Sorority Increases Campus Suicide Awareness

By Maureen Daley
Staff Reporter

This week through February 2, the Sacred Heart University campus will become educated on suicide and its effects as the sisters of Nu Epsilon Omega, who dedicate their sorority to increasing suicide consciousness, sponsor Suicide Awareness Week.

This year’s Suicide Awareness Week began at 7 p.m. on Monday when presenter Harriet Leno of Bridgeport, CT, who spoke last year, talked about her personal experience with suicide to an audience in the Mahogany Room. Ms. Leno also spoke to SHU students during Suicide Awareness Week last year. Junior Nu Ep sister Molly Brennan, of Syracuse, NY states, “It is nice to have a member of the Bridgeport community come to our campus to talk about an uncomfortable topic. Harriet doesn’t hold anything back and she offers hope to a tragic cause.”

On Tuesday, the sisters of Delta Theta performed a skit about a girl who was raped and as a result committed suicide. The SHU players also performed a skit on Wednesday afternoon about suicide and its aftermath.

Sue Haar and Melissa Bellino from Beta Delta Phi perform a suicide awareness skit.

On Thursday evening speaker Eileen Lopez from the Connecticut Information Line, Connecticut’s own crisis line, will speak to students about the dangers and warning signs of suicide.

The week concludes with three showings of the spring 2000 movie “The Virgin Suicides” starring Kirsten Dunst, as well as a vigil. The film will be shown on Friday and Saturday at 7 p.m. and Sunday at 2 p.m. in the Schine Auditorium. The vigil will take place Sunday at 9:15 p.m. on the FLIK Patio. The vigil will honor all those lost because of suicide, and bring together all those affected by it.

As reported by the Centers for Disease Control, suicide is the third leading cause of death for people ages 15 through 24. “It’s important that Sacred Heart students are aware of suicide and its prevention. We can’t turn our heads and pretend that it isn’t an issue here because it is a prevalent issue at Sacred Heart, as much as it is at colleges nationwide. Suicide Awareness Week attempts to heighten consciousness in the Sacred Heart community,” states Nu Epsilon Omega sister, Sophomore Patty Casey, of Wrentham, MA.

If anyone you know is considering suicide, see the important of getting help. “Be aware of changes in friends’ behavior. If dramatic changes occur, including symptoms of severe depression, such as difficulty sleeping, changes in appetite, social isolation and lack of motivation to do normal activities, get help. You want your friends to get to the center before it gets to the suicidal point,” states Jocelyn Novella, the assistant director for SHU’s Counseling Center.

“Depression is highly treatable, and the depressed student needs to know that it is not a hopeless situation,” Novella adds. The center at Park Avenue House has counselors who are more than willing to assist students, and is open Monday through Friday 8:30 a.m. to 4:30 p.m. Also, someone from the Counseling Center is on call 24/7 while school is in session, in case of an emergency situation.

SHU Celebrates “Souper Bowl of Caring”

By Mark Stanczak
Staff Reporter

Last week Service Learning, Omega Phi Kappa, and women’s lacrosse and volleyball teams were busy preparing for Super Bowl Weekend. Members collected food and money for several days leading up to Sunday, but they were not collecting for tailgate snacks or game bets.

These and other groups, such as the Financial Aid Office and South Hall, were taking part in a nationwide food drive called “Souper Bowl of Caring.” This annual food drive takes place across nearly 15,000 churches and other organizations in order to benefit local charities, such as food banks, at a time when the weather is harsh and their shelves are low.

“Lots of people donate during the holidays,” explained Phyllis Machledt, director of Service Learning at Sacred Heart University. “But by the time January and February roll around there’s no food left.” “Souper Bowl of Caring” is designed specifically to solve that problem.

Although the food drive is organized nationally, its focus is on community involvement. Food collected at SHU was dropped off at the Service Learning office located near the faculty lounge and, from there, was distributed to local collection centers in Bridgeport.

Donations were sent to St. Charles parish, Jesus Saves Ministries, and St. Stephen’s, also known as the Thomas Merton Center. Jesus Saves Ministries, located at the intersection of Wilmont and Connecticut Avenues, is the only food pantry in Bridgeport’s east end.

In total, the project raised $1,200 in cash and food donations from the SHU community.

“Souper Bowl of Caring” started in Colombia, South Carolina in 1990 as a grassroots Christian ministry. This movement grew until the university became involved several years ago.

Megan Houlihan, a Junior from Saugerties, NY, explained why she and fellow RA’s Debbie Dietzel and John Pallivene decided to promote the “Souper Bowl” cause: “The RA’s are doing this food collection as part of an Emotional Program to help educate the students on this situation in the City of Bridgeport. Many residents of South Hall work in the Bridgeport school system and hopefully they will now have a better understanding of how [the children] sometimes do not know where their next meal will come from.”
Public Safety Reports

January 24th:
4:28 p.m. - An East Hall fire alarm was activated due to burnt food. Simplex monitoring system called Bridgeport Fire Department.
9:16 p.m. - Students working in school radio station appeared intoxicated and a staff member asked them to leave the booth. After an officer responded, the students compiled to leave.
11:15 p.m. - A West Hall room door was damaged by a resident trying to gain access to the room.

January 25th:
12:36 a.m. - A resident's vehicle side view mirror was damaged and liquid was poured on the back side of the car in the Faculty/Staff Parking Lot.
2:30 a.m. - A J-Hill apt. bedroom was searched after a Res. Life staff member reported alcohol consumption in the apt. The search unveiled drug paraphernalia and alcoholic beverages, both of which were confiscated.
9:26 a.m. - A staff member's Motorola transmission radio was stolen in East Hall. It was later returned to the Public Safety desk by an unknown party.

January 26th:
1:08 a.m. - In the Main Building, a resident damaged two signs and ceiling tiles. A couch was overturned and regisater pamphlets were scattered in the hallway. Fairfield Police Department was called and the student was issued a summons for vandalism. B&G was notified.

News Briefs

Attention Seniors!
Don't forget to buy your tickets for the Senior Mystery Trip on Tuesday, Feb. 4th. Tickets are $10 and include transportation, food, and reduced drink prices.

Test Your Intellect
Play "Think Fast" tomorrow night at 8 p.m. in the Mahogany Room. Cash prizes can be won!

Greek Rush Begins
Monday night, February 3rd, "Around the World" is the first event of Greek Rush at 10:10 p.m.

Israel Lecture
Come listen to a guest speaker at 2 p.m. in the University Commons.

Artists Talk
"The Art & Craft of Stage Design" on 2/4 at 7 p.m. in the Art Gallery.

How Would You Spend $50,000?

The Investment Challenge, co-sponsored by The Finance and Economics Club and SIPE every semester is the best place for students to begin learning about investing their money.
Each participant is given $50,000 to purchase stocks of their choice. The stock picks are then submitted and evaluated at the end of the semester to see whose picks have the highest return.
The top three winners are awarded cash prizes. The prizes are $100 for First Place, $50 for Second, and $25 for Third.
The winners of the Fall 2002 Investment Challenge were First Place winner Peter Kuczynski, with a return of 40% on his portfolio, Second Place winner Roger Stamper, with a return of 37%, and Third Place winner Robert Howard, with a return of 28%.
Honorable Mentions were awarded to Pam Vujic, James Popek, Jennifer Paquette, Jen Piergentile, Mike Pascuma, Robert Ciaffaglion, and Kevin LaPointe. Each of these winners outperformed the S&P 500, which had a return of 7.51% during the duration of the game and were awarded gift certificates to Pizzeria Uno, courtesy of Professor John Gerlach.
Participants in the Investment Challenge must remember that there is no sure thing to invest in, and nobody is perfect. Also, students do not have to be a business major to play in the Investment Challenge. There are many resources available to everyone on the Internet for those that want to get started and do not know how.
The Spring 2003 Investment Challenge will begin on February 3, using closing stock prices from January 31. All submissions are to be sent to Dr. Bridget Lyons.
Be on the lookout for an e-mail regarding the Investment Challenge rules. Will you be up to the challenge?

