Public Safety Prepares for the Worst

By Mark Stanczak
Staff Reporter

In a memo e-mailed to all members of the University on February 14, Sacred Heart University’s Department of Public Safety announced new plans to improve security on campus. This decision was made as a reaction to the Bush administration’s heightened state of alert. On Feb. 7 John Ashcroft, the U.S. Attorney General, declared a state of “high risk of terrorism” in the nation, raising the previous level from yellow, or “elevated,” to orange, or “high.” Aside from the anniversary of the Sept. 11 attacks, this is the only time the nation has observed an orange risk level. SHU Public Safety has adopted new measures to combat the alleged threat.

Among the policies implemented are several new traffic restrictions. Effective immediately, all vehicles entering the university must provide a parking permit or other identification to an officer at the Park Avenue entrance. A guard now occupies the entrance booth at all hours, as opposed to previously limited evening hours. During the first day of this new policy, cars were in line in front of the Park Ave entrance while one vehicle at a time was screened for the proper parking permit. cones directed each car towards the booth where a guard waited to check details.

“It takes twice as long to get in the parking lot,” explained Kevin Hawkins, a senior from Watrous, SK. Hawkins and Les Hraghchak, both off campus students, experienced the wait firsthand. The two students are skeptical about these and other rules Public Safety has introduced, such as requiring all faculty and students to carry SHU IDs. “It’s a necessary precaution,” continued Hawkins. “But it should have been done from the beginning... since 9/11.” Beyond introducing new rules, the memo encouraged students and staff to cooperate with Public Safety in the future and report “any suspicious activity.”

Colleges around the country are taking similar measures to upgrade their security, according to an article published in the Connecticut Post on Feb. 14. Neighboring Fairfield University, GLE, and other organizations recently attended a meeting with Fairfield Police Chief Joseph Sambrook concerning security plans, reported the Post. A representative of Sacred Heart was not in attendance. Acting Supervisor of Public Safety Edward Crespo could not be reached for comment.

The 411 on Next Year’s Housing Selection

By Maureen Daley
Staff Reporter

The rumor mill has been churning on the Sacred Heart University campus about housing options for this coming fall. The March 12 deadline for housing deposits is rapidly approaching, and the rumors swirling around only add to the stress of a hectic time.

“I’ve heard that Avalon is closed to all SHU students,” said sophomore Bill Cavagnaro of New Hyde Park, NY. Avalon Gates is a residential community that houses families as well as Sacred Heart students. Sacred Heart has a lease with the complex for 210 beds.

However, the management of Avalon has said recently that they want to get out of the student housing business at all of their sites. This would not only affect SHU students, but Quinipiak University students as well. “Avalon is closed to students outside of Sacred Heart University,” said Director of Residential Life Karen Cavendish.

“I called Avalon to see if I could lease an apartment and spoke to two people who said two different things. The first person said they weren’t leasing to any undergraduate students because they had a lot of problems and it would be better for the community. The second person told me I couldn’t lease if I was a full time student, but could if I were part-time. ‘She told me there were whole new standards to sign a lease there,’” stated sophomore Meghan Mullane of Wantagh, NY. The publicist at Avalon Gates could not be reached for comment.

According to Dean of Students Larry Wielk, there is a possibility that Avalon will not renew Sacred Heart’s lease for this fall. “We have counter proposed the possibility of phasing out, because basically we only need Avalon for one more year,” he stated.

By September of 2004, a new dorm will be built on Park Avenue that will settle housing problems. Sacred Heart just acquired the building permit to begin construction on the new building (or buildings) in the coming months. SHU has already begun planning in the event that Avalon does not renew the lease.

A guard at the main entrance will check each car that enters SHU during this time of heightened security.

If nothing changes in the coming weeks, next year’s sophomores will be able to live in East Hall and designated J-Hill apartments. Juniors can choose to live in Park Ridge, Park Royal, Taft Commons, J-Hill or Avalon, provided there is space. Seniors have first picks from Avalon, Taft Commons, Park Ridge and Park Royal.

Will SHU students be future Residents of Avalon Gates?

Photo by Susan Magnano

If it is still unsure as to whether Avalon Gates will lease apartments to complete students, the housing process begins with a series of informational meetings. The first meeting was on February 25 at 3 p.m. The second is today in the Student Center at 6 p.m. and the last is on March 11 at 10:15 a.m. All meetings will take place in the University Commons.

Avalon Gates

Photo by Susan Magnano

It is still unsure as to whether Avalon Gates will lease apartments to complete students, the housing process begins with a series of informational meetings. The first meeting was on February 25 at 3 p.m. The second is today in the Student Center at 6 p.m. and the last is on March 11 at 10:15 a.m. All meetings will take place in the University Commons.
**Show Some Love for SET**

By Marisa Ierardi  
Staff Reporter

Are you a fan of SET? Do you want to show your support and appreciation? Well, look no further! The Student Events Team (SET), responsible for various student activities around campus throughout the year, is holding a contest for students to win a prize. This year alone, they have sponsored many events such as movie nights, bingo, the Think Fast game show, comedians, and mystery events all providing entertainment for the students of this university, whether they are in desperate need for fun or just looking for something new.

The contest, titled “Boy Band” songs first and then Michael Jackson’s “Beat It” in the “Wheel of Death” final round on their way to winning the first place prize of $300.

**Public Safety Reports**

**February 21st:**
3:05 p.m. - A staff member and student were involved in an accident. The student was experiencing a headache. 911 was called but she declined medical transportation.

**February 23rd:**
1:30 a.m. - A Res. Life staff member observed a resident who is suspected entering South Hall. 911 was called and the student was observed to be outside and she declined medical assistance.

**February 24th:**
7:54 p.m. - A Res. Life staff member reported a male soliciting for a bar. He was asked to leave and would not comply. Fairfield Police was called.

**February 25th:**
1:28 a.m. - A West Hall resident was experiencing trouble breathing. 911 was called and she was transported to the hospital via ambulance.

**News Briefs**

**Reminder to all SHU Students**
A Mobile Post Office visits campus every Wednesday. From 12-10 to 12:40 p.m. the truck will be parked between South and West Halls and from 12:45 - 1:10 p.m. and it will then move up to the MAC Center. The Mobile Post Office will sell stamps and perform all other duties that a regular post office does, with the exception of selling money orders. This service is open to the entire SHU community.

**Want to Take Part in a Psychology Study?**

The Psychology department will be conducting a “Focus on Learning” study during the month of March. 120 juniors and seniors will be invited to be part of the study’s focus groups on making the most out of college. Look for more info in upcoming issues!

The entire “Spectrum” staff wishes everyone a very happy and safe Spring Break!
Alpha Sigma Psi Named “Rookie of the Year”

By Amy Toohey
Staff Reporter

On January 22, 2003, the annual Diabetes Educational Forum was held at the Westport Inn. The event, which was sponsored by The American Diabetes Association, honored the fraternity brothers of Alpha Sigma Psi.

The brothers were the proud recipients of a “Rookie of the Year” Volunteer Award for the numerous functions they performed to help make America’s Walk for Diabetes a success.

At the walk, held October 6, 2002 at Fairfield Beach, the brothers assisted with a variety of duties that included, set-up, loading and unloading support trucks, working the food line and, one of the most important duties, cheering on the many participants.

The American Diabetes Association’s mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Diabetes has reached epidemic proportions, with more and more young people being diagnosed with Type II Diabetes.

Dan McNamara, the Community Service Chair for Alpha Sigma Psi, was proud that his fraternity could serve a cause that affected them personally. “I have Diabetes, as do two other brothers of the fraternity. We’ve been taking part in the ADA Walks since we were kids. Helping the ADA out, with all of my brothers present, was something I wanted to do since I got in. The fact that the three of us have diabetes was definitely a big reason why we helped out, but also because no other organization was stepping up to help out at the walk,” stated McNamara.

“We don’t do all the community service we do because we have to, or because we are looking for recognition, we do it simply because we see other people in need and realize that we are capable of helping out,” added McNamara.

Although the fraternity does not expect recognition, Alpha Sigma Psi’s efforts were immensely appreciated and hardly unnoticed by the organization. Diane Creed, Area Director of The American Diabetes Association said, “If these young men are our future, we haven’t any worries. Our future is in good hands. We all felt they made the day totally better in all areas in which they were involved.”

The Sacred Heart community should feel proud to be represented by quality individuals, such as the members of Alpha Sigma Psi. “I was delighted that Alpha Sigma Psi received the “Rookie of the Year” Volunteer Award. The work of the fraternity represents the continuing commitment of Sacred Heart University students to respond to the needs of others as volunteers and leaders. The fraternity exemplifies the highest ideals of community service rooted in respect for the dignity of human beings and the Judeo-Christian ideal of healing and compassion. I was glad to invite the fraternity to my office recently so that the brothers could show me their award,” said SHU President Dr. Anthony Cernera.

The young men of Alpha Sigma Psi plan to continue to contribute to our community by donating their time and effort to those in need. “Community Service is a big part of Alpha Sigma Psi. Our cause is, to improve the domestic conditions of inner-city Bridgeport by tackling such issues as child abuse and poverty.” We do well over 1000 hours of community service each year. The last two years we have been fortunate to receive the Connecticut Higher Education Community Service Award. We are the only organization in the state to receive the award twice,” stated McNamara.

The brothers are looking forward to participating in the second annual Child Advocacy Program (CAP) Theme Week, this upcoming March 16-23. Alpha Sigma Psi is truly living up to its motto, “Begin with respect, and with dignity.” With such a high level of motivation and commitment to those around them, we can look forward to positive recognition, for this outstanding organization, in the near future.

