



SHU Seniors Prepare for the Last Hurrah

By Susan Magnano &
Ryan Farnsworth

Photo Editor & Associate Editor

The World Is Not Enough fun, so the senior class will embark on their last hurrah before they join the real world. Seniors will be staying in South Hall, where it all began, for the weeklong events leading up to graduation. The first stop on Wednesday will be at the Playwright Pub in New Haven. This includes the ever-popular open bar, food and a night full of entertainment. Boogie down with your friends to the live band and dj.

Thursday is full of "All American Fun," with a BBQ,



Seniors will enjoy this gorgeous view on Thursday night of Senior Week. The night will include Las Vegas style games and entertainment.

senior class video!)

If that is not enough, there will be more food at the brunch and yearbook dedication on Friday. The evening lights up, with "Springtime in Paris" on a four story yacht while enjoying the beautiful vista of the Manhattan skyline. This will be the seniors' last time together before graduation as they celebrate while cruisin' on the Hudson.

The final night will be spent with family and friends as seniors wine and dine at the Pitt Center. Hopefully the world will prove to be enough for the graduating seniors as they embark on their own journey of life. If not, who cares? At least they had fun on Senior week at Sacred Heart.



Hopefully no one will get seasick on this 4-story yacht where the Commencement Ball is going to be held.

rides and games at the theme/water park, Lake Compounce. Ride a ride, take a rest, or play a game at this exciting spot for senior-style recreation. After a day of fun, prepare for a night of dirty dancing and gambling at Anthony's Ocean View in New Haven. Brace yourself for the highlights of the night. This includes a video dance party, Las Vegas style acts, food, and open bar (not to mention the unveiling of the



Senior Week 2003 kicks off at the Irish bar, The Playwright in New Haven. Cheers!

Despite Sound Problems, Chappelle Still a Success

By Marisa Ierardi &
Lindsey Gershkoff
Staff Reporter

28-year-old comedian Dave Chappelle has performed in front of many critical audiences, now including Sacred Heart students. On April 23, Chappelle took the stage at SHU's William H. Pitt center and set out to entertain a gym full of college kids with his "Blackzilla" tour. The task may not have been an easy one, considering most SHU students were looking forward to a spring concert...not a spring comedian.

Because Chappelle's reputation of great laughs, and relatable topics, students became increasingly excited about the "Blackzilla" tour coming to SHU. However, according to some students the anticipation was much greater than Chappelle's performance.

Scott Miller, a senior Somerset, NJ says, "I wasn't really impressed with his performance and the school really should have thought of the echo problem."

Other students agree with Miller. Colleen Murphy, a junior



Photo by Susan Magnano

After his hilarious show, Dave Chappelle chills with senior Matt Hales, Chair of the event.

from Orangeburg, NY says, "I didn't like the acoustics of the gym, it made it hard to hear him, but I thought he was very funny."

Junior Lindsay Kunda, from Massapequa, NY says, "You could barely understand him, it was pretty annoying. I think the gym is much better for basketball games than comedians, but what gym is conducive to such a large scale performance."

"There were 2,590 people in attendance, acoustics aside, this was one of the most well received shows so far," says Melissa Christy the Student Government Vice President for SET.

With a near \$1,500 loss from last spring's Ludacris/American Hi-Fi concert, the Chappelle show

was far more successful, though Christy cannot quote on the profit made from the show; she is pleased with the outcome.

Despite how happy SET may be with outcome of the concert students still seem to be slightly disappointed. "To be honest, I couldn't understand a word he said, the reverb was so bad," says Meghan Humphrey a junior from Fairfield.

Earl Gendron, a freshman from Thompson, agrees with Humphrey. He added, "At least in a concert you don't need to hear every word, you hear the first few words and can sing along even if it's hard to hear. At Dave Chappelle you needed to hear, which too many people could not do."

Freshman James Accuosti from Watertown, stated, "I did not enjoy it as much as I had hoped."

Not all students were dissatisfied, however. Rebecca Jadach, a junior from Ansonia said, "The show was great, very funny, as I expected. It was a little hard to hear, but still great!" Overall the show was good, and SET members may take notice of any mishaps or set-up dilemmas that can be avoided next spring.

Final Thoughts From The News Editor

As I sit at my desk and look up at the clock I realize that it is 11:45 p.m. - already. But tonight isn't just any night - it's the last Tuesday night that I will ever find myself working in The Spectrum Office. I'm filled with mixed emotions as I prepare to type the last letter and click the last mouse button while I still hold the position of News Editor of this newspaper.

First of all, I'm so proud to say that I was part of this organization, which is one that involves the dedication of a talented group of SHU students in order for the issues to be printed each week. Whether you were a writer, photographer, editor, or were asked to run silly errands by a Spectrum staff member, you contributed to this paper's publication and success.

Being a media studies major, I really enjoyed working at The Spectrum because it allowed me to experience the field that I will hopefully have a real career in one day - the ever-changing world of news.

Also, as I'm typing these final thoughts I realize that yet another aspect of my SHU life is coming to an end - and that

makes me really sad. However, as sad as I may be to be leaving Sacred Heart and all that I was involved with here behind, I am equally happy because I know that I had the absolute best time of my life while I was here.

I want to say an extra-special thanks to all the other editors for keeping me sane when I was ready to throw my computer out the window. For as many times as we were cursing in frustration because of the long hours in the office, we also had an equal number of laughs together. It certainly was a team effort and I had the best time working with you all.

The friendships I've made in my time here are by far my greatest treasure and I'm happy to say that I have made many great friends. To Mike, my roommates, Dance Team girls, and others I hold close to my heart, thanks for making an indelible mark on my life. I know that no matter what, you will always be a special part of who I am.

Congratulations to the Class of 2003 and good luck to everyone in your future endeavors. We worked our asses off for 4 years, so Senior Week, here we come!

- Elaine McCauley

Ben Pesce is still looking for employment in the media field.

Tom Pesce will earn his Master's in elementary ed. from SHU while interning at Osborn Hill Elementary School in Fairfield.

Anthony Reynolds will be going to graduate school for education.

Kyle St. George will be teaching special education and coaching football.

Daniel Schiller will be commissioning the US Air Force as 2nd Lieutenant at McGuire Air Force base in NJ.

Shara Secondo will attend grad. school at AIC for forensic psychology.

Allison Shaughnessy plans to pursue a career in television production.

Matthew Snyder will work as a GA in volleyball at W. Georgia Univ. and receive his Master's in education.

Tom Sperger will be attending graduate school for education.

Lauren Testa will finish her Master's in Dec. from SHU in elementary ed. with a reading concentration.

Gary Turco will be working for the Democratic Party of CT.

Bill Van Vynck will be attending SHU for the physical therapy program.

Amanda Veautour hopes to get her work published - numerous times.

Victoria Venti will be working as an equity trader for WorldCo Financial Services on Wall St.

Tara Wallace will be attending graduate school to study elementary education.

Jordan Walton will be finding work in Boston in television or radio production.

Danielle Wiederlight will be attending graduate school for elementary education and interning at a local school.

Sarah Wynne will attend SHU for her Master's in elementary education.

Justyna Mostek will go to grad. school at Jagiellonian Univ. in Poland, followed by work in Spain.

Danielle Tumbarello will earn her Master's in education at Cal State Northridge.

Congratulations to the Class of 2003

With each passing school year another class of students are graduated into the "real" world. This year's graduating class consists of approximately 700 men and women who have completed their undergraduate studies at Sacred Heart University. As a final farewell The Spectrum has compiled a list of graduating seniors, representing a cross-section of the Class of 2003 including what his or her plans are for the coming year.

- Compiled by Keri Nastri and Elaine McCauley

Kristen Annis will plan her wedding over the summer and go to physician assistant school at Springfield College.

Laura Athans will be attending graduate school.

Bill Borrelli has a job with the Hall-Brooke Behavioral Health Hospital in Westport as a mental health worker in the children/adolescents unit.

Naiara Azpiri hopes to be working in sales or financial advisement.

DebraKate Baillie will be attending Fordham University for elementary education.

Paola Baldino hopes to work in advertising, or for a magazine and eventually receive her MFA.

Kristin Boemio will be pursuing a career in graphic design.

Katie Bowen will attend SHU for elementary education with a concentration in reading and intern at Elizabeth Shelton Elementary School.

Jennifer Brooks will be working in accounting at PriceWaterhouse Cooper.

Michael Chaves hopes to have a job in the computer science field.

Ken Christophersen will be pursuing a career in the financial world.

Ryan Costigan will be running his freelance media business and producing his next movie project.

Jason Cucolo will be attending graduate school for elementary education.

Samantha DeVita has a job at Dow Jones Global Marketing in Princeton, NJ.

Deborah Dietzel will be an Assistant Hall Director at the U of Tennessee and earn her Master's in animal science.

Ernest Dorelien hopes to be working in the world of finance.

Garrett Falco will be pursuing a career in entertainment.

Tom Ferguson will receive his Master's in publishing in either NYC or Boston.

Martina Gasparec will go to grad. school to receive her MBA.

Anthony Garcia will be working on a research program for the SHU biology dept.

Amanda Giardino will attend SHU grad. school for elementary education.

Andrea Gritser hopes to find a job in NYC.

Karen Harlan plans to receive Master's in communications disorders with a concentration in speech pathology from Worcester State.

Kathleen Haughey will be living in CT until she can afford to move to NYC.

Lindsay Hughes will be living and working in Fairfield, CT.

Danielle Jennings hopes to find a job and will be taking classes at an art school in NY.

Jennifer Jensen will be attending grad. school for education on Long Island.

Deirdre Joyal plans to travel west to "live life."

Brooke Kelly will attend UMDNJ for dental school.

Chris Kennedy will attend SHU for the physical therapy program.

Jessica Kerpen wants to move to Bermuda and sell sunscreen.

Trisha LaBella hopes to get a job and move to Greece.

Taryn Mahoney will be taking graduate classes and interning at a local high school in the Fairfield area.

Maureen Maher will work at a children's science camp over the summer, then attend grad. school.

Susan Magnano will travel the world and then pursue a career in the media field.

Steven Martinez will attend Pace Law School and study child advocacy law.

Elaine McCauley will be working as a GA in student activities at Fairfield Univ. and receive her Master's in educational technology with a concentration in TV production.

Mary McMahan will be attending grad. school at SHU for elementary education.

Melissa Mezzina will work for American Express Financial Advisors.

Jamie Minieri will be joining Merrill Lynch's Technology Leadership Program at the World Financial Center in NYC.

Melissa Munoz will be working as an event coordinator for a magazine in television.

Keri Nastri hopes to be working in production for a television program.

Christina Navaretta will be joining UBS Warbug LLC Corporate Headquarters in Stamford as a data analyst in operations.

Carrie O'Shea will be attending UConn Law School.

Rosemary Pasquarello would like to take a year off and work at a race track and go to school for horse medicine.

Jamie Pasculli hopes to work for a magazine.

Benamati Moves to Improve Library

By Mark Stanczak
Staff Reporter

Over at the Ryan Matura Library, Mr. Dennis Benamati, the University Librarian, is bursting with ideas. By his own admission, if you give him a few minutes to talk about the improvements he'd like to make at the library, he'll take "two hours." But that's a good thing, considering over the next five years Benamati's budget is expected to double.

For some time, students, faculty, and administrators alike have been voicing concerns that the library's services and resources are somehow lacking. Last month the NEASC accreditation team recognized similar problems in its assessment of the University.

"A concern they raised was the library," said Dr. Thomas Forget, Vice President for Academic Affairs. "The University Library, while it's substantially improved over the last year and a half or so... continues to need to be attended to in terms of its resources: physical, financial, and staff."

Forget attributed the period of recent improvement "particularly" to Benamati's leadership.

Dr. Anthony Cerna, the President of Sacred Heart University, suggested that the library's budget would increase incrementally over the next five years until it reaches roughly twice its present amount.

