don’t you just want to cry for the ordinary? Doesn’t it hurt to see the extraordinary happen to the person sitting next to you?

This is your chance to create the extraordinary. Seize this moment of this day and run with it. Run past tomorrow and dive into the future. Create your future by seizing this moment. Believe in yourself and plunge into your dreams. Make them come true. Create your fairy tale and live within your kingdom. Be happy. Walk the halls with a beat. Skip if you must. Recharge yourself so that you are alive and not part of the dead play that people call “every day life.” Create happiness. Create smiles. Know that you are alive and able to change the world. We are not puppets in other people’s plays, we are the shining star of our future. We have the power to change the world. We can create world peace, we have the answer to poverty and by God we have the world that we want to live in. What are we doing with them? Where are our tools? Who will stand up and show them off to the world? Where is our leader?

Are you out there?

Until next time,
-Igor

What is an Intellectual?

It is very unusual these days to hear students identify themselves as intellectuals. “Intellectuals” are generally considered to be “nerds” and being a nerd is the opposite of being a social success. It probably came as something of a shock to many of you when you heard students in the October 4th issue that were form individuals that I address as intellectuals. “Intellectuals” are generally considered not to like parties, and the article written by Chris Economy, “How to party like a Rock Star” is anathema to them. But I would like to ask what is an intellectual and whether being an intellectual is, in any sense a responsibility.

An intellectual is undoubtedly someone who reaches his or her own conclusion independently, who conducts his or her own investigations, and is prepared to discuss his or her conclusions by use of reason. These are all qualities clearly possessed by intellectuals. But is there a further quality as well; does an intellectual recognize an obligation to use reason? And if so, what is the nature of that obligation and how is it grounded?

Is being an intellectual a “lifestyle” choice or does it involve recognizing something that must be recognized, i.e. that reason is the supreme guide for life and that following it is the highest calling. If following reason is an obligation then to speak of “using” it — as if it were a tool — is misleading. For a tool is something that one can pick up or choose to lay down. Whereas to say that something is an obligation is to say that if one fails to take it up, then one is at fault.

It seems to be that unless we are clear about what it means to be an intellectual then any identification of oneself as one would be vague and could provoke misunderstanding.

Sincerely,
Edward Papa

Session with Igor

I am among you in your student body. Some of you know my name as others know the face. I am not as significant as Flik’s hot entre or as insignificant as Public Safety. I am just one of you. I am a name, a number and now leaving a school, a mind. Just as all of you. I invite you now into the mind of a fellow student. I might be that guy sitting there in the corner, or perhaps that girl in the computer lab, or just maybe your CLA, the fact is I am one of you.

Hey you. Can you feel it?

There is a certain vibe amongst us and it is creeping ever so slowly into our hearts. It is that spirit of freedom that we have longed for. Some of us set out for it by enrolling in this manufacturer while hunting it down through work, as the rest simply just ignore it and dive into a world of surreal contentlessness. How sad. Don’t you just want to cry for the ordinary? Doesn’t it hurt to see the extraordinary happen to the person sitting next to you?

This is your chance to create the extraordinary. Seize this moment of this day and run with it. Run past tomorrow and dive into the future. Create your future by seizing this moment. Believe in yourself and plunge into your dreams. Make them come true. Create your fairy tale and live within your kingdom. Be happy. Walk the halls with a beat. Skip if you must. Recharge yourself so that you are alive and not part of the dead play that people call “every day life.” Create happiness. Create smiles. Know that you are alive and able to change the world. We are not puppets in other people’s plays, we are the shining star of our future. We have the power to change the world. We can create world peace, we have the answer to poverty and by God we have the world that we want to live in. What are we doing with them? Where are our tools? Who will stand up and show them off to the world? Where is our leader?

Are you out there?

Until next time,
-Igor
By Janine Graffeo
Staff Writer

Question: “Do you want to have fun while you learn?”
Answer: Take a class with Sister Palliser.

SHU students who have taken Introduction to Religious Studies with Sister Margaret Palliser agree that her methods and teaching style help students to think on a deeper level and cultivate their minds.

Furthermore, the students gain a crystal-clear comprehensive way of relating the concepts that are taught within the course curriculum.

Teaching the ability to apply concepts to real world situations is the genesis of preparing students for intellectual stimulation.

