The Search for a SHuperstar is Over

Cassy Raphael Chosen by the Sacred Heart public as the First Ever SHU Idol

By Elaine McCanley
News Editor

On Monday night, in front of an almost full house in the Theater, the first ever SHU Idol was crowned. Freshman Cassy Raphael from East Meadow, NY beat out 15 other contestants and was chosen by the SHU public’s votes as the winner.

What began as a field of 16 singers, was first narrowed down to eight by the three judges after the first round of competition.

Cinnamon Green, RHD of Taft and Park Royal was one of the SHU Idol judges. She said, “I didn’t want to discourage anyone and wanted everyone to continue to follow their dreams.”

Ray Pearles, RHD of West Half added his comments about his judging duties by saying, “It was tough to give criticism because everyone did a fabulous job which made it that much more tough to make the decision.”

The remaining eight sang again during the second round, and the top three finalists, who were chosen by their peers’ votes this time, were revealed Monday night and sang their hearts out for the title. Each of the finalists chose a song from a select list to sing, and then had to perform a judges’ pick from the same list.

Sophomore Jenna Marks (New Milford) and Jeff Aldana (Port Chester, NY) rounded out the top three. All three contestants had many fans cheering loudly in the audience hoping their favorite would win, making for a very tight competition.

Sophomore Lindsay Lakowski from Syracuse, NY was pulling for Aldana to win. He chose to sing “Drowning” by the Backstreet Boys and the judges asked him to sing Michael Jackson’s “The Way You Make Me Feel.” “Jeff can sing just as well as he can move his hips,” said Lakowski.

Jenna Marks, who also had a large fan base in the crowd, decided to sing Christina Aguilera’s “Come On Over” and had to perform the judges’ pick “Like A Prayer” by Madonna.

Sophomore Al Fera from Providence, RI said, “I was pulling for Jenna to go all the way.”

After six performances by the three contestants, the votes were tallied and Raphael was announced as the winner in a most suspenseful fashion, mimicking the popular TV show “American Idol.”

Cassy Raphael, who has been singing for many years, performed her own renditions of “Come On Over” and “American Idol.”

After winning the title of the first ever SHU Idol, Raphael receives a $500 cash prize. When asked what she plans to do with the money, she said, “I’m going to send some money to my family and my friends and I am going to have a really good time because they are the ones who got me where I am.”

Chris Pannese, a freshman from Trumbull was part of the audience Monday night. He said, “There was no doubt in my mind Cassy was going to take the competition. She already conquered New York and now she’s moving on to Connecticut. Congratulations, Cassy!”

Other people in the crowd were impressed with the performances. Senior Katie Bowen from Hudson, MA attended all three rounds of the competition. “I enjoyed SHU Idol because of the excellent performances. I give all the contestants a lot of credit because it’s difficult to get up there and do what they did,” said Bowen.

Other contestants who were eliminated after the second round also commented on their feelings about the competition. Katelyn Botsford, a freshman from Creskill, NJ said, “I was absolutely terrified the entire time and I’m kind of glad I got eliminated because the top three contestants were extraordinary.”

Sophomore Shannon Kinney from Port Jefferson Station, NY added her thoughts. “I think everyone did an amazing job all throughout the competition. It was a great idea for Sacred Heart to come up with and I’m looking forward to next year.”

After a month long, three round competition, SHU Idol, the search for a SHuperstar, has come to an end.

“Now that it’s all over, I’m relieved, and just in time for finals,” said an ecstatic Raphael.

Exercise Science Students Reach Out to CES

By Andrew Oshan
Staff Reporter

A class offered at Sacred Heart, Special Applications of Exercise (EX 320), is an exercise science class and “The purpose of the class is to help students adapt to working with kids who have disabilities,” says Donna Bowers, the professor for EX 320.

On Monday November 25th the class met for their final project. There was a workshop set up for the disabled children in the Pitt Center, with games, exercises and arts and crafts.

Bowers explained that the students organized everything and there was no teacher involvement with the project at all. Each week the students in the classes would take trips to Cooperative Education Service (CES). This is where they worked with the and disabled children.

“While the students did an incredible job and she have never been more proud of a class,” says Bowers.

Debbie Baillie, a senior, was one of the students involved. "This was a culmination of our whole year in the class," said Baillie. She then explained that the same class last year did the same type of project.

The people involved in the exercise physiology department expect this to be an annual event. Baillie spoke about the many sponsors that they had and said, “We could not have done anything today without the help of our amazing sponsors. One of our students involved, who wished to remain nameless, had their father donate a large sum of money from a company called Bay Ridge Industrial. Some local sponsors included Pizza Time in Bridgeport, and Pilk pitched in and offered 10 free pizzas for lunch.”

Donna Cervero was in attendance representing CES. “This is one of the most organized events for the kids I have ever seen, especially that its being left all in the hands of the students,” says Cervero. “We have been meeting every week and the kids just absolutely love every minute of it. We did this last year and hopefully, for the kids sake, it will become an every year project,” added Cervero.

Bill Weiss, a junior, said, “The day was tremendously successful for all the students involved in a fun manner with different types of physical activity. It was a great experience for us and them.”
The Page Now Sportsless

By Michael Burns
Staff Reporter

By no means is the Sacred Heart community a stranger to the bar scene in the Greater Bridgeport area; however, for some students the selection has become a lot more slim.

Following the recent assault of a few Sacred Heart Men’s Hockey players nearly a month ago near the local bar, the Sports Page in Bridgeport, Athletic Director Don Cook has now prohibited student-athletes from attending the Page. According to an email issued to all coaches of athletic teams here on campus, Cook stated, “The most recent episode involving a few of our athletes was ample warning that the worst is yet to come if we don’t put a stop to athletes subjecting themselves unnecessarily to the dangers of being associated with the bad people who hang out there.”

The mandate handed down by Cook; even went to length as to include athletes who were of the legal drinking age. “It’s bigger than a legal right,” proclaimed Cook.

The email also stated that any violators of this prohibition would be subject to discipline from the athletic department. However, Cook has not really dwelled upon what actions would be taken if the newly formed rule was broken, stating “I have not really thought of sanctions or consequences because that’s not where my heart is, but I will do it if I have to, to get my point across.”

The new mandate has stirred up different reactions from students all over campus. Senior softball player Jamie Minieri from Stromsville, NY has mixed feelings on the ban saying, “I understand he is looking out for our best interest, and I agree with his decision but on some level I don’t think that it’s fair of him to just prohibit the athletes from going there.”

Agreeing with Minieri was sophomore Michael Gardner, a member of the Men’s Volleyball team from Brookfield, WI. “I understand that he is the Athletic Director, but I think he needs to focus on the athletic aspect of his job. Let us make our own decision and leave our personal lives up to us,” said Gardner.

On the other side of the spectrum, Senior volleyball player Patrick Bihn from Floral Park, NY offers another perspective. He said, “I think it’s a good safety measure to keep the athletes out of trouble, but it’s going to make students go elsewhere, and they are in actuality pushing the problem farther away.”

Indeed, most students are concerned with the issue of distance when it comes to other bars, and Junior Women’s Volleyball player and active member of the Student Athletic Advisory Committee, Barbara Schmidt from West Hempstead, NY offers her own solution to the problem. “I think that the ban will force athletes who are looking go to the bars further away, and if the administration is taking away the closest bar to campus, they should also provide them with shuttles for transportation, so distance isn’t so much of an issue,” said Schmidt.

Cook has stated that he is not looking to be punitive and that he does not want to be the one to take away fun, however he recognizes his responsibility to ensure the safety of the athletes under his wings.

“The way I look at it if you are an athlete here, you are on my watch,” said Cook. “I just want our athletes to be safe.”

Interested in Politics? Semester in Washington D.C. is for you

By Keri Wilson
Staff Reporter

Semester in Washington D.C. is a program offered through George Washington University for any student interested in politics.