But Benamati isn't waiting

on the cash flow. In the meantime, he is putting together an ambitious long-term plan to grow and improve library services over the coming ten years. Over the first five years, his plan will be to "renew" the library.

"My goal is to make the library into a place that students can use to further their education," stated Benamati. Recent improvements to that end include new furniture, purchased with the help of the Student Senate, to make the second floor a comfortable meeting place for students. New signs, carpeting, and computers were also installed.

Yet, despite these and other visible improvements made during Benamati's first full year as head of the library, he believes the attitude of the staff

have had more of an impact.

"It is the awakening of intangible things that has made the library a better place, even though we don't have any more money than last year," said Benamati. "This group of people is a group that really wants to make things work."

As the budget is increased, the University Librarian will focus on specializing internal

operations. He is currently looking to hire a "Collections Development Librarian." The new position will be responsible for writing a collections development policy and controlling the growth of the collection.

Also, the Department of

Tranquilus, a sophomore from Leogane, Haiti. "The collection could be improved... more books on philosophy, like epistemology."

"It's necessary to improve [the book collection]," felt Mariusz Olbrys, a senior from

Collections Specialist position will be able to more efficiently address the issue.

"I come here to study. On campus, I only study in the library," said Sarah Warren, a junior from Orange. "I think they should be open later... everyone

studies at night. The libraries at many other colleges are open until 2 or 3 in the morning."

"I visit the library a lot, and their fiction section needs a lot of work," explained Jessica St. Juste, a freshman from Stamford. "It's nice for research, but for reading for pleasure there's not much of a selection."

However, some people enjoy the Ryan

Matura Library just the way it is.

"I'm a psych. major, so I use it a lot for the journal articles," said Christine Buker, a junior from Ansonia. "I haven't had any problems with the library."

As for pleasure reading, Benamati says, "maybe at some point. We usually leave that for the public libraries."

He hopes that the new

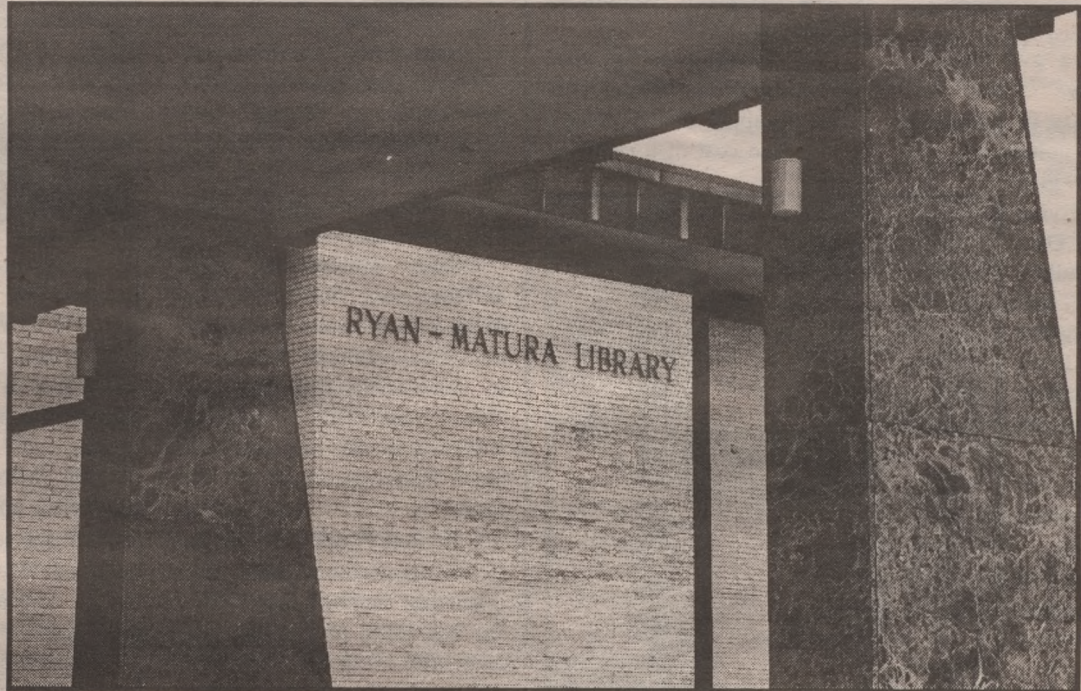


Photo by Susan Magnano

The SHU Library as we know it will be making some drastic changes over the next five years.

Instructional Technology will soon find a home in the library, where staff will work with faculty to "improve and make the most of online teaching."

Several students who were studying in the library voiced different opinions about the services there.

"I come to pick up philosophy books and sometimes history books, too," explained Gilbert

Poland. "There's access to everything on the internet, but some people like to take the books home."

"That sort of concern about currency is almost ubiquitous," stated Benamati, in response to criticism that the collection is outdated. "We're aware of the problem and I suspect we'll be looking into it."

Flashback to the 80's for the "SHU-Maican Me Crazy" Spring Week



Photo by Jamie Snapshot

Kendalle Brown and Brooke Kelly get up on stage with Peat Moss to sing and join in the festivities to kick off Spring Week 2003 at the Block Party on the patio outside of Flick.

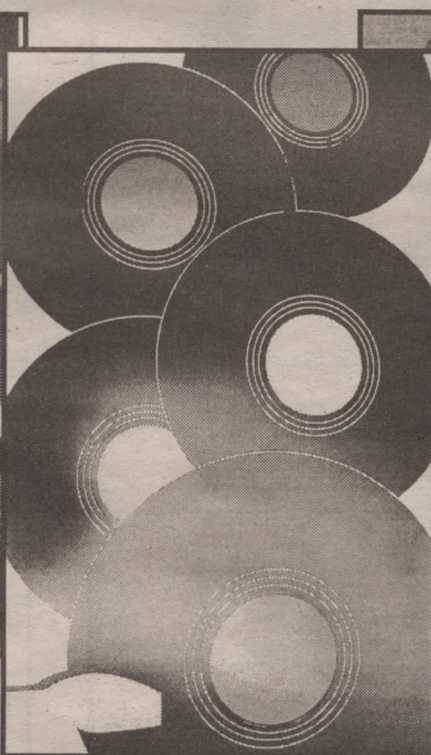


Photo by Elaine McCauley

The week is 80's themed, the decade when listening to records was popular.



Photo by Jamie Snapshot

Seniors Alison Fiddner, Dana Francinelli, and Stephanie Morda show off their autographed body parts from the band who performed at the Spring Week Block Party, Peat Moss.

The Gift of Giving for Mother's Day

By Sarah Keller
Staff Reporter

Stuck on a gift idea for Mothers' Day? This year Campus Ministry is giving the Sacred Heart community the opportunity to give the gift of giving this Mothers' Day. They are selling candles to support The Evergreen Network, Inc.'s Children's Summer Camp Program, and according to Noel D'Agostino of Campus Ministry these candles "... would make great Mother's Day gifts."

The Evergreen Network, Inc. is a non-profit organization that provides services to men, women, and children affected by HIV/AIDS in the Greater Bridgeport Area. Sacred Heart University has supported Evergreen Network during the Thanksgiving and Christmas Seasons and through Sunshine Kids Big Friend Little Friend

mentoring program. Campus Ministry now presents another opportunity to support the work of The Evergreen Network by purchasing a candle.

The candles come in a glass container in pear scented dark green or apple peony scented yellow. The cost of a candle is



Photo by Susan Magnano
Stop by Campus Ministry to buy one of these candles, that make great gifts.

\$7.00. Candles will be on sale in Campus Ministry through Mother's Day. So stop by and give the gift of giving for Mothers' Day.

Gear Up For SHU's Big, Fat, Greek Weekend

By Amy Toohey
Staff Reporter

This upcoming weekend, May 2-4, Greek Life will offer students many activities and events to participate in. SHU's Annual Greek Weekend will adopt a Las Vegas theme and its itinerary will follow the usual format that students have become accustomed to.

Friday evening Skit Night will take place. All Greek organizations will have the opportunity to entertain their peers by performing original skits. Active members of Greek Life will carry out the skits and each are a maximum of 20 minutes long.

"I know that all of the Greek organizations have been practicing for Skit Night since the beginning of the semester. Hopefully all of our hard work will pay off and the student body will be impressed with our efforts," stated Christina Domenech, a senior from Bronx, NY.

Being a highly anticipated event, students are advised to arrive at the Theatre well before the 7:00 p.m. show time in order to accommodate seating. Following Skit Night, an as-yet undecided movie will be shown

on the lawn outside Flik.

Those who enjoy dressing up for a special evening with their friends can look forward to the traditional Greek Life Semi-Formal on Saturday night at 8:00 p.m. Tickets can be purchased at \$15.00 for SHU students and \$20.00 for non-students. The dance, which will be held in the University Commons, will provide a cash bar for students who can produce two forms of legal identification.

"I am attending the dance for the first time this year. Going to a semi-formal is not an everyday affair, so I am looking forward to it," said Christine Carlucci, a sophomore from Port Chester, NY.

The Coronation of Greek Life's King and Queen will also occur at the semi-formal. Each individual Greek Life organization as well as all other clubs and organizations on campus will nominate a candidate for King and Queen. Greek Life will then select a panel of judges to choose a winner from those nominated. The judges' selection will be based on qualities, such as dedication and overall spirit, the candidate possesses for the Sacred Heart community.

On the final day of activities, Greek Life will sponsor a carnival. The campus' lawn area

will be covered with numerous inflatable games and carnival booths to ensure a fun-filled Sunday. Various free foods, such as cotton candy, snow cones and fried dough, will be served during the afternoon, as well as the ever-popular Beer Garden for those students over 21.

"The carnival is always a good time. I enjoy the slip and slide and the fried dough," stated Steve Di Sorbo, a senior from Hamden.

"Honestly, the carnival is my favorite part of the weekend. I hope everyone can take the time out to attend," added Carlucci.

A version of American Gladiators, called SHU-merican Gladiators, will take place directly before the carnival, which starts at 2:00 p.m. The Class of 2006 and Lambda Sigma Phi will be co-sponsoring the spectacle and prizes will be awarded to the winners.

Each event is open to the entire SHU community, regardless of participation in Greek Life.

"It sounds like a great way to relieve stress and relax prior to finals. All we need is some warm weather and we will be guaranteed to have a good time," stated Lauren Hendrin, a senior from Stratford.



When you get that warm feeling, it's time to
Take an Undergraduate Summer Course!

➤ 130 course offerings from a variety of disciplines

3 Sessions on the Fairfield Campus

- Intensive Session from May 14 - 30
- Regular Session I from June 2 to July 8
- Regular Session II from July 14 to August 19

➤ One week institutes in Media/Women's Studies, Religion, and Sociology

➤ Online Learning courses in Chemistry, Computer Science, Composition, History, Media, Nursing, Philosophy, and Sport Management - Take a course while you are back home for the summer

➤ AHEAD program courses from May 19 to July 10 in Derby, Shelton, and Stamford

➤ Regular summer session in Stamford from July 14 to August 19

➤ Trip to Ireland to study Celtic Religious Traditions

Move ahead with your degree program!

Summer schedule is available at the
 ✓ Registrar's Office in the Academic Center
 ✓ University College Office in the Administration Building
 ✓ Online at <http://registrar.sacredheart.edu/>

FREE TAN



HOLLYWOOD TANS
 Fairfield: 203-336-7755
 Stratford: 203-385-9555
 Norwalk: 203-847-7755
 440 Westport Ave. Across from AFC
 0.7 miles east of Sticks
 2175 Black Rock Tpk
 Toward to Starbucks
 145-3092

Earn \$1,000 - \$2,000 for your Student Group in just 3 hours!

College fundraising made Simple, Safe and Free.

Multiple fundraising options available. No carwashes. No raffles. Just success! Fundraising dates are filling quickly. Get with the programs that work!

campus
FUNDRAISER

Your Trusted Source for College Fundraising.