A student can make better connections with class material when other factors are incorporated in the true sense of the “learning environment,” thus they can receive a multitude of benefits inside, as well as outside of the class.

Following this premise, early in October some students had the opportunity to expand their minds through meditation.

Palliser held class in the wrestling room at the William H. Pitt Center. The class was arranged in a large circle-like formation, which gave unity to the atmosphere.

Next, a candle was placed in the center of the circle and the smell of incense permeated the air.

The guru was Valorie Lordi, a spiritual instructor who excels in reiki, yoga and meditative practices.

Lordi presented us with several breathing exercises, yoga stretches, and various forms of meditation.

Lordi was able to link the relationship of the power of the mind and the universe.

She explained that “physical life has a life force, there is an actual anatomy and physiology to the circulation of that life force.”

According to Lordi, we have meridians, which are rivers of the chi (energy flow) that interpenetrate the physical body and the energy body. We also have Chakras, wheels that bring in the life force and feed the meridians.”

In other words, there is interplay of humans and the world around them.

Lordi hoped that by the conclusion of the class the students would understand that they are multi-dimensional and are not just bodies.

Palliser hopes her students benefit from this experience.

“We do a lot of reading about religious experience and concepts are not the same as experience and so to have an ‘experience’ of meditation opens up many doors”

- Sister Margaret Palliser

“We do a lot of reading about religious experience and concepts are not the same as experience and so to have an ‘experience’ of meditation opens up many doors,” said Palliser.

Students appreciated the serenity they experienced that day. They were able to relax but most of all learn about the techniques involved in meditation practice.

Michele Barrett, a psychology major, enjoyed the breathing exercises.

“I let go of my physical pain that I currently have in my back, from a herniated disc,” said Barrett.

“Breathing in and out helped to take my mind off the pain. I think this particular class was a nice supplement for our course.”

Sophomore business major, Sean Hatch said, “The class taught everyone to relax more and just seed their inner being, and really get to know themselves more by staying quiet and not saying anything, listening to the things around them to their peacefulness and their thoughts.”

“It was a great experience for our class,” added Hatch.

Palliser enriches her students with her teaching style.

She encourages her students to go a step beyond and see past the face value of the definitions and concepts that are taught.

Palliser also creates an environment where students have group work so that they can share their ideas and thoughts throughout the discussions and lectures.

Props and videos are tools that are utilized in order to gear the students cognitively on this deeper level.

It is obvious that Sister Palliser takes the time and concern to help students really enjoy what they are learning, and develop the knowledge they receive from her.
By Tina Shushelnyczky
Contributing Writer

In light of recent terrorist attacks on America, and with fears of more attacks looming, many people who were once avid flyers are now considering staying grounded.

Although air traffic slowed down considerably in the weeks following the attacks, the Air Transport Association, a trade-group for all the major U.S. airways, claims that more people are starting to fly again.

So how does the Sacred Heart community feel about taking to the skies after Sept. 11?

The events of Sept. 11 have not affected my travel plans. It did affect my level of concern about travel in general," said Kirk Bartholomew of Middletown. "But yes, I still plan on flying."

It seems that for many students and professors alike at SHU, the horrid events of Sept. 11, 2001 will not deter them from boarding a plane again.

Whether it be for a flight home to visit relatives for the holidays, or a flight to some tropical island for Spring break, students and professors are setting their worries aside and are determined to fly again.

They were also asked if they would be willing to fly again.

Forty-two members of the SHU community responded to the poll. Thirty-nine out of the thirty-two people who responded to the poll said that the events of Sept. 11 had little or no affect on their plans to travel in the future.

Class of 2002's Kristen Olson of Trumbull expressed confidence about flying.

"I have no reservations whatsoever about getting on a plane again. I'm flying to Florida in December for a vacation with my family and I wouldn't miss that for the world!" said Olson.

Stephen Brine, Jr. a sophomore from Plainfield, CT said, "In light of the recent tragedies I do not feel any less safe flying now than I did before, although I am more aware of my surroundings. All forms of transportation, not just airplanes, are vulnerable to terrorist attacks."

Ironically, those who said that the recent attacks did have an affect on their feelings about air travel are still willing to fly.

