Sacred Heart University's Director of Bands, Marvin McNeill is leaving from Sacred Heart on Saturday, September 21, 2002 to advance his career in the field of music. In July of 1997, Marvin McNeill took over the position of coordinating the bands program, and in his time at Sacred Heart, he has increased the Marching Band from 70 band members, developed the Pioneer Pep Band, founded the Winter Guard, as well as gathered a strong showing for the Jazz Band, and the Concert Band.

"In my opinion, what Marvin did for the music program was always secondary to what he did for his students," said Paul Wryonski, senior, Hamden, Conn. "He's the type of guy who would do anything to help anyone. If you had a problem, whether it was with classes, your roommates, or something going on at home, Marvin was always there to listen and do his best to help you. He told us, the band, he was always there.

When Marvin arrived we had a band and now the band is considered an integral part of student life on campus and somehow words just don't express how much we will miss him."

Although Marvin is leaving Sacred Heart University to be the Assistant Director of Bands at UConn he will never be forgotten. "Marvin brought the program to a new level with professionalism, dedication to students and generated an excitement across campus," said Larry Wielk, Dean of Students. "When Marvin arrived we had a band and now we have a band program. He will never be forgotten because it is Marvin who wrote our fight song, so every time we hear our fight song we will think of him," added Wielk.

"Inspirational people are hard to find and even harder to lose," said Adrienne Stoddard, a senior from Syracuse NY. "Marvin was the reason that I stayed at Sacred Heart because he convinced me that I could be an integral part of campus life if I became more involved. I'm glad that I was able to get to know Marvin the way that I did because he truly enhanced my life. I only wish that more people had the opportunity to be influenced by Marvin the way that the members of the band did. We will miss him and we wish him the best of luck at his new school."

The band members know Marvin as someone who always looks at life with a positive attitude and inspires those that he comes across to do the same.

The Sacred Heart University Pioneer Band currently does not have a replacement for McNeill but the Assistant Director of Bands, Charles Bennedum (Drum Major) will be leading the band through the rest of the season, while Student Life searches for a replacement. Marvin was an attribute to campus life and will be missed by the Sacred Heart Community.
Fall Sports Pep Rally

This Friday, September 20th, there will be a Pep Rally in the Pit Center at 7PM honoring all Fall sports. The Dance Team, Cheerleaders, and Pioneer Band will be performing. There will also be a ring ceremony for the Football and Women's Soccer teams. Come out and support SHU athletics.

MSA Meeting and Update

This afternoon at 4:30PM in the Media Studies Studio, the Media Students Association will hold elections for the Fall 2002 officers at their weekly meeting. All Media Studies majors are encouraged to attend. For more information, contact MSA Advisor, Greg Golda.

Senior Portraits Begin Sept. 30th

Reminder to all seniors: Senior Portraits will begin on September 30th. For more information and to make an appointment, log on to www.ouryear.com or call 1-800-OUR-YEAR. The school ID number is 328. All graduates will receive a copy of the Prologue in the Fall of 2003.

Omega Phi Kappa Book Campaign

The members of Omega Phi Kappa are sponsoring the "9 to 11 Back to School With Books Campaign." Your donations will be used to provide textbooks on a lending basis to area children in Haiti. For more information, contact Paul Alan or Greg Maurice at 365-4349.

SHU Student Busted for Pot

Ferdenzi from Northport, NY was arrested on drug charges last Thursday at 12:28 a.m. after 60 grams of marijuana was found in his South Hall dorm room. Manera is charged with possession of marijuana and possession of drug paraphernalia. He was released on $5,000 bond and will be back in court for his next appearance.

Continued from page 1

will gather in the Mahogany room to participate for a pot of $2002 and the bragging rights of becoming the second SHU-VIVOR. The event is back after a one-year hiatus and it is shaping up to be even bigger than the first game. The show, in the Outback...Yard, as it so appropriately named, will see some of the most intense combat ever. Challenges divided up evenly amongst these categories.

The first season of SHU-VIVOR was ultimately a success see... By Jill Tomasz Staff Reporter

Career Development to the Rescue

Have you declared a major? Are you certain that your major is for you? Choosing a major can be a complicated process. It is a procedure that will impact the rest of your life.

According to Trish Klauser, Associate Director of the Career Development office, there is a certain process in which students should follow in choosing their majors. "Research has shown that if students go through a series of structured programs, they can make a more informed decision," said Klauser. Career Development offers many programs for students, such as self-assessment tests, workshops (resume writing, interviewing skills), internship searches, as well as job and career fairs. According to Klauser, "it is something all students should register into." All the jobs and internships that are listed on the website are free of charge. Internships are what every student is looking for. Career Development cannot guarantee an interview but they can help. "Our job is to prepare students to be ready," according to Klauser. With the programs offered by SHU, students can increase your interviewing and resume writing skills. They are also offering an Internship Fair, on October 11, 2002. Career Development is located on the second floor of theFerdenzi from Northport, NY was arrested on drug charges last Thursday at 12:28 a.m. after 60 grams of marijuana was found in his South Hall dorm room. Manera is charged with possession of marijuana and possession of drug paraphernalia. He was released on $5,000 bond and will be back in court for his next appearance.

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Land Negotiations Continue at SHU

Continued from page 1

Post article, land is believed to be worth approximately $20 million to $40 million. Dr. Flatto said that, "a land sale to Sacred Heart is in the mix of ideas... There is a desire to avoid a dorm on Park Ave." Greeks have a "potential to put the proposed 10-story North Hall on the golf course instead of at 5352 Park Ave."