12 Women Form One New Organization

By Eileen Galian
Staff Reporter

On Wednesday, January 21 a new organization at Sacred Heart University was accepted and is now functioning as a probationary member of Greek life. Junior Sue McHale (Ronkonkoma, NY) stated, "It's rewarding to finally have reached this phase in the process; we can't wait to start working with the Greeks and have an impact on campus." For the next 90 days this group must sponsor a campus wide event and fulfill 100 hours of community service.

After serving probationary time, Greek council will then make their decision after evaluating the 90-day process and how they worked together. If the group is officially approved as an organization they will be able to participate in the Fall 2003 RUSH and will be able to wear the letters of Zeta Iota Lambda with pride.

Along with that privilege, the organization will be able to hold events and fundraisers including participating in Greek Weekend and other related events. Before being accepted these ambitious women finished 450 hours of community service hours within one year. These hours included the Special Olympics Penguin Plunge, Bowl-a-thon, Winter Special Olympics, helping teach Special Education classes, Disabled Teen Night, donating their time to help child activity centers, and swimming with disabled children.

For the past 18 months the 12 women have been working side by side demonstrating sisterhood and comradeship. On September 11, 2001 the students came together and found shoulders to cry on, support and strength among one another. In becoming close to each other they also wanted to help aid world tragedies. Since they soon discovered that this topic was remarkably broad, they narrowed down their cause to handicap awareness because the events of 9/11 caused people throughout the world to be physically and mentally disabled.

Sacred Heart University has 171 students on campus that have known disabilities. With this in mind, the group wants to help out the best they can in making SHU more accessible to all students. Another reason that motivated these 12 girls was that they have friends and family that are affected by disabilities.

No other organization on campus touches upon this type of cause. They are dedicated to their cause and in helping SHU's campus. These women have made it their priority to make sure SHU is handicap accessible all over campus including the mail room, Hawley Lounge, and bathroom doors.

If that alone is not enough these 12 inspired and motivated women plan to continue working with the learning center, and also want to try to set up a sign language class and work to reopen a Best Buddies chapter here.

Outside of SHU, they plan to continue working with the Special Olympics of CT, The Kennedy Center (a center for people of all ages with physical and mental disabilities located in Trumbull), and in Bridgeport schools in Special Education classes.

The women had to overcome many obstacles and dedicate much hard work to get to the point where they are today.

The original process of allowing groups to become probationary members of Greek Life seemed unfair to some members of the administration and a new recognition process was formed as a result.

Denise Tiberio, Assistant Dean of Students said, "I feel that Student Life has a good handle on what students want but I also wanted to include Greek Life members to make the decision along with my staff members." Senior Jen Hradek stated, "We are all excited and are glad to be a part of the Greek Family; we are willing to work with all of Greek Council and hope that they all reach out to the 12 of us." Their advisor Jane Carlin has provided them with tremendous support, guidance, and help throughout this long road.

Photo contributed by Jen Hradek

By Peter Kuczynski
Contributing Writer

The Spring 2003 Investment Challenge will begin on February 3, using closing stock prices from January 31. All submissions are to be sent to Dr. Bridget Lyons. Participants in the Investment Challenge must remember that there is no sure thing to invest in, and nobody is perfect. Also, students do not have to be a business major to play in the Investment Challenge. There are many resources available to everyone on the Internet for those that want to get started and do not know how.

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Bridgeport Casino: Worth the Gamble?

By Katie Fanning
Staff Reporter

Once a year, Sacred Heart University's Greek Life sponsored a trip to the Mohegan Sun casino. Located approximately an hour and a half from Sacred Heart's campus, the successful gambling destination is a close-to-home splurge for students who are of age.

Imagine however, if instead of traveling an hour and a half to Mohegan Sun, people from all over Connecticut were traveling here, to Bridgeport, Connecticut's largest city, instead a casino of its very own.

The notion of a casino and Native American reservation in Bridgeport being listed locally and on the minds and tongues of southern Connecticut residents for several months now. But what would the addition of a nearby casino mean for the Sacred Heart community?

According to recent articles in the "Connecticut Post," the Paugusset Indian tribe led by chief Quiet Hawk has made claims to land stretching from Waterbury to Greenwich. However, in turn for dropping claims against current landowners in Bridgeport and other adjacent towns, the Paugussets have made several deals with the city for an area of land on which a reservation and casino could be built. Dealings for the land and demands made by the city of Bridgeport for part of the resort revenue have led to an extended series of negotiations.

Whether or not a casino and resort would hurt or benefit the economy of Bridgeport has yet to be seen, but local feelings are skewed on the issue.

"Typically casinos coming to communities cause more harm than benefit, I don't think it's a sound way to try to improve the economy."

-Kate Dudley

As of December 18, 2002, the Paugussets finally made a deal with the city of Bridgeport to release up to 200 acres of land for a casino resort and reservation, agreeing to a 10 percent yield of all resort profits to the city.

The Connecticut Post's article titled, "Letters today can mold them through the changing times." The article continues: "leadership development to create a stronger foundation for the future of Greeks" said Greek Life Advisor, Michele Rosado. This event was mandatory for all Greek members; however, Friday night's speaker was open to all members of the university. Concerned members interested in the future of Greek Life on this campus, such as Matthew Hales, Vice President of Greek Life, Laurie Honan, Conference Coordinator, and Rosado, put together these events to provide additional resources and opening opportunities for all of the Greek organizations. They wanted the lessons learned on this weekend to be more valuable than the usual conflict resolution and time management lessons received every year. The conference consisted of four sessions over two days. The first night found motivational speaker Michael Miller, of Quinnipiac University, engaging the students into "thinking about what they want out of life for themselves and for their organization, and how Greek Life can get them what they want." Miller attempted to achieve this goal with the students by helping them "find ways to be honest about what they want and to show them how to use the university to claim what you want." Matthew Hales, a senior from Union, NJ, said, "as the vice-president of Greek Life my platform has been to improve the RUSH process by developing leaders within each organization that will in turn generate more the city. Bridgeport is trying to promote Greek Life on campus and show the university that "Greeks are the leaders in this city, probably 200+ members." He hopes that "administration and faculty will see Greek Life for what it is worth and begin to recognize us for all that we do." The second day of events included three rotating sessions. These sessions were focusing on "Unity and Diversity" by Tina Shah, of the International Multicultural Office at SHU, "Being Greek" by Ed Kovacs head of student activities at Quinnipiac University, and "Leadership with Administration" by Dean Bozzone, Dean of Freshmen at SHU. These sessions were created to make Greek students here focus on a clear vision of the future. The students were challenged to dismiss the negative connotations and stereotypes that accompany being Greek. Greeks all around agree that this event was beneficial towards improving individuals that are Greeks and their respective organizations. Laurie Honan, a senior from Brooklyn, NY stated that this conference "gave more value to what is important to me and made me feel that all contributed to increasing my knowledge on how to run a successful organization that can thrive through the changing times." What was included early Saturday evening was late night skiing, I have so much fun at the same time!" said Peter Kuczyński, a junior from South Windsor on Saturday's ski trip to Powder Ridge. Brandon Ely, a freshman from Long Island, NY stated, "I had a blast skiing! I am looking forward to next year's events.