For some, the attacks have evoked the need to travel and to "live life to the fullest." Charlotte Gradie, associate professor of History said, "I love to travel and the events of Sept. 11 have made me realize that we should live life to the fullest while we can. So, if anything, I am planning to travel more."

Biology professor Jacques P. Vaellieux of Stratford who recently flew for a business conference said, "I assume that security is as tight now as it will ever be, and therefore I should not rearrange my plans."

Samantha Klein of Fairfield lost her father in a plane crash when she was six years old, though she endured a fear of flying.

Last summer she boarded a plane and flew to Florida for a cousin's wedding, but the events of Sept. 11 have made Klein uneasy again.

"My fears of flying have been more reinforced this past month, whether this is rational or not," said Klein.

"Fifteen years ago, my father and now again last month, many innocent passengers and crew had no idea what was coming. How do I know that the next time I step on a plane, I won't face a similar fate?"

Obviously there are no guarantees that another terrorist attack will not occur.

For some, this is reason enough to avoid flying. Yet for others, especially those who love to travel, or those who travel for business reasons or to see family, flying is simply unavoidable, despite the risks.

---

Tracing

by Brandon M. Graham

those two things u call your hands
are in fact not hands at all,
but two delicate brown crayons
softly tracing
across the surface of my skin

and if i were a teacher
and u were my student
all that i would ask
is that u please stay
within the boundaries of my body,
but love me
outside the lines of commonality
By Jamie Pasculli
Contributing Writer

The Taco Loco: Worth the Drive?

By Steve DiSORbo
Contributing Writer

Have you seen the advertisements for Taco Loco? Have you been wondering if it's any good? Since last year, we have been hearing about this Mexican restaurant all over campus. Our interest in the establishment began with the funny name Taco Loco, which doesn't take a linguistic genius to figure out—"Crazy Taco." This restaurant would most likely appeal to upperclassmen, who might have a little more disposable income and are looking for a new place to go in the area.

If you're staying in this Halloween, but you want to give your college experience a new spin, you should rent "The Blair Witch Project." This film shows you the horrifying journey of three college students as they make a documentary about the mystery of the Blair Witch. This isn't your typical teen slasher film.

"The Blair Witch Project" has twists and turns that change all the rules of a horror film. If you want to try something different from the typical horror film, you should try "The Blair Witch Project." It's guaranteed to be terrifying.

"Scream" is the way to go if you want the typical teen slasher film. It has it all: the scary murderer, the determined heroine, and best of all it keeps you guessing. "Scream" is a trilogy, so if you want to go all out you can rent all three, but the first is always the best. "Scream" is very inventive, and it may be a typical teen horror film, but it definitely frightens anyone who watches it, and who knows maybe after.

Stephen King's "It" is a movie rental that is sure to give you some spine-tingling thrills. This movie reunites child hood friends to fight an evil force that they thought they had defeated when they were kids... key word: thought. This movie can also get gruesome at some points, and its terrifying villages will have you looking at clowns in a new light.

Our extremely sanitary, yet amusing waiter was very quick to take our drink order and return with our beverages, pouring them in front of us while holding them on his tray. When we were ready to order, we had to wait a bit for our waiter to return.

We held ourselves over by munching on the free tortilla chips and salsa, so our server's delayed return was acceptable. Upon his return, he asked if we needed our drinks refilled before taking our food order.

When the food came out, it was well prepared and, again, festive in its presentation. Matt Hales, one of the volunteer taste testers ordered soup as an appetizer—"Sopa de Tortilla," it was green in color and seemed rather unappetizing. But it must have been good because he described it as being "borderline organic." I took his word for it and one of our friends tried it (I didn't want to make a meal out of it). By the end result, we were pleased.

Jamie Pasculli ordered the "Aroz con Polio" which was basically chicken with Spanish rice and peppers. My girlfriend, decided on the "Taco Salad," which is... well a taco salad.

The prices ranged from $8.99 to $18.99 per meal, a reasonable price for such good food. But, being college students, we went with coupons. The 50% off coupons that we picked up on campus were obviously not for half off the entire bill. The coupons entitled us to 50% off one meal, with the purchase of another meal of equal or greater value, and they could not be combined.

So our total bill came out to be about be about $95.00 with the coupon counting for one meal and without gratitude. This restaurant would most likely appeal to upperclassmen, who might have a little more disposable income and are looking for a new place to go in the area.

