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## SHU Polling Institute Surveys Americans About Life, Iraq, The Pope, Politics

By Kerry Freel  
Editor-in-Chief

On Oct. 21, the results from a national poll, conducted by the Sacred Heart University Polling Institute, titled "Americans Rate: Quality of Life, success in Iraq, the Media, Pope, and the Candidates," were released.

The majority of Americans, according to survey results, want to keep the words "Under God" in the Pledge of Allegiance. The numbers were 91.3 percent in favor of keeping the words, 7 percent wanting the words removed and an unsure group of 1.7 percent.

Another item on the agenda included if voters would support a democratic ticket in the upcoming election with U.S. Senator Hillary Clinton as President and General Wesley Clark as Vice President in favor of re-electing the current republican ticket including President George Bush and Vice President Dick Cheney. About half of those surveyed, according to the results, 50.4 percent, were in favor of re-electing the republicans when given the above choice.

In a similar question, Americans were asked if they would vote for a President Bush

Vice President Colin Powell ticket, to which the results went up to 54.2 percent.

Americans were asked if the U.S. Inspection team finding plans for weapons and long-range missiles was enough to fuel the actions that have occurred in Iraq. Many Americans, 62.1 percent, felt the actions taken were justified.

Jerry Lindsley, Director of the Sacred Heart University Polling Institute, commented on some of the poll's findings about America's views of the situation in Iraq.

"While one-quarter of Americans want U.S. troops removed from Iraq now, most Americans, 73.7 percent, feel the media rarely report on successes in Iraq and, for the most part, put the spotlight on problems. Just over one-third, 36.4 percent, believe the media is presenting the Iraq situation objectively," said Lindsley.

A few other statistics from the survey discuss how Americans feel President Bush is doing and how the pope impacts the world.

According to results in the survey, "Fewer Americans hold a very or somewhat favorable view of the job President George Bush is doing- down to 58.4 percent positive from 77.9 percent in April 2003 and 65.1 percent in

## Alcohol Awareness Week Challenges Students



Photo by Robert Trenske

Students get a chance to experience what driving under the influence is like.

For the full Alcohol Awareness story, turn to page 2

March 2003." The pope, by far, got the highest positive percentages in the survey, obtaining over 80 percent in every category, with both Catholic and other voters, in the categories of, being a positive role model for American Youth, as a world statesman and diplomat, in working for world peace, in his drive and willpower and in effectively leading the Catholic faithful, according to the poll's results.

The Sacred Heart University Polling Institute conducted 1000 interviews with results nationwide, with all phone interviews conducted between Oct. 14-18.

## Dorm Elevators Trap Riders

By Brian Thorne  
Staff Reporter

Two Sacred Heart University students were trapped in a stalled South Hall elevator for approximately 90 minutes on Oct. 5. Freshmen Anthony Hayes (Danbury) and Lindsey Downey (Elizabeth, NJ) were descending from the sixth floor when the elevator came to a halt. Public Safety was notified and called the Fairfield Fire Department.

According to the incident report filed by Incident Commander Lt. Brian Pecora, the fire department received a call 5:58 a.m. on Sunday morning that the east side elevator

in South Hall had stalled. Upon arrival, Engine-3 and Rescue-15 personnel contacted the two students, who were stuck between the fourth and fifth floors. After determining that there was no medical emergency, the Fairfield Fire Department cut the power to the elevator and lowered it to the ground floor using the hydraulic bypass. Once the elevator had reached the ground floor, the fire department opened the door using a key that manually overrides the elevator doors.

There was no apparent damage to the elevator and the occupants were relieved to be rescued from their ordeal according to the report.

"I wouldn't say that it was traumatic, but I don't take the

elevators anymore," said Hayes after the incident, "and I'm all the way up on the sixth floor."

"The doors never really closed all the way, they were open half way the whole time," said Downey. "It took us about ten minutes to find the Public Safety call button inside of the elevator. But once we called [Public Safety], they spoke with us through the intercom until the fire department came. Then [the fire department] cut the power and lowered us about an inch a second. It was very dark in there."

"I think [the school] should consider getting new elevators," said Hayes.

Continued on page 3

## Flik Serves Cheaper Plate



Photo by Robert Trenske

The hot food station in FLIK offers a inexpensive dinner.

By Greg Cappello  
Staff Reporter

Flik has announced a new meal option, named the "SHU plate special," that will allow more choice in selecting entrées and side dishes for meal plan customers at Sacred Heart.

"The problem was a lot of students wanted another option of getting food and changing some of the options of the bargain bundle," explained Paul Rubio, the Food Service Director at Flik. Along with concerns of nutrition

and pricing, this new plate special allows students more of a selection when they walk into Flik.

Student concerns range from pricing and selection of food to the consistency of service at Flik.

"Let's face it, Flik over charges for their food, but this new offer does make it more reasonable to get dinner," said Junior Andrew Cholakakis of Rockaway, NY. "However, they should make sure their staff charges us those prices because I've never paid the same price for a regular dinner."

Continued on page 3



## Men's Rugby, Red Cross Sponsor Blood Drive

By Steve Horvath  
Staff Reporter

On Oct. 28 the men's Rugby Team will be sponsoring a blood drive in conjunction with the American Red Cross. The blood drive will be held in the Pitt Center on courts three and four. The blood drive will run between 9 a.m. and 2 p.m., with appointments available every fifteen minutes.

**According to the American Red Cross, a single blood donation can save up to three lives.**

Any students or faculty wishing to participate are more than welcome to make appointments. Blood donation is a four step process that can be completed within one hour. The first step in donating is registering to give blood. From there it is necessary to be interviewed by a health professional as part of a health history check. This check involves making sure blood iron levels are high enough to donate, blood pressure is normal, as well as determining such things as recent tattoo dates, piercings, etc.

After completing this check the actual blood donation takes

place. This process only takes between eight to ten minutes. Donors do not have worry about infection, as each needle used is opened in front of each donor and then broken and disposed of after the donation has taken place.

The final step in the donation process is a visit to a canteen area where snacks and drinks are distributed. Eating and drinking after donating blood helps the body replenish its blood supply quicker, as well as decreases the chances of passing out or feeling unwell. It is recommended to take in high amounts of water before and after donating blood. The body ordinarily replaces the lost fluids in less than 24 hours. The lost blood cells are replaced within six weeks.

The blood collected from the blood drives is broken down into its three component parts; plasma, red blood cells and white blood cells. Plasma is a universal fluid that is utilized in instances where typing is not conducive as well as when an extreme emergency is at hand.

During a typical blood donation, one pint of blood is taken from a donor. According to the American Red Cross, a single blood donation can save up to three lives. Nationwide, less than 5 percent of eligible blood donors actually donate blood to the Red Cross. Blood banks are continually depleted and supplies must be replenished quickly in order to eliminate nationwide shortages.

## SHU Observes Alcohol Awareness Week

By Teresa Diaz-Hennessey  
Staff Reporter

Many know that alcohol abuse happens among college students in one form or another, whether they are witnesses to it or guilty of it. But are students aware of the effects of alcohol? According to the 1999 College Alcohol Study conducted by the Harvard School of Public Health, 44 percent of college students polled at 119 four-year colleges admitted to binge drinking in the previous two weeks.

This is one of the many reasons why Alcohol Awareness week is held on campus. This is an annual event where students get a chance to understand the effects and consequences of alcohol through events and activities on campus during the week. Tom Wuestkamp, coordinator of Student Activities and Student Union, and Jane Sanders, coordinator of Greek Life and Leadership Programs, are the advisors of this week's events. They understand that there is a presence of alcohol in a college student's society but simply want to educate and stress the awareness of alcohol.

One way to educate the students was through the "Drunk Driving Simulator" on Monday from 12 to 6 p.m. By participating in the program, students were able to safely experience the effects of alcohol on their ability to drive. According to the Journal of Studies on Alcohol, a publication of the Center of Alcohol Studies at Rutgers University, 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year.

Students began the experience sober as witnesses to other drivers' bad judgment and deteriorating driving skills due to alcohol consumption. Two large screen displays reveal what each driver sees, the face of the driver, a helicopter view of the driver's vehicle in traffic, and an indicator level of the driver's impairment as it gradually worsens. The drive usually ends in a serious accident.

"I felt as if I was really drunk," said Dayna DiBiasi, a freshman from Hauppauge, NY. "I swerved all over the road and actually felt somewhat nauseous after the trial. Luckily, I only received a DUI. Seeing how it feels to be a drunk driver while being sober was a weird experience."

In the Mahogany room later that evening, the SHU Players

performed a skit about alcohol related issues called "Broken," written by the players' Vice President, Mike Johnson.

Katherine Fanning, a senior from Smithtown, New York and a SHU player who played a part in "Broken," said, "It's important to have perspective on how quickly alcohol can affect students, and how serious the consequences can be when the choices you make seem so insignificant."

On Tuesday students could attend an alcohol assessment in FLIK given by alcohol and drug coordinator Janice Kessler. Students filled out a form which assessed whether a student has alcoholism and if so, by how much.

Also on Tuesday in the theater was a guest speaker. Dan Duval spoke on his previous experiences with alcoholism and drugs. This event was mandatory for all first year students.

Amy Ricci, a graduate assistant from Jamestown, RI that works in student life and with first year students said, "I encourage all students to use their resources...like attending the guest speaker's presentation of his story and to make this week a learning experience."

Wednesday was Grim Reaper day. Students were taken out of class in the morning by the Grim Reaper who was played by Jen Paquette, a junior on Senate from Wethersfield and were returned back to class wearing all black and wearing a sign saying, "I can't talk to you today because I was killed today by an alcohol related incident."

The sign also gave a statistic on how many people are killed per day from alcohol related incidents. Except for class purposes, these students were not allowed to talk until 2 p.m. The "dead" students were representative of how many people are killed a day in alcohol related incidents.