888-923-3238 • www.campusfundraiser.com

The Best of Media, Music, & Arts on Display

By Eileen Gulian
Staff Reporter

This weekend the Media Students Association is proud to present the biannual Media, Music, and Arts Exhibition, better known as the MMAX. The MMAX will be held in The Edgerton Center for the Performing Arts (theater) on May 4 at 6:00 p.m.

Dr. Louise Spence said, "I love the student exhibitions and have not missed a single one since I arrived in 1991, the spring ones are especially exciting because we get to see senior projects!"

In the past years the MMAX just featured student video projects, however times have changed. This year is the first year that the MMAX will be showcasing not only the best of student video, but photography, and design work as well. With the expansion of the media studies department, this festival will have a variety of works from many areas in the College of Arts and Sciences.

Greg Golda, media studies facilities supervisor, said, "We are at a point that we get a lot of material to show therefore students make a conscious effort

to create work that is going to emphasize their strengths and wow the audience."

Sacred Heart University's newspaper *The Spectrum*, WHRT the student-run radio station, and the Show Choir are also other organizations that will

work that goes into each production there is nothing better than having it presented for all to see and enjoy."

After all the projects are viewed, the show concludes with an awards ceremony where the prominent "SHUie" awards

Junior Kara Brady (Niskayuna, NY) said, "This weekend will be the first time that I have entered my work into the MMAX, I am looking forward to it and I hope that my documentary titled 'SHU Women's Rugby: the Queens

MMAX will have a wide variety of work presented.

Professor Andrew Miller, who advises the Senior Project class said, "Senior projects will consist of documentaries, narratives, photography portfolios, photographic essays, screenplays and more." He then stated, "We have grown by leaps and bounds of the quality of the work that students are performing."

Senior Keri Nastri (Oceanside, NY) said, "The MMAX means a lot to us seniors, it gives us a chance to show our professors, family members and friends what we have learned in our years attending Sacred Heart."

Senior Ben Pesce (Torrington, CT) said, "Every semester the MMAX is a huge success, I am looking forward to it."

Senior Jamie Pasculli (Hoboken, NJ) said, "The MMAX is a chance for me as a senior to see the end result after all of the hard work is put in."

"There is a larger sense of community because of the festival, there's a competitive edge that makes the work much better," said Golda.

So this Sunday May 4 come to The Media, Music and Arts Exhibition, you will not be disappointed.

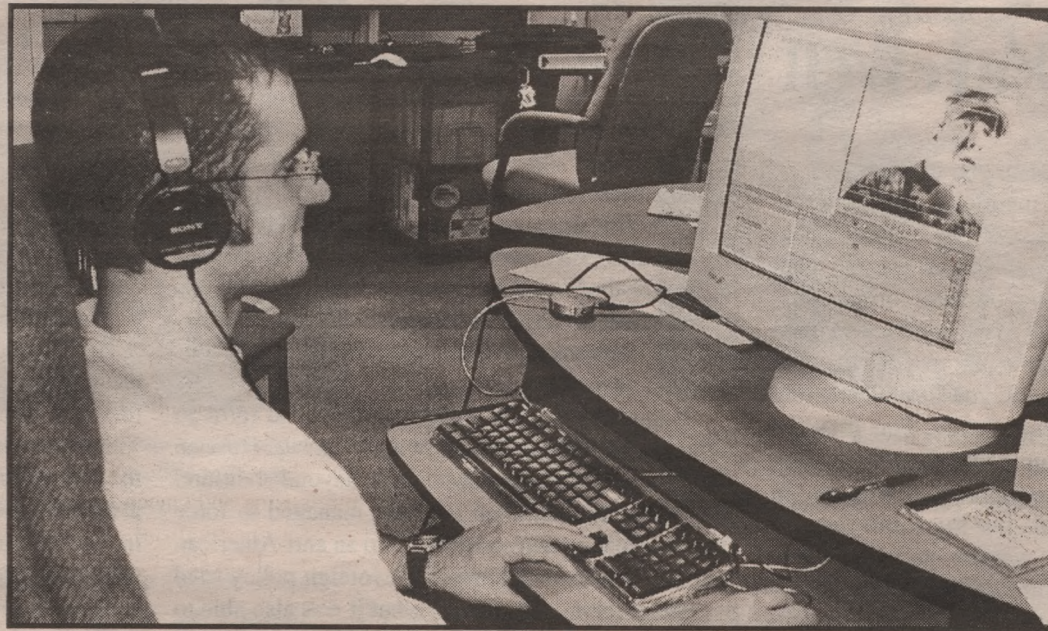


Photo by Susan Magnano

Christopher Giarrusso works hard in the media lab to finish his video project for the MMAX.

be involved with the MMAX.

Junior Marissa Ierardi (Cheshire, CT) said, "It is always exciting to go see what my peers and the media studies department have created during the semester. Knowing the hard

are presented for the best work in several different categories. Last semester Ierardi won a SHUie for the best narrative video and also won the media literacy award for her narrative *Dream a Little Dream*.

of Heart, Only Badasses Wear Black' wins a SHUie."

In the past years the Media Studies graduating class has only ranged from 20 to 25 students, not this year. With this years large class of 35 the

You Can Live A SHU Style Summer

By Katie Fanning
Staff Reporter

As the daylight stretches out and we roll our windows down thinking, "I really should be studying for finals," SHU students turn their thoughts to summer months. After 9 months of freedom and independence some may not be anxiously awaiting a homecoming of curfews and part-time jobs. Well, for those who are hoping for a summer home away from home, there is hope in store. Sacred Heart offers summer intercession housing for those students wishing to linger at SHU year-round.

Sacred Heart University offers an active scene long after most of the student body has headed home. Senior Week kicks off the SHU summer season directly after finals. The campus never sleeps with a constant series of classes, tours, orientations, athletic and academic camps, sporting events and more.

The University offers summer housing to any full-time students wishing to remain here for the summer. While many students remain on campus in

order to catch up on credits with intercession classes, other stay on and work locally. Several campus positions in various departments offer complementary housing for students employed by the University. Student ambassadors, summer conference assistants and summer resident assistants stay on free of charge in return for their services.

This summer housing will be available in both The Jefferson Hill apartment complex and Taft apartments. The same rules apply year round regarding housing policies on guests, alcohol, etc. RA's are assigned to housing just as they are during the year. The rent is \$115 each week for a double bedroom in a six-person apartment. Two weeks' rent and a \$25 non-refundable damage deposit is required to hold your spot.

Summer Housing forms are available at the Residential Life office located in East Hall. Any questions can be directed to the Office of Residential life or Katrina Coakley. All forms are due by May 5, 2003, so don't put off your summer plans any longer. Reserve your spot in SHU's summer scene.

Learn the History of Fairfield County in a Fun, Unique Way

By Maureen Daley
Staff Reporter

The Fairfield Historical Society is hosting a Trolley Tour throughout the Fairfield/Bridgeport area from 2 p.m. to 4 p.m. this Sunday, May 4. The tour takes place on a trolley similar to those used when Fairfield was just an up and coming town. The trolley leaves from the Fairfield Historical Society, located at 636 Old Post Road at precisely 2 p.m.

"The trolley travels through the center of Fairfield, to Mill Hill, to Southport and up Bronson Road to Greenfield Hill, then across to Stratfield and through the historic Black Rock area, finally ending back at the Historical Society," said Ellen Williams, Director of Educational Programs for the society.

Sacred Heart University Sophomore Meaghan Mullane is the host of the first tour. "I interned this year at the Fairfield Historical Society because I'm looking to pursue a career in museum curation so it was a good opportunity for my future," said Mullane, of Wantagh, New

York. "By interning with [the society] at Fairfield, I've learned the basics of curation and direction, and also about where we live, our home away from home," she added.

Fairfield and the surrounding areas are full of history, and the tours offer a glimpse of the way things used to be. It recounts the lives and legends of the town of Fairfield. The

area is also an aspect of the tour, as is the history of the Native Americans who inhabited the area first.

"The tour is not as lame as you may think it is. There are all sorts of interesting facts to be learned," Mullane said.

Two such facts that include that the Long Island Sound was a lake at one point, and that Southport is the onion capital of the world.

Sunday's tour kicks off the start of a series of five tours of the Fairfield area, each of which will take place on the first Sunday of the month. The last tour will be September 7. The tour will last approximately

two hours. The cost is \$10 for members of the Fairfield Historical Society and \$12 for non-members. For more information or tour reservations call 203-259-1598.



www.bera.org
Participants in the tour will ride on a trolley like this one all around the Fairfield area.

trolley stops at several well-known locations such as The Sun Tavern, Sturges Cottage, The Pequot Yacht Club, The Ogden House, and The Bronson Windmill. The origin of the Post Road and Black Rock Turnpike will also be discussed. The natural history of the Fairfield

Looking Back...What They Didn't Tell Me- The Editor's Farewell

Looking back on my time at Sacred Heart brings mixed emotions, as I am sure it does to many of my fellow seniors. Over this past Easter break, as I packed some of my things, I started to cry, realizing that it was almost over. All of the memories that I had once created, bonds I had once forged, and familiar faces I always saw (hundreds of times passing in the hallway) would soon be a distant memory.

I thought for a while on what to write, maybe talking about the things I learned in class, or the endless papers I had to write, the endless circles around the parking lot looking for a space, or the food. But, then, we all know about that, and anyone can tell you that. But, what they never told me was how much it would hurt to leave, or what to say.

They never told me how much I would miss the late night conversations with my roommates, or the times when we fought. The fun of gaining an extra wardrobe, or the pain of watching someone you have grown to love leave, knowing you will never live with them or know them again.

They never told me that the tiny, close-knit community that seems to aggravate you towards the end of junior year, would be one of the things you would miss most; knowing that you will never walk into the cafeteria again and see a friendly face, or have a friend randomly stop by your dorm again.

They never told me that now, as I prepare to start the daily grind of the nine-to-five job I am about to take, would never rival an eight o'clock, hung-over morning class with good friends. Or that a national catastrophe would bring this class closer than anyone can ever bring to words.

They never told me that while I took down pictures off the wall in my dorm, I would try to hold back tears as I slowly placed memories captured in time, into a cardboard box to lug home to sit on a shelf. They never told me that one day, when I try to recreate a memory from this time, I would long for the days when I was here. And, they never told me to tell those you love the most, that you love them and all the places they

have taken you in your life.

If there was one thing that I could stress the most, it would be to tell those people, with either big or small roles in your world at SHU, that they are such a valuable part of your life, and the person you have become as you leave here. For, they are the people that shaped who you are and where you will go. In general...just say thank you.

I wanted to say thank you, first and foremost, to my staff...for always putting a hundred percent into each issue of the paper that went out. No one will ever know hardships that we dealt with in the beginning of the year, and how far we have come together. To our advisor, Debbie, for always being there to answer any questions, to head off any of my many mental breakdowns on Tuesdays, and for teaching me that it is OK to have your own opinion and to stand behind it.

And a special thank you to a certain tiny-mouthed person who would sit quietly in my office for three or four hours, hugging and kissing me when I was stressed...because he will never know what that memory means, or what it meant this year...so thank you Butch for always being that "rock."

I wanted to say thank you to my professors, who pushed me, made me cry, and made me realize that there is such thing as your own voice, you just have to find it and run with it-no matter where it takes you.

Thank you to my roommates, my best friends...who were there through thick and thin, good times and bad, because those are the things that carry me on as I leave. I love you.

Thank you to all of the people that have touched my life at SHU, because as I leave here in just a few weeks, I will cry for the days I know will never be again. Most of all, thank you for the privilege and honor to be your Editor-in-Chief. Although I have not been here all four years, I take with me an eternity of loving memories and fabulous times that I have had here. So, to all the seniors, thank you, good luck!