Neighbors might be more in favor of having the proposed North Hall dorm on the golf course instead of in their backyards. However, residents of Park Ave. were more opposed than others to the idea of North Hall being built on Park Ave.

Dr. David Grogan, a resident for 25 years, lives at 4950 Park Ave. His house is located directly next to East Hall. Dr. Grogan was opposed to East Hall being built, but has since said that East Hall has been "good neighbors" and there has never been any problems. With the University being so close, Dr. Grogan feels the University, "brings life to the neighborhood with kids around." He does feel that personally he would not be bothered as much as the residents closer to where the land is, but does understand the situation.

The Hoffman a sophomore from Massachusetts. Sigma Delta Chi helps preserve natural areas, such as Ice cream socials and movie nights so that a possible dorm on Park Ave, the University will have to work out a reasonable solution for the neighborhood. "Sacred Heart's freshman class members have been steadily rising over the past few years. This fall the University has approximately 2100 residents. The residence hall is located in three towns. According to the Dean of students, Dr. Flatto, "Sacred Heart is looking to enclose the campus further. With the new North Hall the campus would have to work out a reasonable solution for the campus. Students are in favor of building andpermits and feel it should be a priority. They would like to see more parking built with the new dormitory."

Wielk said that Sacred Heart has another dorm on Park Ave, the University will have to look into building a pedestrian bridge where students can cross safely to the campus. Students are in favor of building andpermits and feel it should be a priority. They would like to see more parking built with the new dormitory.

By going Greek, you make personal bonds with people who will become your sisters/brothers while you are away from home, and for life," said Siobhan Oa ™ Hagan, a junior from Pearl River, New York. "No matter the letter, we are all Greek together" is this year's Greek Life motto. Sororities along with what they stand for inlcude Nu Epsilon Omega, which fosters awareness. Lambda Sigma Phi helps preserve natural surroundings and resources. Lambda Sigma Phi educates the Bridgeport community. Phi Omega Kappa helps about AIDS awareness. Kappa Phi helps the less fortunate and hungry in the greater Bridgeport area. Beta Delta Phi Educates about breast cancer awareness. Delta Kappa assists the young and elderly of the Bridgeport community. Fraternities on this campus include Alpha Sigma Psi, which has taken an entire year to complete its collection of prayers. The 220-page collection offers a variety of prayers and excerpts submitted by students, parents, faculty, staff, alumni and some well known authors and philosophers such as Kierkegaard and Jane Austen.

The 300 acres of golf course would like to see the remaining nine holes as parkland for playing fields or possibly a park. Besides Dean Wielk, other Sacred Heart officials could not be reached for further comments.

Meet the SHU Greeks

By Keri Wilson

Ever think of joining a Sorority or Fraternity? Well if that is the case, now is the time to go for it. RUSH is a process where students can meet each other and decide if they want to join. There are various events held on campus. Ice cream socials and movie nights so that a possible dorm on Park Ave, the University will have to work out a reasonable solution for the neighborhood. "Sacred Heart's freshman class members have been steadily rising over the past few years. This fall the University has approximately 2100 residents. The residence hall is located in three towns. According to the Dean of students, Dr. Flatto, "Sacred Heart is looking to enclose the campus further. With the new North Hall the campus would have to work out a reasonable solution for the campus. Students are in favor of building andpermits and feel it should be a priority. They would like to see more parking built with the new dormitory."

When the final decision is made, the RUSHEE then signs up for an interview, which each group holds in their own style. If the RUSHEE receives a "bid" (an invitation to pledge) from that organization, they must attend a Rush dance. After this, the RUSH process is over and pledging begins.

Going to RUSH and learning about Greek life does not mean that all RUSHEES definitely have to pledge. RUSH just gives the opportunity to check things out.

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Collection of Prayers Makes a Special Gift

By Stephanie Jelacic

As part of the freshman convocation on Wednesday the class of 2006 received prayer books as a welcome gift from the University titled, "Prayers From the Heart." The 220-page collection offers a variety of prayers and excerpts submitted by students, parents, faculty, staff, alumni and some well known authors and philosophers such as Kierkegaard and Jane Austen. Contributors were asked to either create a prayer, or submit previous works of their own. The prayer book is divided into chapters where all reflections concerning different topics can be available by categories such as "Prayers For A Better World," "Rising From University Life," and "For Every Day." For at least a decade, editor, Patricia Leonard Pasley, has been wanting to create this project not only for the freshman class, but for the entire Sacred Heart community. Patricia hopes this prayer book, which has taken an entire year to complete, "the grapiers for a book that people can really use. These prayers really spoke to me, and I hope they will speak to Sacred Heart as well, they are all from the heart, the way that people really talk." Sister Margaret Palliser of Sacred Heart University has contributed some of her time as well in making this project a success. "We wanted to put together a collection that will be useful and inspiring," she says, "It's wonderful and I'm really excited about it." "Prayers From

Land Negotiations Continue at SHU

The Heart" will also be available in the University book store for $14.95, and "would definitely make a great gift" says Sister Margaret.
A Message From the Editor...
By: Sami DeVita

I sat last night trying to write down the best of something to write for an editorial. Although I know that the Editorial section is meant to me a forum for students to vent their frustration at something on campus, I have gone the opposite direction with this one. With Sacred Heart's Open House coming up this weekend, I started thinking about the reasons I came here, and the school means to me. I started thinking about the "Real World" that I would be cast out into in less than 8 months, and...I realized...I am not quite ready to leave here, just yet! But, I don't think I will let my parents in on that one. I remember the first day I came to an Open House here at SHU. I remember everyone being so friendly and holding the doors open for you. I kept saying, "Um...do they have their own air here or something? Why is everyone so smiley?"