Kate Reid, a sophomore from Greenwich, volunteered as one of the many students who "died". Reid wanted to impact the student body.

"It is an important issue that students should be aware of and is something which is sometimes overlooked because it seems it couldn't happen to them," said Reid.

At 2 p.m. on Wednesday was the "Mock Accident". The Executive Board of Student Government sponsors the mock accident each year. They acted out a realistic depiction of what could happen when a person gets behind the wheel of a car when they are drunk. They acted out a party scene before the "crash"

occurred, which is why there were two collision cars outside in front of South and West Hall.

According to the scenario, Gillian was supposed to be the Designated Driver for her best friend Colleen and her boyfriend Guy, but she had a few drinks at the party. Charlie, Colleen's boyfriend, was sober when he drove his friends home. On the way home, Gillian's car collided with Charlie's, "killing" Charlie and "injuring" others. The Fairfield police and fire department responded to the "emergency". Charlie's "dead" body was then taken away.

Jen Hradek, a senior and the vice president of Senate from Thornwood, NY who played a part in the mock accident thought it was a very powerful and emotional event.

"Even for us actors in it, we became very emotional," recalled Hradek of last year's mock accident. "It felt so real. In the mock accident last year I was one of the severely injured people in the accident, and when I was cut out of the car by the jaws of life and was taken away on a stretcher, it made me never want it to happen to me or anyone I know in reality. We have a ton of students come to it each year and it really hits home for a lot of people."

Scheduled after the mock accident, at 10:10 p.m. was a session of Alcohol Awareness Jeopardy with mocktails in FLIK which was sponsored by Greek Life and the Union Managers.

There are still more events to come. Today, students can see yet another performance by the SHU players in the Mahogany room at 1 p.m. Also at 7:30 p.m. is Stress Free Night in the Mahogany room, sponsored by South Hall and Senate. There students can go to relax and rid their lives of some stress. Students can make stress balls, listen to relaxing music, sit in massage chairs, and have snacks. There will be a girls only table for facials and girls can also make their own scented lotions. It is a relaxing night to take off the stress of midterms and school. Students also can participate in Alcohol Awareness Bingo at 10:10 p.m. in the University Commons which is sponsored by SET.

Friday is Frisbee Day. There will be facts about alcohol on the frisbees which will be thrown around school all day. From 12:30 to 1:30 p.m. outside of the faculty lounge, students can sample beer goggles, which simulate the effect of alcohol on vision.

## Corrections

### "Saving the Horseshoe Crab"

Issue 5, pg 1

SoundWaters should be spelled as such, not as it is spelled in the article.

### "Students Questions Sports Page Safety"

Issue 5, pg 3

The staff reporter's name should read "Melissa Petsitis."

### "SHU Student Reflects on Walk for Cancer"

Issue 5, pg 9

The "Light The Night" walk is sponsored by the Leukemia and Lymphoma Society. While leukemia is a form of cancer, it has been brought to the newspaper's attention that The American Cancer Society has its own relay, "Relay for Life." The headline should have read, "SHU Student Reflects on 'Light The Night.'"

### "Men's Cross Country Team Wins Fairfield Invite"

Issue 5, page 16

The fourth paragraph contains an incorrect time. Uzenski was 8 seconds slower, not 8 minutes

### "The Shuperstation' Channel 3 Hits Campus"

Issue 3, pg 1

The "Shuperstation" is also broadcast in East Hall, which wasn't mentioned in the article. Courtney Gotshall was notified of this by Saburo Usami, Director of Networking and Telecommunications via e-mail recently.

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## Elevator Breakdown in Dorms

*Continued from page 1*

"The elevators on campus are not the liability of the school," said a spokesman from Buildings and Grounds. "All of our elevators are sub-contracted and operated by two outside companies. Public Safety notifies us if there is a problem and we in turn notify the contracted company of that problem. Buildings and Grounds is more of a middle man when it comes to the elevators on

campus."

In a separate incident one week later, six students were trapped in a West Hall elevator at 11:07 p.m. Freshmen Patrick Bragan (Abington, MA), Bill Hayden (Milford, PA), Shaun Hunte (Shelton), Justin Jarry (Nashua, NH), Tom McGuire (Lake Ariel, PA), and Alonzo Meek (Wayne, NJ) were all trapped inside of the elevator for approximately 45 minutes. Incident Commander Captain C.

Day filed the incident report.

***"I wouldn't say that it was traumatic, but I don't take the elevators anymore, and I'm all the way up on the sixth floor"***  
**Anthony Hayes**

According to the Fairfield Fire Department, Engine-3 was the first unit on the scene. They established contact with the students and determined that everyone was unharmed. The fire department then bled the hydraulic fluid, lowered the elevator, and used the elevator drop key to open the door. The power was left off and barrier tape was placed in front of the door. Public Safety Officer Alberto Hernandez told the fire department that he would contact the elevator service company as soon as possible. No students were injured.

"We were all dressed up ready to go out and then the [elevator] just stopped," said Hayden. "We tried opening [the door] but we couldn't do it. It wasted a good hour [of our time]."

"It definitely ruined our night because we were on our way out," said Hunte. "It wasn't exactly pleasant, but I still ride the elevators. It is kind of funny actually because elevators are in all of my dreams now."

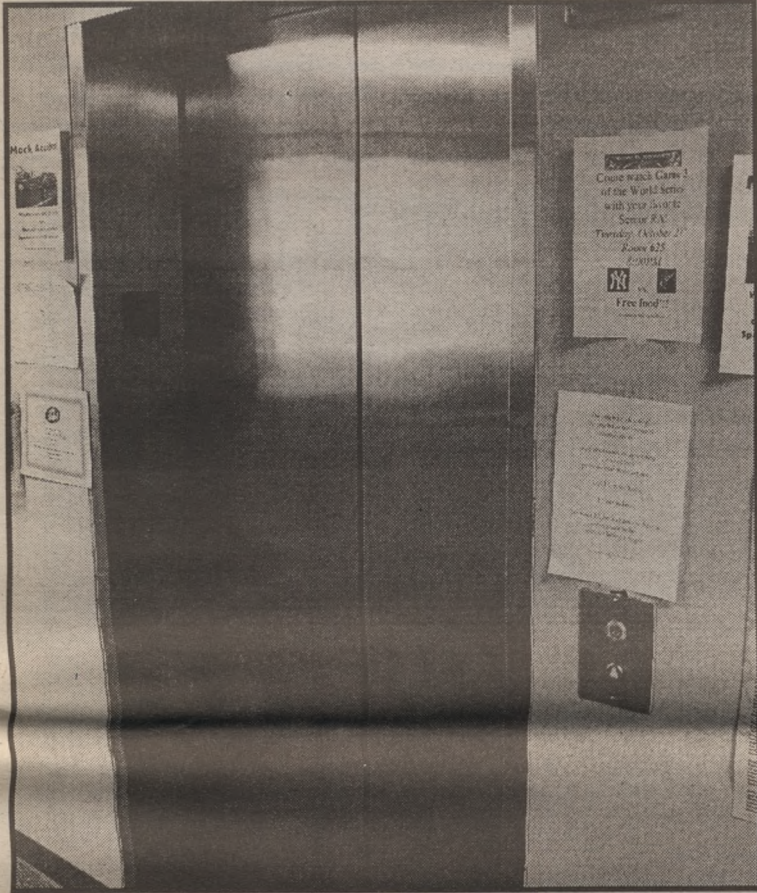


Photo by Robert Trenske

Dysfunctional elevator in South Hall.

## Flik's "SHU Plate Special"

*Continued from page 1*

Flik recognizes this concern and is offering more along with their new plate special.

For \$5.25, students are offered one entrée or grill item and also up to three sides. With two entrée or grill items, the price is \$7.90. Flik decided to offer more of a variety to try to give the students a more nutritious choice and something worth more to the student's dollar. The plan also intends to reduce the over charging for second entrée added to the original bargain meal.

"A promotion will be run with the SHU plate special, every time you buy a SHU plate you will receive a phone card, a free 5 min long distance phone call," Rubio discusses the new addition to the Flik plans. This phone card offer marks the newest change to Flik. Recently there have been water bottle and Frisbee giveaways.

Another change in pricing,

according to new price lists, is a 25 cent surcharge for take-out containers when purchasing a special. The new charge has been met with opposition.

"Why should we be penalized because we don't have the time to eat in the cafeteria? It isn't like restaurants charge extra for takeout," noted Junior Kevin Caskin (Douglaston, NY).

"Takeout containers are bigger and you tend to get more and also the containers are more expensive," Rubio stated. "We are trying to turn people away from to-go containers because they fill up the trash, they are expensive and are bad for the environment." Rubio stated he worked on trying to eliminate the to go containers all together.

Sacred Heart University and Flik go hand in hand. Because of contract obligation and mutual requests, no other food company is allowed to serve food on campus unless they are affiliated with Flik. Attempts to bring in big

franchise companies have been turned down by both Flik and Sacred Heart because of risk of confusion between companies.

## New Cardiovascular Wellness Program Opens at Pitt Center

By Melissa Petsitis  
Staff Reporter

Sacred Heart University's Pitt Center welcomes a new Wellness Program for Cardiopulmonary Maintenance and Post-Rehabilitation that is open to those in the Fairfield community that have risk factors for chronic diseases and wish to exercise under supervision.

Wendy Bjerke, a professor in Exercise Science and a cardiac rehab specialist, started the program at the University. The program takes place during the day and lasts for three months, which consists of assessment, exercise programming, and education, modified to the individual needs of each participant.

"I am excited about the program though we need more people to enroll for it to be a success," said Bjerke.

One professional staff member and two to four students will monitor an individual's blood pressure and heart rate during the costumed exercises, adjusting progress if necessary.