There are five elements of the program. The required courses include Electoral and Legislative Processes and Practice in Political Management. The electives are Tutorial American Politics, Elections and any other course from George Washington University. Special Events, which take students back stage and behind closed doors to meet and learn from “Washington Insiders.”

Unlike normal tourist attractions, the Semester in Washington students visit CNN and take part in forums at the National Press Club, attend Capitol Hill staff briefings, tour media consulting firms, and visit the White House Communications Office. The Career workshops give students the ability to cultivate professional relationships, is an essential skill in politics.

The last element of the program is the Internships. The Semester in Washington staff works directly with each student to identify professional objectives and offer extensive resources to assist students in securing rewarding internships.

“I was fortunate to be part of this program this past summer. The experience has been one of the best experiences of my life so far. It is an experience that should not be passed by anyone interested in politics,” says Sacred Heart student Gary Turco, a senior from Yonkers, New York.

Also, “I think that the program caters to students from all majors. While I am in the Political Science program, there were other students who were business, finance, media studies, and engineering majors. Once in the Electoral and Legislative politics class, Turco was able to meet distinguished guest speakers such as former alumni of the Semester in Washington program who now works for President Bush.

Another part of the program that I found so intriguing was the Friday networking events,” states Turco. Every Friday the class would travel to different parts of the city and meet some very distinguished people in the world of politics. Turco and his classmates were able to meet lobbyists, political analysts, media analysts, toured the White House, and watched a live taping of CNN’s Crossfire, just to name a few.

Because of this experience Turco was given the opportunity to intern for the Congressman in the Fairfield district, Christopher Shays. He worked in the Capitol and learned how the federal political system worked.

According to Ryan Ewing, the assistant director of Semester in Washington, “We are trying to establish a stronger bond between the program and Sacred Heart University, so you can enjoy the academic, professional and practical benefits of spending time in Washington.”

For more information check the website at www.seme sterinwashington.org or e-mail Gary Turco at Gary.Turco@sacredheart.edu or Dr. Rose at RoseG@sacredheart.edu. Also Ryan Ewing can be contacted at rewing@gwu.edu
Students and Staff React to Sacred Heart's President's Earnings

Students and Staff React to Sacred Heart's President's Earnings

By Lauren Testa, Casey Reynolds, & Keri Wilson

Staff Reporters

Students and staff react to Dr. Anthony Cernera's salary with a varied collection of responses, ranging from stressing the need for Dr. Cernera to be more visible around campus to praising Dr. Cernera for aiding Sacred Heart University's growth to being a pioneer in Catholic universities in the United States.

In last week's issue of The Spectrum a student, Jeremy Gordon, member of the class of 2004, "Stacked Up" Sacred Heart's President, Dr. Anthony Cernera's salary in an editorial against other universities throughout the local area. The universities that were researched were other schools whose president's salaries are similar to Dr. Cernera's salary, which totaled out at over $338,000 in the year 2000, according to The Chronicle for Higher Education.

Kelly Strittmatter, freshman from Ridgefield, CT believes that Cernera has a high salary in comparison to other universities around the country. She said, "He doesn't seem to do a whole lot for the university, although I don't know completely being that I haven't been here for too long."

Janna Herbert, sophomore from Ridgefield, CT believes that Dr. Cernera should be more visible around campus. She states, "I've never seen him around campus and I'm a sophomore. For all the money he makes, I would like to see an effort to improve the school and make it look better."

Todd Dixon, sophomore from Levittown, NY agreed with Herbert by saying, "The only problem with this is that I don't see or hear enough of him around campus."

William Dickie, a junior from Fairfield, CT believes that Cernera is not present enough on campus and needs to be. Dr. Babu George, a professor of chemistry and president of Faculty Senate has been teaching at Sacred Heart for twenty-four years. He said, "I have one sentence, morally irreprehensible, when we have staff members making twenty thousand or less and faculty who have PhDs making thirty-five thousand as a salary. Faculty is one of the lowest paid."

When asked where he thought the money should be spent instead of Cernera's salary George replied, "I think he should give half of the money back for the welfare of the students."

While some students believe that Cernera's salary is high, other students think that Cernera deserves the salary that he receives as long as the work he does is paid by the students. Jowana SaysAdacen, freshman from Bridgeport said, "He does a lot of work for the school, he deserves what he gets." Students and administration are also keeping Sacred Heart's welfare, moral integrity and future in mind. Tom Pesce, Student Government President and senior from Ridgefield agrees that Cernera's is high, but comments that the fact alone does not mean much to him.

Pesce states, "In my mind, the salary is not as important as the leadership and well-being of our school, its students, faculty and staff. You can't put a price on leadership. Thousands of people lose their jobs and the professors receive no monetary payment."

When asked about Cernera's salary, a few people commented that the professors should receive more monetary stipends for their work because the students would receive a better education. Suzanne McHale, junior from Ronkonkoma, NY said, "From what I've heard, his salary is higher than some Ivy League Presidents. I think this school should be a reflection of that salary; if this school takes in enough money to pay his salary, why doesn't the rest of the school seem comparable to those universities. I personally think the teachers should be getting paid more, they're what shapes the success of the students."

Dr. Babu George added, "If you have a satisfied faculty and staff, students education will be better because the professors will teach better."

The editorial by Jeremy Gordon obviously generated some interest among students, administration and staff about Dr. Cernera's salary. Pesce added a final statement for all of Sacred Heart to think about and said, "What the Sacred Heart family should be asking is not how much does our leader make but how much is our leader helping our university?"

Dr. Cernera was not available for comment last week as he was in Luxembourg and could not be reached this week because he is away in Rome.

Another group that attended these cruel actions are being used on Latin American today in acts that are unacceptable. Erica Beaulieu, a junior at Sacred Heart University participated in the demonstration at Fort Benning. She said, "I had to speak up when we don't agree with our government. I felt the need to speak out for those people who cannot speak out for themselves in fear."

During the three-day demonstration rallies, marches, and vigils were held. "It was very emotional, especially when people talked about their family members that have been affected by such actions performed by graduates," said Beaulieu. At the vigil, crosses were given out with names of individuals who had been killed by one of the actions performed by a graduate. Some of the main high-light speakers at the event were the Indigo Girls, as well as Latin American families that have talked about their lost loved ones. Many songs and hymns were sung together. "It's good to be aware of what's going on in other countries," stated Beaulieu. "We are lucky to have that obligation as an American citizen and as human beings."

Graduates from The Western Hemisphere Institute of Security Cooperation, which previously was called The School of the Americas.

The Western Hemisphere Institute of Security Cooperation was developed during the Cold War. It is located at Fort Benning, Georgia, where the protest was held. It teaches Latin American soldiers infantry tactics, counter-narcotic operations, and military intelligence. The School of the Americas (SOA) Watch is the independent organization that looks to shut down the United States Army Schools of the Americas. According to the SOA Watch, certain government tactics make these mortal skills and apply them to innocent citizens and groups in the world today. The SOA Watch Advisory Group, the head of SOA Watch, believes these cruel actions are being used on Latin Americans today performed by a graduate. Some of the main high-light speakers at the event were the Indigo Girls, as well as Latin American families that have talked about their lost loved ones. Many songs and hymns were sung together. "It's good to be aware of what's going on in other countries," stated Beaulieu. "We are lucky to have that obligation as an American citizen and as human beings."

Graduates from The Western Hemisphere Institute of Security Cooperation, which is being convicted of killing innocent people. To find more information on SOA and SOA Watch you can look at www.soawatch.org.
The Price of the Game

Students getting paid to go to school is nothing new. Scholarships have always been given to students for outstanding athletic ability or academic abilities. But the fact that there have been talks from many schools for a number of years to give students stipends on top of their athletic scholarships is absurd. What happened to playing a sport because you loved it, and the thrill of getting the chance to play on a college level was enough? Besides, student-athletes are already getting paid! They go to school for the price of giving almost all of their free time and effort in sports, not mention the small perks of being a part of a team.