I recall laughing at the Student Ambassador standing at the front gate, acting like the little WELCOME Mouseketeer. Little did I know, those silly little observations of a nervous transfer were the major factors in my decision to stay here. I sat through only the English and Education department's information sessions, and then left. No tour, no information session one on one, no luncheon, no football game, none of that.

I sat there in the Pitt Center, listened to the heads of the departments talk and then walked to the Pitt Center to North Lot. I had already called my father and told him to send the furniture on my own. I could try and unpack what little things I could.

All of a sudden a knock fell on my door, and all of the girls in my suite hallway had decided that they needed to come over. Introduce themselves, and meet the "New Transfer", as I was referred to. Well...not only did they help me feel a little at ease, they also acknowledged the fact that there is something to be said about having your professor's home phone number, that you can walk down the hall at any given time of day and see at least ten or more people that you know...and see them yet again ten minutes later heading in the same direction they were coming from before!

Within days, I was meeting more and more awesome people, loving my classes and I never even thought about going home on the weekend, for fear I might miss something fun. I can say, without a doubt, that spring semester sophomore year was not quite ready to leave here, but...I am not ready to leave here, just yet! But, I don't think I will let my parents in on that one. I remember the first day I came to an Open House here at SHU. I remember everyone being so friendly and holding the doors open for you. I kept saying, "Um...do they have their own air here or something? Why is everyone so smiley?"

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Career Development is Most Useless Department
By: Meghan Johnson

I have spent the past three years here preparing for graduation. Taking the required classes, doing the internships and building up my resume as much as possible, while working the dumpy summer jobs college students are required to work. Therefore, I figured why not get a jump on the job search by sending my resume to career development the week before school starts. I figured that the breed of people who would not have been uncovered yet, seeing as students were not running up there trying to get internships for the semester, so why not take advantage and get my resume set up early. Come to find out career development is one of the most useless department...
Different From Physical Therapy?

By: Kelly Chamberlain

As an occupational therapy graduate student at Sacred Heart University, I have frequently been asked to define how my profession differs from physical therapy. People often ask, "Oh, you're like a physical therapist right?" This drives me nuts! There is a big difference between occupational therapy and physical therapy professions. It's true that physical therapists and occupational therapists often work together on interventions with a client, but each profession focuses on different aspects of the interventions. Hopefully, by writing this article, I can educate others about the difference between these two health care professions.

An occupational therapist's first task is to evaluate what areas the client is having difficulties with. They evaluate the client's physical abilities, cognitive status, and address any psychosocial difficulties they might be experiencing. Then the OT examines the client's previous level of function with daily activities, physical abilities, cognitive status, psychosocial ability, and leisure activities that they liked to participate in.

All of these factors will play a part in the occupational therapist's intervention plan. Occupational therapist's main goal is to help a person to their daily activities, including home, work and leisure. Occupational therapists focus on helping the client regain much functional ability as possible. This can be accomplished through remediation or compensatory techniques. A remedial technique can involve teaching the client a new sequence of performing the task.

On the other hand, compensatory techniques use assistive devices to help the client become independent again in their environment. In contrast, a physical therapist mainly focuses on the person's physical abilities. They concentrate on muscle tone, endurance, strength, trunk control, and all other physical aspects. Factors such as cognitive status and psychological deficits, may affect their therapy plan, but the occupational therapists is the qualified professional to evaluate these factors. Often physical therapists and occupational therapists co-treat a client together.

In conclusion, this article was not designed to put the physical therapy profession in a negative view, only to differentiate between occupational therapy and physical therapy. Hopefully, this article has clarified the difference between these two professions, and next time someone asks me about my profession and I tell them I am an occupational therapy student, they won't say "Oh, you are like a physical therapist, right?"

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Features

Article on Recycling at SHU

Congratulations to the Spectrum and to Kerry Free! for the Features article on Recycling at SHU (September 13, 2002: page 6). There's a lot that can be done for the environment right here at SHU. Imagine SHU as a shining example of responsibility for life in all of its forms on this planet. Sacred Heart University is large enough to make a difference in the region and clearly capable of setting a standard of environmental responsibility that others will emulate.

Reusing and recycling reduce the need to extract raw materials from the planet, materials which are taken by mining, stripping, cutting, pumping, hauling, detonating, and other destructive processes. Reusing and recycling reduce the extent of manufacturing processes for refining raw materials.

Reusing and recycling thereby reduce the volume of fuels burned to produce energy for production and transportation. Reusing and recycling reduce the volume of waste materials buried in the land, dumped into the waters, and burned into the atmosphere. Sacred Heart University can make a meaningful difference!
By Christina Domenich
Staff Reporter

Imagine being able to George to receive education and explore Italy with fellow SHU students. Students can earn credits in many different fields of study and experience Italy's art, architecture, and atmosphere through SHU's study abroad program at the American University of Rome. "Our students can go [during the] Fall, Spring, or Summer semesters. We hope to send the first group this coming Spring to launch the program," explained Dean Claire J. Paolini, Ph.D. According to Dean Paolini, Rome is a wonderfully historical and cultural location, perfect for any student interested in studying abroad. The program offers an excellent mix for students. Not only do they intermingle with other study abroad students, but they also not only offers courses in liberal arts, but also in professional disciplines such as media studies, business, international relations and English literature. There are more than thirty core course offerings per semester taught by their international faculty.