"I feel the new Wellness Program is a great addition to the Sacred Heart community as a whole. It will bring the faculty together with students in order to promote a healthier and more positive environment on and off campus," said senior Bridget Berran (Brooklyn, NY), an undergraduate research assistant to the program. "By opening the program to the community, it will show our surrounding neighbors that we are interested and concerned with their health and well being as well and the members of Sacred Heart University do care

about them."

"I think it's good that the school is getting the community involved and helping people, especially if they're having the students help the public," said senior Patrick McMahon (Ocean City, NJ).

"Having this new Wellness program will help educate students on the risks of heart problems," said senior Brooke Toner (Valley Stream, NY).

According to the American Heart Association, cardiovascular disease is a problem in your heart or blood vessels. Many of these problems have similar names, like heart attack and heart failure, or cardiac arrest and sudden cardiac death. According to year 2000 estimates, more than 61 million Americans have one or more forms of cardiovascular disease (CVD). More than 50 million people have high blood pressure, 12 million people have coronary heart disease, 7.6 million people have myocardial infarction (acute heart attack), 6.6 million people have angina pectoris (chest pain or discomfort caused by reduced blood supply to the heart muscle) and 4.7 million Americans have strokes.

"This program is a great accomplishment for the Human Movement/Exercise Science department. It is also a stepping-stone for more community-based programs this department will have to offer in the future," said Berran.

"A lot of problems later in life can be prevented during these younger years and if individuals are given the education now they may be able to live healthier lives," said senior Eric Silvia (Raynham, MA).

## Are you artistically inclined?

*The Spectrum is holding a contest, open to SHU students to design a new masthead for our front page. Entries should include the name of the newspaper, our slogan, and publication information (volume and issue number) and contact information.*

**Cash Prize to the winner selected: \$100**

**Bring your entries directly to the Spectrum office or drop them off in our mailbox in Hawley Lounge. Deadline: 5 p.m. October 29, 2003**



# Students Debate US Foreign Policy

By Anthony Franciosa  
Staff Reporter

On Wednesday, Oct. 8, the Sacred Heart University political science honors society, Pi Sigma Alpha; the College Republicans and the College Democrats hosted a student debate in the Edgerton Theater. The debate was supported by the United Nations Foundation, an organization committed to promoting "a more peaceful, prosperous, and just world through the support of the United Nations and its Charter," according to [www.unfoundation.org](http://www.unfoundation.org).

At the event, a panel of College Democrats and a panel of College Republicans debated two resolutions. The first resolution was should the United States use military force preemptively to meet the threat posed by hostile nations and groups seeking to acquire weapons of mass destruction. The second resolution was should the United States demonstrate a stronger commitment to international institutions and international law.

During the debate of the first resolution, which concerned the use of preemptive force, College Republicans Heather Schroder and Nick Whalen argued in the affirmative, while College Democrats Carrin David and Jason Bowsza argued in the negative.

"From 1987 to 1988, in Saddam Hussein's campaign of terror against the Kurds, almost 100 thousand Kurds were killed by mustard gas and nerve agents," said Schroder in her argument on the first resolution. "Chemical weapons? Yes. Does he possess them? Yes. Is he afraid to use them? No... Is that a threat? Yes, I would say it is."

Thereafter she concluded

that the United States must continue to act aggressively when vulnerable to a potential attack from a hostile nation or group.

Following Schroder's speech, David counter argued the Republican standpoint by asserting that such methods would lead to international anarchy.

Whalen then went to the microphone for the Republicans.

"Article 51 of the U.N. Charter allows us the right to defend ourselves," said Whalen. "Preemptive strikes allow us to defend ourselves against those who are determined to use chemical, biological, and nuclear weapons."

Challenging Whalen's position, Bowsza argued against preemptive strikes.

"If we were to engage in a program that would allow for preemptive strikes, we would be encouraging other nations to begin stockpiling weapons of mass destruction," said Bowsza.

After the completion of the first debate, the second resolution, which concentrated on international law, was debated. College Democrats representatives Michael Losche and Michael Mastri argued in favor of the second resolution, while College Republicans representatives Joseph Mastronardi and Katherine Haskell argued against it.

Losche began the debate by reflecting upon the origins of the United Nations and discussed the role of the United States in its creation.

"The United Nations was created out of the ideals of past Americans who created the international institution to maintain peace," said Losche. "How does it look to the rest of the United Nations if the architect of the institution goes against its wishes?"

Countering the Democratic position, Mastronardi stated that United States' commitment to the

United Nations was more than adequate. To strengthen his argument, Mastronardi emphasized the large financial contributions the United States donated to the United Nations in 2002.

In response to Losche, who maintained that the United States created a "double standard" in the United Nations by choosing to act outside of the institution, Mastronardi defended the war in Iraq.

"I think that the argument of Iraq is that we created a dangerous precedent by moving outside a formalized institution. That's absurd," Mastronardi exclaimed. "It was Iraq that created the dangerous precedent by flaunting petulance and malfeasance in the face of the U.N. for a decade."

Following Mastronardi's speech, Mastri stated that the war in Iraq violated the U.N. Charter because it threatened international peace. To support his claim, he read Article I.II.3 of the U.N. Charter, which states: "All members shall settle their international disputes by peaceful means in such a manner that international peace and security, and justice, are not endangered."

Haskell's speech focused on the interest of the United States as a sovereign state.

"America prides itself on being a country of individualism and a place where people can stand up and fight for what they believe in no matter who supports them," said Haskell. "We should not be obligated to support the positions of the other countries and we should fight for what we believe in."

After Haskell finished her speech, Jackie Neylon, President of Pi Sigma Alpha, delivered the closing remarks of the debate and thanked all in attendance for supporting the event.

According to David, another debate on "domestic social issues" is tentatively scheduled for November.

# Who? What? Where? Your Guide to SHU Services

## - Campus Ministry -

Campus Ministry, located next to the Mahogany room on the first floor of the HC building, offers spiritual life to the University community. This department hosts and sponsors many events and programs which students may attend.

Campus Ministry holds daily mass at 12:15 p.m. in the University Chapel, located next to Hawley Lounge, the Saturday vigil mass is at 5:00 p.m. in the University Chapel, and the Sunday Mass at 9:00 p.m. in the University Commons.

On Tuesdays at 7:30 p.m. in the Chapel the Faith and Living group meets for faith sharing and are involved in various service projects in the community.

Tuesdays at 8:30 p.m. the Christian Non-denominational Fellowship group meets in Campus Ministry for Bible study and reflection. Additionally, Campus Ministry also offers retreats to students of all faiths, which encourage spiritual conversations.

Campus Ministry also works in collaboration with the Department of Service Learning and Volunteer Program to promote outreach in the Bridgeport community through immersion programs, such as Curtis Week, and volunteer opportunities. Through Campus Ministry there are mentoring programs such as Sunshine.

Kids and the Thomas Merton Center After School Program as well as opportunities to work in soup kitchens.

Through collaboration with the International Multi-Cultural Center, the Center for Catholic Thought, Ethics and Culture, and the Hersher Institute for Applied Ethics, Campus Ministry seeks to bring speakers on campus to talk on various social justice issues such as fair trade, hunger, and the death penalty.

The Campus Ministry team consists of Fr. Barry Meehan, director; Carol-Anne Dabek, office manager; Noelle D'Agostino, campus minister; Fr. Andrew Garavel, campus minister; Abby Joseph, GA; and Keith Smolinski.

Campus Ministry has future plans to expand religious study and experiences. Under the direction of Smolinski, SHU choir are working on a CD for Christmas.

Another major project at Campus Ministry is a trip to experience the famous St. Jacques de Compostelle pilgrimage in Spain. The trip is open to anyone interested and is scheduled to leave shortly after graduation in mid May of 2004. Anyone interested should contact Joseph at Campus Ministry.

Fr. Barry Meehan, Director of Campus Ministry, will be introducing a new course next semester called "Spirituality of being a Human." The course will focus on every human being as a spiritual dimension and what it means for our lives from a Christian point of view.

- Compiled by Sharmila Munver

## THE SPECTRUM VOLUNTEER NETWORK

Contact: [carrarad@sacredheart.edu](mailto:carrarad@sacredheart.edu)

### CARDINAL SHEHAN CENTER

Saturday, October 25 - Bridgeport

The Beastly Ball - an adult Halloween costume party, complete with prizes, cocktails, dinner and of course dancing - and with a wonderful raffle to boot - all to benefit many functions in Fairfield County. First, we teach PE to parochial schools in Bridgeport and Fairfield who do not have the facilities in their school to do so. Programs include Summer Day Camp, After School and Saturday, which are open to the public, but particularly meeting the needs of the inner city youth of Bridgeport.

### MULTIPLE MYELOMA RESEARCH FOUNDATION

"Friends for Life" Fall Gala  
Saturday, October 25

### Hyatt Regency - Greenwich

Honorary Corporate Chairman - Dave Burwick, CMO, Pepsi-Cola North America

Master of Ceremonies - Deborah Norville, "Inside Edition"

MMRF Spirit of Hope Award Recipient - Sharon Osbourne, Cancer Survivor/Talk Show Host.

Volunteers are needed for this year's black tie gala for the customary duties which include stations at the silent auction table, spotters for the live auction, raffle ticket sales, check out assistance and break down of the tables at the gala's end.

### KIDS CARE @ The Emergency Shelter

Sunday, October 26 - Norwalk

The October Kids Care morning will focus around

Halloween and the makings of a fun holiday. As usual there will be a craft table, and also a snack making table. To volunteer at this event you will only need 2 hours of spare time. The kids love it, and appreciate all that we do. Donations of art supplies, and/or children's clothing are always welcome.