So if you have a car on campus or know someone who does, and you don't mind parking on a side street, we suggest you give it a try. It's a fun place to eat and the food, although different, was very good.

It was worth the drive after all. Besides, you get free tortilla chips and salsa at your table!
The "Iron Monkey" Delivers an Iron Fist

By John Guedes
Contributing Writer

"Iron Monkey" is a classic of Martial Arts cinema.

When I first acknowledged the success and popularity of "Crouching Tiger, Hidden Dragon," there was no doubt in my mind that the film industry would go digging in the vaults for overlooked Martial Arts films from Hong Kong.

One such film was just released to U.S. theaters last Friday called "Iron Monkey," which was actually released in Hong Kong back in 1993. I guess an account for taste in American cinema takes about eight years.

The film is directed and choreographed by the legendary Yuen Woo Ping, whose choreography credits include "The Matrix," the soon to be released "The Matrix Reloaded," 'Black Mask,' ' Fist of Legend' with Jet Li, and of course Ang Lee's "Crouching Tiger, Hidden Dragon."

But like John Woo, American soil has softened him a bit and a film like "Iron Monkey" stands as a testament to his immense and longstanding talent.

The film is also produced and co-written by a guy named Shek, whose "Once Upon a Time in China" series made Jet Li a superstar. Despite being made after the series, "Iron Monkey" is actually a sequel.

It centers around a young Wong Fei Iong, Jet Li's character in the series, who travels from place to place with his father, played by Martial Arts legend Donnie Yen.

On one of their stops along the way, they encounter a kind-hearted doctor who marque­ades by night as "The Iron Monkey," and who steals from the rich and gives to the poor. But when he steals from a corrupt Governor, Donnie Yen is called in to stop him at all costs. The plot gets really interesting when "The Iron Monkey" suffers from a bad case of Clark Kent Syndrome and becomes the man who is hired to kill him.

The grand finale is a two-on-one dualmatch between our two heroes and an evil Shao Lin Monk on top of eight-foot bam­boo poles that happen to be rav­aged by flames.

The film makes use of what is known as wire-enhanced acrobatics that is highly uncon­mon among the many Bruce Lee and Jackie Chan films that we have become so accustomed to. Yuen Woo Ping also used them in "Crouching Tiger, Hidden Dragon," which gives the film an almost science-fic­tion feel to it.

One of the aspects of the film could also place it in the realm of fantasy such as the evil Shao Lin Monk's "wonder palm," that consists of a telescopic arm that extends almost twenty feet to attack his opponent leaving a nasty blood clot in the shape of a heart.

I find the thing most inter­esting about the film is how the main focus is on young Wong Fei Iong rather than the hero, "Iron Monkey." It's a coming of age story about how a young boy must become a man through the strong values enforced by his father.

Another amazing aspect of the film is its incredible cine­matography by Arthur Wong. Unusual camera angles and a great sense of depth and space make it reminiscent of the work of Fellini collaborator, Giuse­pe Rotunno.

Oddly enough, "Iron Monkey" has been available on both DVD and VHS for quite some time now. But it really does justice to see it on the big screen for the first time. Sure, it doesn't have the budget or script like "Crouching Tiger, Hidden Dragon," but for fight sequences, it easily blows that movie out of the water. And if you enjoy this type of Martial Arts Fantasy, then you should also try and get your hands on the "Once Upon a Time in China" series, the "Swordsmen" series, "Twin Warriors," "The New Legend of Shaolin," "Dragon Inn," "The Legend," and countless others. Sam Goody and FYE at the Trumbull Mall is a great place to start, with a wide selection of both VHS and DVD titles.

The Hidden Hippie

By Amanda Vaoutour
Contributing Writer

I always wanted to be a hippie. In eighth grade my teacher, Mr. Elliot, told my class to prepare a project for the upcoming science fair; we could report on any aspect of science we wanted. I wrote a paper on Woodstock. I threw some stuff in about the effects of LSD on the brain, and some convoluted paragraph about the water cycle. Basically, I wanted to use class time to read this really big, cool, book about a concert I could only fantasize about attending.

You can imagine my excite­ment, when that same year I pre­sented my "science" project, Woodstock’s live 25th Anniversary concert ver­net (1994). I spent three days at my friend’s party—his parents had Pay-Per-View.