By Samantha DeVita
Former
Editor-in-Chief

Evaluating the Success of the War

Was Operation Iraqi Freedom successful? The assessment of success or failure rests on the criteria for evaluation. By defining the purpose of an action in a particular way, one can attribute "success" to even the most disastrous mission, and vice versa.

The three-week long Iraqi resistance notwithstanding, the operation was a military success. An established nation-state of modest proportions with a highly centralized structure of decision-making and planning has been overwhelmed and conquered in three weeks.

If the purpose of the war in Iraq was to form an increasingly anti-American French-German-Russian axis, the war has been a success beyond measure. The Bush administration not only managed to force Germany and its two archrivals into an anti-American coalition that the traditional U.S. foreign policy tried to prevent for at least 50 years, but it was also able to alienate key regional allies such as Turkey and Saudi Arabia, both of which "were" long-standing client states of the U.S. before. The fact that they may now seek European or Russian patronage, or conduct independent foreign policy, should count as one of the greatest successes of the war in Iraq.

If the purpose of the war was to antagonize global public opinion as a whole, that purpose is also undoubtedly achieved. The Bush administration achieved the long-standing liberal and socialist dream of uniting the peoples of the world around a common cause and spirit--in opposing U.S. foreign policy!

If the purpose of the war was to dispose of the excess stockpiles of U.S. military equipment and to induce and insure further military spending on the part of the government, that purpose is certainly achieved. If the purpose of the war was to increase the defense budget, enlarge the budget deficit, and waste billions of dollars that could otherwise be used for providing social and economic benefits for the American people, that purpose is certainly achieved as well. President Bush immediately asked for some \$50 billion more for defense spending, bringing the overall budget closer to \$400 billion!

If the purpose of the war was to distract attention from the socio-economic problems of the U.S., that purpose is accomplished without much disguise. A prolonged economic recession and the long-standing problems of glaring inequalities of all sorts are now compounded with greater economic problems, more

severe transgressions of civil liberties, and increasing discrimination against American Muslims.

If the purpose of the war was to increase anti-American feelings especially in the Islamic world, to stop the migration of Muslims to the U.S., and to keep the U.S. at least religiously homogenous, then that purpose is also achieved.

If the purpose of the war in Iraq was to transform the American republic into an American empire, and to betray the very ideas that justified the American Revolution and the War of Independence against imperial Britain, that goal is being accomplished. The fears and concerns that intellectuals from both the left and the right were expressing with regards to the ominous transition from a republican democracy into an informal empire turned out to be true to a considerable extent. "American empire," which was an unacceptable phrase for mainstream media to employ until recently, came to be widely used and celebrated. These may be the first signs of legitimating an explicitly imperialist discourse and policy.

However, if the purpose of the war was

to make the world free from weapons of mass destruction, then Operation Iraqi Freedom doubly failed. It failed once when U.S. troops could not find any weapons of mass destruction in Iraq. It failed a second time when countries like North Korea and Iran accelerated their efforts at acquiring nuclear weapons that, once acquired, would presumably insure that these countries are not attacked and invaded by the U.S. It may seem for the other rogue states that the failure of Iraq was that it did not acquire WMD and instead cooperated with the U.N. to dispose of even the suspicious conventional weapons it had.

If the purpose of the war in Iraq was to expose the links between the Iraqi leadership and terrorist organizations

like Al-Qaeda, to trace and even capture Osama bin Laden, the Operation Iraqi Freedom has failed miserably.

There is a final prospect of success that is yet to be tested. If the purpose of the war was to bring democracy to Iraq, as the name of the Operation Iraqi Freedom suggests, then it may be too early to judge its success or failure. It remains to be seen whether the U.S. mandate over Iraq will quickly whither away in favor of an Iraq where everyone has the right to vote and the right to run in the elections.

By Diana Lumani
Contributing Writer



By Liz Spear

Letters/Op-Ed

Dear Students,

I would like to take this final opportunity to thank each one of you for all that you have given to me and to our school this past year and throughout my four years at Sacred Heart. Being elected as your Student Government President has been the highest honor I could receive from you during my time here.

I hope that over these past two years I have been able to serve you well and been able to make our school and its community a little bit better. I am truly humbled and inspired by the example that the Sacred Heart student body continuously sets through its demonstration of faith, charity, sheer talent, and love. It is YOU who make this University what it is.

To my fellow seniors and departing Executive Board members, it has been one amazing time. I could not ask for anymore than what each of you have given to me and to and to our school because you gave from your heart. That work ethic and philosophy of leadership that each of you have embraced and practiced this year, does not leave with a position or title. You will continue to be leaders for the rest of your lives and I hope that I have the privilege of hearing about the wonderful things that all of you will do with the rest of your lives.

To all the Faculty members, administrators, graduate assistants, and Staff members who have touched my life in such a profound way, thank you! You

are involved in the greatest profession there is- education and service to others. Please continue the incredible work that you do and realize that you are truly shaping the lives of students through your example. Make sure that example is always a good one.

And finally, to the members of Student Government and all the students who will be returning to Sacred Heart in the Fall. Please take as much as you can from the past and learn from it. Use what works. Don't use what doesn't work. Learn from everything and move on to make this place better every day.

You have no idea what kind of influence you have over your fellow students, the faculty, staff and administration at this University. I trust that you will always use that influence in a positive way to do only one thing with it: **improve the lives of others.**

That is the one definition of leadership that NO ONE can ever dispute and all of you should remain dedicated to achieving. I have full trust that you will and I look forward to seeing the IMPACT that you will all make on others next year and throughout your lives.

In closing I would just like to say the last two things I will always think of when I think of leaving Sacred Heart, I love you and THANK YOU! With much appreciation and SHU pride always,

*By Tom Pesce
Former Student
Government President*

The SHU Voices

What is your greatest memory at SHU?

-Compiled by Susan Magnano



Jennette MacLahlan

Tinton Falls, N.J.
Senior

"Throwing parties at the library."



Dave Parkin

West Haven, C.T.
Senior

"Hosting Mr. SHU."



Danielle Timbarelo

Moorpark, C.A.
Senior

"The Page, Castle, Murphy's, and The Grape!"

"Leave it to Bush," the New Reality Show on the American Government: The Disorganized Bush Administration and the War on Terror with Iraq

I strongly believe that Al Gore should have a constellation prize for losing the 2000 election. Once we finally oust Saddam out of office or kill him, the Bush Administration should let Gore govern Iraq as the new president. Gore could tell the Iraqi people how he invented sand storms and the camel. This is likely to happen under the Bush Administration, which has become very disorganized and ridiculous with their war campaigns.

The Bush Administration makes spontaneous decisions, changing their objectives about Iraq nearly every day. First, the Bush Administration's original goal was to disarm Saddam. But then the Bush Administration changed their goal immediately. Saddam had become a part of the War on Terrorism, but he committed no terrorist acts to begin with. Why did Saddam immediately become a threat now?

The American Government had twelve years to oust him out of power. Finally, the Bush Administration decides to change their goal once again. Bush was not just going to take Saddam's toys away, his weapons of mass destruction.

Now, Bush has decided that were going to kill him, and take over his country, so the Iraqi people can be liberated. Bush is constantly changing his mind on what to do.

This is a war between Bush and Saddam, not the American and Iraqi people. My advice to the Bush Administration is to send the young men and women home. Bush and Saddam are like mob bosses, who send their own foot soldiers to do the dirty work. I believe Bush and Saddam are cowards because they are not fighting.

They should be men, and settle their own disputes. As a way to end the national debt and to end this dispute after all, Bush and Saddam should have a duel on Pay-Per-View. Alexander Hamilton and Aaron Burr used this method to settle their conflict. Dueling is a lost American pastime that can easily end this dispute.

Bush would not have to spend seventy billions dollars. This money can be used for education,

jobs, and socialized health insurance. Hey, Bush and Saddam, how about purchasing swords for a hundred dollars? Let the duel take place in Madison Square Garden.

The Bush Administration has not rebuilt Afghanistan. Bush is spending too much time focusing on the Iraqi war; therefore, he has become sidetracked with the fighting in Afghanistan. The terrorists are regrouping in Afghanistan, and regaining their political power as tyrants.

Bush is excellent at starting these war campaigns, but I think he does a half-ass job completing them. Bush has to learn how to multitask as president and to follow through on everything.

There are still issues that the Bush Administration is not issuing to the public. Rumsfeld proudly talks about how the missiles are directed for Saddam's palaces. But some of the missiles are hitting innocent civilians, and maiming their bodies. It is known that the war is about oil, yet Bush does not talk about how this is war over the American dollar and the Euro.

Saddam supported the Euro, and was rallying other countries to adapt the Euro as currency. Thus, Saddam became a threat because he was attempting to damage our economy with the Euro.

Bush should stop jeopardizing the American people with these impromptu decisions. Second, Bush is a coward. He ought to fight. Send the troops home. Bush needs to get organized. Get a Palm Pilot or something Bush! I am tired of seeing Rumsfeld, with his constipated expression on his face, lying about the targeting system of the missiles. The war with Iraq is ridiculous. Sometimes, I feel as if I am watching the movie "Hot Shots" on MSNBC and CNN. I am tired of the American Government playing these games with Americans. It is time for our government to get their act together.

*By Ryan Broadbin
Contributing Writer*



5151 Park Ave.

Fairfield, CT 06432-1000

Office: (203) 371-7963 or 7966 Fax: (203) 371-7828

http://spectrum.sacredheart.edu

Editor-in-Chief
Samantha DeVita

Associate Editor
Ryan Farnsworth

Photography Editor
Susan Magnano

News Editor
Elaine McCauley

Copy Editor
Tom Ferguson

Sports Editor
Kyle St. George

Web Editor
Susan Pawlishen

Features Editor
Kerry Freely

Layout Editors
Kristin Boemio
Arón Caruso

A&E Editor
Kathleen Haughey

Advisor
Dr. Debbie Danowski

FEATURES

Highlights & Hindsights: Why Students Will Miss SHU

By Jamie Pasculli
Staff Reporter

With summer approaching quickly, the students of Sacred Heart University are getting ready for the inevitable chore of packing up a whole year's worth of memories to head home for the summer.

There are certain things about this school that students get so used to and then miss them over the summer. Whether it be hanging out with our friends in the dorms, staying in Flik all day just talking with people, or just the crazy college nights that



Students will miss the scenery, ambiance, Flik, courtyard, and putting long hard hours into cramming for exams at the library among other things.



everyone experiences, everyone has something that they will miss about Sacred Heart.

"My first year here at Sacred Heart was like nothing that I have ever expected. I'm definitely going to miss my friends over the summer and all the crazy times we've had together.

Freshman year is definitely one that I will never forget, and I can't wait to see what happens next year," said Susan Gabriele, a freshman from Bayville, NY.

"I know I'm only going home for the summer but it's going to be really strange being back home for more than a month. I love my friends at home, but I'm definitely going to miss all the insane times that

I've had at this school. Next year it's probably just going to get better," said B.J. Beaulieu a freshman from Plymouth, MA.

"I'm going to miss just being at Sacred Heart and being around people constantly. Sometimes it gets kind of lonely at home. When I'm at school my roommate or suitemates are around and I don't have that luxury when I'm at home," Kristina Nash, a sophomore from Old Saybrook said.

Denielle Jennings a senior from Levittown, NY will also miss her friends.

"Since I'm graduating, I'm

"I'm going to miss being at SHU just for the security of being here. ...I'm also going to miss all the great times that I have had with my fraternity brothers"
Stefano Di Sorbo

going to miss all of my close friends the most because it's very likely that I'm not going to see them as often as I do now."

"I'm also going to miss being in the college environment, like living with your friends in an apartment.

"It's going to be hard moving back home and not having my friends around all the time," Jennings said.

Stefano Di Sorbo, another soon-to-be graduate, from Hamden, said, "I'm going to miss being at SHU just for the security of being here. Since I'm

graduating, I don't really know what I am going to do with the rest of my life and each year here at SHU I knew what was in store for me. I'm also going to miss all the great times that I have had with my fraternity brothers."