### NATHANIEL WITHERELL

Saturday, November 8 - Greenwich

1:30 PM to 3:00 PM

Senior's Birthday Party - every second Saturday of the month a celebration is set in the common room for all seniors at the home. Volunteers are needed to assist them back and forth to the party. If you can help out, or drop off some store bought or home made baked goods, please do let us know.



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# Class Compares Campus Climate with National Iraq Poll

By Courtney Gotshall  
Staff Reporter

"Do you think having gone to war will increase or decrease the risk of further terrorism in the U.S.?"

"Would you support or oppose supplementing U.S. troops with troops from other countries?"

Initially, the answers to these questions and more were sought after by ABC news in a poll directed towards the people of the United States. 1,004 Americans, ages 18 and older were asked these questions between Sept. 4 and Sept. 7.

From this poll, Dr. Gerald Reid, a professor in the Sociology Department, had his Introduction to Sociology class pose these same questions to the minds of the SHU community.

Between Sept. 12 and Sept. 16 112 SHU students were polled using the convenience sample method. This method is "not necessarily representative," said Dr. Reid, in comparison to

the method known as a random sample. With a random sample, Reid said that the poll results would have better represented the school as a whole. However, he noted that the diversity of his class helped to make their poll fairly representative of SHU as far as a convenience sample goes. Reid's class, compiled of students from freshman to senior standing and living both on and off campus, had to ask four people, two males and two females, each.

When asked if "you approve/disapprove of Bush's handling of the situation in Iraq," 49 percent of SHU students polled approve, leaving 36 percent to disapprove and 15 percent to have no opinion. Nationwide, the same percentage of people approve as the SHU poll; however, more people, 47 percent, disapprove and less people, four percent, had no opinion.

At Sacred Heart, 57 percent, of the students polled, support "the current U.S. military presence in Iraq" compared to a 67 percent support rate nationwide. Sacred Heart has a 35 percent opposition rate and eight percent

having no opinion compared with a slightly lower opposition rate than the nation as a whole at 30 percent and three percent having no opinion.

When asked if, "the war in Iraq was worth fighting or not," SHU reactions matched those of the nation as a whole. 54 percent believe the war was worth fighting for and 41 percent to the nation's believe the war was not worth fighting. Six percent of SHU students polled had no opinion on this question.

According to the poll, a majority feels that going to war will thus increase the risk of future terrorism in America, whereas, 29 percent felt it would decrease the chance. In a striking departure from the national opinion 22 percent feel as though the war makes no difference in future terrorist attacks compared to eight percent nationally.

For the last question, 64 percent of SHU students support "supplementing U.S. troops with troops from other countries." 26 oppose this and 10 percent had no opinion. As for the nation as a whole, 85 percent support

"supplementing", 12 percent oppose it, and three percent had no opinion.

"I think supplementing our troops with foreign troops is a good idea because we take on too much of the world's problems already and it's time that someone else stepped in and helped out," said Jay Prevelige, a senior from Royal Palm Beach, FL. Although Prevelige did not take part in this poll, his feelings could be similar to the reasons that 64 percent of those polled at SHU also supported the supplementing.

The results of the SHU poll were then broken down into male versus female percentages.

Opposite the similarity in results from SHU students in comparison to the nationwide ABC news poll, are the "no opinion" answers of the males and females at SHU. Strangely, the females polled at SHU had a much larger no opinion rate on multiple questions than the males polled. For example, the 16 percent of females having no opinion on the question regarding support versus opposition to the

"current U.S. military presence in Iraq" in comparison to zero percent of males having no opinion. Another example would be the 14 percent of females having no opinion when it came to supporting or opposing "supplementing U.S. troops with troops from other countries" compared to the six percent of males having no opinion. Dr. Reid said the differences in results of the male and female answers were discussed in class.

"I came to the understanding that students really don't have any worries because they can't see the affects yet. Maybe we will get another perspective on things when the war starts to affect more people on a direct level," said Lea Sofio, a student in Dr. Reid's class.

Although U.S. help is still occurring overseas and these questions may have different percentages if asked again at a later date, Dr. Reid felt as though this project helped his students to better grasp the concepts of research.

El Colegio de Educacio n y Profesiones de Salud se enorgullece en patrocinar la celebracio n del Mes de La Herencia Latina en la Universidad de Sacred Heart. El Colegio esta dedicado a la diversidad de sus estudiantes, facultad y empleados. Ofrecemos programas en Educacio n, Entrenamiento Atle tico, Ciencia de Ejercicio, Enfermeri a, Terapia Ocupacional y Terapia Fisica.

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# EDITORIALS

## Student Questions Campus Coverage

Dear Editor:

When I picked up a copy of the Spectrum a few weeks ago, I automatically turned to the Arts and Entertainment section, hoping to see a review of the Lone Rangers Concert.

What I saw was a five-column article devoted to the recent Dave Matthews concert with a nice, big picture, and a small picture of the Lone Rangers with nothing more than a caption underneath it. This merely confirmed what I felt for the past four years; the Spectrum is either

completely unaware of Artistic events happening at SHU, or they simply don't care.

Correct me if I'm wrong, but the purpose of the Spectrum is to provide information for SHU students, by SHU students, about events happening at SHU.

When I turn to the main section, I read about people, organizations and events that are part of the SHU community. When I turn to the Arts and Entertainment section, I read about Mary J. Blige, Dave Matthews, and "The Lord of the Rings."

If I wanted to read cd and concert reviews, if I wanted to find out what movies were coming out this month, I would pick up a copy of Entertainment Weekly because that is the purpose of that publication.

If I want to read a review of The Lone Rangers concert or find out what entertainment events are happening at SHU, I would hope I could pick up a copy of the Spectrum, because that is the purpose of this publication.

Unfortunately, I can't.

But if the Spectrum is still insistent on writing articles about outside events, they should at least give priority to the events and students at SHU. That means that when The Lone Rangers perform their next concert, I hope to read a full review of it.

Sincerely,

Nicole Thomas

*What I saw was a five-column article devoted to the recent Dave Matthews concert with a nice, big picture, and a small picture of the Lone Rangers with nothing more than a caption underneath it.*

*The Spectrum*

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## The SHU Voices

Compiled by Robert Trenske

What is your reaction to the World Series?



"Go Yankees"

Cheryl Edwards  
Cortlandt Manor, NY  
Senior



"We stopped watching when Boston lost... We don't care anymore."

Sarah Hinnendael  
Warner, NH  
Patty Leahey  
Suffield, CT  
Graduate Students



"Woo Haa!"

Gina Scalise  
West Haven, CT  
Junior

### Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material.

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By Patrick Reinhart



# "Personal Achievement" Doesn't Mean Personal Parking Spots

To the Editor:

"Sacred Heart where personal attention leads to personal achievement." This slogan found on the University's web-site is quite inspiring unless you are one of the 4,000 commuters looking for a parking space on this sprawling fifty-seven acre campus.

Anthony Cembra, President of... [SHU] states [on the web-site], "This is an institution with short and long term plans for expansion to better serve current and future students and alumni into the next century."

The simple fact is that President Cembra has an assigned parking spot and doesn't have to spend up to a half-hour driving up and down every single aisle to locate that all-important parking space. His short-term plan for expansion should have included

leveled garage parking to better serve the commuter population.

***My attempt to get to my 5:10p.m. class on time has become a challenge. Not only do I sit in traffic for the better part of an hour; I also have to deal with the never-ending battle of finding that coveted parking spot on campus.***

My attempt to get to my 5:10 p.m. class on time has become a challenge. Not only do I sit in traffic for the better part of an hour; I also have to deal with the never-ending battle of find-

ing that coveted parking spot on campus.

I'm not talking about the spot closest to the main building because that is obviously never going to happen. I'm talking about a spot two miles away from it!

The lack of student parking has been an ongoing problem at Sacred Heart for commuters. Many are forced to park off campus and others have to simply create their own parking spot. This procedure simply entails parking ones vehicle wherever a large enough gap can be found. Aisles and end of aisles are prime areas to apply the create-a -spot parking technique.

This will ensure that the driver will only miss approximately ten minutes of class. The downside of this slick maneuver is that you are usually guaranteed a parking ticket on your windshield after class is over.

***My frustration was enhanced this semester when I heard that the University was charging a twenty-dollar fee for an on-campus parking pass. Why should any commuter be forced to pay for parking when there is usually no place to park? Where is the so-called personal attention they claim to be bestowing on us?***

My frustration was enhanced this semester when I heard that

the University was charging a twenty-dollar fee for an on-campus-parking-pass.

Why should any commuter be forced to pay for parking when there is usually no place to park? Where is the so-called personal attention they claim to be bestowing on us?

Personal attention should begin with making it a relaxed experience with each and every arrival at the campus. Not a hurried, migraine inducing search for a place to leave ones car in order to attend class.

Personal achievement for commuters is made difficult at Sacred Heart and will continue on this course unless some personal attention focuses on the parking situation.

Sincerely,

Angela DeFilippis

## "Rushing" Around The Country: John Rush Rocks!

By Kerry Freel  
Editor-in-Chief

Some know him as John, others as Johnny, while some call him Mr. Rush. At colleges around the country, he is referred to as "the human jukebox." He's "the best unsigned artist of 2002" according to the participants of a Nashville Readers Poll, the "best music special artist of the year 2003" according to campusawards.com, and "concert entertainer for 2002" to Campus Activities Magazine. Singing, guitar playing, playing the harmonica and taking requests are some of the things Rush does best.

Rush performed at SHU on Thursday night, during the Yankee and Red Sox final play-off game, in the University Commons. He has a wide repertoire of music abilities, able to play songs from Pearl Jam to Phil Collins, all in one two hour show. He plays his own music and also takes requests in an interesting mix.