Athletes who are part of a big team such as basketball at SHU get free shoes (more than one pair that are usually about $100 each), numerous sweats, warm ups, tee-shirts, equipment (some teams get new equipment every year), meals at restaurants before games, bags, and even sports bras.

A few of my friends on the basketball teams here told me that since they get their meal plans paid for with their full ride scholarship, they get an allowance of about $20 for meals when they go away for games or stay at school for practices and games when the school is closed. Some people actually say that student-athletes should be paid money on top of that because they generate revenue for the school. Why should they? They are going to a good school and not paying the tens of thousands of dollars everyone else is.

Since the mid-90s it has become commonplace for teams to have sponsorship contracts, most notably shoe contracts. According to Raymond Schneider, of College Student Journal, coaches for some teams can earn well over $100,000 per season. Proponents of coaches receiving such exorbitant salaries often say that student-athletes are limited to athletic scholarships. Some even say that a full ride doesn’t cover all the expenses of attending college. Are you kidding?

Student-athletes of full rides get room and board, meal plans, books, and sometimes an allowance every week not to mention all the free perks of being on a big team. All they really have to pay for in the end is damage bills, if any; parking passes and parking tickets, if they even have a car.

Some students qualify for a Federal Pell Grant. These are grants of up to $3000 a month, and grants do not have to be paid back. They are given to undergraduate students who do not have a degree. They provide a good foundation for other aid they might receive for athletics and non-athletes alike. How much a student gets from a Federal Pell Grant depends on some same factors as regular financial aid, like parent’s income, number of attendees, and if the student is a full or part time student. The big difference between Pell Grants and financial aid is Pell Grants can be issued right to the most account or given directly to the student as a check. This means that it could be like getting a monthly allowance from the government.

So far the NCAA has not given into the idea of student-athletes getting paid extra for going to school and playing a sport. A survey of 2,000 randomly selected students was given, asking if student-athletes should be paid extra. According to Schneider, 54% said they agree they generate revenue and should be paid. What about the students with the 4.0 GPAs? They devote all their free time and energy to their studies and succeed and in turn help the college look better. Why don’t they deserve to get paid extra? The 46% who oppose student-athletes getting paid say that they are paid enough through their scholarships.

If students were to get paid, where would the money come from? The NCAA is a non-profit organization remember. Athletic departments certainly do not have the extra money to pay students beyond scholarships. Would the extra money come from endorsement and sponsor contracts, or increased tuition? Increasing tuition is the option most looked at, but let me tell you, that would not be a good thing. With tuition prices as high as they are, non-athletes would not be willing to pay more for some other kids on a full ride to get paid for playing a game.

To recap, the love of getting the chance to play a sport in college is not enough anymore. Student-athletes get the thousands and thousands of dollars of college passes paid for and to pay them extra for playing a game is ridiculous.

By Patrick McMahon
Staff Writer

The SHU Voices

What do you want for Christmas?

Erin Demchak
Durham, M.E.
Senior

"Honestly, I want Eminem wrapped up in a bow."

Anthony Cernera
Fairfield, C.T.
Sophomore

"Ralph Nader for president, and a pony."

Brooke Tonelli
Dudley, M.A.
Senior

"World peace...and if not, I'll settle for a new car."

Student Moves to Stop Stereotyping Athletes

I'm writing this editorial in response to an editorial in the November 21st issue of the Spectrum entitled "A Matter of Respect" by Stephen Brine. In this editorial the writer talks about the rape talk given a few weeks back by Katie Koestner and how the athletes here at Sacred Heart were being disrespectful. He said, "At first everyone was in attention was captivated by what Katie was saying. However, it only took minutes for me to witness some athletes playing games on their laptops, throwing things at the event were quiet and attentive to what Katie was saying if you were watching everyone else? Most of the athletes I saw at the event were quiet and attentive to what was being said and felt that they got a lot out of hearing Katie's story. I'm not here to say that athletes did not play a role is some of the disrespect shown or to defend the few immature people that were involved. I just think that it is wrong to generalize and stereotype the whole athletic population of the student body by the actions of a few and to say that you have little or no respect for the athletes here at Sacred Heart is unfair to not only the athletes, but to the athletic department as a whole, which the athletes represent.

I would also like to apologize for the actions of a few immature people in attendance that caused all the athletes to be grouped with them and singled out for what was thought to be lack of respect by all.

By Joe Zalak
Brother of Lambda Sigma Phi, and Member of the Student Athlete Advisory Council

The editorial pages are an open forum. Letters to the editor are encouraged.

All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

The Spectrum is a student run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828.

Tutor Needed

FN 315 & FN 316
$20.00 per hour
Call: 395-7778
Letters/Op-Ed

Labeling Students at SHU A Problem

"You should know what prison feels like, being Puerto Rican from the Bronx and all." That is what one professor, who shall remain nameless, once had the nerve to tell me during class in front of the rest of my classmates. I do not think I was alone that day when I say I was shocked that in this day and age people still had that narrow-minded mentality. It is incredible to me how people, both young and old, still label each other based on their appearances and background, knowing little or nothing about the person and their personality. It is incredible but very disturbing.

Yes, being Puerto Rican and from the Bronx, I am often viewed as "loud and ghetto" and people seem to get a kick out of this stereotype finding me "cute." So am I here for the Bronx attitude? It sickens everyone laughs at with me how people label each other. I am nobody's sideshow! With what prison feels like, being Puerto Rican from the Bronx, and from Ae Bromc, an4"

Aside from shop—buying like they really care) will suddenly put them in the bag...or you wear Abercrombie & Fitch."

The main focus is to set aside the labels and such personality-demeaning stereotypes and come together as a unit. That is the main goal and we should lose sight of that. We should carry that attitude far beyond the holiday season and apply it to our everyday lives.

By Christina Domenech Staff Writer

The Birth of Christ: Essential to Christmas

Our country's preparation for Christmas, the birth of Christ, usually does not come to the long-awaited Heavenly King. Jesus Christ is not compatible with today's politically correct society, and certainly does not fit into the holiday marketing scheme. Despite these facts, I am saddened that many individuals believe it is necessary to take Christ out of Christmas in order to accommodate Non-Christian participation in this sacred holiday.

Now, more than ever, the struggle to dissociate Christmas from any religious meaning is apparent. Many people feel that congress has violated the separation of church and state by embracing the holiday. Christianity is widespread and accounts for the majority of religious followers worldwide. Therefore, I believe that people should accept the tenets of others in order to maintain a peaceful existence.

At public educational facilities, keeping Christ out of Christmas is required. Fear regarding lawsuits and formal debates on equality seem to rule this day and age. The traditional usage of the word Christmas, now being replaced with holiday, is becoming extinct. Part of diversity should include teaching about the birth of Christ. Students should expand their knowledge and acceptance of different beliefs. By hiding from controversy we are showing children that religion is a taboo subject that creates tension amongst groups of people.

American culture, due mainly to the pop-culture revolution, is extremely materialistic. In the midst of the seasonal traditions, which include parties, presents, family and friends, most of us are guilty of neglecting to reflect upon the true meaning of Christmas.

"I am saddened that many individuals feel that it is necessary to take Christ out of Christmas in order to accommodate Non-Christian participation in this sacred holiday."

For all, it's a wonderful time to cherish loved ones and display kindness towards those less fortunate than you. Yet, we need to keep Christianity and our savoir alive in our hearts at Christmas.

I fear that tradition and significant meaning would be stolen from our society if we continue allowing a few individuals to force their beliefs upon us. If it had not been for Christ, Christmas would have never occurred. Please keep this in mind during the holiday season.

By Amy Tooley Staff Writer

Christmas or Commercialization?