Michelle Contino, a junior from Port Washington, NY said, "I'm really going to miss all of my senior friends that are graduating. Most of my memories that I have of Sacred Heart have them in it and it's going to be very strange around here next year without them, but I do wish them the best of luck in everything that they do."



All photos by Susan Magnano

Ditching Class for Chippendales

The Caroline Rhea Show

By Kerry Freel
Features Editor

None of the 36 SHU students who attended the filming of the Caroline Rhea show last Thursday, April 24, knew in advance who the guests would be or what to expect, they just knew they needed a break from classes for a day.

Students waited anxiously in line for almost two hours, until almost 2 p.m., when audience seating began.

Personnel of the Caroline Rhea show mentioned to a few SHU students that the Chippendales would be celebrating their 25th anniversary and performing on the show, and word spread like wildfire.

A wave of giggles fluttered through the approximately 30 SHU girls in attendance. Whispers of "this beats class" could be overheard from one student to another.

Everyone received a Hershey's chocolate bar before entering the fluorescently lit and colored studio. Caroline Rhea, pictured left and upper right, likes her pinks, oranges, yel-

lows, and greens to be bright and catchy. Besides bright colors, Rhea also had the studio that Rosie O'Donnell used to call home decorated with flowers.

Audience members were greeted by gift bags, with fluorescent orange tissue paper, of suncare products including sun glasses, sunscreen, and a Coppertone super-strength sample pack with an SPF of 50!

Once inside the studio, the audience was entertained by "RC," a man with tall black hair which he claimed stuck up the way it did "with the help of Viagra!"

RC's job was to explain to the audience how to react to different parts of the show and when taking pictures was acceptable.

When Rhea came out, she talked to the audience, including some children from New Jersey who had made brightly colored signs, and took a picture with a little girl who had a front row seat.

RC announced that Beau Bridges, pictured left, and the Chippendales, pictured across the bottom in bowties, would be the guests in the studio that day. Kelly Clarkson was the musical guest, but she was filmed at another

time so SHU students did not get to see her performance live.

Beau Bridges, who has appeared in an impressive 50 plus movies, is currently starring in a new show on Saturday nights at 10 p.m. called The Agency on CBS. Among his other accomplishments, Bridges was the directed two movies and produced two movies as well!

Some of his more notable films include "Wildflower" in 2002 and 1992, "Sordid Lives" in 2001, and "Inherit the Wind" in 1999.

On the show, he discussed with Rhea his daughter's college hunt. They were exploring NYC area colleges and at one particular school found a student who brought the Bridges to a particularly messy dorm room. Bridges was shocked at the clutter on the beds in the dorm room, but even more shocked, he said, when the person's roommate emerged from under the clutter!

Bridges was very dignified and classy in the way he

dressed and spoke, but the guests who followed him were more carefree and spontaneous.

The Chippendales, who are male strippers essentially, can be



hired to entertain at bachelorette parties and have appeared in numerous videos and magazines. They came dancing down Rhea's studio aisles, shirtless and sporting bowties, causing a commotion, from the females of the audience.

An elderly woman was invited on stage and as the dancers danced around her, she stuffed dollar bills into the tops of their pants.

After the camera stopped roll-



ing, the Chippendales came over and schmoozed the SHU section of the audience with their dancing moves and bright white smiles.

After the show, every audience member got a free Chippendales t-shirt.

Rhea is no small star herself. She guest-hosted the Rosie O'Donnell show quite a few times and has had numerous other T.V. appearances. Some of them include her role as Drew's girlfriend for a while on the "Drew Carey Show" and also Sabrina's Aunt Hilda on the WB show "Sabrina, The Teenage Witch," starring Melissa Joan Hart.

Rhea has also appeared regularly on Hollywood Squares and worked on "Man on the Moon" with the movie's star, Jim Carrey.

Rhea will be starring in an off-Broadway comedy titled "Mondo Drama" in the near future.

"She was really funny and I think having her own talk show suits her comedic talents," said junior Jennifer Martinetti from Yonkers, NY.

*Pictures taken from Yahoo! movies database of Beau Bridges, pictures of Caroline Rhea from her official WB website, Chippendales pictures from their official website.

Keeping the Faith: An Inter-Faith Relationship

By Diana Lumani
Staff Reporter

For most adolescents, college is a time to be on their own, form an identity separate from their parents and experience new things such as relationships.

Since couples tend to take their relationships more seriously at the college level, the thought of marriage often comes up. Ilana Segall, 21 yr old senior, and Matt Vickeroy, 20 yr old junior, were introduced by mutual friends and have been dating for four months. She is a Reform Jew, and he is Roman Catholic.

Needless to say, their religious upbringings were different. Segall and Vickeroy are one of many couples involved in an interfaith relationship. Like all relationships, inter-religious ones face their share of joy and heartbreak as it affects not only the couple, but those around it.

They face issues that same-faith pairs never think of, such as what holidays to observe, deciding on a religion for future children and sometimes even the thought of converting to another religion. "Some people

want to date and marry within their religion to keep their faith going," sophomore Beth Meltzer from Newtown said. Others may simply decide to date within their faith to avoid obstacles with their partner, family and friends. For instance, a Jew who regularly attends Shabbat services on Friday night dating a Catholic who consistently goes to Church on Sunday morning may run into trouble finding time for one another during the weekend.

Then, there is the issue of parents and the hopes they have for their children. Often times they have ideals of how their child should live their life separate from reality.

Glenn Sperber a freshman from, is Jewish and has been dating a non-Jew for more than a year. "My father always wanted me to date a Jewish girl," Sperber said, "but as long as I'm happy with whomever I'm seeing, it's no big deal." Other parents want reinforcement in knowing their children will have successful marriages.

The Official Catholic Directory reports Catholics in interfaith marriages are more likely to divorce and less likely to attend Mass. As a result of this, the Catholic Church encourages parishioners to avert

interfaith marriage through the teachings of youth ministry and commitment to the church.

"The truth is that, for most people, it's the initial attraction, not religion that counts," Father John Unni said. He thinks that despite a parent's hopes and expectations of how a child will live their life, it is ultimately the child's choice. Sometimes parents accept this and realize their child is capable of finding happiness on their own.

"If my daughter wasn't treated nicely, it wouldn't matter what religion he was," Professor Michael Woodnick said in reference to his daughter dating. "How we develop meaning in our lives doesn't have to be religious," Woodnick said. "Spirituality is how we extend love and care," Woodnick said. "If you can do that within religion that is good. If you cannot, that is okay too."

The probability of interfaith marriage escalates as the percentage of Catholics declines. For interfaith couples set on marriage, the discussion of conversion often comes up. Some people convert to please themselves, or, in other cases, to please their soon-to-be in-laws, which Cantor Buhr believes to be the case most of the time.

"First, people do it

for themselves, then for their spouse," Meltzer said.

Yet, she can recount many situations in which parents played a large role. "I really love him, but my parents are really upset."

"Children are more alert, more malleable. It becomes confusing for them without one religion presiding over the family," Buhr said. "Make a decision and stick with it."

If a child does not have a firm grasp of their religious background, spiritual leaders worry that a child will struggle in forming an identity.

"It becomes hard for a child to fit in when religion is not an issue at home," Meltzer said about children of interfaith parents. "One talks about Christmas and goes to Shabbat dinner, so when it comes to dating, [religion] isn't important to him."

For some people, religion becomes important when it is threatened or questioned for being put on the back burner.

"Even though we may not practice it, religion is there some place, and can still be important," Woodnick said.

This seems to be the case for Segall. Although her relationship with Bickeroy is fairly new, they have spoken about the prospects of marriage and raising children.

"I would want my kids to know where they came from, that they're Jewish," Segall said.

Vickeroy had a different opinion. "If I married a Jewish girl, the children would go to Church, not temple," Vickeroy said to Segall. "You don't even go to temple."

The Catholic Church in addition to prominent figures of the Jewish faith shares the notion that a religious foundation needs to be implemented before a child is born. "When kids come onto the scene, some parents will say 'let them pick what religion to follow,'" Father Unni said, "Decisions should be made beforehand otherwise it presents challenges down the road."

Adolescents who set out to socialize and hit the dating scene can find themselves in an array of situations such as engaged, dating, single, or confused. For some, religion may or may not play a factor in the outcome. But, those dating outside their faith will be forced to confront additional trials and tribulations of an interfaith couple.

As for Segall's grandmother, she would like to see her keep the faith but accepts that it is out of her control. "It's your life," she said to Segall. "And, ultimately, she accepts that," Segall said.

"Undercover" with Dave Chappelle

By Kathleen Haughey
A & E Editor

The young comedian has already acted with several SNL alumni, Eddie Murphy and Tom Hanks, had his own HBO special and has his own show on Comedy Central...what else could he hope for?

Not much, actually. It seems Dave has found what makes him happy, for now anyway, and he's sticking with it.

Born and raised in Washington, D.C., Chappelle studied acting at D.C.'s Duke Ellington School of the Arts and honed his skills as a laid-back yet socially attuned comic in the city's clubs.

Chappelle broke through into acting in his first film, Mel Brooks' "Robin Hood: Men in Tights."

Chappelle concentrated primarily on his comedy career and appeared regularly on late night and cable television.

He returned to films with small yet key parts in two summer blockbusters: as a comic who helps spoil a date for Murphy's rotund scientist in "The Nutty Professor" and as a manic inmate aboard the hijacked convict plane in "Con Air."

Hitting his movie stride in 1998, Chappelle co-wrote and starred in the prison/pothead caper "Half Baked," played a randy schemer in "Woo," and revealed that he could also play it (somewhat) straight as Tom Hanks' best friend in Nora Ephron's popular romantic comedy "You've Got Mail."

Maintaining his dual professions, Chappelle turned a cameo role as Lawrence's former criminal partner into a full-fledged supporting role in "Blue Streak," co-starred with MacDonald in the ill-received "Screwed," and returned to Washington, D.C., and HBO with his special "Dave Chappelle: Killin' Them Softly." He most recently had a starring role in 2002's "Undercover Brother."

But with all this wealth and fame, Chappelle is just your average, down to earth guy. He has not let any of his popularity go to his head.

The Spectrum got to sit down with Chappelle right after a performance on his Blackzilla comedy tour here at Sacred Heart. Even after receiving a very warm reception from the crowd, Chappelle proved that he definitely keeps it real.

Spectrum: What made



Photo by Mutasfa

The Spectrum and Prologue Yearbook Staff get a chance to sit down and chat with Dave Chappelle after the show. Left to right: Lana Barnes, Susan Magnano, Dave Chappelle, Kathleen Haughey and Rob Trenske.

you decide to be a Comedian?

Dave Chappelle: Poverty, mostly. No, Just Kidding. I was fourteen and I read this article about Bill Cosby in Time Magazine. And I read some book about him and it was kinda like reading a checklist;

D.C. when I started, so he was like the local legend. He was the guy that was from D.C., but he was in Hollywood making it.

Spectrum: What advice do you have to give to up and coming comedians?

Dave Chappelle: Don't do

the future, but I'm not there yet. I still got a little rawness in me.

Spectrum: Your show on Comedy Central, "Chappelle's Show," has been doing really well. Are you going to stay on for a second season?

Dave Chappelle: We're talk-

your fan base. Would ever consider making a sequel?

Dave Chappelle: Yes I would...if I ran out of money.

Spectrum: There has been a rumor floating around that you could be part of a Ghostbusters III project. Would that be something you would be interested in doing?

Dave Chappelle: Really?? Ghostbusters III? Yeah, I'd love to be in Ghostbusters, only if Bill Murray and them were in it. I wouldn't do it without Bill Murray.

Spectrum: You talk about Marijuana a lot in your act and it is prominent in your movies as well. Would you ever take a political stance on the legalization of marijuana?