Most of his songs are from the two CDs he's put out so far, "They Don't Know My Name," and "Autumn and Everything After," (which is a spin-off title

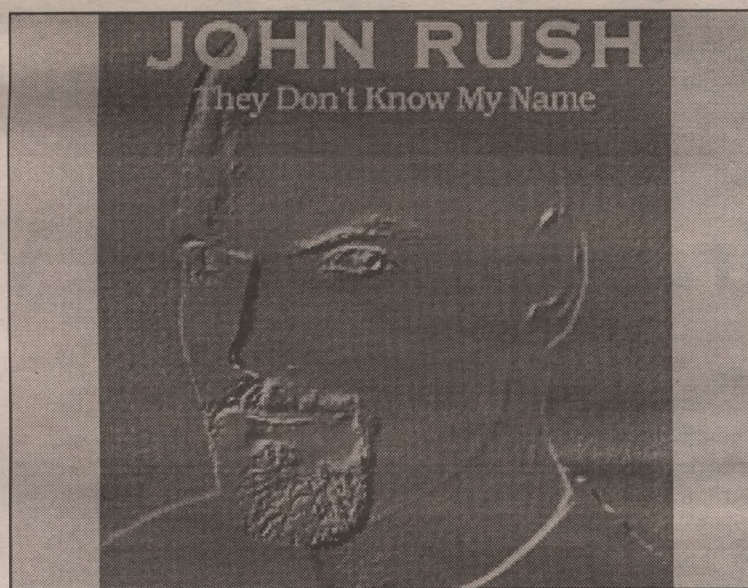


Photo Courtesy of John Rush

John Rush's CD cover for his album "They Don't Know My Name."

from the Counting Crows CD "August and Everything After").

Rush also explains what life on the road is like to those who are not familiar with it.

***He always ends with a song called "Coconuts" which requires some improvisational work on his part. He turned the tables and instead of playing requests from fans, he requested the names of some of the fans.***

Rush is working on a new CD also, so fans got a preview of some of this new material at Thursday night's performance.

Besides performing music,

He also said what kind of instruments he uses and how he tunes his guitar.

Rush didn't rush through his gig either. After pleasing the

crowd with classical rock, and some modern rock, Rush asked if he could keep on playing. He sang until well past midnight and then talked with audience members afterwards.

I saw Rush when I was a freshman here and it's sad to think that this is going to be the last time I see him in confines of Sacred Heart. I interviewed him for the Spectrum and didn't even know if the article would run (it did). It's been incredible to watch him mature as an artist over these few years and I only hope that other people can get to experience his musical excellence in performances to come!

He always ends with a song called "Coconuts" which requires some improvisational work on his part. He turned the tables and instead of playing requests from fans, he requested the names of some of the fans. Rush then incorporated these names into rhyming lyrics that gave everyone a laugh.

To learn more about Rush, listen to some of his tunes, or find out when he'll be in the area again, log on to [www.johnrush.com](http://www.johnrush.com).

***Do you have any opinions on:***

***Politics?  
Religion?  
Games?  
Workloads?  
SHU Events?  
FLIK?***

***Something you'd like to see available on campus?***

***A class you'd like to recommend to someone?***

***We at the Spectrum want to hear from you.***

***Send your ideas, suggestions, and comments to us:***

**spectrum  
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# FEATURES

## Sacred Heart Alumnus Makes Vacations His Business

By Kelly Ryan  
Staff Reporter

Wouldn't it be great if college students had a reliable and understanding person to go to when planning their spring break trips? One Sacred Heart graduate made a business out of providing such a service. Mark Signore, class of 2001, now heads a spring break/travel company called Spring Break Solutions. The alumnus grew up in Wallingford and started his college career at SHU as a freshman.

"I was the typical freshman. I partied a lot and even made a few mistakes. But I did work my way out of them to get where I am now," Signore says,

Despite the self-proclaimed partying as a freshman, Signore's switch in major indicates that he was hardworking and thoughtful leading up to his graduation. He started college as a business major then decided to switch over



Photo by Robert Trenske

**Mark Signore graduated from Sacred Heart in 2001 with a degree in psychology and runs a business called Spring Break Solutions that helps college students plan Spring Break trips.**

to psychology. Thinking about a possible career in teaching, he graduated with a psychology degree and a minor in education.

Through Signore's time at Sacred Heart, he had a part time

job that started his sophomore year with a travel agent that dealt with planning and booking spring breaks. This part-time job helped spawn Signore's idea to start his own business.

After graduation, Signore's plan was to stay local and open his business (Spring Break Solutions) in New Haven. He put himself into a position where he would work with World Tech Travels, which is a corporation that deals with collegiate sport traveling.

Spring Break Solutions strives to provide quality trips for students focusing on the number of trips they sell. They also provide representatives at every location in order to provide assistance at all stages of a student's trip.

Signore is trying hard to stay

within the SHU community. He says, "A lot of companies try to rip students off. I want to provide students with easy ways to plan spring breaks."

While Signore feels that his psychology degree is useful in his business, he still has future plans to finish up a business degree at Sacred Heart.

To learn more about Spring Break Solutions, look for Mark's table set up in the academic building in upcoming weeks, visit his website at [www.springbreaksolutions.com](http://www.springbreaksolutions.com), or call 1-877-2-THE-FUN.

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Campus Reps Wanted!

## Communities Addressing School Violence

By Deborah Carrara  
Staff Reporter

Bullying is defined as the systematic and chronic physical and/or emotional abuse inflicted on one or more students. Many students across the nation suffer the damaging effects of an oppressive situation in school. Educators agree that the prime environment for learning is one where the student feels safe, secure, and respected, and that the combined efforts of students, teachers, administrators and the community can facilitate a more conducive environment for the learning process.

The National Education Association has openly recognized this and other concerns regarding bullying by implementing a nationwide campaign called The National Bullying Awareness Campaign (TNBAC), which addresses the many issues that arise from typical bullying behavioral patterns.

The goal of TNBAC is to reduce and eradicate bullying in America's public schools, while inviting private schools to take a more aggressive stance and follow in suit. Campaign advocates urge other schools and organizations to join forces.

Based on the belief that bullying and harassment are community issues that require total community involvement to find solutions, TNBAC suggested that elementary schools should partner with higher education institutions to publish conclusive data about the negative effects of bullying in later years. Communities fear violent outbursts like that of the Columbine High School massacre.

According to a joint effort report by the U.S. Department of Education and the U.S. Secret Service titled Final Report and Findings of the Safe School Initiative, each of the 41 aggressors in the nation's 37 school shootings had been victims of bullying. In one incident, fellow students were quoted as saying that the attacker had been

"the kid everybody teased" and that "nearly every child in the school had at some point thrown the attacker against a locker, tripped him in the hall, held his head under water in the pool, or thrown things at him."

Early identification and intervention are necessary steps

***"Bullying involves a spectrum of behavior ranging from teasing to insults to outright physical abuse"***  
**Dr. Amy Van Buren**

in order to curb and eliminate aggressive behavioral patterns in children among their peer relationships. Bullying, though most common during middle school years, is not uncommon in classrooms as young as preschool and early elementary school.

"Bullying involves a spectrum of behavior ranging

from teasing to insults to outright physical abuse," says Dr. Amy Van Buren, Ph.D., and Assistant Professor at Sacred Heart University. "It tends to be most common during the middle school years, particularly in the years from sixth to eighth grade. This may have to do with changing schools, as many kids do in the sixth grade, and with the difficulties some kids have with establishing new peer groups in the new school."

Van Buren adds that bullies are "first noticeable in preschool" and that by elementary school years "these are the kids who are difficult for the teacher to handle, who become a serious problem in middle school."

Dr. Kathryn M. LaFontana, Ph.D., Associate Professor, and Department Chairperson at Sacred Heart University, centers most of her research on bullying and peer relationships.

"My research focuses on how aggression and bullying is often associated with being popular and in a position of dominance in

the peer group."

Dr. LaFontana sheds new light on traditional beliefs that bullies have poor social skills and use their tactics to get what they want.

"What I and other researchers have found in our research is that the children with the highest status in their peer group (those labeled "popular") often use aggression (either physical or verbal) to manipulate others, and that they are very skilled in how they use it."

LaFontana adds, "[These] findings suggest that bullying may be a really difficult problem to address because it is rewarding to those who engage in it."

The National Institute of Health (NIH) put together a study examining the direction that such aggressive behaviors can escalate to. The NIH connects violent behavior in older adolescents with both the bully and the victim.

**See "School Bullies"**  
**Continued on page 9**



# Cell Phones a Necessity for College Students

By Vanessa Rubino  
Staff Reporter

When Sacred Heart University students want to get in touch with friends and family, most turn to their cell phones. Many students don't bother with the landline phone in their dorm rooms or apartments.

Instead they rely on the wireless device that has evolved from a status symbol to a college necessity. The familiar beep of Nextel's direct connect and the summoning Nokia tune can be heard everywhere, from campus hallways to classroom lectures. Co-eds cite many reasons for using cell phones.

"My cell phone keeps me in better contact with my family and friends," said Basia Horelik a senior from Plainville, NY.

She believes that her cell phone saves her money on long distance, yet she also argues that cell phones have disadvantages.

"Cell phones can become addicting, especially since the first thing people do as soon as

***"My cell phone keeps me in better contact with my family and friends"***  
**Basia Horelik**

they get out of class is start calling people. Just walking down the hallway, it's a given that you'll see at least ten people talking on their phones," added Horelik.

Other students argue that cell phones can become expensive, despite their enticing offers of free nights and weekends and nationwide long distance.

"At first I thought it would be cheaper to get a cell phone to use for long distance. But I guess I never read the fine print on the contract. I have received a few bills that were more than I expected because I used my phone too much. Now I try to only use my cell phone at night to prevent pricey bills," said Jay Cucolo a graduate student from Milford.

Despite the risk of potentially high phone bills, many students opt for wireless technology to stay connected. Many cellular phones have added extras such as text messaging, digital cameras, and internet access that make life easier for busy college students.