Dr. Paolini explained that the American University of Rome is located on the highest hill known as Janiculum Hill, which overlooks the "beautiful" historic center. She also said that their campus is not like SHU's campus. The main building of the American University of Rome is actually an old villa. Dr. Paolini explained that universities in other countries are comprised of buildings in the city, which means that they are not enclosed in fences and gates. Many American universities, such as SHU. In other words, the city of Rome would be the college campus.

Despite this difference, however, Dr. Paolini strongly emphasized that the structure of the American University of Rome combines the structure of a traditional American university with all of the "niceties" of a European university, which makes the whole experience "appealing." The American University of Rome offers everything American students are used to such as full student affairs support and academic support. "There is a very organized center and they offer field trips and housing," Dr. Paolini said.

The type of housing offered in Rome is "apartment-style" housing, which means that the university pre-selects specific large apartment buildings, and then rents approximately one to three of their apartments for their students. This means that for the most part, students are scattered throughout the city, but they get a chance to come in contact with those who actually live in Rome. The apartments come furnished with all amenities, some even have their own washing facilities. "It's a beautiful location. The students live quite comfortably," stated Dr. Paolini. And because Rome is a big, major city there is good, reliable transportation.

The costs involved with this specific study abroad program are the same Sacred Heart tuition with an added $1,000 study abroad fee. SHU's financial aid does apply. The student, however, is responsible for his own travel expenses such as his plane ticket. The housing fee is paid directly to the American University of Rome since they are the ones who arrange it. Applications are now available and the deadline for the Spring 2003 semester is on October 15, 2002. Professor Charlotte Gradie, the coordinator of the program, hopes that all students interested in going to Italy take advantage of the program.

"I'd like to emphasize that [students] of all majors that meet the academic requirements may participate," Gradie stated, "I encourage all students to think [about it] and at least come to the office and talk to me."

Dr. Paolini wants to make sure that every student is aware of this program and wants them all to know that, "SHU has arranged with the American University of Rome an exciting and stimulating study abroad program, which combines rigorous classroom instruction and experiential out of classroom activities. [This] will give students a once in a lifetime opportunity to grow culturally as well as global citizens."

Any interested student may contact her via E-mail at gradiec@sacredheart.edu, or they can call her directly at 396-8022. The study abroad office is located at SC124. There will be an informational meeting at 10 a.m. on lay, Sept. 20 in the Pitt Center Boardroom.

By Christopher Giarrusso
Staff Reporter

You're standing outside Public Safety and the shuttle that takes you down Park Ave. has just pulled up to the stop in front of Public Safety and the shuttle that takes you to campus is not like SHU's historic center. She also said that there is a counseling center to such as full student affairs support and academic support. "There is a very organized center and they offer field trips and housing," Dr. Paolini said.

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The Little Man Behind the Big Wheel

By Christopher Giarrusso
Staff Reporter

George Ligouri, one of the SHU Shuttle Drivers, is a friendly face for students. George was born and raised on Anton Street here in Bridgeport but now lives with his wife of 52 years in Trumbull. George was the middle of 13 children. He has eight brothers and four sisters. His father was a carpenter and his mother stayed home to tend to the children. George started going to school after the eighth grade since his family couldn't afford to buy boots and coats for going to school in the winter.

Just 10 days after his 18th birthday he was drafted to the United States Army for World War II for three years. He was shipped to the Solomon Islands in the South Pacific. After being shot in the thigh by a Japanese sniper. He then went on to the Philippines where since there were so many losses that the army combined divisions to form the only division with a number called the Americal Division. He was awarded the Purple Heart Cluster after taking shrapnel in the back from a mortar explosion, and the Bronze Star medal for discovering where the enemy was and getting the first to return fire on that position. "When the war was over," George said, "I didn't have time to think. If it wasn't the Japanese or the Jungle with the Jungle rot and Malaria it was another thing." But then he got a job with the American Public Safety and the shuttle that takes you down Park Ave. has just pulled up to the stop in front of Public Safety and the shuttle that takes you to campus is not like SHU's historic center. She also said that there is a counseling center to such as full student affairs support and academic support. "There is a very organized center and they offer field trips and housing," Dr. Paolini said.

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George Ligouri, one of the SHU Shuttle Drivers, is a friendly face for students. George says that he has a lot of pride in his job at Sacred Heart and acts as a great role model for the students and staff. He often hears students refer to him as the "Little Man Behind the Big Wheel.

George says that he has a lot of respect for George and he enjoys working with the students... he tries to get to know you as a person and make connections," Moylan said.

Frank Sardo, who is a fellow Shuttle Driver and has worked with George for the past three years, said, "I have a lot of respect for George and he does a great job with the kids, he enjoys and respects it because without the kids we wouldn't have a job. I'm humbled to work with the guy he comes in early, is very prepared and he is a nice old guy that goes out of his way to help."