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Invitation to Comment on the Effectiveness of Sacred Heart University

Sacred Heart University will undergo a comprehensive evaluation visit in late March, by a team representing the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges.

The Commission on Institutions of Higher Education is one of eight accrediting commissions in the United States that provide institutional accreditation on a regional basis. Accreditation is voluntary and applies to the institution as a whole. The Commission, which is recognized by the U.S. Department of Education, accredits approximately 200 institutions in the six-state New England region.

Sacred Heart University has been accredited by the Commission since 1969 and was last reviewed in 1998. Its accreditation by the New England Association encompasses the entire institution. The public is invited to submit comments regarding the institution to:

Public Comment on Sacred Heart University, Commission on Institutions of Higher Education, New England Association of Schools and Colleges 209 Burlington Road, Bedford, MA 01730-1433 E-mail: cije@neasc.org

Comments must address substantive matters related to the quality of the institution. Comments will not be treated as confidential. Written, signed comments must be received by March 21, 2003. The commission cannot guarantee that comments received after that due date will be considered. Comments should include the name, address, and telephone number of the person providing the comments.

The Commission cannot settle disputes between individuals and institutions, whether those involve faculty, students, administrators, or members of other groups. Individuals considering submitting complaints against an affiliated institution should request the separate Policy and Procedures for the Consideration of Complaints Made Against Affiliated Institutions from the Commission office.
Phi Omega Tau Educates SHU on AIDS

By Keri Nastru
Staff Reporter

"During 2002, some 5 million people became infected with the human immunodeficiency virus (HIV) which causes AIDS. The year also saw 3.1 million deaths from HIV/AIDS. Around half of all people who acquire HIV become infected before they turn 25 and typically die of the life-threatening illnesses called 'AIDS' before their 35th birthday," (www.WHO.int).

The above statistic generally includes college-aged people. "Realizing that AIDS is one of the most dangerous killers of our times, especially among people of our age, the sisters of Phi Omega Tau have organized AIDS Awareness week," said Michelle Contino, sorority President, and a junior from Port Washington.

The week began Sunday, February 16 and concluded on Sunday, February 23. The chosen theme of this year’s week was "Dare To Care."

"The women of Phi Omega Tau are working hard this week and always to ensure that they do all in their power to educate and inform people about this deadly pathogen," said Nyaya Wocorek, a senior from Newfane, NY and a committee chair for the week.

Throughout the week the sisters had a table set up outside of FLIK to collect money to be donated to a local AIDS charity. This event has been named, The AIDS Ribbon Project and is a way that the sisters annual raise funds for the benefit of others.

There was a viewing of the film "Philadelphia" this past Sunday at 7 p.m. in the lobby, sponsored by the Student Government E-Board. At 8 p.m. that evening in the University Commons there was a Mass dedicated to AIDS victims. Finally, to conclude the week there was a Candelight March Sunday, February 23, in the Quad at 9:30 p.m.

This event was held in honor of those who have been infected with HIV and have died from the AIDS virus.

The opening ceremonies took place on Sunday evening, February 16 in the Mahogany room. This was a time for all students, faculty, and staff to come together and recognize this global problem and affirm their shared responsibilities in combating this disease.

All who attended learned about recent updates in AIDS research. There were performances from members of the Dance Team and Jeff Aldana a sophomore from Port Chester, NY sang Josh Grobin’s "Where You Are" to set a serious tone to the evening. Those in attendance prayed together as a community to bring hope to the long fight and bring awareness to those who are uninformed about this disease.

When planning the events of the week, Phi Omega Tau in conjunction with G. A. Angela Hartmann, several other Greek organizations, Student Government groups, as well as the Dance Team and SHU Library, Players planned specific events that would connect their club with the benefit for the community.

The sisters of Phi Omega Tau pose for a picture following the opening ceremonies for their annual AIDS Awareness Week. The theme week concluded February 23rd.

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Come Experience the "Research Revolution"

By Maureen Daley
Staff Reporter

The Ryan-Matura Library and the Bridgeport Public Library have teamed up to host a viewing, reading and discussion series about important scientific and technological advances of the 20th century. The series is titled "Research Revolution: Science and the Shaping of Modern Life," and will take place throughout March and April.

There are six parts to the "Research Revolution" series, all of which are free to the public. Associate Professor of Biology at Sacred Heart University, Dr. Jennifer Mattei, will host the discussion portion of each session.

"I volunteered to host the discussions for the "Research Revolution" video series because educating people about science is a major part of my career and this series offers a wonderful opportunity to be a diverse audience together to learn from each other," said Dr. Mattei.

"The series begins March 25 at 6:30 p.m. in the Schine Auditorium with a program focusing on the atomic age. "The topic is especially relevant with our current political turmoil because the U.S., North Korea and Iraq," said Dr. Mattei.

Other programs include Robotics, on April 1 in the Schine: Genetics, on April 7 at the Bridgeport Public Library’s North Branch; Forensics, on April 14 at the Bridgeport Public Library’s North Branch; Global Warming, on April 22 in the Schine; and Biodiversity, on April 29 in the Schine.

"Science should not be looked at just for how it impacts our lives but it allows us to have a better understanding of our world. Science is a way of knowing, and Sacred Heart University’s role in the Bridgeport/Fairfield community is to provide knowledge and understanding to people so that they become better informed participants in our political system," stated Dr. Mattei.

Sacred Heart’s library and the Bridgeport Public Library were brought together for the series by National Video Resources in partnership with the American Library Association. The Ryan-Matura Library is one of 50 pilot libraries nationwide to participate in the project.

"We are delighted to have been chosen as one of the pilot libraries for the unique program," stated Sacred Heart Librarian Dennis Benamati in a press release for the "Research Revolution." "It offers an occasion to bring diverse groups together at our libraries to explore science and history in greater depth through a mix of scholarly essays, films and supplementary readings. Our association with the Bridgeport Public Library is a perfect backdrop for this discussion because between us, we can offer a full selection of resources and expertise for further study of any of these topics," Benamati added.

"I am excited that the Bridgeport Public Library can be a part of this intellectually stimulating conversation with our North End neighbors," said City Librarian Michael A. Goltick, in the press release. "The whole reason for the Community Room at the North Branch is to allow a place for community building. With this program, we have a wonderful opportunity to partner with Sacred Heart University and offer a great program to the community," he added.

For more information on the series visit the program’s website at http://library.sacredheart.edu/ResearchRevolution.
They Don’t Only Affect Women

By Diana Lumani
Staff Reporter

This week is “Eating Disorders Awareness Week,” a national campaign organized by the Eating Disorders Awareness & Prevention group.

Eating disorders develop as a result of signs of inner emotional or psychological distress or problems. They become the way that people cope with difficulties in their life. Eating, or not eating, is used to help block out painful feelings. Without appropriate help and treatment, eating problems may persist throughout life.

At least 5-10 million girls and women and 1 million boys and men in the United States are struggling with eating disorders.

“Our campus is about even with the national statistics—around 7-8% of college-age women have disordered eating patterns, said Jocelyn Novella, a staff therapist from the Counseling Center.

"Men are now being affected as well. The bodybuilding craze has created an unrealistic body image for men. Magazines like “Muscle & Fitness” are perpetuating that image. Women are more focused on being thin, men are focused on being pumped and muscular. Hence, we have the protein drink & bar craze, the Xenadrine craze, high steroid use,” said Novella.

"With certain sports requiring men to lose weight rapidly (wrestling) and others looking for them to be as bulky as possible (football), we now have both men & women struggling to achieve the "perfect body," said Novella.

There will be speakers in the Mahogany Room for a luncheon each day throughout the remainder of this week from 12:30 to 1:30. Students who have been affected by eating disorders in some way will speak about their struggles. Provided along with the talks is a healthy eating screenings. This event is open to all students and faculty.

"We have formed an Eating Disorders Task Force on campus made up of students, faculty, staff and administrators, which will make the main function to raise awareness of the dangers and unhealthy aspects of not accepting one’s own body," said Novella. "That way, we can prevent our students falling into this behavior and can also encourage many to seek help before it takes over their lives.

Make a Difference With the Class of 2007

By Eileen Gollan
Staff Reporter

Do you want to help ease the transition for the class of 2007? How about having the chance to meet new people and experience new things? If so, then you may qualify for the chance to become a Sacred Heart University Orientation Leader.

Tom Wuestkamp, Graduate Assistant in Student Life said, "Orientation leaders gain a lot of qualities, they get to bond with 15 other people that they might have never had the chance to meet."

Student Life is looking for freshmen, sophomores or juniors who have the willingness to learn leadership skills, have a strong personal sense of responsibility, and who have a positive attitude about Sacred Heart University.

Members of the Orientation committee are responsible for greeting new students and parents upon arrival, preparing and working all events during Orientation, overnight, transfer and welcome days.

All Orientation Leaders will work together to ensure all Orientation aspects are successful.

Junior Christina Roy from Wallingford said, "When I was coming into SHU freshman year I looked up to the Orientation Leaders; they definitely made my transition into college."

Junior Jen Hardek said, "I like being an Orientation Leader because it’s a great feeling to help the incoming freshmen get to know all about SHU and instill the spirit and love I have for this school in them."

Yet, Hardek also said, "It’s so rewarding to know that I help the newcomers feel more welcome and comfortable here because they are very nervous when they come to orientation at first."

Chris Stapleton, a member of last year’s OL team, said, "You form such strong, trusting relationships among the other 14 leaders and great friendships start to form.”