Dave Chappelle: Nah. No. Not because I don't think it should be legal, but because I have other things on my priority list. If people are gonna smoke weed, it's not like the fact that it's illegal has ever stopped people who are gonna smoke weed from smoking it. It's either you smoke it or you don't. If you don't smoke it cause it's illegal then you don't want to know what you're missing. And if you do smoke it, the fact that it's illegal just makes it inconvenient, not impossible to smoke.

Spectrum: Do you have any movies in the works?

Dave Chappelle: No. I haven't done a movie since Undercover Brother. They offer me stuff, it's just I'm waiting for the right thing to come along. I feel like if I do shitty movies, people'll stop liking me. So, I'd rather be in no movies than a bad movie.

Spectrum: Do you have any plans

to work with Jim Bruer or Norm MacDonald again?

Dave Chappelle: I love both those guys' comedy. I just did a show with Jim, we do shows together. We haven't done a movie since Half Baked. And I haven't done a movie with Norm since Screwed.

Chappelle is currently on tour in the New England area. His show, "Chappelle's Show" is on Comedy Central Wednesday nights at 10:30pm EST.

"I'm waiting for the right thing to come along. I'd rather be in no movies than a bad movie."

Dave Chappelle



Photo by Susan Magnano

Dave Chappelle takes a break in the Pitt Center locker rooms.

just reading about a guy that come from nothing and talked his way into being somebody. And everybody said I was a funny dude. That's when I put two and two together that being funny was a marketable skill, and that I wanted to pursue it. And I've been chasing it ever since.

Spectrum: Who are some of the Comedians that have inspired you?

Dave Chappelle: Eddie Murphy, then it was Richard Pryor. 'Course there was Paul Moony who I was lucky enough to have on my show. And Martin Lawrence, he was coming up in

it unless you really love it, and ...keep it clean,

not literally like material, but I mean, just don't play dirty and just have fun with it.

Spectrum: You mentioned Eddie Murphy, and you're turning 30 this summer. As he (Eddie Murphy) got older, and he had kids, he started to clean up his act a little and started doing children's movies. Would that be something you might start going in the direction of?

Dave Chappelle: I'm not gonna say I wouldn't do that in

ing about it now, it looks that way.

Spectrum: On the show, you do a lot of outlandish characters. Who is your favorite character to play?

Dave Chappelle: That's a tough one. Sudsy Johnson, Leonard Washington, Tyrone Biggins, Clayton Biggsby. That's in no particular order. It changes everyday.

Spectrum: The cult classic, "Half Baked" is where you have acquired a lot of

Sneak Peek at the Sizzling Summer Movies

By Alison Pohorylo
Staff Writer

The summer of 2003 will be a hot one filled with day trips to the beach, lounging outside in the sun, spending time with hometown friends, and movies, movies, movies. The line-up for the summer of 2003 keeps getting better and better.

Jim Carrey's new movie, "Bruce Almighty," is scheduled to open in theaters on May 23. The comedy also stars Jennifer Aniston is the story of a severe pessimist, played by Carey, who blames God for all the wrong in the world. God, played by Morgan Freeman, responds to Carey by giving him all of His heavenly powers, and offers him the opportunity to make the world a better place. God gives



Photo courtesy of the Internet Movie Database

Jim Carrey will return to comedy with his summer movie "Bruce Almighty."

him 24 hours to do so- or else. On June 6, girls all over the country will let out a collective sigh as Paul Walker graces the big screen in "2 Fast 2

tice. Although this sequel does not include its original star, Vin Diesel, "2 Fast 2 Furious" promises to make up for this loss by adding superstars such as singer/actor Tyrese, and rapper Ludacris to its lineup. "2 Fast 2 Furious" promises to be a heart-racing good time.

Fans of "There's Something about Mary" and "Shallow Hal" should mark off June 13 on their calendars because the Farrelly Brothers, who were responsible for those hilarious hits and more, release their newest comedy on that day. The title is "Dumb and Dumber: When Harry met Lloyd."

Although this movie doesn't star Jim Carrey and Jeff Daniels, the stars of the 1994 hit, "Dumb and Dumber," this prequel, set in 1986 tells the story of the lovable idiots, Harry and Lloyd as they join together with their classmates to break out of the special

needs department of their high school. This should be one of the funniest movies of the summer.

If you're free on June 13, and comedy isn't your thing,



Photo courtesy of the Internet Movie Database

Reese Witherspoon works opposite veterans like Sally Field in "Legally Blonde 2."

Reese Witherspoon returns to the big screen as Elle Woods in "Legally Blonde 2: Red, White and Blonde." A young lawyer on the path to success, Elle Woods is

shocked to find out that relatives of her beloved dog, Bruiser, are being used as subjects of cosmetic tests. Outraged,

Elle heads to Washington D.C. in her Gucci shoes, and the United States Government will never be the same.

This summer will also include the third installment of the Terminator story; a sequel to last year's thriller, "Jeepers Creepers" as well as a prequel to "The Exorcist" entitled "Exorcist: The Beginning."

So, whether your taste is for action, horror, comedy, or even musicals, you are guaranteed to find something just right for you in a movie theater near you this summer.

The Lone Rangers Making Strides

By Ryan Broadbin
Staff Writer

There is a new band riding into the musical frontier. The band is called The Lone Rangers, which is made up of four Sacred Heart University students: Alex Kantarelis, sophomore from Worcester, MA; Jonathan Faherty, junior from Sussex, NJ; Jay Corrar, freshman, and Brian Gardner, a sophomore from Maynard, MA.

As a way to honor The Lone Rangers in the cult classic "Airheads," the students agreed on using the name of the heavy metal band as their signature. "We named ourselves The Lone Rangers from one of our favorite movies, 'Airheads'. The name of the band in the movie is The Lone Rangers, so we decided to blatantly rip them off," said Kantarelis.

"Best of all, they're not trying to be like another band, and they are doing their own music. People like and remember them for their unconventional sense of fun and their consistent energy," said Mel Knight, sophomore from Springfield, MA, and the radio host of "Midnight Mel's Thirteenth Hour" on WHRT.

Faherty said that each member contributes to the unique sound of The Lone Rangers.

"There are definite parts from each style (hardcore and punk) in our songs, and we mesh them



Photo by Susan Magnano

together pretty good...we were able to do this because of the different influences that we all have, it all came together in the form that is us and our music," he said.

"I think what makes us stand apart from most hardcore bands out today is that way too many bands take themselves way too seriously. We just want to have fun. Sure, we're serious about the music, and playing shows, but we're never too serious. The day this band isn't fun is the day I quit," said Kantarelis.

"Personally for me the goals for the band is to play more

shows, meet people and have a good time," said Faherty.

The Lone Rangers want to start a summer tour, performing at venues in Massachusetts, New Jersey, and Connecticut, but their main goal is to perform at Sacred Heart University.

"What makes us stand apart from other hardcore bands is that we're not out there trying to be something we're not," said Gardner. "We're just doing it because we love it, and if and when that love for the music is gone, that will be the end of The Lone Rangers."

Madonna's New Philosophy on "American Life"

By Donna Palumbo
Staff Writer

Madonna's latest album hit record store shelves last Tuesday. These 11 new tracks all comprise American Life, which could very well turn out to be her most successful album yet.

American Life skillfully combines techno with acoustic guitar, which yields a sound that is completely unique—and we wouldn't expect anything less from Madonna. She first experimented with this combination of sounds in her song "Don't Tell Me" off of her previous album, Music.

The influence of "Don't Tell Me" can be especially heard in the album's title track, "Love Profusion," and "Intervention." Another song of mention on American Life is "Nothing Fails," in which she used the London Community Gospel Choir for her background vocals. Chuck Arnold of People Magazine called this "Like A Prayer" for the twenty first century."

Another thing that makes Madonna such a great songwriter is that she is not afraid to get personal. Many of her songs are clearly autobiographical



instead of writing songs about generic emotions like some of her peers.

A perfect example of this in American Life is her song "Mother and Father," in which she talks about her mother's death.

As the singer's tenth album in a two-decade recording career, American Life is what some critics call her most enlightened. Madonna seems to be through with trend setting, or at least intentionally. Now her music is more focused on sharing her philosophy with the world.

In an interview with People Magazine, Madonna said, "I don't want people to dress like me anymore. Now I want them to think like me. Dress like Britney Spears and think like me, and everything will be fine."

PIONEERS



Baseball

SHU takes two in twinbill against FDU.

By Loren Aversa
Sports writer

The Sacred Heart Men's Baseball Team approached Fairleigh Dickinson in Teaneck, NJ last Wednesday April 23. The Sacred Heart Pioneers swept Fairleigh Dickinson in a doubleheader by identical 4-0 scores with the help of junior pitchers Chuck Ristano and Dan Scott pitching a 10-inning shutout.

This win kept the Pioneers in the Northeast Conference Tournament in May. "Last Wednesday we went to Fairleigh Dickinson with the season on the line. We knew we had to win both games to get back in the race. We won game one in extra innings and defeated them again in game two. This gave us a lot of confidence as we headed to Monmouth to play a big three-game series against them over the weekend," said sophomore outfielder Andrew Cutrone.

Unfortunately, after losing to Monmouth University Monday, the Sacred Heart Men's Baseball Team was officially eliminated from the Northeast Conference Tournament sweepstakes when they dropped a 14-4 decision. The Pioneers have a current record of 7-13 in the NEC with an overall of record of 12-24. We can see these boys on the field again this weekend when they challenge St. Francis (NY) on Saturday at 12pm on their home field.

Junior lefthander Chuck Ristano was named the Northeast Conference Pitcher of the week on Monday. Ristano is the first men's baseball team member to be honored by the NEC this season. Ristano pitched his second shutout of the season as he let up a total of eight hits in Sacred Heart's win over Long Island. Ristano struck out ten Blackbirds and threw 122 pitches in the complete game, 87 of which were for strikes. Overall, Ristano has improved to 2-1 on the season.

SHU Takes Majority

Softball takes three of four over weekend to end their season campaign.

By Michael Burns
Sports Writer

The Sacred Heart University softball team enjoyed doubleheader sweep of NEC rival Central Connecticut State University, 7-1 and 7-4 on Sunday. It was Senior Day, and five seniors were honored, as they stepped out of the dugout and onto Pioneer Park all together for last time in their four-year Sacred Heart careers. The seniors included Katie Bowen from Hudson, Ma, Jamie Minieri, from Stormville, NY, Erin Caveney from Spofford, NH, Pam Vuijst from Ramsey, NJ, and Michelle Walker from Paramus, NJ.

Katie Bowen recalls the event, "It was an extremely special day, because the five of us got to play in front of supporting family members and friends."

The Pioneers were jump-started by freshman shortstop Jen Place (Latham, NY) who hit her first career homer in the opener and received six strong innings of relief pitching from freshman Chrissy DeMott (Levittown, NY).

Central Connecticut, 10-28 overall and 6-12 in the NEC, scored first in the opener on a second-inning RBI ground out by Allison Brander (Stamford, CT). That hit scored Carolyn Andrews who led off the inning with a double.

Sacred Heart, 15-30 overall and 9-11 in the conference,

came back from a one run deficit with a run in the bottom of the second inning in the first game. Senior Erin Caveney (Spofford, NH) led off the inning with a double and sophomore Tiffanie Cross-Monzo followed with a bunt single to put runners on the corners. Freshman Heather Gutkes (Newport, RI) knocked in Caveney with a sacrifice ground out to second.

The Pioneers took a 2-1 lead in the third on an RBI double by junior Leslie Konsig (Millburn, NJ) and they never looked back. They added two more in the fourth on a double by Gutkes and a single by Pam Vuijst (Ramsey, NJ). Vuijst drove in another with a sac fly in the sixth, and Place capped off the scoring barrage as she connected on a two run homer.

Senior Michele Walker (Paramus, NJ) pitched all innings for the Pioneers, four-hitting CCSU and striking out as many garnering her ninth win of the season.