Sunday's activities included a trip to an ice skating rink. The buses left early and for only $3.00 students were able to have some fun on the ice. This trip of course did not want to exclude anyone from the later festivities that the Winter Weekend had in store for the students. At 6:00 p.m. Sunday night at the Outpost Pub, free refreshments and food were offered for the students as they enjoyed watching Superbowl XXXVII on a large screen television.

Letters Today, Leaders Tomorrow

By Keri Nastri
Staff Reporter

This past weekend was the first annual Greek Leadership Conference titled, "Letters Today, Leaders Tomorrow." The purpose of this event was to "continue to promote learning and leadership development to create a stronger foundation for the future of Greeks," said Greek Life Advisor, Michele Rosado. This event was mandatory for all Greek members; however, Friday night's speaker was open to all members of the university. Concerned members interested in the future of Greek Life on this campus, such as Matthew Hales, Vice President of Greek Life, Laurie Honan, Conference Coordinator, and Rosado, put together these events to provide additional resources and opening opportunities for all of the Greek organizations. They wanted the lessons learned on this weekend to be more valuable than the usual conflict resolution and time management lessons received every year. The conference consisted of four sessions over two days. The first night found motivational speaker Michael Miller, of Quinnipiac University, engaging the students into "thinking about what they want out of life for themselves and for their organization, and how Greek Life can get them what they want." Miller attempted to achieve this goal with the students by helping them "find ways to be honest about what they want and to show them how to use the university to claim what you want." Matthew Hales, a senior from Union, NJ, said, "as the vice-president of Greek Life my platform has been to improve the RUSH process by developing leaders within each organization that will in turn generate more the city. Bridgeport is trying to promote Greek Life on campus and show the university that "Greeks are the leaders in this city, probably 200+ members." He hopes that "administration and faculty will see Greek Life for what it is worth and begin to recognize us for all that we do." The second day of events included three rotating sessions. These sessions were focusing on "Unity and Diversity" by Tina Shah, of the International Multicultural Office at SHU, "Being Greek" by Ed Kovacs head of student activities at Quinnipiac University, and "Leadership with Administration" by Dean Bozzone, Dean of Freshmen at SHU. These sessions were created to make Greek students here focus on a clear vision of the future. The students were challenged to dismiss the negative connotations and stereotypes that accompany being Greek. Greeks all around agree that this event was beneficial towards improving individuals that are Greeks and their respective organizations. Laurie Honan, a senior from Brooklyn, NY stated that this conference "gave more value to what is important to me and made me feel that all contributed to increasing my knowledge on how to run a successful organization that can thrive through the changing times." What was included early Saturday evening was late night skiing, I have so much fun at the same time!" said Peter Kuczyński, a junior from South Windsor on Saturday's ski trip to Powder Ridge. Brandon Ely, a freshman from Long Island, NY stated, "I had a blast skiing! I am looking forward to next year's events.

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Winter Weekend Warms the Hearts of SHU Students

By Marisa Ierardi
Staff Reporter

This past weekend proved to be one full of many trips and activities. The Residence Hall Association in conjunction with Residential Life held their annual Winter Weekend, which started on Friday night and came to an end on Sunday evening. This year's activities began with Friday night's Sacred Heart University's Men's Hockey game against Iona at the Milford Ice Pavilion. Free transportation was provided by Residential Life as part of this weekend's festivities, giving those students without their own transportation a chance to see our team beat Iona in a great game. Many Sacred Heart students participated in the various events occurring throughout the weekend.
Avalon Assault Alarms Student

Oh so quietly, a letter was passed around last week to all of the residents of Avalon Gates about an attack that occurred on a resident prior to the letter's arrival. The very same night that the letter was received at my apartment, police were called, yet again to Avalon Gates due to a supposed assault on a resident. Now, while the details of these attacks are being kept hush hush... let me raise one question. There is a front gate at the entrance, as we all know. And yet, it is a giant pain sometimes to have to dig your ID card out, but what is the real point?

Countless times I have been stopped to go through the front gate, and all I have to do is show a card. The key word here is "A" card. To be funny one afternoon, I flashed a library card from my hometown in Princeton, NJ. Another time, I showed them my old student ID from another college! And then here is the kicker...they make you wait in line, then roll down the window in the freezing cold, and actually look at your ID one afternoon, as if they are going to diligently go and look on the list and see if you are actually a resident from SHU, but they don't. They are supposed to check in visitors and call your apartment, but they don't. The front gate at Avalon is supposed to call your apartment and ask if a guest is allowed to enter the premises- yet I get my visitors call my cell phone, so how does that figure? My boyfriend comes in the front gate with less hassle than I do, and I live there!

With these recent assaults at Avalon, I can’t help but wonder where is the security? As parking is still a problem at Avalon, many times, if you come in late from class, or from a friend’s house, you will have to park a couple of buildings away from your apartment, and this means walking through the walkways and building stairs alone, in the dark in some places. Just the other night, around ten thirty, as I was leaving with my boyfriend, a group of four large young men, came walking out from behind building seven.

For those of you that are unaware, building seven is not open yet, due to the fire, so it is a little odd that there should be guys hanging out behind that building. This is definitely not something that would have made me feel safe if I didn’t have a giant football player with me! If I were alone, I would have been terrified.

With these recent assaults at Avalon, I can’t help but wonder where is the security?

As a female, I am a little uncomfortable now living at Avalon, and I can honestly say that I never was before. I wonder why Public Safety doesn’t patrol Avalon? I am aware that it is off campus, but isn’t Park Ridge and Taft? These student dorms have patrol officers all the time. Shouldn’t there be some kind of patrol officer at Avalon then, besides the manager of the place that drives around once in a blue moon? You would think that after an assault on a resident there would be a little more security around the premises, but this is the result instead: The front gate has been up almost every night that I have come in, and I have not shown my ID once this week. I guess my biggest question here is, “What are they doing to keep us safe then?”

By Samantha DeVita
Editor-in-Chief

“MADE” Inspires

Amidst a sea of reality television programming, one new show has emerged with quality content and a positive outlook towards the human spirit. MADE, which is a half-hour documentary that appears weekly on MTV, follows various individuals that wish to achieve an ultimate goal. With self-determination, heart, and the assistance of a professional coach or mentor, each person is given the chance to see if their aspirations can become a realization.

It seems as if popularity and high school athletics go hand in hand. This past week, MADE attempted to assist a high school junior, Mike, in fulfilling his dream of making his varsity basketball team. A self-proclaimed music lover, Mike was hardly athletically inclined and many of his fellow classmates felt that his energy would be wasted if he attempted to improve his basketball skills. His transformation from outcast to jock would prove to be an interesting uphill battle. MADE provided Mike with a professional basketball coach who, himself, had a successful career in the NCAA, as well as coaching drafts looking to play in the NBA. Upon meeting Mike, Shane was well aware of the challenging task he had undertaken. What impressed me most about this coach was his positive and caring nature that allowed Mike to build upon the little talent he possessed in basketball. Shane’s roll in this young man’s life sparked changes in his internal personality, allowing him to gain confidence in areas he needed to improve upon both socially and athletically.