In 2000 George received the Shuttle Driver of the Year Award. When talking to students the two most common words that describe this man have been "cute" and "friendly." He takes the utmost pride in his job at Sacred Heart and acts as a great role model for the students and staff. He often hears students refer to him as the "Little Man Behind the Big Wheel."

George says that he has a lot of "patriotism and respect" in his job and he treats all of the students that he drives as "one of my children." He also said, "they're all nice students and he has never had a problem."

He also said that he would "take the shirt off his back" to help someone out.
**Faith Filled Songbird**

"Music is an outlet to me so that I can let out my emotions."

By Katie Trindall  
Staff Reporter

Pictured above is Regina Dempsey who is involved in many SHU activities.

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**New Management Puts Heart into WHRT**

By Casey Reynolds  
Staff Reporter

It's time again to start tuning into Channel 6 DJs have started to fill the radio booth at WHRT SHU's student run radio station.

A very reachable new management has put their heart into the station.

We practically had to beg people to come to meeting and sign up for shows. This year, I alone had well over 30 e-mails from people wanting radio shows.

We had to open up additional time slots for shows and we even have a fall break for our team. I was surprised by the amount of work we had to do.

"I choose to live my faith here at school, because I never had the opportunity at home," Dempsey says. "The opportunities we have available to us here I feel that people our age are scared to explore and show their faith and beliefs. They don't think that others will accept them. I just try to show people that it doesn't matter what others think. We shouldn't have to wear a mask."

Information about Faith and Living can be obtained by contacting the Campus Ministry and Residential Life to form a community on campus so that I can let out my emotions," says Dempsey.

"The newest member of the science" one section of physiological psychology," Dr. Bowman explained. Based on the first few days of the year, Dr. Bowman says, "My interest is stress research. I'm examining how chronic stress can affect memory and learning."

Dr. Bowman also conducts research on how stress is regulated by hormone levels, specifically estrogen. "I look at the stress response in animals with high levels of estrogen," Dr. Bowman explains.

After completing her Ph.D. at Hunter College in Manhattan, where she also served as an adjunct professor of psychology, Dr. Bowman now joins the Sacred Heart community. This full-time tenure track professor holds both undergraduate and graduate degrees in Psychology, and her Ph.D. is in Biopsychology.

In addition to her research Dr. Bowman is also involved in various activities at SHU. I'm teaching two sections of behavioral science and a research course which year, Giunta have high hopes for this year with WHRT.

"I'm teaching two sections of behavioral science and a research course which will give me the opportunity to be in the studio often."

"I never had a solo. In a musical my senior year I played the part of a tree. Then I came here and I was the only person to have a solo in the show," Dempsey exclaimed. Through Music Ministry and Community Connections, Dempsey found her calling and her newly grown faith. Community Connections takes place a week before the fall semester begins that allows the freshmen to live out the community. Giunta and help with Habitat for Humanity projects, work in the local soup kitchen, as well as many other community service projects.

"Music is an outlet to me so that I can let out my emotions."
Fun at New England’s Fall Festival

By Ryan Farnsworth
Associate Editor

The Big E festival is back this year to celebrate the beginning of the fall season. The eighth largest fair in North America, the Big E opened Friday, September 13 and continues until Saturday, September 29. Every day of the festival is packed with events and activities that give students a chance to get away from the stresses and responsibilities of college and enjoy a day off for art and entertainment.

Located in West Springfield, MA, the all-around splendor of autumn in New England’s weather, activities, foods, and fun is captivated in a day at The Big E. These events include music and comedy performances with such acts and stars as Regis Philbin, Journey, Charlie Daniels, City High, B2K, and Shaggy to name a few. There are buildings featuring exhibits and demonstrations of clothing, decorations, and other various gadgets to build amusement rides, and parades also highlight the daily events. From petting zoos and shopping, to fried dough, French fries, and caramel apples, there is something for everyone to enjoy on a trip to the fair. Chad Worthley from Amherst, MA, states: “I’ve been going for years and there is always something new for me to do or see. It’s a refreshing trip, with the start of school and everything else I have to do.”

The Eastern States Exposition, at the outskirts of The Big E on the Avenue of States, highlights New England’s history and agriculture. Each of the six state buildings includes exhibits, tourism information, souvenir shops, and the ever-popular food samples. The Big E has become a tradition for many Sacred Heart University students. They serve foods associated to the states like Vermont ice cream, Massachusetts’s maple syrup, and Maine baked potato toes. Each provides an interesting and unique environment for information about the six New England states where students can learn outside of the classroom in a fun and delicious way.

Some of the places he called home include New Hampshire, California, Maine, Utah, Amsterdam, and Crete. He settled back in Connecticut when he was 9 years old. His interest in music started when he was about 14 years old when he began to take music lessons. At 18, Joe started a short-lived band with some friends called Villanova Junction. During this time, in a high school class, he came across an eager musician who wanted to be in the band as well. This musician’s name is John Mayer. Although Villanova Junction didn’t last, John and Joe went on to work together for a few months after the band’s breakup. The two recorded music together, but didn’t release anything publicly. However, the two would part ways when John went on to Boston to go to college. Joe kept up with his music for a short time more, but at 20, he decided to take a break from music. While he has lived all over the world. Since his father is in the Air Force, Joe found himself moving around a lot as a child.