After finals we can finally look forward to Christmas. A time to be with family and friends, listen to jingle bells, and watch the 100 million rerun of Rudolph and Frosty just because it’s the Christmas thing to do. Then all we need is the proper weather right? In my lifetime I have never come to notice a few hypocrisies in the way we celebrate this time of year, as opposed to what would be the right way to celebrate Christmas. I often times remember people saying the most bizarre statements such as, "I can’t believe that all I got for Christmas was?", or, "I only got— for Christmas." I couldn’t believe that people were actually getting upset over the gift they received, or didn’t for that matter. Thus, this brings us to the question of what is the point of Christmas? This might seem like a question with an obvious answer. It’s the politically/ religious participation in the birth of Jesus Christ, hence the name CHRISTmas. So if this is the true meaning, then theoretically, how can anyone complain about what they receive on Christmas? This is why Christmas commercialization is the Christmas holiday. Mostly everything about Christmas is marketed and exploited. From the roof, to the Tiffany’s bracelet every boyfriends should’ve got for their girlfriend. This commercialization of a sacred holiday has led most Americans totally astray from the true meanings of Christmas. I wonder what Jesus would have to say about this? Perhaps we are merely products of our own environment. America is the epitome of capitalism, making money no matter who is exploited or what is damaged in the process. Have we allowed capitalist ideologies to come back and abuse what we hold most sacred- the Christmas holiday? Arguably we have, Christmas has been bought out by capitalism. We have television commercials that tell us, “The Christmas gift you give to show you really care.”

Most Americans don’t have the faintest sense of the ideals of the season. Most think if they simply go to church for the second time of the year, and give a bunch of fake smiles with a gift to family members they haven’t bothered to call all year long, (pretending like they really care) will suddenly put them in the Christmas spirit of giving. To me, this merely proves that the Christmas season is about anything but Christ. It’s about kissing up to other people, cash registers ringing up high sales, and just plain being phony.

By Stephanie Jelacic Staff Writer
Who Can Date Who At SHU

By Kerry Freil Features Editor

He can balance advising two clubs and his studies and still manage to attend every football game. She can supervise and guide three clubs and manages to keep a smile on her face while answering questions. He can solve any problem, from relationships to courses. She can tell you about every club on campus and give you tips on getting along with your roommate.

He is responsible, educated, and committed. And so is she. But as great as these people are, and how much of the "great date potential" criteria they fulfill, many student leaders, like Graduate Assistants (GAs) and Resident Hall Directors (RHDs), are off-limits to SHU students.

Teachers are given a Faculty Handbook that spells out the proper student/teacher relationship on page 53, according to Vice President of Academic Affairs, Thomas Forget. "As a teacher, the professor encourages the free pursuit of learning in his/her students, provides advice and respect for the student as an individual, and adheres to his/her proper role as intellectual guide and advisor."

"He/she makes every reasonable effort to foster honest academic conduct and to assure that his evaluation of students reflects their true merit... He/she avoids any exploitation of students for his/her private advantage and acknowledges significant assistance from them," the Faculty Handbook, Section 3.7.3, the AAUP "Statement on Professional Ethics," reads.

Unlike teachers who are given a specific handbook with guidelines of conduct, leaders in the departments of Residential Life, the Student Union, and Student Life are told verbally during training sessions that dating students is not encouraged, according to Dean of Students, Larry Weilk.

Junior Robert Trense, an RA in West Hall, from Naugatuck explains his views of dating other RAs or students that are not his particular residents, Denise Bertolotti, a junior from Massapequa, NY, said, "It's unwritten rules, I don't think it's necessarily a taboo type of thing. You watch the respect."

"The bottom line is to protect the integrity of the position. The authority [figure] is held in respect," said sophomore RA, Victoria Pezzulo of Latham, NY.

While RAs have their opinions about the rules, so do SHU students. "I think that RAs/GAs are in positions of authority at SHU and the school is just trying to cover itself on legal aspects by having a strict dating policy," said junior Elaine Fitzgerald of Long Island, NY.

Some students feel it is unfair to group all student leaders together because of the different roles they play on campus.

"I am just a student here at school. However, I feel that there is a difference between an RA dating and a GA/RHD dating a student. An RA is supposed to be a peer, therefore it seems fine to me that they date students, after all we are all peers. However, RHDs/GAs are not our peers, they are our advisors and members of the faculty. Therefore, I feel that they should hold and do hold authority over us. If they are dating students then it is hard to see where they draw the line of an authority figure or just another peer," said senior Keri Nasti of Oceanside, NY.

But when people are working in close quarters, like in residence halls, and putting in long hours for clubs, sometimes relationships do develop. Dean Weilk explained that if a relationship develops, it is up to the student leaders to approach their superiors and make them aware of the situation.

"We don't want to hear it from parents, we want to hear it from advisors," Dean Weilk said.

Sometimes advisors of two clubs can simply switch, so the conflict of interest is avoided, or if the case is in a residential hall, a student or RA or RHD could be switched into a different hall Dean Weilk said.

Public Safety Officers cannot date students. Public Safety Officers cannot date each other or their superiors.

"We do have a written policy, but it is an internal document, not for the public," said Bill O'Connell, Director of Public Safety.

So who can date who? Students can date students, RAs can date other RAs and residents, but are not encouraged to date their own residents. GAs and other club advisors are not encouraged to date members of their club, and if a relationship develops it needs to be discussed with the advisor's superior.

College gives everyone the opportunity to meet many kinds of people. Students should not feel limited as to who they can date, they should just be sure to follow the rules!

"The Horizon's publication gives the prerogative of the artist or writer to submit what they want. That is why we rely on the good judgment of the editors to choose material they think is written." - Dr. Sandra Young

"I don't believe in censorship of any kind, it's the prerogative of the artist or writer to submit what they want." - Dr. Sandra Young

Horizons publishes fiction, non-fiction and poetry. Young went on to say, "What we are interested in is student creativity, students who are showing other people, other students, faculty, staff, and administering the kind of work they can do, and so far I've been very pleased with the kinds of things students produce."

"The Horizon's publication gives [English] majors and other writers the chance to share their creativity while they acquire some exposure and experience," said Allison Shaugnessy, a senior from Randolph, MA, and fiction editor for Horizons.

"It's a lot of hard work for the editors, but it is also interesting and fun," said Dr. Young. "Students get internship credit in the spring, and it's a wonderful resume builder, especially now that the editors are doing the typesetting at the printer's themselves. With the money we save on typesetting we can print extra copies."

"I explained how a piece of writing or art is selected for the literary magazine. "I don't believe in censorship of any kind, it's the prerogative of the artist or writer to submit what they want. That is why we rely on the good judgment of the editors to choose material they think is written." - Dr. Sandra Young

"The most important selection criterion is the strength of each individual piece," said Mark Stanczak, a sophomore from Freehold, NJ and poetry editor for Horizons. "Hopefully this year's poetry section will portray as many themes as possible beyond the usual love, angst, and coming of age types."

"I'd say the response so far has been overwhelming. In the past month alone I've received 35 submissions from 11 different poets," said Stanczak.

Tom Ferguso, a senior from Manchester, CT and the Drama Editor for Horizons said, "my criteria for selecting works would probably be based primarily on whether the screenwriter has written something that displays their talent, is able to keep the audience interested and whether or not the monologue is well constructed."

"This year my goal is to have the journals in student's hands by finals week," said Dr. Young. "Students are encouraged to submit their works soon for the upcoming edition of Horizons. Anyone interested can also pick up a copy of last spring's issue in the English office and various other locations on campus.

"It's important for a university of this size to have a publication dedicated to the achievement of student writers, or artists," said Dr. Young. "We need to be very supportive of this, after all Horizons celebrates Sacred Heart and its students."
A Day in the Life of an NFL Intern

By Katie Trindall
Staff Reporter

Walking up to the darkness of early morning with weary limbs and tired eyes is a feeling he knows well. The glowing clock says 6:00 a.m. and there is no reason for a college student on summer vacation to be awake at this time of morning. Well maybe one reason, doing an internship for the Carolina Panthers.