Eventually, Mike’s hard work pays off, and he is allotted one of 12 spots on the varsity basketball team. Viewers would strongly doubt that he would have the ability to reach his goal, but Mike’s strong will and wisdom gained from Shane carry him throughout his journey to succeed.

I was truly touched by the valuable lesson learned by watching another person struggle to become someone they wish they could be.

I was truly touched by the valuable lesson learned by watching another person struggle to become someone they wish they could be. Although the talents we possess should never be taken for granted, I have now seen that anything is possible if you want it badly enough. The goal may take a lot of tiresome work and an unbelievable amount of effort, but the rewards from this work are priceless. MADE taught Mike that he had to desire to play basketball for nobody but himself, rather than attempting to impress the popular crowd. The message this show intends to proclaim is clear. Unless we allow ourselves to be challenged in areas of weakness, we will never be aware of our potential to overcome inadequacies. If people hold themselves back due to fear of rejection or embarrassment, they are cheating themselves from finding the person they really are.

Television shows, especially those associated with MTV, often receive negative publicity for their shallow and vulgar content. It is refreshing to see the network create MADE, a show based upon those between the ages of 15 to 21 and their ability to find strength from within to beat the odds.

By Amy Toohy
Contributing Writer

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material. The Spectrum is a student run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828.
Letters/Op-Ed

A Smile Can Go a Long Way

Random question. Have you ever just walked down the street with a smile on your face and just stared at the passing people? Have you ever wondered what they are thinking with this random person walking down the street with this frozen smile on their face? My question, why think twice about it in the world today? Don’t you think that in this day and age we need a little more warmth? I had received an email one week that must have reached all my friends. I was really happy to see this surreal email that had passed round on the Internet. My point with this whole story and incorporating smiles is exactly the message of this email.

This young boy was walking home from school one day. He wasn’t the most popular kid in high school and he did not have many friends who he trusted and that did not make fun of him on a daily basis. His backpack was overflowing with books one day while walking home and his hands were full with his gym equipment. Another student had shot a smile across the street and flagged him down that day waving his hands to stop him.

The other student asked why he was taling his books and all his belongings home and insisted that he can help him carry his things home, but he really didn’t understand why he seemed to be cleaning out his locker. He invited the boy carrying his things home to play some basketball and from that day on a friendship had formed. The two boys formed a close-knit group of friends and they were all inseparable throughout their high school years.

Graduation came around and the boy who had carried all his belongings home one day was valedictorian and his speech was very compelling. He had gone on talking of meetings and fate and he had revealed a secret that he had not told anyone since that day he carried his entire books home. You see, that day he was planning on never coming back to school and redirecting his life in a way he would not have had to be happy to do. The young boy who flagged him down and smiled had saved him and that boy did not even realize what he had done by flashing a smile and asking him to play basketball. The boys remained friends after high school and they learned that a smile could change everything.

"Smiles are free and contagious. Why be greedy and not show off those pearly whites."

Ok. So some of you might not agree with this story or you might think it is too cheesy but really the truth is how great a smile has made him feel on a day that just didn’t seem to be going right. I take Metro North and Wednesday in New York City and I must say I don’t see many smiles at 6am and no smiles again at 5pm when I head back to Connecticut. So my task for this week is to walk onto the train and subway aimlessly flashing smiles at everyone and anyone around.

Let’s see what happens, but the truth is maybe that smile that you shoot across the aisle will brighten someone’s day who had just learned take for example that they were laid off. Share them in a world were children growing up who might be confused with everything that is currently going on in this world. Smiles are free and contagious. Why be greedy and not show off those pearly whites.

By Jennifer Jensen
Contributing Writer

SIFE Makes a Difference

Sacred Heart University’s Students In Free Enterprise (SIFE) Team is up and at it again this year! The SHU SIFE team is a group of devoted students who use their knowledge from the classroom to help implement projects in the community and on campus through free enterprise education. The past two (2) years have been ones of great accomplishment. In their rookie year the SHU SIFE team not only made it to regional competitions and became Rookie of the Year, but also took home the Rookie of the Year Award on a national level. After their first successful year of “Building Futures”, the SHU SIFE Team realized that the “Sky’s the Limit” and proved it through their strength and determination to make it yet again to the National Competitions. This year membership is on the rise as is the motivation and aspirations for yet another prosperous year.

SHU SIFE has had many projects that have been recognized and taken in by the local Bridgeport community as well as the Sacred Heart University campus. They strive to make a difference and can only hope that through free enterprise education they can make an impact on their surrounding environment. The team presented on eight (8) projects this past year and has been working on numerous new and ongoing projects as well.

One ongoing project that SHU SIFE has worked on since its inception is the Start Your Future Today Program. This program is designed to help inner city students, who do not plan on attending college, create a good cover letter and resume and develop good interview skills. SHU SIFE goes into nearby high schools and promotes the idea that just because you aren’t going to college does not mean you cannot find a good job. In the past they have mainly focused on Bridgeport but plan on expanding this program into the other schools in the Fairfield county area.

The BIC Design a Pen Contest is a new idea this past year. Student from a nearby elementary school worked to create a pen that BIC would use and market. First the students learned the concepts of global marketing and then got to make their own design on a pen. The project was carried over into Luxembourg where students there provided information; this helped the students to realize how different the marketing strategies were in all different countries. All designs were sent to BIC to be reviewed and the best design was voted on. This project is being continued and carried on to other countries and will hopefully be even more successful than in its initial year.

Other projects that have been completed by SHU SIFE include, Credit Crusade, Bridgeport Port Authority Project, Some projects that area being started this year include The Women in Business Project, The Design a Card Project, The Make Math Fun Program, and many others. We are always looking for new ideas and new opportunities, come check us out. Wednesdays at 8pm, EH second floor conference room. Hope to see you there!

By Beth Casson
Contributing Writer

The SHU Voices

Compiled by Susan Magnano

What group do you want to see for the spring concert?

Lillie Orellana
Bronx, N.Y.
Junior

“Missy Elliot because she knows how to work it.”

Garret Fox
Clinton, C.T.
Sophomore

“New Found Glory and Good Charlotte because they are really good bands.”

Christine Carlucci
Port Chester, N.Y.
Sophomore

“Eminem because he is HOT and talented.”

Got something to say? Something bothering you around campus? E-mail us at spectrum@sacredheart.edu And...Look for us on the web at: http://spectrum.sacredheart.edu

January 30, 2003
http://spectrum.sacredheart.edu
SHU Spectrum 5
The proposal for this "new" FLIK was brought in front of the Cabinet in December and approved when members realized that so much of a student's time "is spent there. "This is great that SHU is doing this. Not only will it look nicer, which may make prospective students want to come here, but it will just make it a more comfortable environment to be in," stated sophomore Todd Dixon from Levittown, NY.

Dining Services Committee Chair Jill Oparowski agreed saying, "New furniture in FLIK has been a long time coming. It's virtually impossible to find tables that don't wobble and chairs that are sturdy. The new furniture will make eating in FLIK more pleasant and much more comfortable. It's going to be great!" Freshman and Milford native Jordana Bross continued the approval trend stating, "It's great that they are making the effort to improve the quality of our dining space and it shows that they really care about the well-being of the students," Bross said. The entire Student Life staff along with the Sacred Heart Cabinet's efforts on this project will truly bring more luxury and comfort to the SHU eating experience.