- Chris Stapleton

SHU Players Wow Audiences Yet Again

By Katie Fanning
Staff Reporter

This Valentine’s Day weekend saw the opening of Celeste Raspanti’s “I Never Saw Another Butterfly” on SHU’s university theater stage. “I Never Saw Another Butterfly” is a tale of Raja, a child living in a military ghetto called Terezin during the early years of WWII that saw thousands of children pass through on their way to Auschwitz. The SHU players, LLMS, and the current Drama Practicum class brought this production to the SHU stage for the first time the 15th and 16th of February.

Brendan Rappaport, director Charity Ferris, a junior at SHU from Ashland, NH was also making her directoral debut on the SHU stage. “I am extremely pleased with how the cast has come together in approximately a month to create a cohesive and very moving interpretation of life in a Jewish ghetto,” says Ferris.

Students also expressed a number of difficulties such as allocating theatre space and managing to create an emotionally responsible presentation of the moving subject matter tackled in this play but overall was

The cast of “I Never Saw Another Butterfly” received a positive audience response.

Photo Contributed by Katie Fanning
Silent Killer Among College Female Students

Being that it is National Eating Disorders Awareness Week here at SHU, I decided that I would share my personal story with my fellow students. With the mean course load of work, the stress of starting fresh, and keeping up with the competition, making new friends, and blending into a new environment, especially with a roommate, the pressures of freshman year start to mount for many students. Among these most affected is the female population across the United States. With all the emotions that accompany the stress of being in a new place, it is no surprise that on any given campus approximately 80% of bulimia nervosa patients are female or struggle with an eating disorder.

According to the National Eating Disorder Association, (N.E.D.A.), 1-4% of college age women are affected with this disease. These factors are among the many reasons that binge eating and purging among the female students at many Universities go unnoticed. This combination of stress and dangerous eating behaviors can lead to a life long or life ending cycle of self-defeating behavior.

My first encounter with this type of behavior was when I began to fear the “Freshman 15.” You know, the 15 lbs. That almost all freshmen put on their first year away from home eating wonderful campus food at all hours of the night. I was honestly terrified of gaining the weight, so I continually watched what I ate and made sure to exercise on such a regular basis that my school work became a secondary priority in my life, and what, when, and where I was eating became my life.

To combat the stress of my chaotic school schedule, I took control over the only thing I felt I had control over: my eating. I had no idea how much this affected my life until I found myself throwing up an entire box of Lucky Charms, two-dozen chocolate Entenmann’s doughnuts, and a pint of Ben and Jerry’s ice cream, into my garbage can in my room. By the time I went home for Thanksgiving break, there was a noticeable difference in my weight. The healthy 130 lbs, that I maintained all through high school was gone, and as I stood in the bathroom, I watched the arrow slowing climb its way to the 92 lbs. mark.

The scariest part about that moment was that I wasn’t the only one. The scale had taken of my tiny fame, but the fact that I stood there proud of my accomplishment. The worst part is that my parents had no idea, because of the constant flux in my weight. I silently spiraled into my own little hell that I needed to pull myself out of. No amount of pleading from well meaning friends and my boyfriend could pull me out of this. I had to do it on my own.

There are many signs that everyone needs to look out for when sending their daughters off to college. Not only did I start gaining weight, but I also distanced myself from my boyfriend, my friends, my family, and all of the things that I enjoyed doing. Basically, all of the things that were not some form of exercise were not a part of my life any more.

“I was honestly terrified of gaining the weight, so I continually watched what I ate and made sure to exercise on such a regular basis that my school work became a secondary priority in my life, and what, when, and where I was eating became my life.”

Among these little factors, the N.E.D.A. also lists “evidence of binge eating, including disappearances of large amounts of food, evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics, excessive, ridged exercise regimen—despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in, unusual swelling of the cheeks or jaw area, calluses on the back of the hands and knuckles from self-induced vomiting, discoloration or staining of the teeth, creations of complex lifestyle schedules or rituals to make time for binge-and-purge sessions, withdrawal from usual friends and activities, in general, behaviors and attitudes indicating weight loss, dieting, and control of food are becoming primary concerns,” are some of the signs to look for.

My inspiration in writing this article is to help educate the families and friends of young women in the world today, and the dangers that this disease has on its victims. Not only are the girls who are athletes and popular at risk, girls who are over achievers, perfectionists, and overly impressionable fall victims to this silent killer also. One of the hardest issues that many loved ones face when dealing with someone suffering from an eating disorder is that they lack the skills and know how to talk to the sufferer.

Instead of talking to your daughter about the fears you may be having, often times people accuse the sufferer, which automatically puts them on the defensive. As hard as it is for parents or friends to confront the girl, it is even harder for her to confide in them. This is the most critical time, and your reaction to her confession can make or break her. Since I had to hide most of my behavior, I also had to lie to my family, boyfriend, and friends, about my feelings. What I didn’t realize until writing this article is that according to the National Institute of Health, “Many people who suffer from binge eating disorder have a history of depression” (NIH, 1993). Also, there is an extremely high amount of females who become depressed as they fall deeper and deeper into the eating disorder.

If none of this has scared you into getting help, or looking further into the behaviors and life of your friends, then consider these thoughts: Bulimia nervosa can result in high blood pressure, high cholesterol levels, and heart disease as a result of elevated triglyceride levels, secondary diabetes, and gallbladder disease.

In order to help someone suffering from this disorder, the N.E.D.A. provides the following helpful information: “The most effective and long-lasting treatment for an eating disorder is some form of psychotherapy counseling, coupled with careful attention to medical and nutritional needs. Ideally, this treatment should be tailored to the individual and will vary according to both the severity of the disorder and the patient’s particular problems, needs, and strengths.”

Individual, group, or family and medical care by a trusted health care professional are usually the routines taken. Support groups, nutritional counseling, and psychiatric medications are also helpful ways to combat this disease.

By Erin Carrington Contributing Writer

Why Are You Destroying My Work?

Around November of 2002, I got tired of seeing the two bulletin boards of the Chemistry Department in bad shape and unattended. It bothered me more than the average student since I am employed as a Chemistry lab assistant and as a result ended up seeing it every day. In turn I decided to do something about it. I conferred with the department chair and got permission to fix the bulletin boards. The two topics that we decided on were “The Tools of Chemistry” and “Chemistry Department-Student Faculty Research.”

“Taking all of this into account, I cannot understand why students would do this to their own school.”

We felt that students, chemistry and non-chemistry majors, could benefit from a glimpse of these two topics. After long hours of deciding, cutting, and planning, I partially completed the bulletin boards. Currently, they are both under construction due to different variables. However, this is not the main focus of my letter. The reason that I am writing this letter is to warn those who are destroying my work. Since the beginning of this semester, there have been various incidents of vandalism. My pictures and work have been ripped and torn apart. Every time the boards get vandalized, I have to repair them and repairing them takes time.

Taking all of this into account, I cannot understand why students would do this to their own school. Every time something like this happens, I am enraged that this can happen in this school. However, anger only gets a man to a certain distance and so I would like to close with this message directed to those who are destroying my work; ripping down the bulletin boards will only encourage me to continue. In addition,

By Diogenes Placencia Contributing Writer
Letters/Op-Ed

The Housing Nightmare

When I first came to Sacred Heart as a freshman, I loved the idea of the housing process. I thought it was great - you start off in the small rooms of South or West halls, then move a little bigger and better into East Hall and J-Hill, and then as a junior and senior you get the nice apartments... Turns out that Sacred Heart conveniently omitted the fact that housing for juniors, to say it nicely, is horrible. A few weeks ago, as soon as the emails were sent out reminding us that our housing deposit is due in a few weeks, questions began floating around my East Hall suite - who was living with who, where should we go, did so and so want to be roommates again?

Then we came to the solution: J-Hill. There were eight of us who wanted to stay together, a J-Hill apartment houses eight... perfect! Until we realized that there are only going to be eleven J-Hill apartments available for juniors next fall. Well, that put an end to that plan. Time for plan two-split our group in half. Somehow along the way we accumulated two more roommates, so that left one apartment of six, and one of four. That would be fine if not for the fact that there are virtually no apartments of this size.

Yes, Avalon Gates has plenty of four bedroom apartments if you want to tack more money onto your already ridiculously high room and board bill. That left us with two choices: Park Ridge and Park Royal. Being that each of these buildings only offers two apartments that can accommodate four people, we were pretty much left with nothing. Of course we could put in our three hundred dollars and pray that one of us has a lottery number high enough to get our choice, while at the same time hope that a senior hasn’t already snatched up the apartment we need. We could split up with our one roommate and settle for a two-person apartment in Park Royal, but the point is, why should we settle?

We are paying thousands of dollars a year for room and board and for what? To spend an entire semester arguing with our suitemates and friends about who is going to live with who? To waste weeks worrying about lottery numbers? To end up at a place we don’t want to live in the first place?

It seems as though Sacred Heart has found a clever way to truthfully advertise “guaranteed housing” to incoming students. Telling students that Avalon Gates is available to Sacred Heart students is, of course, true. Leaving out the part that it is about a fifteen-minute ride to the school, as well as the fact that it costs more money is a nice omission. Failing to admit that if you get a high lottery number, you and your roommate could possibly be thrown into an apartment that needs two extra people is also misleading. And here is the best part: If the dorms get too full and you have a high lottery number, your “guaranteed housing” may include room service and maids... because your dorm is now a hotel until something else opens up.

I do like attending Sacred Heart very much, but, just like every other school, it has its drawbacks. Unfortunately for us, housing is one of it. It is great to have nice dorms and housing available to students, but if it is a problem for the students to actually live in these places it is apparently time for a change in the system. Whether it is adding more options to the existing ones, or changing the lottery system to make it fairer to students, some things need to be done.