Steven Hinrichs, a 21-year-old college senior majoring in Sports Management from Hopewell Junction, NY, found himself in a grand position when he was chosen to do his internship with the Carolina Panthers, an NFL team from North Carolina. Even since he was four years old he has been obsessed with America's second national past time, football. "My first real memory of watching an NFL game was when I was four years old and my friends of the Carolina Panthers team. Ever since then I have just wanted to be involved with football," Hinrichs says. He decided before his junior year of high school that he wanted to someday pursue a career in coaching football. Two years of his high school career were spent as the water boy for the school's football team. He played football his senior year, but he explains, "The only football I really played was backyard football."

As a freshman at Sacred Heart University, Hinrichs joined the football team as an equipment manager. His job included handling players' equipment, video taping practices and games, editing game films, setting up for practice drills, making sure that the players needs were met, and of course doing the infamous laundry. His junior year he joined the Pioneers during their spring season as a free safety. After the season was over he returned to his position as an equipment manager. Junior year is also the year that many college students find internships so that when they graduate from college it will be easier for them to find a job. Hinrichs did not really know how much of a chance he would get to fulfill his dream job of maybe one day being an NFL coach, since he barely had any experience playing the game. One day everything changed. Hinrichs was making his usual rounds in the equipment room when his boss, Greg Moigenthaler, walked up to him and asked if he would be interested in sending an application to intern for the Carolina Panthers. "My boss knows the head equipment manager for the Panthers, and said that I had a real shot at getting an internship with them," says Hinrichs, "so I went for it!" He was placed on the "secret service" list to help the relatives and close friends of the Carolina Panthers team. "Getting a job like that can only really be done on a who you know not what you know basis," Hinrichs says. Hinrichs thought that he had no chance at being able to intern for an NFL team until finally the phone call came. "I guess one kid couldn't show up for the summer so they called me!" exclaimed Hinrichs.

In the summer of 2002 he walked into the Carolina Panthers locker room and did not know what to make of the situation. Hinrichs said, "I was first in shock. Some of the players were taller than they were just larger than life. I have never seen anything like it before in my life. It was just nuts." Hinrichs was finally where he dreamed he would always be. "I had the biggest smile on my face and the only thing that I kept thinking about was that I was finally getting into the pros and fulfilling my dreams."
The first week of Hinrichs stay was also the week before the teams first day of training camp. Most of this week was spent moving equipment out of the stadium and into the training camp at Williams College in Spartanburg, SC. "There were ten tractor trailers of equipment that we moved," says Hinrichs, "that's enough equipment for an entire month." During the first week of practices finally started Hinrichs workday lasted from 7:30 a.m. to 10 p.m. During practices Hinrichs worked exclusively with the offensive line. He helped set up and even assist in running some of their drills. Pre-season games were more time consuming. Hinrichs had to help set up the locker room area for both the players and coaches. After this he set up for pre-game warm-ups and drills. During the game he was either on the sidelines watching the game or the water boy, or even ran sideline passes to coaches to make sure that they could always be reached on top of their game.

This summer he was on national television at the new Gillette Stadium in Massachusetts, home of the champion New England Patriots. "Every time I set foot on the field," says Hinrichs, "I had a weird sensation running through my body. Taking in the fact that 60,000 people were staring down at me wishing that they could be as close to the action as I seemed unreal to me."

Hinrichs has spent two summers with the Carolina Panthers and hopes to be working with the team after graduation. He wants to start his career as a graduate assistant for a college team. Hinrichs says, "I want to get my foot in the door for the future." All of those late nights on the road and the early mornings at practice is helping the dreams of a boy from a small town become a reality to this man that is now about to enter the world.

Students Experience Real World Love Winter Break

By Kara Brady
Staff Reporter

D o you have an internship lined up for yourself? Internships are very helpful to college students in many ways. They give you the experience of a real workplace for credits, and also can help you decide what you like (or don't like) as far as jobs go. What better way to inquire about internships and possible job opportunities than to visit the actual companies and receive information? Some Sacred Heart students will have this chance over the winter break.

This program is run through the Eastern Association of Colleges and Employers, (EACE), in which every staff member at SHU's Career Development is a member. The Liberal Arts section of the EACE is in charge of the visits, and although it is open to students of all majors, it is focused on students under a liberal arts title.

Students can visit such employers as the National Science Foundation in Washington D.C., Hershey Entertainment and Resorts in PA, Liberal Arts Power in Boston, MA, Cendant Mortgage in NJ, and many more. This year's vacation takes place during the winter break, and will include overviews of entry-level opportunities and specific careers, tours, question and answer sessions with recent college graduates employed at the company, meetings with staff members, and much more. Students will get a variety of information about the site they are visiting, all of which will be extremely beneficial.

Deanna Fiorentino, an employee at Career Development at SHU, believes just that. "It is an opportunity to get first-hand information from people who work at these organizations, including recent college grads and interns, to learn about different employers and career fields, to learn about specific opportunities for jobs and internships, and, perhaps more importantly, to network with employers.

"Building a network of contacts in your desired career field is one of the most important things a college student or recent grad needs to focus on. Opportunities for networking are invaluable and should be taken advantage of whenever possible," Fiorentino explains.

If for some reason these visits cannot fit into your schedule or the spots are full, Deanna also mentioned other events for students looking for internships or job opportunities.

"A Career Development keeps up with these events and includes them on our on-line calendar which students registered with our office can access," Fiorentino said.

Fiorentino recommends contacting Career Development to get involved in these opportunities.

Community Service Starts With Machledt

By Mike Renzulli
Staff Reporter

"What is it if I do? Well a little bit of everything," joked Phyllis Machledt, director of service learning and volunteer services at SHU.

"Part of my job is academic, because it deals with service learning and service learning is a concept where the students do service that is directly related to the course they are studying. So it's experiential learning but it provides a necessary and real service to the community," Machledt explained.

Machledt also works with offices located in student life.

"I assist faculty members in developing projects for students so that they can do something that is related to their course. I help the professors because many of them don't live in the immediate area," she explained.

Another part of Machledt's job is to help students find volunteer programs to help out in.

"We get students involved in all kinds of volunteer programs, to both help the community and to help the students to have a better idea of what they want to do with their lives, and to hopefully help them have a meaningful experience," stated Machledt.

Hundreds of students working in Bridgeport schools right now, some of those are service learning. There are about 100 students doing work-study, which is another thing Machledt oversees.

"I interview and place those students and arrange transportation for them, in service learning or volunteer programs. I try to facilitate programs happening, one of the issues of course is transportation. So we have 3 mini-vans pick people up and drive them places. We also license students to drive those vans," said Machledt.

The upcoming holidays have many wondering what they can do. "I'd like to see us get beyond just doing things for the holidays. Are there things we can do as a university to make a difference, I think there are," said Machledt.

The students are a valuable asset to the university, in service learning.

"I am amazed at some of the talents our student's have. This year we have at least five freshmen, who have extensive experience working with, severely handicapped children," said Machledt.

Any student interested in volunteering their time or interested in any service projects can visit Phyllis Machledt in her office located next to the Faculty Lounge.

"I am reminded of a wonderful poster my mother has, it says people let things happen, some people make things happen, and some people wonder what happened. I am lucky enough for many of the students who walk through my door, they are the kind of students who can make things happen," Machledt said.
By Kerry Freed
Features Editor

A drumming sound is heard in the distance. The sound gets louder, closer. The beat speeds up. Fully uniformed, stomp face included, Devon marches in step with his fellow drummers, practicing for competitions. As Devon practices from his line, he spots a girl on the dance team; a girl who gave him her phone number the other day.