Bobby Andrews, a senior from Catskill, NY mentioned that he loves the phonebook feature on his cell phone.

"I use my cell phone because everyone else has one, and I can

class. Most students can identify with the annoying and distracting sounds of downloaded ring tones during lectures, or have been embarrassed by an unexpected phone call.



Photo by Robert Trenske

**Many students note pros and cons when it comes to using cell phones, but most agree that a cell phone is a must for school.**

keep the numbers in the phone book, so I don't have to remember them. It also helps me keep in touch with my friends and family at home without having to use calling cards all the time," said Andrews, who like many others appreciates the flexibility and ease of cell phones.

Instead of using calling cards and cumbersome pin codes for long distance calls, cell phones allow users to simply dial the number and hit send. The ease of use and cell phone popularity on campus has decreased the need for university long-distance calling plans.

As a result, Sacred Heart has limited the amount of active university landlines at off-campus housing sites such as Parkridge. Now only one active landline is allotted per bedroom, forcing some students to share a single telephone number.

"When they took away some of the landlines, they assumed that everyone had cell phones. Because of that, I was forced to use my cell phone for all local calls, and my bill was over \$100," says Leslie Bolen a senior from Hampstead, NH.

Yet Sacred Heart's assumption that a majority of students use cell phone is in line with other national studies. The Federal Communications Commission estimates that approximately 61% of 18 to 24 year olds have their own cell phones. So many students have become attached to their cell phone that many Sacred Heart professors have begun to add sections in their syllabi to ban their use during

"It is just common courtesy to not have your phone go off during class," noted Ed Marotta, a senior from Bethpage, NY.

Most students shut phones off when entering class, or at least switch them to vibrating or silent modes to prevent disruptions. But sometimes students forget about their cell phones because they have become such a common access-

***"When they took away some of the landlines, they assumed that everyone had cell phones. Because of that, I was forced to use my cell phone for all local calls, and my bill was over \$100"***  
**Leslie Bolen**

ry to the technology wardrobe.

In the next few years, cell phone use is expected to rise on college campuses. According to a study conducted by Cahner's In-Stat Group, cell phone users are expected to increase to over 43 million by the end of the year. The incessant ringing and beeping of cell phones will only increase as plans and phones become less expensive and more popular among college students who view the technology as a necessity instead of a luxury.

## School Bullies

Continued from page 8

"It appears that bullying is not an isolated behavior, but a sign that children may be involved in more violent behaviors," reports Dr. Duane Alexander, M.D., and Director of the National Institute of Child Health and Human Development (NICHD). "The implication is that children who bully other children may benefit from programs seeking to prevent not just bullying, but other violent behaviors as well."

Highlighted findings in the study show that bullies and their victims were more likely to engage in other forms of violence than children who had not been involved in bullying, with the bullies themselves being at greatest risk of graduating to other forms of violence. The report also noted that boys were more likely than girls to be involved in bullying and that bullying away from school grounds may be more severe as there is less adult supervision.

Note the untimely death of Mark Fisher, a 19-year-old sophomore student at Fairfield University and assistant supervisor for the school's intramural athletics program. Just over a week ago, Fisher was fatally shot while off campus, allegedly by a peer in a dispute over a girl. Fisher is described by program officials at the University as being "very responsible and a very nice young man." An investigation is underway, and it is highly probable that violence and bullying will play a part in the assailant's history.

Schools across America are taking a variety of measures to improve campus safety by implementing several programs and regulations. Student conduct and dress codes are the foundation of other more behavior specific guidelines. Anti-bullying instructional programs and counseling and mediation from guidance departments help to educate and curb such difficult situations in the classroom and on school grounds. These programs have been adopted and altered to fit the specific needs of even pre-school students. Across America more and more organizations are recognizing the need to work together to make schools and communities less victimized by acts of violence.

Kindergartners at Tokeneke Elementary School in Darien, have already been exposed to the school's "mission" to create the best possible learning environment for everyone involved. Principal MaryLee Fisher publicly displays the school's code on their website, "At Tokeneke School we are kind and accepting, honest and

responsible, safe and peaceful, respectful to all..."

From the first day of Kindergarten through the last day of fifth grade, the children there are taught to recognize "random acts of kindness" and to engage in helpful and supportive interaction with each other. They are acknowledged with "tokens" and a weekly drawing for ice cream certificates at the local Baskin Robbins.

***"There are many efforts to improve communication among different parts of the University and give everyone the opportunity to obtain what they need through fair and positive methods"***  
**Dr. LaFontana**

At Tokeneke, the bully awareness initiative is integrated into the curriculum with fluidity and can be recognized in the philosophies of Darien's Middlesex Middle School and Darien High School. With an emphasis placed on community awareness and responsibility, each of the town schools and community organizations are united in this positive direction.

Colleges and Universities are highly cognizant of the dedication it takes to create and maintain a safe campus for students, administrators, and faculty alike. On and off campus students are exposed to the risks of violent situations among peer groups.

The best way to combat the problem of violence in our youth is to create a social environment that does not reward aggression. Dr. LaFontana endorses Sacred Heart University's emphasis on community service. She views it as a way of "developing empathy in students, faculty, staff, and administrators."

"There are many efforts to improve communication among different parts of the University and give everyone the opportunity to obtain what they need through fair and positive methods," says Dr. LaFontana.

With more education and awareness, more schools, towns, businesses and organizations are bound to adopt more aggressive strategies in addressing the seeds of violence in the youngest members of our community. These measures safeguard not only the learning environment, but also the living environment of our communities as well.



# A & E

## Jess Gets "Reloaded" into the Matrix

Jess McCann  
Staff Reporter

The aroma of melted butter on popcorn trails through my living room mingling with the scent of autumn mum's, apple cider, and ginger-scented potpourri. The rain is pounding against the window; it's the perfect night to watch a movie. With the fireplace lit, I curl up under a flannel blanket on the couch feeling the heat seep through my pajama pants from the hot bag of popcorn.

Usually I can't say that I'm thrilled to be home for the long weekend working on something for school, but this is a special case. You see, "The Matrix Reloaded" is in my DVD player before it's even been released to the public in video stores, and I get to write a review about it.

"Matrix Reloaded" directors Andy and Larry Wachowski were once described by Elvis Mitchell of the "New York Times" as, "The relentless love[ers] of movies, junk-food mythology, and thoughtful re-imagining of a future endangered by mass consumption and proliferation of pleasure to the point of soullessness." This complex description

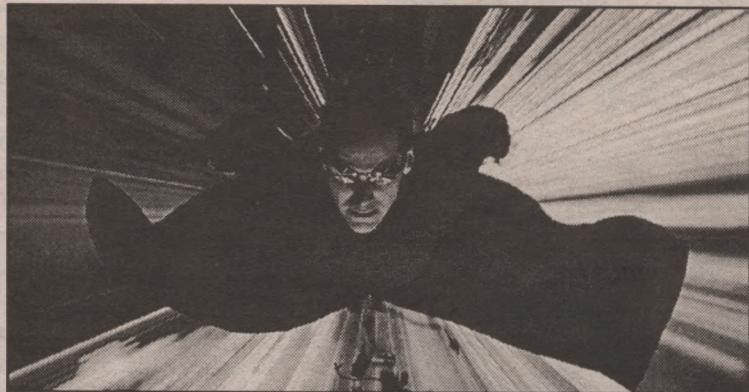


Photo courtesy of Warner Bros.

Neo (Reeves) flexes some of his "super-human" muscle.

couldn't be closer to the truth and certainly shows in the second act of the "Matrix" trilogy.

The sequel stars many returning cast members, as well as some new additions including, Keanu Reeves, Carrie Anne Moss, Laurence Fishburne, Jada Pinkett-Smith, Hugo Weaving, and Monica Bellucci. By the time this article is published, "Reloaded" will have become available nation-wide and will likely have shot to the top of the charts.

As such, this is the so-called middle act of the "Matrix" trilogy. The story continues from the previous "Matrix" with living machines still ruling over the majority of the world and Zion as

the last remaining human stronghold. But this time, more and more humans are being awakened from the digital slumber of the Matrix in order to live among the humanity of the real world and to fight the army of machines whose goal is to destroy the entire human race.

As "Reloaded" opens, the audience gradually comes to find out that there are 250,000 Sentinels that have been programmed to destroy the last humans on Earth and are only hours away from Zion. Neo (Reeves), "the One" according to a religious-like conviction that Morpheus (Fishburne) and several others believe in, has to fulfill the Oracle's Prophecy to

end the war with the machines. The anticipation begins when Neo is stalled because of disturbing visions that hold him back from completing his mission of saving the human race from utter demise.

In a word, "The Matrix Reloaded" boasts incredible graphics. One can literally feel the machines and the movement of another world, and the viewer's attention is completely captivated by the very realistic appearance of the machines and the vulnerability of the dwindling human population. The film is very well designed and stylized. The costumes, scenery, and many other aspects are put together to depict a very dark time of human existence and to make Zion only a "Play" button away.

In addition, many of the characters have been further developed in the time lapse between the first and second films. Neo is an R-Rated, sci-fi super hero that is much more powerful and sensual than he appears in the first "Matrix." The love story between he and Trinity (Moss) continues to evolve as Trinity shows a more vulnerable side and lets Neo discover her love for him. Morpheus, too, has become intertwined in a love tri-

angle of sorts and has taken on a more human-like role rather than that of a spiritual God. The audience even begins to explore more into his personal life and discover a past love of his.

At certain points throughout the film, the plot becomes a bit lost and confusing. Nonetheless, "The Matrix Reloaded," like its predecessor, still gives the audience the thrill and sensation of another world with a wild imagination. Though at some points the story may seem absolutely predictable, the filmmakers suddenly take another turn that leaves the audience anticipating right until the end.