Joe Beleznyay:
Much More than Ordinary

By Kathleen Haughey
A&E Editor

He claims to be “more ordinary than you,” yet, at only 25 years old, he has already lived an extraordinary life. By the tender age of 9, he was practically a world traveler. At 17, he was in a band with a classmate who would become one of the most promising recording artists to hit the scene in the past few years. Currently, he is an extremely talented musician who is trying to find a place to call his own in the mixed up, image driven world of the music industry. No simple task, especially when your day job consists of dealing with the scheduling problems of hundreds of SHU students. His name is Joe Beleznyay, and while his name might not necessarily sound familiar, his face probably is. He has most likely crossed the path of almost every SHU student at least once. Joe works right here in the Sacred Heart University Registrar’s office. Joe, who currently lives in Fairfield, has lived all over the world. Since his father is in the Air Force, Joe found himself moving around a lot as a child.

Lana Barnes, a junior from Naugatuck, CT, states: “The Big E lets me experience all that New England has to offer, like the variety of foods and entertainment. It gives me a chance to spend time with my family and friends.” Whether they go yearly with their families or are part of a school-sponsored trip, students are sure to have a good time. Rob Trenske, a junior from Naugatuck, CT, explains: “I really enjoy experiencing the local foods and traditions of each New England state.”

The Big E gates are open daily, September 13-29, 2002, at 8 a.m. Exhibits and state buildings are open from 10 a.m. to 10 p.m. Admission price for adults is $12.00, seniors, $11.00 and children, $9.00. The Big E is approximately one and a half hours from Sacred Heart University.
Pioneer to Poetry

By Julie Fuhrman
Staff Writer

Some people are very lucky to discover their talent and passion in life at a young age. Brandon M. Graham from Waterbury, CT discovered his passion and ability to write poetry at the age of eight. He began to seriously write poetry at the age of sixteen and hasn’t stopped since. Graham’s book, “A Love Supreme: Amputated Feelings and Prosthetic Apologies” is currently being published. His book consists of seventy-two original poems.

Graham’s poems deal with a wide range of topics such as relationships, family, social issues, diversity, the black community, and love. Poetry 360° Inc., a company that Graham co-founded with Marvin Royal, is publishing the first two thousand copies. “Poetry 360°” Inc. Is a literature based company aimed towards the elevation of social consciousness,” commented Graham. He is also working with a book publishing company called Moore Black Press in New York City.

Distributors of his book are companies from all over the country such as RJ Communications, Matah Networks, and Barnes and Noble. While “A Love Supreme: Amputated Feelings and Prosthetic Apologies” is being distributed to many places, Graham commented, “I am more concerned with moving the people, then about moving the product. If I’m not moving the people then there is no reason for me to write.”

“A Love Supreme: Amputated Feelings and Prosthetic Apologies” is expected to be released before Christmas vacation and will be available at the Sacred Heart Bookstore, Matah.com, and Barnes and Nobles.

Graham, who graduated from Sacred Heart University last year, is currently in the MBA program and working at the Career Development Center here on campus. He began performing poetry his sophomore year in college at Sacred Heart in addition to well-known places such as the Nuyhican Poetic Café in New York City, The Lama Lounge in New Jersey and Barnes in Washington, DC.

Graham also co-founded ‘Shades of Poetry” with Royal. The event has taken place seven times at Sacred Heart and is expected return at least twice more this year. “Shades of Poetry” is an open mic poetry show where people from all over the state of Connecticut come to share their poems or just listen to others.

Besides poetry performances, Graham also speaks about the issues addressed in his poems at colleges in Connecticut such as the University of Connecticut, Southern Connecticut and Wesley. He will begin a book tour next spring going to 24 universities. Graham is very excited to begin the tour because he wants to “elevate everyone’s social consciousness and help the heart of America. I feel this is doing that by dealing with a lot of social problems. I wanted to expose a lot of issues but not leave the reader hanging without an solution. I feel the ultimate answer that comes out in my poetry is love.”

Graham has come a long way with his passion for poetry. “Getting inspired, being prepared, meeting the right people and a little luck has enabled me to have my poems published,” Graham commented. Graham’s three inspirations for his passion of poetry come from poets Robert Frost, Nicki Giovanni and Saul Williams.

Saul Williams helped Graham get into the right circle of contacts, putting him a step closer to where he is today. “With poetry you want to network, it is crucial who you know and the contacts you make. However, after that it’s your work that has to stand on it’s own,” Graham stated.

Besides working on his poems, Graham is also working on a poetry web site, www.poetry360.com, where people can post their own poetry, look up a publishing distributor, and much more. Some of Graham’s own poetry will also be available to read. His web site will be accessible on December 1 and he is planning a book open mic poetry show open to students, faculty, the board of trustees and the board of regents.

"Sopranos" New Season Starts with a Bang

By Danielle Pesce
Staff Writer

The HBO series “The Sopranos” started its much-anticipated fourth season on Sunday, September 15. It has seemed like an eternity since we have been inside the Soprano’s life. This is because the writers of the show have given us a year and a half break from the show.

Any Soprano fan can be happy in saying that Tony, played by James Gandolfini, as well as the rest of the cast, is just as gripping as they were when we left off. Well, Tony is finally back... and it has been well worth the wait.

In this first episode of the season, Uncle Jr., Dominic Chianese, will be going to trial. He and Tony have suspicion that the friendly nurse from the doctor’s office, is really an FBI agent. In hoping to create a level of trust between himself and Christopher, played by Michael Imperioli; Tony decides to stir up trouble.