The movie "Drumline" will be out in theaters December 13, but six Sacred Heart students got a sneak peek at an advanced screening in Lake Buena Vista, Florida on Halloween. "Drumline" begins in Harlem, and then follows the main character, who earns a full scholarship playing drums at Southern University. The movie's main character, Devon, is played by Nick Cannon, a regular on the TV station Nickelodeon.

The band director is played by Orlando Jones, whose face may be familiar from the popular "Make it Like Yours" commercials. Devon's love interest is played by Zoe Saldana. Saldana first danced her way into the spotlight in the ballet movie "Center Stage," and continues to shine as the lead dancer in this movie.

"Drumline" was riveting. It was one of the best movies I've seen all year without a doubt. Some aspects of the movie parallel "Remember the Titans," and the problems that Bond faces years of unforgettable action are now available on video and DVD in a Special Edition Boxed Set.

"Bond" Investments

This past Friday, after celebrating Bond's fortieth anniversary, the twentieth installation in the series, "Die Another Day," opened to glowing reviews and ardent fan approval. Even Sean Connery, widely regarded as the best Bond to date, was forced to concede to Pierce Brosnan's performance. "Oh, I think he's very good." That's not bad criticism, coming from the man who started it all with a low-budget film entitled "Dr. No" which was released in 1962, and made for less than one million dollars ($50,000, to be exact). Comparatively, "Die Another Day" was allowed a budget exceeding $140 million and various companies have paid out more than $120 million in product tie-ins, which include 7-Up, Switch, Ford, and even P&G to name a few.

What, in fact, makes James Bond to appealing from generation to generation and after more than forty ageless James Bonds, have been, and always will be.

By Patrick Scalisi
Staff Writer

It has been estimated that about half of the world population has seen at least one James Bond film in their lifetime. For those of you who can do the math, that's more than three billion people in countries around the world. This tremendous number makes Bond, once penned by late author Ian Fleming, one of the oldest, not to mention most profitable, franchises in cinema history. Fleming's legacy has existed since before Michael Chrichton's techno-thrillers, Tom Clancy's CIA agents, and, more traditionally, in the world of marching bands. In a word, Bond has been, and always will be.

The Halftime Experience: "Drumline's" Point of View

"Drumline" gives an on-field look to the often stereotyped world of marching bands.

Photo courtesy of Internet Movie Database
Pierce Brosnan stars as James Bond in "Die Another Day," the twentieth film in the series.

Photo courtesy of Internet Movie Database
"Drumline" director, Charles Stone III explained what filming was like and how actors were selected after the advanced screening. Stone said that some of the "steamier" love scenes were cut from the final version due to length requirements and fluidity.

There is one scene, where Devon and his dancer girlfriend kiss, which Stone felt was very powerful. "It turned me on," Stone said, and added that cutting some of the scenes did not seem to detract from the audience's view of the when they cared about each other. "The movie was amazing. The competitions were cool and choreographed very well. I highly recommend it to anyone who likes movies about competition," said sophomore Jimmy Shea of North Eastham, Mass.

The movie is rated PG-13 and definitely worth your ten bucks to see it in the theater.

"I think we need to do more movies like this..." said Steve Granta, a senior from Manchester, N.J. Granta was one of the six SHU students who attended the advanced screening. "It was amazing and reminded me of being in band in high school. It was choreographed better than an N'Sync video." "Drumline" director, Charles Stone III explained what filming was like and how actors were selected after the advanced screening. Stone said that some of the "steamier" love scenes were cut from the final version due to length requirements and fluidity.

There is one scene, where Devon and his dancer girlfriend kiss, which Stone felt was very powerful. "It turned me on," Stone said, and added that cutting some of the scenes did not seem to detract from the audience's view of the when they cared about each other. "The movie was amazing. The competitions were cool and choreographed very well. I highly recommend it to anyone who likes movies about competition," said sophomore Jimmy Shea of North Eastham, Mass.

The movie is rated PG-13 and definitely worth your ten bucks to see it in the theater.

By Kerry Freed
Features Editor

A drumming sound is heard in the distance. The sound gets louder, closer. The beat speeds up. Fully uniformed, stomp face included, Devon marches in step with his fellow drummers, practicing for competitions. As Devon practices from his line, he spots a girl on the dance team; a girl who gave him her phone number the other day.

The movie "Drumline" will be out in theaters December 13, but six Sacred Heart students got a sneak peek at an advanced screening in Lake Buena Vista, Florida on Halloween. "Drumline" begins in Harlem, and then follows the main character, who earns a full scholarship playing drums at Southern University. The movie's main character, Devon, is played by Nick Cannon, a regular on the TV station Nickelodeon.

The band director is played by Orlando Jones, whose face may be familiar from the popular "Make it Like Yours" commercials. Devon's love interest is played by Zoe Saldana. Saldana first danced her way into the spotlight in the ballet movie "Center Stage," and continues to shine as the lead dancer in this movie.

"Drumline" was riveting. It was one of the best movies I've seen all year without a doubt. Some aspects of the movie parallel "Remember the Titans," and the problems that Bond faces years of unforgettable action are now available on video and DVD in a Special Edition Boxed Set.

"Bond" Investments

This past Friday, after celebrating Bond's fortieth anniversary, the twentieth installation in the series, "Die Another Day," opened to glowing reviews and ardent fan approval. Even Sean Connery, widely regarded as the best Bond to date, was forced to concede to Pierce Brosnan's performance. "Oh, I think he's very good." That's not bad criticism, coming from the man who started it all with a low-budget film entitled "Dr. No" which was released in 1962, and made for less than one million dollars ($50,000, to be exact). Comparatively, "Die Another Day" was allowed a budget exceeding $140 million and various companies have paid out more than $120 million in product tie-ins, which include 7-Up, Switch, Ford, and even P&G to name a few.

What, in fact, makes James Bond to appealing from generation to generation and after more than forty ageless James Bonds, have been, and always will be.

By Kerry Freed
Features Editor

A drumming sound is heard in the distance. The sound gets louder, closer. The beat speeds up. Fully uniformed, stomp face included, Devon marches in step with his fellow drummers, practicing for competitions. As Devon practices from his line, he spots a girl on the dance team; a girl who gave him her phone number the other day.

The movie "Drumline" will be out in theaters December 13, but six Sacred Heart students got a sneak peek at an advanced screening in Lake Buena Vista, Florida on Halloween. "Drumline" begins in Harlem, and then follows the main character, who earns a full scholarship playing drums at Southern University. The movie's main character, Devon, is played by Nick Cannon, a regular on the TV station Nickelodeon.

The band director is played by Orlando Jones, whose face may be familiar from the popular "Make it Like Yours" commercials. Devon's love interest is played by Zoe Saldana. Saldana first danced her way into the spotlight in the ballet movie "Center Stage," and continues to shine as the lead dancer in this movie.

"Drumline" was riveting. It was one of the best movies I've seen all year without a doubt. Some aspects of the movie parallel "Remember the Titans," and the problems that Bond faces years of unforgettable action are now available on video and DVD in a Special Edition Boxed Set.