Eating Disorders Association

The survey conducted shows that 48% of women and 26% of men believe they are overweight. Approximately five to ten million women and one million men in the United States are said to have an eating disorder.

One Sacred Heart student, who wished to remain anonymous, had to deal with eating disorders every day. She says, "There is a stigma with being fat. There is a danger message to girls, Bohne states, "Our findings are consistent with prior findings that Americans are more likely to be concerned with their appearance and to place greater value on physical attractiveness in their judgment of other than do individuals from other cultures."

The findings of this experiment suggest that Americans put an emphasis on appearance that other cultures lack. Rob Flot, a staff counselor at the Illinois State University, believes that it is particularly difficult for college students to cope with body image. According to Flot, the development of body image is affected by many characteristics, including "feedback from others, actual occurrences to the body, such as surgery or accidents, and general self-esteem."

College students are often seeking to establish a sense of identity, maintain or establish relationships, and in general, fit in." Flot offers several ways to help these image problems, such as healthy thoughts, behaviors that will allow people to love their bodies rather than reject and hate them. He believes that physical appearance is only one small part of self-identity, and characteristics such as sense of humor or kindness make up a much more important aspect.

Sophomore Bryan Fogle of Fairfield says to sum up the belief of the ideal, "people care too much about what others look like when they should just care about their character."
Soaking Up Australia

By Jamie Pasculli
Staff Reporter

Imagine waking up, putting on a bathing suit and a pair of shorts, and getting your bag ready for the beach. After all, this is not something that a Sacred Heart student can do everyday. However, it is possible for any Sacred Heart student.

Recently, Trisha LaBella, a senior from Port Chester, N.Y., returned from Bond University on The Gold Coast in Queensland, Australia. This fall, LaBella and two other Sacred Heart students traveled to Australia to take classes and soak up the culture that Australia has to offer.

Last spring semester LaBella was making plans to head off to Europe to attend classes at Sacred Heart's Luxembourg campus. Those plans came to an abrupt end when Sacred Heart informed LaBella, via e-mail, that the trip would be cancelled due to the "geo-political situation" that was occurring at the time.

So LaBella decided to explore other options and she found out about studying abroad in Australia. She is currently studying to obtain a degree in International Business. While in Australia she was able to take classes that pertained to her major.

"I took international business and marketing classes and they were comprised mainly of European students so I was able to learn more about how international business operates," LaBella said.

There is quite a cultural difference between Connecticut and Australia but LaBella did not have a lot of trouble coping.

During her time "down under" she adjusted very well to the Australian culture.

"I made so many friends from all over the world. It was like being a freshman again because once again I was in a whole new world," LaBella said.

Or even a whole new country. "Everyone at Bond was so friendly, and the Australian culture is so friendly," LaBella explained. LaBella did have one complaint:

"The hardest thing about being away from America was the fifteen-hour time difference. I would want to talk to my friends at home but while they would be asleep I would be heading to the beach. The timing was so off," LaBella explained.

Her experiences in Australia were not all work and no play. In addition to taking classes she took scuba diving lessons and even went skydiving. LaBella is now a certified scuba diver. LaBella's other experiences in Australia just made the trip even more special.

"It was a lot of fun to see what's going on under the water there and these experiences just enhanced my trip," LaBella said.

Now that LaBella is back at Sacred Heart and getting back in the groove of things, she misses Australia but is also happy to be home. While she was gone, her friends and people who became her family over there, LaBella was happy for her return. "I'm happy for her that she had the opportunity to go to Australia and experience something different but I'm really glad that she is back," said Wiederlight.

"It's bittersweet being back because I'm happy to see my family and friends, but I also had to leave a whole different set of friends and people who became my family over there," LaBella said.

If you want an experience studying abroad visit the Study Abroad Office which is located near the Registrar. You could end up spending a semester in another country learning about different cultures and having the experience of a lifetime.

The Buzz on Beta’s President

By Alexis Lampone
Staff Reporter

There are many fraternities and sororities on Sacred Heart’s campus. In the beginning of each fall semester, students see the colors running all over campus, from purple and white, to black and maroon, to green and maroon. Beta Delta Phi’s president, Shara Secondo, a senior, from Enfield, will tell you her sorority’s colors are blue and gold.

Secondo entered Sacred Heart University in the fall of 1999, and tried to get a bid for Beta. A bid is an acceptance that Beta gives to students that they want to pledge them after their interviews. Secondo got her bid in the fall of 1999.

"I felt the most comfortable with Beta," Secondo said. Secondo explains that Beta Delta Phi sorority supports breast cancer awareness. This sorority’s purpose is to aid the school socially, spiritually, and academically, as well as address the serious matter of breast cancer to the student body.

As part of her job, Secondo makes sure that there are pink flyers posted in classrooms and all over the buildings on campus whenever an event is to take place. The sisters also organize community service and programming.

"I felt I could make a difference within Beta," said Secondo. Now that Secondo is president of Beta, she gets to make top decisions with the help of her sisters. When it comes to giving bids during the rush sessions, Secondo states, "We try and select girls we feel represent what Beta is about."

After getting a bid, the pledge process begins. Beta pledges carry gold lunch boxes with blue writing on them, the aforementioned colors of the sorority. Pledging is a stressful time for Secondo because she has many activities she is actively involved in.

"It's a strain on me socially because I am also an R.A. But for academically it is not as much of a strain because I have learned how to best manage my time," Secondo said.

Secondo feels that she has made an influence in Beta because she is a part of something and she is active. She believes that she has helped Beta accomplish a lot of things.

Being in a sorority has been a wonderful experience for Secondo. "...I have become a better person. I'm more confident, a totally different person than I was four years ago," Secondo said.

Beta’s President, Shara Secondo, is a powerful force on campus, helping to raise money for breast cancer awareness and providing a positive example for her sorority sisters.

Nicole Andreazza a junior here at Sacred Heart University, is one of the sisters of Beta Delta Phi. Andreazza was full of praises about her president.

“She is a wonderful person, and our quilt that she helped raise money for, for breast cancer in the beginning of the year was our sorority’s greatest accomplishment” Melissa Bellino

“As president for the past year, [Secondo] has done a wonderful job organizing events and really getting the sorority actively involved at Sacred Heart University," Andreazza said.

Andreazza also went on to say, "The memory that [Secondo] will most leave behind is our quilt raffle for Breast Cancer Awareness Month in October. Because it was 'her' project and idea; she saw it from start to finish. It wound up being a huge success, raising over $400 for breast cancer." Junior Melissa Bellino, a current sister of Beta, said, "She is a wonderful person, and our quilt that she helped raise the money for, for breast cancer in the beginning of the year was our sorority’s greatest accomplishment, and we have Shara to thank for that.”
Murder, Music and “All That Jazz”

By Donna Palumbo
Staff Writer

Movie theater box offices are sure to be hearing nonstop ticket requests for one movie: “Chicago.” Directed by Rob Marshall, the film is a musical version of the 1975 hit musical directed and choreographed by Bob Fosse. Sex, lies, scandal, murder and jazz are all themes explored in this highly entertaining film about two women competing for the limelight in the Windy City.

The film takes place in 1920s Chicago, and centers around the lives of successful jazz singer Velma Kelly, expertly brought to the screen by Catherine Zeta-Jones, and Roxie Hart, a young woman struggling to make it as a jazz singer, played by Renee Zellweger. The two end up in the same prison after both being arrested for murder.