In the second game the Blue Devils jumped out ahead of SHU early with a two run lead in the first. However Sacred Heart pounced all over CCSU starter Jess Cline tallying four runs in the bottom of the inning, three of them on a bases clearing double by Cross Monzo. The Pioneers scored two more in the second on a double by Konsig.

DeMott came on to pitch for SHU to start the second and blanked the Blue Devils for the next four innings with no serious threat of losing the lead. Vuijst posted the final run for the Pioneers the bottom of the sixth with an RBI triple to right center.

"I'm glad we came out ready to play on senior day. I

had a lot of family and friends there to support me; I'm happy they were able to share such a memorable day with me. It felt great to be a big contributor in both wins," says Pam Vuijst. Vuijst also made her pitch to bestow good fortune upon the remaining Pioneers, "I just want to wish my underclassmen luck next year."

In the second doubleheader in as many days the Pioneers split with Quinnipiac University, 3-6 and 1-0 respectively. Chrissy DeMott was back in the saddle on Monday tossing an eight-hit shutout in game two to help Sacred Heart University earn a split with.

Quinnipiac University in a Northeast Conference softball doubleheader on Monday. Poor Sacred Heart defense fueled Quinnipiac to a five-run second inning and leading them to a 6-3 win over the Pioneers in the first game.

In the second game, the Pioneers scored the only run of the game in the first inning. Vuijst led off with a single to center and advanced to second on a sacrifice. Jen Place came through with the game winning hit and singling to score Vuijst from second.

"Yesterday was certainly a battle, Quinnipiac is our rival, which make for great games, when we play them. Even though we split we played two solid games and sent them home with one big loss," says Jamie Minieri.

The Pioneers are back in action for their final doubleheader of the regular season on Friday as they square off against Fairleigh Dickinson beginning at 3:00 pm at Pioneer Park.

SHU Falls to the Mount

Sacred Heart Loses Heartbreaker to Mount St. Mary's in Overtime.

By John Antignani
Sports Writer

The Sacred Heart women's lacrosse team fought valiantly, but lost a 9-8 decision to Mount St. Mary's with 1:22 to play in the second overtime on Sunday morning. The Pioneer's had hoped to qualify for the NEC Tournament. SHU finishes the season 10-6 overall and 5-3 in conference play.

Sacred Heart started strong, opening with a 4-0 lead just nine minutes into play. Sophomore Mary Romano (Baldwin, NY) started the scoring. Senior Michelle Bruckner (Carle Place, NY) buried the next two into the back of the net and junior Christina Macchia (Carle Place, NY) followed with her only goal of the game.

The Pioneers were outscored 4-1 in the second half, with their only goal coming off the stick of Bruckner. Mount St. Mary's was down 7-3 midway through the second half, but fought all the

way back to tie the game with just 11 seconds to play on a goal from Lauren Reymann.

The Pioneers were outscored 4-1 in the second half, with their only goal coming off the stick of Bruckner.

The Pioneers came right back as Bruckner tallied her fourth of the game with 36 seconds to play in the first overtime to tie the game again at 8-8. But with 1:22 remaining in the second extra session, the Mountaineers Kim Keane scored her second goal of the game to end the contest.

Junior Amy Lavoie (Nashua, NH) made ten saves in goal for Sacred Heart, while her counterpart in goal from Mount, Naomi Campano made nine saves on the day.

The 2003 Northeast Conference women's lacrosse championship tournament will be played at Sacred Heart University this Thursday, May 1 and Saturday, May 3 on Campus Field. The top four teams in the conference qualify and seeding will be announced later this evening.

CONGRATULATIONS SENIORS

A National Appearance SHU Places In Rhode Island



Photot by Jim Atkins

The Women's bowling team had an average performance in the national bowling tournament, while Central Missouri captured the title.

team over the whole season, and we just came up a little short in the end. Still nationals was a great experience for everyone and we are looking forward to next year" said sophomore Erin Gore (Woodbridge, VA).

"Although the season ended quickly that day, it also ended with one of the best times of our lives, good memories, good times, and the best of friends making the most of the time together," said Tchir.

With their season now over, the Pioneers are losing two seniors: Rockett and Adrienne

Stoddard (Minoa, NY). "It was a good end to a great four years for me," said Stoddard.

The Wichita State men's team and the Central Missouri State women's team captured the titles at this year's Intercollegiate Bowling Championships.

"Although the season ended quickly that day, it also ended with one of the best times of our lives, good memories, good times, and the best of friends making the most of the time together," said Tchir.

In other team news, Gore, junior Cindy Zagorski (East Patchogue, NY), and junior Katie Atkins (Fairless Hills, PA) were honored at the IBC banquet for their College Bowling USA Academic All-American status.

To be a CBUSA Academic All-American the student must be full-time, bowl for a college team, and keep a cumulative G.P.A. of 3.5 or higher.

SHU Golf Finishes Sixth in Championships. While Central Connecticut State University won the championship.

By Katie Atkins
Assistant Sports Editor

After the first day at the URI Spring Invitational at the Newport National Golf Club, senior Jimmy Hazen (Miller Place, NY) was tied for second place in the tournament after shooting a 72.

The second day of the tournament was cancelled due to inclement weather conditions. As a team, the Pioneers finished tied for sixth. Sophomore Dustin Ledda (Torrington, CT) and senior Ryan Riley (North Attleboro, MA) each shot 80 and sophomore Tim Garcia (Plainview, NY) finished with an 82.

"It was really tough conditions and it was a very windy day, but despite all that, I struck the ball well. I needed to help the team stay in contention and I knew I could post a good round. I was disappointed when the second day was cancelled," said Hazen.

This past Monday, the men's golf team traveled to Lopatcong, New Jersey for the Northeast Conference Championships, which were held at

the Architects Golf Club. After the first round, Riley found himself tied for third after firing a round of 72.

As a team, SHU shot 312 the first day and 305 the second day for total of 617 to finish in seventh place. Central Connecticut State University won by two shots over Robert Morris. Riley shot 72-71 and finished second by matching cards, which decides a tie.

"It's been a fun four years and we battled hard this weekend. I just want to wish the team luck in the future," said Reid.

Ledda's two-day total was 157 (79-78), senior Jason Reid (Manchester, CT) shot 81-79 for a total of 160 and for Garcia finished with a total of 159 (82-77.)

"It's been a fun four years and we battled hard this weekend. I just want to wish the team luck in the future," said Reid.

"We really came together as a team the second day for the first time this year. I played a very solid round of golf and I'm happy with the way I finished my college career. I wish the team could've played a little better but we showed improvement," said Riley.



THE PIONEER SCHEDULE

Friday, May 2

Softball	vs Fairleigh Dickinson	Fairfield, CT	3:00 PM
Softball	vs Fairleigh Dickinson	Fairfield, CT	5:00 PM
Women's Equestrian	at IHSA Nationals Mufreesboro, TN All Day		

Saturday, May 3

Baseball	vs SFNY Fairfield, CT	12:00 PM
Baseball	vs SFNY Fairfield, CT	2:00 PM
Equestrian	at IHSA Nationals Mufreesboro, TN All Day	
Women's Track	at NEC Championships Baltimore, MD All Day	
Women's Rowing	at NE Champs Worcester, MA TBA	
Men's Track	at NEC Championships Baltimore, MD 9:10 AM	

Sunday, May 4

Women's Track	at NEC Championships Baltimore, MD All Day
Equestrian	at IHSA Nationals Mufreesboro, TN All Day
Men's Track	at NEC Championships Baltimore, MD 9:10 AM

Tips For Off-Season Athletes

Continued From Page 15

can put the past season behind them and start focusing on the upcoming season that will bring a new start for some athletes. During the summer many focus on conditioning but the mental preparation takes time to develop and get into the swing for setting your mind on a certain focus. The Gatorade Sports Science Institute (GSSI) with its headquarter located in Illinois, is a research and educational facility that shares current information and expands one's knowledge about sports nutrition and exercise science to let athletes know how to enhance their performance and well-being.

The center reports that, "The mental preparation of an athlete can be the difference between winning and losing. While winning should not be the only goal, it does play a part in a coach's job. In addition to making their players better athletes, coaches have the job of making players better people. Good people will be mentally tougher and have a will to win in the fourth quarter."

For some, having a main focus on the competition and giving there all is also a key for mental preparation. "Making little goals for yourself to achieve while keeping your mind on that ultimate goal (achieving your full potential) is key for focus in the off-season," sophomore Brittany Hoole (Waldorf, MD) a member of the SHU Women's ice hockey team said.

There are five examples that are listed that describe how to help stay mentally prepared. They are to get every coach on the same page, to motivate athletes to believe in themselves, preach those favorite two letter words- hard work, that change is uncontrollable and positive, and to take time away from the game. Two of the most important tasks for mental preparation are to believe in oneself and take time away from the sport. With athletes believing in themselves it is believed that they will accomplish more on and off the field. "Whether it's themselves, their team, their school, their coaches or their visions, believing can take athletes as far as they want to go. Sometimes coaches and athletes need to forget about the sport. This does not mean quitting the sport. It means taking time away to talk with the team or coaches about life. Sharing life's lessons with one another can make the team stronger as a unit and each athlete a stronger person," GSSI reported.

Aside from mental preparation, conditioning is another main focus for athletes during the summertime. There are many different ways to stay in shape and stay involved with a sport when

school is not in session.

"Athletes such as basketball players, stay in shape during the down time of a sport by still playing the sport. During the summer when I used to play, I would play in summer basketball leagues and go to the local park and play in pickup games. Basketball players usually lift weights and go on a weight lifting program to bulk in the off-season so they are stronger the next year. Lots of cardio is involved so what I used to do besides actually playing was run about a mile every day just to keep myself in really good shape. Even baseball players that play in season in the spring and summer have fall baseball leagues to stay in shape. But basketball players for the most part just find ways to keep playing the game in the off-season and lift weights to put muscle on for the next year," junior Mike Galgano (Port Chester, NY) said.

Different activities pertaining to one's sport can also help with staying in shape and preparing oneself for the upcoming season. "I am planning on playing a lot of tennis this summer, but not just playing matches. I would like to do a lot of drills that will help me grind out those long 3 set matches that we play during the season," sophomore Alex Kantarelis (Worcester, MA) a member of the Men's Tennis team said.

For some, they balance the consequences and look at the outcomes of what might happen if they do not condition or train during off-season. "Athletes should stay focused and train over the summer because they, themselves, weigh the benefits and consequences. Athletes see that the work is going to be the same whether they do their off season work or not so they are better off making it easier on themselves and come back to school prepared,"

Sophomore Greg Haney (Ludlow, MA) who is a member of Men's rugby said. There is also a way to just have fun with conditioning and staying fit over the summer. "Over the summer I usually just run on my own. I also toss a rugby ball around with friends at the beach," junior, Mary Grady (Natick, MA) a member of Women's rugby said.

Staying nutritionally fit is also another aspect that coincides with conditioning. When athletes wonder how to gain muscle or tone up there is one healthy way to stay fit. "The basis for gaining muscle begins with a sound strength training program. Empower your athletes with knowledge about the critical components for muscle gain - strength training and calories. If the ultimate goal is enhanced muscle size, athletes need to push themselves with a challeng-

ing strength-training program and "top off" their daily food intake with an additional 500 calories. With calories from all three macronutrients (carbohydrates, protein and fat), the body can use dietary protein to build muscle. But, if athletes don't eat enough calories, the body's protein stores are used for energy and muscle gain is limited," GSSI reported. An example of following a balanced diet is to "try to eat a lot of protein, like steak and tuna and other things. Also a tip I follow is the night before a big meet I stock up on a lot of carbohydrates like pasta and bread. I keep myself well hydrated, I always drink water," junior, Christine DePierro (Cromwell, CT) an athlete on the swim team said.

It is also believed that things can happen within thirty minutes of a workout. "Recent research shows carbohydrate and protein eaten within 30 minutes of a workout is an effective time to restore amino acids and carbohydrate in the muscles, preparing athletes for the next workout. Adding a snack during this window is one way to add the 500 or more additional calories needed daily for a muscle-building program," GSSI reported.