I really don’t remember who played all to well—I remember the massive Pepsi logo (those stupid birds perched on a guitar) over the main stage, and I remember interviewed concert­goers complaining about the price of pretty much everything.

Needless to say my hippie­wanna-be karma wasn’t exactly fulfilled—and come 1999 when advertisers again decided to pit­fully exploit Woodstock with a shameful 30th Anniversary attempt, my hopes of unleashing my suppressed flower child through "ticket-mastered" con­certs indefinitively vanished.

Three years past since the uproar of flames and destruction of the 1999 Woodstock Festival—and I guess, for the most part, I just assumed no productions or marketing agents would ever again risk such a feature.

Then two weeks ago, on what began a very uneventful Friday night, I found my Woodstock. The September 11th Telethon simultaneously blazed across numerous cable channels as well as every major network. I couldn’t stop watching.

In 1969 American citizens from all over flocked to upstate New York to participate in a three day outpour of love, peace, and music. On September 21, 2001 we got two hours. In the last eight years we tried to recapture the essence of Woodstock twice, and failed because promoters tried to sell us the unmarketable.

The September 11 Telethon arose for no other reason than to raise funds in support of hope. No one spoke in terms of war, or in the prospect of fear or retali­ation. The only way to win was to make those who are left a loss. Popular and legendary superstars volun­teered their presence, while media superpowers volunteered their audience.

No sponsorships were sought, no production cost factored in; an industry that birthed and continues to flourish under profit driven prioritization, made an exception. This Friday night for two hours, television and radio purely served public interest. The received audience could never fit on one field.

Cynicism may provoke you to devalue the attempts made on September 21, 2001—but don’t be a cynic, not now.

Television, music, and pop­ular culture collaborated their efforts to further an unselfish cause. Don’t think because it “just” happened on TV it wasn’t important—in contrast maybe we should accept the September 11th Telethon as important because it happened on tele­vision. Through no other medium could such a broad and unbiased audience ever be reached. It was like, peaceful, man.

Shu Players Spotlight

The Curtain has officially risen on the fall season for the student theatre performance by the SHU Players. Our opening show, a conglomera­tion of ten-minute plays entitled The Doctor Will See You Now, opened on Tuesday, October 16th. We are ecstatic about the show, and hoped that you made it.

We are also overjoyed to announce we have finally finished the renovations on our beau­tiful new student theatre, the Bo, located in Curtis Hall in what used to be the Com room. After many long and back-breaking hours of dedication work by some very talented and handy folks, we finally have the “black box” theatre we always dreamed about. The Bo retains the majestic theatre-in-the-round atmosphere we had last season, but we added a massive balcony section that will be first formally utilized for the You’re a Good Man, Charlie Brown pit orchestra, amongst other things. The Bo will most assuredly be the home of some riveting theatrics in the months to come.

In the coming weeks, as Halloween approaches, we greatly anticipate the opening of Tales from the Other Crypt which will most assuredly be a truly ghoulish night of theatre.

The curtain for this nightmarish piece of theatrical mastery rises on October 26th at 8:30 p.m. and will run on the 27th, 29th, and 30th at the same time.

The SHU Players would like to announce that tickets are being sold in front of the faculty lounge for a trip to New York City to see the time­less classic ‘Chicago’ on December 9th. Don’t miss out.
Battle of NEC unbeatens lands SHU on top

By Keri Blair
Sports Editor

The Pioneers remain on top as they took down Stony Brook 42-24 last Saturday before a 4,006 crowd at Campus Field. The Family Weekend crowd were in for a good show.

Quarterback and Justin Holtfreter, the centerpiece of a team loaded with offensive talent at the skill positions, was the driving force behind the undefeated Pioneers' second consecutive victory. The senior completed 18 of 27 passes for 190 yards, tying a school record with four touchdown aerials and setting up a fifth score.

Holtfreter was named Offensive Player of the Week in the I-AA Northeast Conference, October 16.

Holtfreter helped break open the game in the third quarter by throwing a 44-yard strike to wide receiver Jude Ferrien Johnson to set up Brandon Graham's one-yard scoring plunge.

On the Pioneers' next possession, he was wide receiver Andy Gonzalez with a 21-yard scoring pass.

On the afternoon, Gonzalez (22 and seven yards) and Johnson (16 and nine yards) each hauled in a pair of touchdown passes from Holtfreter.