As the credits ran on my TV screen, the rain outside became a quiet hush and the aroma of warm buttery popcorn was now long gone. I realized how dark the house looked, as well as the fact that I was home alone. I felt eyes peering at me through the dark open spaces outside the window, and curled up under the blanket. I closed my eyes and thought to my self, "Do you honestly believe that machines could ever take over the world and brain wash you? No, that's just the purpose and fantasy of a well-made film."

## The Video Geek Strikes Again!

Patrick Scalisi  
A&E Editor

Only Quentin Tarantino.

If there is one mantra that consistently marks the work of one of today's most inspired (if not odd) filmmakers, this would be it. Only Quentin Tarantino could make a modern-day homage to the kung-fu flicks of old that was millions of dollars over budget and months behind schedule. Only Quentin Tarantino would have the diluted sense to report to "Entertainment Weekly" that during those overschedule months, he and his cast would retire to their Tokyo hotel nearly every evening to drink and smoke cheap Asian weed. And only Quentin Tarantino would have the guts to tell Bob and Harvey Weinstein to buzz off when he was asked about, and then have the audacity to split his newest and much-anticipated film into two volumes. Yes, fans, only Quentin Tarantino could get away with making "Kill Bill."

But is "Bill" on par with some of Tarantino's other modern classics, namely "Pulp Fiction" and "Reservoir Dogs?" The answer, not surprisingly, is about as twisted as Tarantino himself.

"Kill Bill" is the mixed-up story of "The Bride" (Uma Thurman), who is nearly killed on her wedding day and left to languish in a coma for four years. The audience knows very little about the Bride, save that she was once employed by the Bill of the title and that she was part of an elite group of assassins that bears a remarkable resemblance to the fiction Fox Force Five of "Pulp Fiction." The audience doesn't even know the Bride's real name, as Tarantino has it bleeped-out even time it is spoken aloud.

What we do know is that Thurman is angry. Very angry. So angry, in fact, that she is willing to take on her former co-workers and employer in a complex plot of revenge that involves a mystical samurai sword made by a legendary sword smith (the equally legendary Sonny Chiba) and—of course—gallons upon gallons of

fake blood.

All joking aside, though, it's true that only Tarantino could get away with making a film like "Kill Bill." The movie is meant to evoke the campy martial arts films of the 1970's that one now often finds on the discount rack of Best Buy, and certainly does so at every opportunity. From the obscenely-bright color schemes, to the outrageous opening credits, to the chapter cards preceding each portion of the film, "Kill Bill" certainly suggests the poorest kung-fu films ever made.

However, "Kill Bill" is not without its many flaws, a trait that has plagued most of Tarantino's post-"Pulp Fiction" work. "Bill" boasts few surprises and, likewise, little growth for the writer/director. It's certainly good that Tarantino didn't break with his usual style of contrived criminals and scrambled plot, but by the same token there was also no reinvention. Every artist comes to a point where his or her work must be reevaluated and Tarantino has certainly reached this impasse. Where he goes from

here has only yet to be seen.

Nonetheless, "Kill Bill" is a blood-splattered psychological trip that's truly taxing on any audience. By the end of the first ninety minutes, one certainly needs a break from somewhat-excessive gore factor. Tarantino does take every opportunity to work with new and unique camera-angles, a skill which he has arguably mastered, and to remind his audience that even he

barely takes his work seriously. (Tarantino was mysteriously absent from the "Kill Bill" premiere in Hollywood, citing a cold as his reason for not attending.)

While not his best work to date, "Kill Bill" is certainly worth more than a passing gander—just don't expect to find anything new in the medium that has given the video geek from California so much.

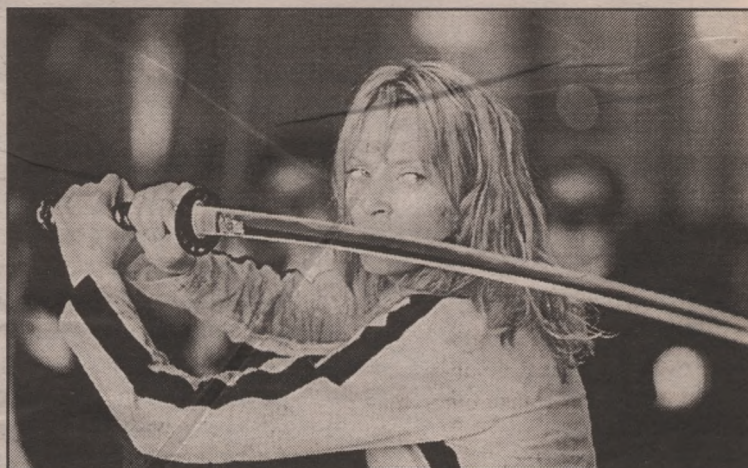


Photo courtesy of Miramax Films

Uma Thurman stars as The Bride, an ex-assassin on a quest for vengeance.



# ESPN Series "Playmakers" Unpopular with NFL

Jayde Levesque  
Staff Reporter

SHU students and television fans alike are all talking about ESPN's first dramatic series, "Playmakers." Loaded with dramatic elements, this controversial show has caused a stir with the powers that be. Although the Nielsen Cable Rating quoted the new drama series as being viewed in over 2 million homes, NFL officials are reportedly very upset.

NFL Commissioner Paul Tagliabue has labeled the show as a "gross mischaracterization of [football]" and while the NFL is never directly named or discussed in the show, "Playmakers" resemblance to the professional sport is uncanny.

"It does not bother me that it makes [football players] look bad, but it shows what sometimes happens off the field" says Anthony Griffin, a Sacred Heart football player, junior from Cranston, RI, and frequent watcher of the show. "Some of this stuff happens, but most of it is for TV," he notes. In fact, many watchers claim to love the show, but at the same time acknowledge that it isn't exactly great for the NFL image.

Although the show debuted on Aug 26, it is increasingly becoming an issue for the National Football League as the subject matter gets more interesting, and, at times, controversial. One of the most recent episodes portrayed the fictional "Cougars" quarterback as being addicted to pain pills. In addition, other side-plots have one of the running backs arrested for spousal abuse and another running back stealing morphine pills from a terminally ill child in his hospital bed. Players are hardly put in a squeaky-clean light and medical officials are often portrayed as corrupt or inept.

"It is distasteful and in some ways even insulting to those of



Photo courtesy of ESPN

"Playmakers" is ESPN's first ever dramatic series.

us that are [involved in football] everyday," commented Buffalo Bills Coach, Greg Williams in a "Democrat & Chronicle" article. "It is far from the reality I've been involved with my whole NFL career" he says.

While some of the content that makes up "Playmakers" may be distasteful and insulting, one must remember that it is merely a dramatic series meant strictly for entertainment value. However, some television viewers don't agree.

"It makes football players look bad" said Nick Savino, a junior from Newtown. Savino, also a football player at Sacred Heart, is in agreement with the NFL's beliefs that the show is a gross inflammation of its subject matter.

On the other hand, though, many viewers see the show for its entertaining qualities rather than its supposed negative portrayals. Although the NFL has openly trashed the show's credibility, there are still those that appreciate its dramatic value, SHU students and famous NFL stars included.

"I don't get mad at it; I take it for what it is," notes Buffalo Bills wide receiver Bobby Shaw,

also quoted in a recent article of "Democrat & Chronicle." "It's a TV show. I watch it for entertainment." Several Sacred Heart students agree.

"It's a great dramatic series for young guys to watch" says Albert Fera, a junior from Providence, RI. "It has sex, drugs, and sports all in one!" Although not a Sacred Heart athlete himself, Fera is a regular watcher of the show.

As well as "Playmakers" entertaining aspect, there is also the feel of it seeming real to viewers, especially to sports fans.

"I think it does a good job of giving the regular football fan a look into how players are on and off the field. I think the show is awesome!" says Keith Mitchell, a junior from Garden City South, NY. Mitchell, an avid sports fan also says that "Playmakers" is "one of the best shows on television today."

One can certainly argue that any good television program is apt to stir up some controversy, and "Playmakers" is certainly doing so. As to the future of ESPN's first and only dramatic series, fans will have to wait and see what plans "Playmakers" still has in store.

# "Runaway" with Professor and Maryann

Nadia Korovesi  
Staff Reporter

Ken Rockwood and Danielle Brancaccio are the artists behind the folk-rock styles of Professor and Maryann, a musical outfit that began in their native New York in the early '90s. Their latest album "Runaway Favorite" is yet another excellent display of Rockwood's singing, songwriting and guitar skills, and the angelic vocal beauty of Brancaccio that have cast the duo as a sure success.

Bar/None executives discovered Rockwood and Brancaccio at the Manhattan music club CBGB and signed them on the spot because of their exceptional songs, uncommon singing skills, and overall performance. They believed (and still do today) that Rockwood was a great writer and that Brancaccio brings a lot of imagination and feeling to the duo's songs.

So far Professor and Maryann has released four albums that have received rave reviews from critics. Their music is described on the PAI Media website as an "enchanted world of soft chords and sweet airy vocals. [Professor and Maryann's] songwriting goes way beyond the heart and finds a universal way of showing different emotions and experiences." This, of course, couldn't be closer to the truth.

"Runaway Favorite," was released on June 10 and music columnists have been praising it for months. "The duo's strength is in its simplicity, with Danielle's sensuous velvet vocals playing off Ken's elegant harmonies and subtle hooks," reported the UPI news service.

The cover of the album shows a galloping horse with a person on its back. The smooth sound of the songs creates a feeling of riding that horse and going from place to place. "We did consciously make [the album] start at a place, go somewhere and end at the same place," said Rockwood on PAI Media.

Brancaccio's voice fills most songs with a great elasticity of whisper and articulation. In the second track of the album, "Whisper To Me," she sings with a smoky voice, "I'll be fine for now/ I'll take what you say and I will swallow it down/ I'll be fine for now/ Let the rain hit my face I'll try not to drown."