Athletes not only train and condition, some catch up with schoolwork that is now a priority and summer classes become beneficial. Although others wait until the fall to resume their academics many find that taking summer classes, especially the more time consuming classes, give them a chance to focus on that one class during this time.

"I find summer classes very beneficial. The amount of time that I spend with track, during the academic school year, is like adding another class to my course load. So if I can take a class over the summer, especially a class that involves a lot of attention, I will. I feel that I can devote the amount of time that is necessary over by taking a class over the summer," junior, Jodi Janda, a member of the track and field team said.

Summer can be a great time for athletes to prepare themselves for the upcoming season when the time is utilized efficiently and productively. Conditioning, staying mentally focused and staying on top of one's schoolwork are three ways to help make this downtime beneficial. Athletes should also always remember, take time for yourself. You have to walk away from your sport once in a while.

Just like the summer is your mental preparation for the upcoming season, let your leisure time during the summer also be a priority so you do not burn out during the year. Have fun this summer and stay safe from the heat!

Alumnist Takes Shots

A Sacred Heart Alumnist becomes the first woman to ever play in a professional men's sporting event. Ginny Capicchioni plays Pro-Lax.

By Christopher Giarrusso
Sports Writer

Ginny Capicchioni (Oradell, NJ) made history on April 13 when she became the first woman to ever play in a professional men's team sporting event in the United States. Capicchioni played in all three Storm National Lacrosse League (NLL) pre-season games and dressed for two regular season games before seeing her first action of the season, in the second and fourth quarters for a total of 11:20 of game action.

The 23-year-old and 2001 SHU graduate stopped seven shots and allowed six goals against the Vancouver Ravens in an 18-9 loss in the Storm's season finale at Continental Airlines Arena in East Rutherford, New Jersey. Capicchioni said, "I worked very hard to get this opportunity," said Capicchioni shortly after her first game between the pipes.

"I wish for the team's sake that I would have played better. I hope to play this summer in Canada and continue to improve. I'm not giving up," she said, according to the Associated Press (AP).

Capicchioni is the first female player in the 17-year history of the indoor league. Indoor lacrosse is a rougher, higher-scoring version of the outdoor game. It was introduced in Canada in the 1920s, partly to take advantage of the availability of ice rinks during hockey's offseason. The playing surface is much smaller than an outdoor field, and teams use five players plus a goalie compared to nine players and a goalie in outdoor lacrosse. There also is a 30-second shot clock, which makes the game faster than outdoor lacrosse.

At Sacred Heart, Capicchioni was twice named a first team all-NEC field hockey goaltender (1998, 2000) and chosen three times as a first team all-NEC lacrosse netminder (1999, 2000, and 2001). She ranked first nationally in total saves in field hockey in 2000, as well as sixth nationally in lacrosse save percentage in 2000 and third in 2001.

"The field hockey helped me as far as the goalie perspective, As far as lacrosse, I have quick reactions, but my hands are quicker than my feet. I guess it's just where your strengths are.

In field hockey you have to be tremendously strong in the lower body for the game to come easy for you, and lacrosse, your stick's in your hand," said Capicchioni, according to the AP.

Capicchioni is listed as five feet five inches tall and 140 pounds. She is smaller than other goalies in the league, but she has impressed coaches and players. "She gets her body in front of shots, she has good reflexes, and she's not afraid of the ball, which is one of the biggest things," said Storm goalie Derek General, a seven-year veteran. "She lacks a little bit of size, but size doesn't always matter," he said, according to the AP.

"The field hockey helped me as far as the goalie perspective, As far as lacrosse, I have quick reactions, but my hands are quicker than my feet. I guess it's just where your strengths are. In field hockey you have to be tremendously strong in the lower body for the game to come easy for you, and lacrosse, your stick's in your hand," said Capicchioni,

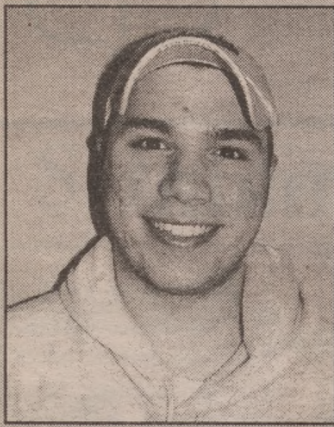
In a league where players earn between \$7,500 and \$18,000 for a four-month season, most players hold full-time day jobs. But Capicchioni quit her job coaching at Dominican College to devote herself fulltime to playing and training.

Capicchioni's work ethic has won over her teammates. She also knows her circumstances have put her under a microscope, so she treats each practice as if it is a game.

As for making history, Capicchioni said it was never a factor. The publicity she received as a result of her accomplishment was a drawback, if anything. She hopes it helps the NLL, which isn't exactly thriving, and she appreciates being called an inspiration for what she's done. But press clippings, she said, don't motivate her at all.

"As crazy as it sounds, when I was thinking about how possible it was, the only thing that was very unattractive to me was the fact that whatever you did was going to go in print, but compared to playing or not playing, when I wake up in the morning it's the only thing I want to do," said Capicchioni according to the AP.

NHL Playoffs



Getting' Giggy With the NHL Playoffs.

By Hank Gargiulo
Sports Columnist

It seems that every year there is at least one underdog in the NHL playoffs that has stellar goaltending and just enough luck to pull off an upset in the first round. Last year, we laid witness to Jose Theodore and the Montreal Canadiens as they took down the top seeded Bruins in the first round.

This season, however, we have two Cinderellas, the Mighty Ducks of Anaheim and the Minnesota Wild, who are still dancing at the ball. Each has relied heavily on their guy between the pipes to pull major upsets over the last two Stanley Cup winners.

The man in Anaheim right now is Jean-Sebastian Giguere (Giggy as he is known to his teammates).

The man in Anaheim right now is Jean-Sebastian Giguere (Giggy as he is known to his teammates). He is an incredible 6-1 against Detroit and Dallas so far in this young playoff season. After bouncing from the Hartford Whalers to the Calgary Flames, Giguere has finally found a home on the west coast. His play is without a doubt the reason why the Mighty Ducks are in a position to move on to the conference finals. During the Ducks four game sweep of the defending champion Red Wings, Giguere allowed a total of six goals to the team which led the NHL in regular season scoring with 269 goals.

The other upset in the Western Conference, came by way of Minnesota, in their first appearance in the playoffs since coming into the league. Now, topping Patrick Roy, arguably the best goalie in the history of the NHL, and the Colorado Avalanche in a nail-biting

seven game series is impressive enough, but to come back from a 3-1 series deficit is nothing short of amazing. Jacques Lemaire's team is a virtual replica of the New Jersey Devils team he coached to Stanley Cup success a few seasons ago. They play the same style of hockey, and right now, are getting a Martin Brodeur-like performance from their goalie Manny Fernandez.

The key play for the Wild was definitely in overtime of game seven. Andrew Brunette showed the patience of a legend in waiting out Roy before tucking the puck past him for the series clinching goal.

The Eastern Conference, however, lacks the same sort of appeal. It once again appears to be a red carpet rolled out to those Devils from New Jersey.

The Eastern Conference, however, lacks the same sort of appeal. It once again appears to be a red carpet rolled out to those Devils from New Jersey. Thus far they have had little problem solving Lightning goalie Nikoali Khabibulan.

While John Madden (not that John Madden) has been a shadow that Tampa's Vincent Lecavalier can not get rid of, completely taking him out of the game. And during all this, Martin Brodeur, has well, been Martin Brodeur, in shutting down what few good scoring chances the Lightning get.

The Ottawa Senators and the Philadelphia Flyers seem to be embroiled in a slobber-knocker that will pretty much rule either team out of taking down the Devils in the Eastern Conference finals. Both teams are solid top-to-bottom, but if they get into a seven-game marathon, neither will be able to recover in time to deal with a defensive-minded squad like New Jersey. But if one of the two teams can manage to get out of the series in good shape, New Jersey might be pushed to the limit.

In the end, I'm going to ride the hot goalie and take the Anaheim Mighty Ducks in the west, and the Devils in the east. Who knows, maybe they will bust out with the Rally Monkey at the Pond and it will help power the Ducks to a cup, or most likely the Devils will play their boring hockey win the Cup. Man do I hate them.

Off Season Tips for Athletes

SHU athletes talk about there strategies for off season condition and pre-season preperation.

By Jennifer Jensen
Assistant Sports Editor

Are any of these events on your list for the summer? How about the beach, the vacations, the sun or even heading home for the summer? Others use this time to relax. For some they spend their time at home with family and friends while others use their summers to travel. For many athletes though their summers are a time to gear up for the next sports season.

The University of Virginia Alumni News say statistics show that "traditionally it's been the football players who spent their summers on the Grounds. For years almost no matter what college they attend, football players have been required or at least strongly encouraged to spend their summers sweating in weight rooms, on practice fields and in the classrooms. But now they are not the only ones."

Basketball players, field hockey players, track and field members, lacrosse players, swimmers, hockey players, tennis players, rugby players and the list goes on, are all members of what technically could become or has become the mental preparation

season in the world of sports. Preparing your mind and body for the upcoming season is pertinent.

"The mental preparation of an athlete can be the difference between winning and losing.

While winning should not be the only goal, it does play a part in a coach's job. In addition to making their players better athletes, coaches have the job of making players better people. Good people will be mentally tougher and have a will to win in the fourth quarter."
- Gatorade Sports Science Institute

Mental preparation is one out of three aspects that athletes should focus on to better prepare themselves for the upcoming season. For a sport, the pre-season is just as important as the actual season. The summer has become important to athletes so they

See "Tips For Off-Season Athletes"
Page 14

Bowling Nationals

Women's Bowling Invades Tulsa for the national championship, but falls short.

By Katie Atkins
Assistant Sports Editor

Amidst a crowd of cheering parents, the Sacred Heart University women's bowling team attended the Intercollegiate Bowling Championships in Tulsa, OK this past week.

"The tournament was very efficiently run and the accommodations were outstanding. Bowling is big in Tulsa and that surely showed in the way we were treated," said sophomore Nicole Peloquin (Enfield, CT).

The SHU women, along with 15 other top women's teams and the top 16 men's teams in the country attended the tournament, which was kicked off with a banquet on Wednesday night.

"It was a truly rewarding and bonding experience even though we didn't do as well as we would have liked," said sophomore Carolyn Rich (Little Falls, NY).

Thursday's format included two 16-game blocks of four baker games each. The women found themselves in 15th after the morning block, but battled back in the second block to finish in 11th for the day.

Friday's format consisted of double elimination head-to-head best of seven match-play. Because of their 11th seeding, the Pioneers were matched up against Indiana State, the sixth seed.

SHU got off to a strong start, taking the first two games from ISU, but Indiana answered back with their own two victories. With the match-play tied at two games a piece, the two teams split the next two to force a game seven which Indiana inevitably won.

Because of the match-play loss to Indiana, the Pioneers were placed in the contender's (loser's) bracket against Morehead State University. MSU took a commanding 3-0 lead over the Pioneers. With their season on the line, SHU defeated Morehead in the fourth game, but it wouldn't be enough as MSU won game six to knock Sacred Heart out of contention.

Sophomore Dee Tchir (Endicott, NY) led the team with the least opens during competition and Rich (Little Falls, NY) posted the highest strike percentage for the Pioneers. Senior Chrissy Rockett (Maywood, NJ) had the highest spare conversion percentage for SHU.

"We worked really hard as a

PIONEER ATHLETICS



A Year Concludes, But Memories Remain



Photos by Susan Magnano & Anthony Franciosa

(Above): Images from the 2002-2003 Sacred Heart University Athletic teams highlight several very successful seasons along with many individual and team awards. In the fourth year at division one, SHU has taken its game to the next level and has become a consistent competitor.