Sacred Heart Stops Albany, 32-17, in NEC first place showdown this past Saturday. Holtfreter passed for 296 yards and two touchdowns to lead Sacred Heart to victory. SHU rallied with 15 consecutive points to move ahead for good. Holtfreter, who completed 23 of 36 passes, threw a 30-yard touchdown pass to DeVeren Johnson to hand the Pioneers a 9-7 lead with 10:05 left in the second quarter.

Following an interception at midfield, Holtfreter directed the Pioneers on a 53-yard drive. Marvin Royal, a senior tailback, scored on a 4-yard run for a commanding 25-10 lead with 6:36 remaining in the period.

Backup quarterback Marcus Rotondi fired a 12-yard scoring pass to split end Chris Fleming last fall, rising to second possession when he hooked up with Johnson for the second time on a 16-yard TD pass. Johnson finished with 10 receptions for 186 yards.

The Pioneers remain on top of the NEC tailback Marvin Royal and senior quarterback Justin Holtfreter. The concept of being multifaceted isn't new to Graham. When he attended Crosby High School in Waterbury, where he was a three-sport athlete—football, basketball and track & field— and an All-State running back, he taught Sunday School to first and second graders. After graduating, he returned to the neighborhood to learn where those youngsters were today at nine and ten years old. He believes that by being there for these children, he is "contributing to their greater good."

Graham remembers growing up with his own heroes: his father, Larry, whom he considers his "cornerstone and foundation"; his two older brothers, who "set the bar for me both academically and athletically," and his mother, Liz, who with his father ensured that he was rooted in Christian faith.

His middle brother, Patrick, wears an Ivy League football championship ring, which he earned at Yale in 1999. This accomplishment motivated Brandon to excel physically. His eldest brother, William, who with his father graduated from Adelphi, set the high academic standard for Brandon to follow.

Growing up, Graham discovered another heroine in Nikki Giovanni, whose poetry spans three decades. He refers to her as her "muse" and main inspiration. He has "a love for her work not only because she uses poetry as a form of art and entertainment, but because she uses it as a political voice" as well. Brandon often carries three of her books with him.

He had the good fortune to meet the poet two years ago and has remained in touch, gaining feedback on his own work. Giovanni is an instructor at Virginia Tech.

Graham attributes the conversational style of his own poetry to Cornell West. A professor at Harvard, where he heads the Black Studies Department and chairs the Department of Philosophy, West has had an immense influence on Graham. "He has one of the greatest minds for intellectual studies," Brandon noted.

Graham, who was born in Chicago and lived in Dallas before the family settled in Waterbury, has been reciting and writing poetry since the fifth grade, when he picked up a book by Richard Dryden. He has taken poetry seriously since 1997, when he originally read Giovanni's work. He uses his life's experiences as the subjects for most of his poetry.

Specifically, in a poem titled Re: Memory, he speaks of not wanting to remember certain painful images. In A Love Supreme, the possible title for Graham's book of 59 original poems, he reflects on the past six years. Among other topics, he writes of relationships with women and life in the inner city.

In addition, Graham is collaborating with Royal, David Carlor (another football player) and Sabine Augustine on a book of poetry titled Black Koffee. The black in the title, he says, refers to "poetry straight up" rather than African-American verse.

To witness Graham's poetic skills first hand, the public is invited to attend "Shades of Poetry" on Tuesday at 8 p.m. in the Mahogany Room.

"I was surprised by the single coverage; I thought they would bracket me," said Johnson, who upped his total to eight touchdown receptions this season. "You always want one-on-one coverage as a receiver. I played a good mental game today."

"Get your feet wet and your hands dirty," That was the advice Brandon Graham, senior business major, football tri-captain and poet, gave to Sacred Heart University's Class of 2005 at the Freshman Seminar in September.

"By complicifying these words himself, Graham has immersed himself in his studies. He is a poet who has been published in The Friedman and on poetry.com, and an athlete who has been an integral part of the Pioneers' rise to the top of the Northeast Conference (NEC) and a No. 3 ranking in the NCAA I-AA Mid-Major poll.

"Brand m is a good perfect example of what good college athletics is about," said Coach Jim Fleming. "He is the perfect balance between personal academic interest and extracurricular activities. He is a big, tough, strong guy who is able to perform critical runs."