Tony brings Christopher to who he says is his fathers murderer, a police officer who is celebrating his retirement.

We are lead to believe that he lied about the police officer’s involvement with his father’s death only to see whether or not his nephew was trustworthy enough. Carmella, played by Edie Falco, is concerned with the fate of herself and her children. Tony seems to be hiding something. We soon learn that along with everything else, Tony is concealing money from his wife.

With many unanswered questions in this hour premiere the hit series has started off well, leaving a great amount of anticipation for next week’s episode as well as the rest of season four. A lot has taken place in only this first week and we mustn’t forget that Adrianna, Drea De Matteo, is steadily becoming closer to an undercover FBI agent, Meadow, played by Jamie-Lynn Sigler, is still trying to cope with Jackie Jr’s death.

And of course we can’t forget to lift up the hair with the answer to the very much talked about question: who will be killed next?

After this first hour of the season, though unsure of what is in store for the coming weeks, it is safe to say that regular viewers won’t want to miss what awaits Tony and the rest of “The Sopranos” cast.
The X-MEN in a scrum against rivals Marist College

The Men's Hockey Team, in a scrum against rivals Marist College, unique that brings the Sacred Heart department a competitive advantage. "This match is in the making," head coach Shaun Hannah remarked. "Many coaches require their athletes to attend study hall sessions, especially the incoming freshmen, so that they have time to incorporate the demands of the course work and football. We work with all we demand of our athletes, and it is very difficult for our players to balance the world of academia and football."

We require 20 hours a week of the athlete's time," Lacey added. The 20 hours are broken down as follows: 12 hours of practice, 2 hours of lifting, 3 hours of meetings, and 3 hours for the game. The Men's Hockey Team is also aware of the importance they place on the academic institution. "Last season the Women's Basketball Team ranked 15th in academics out of 316 Division I teams," said Head Coach Ed Swanson. Also notable, the Men's Hockey Team finished with a first place national ranking academically with a cumulative GPA of 3.17. "We coaches and Faculty should be aware that Sacred Heart University has recently implemented a Faculty/Student-Athlete Mentoring Program to benefit the special needs of student-athletes. The program, which has gained the support of 18 volunteers, has a specific mission. "The mission of the Student-Athlete Mentoring Program is to foster positive relationships between the academic community and the student-athletes, to increase open and direct communication with the faculty more fully understanding the needs associated with balancing academic and athletic obligations. Student-Athletes will benefit by gaining insight and understanding as to how they might more effectively achieve their academic and career goals while interacting with faculty role models."

Friday, September 13th, a breakfast was held for President Anthony Cernera's Dining Room. The event gave the faculty volunteers the opportunity to meet and greet the coach of the athletic team they plan to mentor. "We coaches and Faculty should be aware that Sacred Heart University has recently implemented a Faculty/Student-Athlete Mentoring Program to benefit the special needs of student-athletes. The program, which has gained the support of 18 volunteers, has a specific mission. "The mission of the Student-Athlete Mentoring Program is to foster positive relationships between the academic community and the student-athletes, to increase open and direct communication with the faculty more fully understanding the needs associated with balancing academic and athletic obligations. Student-Athletes will benefit by gaining insight and understanding as to how they might more effectively achieve their academic and career goals while interacting with faculty role models."

"We were ready because alot of the younger players stepped it up," said Head Coach Ed Swanson. "We were ready, but questioned how crisp their passes would be. Valera stated that he wasn't expecting to see a win or loss, but instead was expecting the match to be a solid battle between the teams."

The X-MEN topple highly touted Marist College 20-9

By Eileen Gulian
Staff Writer

Many ask themselves how can these men get onto a field with nothing other than a scrum half and play an all out contact sport with no fear of injury. "Being part of a team takes a lot of sacrifice," mentioned Bill Lacey (Head Coach of the Men's Rugby Team). "Being part of a team forces students to customize schedules for themselves and manage their time as efficiently as possible," mentioned Bill Lacey (Head Coach of the Men's Rugby Team). "It is very difficult for our players to balance the world of academia and football."

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A new approach

Field hockey ready for challenge

**Continued from page 12**

Second half, the Pioneers capped off a six-play drive with a 48-yard touchdown pass from junior quarterback Pete Athans (Burbank, C.A.) to senior receiver Doug Geoffrey (Meriden, C.T.). From what looked to be a bad snap, which would lead to a missed extra point, the Pioneers turned it into a successful two-point conversion when senior holder Andy Gonzalez (Millenium, C.T.) picked up the loose ball, rolled to the right and found a wide open Mike Peaher, a sophomore tight end from Hopkington, M.A., to give SHU an 18-10 lead.

Sacred Heart Senior Captain Courtney Alger takes a swing in recent action on Campus Field

Sculpture ready for challenge

**Continued from page 12**

The Pioneer's offense huddles during their Tuesday practice in preparation for Albany.

But solid defense by SHU held Monmouth to just a field goal. With a good kickoff return by Athans, a 10-yard pass was set up to senior tight end Sean Macauley (Clinton, C.T.) and what appeared to be an easy touchdown run for junior tailback Jason Bonadies (Southbridge, M.A.). Bonadies reached the Monmouth 15-yard line when the ball came loose and trickled into the end zone.