I know that it is hard, as well as expensive, to find more land to build more dorms, but it is horrible that our juniors, and even seniors, are having trouble finding the housing that they desire. Rather than risk a terrible lottery number, many juniors are leaving Sacred Heart housing for next year and opting to live off campus, just as my roommates for next year and myself are planning on doing. If things keep up the way they are, no one is going to want to live on campus. That will allow for plenty of vacancies in the dorms within the next few years.

The SHU Voices

What would be your ultimate Spring Break plans?

Paul Elumeze
Sing Sing, Nigeria
Senior

"Hosting 'Girls Gone Wild' at Fairfield Beach with Jerry Springer."

Nick Brown
West Springfield, M.A.
Sophomore

"Seven days of snow tubing at Sacred Heart."

Aimee Clark
Norwich, C.T.
Senior

"Relaxing on a beach with a pina colatta in my hand."

Compiled by Susan Magnano

Dear Editor,

The United States is pressing for military action against Iraq. Some of the countries that support the U.S. are Great Britain, Israel, Spain, Australia, Bulgaria and various Eastern European nations. What I find interesting, however, are the nations that are not offering their support: Germany, France, Russia, China, Syria, Pakistan, Chile and Mexico.

I'm okay with China not supporting the U.S.: I'm not even bothered that our neighbor, Mexico, is not offering their support. What does bother me is that lack of support that we are receiving from Germany and France.

Last week in a final effort to gain U.N. support and more specifically, the support of France and Germany, Secretary of State Colin Powell presented the U.N. Security Council with "irrefutable" evidence in the form of satellite photographs, intercepted phone conversations and other intelligence. He proved that in no way has Saddam Hussein ever planned on disarming and that he does not plan on doing it in the future.

Powell closed by warning the council what could happen if we furthered inspections and delayed action, adding "Leaving Saddam Hussein in possession of weapons of mass destruction for a few more months or years is not an option, not in a post-September 11th world."

After the presentation France's Foreign Minister Dominique de Villepin told the Council, "We must move to a new stage and further inspections." Germany and France are both calling for more "proof" that Saddam has illegal weapons of mass destruction. Well, I'm calling their bluff. The only thing left to prove is that he will use his unconventional weapons, and the longer we wait, the closer we get to this happening.

France and Germany are worried about money. Saddam Hussein owes them millions of dollars, and these nations are worried that if Saddam goes, so will their money.

Why would Saddam owe Germany and France so much money? Well, Germany is one of the leading manufacturers of nuclear bunkers as well as other suspended structures and nuclear power facilities. The French opted to keep its nation's nuclear capability and are still vested in their nuclear program. France and Germany are playing the "diplomatic" card, but what they are hiding is the "economic" card.

Saddam Hussein has gassed tens of thousands of Kurdish farmers and children, he has fired Scud missiles at Israeli civilians, he employs professional rapists, he tortures his people and he murdered his own son in law. Horrible as these things are, they are not even the reasons we are pressing for military action. We must stop Saddam for the security of our nation and the world.

The events of today remind me of a similar global situation over seventy years ago. In 1938 English Prime Minister Neville Chamberlain met with Hitler in Munich in an attempt to avoid war. He returned to England promising his people "peace in our time."

If by "peace" he meant concentration camps and the largest war the world has ever seen, then he spoke the truth. Otherwise, history has shown us what can happen when nations walk softly and carry little sticks.

"It disturbs me that so many people are willing to forget history and let a madman continue to reign."

By Jennifer Motisi
Contributing Writer

By Diana Lunami
Contributing Writer

February 27, 2003
http://spectrum.sacredheart.edu

SHU Spectrum 7
There was no such thing as a dull moment after four SHU "roommates spotted John Mayer a few weeks ago in Fairfield.

On Sunday, January 19, my roommates and I ventured to Fairfield Cinemas at Bullard Square to see a 10 p.m. showing of "The Hours" since we had off the following day.

The theater was almost completely desolate as my friends and I bought our tickets and got in line for snacks and sodas. Suddenly my roommate, Kacey, grabbed my arm and whispered, "Oh my God, there's John Mayer." I was shocked that she recognized him. I wouldn't have known him if I fell over him, even though I do like his music.

SHU students who just found out what it's like to meet grammy-winning artist John Mayer in his hometown of Fairfield. These smiles are a result of exploring the great indoors while watching a film at the Fairfield Cinemas.

After much stalking and coaxing, Kacey and another roommate, Sandra, snuck into his movie, "About Schmidt," and asked him if he was, indeed, John Mayer. He said he was and Kacey ran out to get Kate (yet another roommate) and I. Amazingly, I had my camera with me (I have carried it around religiously ever since I met one of my favorite basketball players, Mike Bibby, at my hotel in California). John was so nice and joked around with Sandra when she said one of his song titles wrong. He graciously agreed to a picture with the four of us. The next day we flew to National Wholesale Liquidators, praying that the picture would come out...and it did! I just want to thank John, who happens to be a local up-and-coming musician from Fairfield, and his very polite friend who was with him, for putting up with 4 "star-struck" fans!

Hanging Out With John Mayer
Bullard "Square" Style

By Katie Atkins
Assistant Sports Editor

Interracial Dating Colors Outside The Lines

By Diana Lumani
Staff Reporter

A horse and a donkey create a mule, and the mule cannot procreate. In early American history, many relied on this reasoning to create anti-miscegenation laws - laws that prohibited those of different races from marrying. It took Virginia until 1967 to abolish this law; until then couples were imprisoned for breaking it.

At Sacred Heart University, no such laws exist. Couples of any race are free to date, and yet, when one scans the halls, the eye hardly meets an intercultural couple. Perhaps many do not exist at SHU, perhaps they choose not to show affection on campus, or perhaps the eye is so accustomed to diversity, it cannot detect one.

But the fact that the issue is being prodded proves that the issue exists. At the University of California, Berkeley, for example, the Asian population makes up more than half of the student body, and thus the issue of intercultural dating does not come up as much as the issues involved with it. In a society that struggles with gender and with race, interracial dating is the marriage of two complex issues. While SHU may not be home to many intercultural relationships, its minority population makes up a small percent of the student body. "There isn't a lot of interracial dating because of the population that SHU draws from," said Jennie Montoya, a junior from Orange. "A lot of SHU students come from conservative families and there isn't a lot of diversity here. Plus, a lot of minorities only date each other," said Montoya.

"I don't think interracial dating happens enough because the campus isn't very diverse. At smaller suburban Universities intercultural dating is difficult because of the cliques," said Derrick Hom, a senior from Boston, Mass. For a liberal college campus, some have very conservative views when it comes to dating outside one's race. "Often, intercultural couples are questioned as to what individual or ulterior motives are behind their dating. That is, the legitimacy of the relationship - its genuineness and authenticity - is in question until the couple in question proves it," said Ann Harrison, a junior from the Bronx, NY. "Since there really is no standard for what constitutes a legitimate relationship, the couple is often at the whim of public scrutiny until they break up or somehow survive," said Harrison.

"If you are dating someone who isn't your same nationality, you are going to be branded as a sell-out or you are going to put yourself in the situation where your ethnicity is going to be called out and you are going to feel different. There are always people judging you one way or the other...you can't really win," said Hom.

Often, attitudes differ according to background, and bi-racial or multi-racial students see less of a problem with intercultural relationships than those from single-race backgrounds. "I don't think that much about dating a white man as those who see us holding hands, but that is probably because I come from a bi-racial background," said Montoya.

In addition to students' backgrounds, to some, a social stigma surrounds dating outside one's race. "There is a popular conception behind intercultural couples that a fetish is involved, particularly one toward black men and Asian women," Harrison said.

Harrison points to a growing problem on college campuses where the population density is very high: when white women date black men, some feel they take away from black women's dating pools. Because the propensity lies toward dating black men and not black women, black women often shun white women for taking "their men."

The same holds true for Asian women. When white men date Asian women, they take away from the Asian men whom white women may not find attractive. Because students do not want to comment on this topic on the record, a scene from the 2001 movie "Save the Last Dance" illustrates the issue. In a scene featuring white Sara (Julia Stiles) at an urban dance club with her black boyfriend Derek (Sean Patrick Thomas), a black girl pulls Sara aside to talk to her about realizing what she is doing (dating a black guy) is unfair.

This complication stirs racial competition. "In this manner intercultural couples stir controversy," said Harrison. "Sometimes people think they date just so they can say they dated someone from a particular race."

In the end, it goes back to personal preference. If a student comes from a background where intercultural relationships are acceptable, than he or she may not see a problem with them. But, if a student comes from a background where it is not acceptable, then he or she may find something wrong or uncanny about them.
Lambda Initiates Penny Wars For Blue Lights

By Jamie Pasculli
Staff Reporter

There’s nothing like a little bit of healthy competition. This semester the brothers of Lambda Sigma Phi have brought the Penny Wars back to Sacred Heart. The Penny Wars is a fundraiser that allows every Greek organization to compete against one another. The Penny Wars was not just confined to Greek Life, the whole campus was invited to participate and support their favorite Greek Life organization.

The way the Penny Wars work is that each individual organization has a container; anyone can drop change and dollar bills into these containers. Silver change is all counted as negative, and pennies and dollar bills are all counted as positive.

When the Penny Wars are finally over the money is either added or subtracted and whoever has the most money at the end of the week is the winner.

“It’s a good way for individual organizations to raise money for themselves, and this is the type of fundraiser that the whole campus can be included in,” Jason Gamsby a brother of Lambda Sigma Phi and a senior from North Haven said.

The brothers of Lambda Sigma Phi started the Penny Wars fundraiser as a way to raise money for their cause, Date Rape Awareness. The money raised during this fundraiser will be put towards getting more blue lights around campus. The blue lights enable people in trouble to get in immediate contact with Public Safety.