They end up fighting over the services of plays Billy Flynn, played by Richard Gere, a lawyer who has never lost a case. Perhaps even more important than Gere’s legal expertise, however, is his power to create a media sensation that could catapult Roxie Hart to stardom and solidify Velma Kelly’s already existing fame.

By Alison Poborylo
Staff Writer

The film’s strength is its incredible well-told story, and one that kept the audience glued to their seats. “Chicago” is an excellent showcase for George Clooney to fit a profile to travel abroad and play his trademark roles. He is known for playing such roles as “Triple X” and “I Spy,” but this time he’s been cast as Billy Flynn, a character who has never lost a case. Perhaps even more important than Gere’s legal expertise, however, is his power to create a media sensation that could catapult Roxie Hart to stardom and solidify Velma Kelly’s already existing fame.

The movie hardly deviated from the stage version, so a fan of the musical will no doubt thoroughly enjoy the film. Even for those who are not usually fond of musicals, “Chicago” is a very enjoyable film. The musical numbers in the movie are not awkwardly placed in the middle of dialogue, as most musicals tend to do. Instead, most of them appear as figments of Zellweger’s imagination, which gives the film’s plot a smoother and more flowing feel.

For most of the songs, the scenes cut back and forth from the illusion to the reality. One such song was “Razzle Dazzle” in which Billy Flynn was shown singing as he walked with Roxie into a circus, while this image paralleled the two of them walking into the courtroom.

Although Gere, Zellweger and Zeta-Jones are not generally featured in musical roles, all three play their characters flawlessly. Those actors are able to play such crooked characters, yet still get the audience to love them.

The constant tug-of-war for Gere’s attention and the continual shifts of power between the two main female characters is enough to keep the audience glued to their seats. “Chicago” won for Best Motion Picture at the Golden Globe Awards, as well as Best Actor (Gere) and Best Actress (Zellweger) and in addition, earned an impressive five other nominations. With its sex appeal, unique cinematography and star-studded cast, “Chicago” seems to have something to offer everyone.

Directions of a “Dangerous Mind”

By Alphon Pohorylo
Staff Writer

Whether or not the game show producer extraordinaire, Chuck Barris, really doubled as a deadly CIA operative or was just a producer born-and-raised with rumors is the last concern of an audience member as the credits roll after “Confessions of a Dangerous Mind.”

All that matters is that “Confessions…” is an incredibly well-told story, and one that kept the audience at attention for its length.

A movie based on an unauthorized biography of Chuck Barris, “Confessions…” proves to be a wonderful showcase for George Clooney to mark his directorial debut.

This movie follows Barris, played by Sam Rockwell, on his journey from a producer who is troubled by his inner demons, to CIA agent recruited by a man named Devlin, played by George Clooney.

Devlin tells Barris that he ‘fits a profile’ to travel abroad fighting communists. Along his travels, Barris comes into contact with many women, including his longtime lover, Penny, played by Drew Barrymore, and his contact, Patricia, played by Julia Roberts. Barris’ missions were going as planned until the inevitable mole began killing off other agents, and Barris was forced to find out who it was, maybe Devlin, as well as many others.

By Erin Domchak
Staff Writer

As for his professional life, Barris’s real life was parallel to the movie. He was actually married to singer, actress, and minimizing her career, Bette Midler, who he left for another woman.

In the film, Barris is portrayed as a smooth operator, with a quick wit and a sharp tongue. He is able to talk his way out of any situation, including a prison cell, with ease. His charm and charisma are on full display, making it impossible for anyone to resist his advances.

“Just Married”

By Donna Palumbo
Staff Writer

The movie is about a young couple who prove that they are in love and perfect for each other despite what their families have to say. Kutcher and Murphy have such great chemistry that it is no surprise that the two have been linked together off-screen.

“Just Married” movie is so funny it will have you in tears from laughing so hard. It is the perfect date movie, but also works if you just want to go out for a fun night with your friends. So, if you don’t have too much homework to do this week, grab some friends, go to the theater, get some popcorn and Goobers and buy your ticket to “Just Married.”
**American Idol**

By Colleen Nitrano  
Staff Writer

Yes it's that time again, time for American Idol! With the premiere of the show on Tuesday January 21st breaking the ratings records of the original American Idol, it appears that American Idol 2 will be a sure hit for the Fox Network. Around 27 million viewers tuned in to see Randy, Paula, and the infamous Simon make or break people's dreams of being the next "American Idol."

With the second season off to a fresh start, including a new female co-host Kristen Holts (a top thirty contestant from last season) for returning host Ryan Seacrest and a variety of interesting hopefuls this year promises to bring new talent and fresh faces to the viewing public. Although Simon stated that he held back last year on his insults, claiming that this year he would be harsher; it appeared that he instead became a little softer. Even though he made comments like "that's absolutely dreadful," I've heard better people sing outside a subway," and "That was depressing," he also told people that they had amazing voices and that they were fantastic. However, fellow returning judge Randy Jackson seems to have developed a nastier edge. Jackson, who was never tougher, tells contestants straight out no without feeling bad. Since it was a new season of American Idol, it meant that there were tons of new American Idol wannabes showing off their talents in hopes of becoming famous. Of course with the new additions there were people with decent talent, mediocre talent, and others who just leave people imaging why some people think that they can sing? Going from New York to Atlanta to Nashville to Detroit, Texas, and finally California, the judges saw thousands of people. Although cutting many, thousands of people went on to Hollywood to face the judges again only for some to have their dreams crushed as the judges ou the people down to the 32 semi-finalists. To catch Simon, Paula, and Randy be brutally honest to idol dreamers be sure to tune in on Tuesdays at 8:00 p.m. and Wednesdays at 8:30 p.m on Fox.

"Romeo + Juliet" were two of the films that have been considered flops. Even less "Titanic" marked DiCaprio as an actor in a dramatic role, the nominee being Best Actor to DiCaprio himself. Also reveling in much success is "Gangs of New York," which came away with two Golden Globes out of five nominations. Director Martin Scorsese won his first Golden Globe in the Best Director category, and the film won Best Original Song for U2's "The Hands That Built America."

Both "Catch Me If You Can" and "Gangs of New York" were distributed to theaters nationwide less than a week apart of one another, and are still in theaters even a month after being released. Although it seems like a comeback out of nowhere since he supposedly faded from the limelight after the blockbuster hit of 1997, "Titanic," DiCaprio has done six films in the past six years. "The Man In The Iron Mask" and "The Beach" were two films in which he had starring roles, and two films that have been considered flops. Even less worth mentioning are smaller roles in 1998's "Celebrity" and 2001's "Don's Plum." Yet for the past three years, Leo has been working on "Gangs" and more recently "Catch Me." Also the original Gangs was delayed release for a year, so the coinciding of these two films coming out within days of each other only seems like "some big resurgence of me out there," as DiCaprio says. Audience were first introduced to Leo in films co-starring alongside Robert DeNiro in 1993's "The Boy's Life." He would then go on to play the hard role of a mentally challenged young man in "What's Eating Gilbert Grape?", a role that would grant young Leo his first Golden Globe and Academy Award nominations. "The Basketball Diaries" and "Romeo + Juliet" were two of his most powerful and compelling roles as an actor, yet 1997's "Titanic" marked DiCaprio as an official heartthrob. In a recent interview with CNN, DiCaprio said of "Titanic," "It propelled me out into millions of different covers of magazines and T-shirts around the world, and I felt more like a product than I ever felt in my entire life. On the upside of it, I got to work on a film that isn't easily going to be forgotten throughout time."