"Bond" Investments

This past Friday, after celebrating Bond's fortieth anniversary, the twentieth installation in the series, "Die Another Day," opened to glowing reviews and ardent fan approval. Even Sean Connery, widely regarded as the best Bond to date, was forced to concede to Pierce Brosnan's performance. "Oh, I think he's very good." That's not bad criticism, coming from the man who started it all with a low-budget film entitled "Dr. No" which was released in 1962, and made for less than one million dollars ($50,000, to be exact). Comparatively, "Die Another Day" was allowed a budget exceeding $140 million and various companies have paid out more than $120 million in product tie-ins, which include 7-Up, Switch, Ford, and even P&G to name a few. What, in fact, makes James Bond so loveable? One of Rodger Moore's only redeeming performances; and "Goldeneye," the film that refined Bond for the new millennium. Each DVD has been remastered in digital and each showcases special features like commentaries and documentaries that follow the Bond phenomenon from inception to adulthood. Together, these films make an explosive cocktail of action that even James Bond himself would be too call shaken and not stirred. All are now available on video and Special Edition DVD, with the boxed set retailing for about $90.
Remember Being

By Julie Fuhrman
Staff Writer

Zack, Kelly, Slater, Screech, Lisa and Jessie taught everyone growing up in the 90’s not only how to get through high school but how to do so in style. “Saved by the Bell” dealt with every day teenage issues. Producers struggled with handling these issues without sounding too preachy. The show was about firsts; first kisses, crashes, heartbreaks, etc. The love triangle between Zack and Kelly and Slater was constant throughout each season. However it was Zack and Kelly that had real chemistry that audiences loved. Not everything was perfect and easy for the cast of “Saved by the Bell.” They had schooling to worry about and if they did not get good grades, they couldn’t do the show. Dustin Diamond, who played Screech, found it most difficult growing up while doing “Saved by the Bell.” He was younger than the other cast members and he didn’t hang out with them as much. The cast members found it hard to deal at times with the overwhelming response from fans. Diamond had once received a letter from someone’s body fluid, an article of clothing, and a lock of hair. He had also received a letter from a fan stating that they had written to Thiesen and since she didn’t write him back, he was going to kill himself.

The cast of “Saved by the Bell” also started to date each other. Just like normal teenagers, when something goes wrong in the love department, there is tension. The cast had to deal with real teenage issues in front of an audience and on camera. Gosselaar had his first real life break up as the show ended in 1993. The show and the cast members were not quite ready to say goodbye. They did a movie “Saved by the Bell in Las Vegas.” In this movie, after five years, Kelly and Zack finally said I do and got married. So what was next for the cast of “Saved by the Bell” that we had all come to love? While the rest of the cast tried to lose their squeaky clean tight cast image, Dustin Diamond (Screech) returned to “Saved by the Bell: The New Class” to star in “Breaking the Surface: The Greg Louganis Story” and Pacific Blue. He is now one of the hosts of The Other Half.

Mario the Baker Does Wonders
With Your Dough

By Melissa Munoz
Staff Writer

Sick and tired of Flik food? Want to eat something a little more like moms good home cooking? Do you want to go out to eat but don’t want to travel far?

Well try Mario the Baker on Main Street, across from Stop and Shop. You probably have passed by it a bunch of times, but its there. This little mom and pop restaurant is small but worth it. With a menu with everything from lasagna to pizza and beyond you just can’t lose with Mario’s.

“I was so hungry when I went back to school after vacation and the only place I could find cheese lasagna was from Mario’s.”

The salad was a perfect size; enough so I wouldn’t get full on just bread and salad, and so I would have room for the manicotti that I ordered. The manicotti was really good and was worth every bite! says Heather Marchand, senior Charlotte MA.

Although the restaurant is rather small, it has quite a reputation. “I was looking for a place to take my parents when they came to visit me one week end, and one of my friends suggested this really good small Italian restaurant, so I went and she was right, it was really good, and now it has become one of my favorite places to eat” says Kristin Lencig, senior, Brick, NJ.

“Mario’s is a place where you come in and you feel like you are at a friend’s house. It has a family atmosphere that is welcoming to everyone. However it is also a good place to go on a date because they have booths for two to keep it intimate. The prices of the dishes are reasonable as well. Their pasta and chicken dishes are the most expensive, they range from the low to mid teens, and their heroes are the cheapest things on the menu, going for around $5.”

Mario the Baker in Bridgeport has a menu which will fill your stomach and not empty your pocket.
Ruggers Show Enthusiasm On and Off Field

Co-athletes of the week, Walsh and Grady talk about their experiences with rugby.

For junior, Mary Grady (Natick, MA) there is not a moment in her schedule that she factors in time to sit down and relax. Relaxing for Mary is not being able to accomplish the tasks she has planned for herself within the day. Confident enough with her decision to be insistent when she came to SHU in 2000, Mary went out onto campus looking for something to get involved with all on her own.

Mary inquired about Rugby during her spring semester, freshman year after seeing a flyer to join the team. Even though she knew no one on the team and without having a friend to join with, Mary went out on her own and signed up.

She had never stepped foot on a rugby field before this moment and that was something that really sparked her interest. Without prior knowledge of the game, she learned about it from observing and participating at each practice. Grady has since become a back player on the team, which puts her on offense. The position she usually plays is either wing or outside center.

"My teammates are awesome. They are very nice girls, and welcomed all new players, even someone like me who had never played before," Mary commented. With Danny Pazio as head coach, Grady feels that the team has improved and the coach has done so much for the team. "He makes us work very hard but he's done a lot for improvement and we can say we are truly a winning team," Mary added.

Along with playing rugby, Mary balances in schoolwork, where she maintains above a 3.2 grade point average for both rugby and life. "He makes us work very hard but he's done a lot for improving the team and we can say we are truly a winning team," Mary added.

Kevin Walsh: The road less traveled proves to be beneficial decision.

Ever wonder how to channel your aggression from a stressful day in a positive way? Just ask senior, Kevin Walsh from Brooklyn, NY. Kevin actually came to Sacred Heart in 1999, as a recruit for the lacrosse team and had hoped to also play rugby, balancing practice time for both sports. Kevin took the road less traveled and decided to not play for the lacrosse team and joined the rugby team.

"Don't get me wrong, I still like lacrosse but I fell in love with rugby. I was always interested to step on the field and participate in a rugby game after hearing so much from my father who had played on a Men's club team. So I took a chance and started playing rugby," Walsh commented, "and I completely fell in love with the sport," Walsh added.

"People seem to be afraid to give rugby a chance but honestly it worth it. There is also this misconception that pads should be used but once you play you realize you really don't need them." Walsh commented. "If you do not know what you are doing, you can get hurt. Not even the pads would protect you if you had them. It is the trust in your teammates that becomes an important factor. We really watch each other's backs," Kevin added.

For Kevin, this is his fourth year playing rugby but his third as a dedicated and hard working captain. The position of captain was not just handed to Walsh it was earned. "The love I had for the sport turned into really wanting to do my best and help out the team all that I can. I was the kid who would have their roommate walk in and see that I was watching a taped rugby game for the third time, I might have learned so much from practice but I furthered my knowledge by watching games that I taped," Kevin commented.

Community service is something that the Rugby team does not take lightly. "We are also willing to help out. We have done several blood drives, donating blood," Kevin commented.

See "Athletes" Page 11
Continued from page 10

Pioneers Fall Short, but Remain Positive

Men's basketball dropped their opening three contests, but remain optimistic.

By Katie Atkins
Sports Writer

The Sacred Heart Men's Basketball team dropped their first trio of games, including one at the last second, despite hard play. "We are still very optimistic about the season. We just have to learn how to play more consistenly from the start of the game. The team attitude is great, in part because we understand that in order to make it to the playoffs, we must win conference games. While this is no excuse for losing non-conference, we are gearing up for the tough road ahead," said junior guard Omar Wellington (Pensacola, NJ).

The first, played against Stony Brook Saturday, Nov 23, went into overtime but the Seawolves ended up topping the Pioneers 76-64.

The second, the opener to the Coaches vs. Cancer Snapple College Slam held on Monday, Nov 25 at the Westchester County Center, resulted in a 77-62 loss against Manhattan College.

In the contest against Stony Brook, the Pioneers held the power for much of the game, leading by as many as 11. But the Seawolves took advantage of the abundant Sacred Heart turnovers.

When a Maurice Bailey (guard-Hempstead, NY) jumper with :03 remaining did not fall, the game was forced into overtime.

In the opening moments of overtime, Bailey sank two free throws after being fouled, but they would be the only points the Pioneers would get for the rest of the game as the the Stony Brook Seawolves dominated in overtime.