The brothers of Lambda Sigma Phi will also host a week-long calendar of events to promote Date Rape Awareness later in the semester.

“Last semester the Penny Wars fundraiser made about one-hundred dollars for the blue lights, this semester we made about fifty,” said Gamsby.

The brothers of Sigma Delta Chi won the Penny Wars and they won about fifty-one dollars for their organization.

“The Penny Wars are one of the more amusing fundraisers that I’ve seen on campus, and I’m proud that my brothers and I were dedicated enough to win last semester. We were really happy about it and we were glad to support Lambda,” said Christopher Potanas, a senior and brother of Sigma from Pawlet, Vermont.

Tayanna Rocourt a senior from Seaford, New York and a sister of Phi Omega Tau likes the unity which, ironically, comes from the Penny Wars.

“Penny Wars are a great fundraiser because it brings all the organizations together while raising money for a great cause,” said Rocourt.

The Penny Wars ended Valentine’s Day and the final result was the brothers of Sigma Delta Chi once again dominated and took first place. Second place was awarded to the sisters of Phi Omega Tau, and the sisters of Delta Phi Kappa came in third place.

“Congratulations to Sigma [who] won about twenty dollars this semester, and the rest of the money will all be put towards buying more blue lights for campus,” said Gamsby.

SHU SPOTLIGHT:

Kinin Kicks Math “Problems” Out The Door

By Jamie Pasculli
Staff Reporter

For twenty-one years Rose Marie Kinik has been a part of the Math Department at Sacred Heart University. She has taught as an assistant professor in all levels of Math, including Calculus.

“I think the students and faculty at Sacred Heart are great to work with, there is a lot of support from the faculty,” Kinik said.

Currently Kinik is married with two children and lives in Bridgeport. Before coming to the Sacred Heart family she received her undergraduate degree in Math at Malloy College and completed her graduate work at St. John’s University where she received an M.A. in Math.

Before teaching at Sacred Heart, Kinik worked as a teacher in New York.

“I always loved Math and I taught for thirteen years in New York City before my husband was transferred to Connecticut,” Kinik stated.

Kinik also serves the students of Sacred Heart as the coordinator of the Math section of the Kinikisesvits Learning Center located in the Ryan Matura Library on campus.

Authors of the JLC website explain a little about the center which is “staffed by highly experienced faculty, graduate and peer tutors in disciplines across the curriculum, the JLC provides a friendly learning environment where the individual needs of students are our primary concern. Individualized tutoring by appointment in all disciplines provided by staff or faculty, graduate and peer tutors [is] available.”

“I think the Learning Center is important to the students because most of them are anxious about Math and it is important that they have the support of their professors and their peers,” Kinik said.

Kinik has the firm belief that anyone can learn Math. “I really believe that everyone can get help if they make use of the resources available. Some students may be scared to come to the Learning Center because they feel they will be misjudged. I think that everyone has the ability to learn Math, some people just need a little more help than others,” Kinik said.

The Learning Center is not the only thing that Kinik believes will help students. The Math Department at Sacred Heart is starting to grow in different directions.

“The Math Department is growing, we have a younger faculty who are very interested in seeing that the students understand the Math so they are able to teach it. Many of the students who are Math majors are taking these classes in order to help obtain their education degree,” said Kinik.

To try and get the students more involved with the Math Department at SHU, events like guest speakers are being planned.

Kinik concludes, “We’re here to help and you should make use of this help.”

A Poem From The “Heart”

Sitting By the Window

By Colleen Mirano

I sit by the window
Looking out feeling the breeze
The breeze feels like a million ice cubes
It was cold, but refreshing
I sit by the window
I look to the sky
I see a million stars
Shining upon me
I make a wish
Hoping it comes true
But it does not

Do you have any poetry that you would like to submit to The Spectrum for publication? E-mail Kerry Freey at Kerry-Freey@sacredheart.edu or spectrum@sacredheart.edu to get your poetry in print today!
“Daredevil” Falls Short of Expectations

By Patrick Scalisi
Staff Writer

At present, comic books are arguably more popular as movies. They’re entertaining, inexpensive, and collectible, and persons of any age can sit down and enjoy one. It is no surprise, then, that the individual who first conceived of the idea of making a film adapted from a comic book was probably thought of as genius. Why not bring together two equally popular and visual genres in a marriage of cult favoritism and mainstream attention?

As past experience has taught us, this is not always a good idea (see: Batman 2 – 4). The same is true for “Daredevil,” a blunted romp that never quite takes itself seriously. Striving to be the “Spiderman” of 2003, Ben Affleck dons a red suit and a white cane, but falls horribly short of even fan expectations.

Having never read the comic, I went to see “Daredevil” with an absolutely clean slate. Apart from what was highlighted on the news or in magazines (i.e. that the character of Kingpin is Caucasian in the comics and African American in the film), I had no idea how good of an adaptation “Daredevil” is and will not focus on that aspect of the movie. In this respect, viewing it for the first time was a completely objective experience and as such, it should be noted that there was too little back-story.

Viewers seeing the film for the first time will no doubt be confused or eager for more insight into the character of Matt Murdock, blinded by an accident and seeking justice for the murder of his less-than-perfect father. Taking it upon himself to become the protector of his Hell’s Kitchen neighborhood, Murdock practices law by day and vengeance by night.

Of course, this is all well and good until we see Murdock sleeping in a coffin full of water (why?) and the string of questions begins. The most prominent of which is: why was Affleck selected for this film? His star wattage completely overshadows the role and one is forced to focus more on him instead of the character.

The same is true for most of the remaining cast. Colin Farrell, a rising star with an impressive resume didn’t need to take on a commercial and downright embarrassing role in order to make himself known to Hollywood. Nor did Michael Clarke Duncan or John Favreau.

The only actor with a viable excuse is Jennifer Garner, star of the cult television show “Alias” and looking to break into more dramatic roles (not unlike her turn in “Dude, Where’s My Car?”). She is perhaps the only cast member that considers “Daredevil” to be a serious commitment. As Murdock’s sometimes-lover, sometimes-nemesis she successfully transplants her double-agent role from television to film.

However, even Garner, whose acrobatics usually shine in “Alias,” cannot resurrect the over-the-top, cliched fight sequences that dot the otherwise slow-moving plot of “Daredevil.” The daylight skirmish outside of a playground will have audience members muttering: “They’re not doing this!” and the rooftop battles leave something to be desired.

Even the final showdown with The Kingpin, while uniquely stagcd, is still something that’s been seen dozens of times before. “Daredevil” suffers from lack of innovation almost every step of the way.

What “Daredevil” lacks in movie, however, it makes up for in music. Pulsing new tunes from Fuel, Saliva, Drowning Pool, and others fire the lackluster action and the soundtrack is credited with discovering the new band Evanescence. If for no other reason, “Daredevil” is a success in this respect. Investing in the CD may be wiser than buying a ticket to the movie.

Despite having the guts to be darker than “Spiderman” could have ever hoped, “Daredevil” still fails to please as much as the web-slinger.

With a string of comic book adaptations slanted to come out this year, including “The Hulk,” “X-Men 2,” and “The League of Extraordinary Gentlemen,” let’s hope that “Daredevil” is not an indication of things to come.

“Are you Hot?” Has Reality TV Gone Too Far?

By Ryan Broudhin
Staff Writer

“Are you Hot?” is a televised beauty pageant with a spin. The judges only critique the physicality of the contestants. The contestants are not able to boast about their merits: achieving high SAT scores, attending prestigious universities, earning advanced degrees, having musical talent, or possessing athletic ability.

The answer and question segment about improving the world is omitted. But the beauty pageant framework is still intact. There is a bathing suite competition. The judges just have one primary concern, the attractiveness of the contestant, whether the contestant has an ideal six-pack, a perfect complexion, or slim waistline.

After the judges critique all of the contestants, they will select the winners; the most attractive male and female.

There are eclectic contestants on “Are you Hot?” The majority of the contestants are arrogant and self-absorbed young women and men in their late teens and early twenties. The contestant pool includes a few exotic dancers and identical twins. The casting call attracted a few comedians and public access hosts who tried out in order to gain national recognition.

“Are you Hot?” is like “American Idol” because the show has similar judges. The judging panel includes three established individuals from the entertainment industry: Rachel Hunter, actress and supermodel; Randolph Duke, fashion designer; and Lorenzo Lamas, actor. There are two men and a woman. There is a wisecracking judge who resembles the infamous Simon Cowell; Lorenzo Lamas openly criticizes contestants while Duke and Hunter privately talk to each other like Randy Jackson and Paula Abdul.

The judges on “Are you Hot?” are very sarcastic and critical. Each judge individually scrutinizes a contestant on stage. The contestant cannot sashay down a catwalk to demonstrate his or her personality. As the contestant stands, the judges are thrilled as they point out blemishes, paunches, and asymmetrical faces. Lamas snickers as he criticizes the contestant.

The reality show “Are you Hot?” is exploiting Americans, who are self-conscious about their image, or want to adopt Michelangelo’s “David,” the flawless human body. This is an age where people are willing to inject Botox, a poisonous chemical, into their faces or have their lips filled with cow collagen. If someone wants to have curves like Jennifer Lopez, plastic surgeons can insert a bust-implant into the body.

This show is supporting the current cosmetic craze. In effect, this television program is really a commercial for cosmetic procedures.