Now that Leo is back into the swing of things, he has plans for the future. "Alexander The Great," "The Good Shepherd" and "The Aviator" are DiCaprio's newest projects, all due in theaters by the end of 2004. Varied opinions on Leo's return can be found all throughout SHU's student body. Junior Katie Fanning is not exactly fond of DiCaprio's return. "I'm surprised he is being so well-received after being out of the picture for so long. It obviously says something about his fan base," Junior Kim Marcantelio has a different opinion of Leo's comeback. "It's good to see that an actor's popularity can raise above heartthrob level, which he was seen as before when he did 'Titanic' and 'Romeo + Juliet,' to more of a serious actor since he's now doing 'Gangs of New York' and 'Catch Me If You Can.'" Now that he's past those heartthrob years, Leonardo DiCaprio is making a name for himself as a serious actor playing的重要角色。
Sacred Heart men's volleyball traveled to Bronxville, NY on Jan. 21 to trounce Concordia College in a 3-2 victory. The Pioneers won the first two games, 31-29 and 30-28, but had to fight into a fifth game as Concordia won the second two games, 30-25 and 30-28.

SHU came out on top with a 17-15 win in the fifth to bring their record to a perfect 3-0 start to the season.

Perfection fell out of reach as Springfield College slipped past the Pioneers 3-1 on Saturday, Jan. 25. Sacred Heart started off strong, taking the first game 30-26, but couldn't hold the Pride off as they took the next three, 31-29, 30-25, and 30-26 to lose their first meet of the year.

The Pioneers got another shot at conference rival Springfield in their home opener on Monday, Jan. 27, but fell short again with a 3-1 loss. Sacred Heart fought hard in the first game, losing by only 2 points (30-28) and came back even harder to win the second game 30-26. But the Pride could not be held off as they won the next two games, 30-21 and 30-26 to take the match.

"It could have gone either way," said junior OH Chris Skelton (Westerly, RI) of Monday's game, "but we just didn't have the luck on our side,"

Skelton continued. "We have a good solid team this year," said junior LIB Mike Maziarz (Wilmington, MA). "We have some promising freshmen and everyone is filling in well where the seniors graduated."

Despite two heart-breaking losses, the Pioneers are still positive with "a promising outlook," says Maziarz.

Sacred Heart will take on Endicott College tonight at 7:00 p.m. at the William H. Pitt Center.

By Amy Lavoie
Sports Writer

The Sacred Heart University men's ice hockey team extended its unbeaten streak to five games following a home win and a road tie against the Iona Gaels.

"When you get shutouts you got to make one big save usually, and be lucky on one or two shots and just stop the rest," senior goalie Eddy Ferhi (Charenton, Fr.) said following the game. "You have to make one big save when we need it and just stop the rest," senior goalie Eddy Ferhi (Charenton, Fr.) said following the game. "You have to make one big save when we need it and just stop the rest,"

Ferhi made 33 saves in all, including a one on one breakaway penalty shot to lead the Pioneers to a 4-0 victory Friday night. The lucky break came midway through the first period as Iona saw a great shot get turned away by the post.

Tim Krueckl took a shot from high in the slot, which beat Ferhi, but did not beat the post.

Offensively it took the Pioneers 9:59 to give Ferhi all the support he needed. Marc-André Fournier (Jr. Ste. Nicholas, Que) took the lead pass from Barclay Folk (So. West Bank, B.C.) and was able to beat Gaels net minder Ian Viger to put the Pioneers up 1-0 only 9 seconds after killing off a penalty.

Martin Paquet (Sr. Ste. Catherine, Que.) extended the lead to 2-0 on a power play goal only 2:18 later. After taking the pass from Mike Reagan (Jr. Flin Flon, Man.), Paquet had little problem in burying the puck past Viger.

"We haven't scored the first goal very often, so it's good to get out and have a lead and then the guys get a little more comfortable and you can build on it," Paquet said. Building on it is exactly what they did. Sacred Heart would add another power play goal, this time off the stick of sophomore Garrett Larson (Rycroft, Alb) 6:20 into the second period.

The Pioneers last goal came with only fifty seconds remaining in the game when Barclay Folk notched his 3rd goal of the season to seal the 4-0 victory.

"It was a team effort tonight," head coach Shaun Hannah said. "Defensively when we were not performing, Eddy was there to make the save. Eddy had a great game tonight and made some big saves when we needed him to." The Pioneers looked to continue their winning ways as they headed over to New Rochelle, NY to finish up the home-in-home series. This time a win was not in the cards. Despite the extraordinary job the penalty killing was in the first game held in well where the seniors graduated.

With just 7:30 remaining in the game Thursday against pressure defense, and a clutch Men's basketball team found themselves down 21 points. They battled back to get within seven with 1:33 left in the contest, but could not manage to get any closer and Monmouth ran away with a 65-55 victory. Junior guard Maurice Bailey (Pennausken, NJ), who finished the game with 15 points, led the Pioneers.

"We didn't come with the same intensity that we have been winning with. We weren't running our offense like we have in games before," said junior center Zach Spivey

Despite an impressive winter run, the Men's Basketball team sunk back to square one with two conference losses.

By Katie Atkins
Sportswriter

The Sacred Heart Men's Basketball team, coming off an impressive winter break run, entered the week with high hopes. Those hopes were put on hold as offensive dry spells cost the Pioneers two close Northeast Conference, games against Monmouth and St. Francis.

With just 7:30 remaining in the game Thursday against pressure defense, and a clutch Men's basketball team found themselves down 21 points. They battled back to get within seven with 1:33 left in the contest, but could not manage to get any closer and Monmouth ran away with a 65-55 victory. Junior guard Maurice Bailey (Pennausken, NJ), who finished the game with 15 points, led the Pioneers.

"We didn't come with the same intensity that we have been winning with. We weren't running our offense like we have in games before," said junior center Zach Spivey (Lubbock, TX). The Pioneers' 19-5 fourth quarter run, the result of intense pressure defense, and a clutch three-pointer from freshman guard Mike Parker (Windsor, CT), allowed SHU to get within seven.

"I thought we didn't follow the law game plan against Monmouth, and that is what put us in the hole. We have the scoring ability to make comebacks on teams like that, said Wellington.

"While you can't be upset with a loss, you're going to start to feel like you need to win," Wellington added.

Bailey, who was named Sacred Heart's athlete of the week for the week of Jan 6 to 12, went 2-4 from beyond the arc against Monmouth, while Wellington added 11 points and Spivey pulled down nine rebounds to lead SHU in that category.

Bailey's heroics come after he led the Pioneers to a 2-1 record in a week, which included wins over Colambia and Northeast Conference rival Quinnipiac.

During that week, he averaged a little over 20 points and shot 51% from the field. Bailey, who put up 25 against the victory over Quinnipiac, currently leads the team, averaging almost 17 points a game.

The men's basketball team is back in action this Sat at 4 pm in an exciting matchup with the St. Francis Red Flash which will be played at Madison Square Garden.