When junior receiver Marion Ward (Revere, M.A.) noticed the loose ball, he fell on it to score another Pioneer touchdown, which in retrospect put the game out of reach. Midway through the fourth quarter, Sacred Heart would increase their lead with an intercepted pass by freshman linebacker from Craig Kohan (Hillsdale, N.J.) which was returned to the Monmouth 21-yard line. The Pioneers then ran a five-play drive that ended up sealing the year's team, which included stars Justin Holtfreter, Marvin Royal, and NFL 6th round draft pick DeVeren Johnson, all of whom graduated in May, and this year's team, which includes top returnees senior Kayode Mayowa, of Providence, R.I., a two-time NEC Defensive Player of the Year, senior linebacker Craig Capurso, of Bristol, CT), defensive lineman Shaun Hubbard (Neptune, NJ) and defensive back Blake Neri, a senior from Dover, N.H., said, "Offensively we are starting eight players who have never started for us before. It is going to take some time to get everyone used to one another and finding our cylinders."

The girls will have their chance to continue their winning streak this weekend on the road Saturday and Sunday against conference foes Monmouth and Rider Universities in New Jersey.

**SPOTS SCHEDULE**

**Friday, Sept 20**

Women's Tennis at LIU
Women's Volleyball at FDU

Brooklyn, NY 3:00 PM
Lawrenceville, NJ 1:00 PM

**Saturday, Sept 21**

Football vs. Albany
Women's Golf at Dartmouth Invitational
Women's Tennis at Fairfield Inv
Women's Volleyball vs. Princeton
Women's Cross Country at CCSSU
Field Hockey at Monmouth
Men's Cross Country at CCSSU
Women's Volleyball at Rider

Fairfield, CT 1:00 PM
Hanover, NH 8:00 AM
Fairfield, CT 6:00 AM
Lawrenceville, NJ 12:00 PM
New Britain, CT 1:00 PM
New Britain, CT 1:00 PM
Lawrenceville, NJ 2:00 PM

**Sunday, Sept 22**

Men's Golf at Dartmouth Inv
Field Hockey at Rider
Women's Soccer vs Siena
Men's Soccer at Northeastern

Hanover, NH 8:00 AM
Lawrenceville, NJ 12:00 PM
Fairfield, CT 1:00 PM
Boston, MA 3:30 PM
If the Sacred Heart football team learned anything from their 38-27 loss to Marlst on September 7th, it is that they can't underestimate any opponent. Last season the team went 11-0, winning the conference and Division I-AA Mid-Major National championship. Now every team on their schedule is trying to knock them off their perch.

Last Saturday, the Pioneers got back on winning track defeating Monmouth 32-13 in their first conference game. Head coach Bill Lacey, up from offensive coordinator Job after former head coach Jim Fleming left to take a coaching position at the University of North Carolina, said there were two big factors that contributed to the loss at Marlst. "First, the team was still physically beat up from camp and second, we didn't take Marlst as seriously as we should have," he said.

"To prepare for the game against Monmouth physically, I made sure the team was as well rested as possible. To prepare mentally we discussed the fact that we cannot take any team lightly," Lacey added. "We learned that we can't come out feeling like we are invincible and we have to keep working hard. Even after our victory (over Monmouth) this weekend, we have a tough game to look forward to next week against the #1 ranked preseason team Albany," said senior quarterback/punter Mike Kraft of North Arlington, N.J.

In Saturday's game, the Pioneers found themselves in an early hole. They were down 10-0 at the end of the first quarter, the result of a Monmouth 46-yard field goal and 43-yard touchdown pass. In the second quarter, the Pioneer's defense began to take control of the field, holding Monmouth scoreless for the remainder of the first half. With a field goal by senior kicker Tim Redican, of Meriden, C.T., and an interception by senior cornerback Pete Athens, of Ocean, N.J., which was returned 52-yards for a touchdown, Sacred Heart saw their offense start to come alive.

Field Hockey bounces back

DESPITE SLOW START, SHU FIELD HOCKEY REMAINS OPTIMISTIC

By Greg Tonzola
Sports Writer

When a team starts off a season 0-3, they must make a vital decision. The decision is whether to stumble on in mediocrity or to dig deeper, try harder, and push themselves into what they can truly be. Such was the dilemma of the 2002 Sacred Heart Field Hockey team after dropping their first three contests to Vermont (0-2), Providence College (1-4), and Hofstra (0-3), respectively.

Although scoring only one goal (by Courtney Alger) over their first three games, the squad was not disappointed, according to Junior Fullback Andrea Marsden (Bennington, VT). "We played some good teams and we haven't

The Balancing act

ACADEMICS AND ATHLETICS STRUGGLE FOR HARMONY

By Amy Toohey
Sports Writer

Higher education requires diligent work, dedication and above all an abundant amount of time. A full-time student at Sacred Heart University who is taking at least twelve credits per semester understands that sacrificing personal time and on occasion missing social activities is all a part of reaching our ultimate collegiate goal of obtaining a degree. Now imagine this, but add the pressure of daily practices, long distance traveling, and a demanding game schedule in division one college athletics. Welcome to the everyday life of a SHU student-athlete.

At Sacred Heart University academic and athletic success is of equal importance. "We are committed to our Student Athletes both in the classroom and on the field," stated Lucy Cox (Associate Director of Athletic Academic Services). The coaching staff at SHU enforces the maintenance of academic goals and standards during their athletes' seasons. The coaches recognize that work done in the classroom takes precedence over work on the field.