The 6-foot, 227-pound fullback is as passionate about football as he is about his poetry. A four-year starter in the Sacred Heart backfield, Graham is, in Fleming's words, "the cornerstone of the turnaround that has taken place."

After enduring two losing seasons (2-8, 2-9), Graham & Co. assembled a best-ever 10-1 record under first-year coach Fleming last fall, rising to second place in the NEC.

Across 3 1/2 seasons, he has rushed for 1,763 yards (third in SHU annals) and produced 15 touchdowns (fifth all-time). Equally important, his blocking provides vital protection for All-NEC tailback Marvin Royal and senior quarterback Justin Holtfreter.

The concept of being multifaceted isn't new to Graham. When he attended Crosby High School in Waterbury, where he was a three-sport athlete—football, basketball and track & field—and an All-State running back, he taught Sunday School to first and second graders. After graduating, he returned to the neighborhood to learn where those youngsters were today at nine and ten years old. He believes that by being there for these children, he is "contributing to their greater good."

Graham remembers growing up with his own heroes: his father, Larry, whom he considers his "cornerstone and foundation"; his two older brothers, who "set the bar for me both academically and athletically," and his mother, Liz, who with his father ensured that he was rooted in Christian faith.

His middle brother, Patrick, wears an Ivy League football championship ring, which he earned at Yale in 1999. This accomplishment motivated Brandon to excel physically. His eldest brother, William, who with his father graduated from Adelphi, set the high academic standard for Brandon to follow.

Growing up, Graham discovered another heroine in Nikki Giovanni, whose poetry spans three decades. He refers to her as her "muse" and main inspiration. He has "a love for her work not only because she uses poetry as a form of art and entertainment, but because she uses it as a political voice" as well. Brandon often carries three of her books with him.

He had the good fortune to meet the poet two years ago and has remained in touch, gaining feedback on his own work. Giovanni is an instructor at Virginia Tech.

Graham attributes the conversational style of his own poetry to Cornell West. A professor at Harvard, where he heads the Black Studies Department and chairs the Department of Philosophy, West has had an immense influence on Graham. "He has one of the greatest minds for intellectual studies," Brandon noted.

Graham, who was born in Chicago and lived in Dallas before the family settled in Waterbury, has been reciting and writing poetry since the fifth grade, when he picked up a book by Richard Dryden. He has taken poetry seriously since 1997, when he originally read Giovanni's work. He uses his life's experiences as the subjects for most of his poetry.

Specifically, in a poem titled Re: Memory, he speaks of not wanting to remember certain painful images. In A Love Supreme, the possible title for Graham's book of 59 original poems, he reflects on the past six years. Among other topics, he writes of relationships with women and life in the inner city.

In addition, Graham is collaborating with Royal, David Carlor (another football player) and Sabine Augustine on a book of poetry titled Black Koffee. The black in the title, he says, refers to "poetry straight up" rather than African-American verse.

To witness Graham's poetic skills first hand, the public is invited to attend "Shades of Poetry" on Tuesday at 8 p.m. in the Mahogany Room.
Women's bowling strikes it up

By Ryan M. Greenfield
Staff Writer

Sacred Heart Women's Bowling team had a good start to their season. On the weekend of October 6 and 7, the team fought for first place. At the end of three games SHU was in second place with 2316-pin fall, slightly behind a new entry to the tournament scene. Pikeville had a 3044-pin fall to put them ahead of SHU.

On Sunday, after the six games from Saturday's competition, SHU was still holding second. All of the teams bowled three more games and six baker games, where SHU bowled a high baker game of 279. A baker game is when two frames for each athlete.

In the semi-finals, SHU beat the University of Delaware 2-0 and then advanced to the finals against Shippensburg. SHU went off to match play against rival Shippensburg, with Sacred Heart 191 and the Ships 176.

The game win went to SHU when they bowled their second game 174 to 159. This then gave SHU the tournament win at the 5th Annual Heim Open.

Again Alexis Lepore received All Tournament Team recognition. Katie Atkins, a sophomore (Fairless, P.A) bowling for SHU since freshman year feels the confidence for the team, when she said, “For the first two tournaments so far this season, we have proven ourselves and with the other teams what we are capable of. Our 2nd place performance and our comeback 1st place victory have really shown the damage this team can do.”