"We have tough road games ahead. If we play our game, I am sure we will have a good chance to get some wins," said Wellington.
Handling the Pressure

Continued From Page 12

and junior Salvadore Cataldo (Elwood Park, NJ) won the relay with a time of 3:30.94. Coach Hirshblond said, "They ran a tough race even though the time didn't show it. They proved that they could handle the pressure they put on themselves. Paul Herman had the best 400 of the entire year, he showed how much he has matured and kept them in the race."

For the women, Pioneers' Junior Sara Tasber (Henrietta, NY) set a new school record in the 800-meter race. Her time of 2:17.09 was also good enough for first place with the second place finisher more then four seconds behind her. Tasber said, "I felt really good and I was surprised with my time. I kept thinking, 'where is everybody?'"

Tasber was also a member of the 4x400 meter relay team that also placed first with a time of 4:10.97. Head Coach Christian Morrison said, "She is just awful­good. What can I say? I am just glad she is on our team."

Junior Emily Marks (New Milford, CT) was one of several women to have a second place finish on the day.

Marks placed second in the 600-meter dash with a time of 1:42.75. Junior Christina Mendoza (Union City, NJ) finished the 1,000-meter run in 3:16.63, tak­ing home second. Sophomore Siobhan Fogarty (Cortlandt Manor, NY) placed second in the High Jump with a jump of 4'11.75". Fellow jumping team­mate freshmen Jessica St. Juste (Stamford, CT) placed second in the Long Jump with a leap of 4'11.75".

"We had excellent team effort in the game against Robert Morris. We beat a real competitive Morris Team," said Head Coach Ed Swanson.

"We had excellent team effort in the game against Robert Morris. We beat a real competitive Morris Team," said Head Coach Ed Swanson.

The Sacred Heart University Wrestling team took a six-hour trip to Fairfax, Virginia to com­pete in the North/South Duals at George Mason University this past weekend. Sacred Heart University is a member of the Colonial Athletic Conference whose teams were all in com­petition Friday and Saturday (January 24-25).

The team handedly defeated host George Mason 31-10 and James Madison University 34­10 on Friday. Sacred Heart continued it's winning ways on Saturday with a dominating 42-3 victory over Campbell.

On Saturday, Drexel, Drexel University finished ahead of Sacred Heart by the score of 23-14. Drexel is ranked above SHU in the CAA, but were given all they could handle on this particular day.

Senior Co-Captain, Anthony Reynolds (Farmington, CT) once again paved the way for the Pioneers success, finishing out the weekend with a 5-0 record at his usual weight of 197 pounds. He blanked Chris Jones from Drexel (who is ranked tenth in the nation) 6-0. Reynolds is now ranked fifth by several national polls and has six victories over ranked opponents this season.

Senior Co-Captain, Jason Ceculo (Milford, CT) who wrestles at 133, was steady as usual notching four out of five wins for the team. Junior Rob Beltve (Chagrin Falls, OH) who, wrestles at 137 is 26-5 and also contributed to Sacred Heart's winning ways.

According to Reynolds, "The team is growing by leaps and bounds. We switched coach­es this year and all of the guys are amped up. Freshman Ron Wright has 'broken the tape' and is per­forming at a higher level." Head Coach Andy Serras and Assistant Coaches Pat Papolizo and Paul Muso are spurring the teams on to greater heights this season.
The Tampa Bay Buccaneers garnered three defensive touchdowns in route to a 48-21 domination of the Oakland Raiders.

By Michael Burns
Sports Writer

It was supposed to be your classic case of irresistible force vs. Immovable object. The Best vs. The Best. Super Bowl XXXVII pitted the # 1 offense in the NFL against the league’s # 1 defense, and logically speaking something had to give. “I knew it was going to be a hell of a game but I didn’t think it was going to be so lop-sided,” said Junior C. J. Pinkney from Ringwood, NJ. For all those who do not know, C.J. is referring to the Tampa Bay Buccaneers’ 48-21 rout of Oakland Raiders.

After a Super Bowl record 5 interceptions thrown by Raider’s Quarterback Rich Gannon, 3 of which were returned for touchdowns, it was clear that the Buccaneer’s defense would be running the show in San Diego. So clear, in fact, that this years Super Bowl MVP honors went to Tampa Bay safety Dexter Jackson, who had 2 interceptions.

“We were just absolutely terrible. It was a nightmarish performance,” Rich Gannon said of the loss, according to ESPN.com. The Raiders did however render a comeback late in the game, jumpstarted by a touchdown on a blocked punt and 48-yard touchdown pass from Gannon to Super Bowl veteran Jerry Rice. However, in the end Tampa Bay’s defense proved to be superior.

“We were just absolutely terrible. It was a nightmarish performance,” Rich Gannon

The Tampa Bay offense did its part also, led by Michael Pittman who ran for 129 yards on 29 carries. Other major contributors included Mike Alstott who had a 2-yard touchdown run, and Quarterback Brad Johnson who found Keenan McCardell twice in the end zone.

The big game always attracts a diverse audience around SHU. “Generally I am not a huge football fan, but there is just so much allure to the Super Bowl, I always have to watch,” said Junior Sara Tasber from Rochester, NY. Junior Frank Amodro from Carle Place, NY shares his feelings on the game, “On the whole, I was a little disappointed in the game. I expected a little more out of the Raiders offensively. I felt that Jon Gruden (Buccaneers Head Coach) knew a little too much about Oakland’s offense and I did not like that.” Gruden, who won his first Super Bowl championship, was the Head Coach last year for the Oakland Raiders, before leaving town for money and draft picks in Tampa Bay. Junior T. J. Garvin from Ringwood, NJ sheds some light on the ambiguity of the game, “That’s just the game of football. You never know what’s going to happen.

Everyone was expecting a close game, with the Raider’s high-powered offense and the Buc’s stubborn defense, but the outcome was just the way this season has been. In my eyes it was a great end to a great season.”

Records Falling

The Tampa Bay Buccaneers celebrate their first ever super bowl victory. A victory in which Dexter Jackson (34), Joe Jurevicius (83) and Dwight Smith (26) all played pivotal roles.

The SHU Men’s and Women’s Track team keep a winning attitude as more records fall.

By Christopher Giarrusso
Sports Writer

The Men’s and Women’s Indoor Track and Field team continued their record breaking season when they traveled to the Wesleyan Invitational in Middletown, CT on Jan. 25. The men had outstanding performances from many of its runners.

Freshmen Evan Lasher (Pleasant Valley, NY) broke his own personal record in the shot put with a toss of 49’00.25” to break his old record by one inch and place second in the event. Lasher said, “I wished that it was a little further but I guess since I was a little sick it was a pretty good day."

Sophomore Todd Brownell (Hudson Falls, NY) won the 600-meter dash as well as breaking the school record with a time of 1:25.08. Brownell was also the anchor leg for the 4x800 meter relay team that placed second with a time of 8:18.32. Brownell said, “I felt good, a lot smoother then I had the past few weeks.” Assistant Coach Brian Hirshblond said, “Coach Morrison and I wanted to see if Todd could handle the pressure that we put on him of wanting him to take the lead and not look back. Well he proved that he could by leading the race the entire way and having no one even challenge him.”

Junior Matthew Uzenski (Oceanside, NY) placed third in the 1,500-meter race with a time of 4:09.83. Fellow teammate junior Brian Pawlowski (Branchburg, NJ) also placed third in the Triple Jump with a leap of 40’08.75”.

The 4x400 meter relay team of sophomores Gregg Carley (East Wareham, MA), freshmen Neal Shapiro (Glensford, NJ), junior Paul Herman (Bronx, NY),...