All in all, “Are you Hot?” is a program that does not have a lasting appeal with viewers. The judges do not have charismatic personalities and the host of the show seems to be bored. Judge Judy’s catchphrase sums up the content of this reality show. “Beauty fades, dumb is forever.” This reality program will be popular for a few weeks, but the viewer will learn that this program does not offer any content whatsoever, another media outlet to objectify the human body. When the hype ends, this television program will soon be on the bottom of the reality show abyss.
“Old School” Makes the Grade

By Alison Pehoryo
Staff Writer

If you think college is fun now, imagine going back in time to the years of your 30’s. That was the scene when the stars of the hilarious new movie “Old School” do their act to start their very own frat house.

After Mitch, played by Luke Wilson finds that his girlfriend Heidi played by Juliette Lewis is cheating on him, he moves into a house right on the edge of a college campus. In an effort to cheer her up, he invites the others over to his house, and to start a fraternity.

The conflict between the new fraternity and the existing ones is what the movie revolves around. Contrast this with the actual world of college life where there is usually only one “frat house” and the conflicts are more internal.

By Guy Savage
Staff Writer

Yes, the Oscar nominations came out this week, along with the popular movies of 2003. Of course, like always, there was the usual group of “snubbed” films, directors and actors. But it’s safe to say no actor deserves that title of “snubbed” like Andy Serkis of the hit movie “The Lord of the Rings: The Two Towers.” Serkis played the role of the emotionally troubled “thing” Gollum. The reason that Serkis acting job in this film has generated so much attention is because we actually see him on screen for zero seconds of this film.

His character Gollum was digitally created, but before you begin to think of computer generated horror stories such as Jar-Jar Binks or other pointless characters you must first know what Serkis went through to create this character.

Many critics have panned Carter’s solo effort, his vocal talent was still evident in his performance and shouldn’t be overlooked. Even though the Vanderbilt was not well equipped for this particular crowd, Carter’s performance was well worth it, and most fans were very satisfied with the show, and felt that they had gotten much more than their twenty dollars worth.
A Short Return Home For Track

Continued From Page 14

"It could have been a lot worse, we could’ve been stuck in an Econo Lodge," remarked Junior Rebecca Warren (Orange, CT) with a slight smile.

"I was never so happy to see the school in my life," said freshman Kari Masso.

The various individual event coaches conducted impromptu workouts. Long distance runners traversed outside through mounds of fresh-fallen snow. Coach Brian Hirschhorn’s sprinter group had the Herculean task of sprinting up the hotels eighteen flights of stairs. The men and women throwing team challenged each other to see who could do the most pushups and leg raises.

A saving grace for the team was a small pool and an adjacent hot tub. Many athletes and a few coaches took advantage of these amenities for recreational and training purposes. Meetings were conducted on a regular basis to keep the lines of communication open amongst the athletes.

Hide and Go Seek became a popular game that was played throughout the entire hotel. Juniors Sara Tasber (Hartnettia, NY) and Meghan O’Connor (Scotia, NY) organized a scavenger hunt. One of the more unusual items that had to be found was an authentic T-shirt worn by any member of the nationally ranked Wake Forest Demon Deacons’ basketball team, who consequently happened to be staying in the hotel pending a game versus the Maryland Terrapins.

Monday night’s telecast of the final episode of Joe Millionaire brought all festivities to a standstill. Tuesday morning the fifty-five-seat coach bus was loaded with track paraphernalia, athletes, coaches, and of course, the bus driver.

The approximately 150-meter inclined road that led out of the hotel would be the final obstacle for the team to overcome. The bus wheezed and groaned as it trudged ever so slowly up the icy slope. The first try resulted in making it halfway up the hill the second got further, but the summit was beginning to look like it would never be reached. With the tires spewing acidic smoke, the bus finally inched its way to the top with uproarious clapping and cheering from the entire team.

The first try resulted in making it halfway up the hill the second got further, but the summit was beginning to look like it would never be reached. With the tires spewing acidic smoke, the bus finally inched its way to the top with uproarious clapping and cheering from the entire team.

"I was never so happy to see the school in my life," said freshman Kari Masso (Shoreham, NY). "I think this experience, will benefit the team in the long run," summed up Kevin Caskin. "We were forced to interact with each other, and things turned out pretty well." "This is a trip that will be talked about long into the future," said Multi-Event and Pole Vault Coach Todd Linder. The men and women NY) and freshmen Amanda Lee (Hopewell Junction, NY) and Kathrin Clerk (Babylon, NY) placed fourth with a time of 12:50.70.

The men were led by freshmen standing Evan Lasher (Pleasant Valley, NY) with a school record-breaking performance. His 49.25" toss in the shot put landed him in fifth place for the day. "I threw a new school record on my first throw so I was disappointed that I didn’t throw further. There was pretty good competition I felt small next to some of them," said Lasher. Sophomore Gregg Curley (East, Warem, MA) placed eighth in the high jump with a leap of 5’ 11 25”.

"I think this experience, will benefit the team in the long run," summed up Kevin Caskin. "We were forced to interact with each other, and things turned out pretty well," said Multi-Event and Pole Vault Coach Todd Linder.

The 4x400 meter relay and distance medley relay teams both placed on the day. The 4x400 meter relay team of juniors Paul Paul Herman (Bronx, NY), Salvador Cataldo (Elnwood Park, NJ), sophomore Gregg Curley (East, Warem, MA), and freshmen Neal Shapiro (Glensford, NJ) placed sixth with a time of 3:27.52. The distance medley relay team of Andrew Renna (Dansbury, CT), Matthew Uzenski (Oceanside, NY), sophomore Todd Brownell (Hudson Falls, NY), and freshmen Robert Howard (Levittown, NY) took home seventh place with a time of 10:51.52.

Coach Brian Hirschhorn said "Overall it was a good meet, there were a lot of strong performances, in many cases there were athletes who missed finals by one or two spots, in other cases, yet its frustrating, but it also shows how far we have come as a team. We are in striking distance of becoming a top 6 team on both men’s and women’s sides."

Head coach Christian Morrison in a determined voice said "That day is going to be different that all I have to say."

Some members of the track and field team will be traveling to Boston, MA on Feb 28, for the New England Indoor Championship.

SHU Spikes Ramapo

The Sacred Heart men’s volleyball team picked up a 3-1 victory over visiting Ramapo College Sunday afternoon. The Pioneers took the first two games, 30-22 and 30-26 dropped the third, 32-30, and rebounded in the fourth, 30-20, to take the match. SHU improved to 8-3 on the year while Ramapo falls to 10-3.

Sacred Heart received an all-around team effort on the afternoon led by junior Michael Burns (East Providence, RI). Burns had a team-high 12 kills while hitting .318 (12-5-22) in the match. "This win really shows our depth as a team. I feel that we have enough talent on this team from top to bottom, to beat anyone in this conference," stated Burns.

The team also saw contribution from Junior setter CJ Pinkey (Ringwood, NJ) who picked up a match-high 11 digs as well as dishing out 44 assists in the win. Senior Patrick Bihn (Ploral Park, NY) had six kills and led the team with three solo blocks and five block assists. Junior Doug Soviero (Huntington, NY) converted 10 attack attempts into nine kills on the afternoon, hitting an outstanding .800 clip.

Photos by Susie Magnani

The Roadrunners were led by Junior Kris Fraser recorded a match-high 13 kills while freshman Bryan Bodaj turned in 12 kills while hitting .304 (12-5-3).

"Since the 2000 season this team has been hungry for another berth into the NCAA tournament," says Senior Tri-Captain Patrick Bihn.

The Pioneers are currently in fourth place in the Eastern Intercollegiate Volleyball Association, Ivy Division. With just under a month left to go in the regular season, the team is setting their sights on making the NCAA tournament for the second time in three years.

"Since the 2000 season this team has been hungry for another berth into the NCAA tournament, and that can certainly be a reality just as long as we remain consistent until the end of the season," says Senior Tri-Captain Patrick Bihn from Floral Park, NY. In 2000, the Pioneers were the first Sacred Heart team to win their conference and go to the NCAA tournament, since the school upgraded to Division 1. 

Photo by Chris Giannino

Freshman thrower Evan Lasher throwing his weight during competition.
Steinbrenner’s Deep Pockets

Continued From Page 14

almost see it happen now: the Red Sox will start fast, the Yankees will panic, Steinbrenner will start adding payroll like his job (wait a second, it is his job!) and the estimated $149 million mark will balloon to over $200 million. So much for cutting payroll coming into the season!

Prediction 8: Ken Griffey Jr. will return to form and lead a push for a wild card spot for Cincinnati. He can only get injured so many times, right? Anyway, Griffey has too much raw talent to be cast off and forgotten. With budding stars in Adam Dunn and Austin Kearns on either side of him in the outfield Griffey is poised for a 40 hom run, 100 RBI season.

Prediction 9: The Mets promising young shortstop Jose Reyes will be in the majors to start the season. Do the Mets really think Rey Sanchez is the answer at short? Coming off the Rey Ordonez era, the Mets should be wary about any middle infielder that is likely to have a higher weight than batting average. Either way, Reyes is the future and will not benefit much from playing in AAA.

Bonus Prediction: In a bizzare twist of fate the city of Chicago will be guaranteed a World Series victory! Cubs and White Sox. See you in Chicago!

That about wraps this column up, check back for my weekly offerings in the world of sports and especially in October when we can all look back and laugh at my predictions!

Questions? Comments? Think I suck? E-mail me at hank60@mindless.com and let me know, or challenge me in the editorial section!

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SHU Extends Streak

Seniors Shine in their Last Home Game to extend Winning Streak to six.