Becky Kregling, the coach for the SHU Women's Bowling team, has been coaching the team since 1992. Her teams have been going to nationals since 1994. She said, “This has obviously been a good start to the season. After the first two, we were down and came back to win.”

The athletes will continue their competition when they head to Penn State for the Nittany Lion Kegler Classic where approximately 12 teams will compete.

Last year SHU took second, but they hope to beat powerhouse archrival Morehead which won first last year.

The Pioneers have had an undefeated season. They will be competing in their division tournament this Saturday in New Jersey.

Sacred Heart White Team finished second with a total pin fall of 1123 pin count.

Sacred Heart White Team finished in 8th place. Alexis Lepore finished with “all tournament team” honors. This achievement is noteworthy, especially with so many bowlers in the field. Lepore a senior (Beleville, N.J) who has been bowling for SHU since she was a freshman had this to say:

“The first couple of weeks have been a learning experience for us all. The team seems to be off to a great start. I am really looking forward to a great season.”

The following weekend the team traveled to Wilmington, Delaware for their second taste of competition. At this tournament there were 7 teams in the event.

After the first day of bowling six games, the team struggled, averaging only an 889. The athletes held on again for a second place, with Shippensburg 200 pins up. On Sunday the women learned from their mistakes and struck back with games of 948, 1023 and 935 to move ahead of Shippensburg.

As the tournament high qualifier, the team received a bye to the finals against Shippensburg.

At the Blue Hen Open.

The athletes will continue their competition when they head to Penn State for the Nittany Lion Kegler Classic where approximately 12 women's teams will compete.

Last year SHU took second, but they hope to beat powerhouse archrival Morehead which won first last year.
Pioneer spirit fills the Pitt for a night of sport madness

Women's Rugby for winning the Spirit Contest and to Phi Omega Tau for winning the Banner Contest

Playoff spot within reach for women's soccer with 3-0 win over undefeated Central Conn.

By Danielle Vesce
Special To Spectrum

The Pioneers knocked off CCSU from the undefeated NEC ranks with a 3-0 win against the Blue Devils in their only action last week.

Freshman forward Ashleigh Bepko (Guilford) scored the game winning goal. Junior midfielder Danielle Robenhymer (Manchester) and Sophomore forward Jill Bizeau (Suffield) both put one by CCSU goaltender.

The women are in first place with a 7-2 NEC record.

We are 24 individual women with two things in common: soccer and a whole lotta heart. Making up the Sacred Heart Women's soccer team are girls from up and down the east coast and even stretching all the way from Sweden, Spain, and Canada.

I am fortunate enough to be one of three captains on the best women's soccer team SHU has ever had. Each of us brings our own special abilities, knowledge, and intensity.

We have the top goalie in the conference, which in the past two years has received many honors. Also, our international delights bring an amazing level of skill and understanding of the game.

Coming into our third season of Division 1, and second year under head coach Joe Barroso and Kim Banner there was little expectation of success.

The preseason poll had us ranked 8th in the conference, which in the past two years has received many honors. Also, our international delights bring an amazing level of skill and understanding of the game.

Unfortunately our season started out rocky having lost 4 non-conference games, however we turned it around and won 6 conference games in a row, making us a powerhouse in the conference.

Those 6 games placed us, for the first time ever, in first place. We are currently 7-2, with a very excellent chance of making it far in the playoffs, also for the first time ever.

This past Wednesday the team had their annual senior game out on the campus field.

It was a hard weekend of losses which put us in a tough position, and left us with only one option if we were to have any chance at the playoffs. We had to win.

It was up to us, and us only to come together as a team and not succumb to the pressure.

After the first minute went by of the game I knew that we were going to win. We came out strong, positive, and played with tons of heart.

Everyone playing their best, and proving to each other and ourselves that it was our time to win.

It was one of the most memorable 90 minutes of soccer, for one because they were my last on our home field, and two it gave us a better chance at a playoff spot.

I just want to say thank you to all the girls for giving me the opportunity to be one of your leaders, for not letting me down, and playing with a whole lotta heart. You girls are truly amazing, and thank you for everything. Keep it up girls, and never let down. Remember: we are 24 girls...playing in 11 different positions...for 90 minutes...and they can't handle us. Playoffs or bust!