The driving force behind Stony Brook's victory was their conversion of 26 points on 32 Sacred Heart turnovers. Bailey lead the Pioneer scoring with 20 points followed by sophomore forward Mike Queenan (West Chester, PA), who added 16.

"We are still very optimistic about the season. We just have to learn how to play more consistenly from the start of the game."

Junior Guard Omar Wellington

Freshman forward Donnell King (Gaithersburg, MD), who lead the Pioneers in scoring with 16 points on 7 of 11 from the field and also grabbed 5 rebounds, helped SHU rally back after falling behind 26-6 and finding themselves down by 28 at two different points in the game.

Bailey added ten points and Wellington and junior forward Justin James (Tampa, FL) contributed nine each in the 77-62 losing effort.

In the home opener against Army on Sunday, Dec 1, the Pioneers lost a heartbreaker at the buzzer. Junior center Zach Speivy (Lubbock, TX) drained three-pointers with seconds remaining in the game to lock the game at 73-73. But Army junior forward Bill Mohr tipped in a teammate's missed lay up with just one second remaining on the contest clock to defeat the Pioneers by a heart breaking score of 75-73.

SHU was led in scoring by sophomore forward James Samuels (Uniondale, NY), who finished the game with 20 points, 13 of which were scored in the first half. Speivy finished the game with 15 points, on 5-8 shooting and also had a pair of blocks.
Ferhi Leads SHU

The Pioneers Hockey team recorded one win and one tie against American International.

Dennis Fleischmann
Sports Writing

On November 22 at the Milford Ice Pavilion the Sacred Heart Men's Hockey team tied a hard fought game with American International. Both teams are in the Metro Atlantic Athletic Conference and each team had hoped to better their standing in the conference. However, both teams were in for a surprise. As the result of superior goal tending by both goalies the game ended in a 0 – 0 tie.

The Pioneers’ senior goalie Eddy Ferhi (Charenton, France) made 24 saves over the course of the game. Despite many close calls for Ferhi, he managed to stop everything that came his way.

Unfortunately, for the rest of the Pioneers, American International’s goalie Chad Davis also stopped all shots attempted. There were many great plays made by the Pioneers both offensively and defensively, but both teams met their match on the ice that night.

The Pioneers and American International had a rematch the next night, November 23, in Springfield, MA. This was a highly anticipated game because of the tie the day before. Five minutes into the first period senior Lloyd Tennant (Billings, MT) scored a goal; he was assisted by freshman Peter Giatrelis (Hamden, CT). The Pioneers picked up another goal in the first period, sophomore Barclay Folk (Westbank, BC) scored it, assist-
Inconsistency Keeps NFL Race Close

The NFL playoff picture remains cloudy as upsets continue to plague regular season.

By Greg Tonzola
Sports Writing

Each year as the NFL season winds down, a distinct playoff picture seems to emerge. Although there is still one-quarter of the season left to play, nearly every team has shown enough throughout the course of their seasons to prove what they’re capable of. However, very few teams have been dominant and nearly every team has shown they can beat formidable opponents. Like most years, the playoff picture, although developing, is very blurry.

Since such a large percentage of Sacred Heart hails from either New England or the New York metropolitan area, the obvious most popular teams are the Jets, Giants and Patriots. However, right now it is a long shot that all of these teams will be in the playoffs.

The playoff system is a bit different this year with the addition of the expansion Houston Texans. Rather than three division champions and three wild cards in each Conference, this year, there are four division champions and only two wild cards. The playoff picture for the Giant’s NFC seems to be rather fast, yet the AFC which includes both the Jets and Pats is almost as unclear as it was the first week of the season.

In the NFC, every division but one is dominated by the division leader with much lesser teams far behind. In the NFC East, the Eagles will win out as the Giants, Dallas, and Washington fall behind with records at or barely breaking .500. The Giants, with the best record of the three behind Philly, still have a chance; albeit a long shot, of making the playoffs so don’t give up hope yet, big blue fans.

The Packers have already clinched the NFC North over three of the four worst teams in the league in their division. Despite a weak division, they are a favorite to make it to the NFC championship in mid-January. The San Francisco 49ers

See “Playoff Watch” Page 11

Danes and Leopards Fall to Pesky Pioneers

The women’s basketball team won two and dropped one as Senior Brooke Kelly became the ninth SHU player to ever reach 1000 points.

By Craig Joly
Sports Writer

On November 22, the Sacred Heart women’s basketball opened their season in Amherst, MA, against UMass with a 74-48 loss. The Minutewomen were led by seniors Jennifer Butler, who had 13 points and 13 rebounds, and Nekole Smith, who had 14 points. Butler and Smith were 11-17 from the field, and also shot five-for-eight from behind the arc, with Smith herself nailing four of the three-pointers. The Massachusetts team as a whole shot 60 percent from three-point land.

Freshman Nicolle Rubino (Port Jefferson, NY) was one of the only bright spots for the Pioneers, as she came in off the bench in the first half and scored on her first four shots, all of which were three-pointers. She finished five-for-nine from the field, with four three-pointers, three assists, three steals, and a block in 25 minutes on the court. Sacred Heart a whole shot just 33.3 percent from the field, and also turned the ball over 26 times.

Senior Brooke Kelly (Medford, NJ) also reached double figures for the Pioneers, with 14 points and six rebounds. Kelly’s 14 points leave her 13 shy of becoming the ninth member of Sacred Heart’s 1,000-point club. Kelly also combined with fellow seniors Ashley Durmer (Nashua, NH) and Brooke Rutnik (Albany, NY) to score 25 points and grab 12 rebounds.

“Will, my thoughts before and after the UMass game were completely opposite. I really thought it could be a close one and could give UM a run for their money. Unfortunately, we didn’t execute quite as well as we should have or bring enough energy, so we’re talking it up as a learning experience,” said Kelly. “As for Lafayette and Albany, they are two teams that we are familiar with, so we are hoping the outcome will be a lot different as the one with UM.”

In Sacred Heart’s second game of the season, on November 26, the Pioneers traveled to Easton, PA, to take on the Lafayette University Leopards. Led by Co-captain Kelly, the Pioneers were able to defeat the Leopards 75-70, with an improved 54.8 percent success from the field.

Kelly scored 11 of the 13 points she needed for 1,000 in the first half, and when she hit a foul shot at 13:50 of the second half, she finally joined the 1,000-point club. Rutnik scored six points, with seven rebounds and a career high six steals in the first half. Sophomore Colleen Duggan (Newington, CT) chipped in with 10 points, eight rebounds, seven blocks, and two assists, all career highs here at Sacred Heart. Her seven blocks also tied a school record, set last year by Rutnik in a game against Mount St. Mary’s College.

Kelly scored 11 of the 13 points she needed for 1,000 in the first half, and when she hit a foul shot at 13:50 of the second half, she finally joined the 1,000-point club.

With 6:17 remaining, the Leopards finished a 15-4 scoring run, cutting the lead to eight. The Pioneers were not able to put Lafayette away until junior Kate Maher (Waterford, Ireland), sophomore Allie Bagnell (Newtown, PA), and Kelly combined to go five-of-six from the free throw line.

“Albany is going to be a huge grudge match from last year, it’s a home opener, and I know Shannon Quinnivan (Albany, NY) and Rutnik are taking it quite personally, since they know a bunch of girls on that team from playing them over the summer,” said Kelly.

In their home opener on December 1st, the Pioneers hosted the University at Albany Great Danes. Led by Durmer’s 15 points, Sacred Heart defeated Albany 69-63.

Durmer shot four-of-seven from the field, and also shot three-of-six from three-point land. Rutnik added 12 points, six rebounds, two assists, and two steals, while Kelly chipped in with 12 points and five rebounds. Rubino led the Sacred Heart bench, scoring 11 of its 21 points.

The Pioneers’ next game is December 3rd, when they travel to Princeton, NJ, to take on Princeton University in hopes of adding to their win streak.