By Mike Burns
Sports Writer

On Monday night senior hoopsters Brooke Kelley (Medford, NJ), Ashley Durmer (Nashua, NH) and Brooke Rutink (Albany, NY) closed out their career in the Pitt Center in a 66-47 win over UMBC. The night started with a small ceremony honoring the three seniors, and continued with the Pioneers going ahead early. Ultimately building a 13-point lead at the half en route to the 19-point win.

All three seniors ended up scoring double digits with five total Pioneers scoring at least 10 points. The Pioneers shot 52.2% from the field including 45.9% from the beyond arc. Kelley ended the night with 11 points on 4 of 7 shooting and picking up a pair of rebounds and assists. Rutink scored 10 more for the Pioneers adding 11 rebounds and three blocked shots. Durmer hopped it up from downtown for the Pioneers converting four three’s for 12 points.

Kate Maher (Junior Waterford, Ireland) did the dirty work picking up 11 rebounds, a career high, including five on the offensive side. Sacred Heart also got double-digit efforts from Freshman Nicole Rubino (Port Jefferson Station, NY) and Junior Ashley Kohl (Palmyra, PA) scoring 15 and 12 respectively. Kohl also added a career high six assists on the night.

The win puts the Pioneers into the fourth position in the Northeast Conference with a 10-5 conference record and a 16-8 overall record. That includes a 10-2 mark in the Pitt Center. Sacred Heart has three games remaining on their schedule, all road games. Then it’s time to enter the heart of the NEC tournament.

Sacred Heart is currently on a six game winning streak, and has won their last four games by an average of 19 points. If nothing changes the Pioneers would have the fourth seed in the conference tournament, which will be held in the William H. Pitt center on March 8 and 9.

The Lady Pioneers take on Central Connecticut Blue Devils tonight. The tip off is at 7:00.

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Senior Night For Men

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(60%)” he added.”We are playing better team basketball and that was the difference in the game against UMBC. On top of that, we were hitting our shots, and that always helps,” said Wellington.

The Pioneers made their last home game of the season a memorable one as they defeated Mount St. Mary’s 75-70 to keep their hopes of getting an NEC playoff birth alive. Bailey and Wellington finished the game with 20 points each as Coach Bike won 399th career game as a coach for SHU in front of a home crowd of over 700.

The Pioneers, now 5-10 in the NEC and 10-19 overall, will continue their battle for an NEC tournament spot when they travel to Brooklyn to take on St. Francis (NY) tonight. SHU, who have just 2 games remaining in their regular season, will also try to get Coach Bike his 400th career victory.

“Right now we are focused on taking it one game at a time. If we are successful we can find ourselves in the playoffs,” said Wellington.

The men will take on St. Francis N.Y. Today.

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Photos by Susan Magnano

(Top): Athletic Director Don Cook poses with SHU Seniors Jannik Tuffel and Max Yokono. (Bottom): The Pioneers huddle prior to their game against Mount St. Mary’s.
Young Pioneers

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Sacred Heart felt they would fair on offense this year Duell said, "We are looking for Brian Rojee, Andrew Cutrone, and Ed Marotta to have a big years and freshman, Jay Mailla and Tim Lauta should add an instant spark to the offense."

Cutrone agreed with Duell, but also said that he was anxious to see how long it would take for freshman Dave Kalyonides and Bob McKee to make significant contributions to the team. All players agreed that Seth Kaplan, the squad's assistant manager, has done an outstanding job in the off-season of helping players improve their hitting.

When Duell was asked how disharmonizing it was as a pitcher in the starting rotation to have the 2nd best ERA in the NEC and lose so many games because of such futile run support he answered diplomatically, "It was frustrating at times but its not necessarily an excuse for losing games. We are a team and we win and lose together regardless of what happens. There are days when we score 10 runs and give up 11 also. I don't think you'll see us struggle this year at the plate as much as we did last year."

A further gap that Sacred Heart was forced to fill in the off-season was the opening in center-field after Lemanczyk graduated. Sophomore Andrew Cutrone will fill that position. Curtis Lewsey said of Cutrone, "He (Cutrone) has a tough pair of shoes to fill but will provide solid defense in center field." Cutrone understands just how big those shoes were, however, he feels confident that he can handle the task.

Cutrone said, "I started over 30 games last year in either left or right field. Paying with Matt has helped me become a better player but I know I have huge shoes to fill." So with all their off-season questions apparently answered and the start of the season just days away, how will SHU fare this season? Well with SHU has a tough rank in the NEC pre-season poll, opposing coaches seem to think that the team will be tough to beat.

“We have more depth at every position this year. Our coaching staff has a lot to work with. We are a fundamentally sound team.”
Andrew Cutrone

But how do the players feel? Confident. Duell commented, "I feel like we have a very good shot to win the NEC this year. We are picked to finish fourth pre-season, which means they think we are going to make the conference tournament. I think we stay healthy and our pitching holds up we should make a good run at the title.

Lewsey added, "We have more depth at every position this year. Our coaching staff has a lot to work with. We are a fundamentally sound team.”

Cutrone agreed with his teammates and said, "We have the pitching to win it all, but now its time for us to start hitting. I think the team has improved in both of these areas. I think we will hit better as a team this year then we did last year and our defense has improved in both the infield and outfield."

Sacred Heart made a lot of improvements over the off-season and a good freshman recruiting class should help the still relatively young team become a serious contender for the NEC title. The talent is clearly there, the team just has to utilize it correctly in order to stay competitive in a conference of top contenders.

For anyone interested in attending Sacred Heart baseball games, all home games are played at Harbor Yard in Bridgeport throughout the spring.

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February 27, 2003

Young Pioneers

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Student Bravens Medical Disorder

Former Sacred Heart Track athlete Laura Mcqueeny shows grit fighting with medical disorder.

By John Antignani
Sports Writer

You know her. You pass her in the hallway everyday on your way to class. She's an attractive young woman who wears the latest in fashion, smiles frequently, and is serious about her schoolwork. She could be your girlfriend, sister or just an acquaintance nice.

But she's different. She has a form of ulcerative colitis, an inflammatory bowel disease (IBD). Inflammatory bowel disease is a generic term for a multitude of intestinal diseases. UC is prevalent in females in the 20-25-age range. If the symptoms last more than a year it is classified as chronic.

Laura Mcqueeny (Plainville, CT) is no stranger to pain and discomfort. After an outstanding high school (Bristol, St.Paul Catholic) track career which culminated in her qualifying for States and New England's in various relays, open 800 meters and the mile, Mcqueeny developed a mysterious pain in her knees. It ultimately necessitated surgery on the knee prior to enrolling at SHU.

After subsequent therapy and recovery time, the psychology major was able to compete in several races as a freshman member of the Sacred Heart Cross-country team.

Disaster struck during the Christmas break, when she contracted Salmonella (a type of bacteria that causes infections of intestinal origin) from an undercooked meal. She missed the indoor season, but went on to run with the team the entire outdoor season. She has experienced discomfort throughout the rest of the spring and summer. She was only able to participate in cross-country for two races during her sophomore year.

She continued to train with the team, but remained silent about her illness. "I started running when I was seven years of age and started competing at ten," Mcqueeny stated. "My heart was in track, but my mind and body were not. I left track, because I didn't want to quit on myself."

She finally consulted a gastroenterologist who performed a procedure called a colonoscopy. The diagnosis was made shortly thereafter. "I became very emotional, when I received the news," Mcqueeny said. "I completely broke down."

According to Mcqueeny, "I participated in soccer and other support groups for several sessions, but thinking about it too much became detrimental. Stress doesn't help my disease, but it does make it worse. I don't know when flare-ups will occur, when they do I take preventive anti-inflamatory medication." "On the positive side, I think I've become more well-rounded of what has happened to me," Mcqueeny exclaimed. "My priorities are completely different now."

I'm very excited because I've just completed training to become a volunteer youth mentor for at risk children."

At 22, Mcqueeny looks forward to a bright future. Immediate family and close friends have been her mechanism and means of support.

Mcqueeny added, "I feel awkward because a part of me, a part of me, is different... I feel lonely because of it." With my doctor's permission, I was able to run a 3k road race this past summer at Lake Compounce, Bristol, CT."

Mcqueeny said proudly, "I will run a marathon someday, that's my goal."

Although her life has changed dramatically, Mcqueeny is confident now that she'll be able to manage whatever may come her way.

SHU Track and Field team encounter unexpected opponent in Maryland

By John Antignani & Christopher Giarrusso
Sports Writers

Sacred Heart University's Track and Field team departed for Maryland on February 14, to compete in the Northeast Conference Championships (Landover, MD), which was scheduled to take place from February 15-16 at the Prince George's Sports & Learning Complex.

The first day of competition went off as scheduled and the women were in fifth place with nine points after four scored events. The women were led by sophomore Siobhan Fogarty (Cortlandt Manor, NY) with a three way tie for a fourth place finish in the high jump clearing 5'1". Sophomore Haliee Kennie (Standish, ME) took home fifth place in the shot put with a toss of 41'5". "I could have done a lot better but I got a PR for the season, I finally showed up for the meet" said Kennie.

Junior Katherine Wrinkle (Medford, NY) placed eighth in the 3000 meter run with a time of 10:56.87. Junior Sara Tasber (Hinrentiia, NY) and Emily Marks (New Milford, CT) qualified for the 500 meter dash final. Tasber had the second fastest time in the 500 with a time of 1:17.61, and Marks in eighth with a time of 1:20.87.

The men were in ninth place with a score of four points after four scored events. The men were led by freshman Evan Lasher (Pleasant Valley, NY) placing sixth in the weight throw with a toss of 46'7". "I threw a new PR in the weight by 1/2 foot so I felt good about that" said Lasher.

Joining Lasher was fellow freshman Michael Mosher (Broad Brook, CT) taking home eighth place in the pole vault with a leap of 12'3.5". A deluge of snow began to blanket Maryland and the states surrounding it early Sunday morning. A decision was made to suspend the second day of competition, which was to take place that day. A total of seventy people (including six coaches) were cloistered together while the storm raged outside. Athletes and Coach took up the entire fourth floor in the Marriott Hotel (Greenbelt, MD).

It became a test of balance and skill trying to navigate through the maze of athletes sprawled throughout the hallway playing card games, talking or just relaxing. It became the informal meeting place for all.

See "A Short Return" Page 12

http://spectrum.sacredheart.edu
Young Blood Looks to Lead SHU

The Men’s Baseball team looks to young players to continue the tradition this coming season.

By Kevin O’Sullivan
Contributing Writer

Even the Blizzard of 2003 couldn’t stop the Sacred Heart University baseball team from staying1 focused and committed to achieving their goals.

As the snow fell, and many college students were partying and celebrating a second straight snow day the men’s baseball team was busy going about their daily schedule of strength and conditioning training.

There is a certain attitude circulating through the entire squad this year. A certain determination. Why shouldn’t there be? This is the same squad that was a pleasant surprise last year with a 22-23 overall record (12-10, NEC).

The team even battled for the final playoff spot in the NEC Tournament going into the final weekend of the regular season.

This was quite an improvement from a 12-34 overall record (.237), NEC in SHU’s inaugural season in Division 1. When you take that information and then realize there are 17 returning players to the squad this year and only one senior, you quickly realize this is a young team with hope.

Some may assume that having a squad with only one senior could cause problems in finding veteran leadership, but Sacred Heart players disagree. Curtis Lewsey, a sophomore on the team stated, “Finding a leader has not been a problem. Our captains, Ed Marotta (outfield), Charles Ristano (pitcher) and Brian Rojee (third base), have provided excellent leadership that our young team needs.” Sophomore pitchers, Rob Duell, agreed, adding: “Finding a leader won’t be a problem because we have such a strong group of seniors this year. We have both vocal leaders and people that lead by example on the field.”

“Finding a leader has not been a problem. Our captains, Ed Marotta, Charles Ristano and Brian Rojee, have provided excellent leadership that our young team needs.” Sophomore Curtis Lewsey.

Sacred Heart’s pitching doesn’t sound as though that is their biggest concern going into the regular season.

Sacred Heart’s pitching rotation had the 2nd best ERA in NEC last year. Junior pitcher, Dan Scott, who led the team in wins going 6-3, led them. He also led the team in strikeouts, with 65 in just over 77 innings pitched. Scott also added a no-hitter to his resume last year when he blanked Long Island.

The other pitchers in the starting rotation as of right now are Eric Bushor, Chuck Ristano. Ristano also was 6th in the NEC in Saves. It appears as though Rob Duell will receive the 4th spot in the rotation, after an injury ended his season early last year. Andrew Cutrone, a sophomore on the team, said: “I believe our X factor is sophomore pitcher Rob Duell. Duell was hurt for the most of last season and in limited action had an ERA of 3.24 and a record of 3-1.”

So with the leadership issue not seeming to be a problem, and the pitching rotation in tact, what is SHU’s biggest concern going into the regular season? The answer? OFFENSE. OFFENSE. OFFENSE. Sacred Heart struggled mightily on offense last year. As great as the pitching was, the offense was that bad. SHU’s offense was brutal. They finished last in the conference in hits (375) and homeruns (10), and they were the second worst in the conference in team batting average (.254), slugging percentage (.335), runs scored (195), and RBI’s (173).

To make matters worse for Shuckers they have lost their core offensive player Matt Lemenzycy, who was drafted by the St. Louis Cardinals in the 10th round of the MLB draft.

When asked about how

“Seeing Young Islands” Page 14

WEEKEND SCHEDULE

Friday, Feb 28
Women’s Track
Men’s Track
Men’s Ice Hockey
at New England’s Northampton, MA 2:30 PM
at New England’s Boston, MA 3:00 PM
vs Army Milford, CT 7:00 PM

Saturday, Mar 1
Men’s Basketball
Women’s Basketball
Baseball
Women’s Track
Men’s Track
Men’s Lacrosse
Men’s Ice Hockey
at LIU Brooklyn, NY 2:00 PM
at LIU Brooklyn, NY 4:00 PM
at Pittsburgh Homestead, FL TBA
at New England’s Northampton, MA 10:00 AM
at New England’s Boston, MA 11:30 AM
at Towson Baltimore, MD 1:00 PM
at Army West Point, NY 7:00 PM

Sunday, Mar 2
Baseball
Softball
Softball
at Purdue Homestead, FL TBA
at Loyola Orlando, FL 4:10 PM
vs La Salle Orlando, FL 6:00 PM

10 Fearless Baseball Spring Training Predictions from a Fearless Man

By Henry Gargiulo
Sports Columnist

With nor’easter season in full effect in New England it can mean only one thing, Spring Training is upon us. That’s right, after three and a half months of a baseball-less world, the Sox, Yanks, Mets and the rest of Major League Baseball are headed off to the sunny south to start the drive for the World Series, except for the Devil Rays, Pirates and Royals, who officially ended their season sometime during the first Bush administration. Now its time for some fearless predictions!

Prediction 1: The American League East will finish the exact same way it has since 1998. Yankees, Red Sox, Blue Jays, Orioles, Devil Rays. The Yankees and their bloated payroll will remain beasts of the east, the Sox will finish closer than last year, with the Jays, O’s and D-Ray’s all falling into place with little hussle.

Prediction 2: Barry Bonds will continue to instill fear in the hearts of opposing pitchers. The man is a freak (steroid free of course!) and will continue to put up freakish numbers until he decides not to. There is nowhere to pitch to him, you can’t always walk him (can you?) and the Giants have enough protection in the lineup to afford Bonds a few opportunities to splashdown in McCovey Cove.

Prediction 3: Derek Jeter will continue his fall. Ever since a career year in 1999, Jeter’s stats have gone nowhere but down. He hit .349 with 24 homeruns and 102 RBIs. Since then, his batting average has dropped an average of 17 points a season, he hasn’t topped 75 RBIs since. Not to mention the riff between him and owner George Steinbrenner.

Prediction 4: The Red Sox plan of a “Closer by Committee?” approach will yield measurable results. Any Sox fan can probably tell you how many times Ugeth Urbina nearly stopped their heart. This year, General Manager Theo Epstein and manager Grady Little will use as many as five relievers to close out games. The rationale is to match up with the hitter, rather than just throwing you closer out for the final three outs. You can almost hear the hopes of the Red Sox fans riding on this approach.

Prediction 5: The Phillies will win the National League East. With the addition of slugger Jim Thome and ex-Braeke pitching ace Kevin Millwood, the Phillies will hold off the Braves and be the first team other than Atlanta to win the NL East since 1994.

Prediction 6: The trio of Barry Zito, Mark Mulder and Tim Hudson will make Oakland the league’s best team. Is there another team in the league that can match up 1-1 with the Athletics? Sorry Yankee fans, I would take these three before any of the seven starters New York has. Randy Johnson and Curt Schilling are close, but with no reliable third starter, Arizona doesn’t match up either.

Prediction 7: The Yankee payroll will top $200 million by the end of the season. You can see “Steinbrenner” Page 13
Men Garner First Back to Back Wins

Despite two consecutive NEC losses, the Men’s Basketball team battled back to drop UMBC and Mount St. Mary’s.

By Katie Atkins
Assistant Sports Editor

Although the men’s basketball team dropped two NEC matchups against Central Connecticut and Quinnipiac, they battled back last week with victories over UMBC and Mount St. Mary’s.

In the game against Central Connecticut, the Pioneers were lead in scoring by sophomore guard James Samuels (Uniondale, NY), who finished the game with 14 points, found themselves down by three with 3.8 seconds left on the game clock. Wellington, after inbounding the ball, dashed down the court, shook off his opponent, and threw up an off-balance three, which failed to drop.

“Both teams did not play great, they just happened to make less mistakes than we did,” said junior center Zach Spivey (Lubbock, TX). “We didn’t capitalize on the mistakes they made and that was the difference,” he added.

Central Connecticut, now 13-9 in the Northeast Conference, came away with the 61-58 victory over SHU, while being led in scoring by junior guard Ricardo Scott, who finished with a game-high 17 points.

The other Pioneers to finish in double figures were junior center Spivey (Lubbock, TX), junior forward Justin James (Tampa, FL), and junior guard Omar Wellington (Pembauken, NJ), who each contributed ten to the losing cause.

SHU entered the game against Quinnipiac with high hopes bringing home a victory, just as they did against their Northeast Conference rival on Jan 11. But those hopes would be dashed as Quinnipiac beat SHU 78-69 on the Pioneers’ home court Saturday afternoon.

Sacred Heart was led in scoring by junior guard Chris Assel, who went 7-9 from the field and finished the game with 20 points. Other contributors for the Pioneers include Wellington, who dished out eight assists to go along with his 16 points and Samuels, who had four steals.

In their last televised game of the season, the Pioneers, who were lead in scoring by junior guard Chris Assel with 18 points, beat the UMBC Retrievers at home 68-57. Sacred Heart, who led for most of the game, saw their offensive game come together throughout the second half.

“We have tried to correct some over dribbling habits that a number of guys have and I think we passed the ball very well on Thursday as evident by our 18 assists,” said Head Coach Dave Bike. “We have not won a game this year when our shooting percentage was lower than the other team’s. With this in mind, I think we have to credit Omar Wellington, Chris Assel and James Samuels who shot a combined total of 15 for 25.”

See “Senior Night” Page 13