Throughout the entire album, Brancaccio's breath-infused vocals convincingly make an emotional appeal of vulnerability with listeners and most of the

lyrics are driven by a variety of melancholic string tones. For example, in the opening song, "Bible And A Gun," she sings, "It feels like the world's got it in for us/Suspicious eyes turn around every corner/Streetlights shine down revealing us."

Rockwood and Brancaccio, a romantic couple, exude great chemistry while performing. The song "Thick As Thieves" can make anyone who has ever eyed a couple with such a connection wonder, Why can't I find love like that? as they sing "I'll steal the sun out of the sky/Set it dancing in your eyes/We'll put it all down on Happy Couple to win/ Our lips will curl with grins."

If the record were a color, it would be yellow with gray shades



Photo by Jay Strauss  
Contributed by PAI Media

**Ken Rockwood and Danielle Brancaccio comprise the musical duo Professor and Maryann.**

ows in the shape of clouds; if it were a feeling, it would be melancholy after the break up of a relationship; if it were an animal it would be a black horse traveling free from place to place. But as an album with minimalist output, "Runaway Favorite" complements the qualities that can truly captivate listeners.

"Runaway Favorite" is yet another original and inspired piece of work from Professor and Maryann, in which the duo tries to take their music to new heights by adding bass, drums, and strings to the already great acoustic sounds of their previous works. This album should be greatly welcomed by their existing fans and it is bound to attract many more listeners willing to explore the independent folk-rock scene.

## Reminder!

Time is running out for the SHU Cult Hits deadline! As noted in earlier issues, the A&E section of The Spectrum is compiling a list of SHU's Top Cult Hits and now we need reader submissions! Entering your favorite cult film is easy and we need as many submissions as possible to make our list a success.

In order to submit an entry, please write to SHUCultHits@yahoo.com. Is

"Office Space" your favorite comedy to watch with your friends on the weekend? Did "Run Lola Run" really mess with your head? Now you can enter all of your unsung favorites onto our list with one simple email.

Remember: each entry must include your full name, grade, title of the film you wish to enter, and a short explanation of why you feel the film belongs on The Spectrum's list of SHU's Top Cult

Hits. The subject of your email should read "SHU's Cult List."

All entries must be received by 8:00 a.m. on Thursday, November 13, so don't wait until the last minute to send in your submission. The list is slated to appear in the following week's issue of The Spectrum based solely on reader response. Please limit one entry per student and happy watching!



# PIONEERS



## Sports Shorts

Compiled by Katie Atkins  
Sports Editor

### Recap of the Women's Golf Team's Fall Season

The women's golf team opened their 2003 season the weekend of Sept. 16-17 with an 18th place finish at the Dartmouth Invitational. Freshman Kathleen Cummings (Waltham, MA) led Sacred Heart with a combined two-day score of 200. The next weekend, the women traveled to Richmond, RI to compete in the Bryant Invitational. The Pioneers finished 12th out of 14 teams and were led, once again, by Cummings, who posted a two-round total of 191, for a solid 45th individual finish overall and teammate Ashleigh O'Rourke (Glenwood, NJ) who finished with a two-round total of 197. The weekend of Oct. 11-12, the Pioneers traveled to the nearby town of New Britain to compete in the CCSU Invitational. Cummings once again led the Pioneers with her two-day total of 185, which earned her 34th place, individually overall. Teammate Meghan Kelly, a sophomore from Central Valley, NY, posted a personal collegiate best of 94 the first day and finished with a two-day total of 193. The Pioneers competed at the Hofstra Invitational this past weekend but the results were not available at press time. This tournament marks the end of the women's golf team's fall season.

### Recap of the Last Seven Women's Volleyball Games

The women's volleyball team finally snapped a six-game losing streak, dating back to Oct. 1st, with a 3-0 home victory over St. Francis (N.Y.). The team was led by freshman Charnette Porter (Framingham, MA), who had 11 kills and just two errors in 20 attempts and also added two solo blocks. Senior Lauren Lamb had (West Bloomfield, MI) also had 11 kills to go along with three digs. Junior Stacey Geyer (Amityville, NY) posted 10 kills and eight digs. Senior Caitlin Azhderian (Sebaspol, CA) recorded a team-high nine digs, while fellow senior Meghan Eaton (Colorado Springs, CO) recorded three-service aces. The past two weeks were rough for the team, who posted losses to Providence, Iona, Albany, Marist, Boston College, and Quinnipiac. The team is back in action this Monday with a 6 p.m. match against Manhattan in Riverdale, NY. In other women's volleyball news, Lamb was named the Sacred Heart University athlete of the week for the week of Oct. 13-19.

### Pioneers improve record to 6-1 overall

With two consecutive victories on the road, the Pioneers have upped their record to 6-1 overall, and 3-1 in the Northeast Conference. The latest win was a 24-20 victory over Robert Morris University just outside Pittsburgh in Moon Township, PA.

### Messenger Named Athlete-of-the-Week Once Again

Sacred Heart Senior Julie Messenger (Hinsdale, NH) made a mark on her senior day at Campus field on Thursday Oct. 16, netting two goals to lead the Pioneers to a 2-1 victory over NEC rival Quinnipiac. The win puts Sacred Heart to a 7-9 and 2 record in the NEC while Quinnipiac falls to 5-9 and 2-2 in the conference. Messenger was named the Northeast Conference Player of the Week for week ending Oct. 19. This is Messenger's second time receiving such honors this season.

## That One Hurt a Lot

By Hank Gargiulo  
Sports Columnist

I cannot even describe what I felt when I saw that ball go over the left field wall. I'm pretty sure there is no adjective in the English language that can accurately illustrate what I suffered at that moment. An entire season was over, but more importantly, a dream was over.

Everyone in Red Sox nation, every player, front office employee, trainer, fan, grounds crew member and vendor all had their heart sink to the bottom of their stomach when Aaron Boone took a Tim Wakefield knuckleball out of the park to start off the eleventh inning, and end the Red Sox season.

All I could do when I saw it was hope that a gust of wind would knock it foul, that it somehow would die in the outfield and be an easy catch for Manny Ramirez, but it was not to be. Now instead of a dream World Series match-up between the Red Sox and the Cubs (which had the ratings people at Fox salivating like a Pavlovian dog) we are left with a Yankees and Marlins series, which has about as much of a story line as Fox's new sitcoms.

The game ending homerun may not have been the worst part

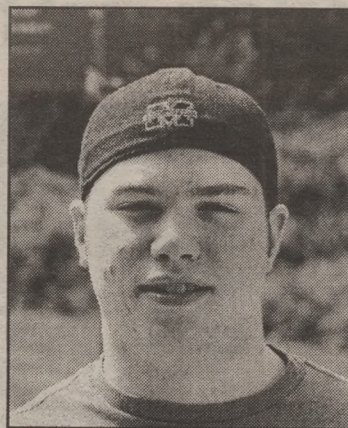


Photo by Robert Trenske

of the night either. That came in the eighth inning with the Sox leading 5-2. Pedro Martinez, who's only mistakes of the night were a couple of gopher balls to Jason Giambi, was still looking strong as he looked to lead the Sox to their first World Series appearance since the ill fated 1986 series. It all started innocently with a Nick Johnson pop out to Garciaparra. Then, as they say, the bottom fell out. You all know what happened so I am not going to go into the details. But the questions surround the inning. Why did Grady Little stick with Pedro when the Sox were a mere five outs from the World Series? Five outs, looking back it seems so simple.

From my seat, far from Yankee Stadium, it looked as if Grady gave Pedro the option, and Pedro, maybe selfishly, elected to stay in the game. No big deal. But why would Grady

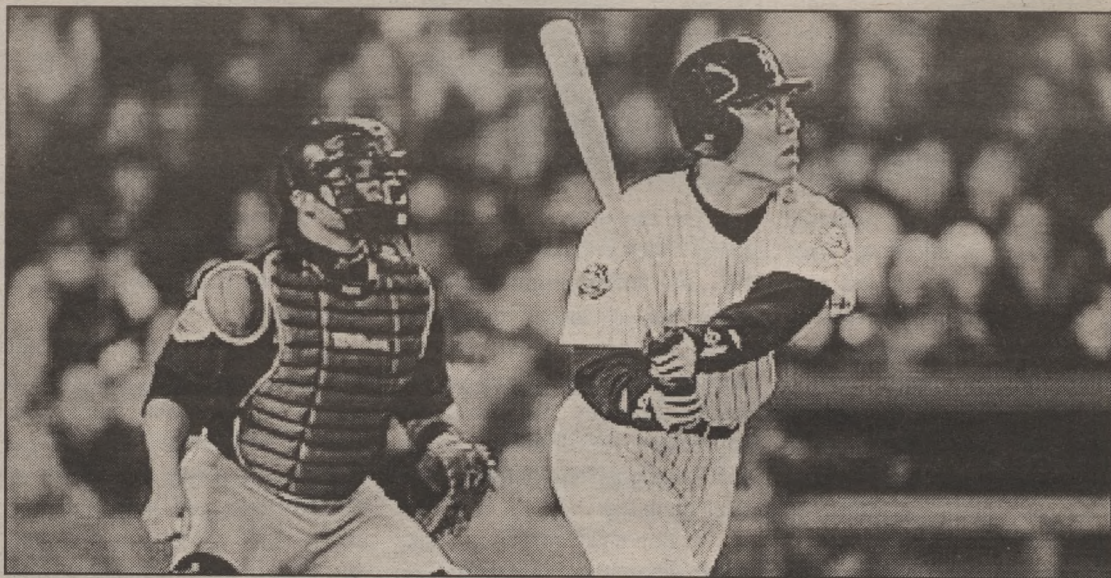
leave him in that long?

Now I agree with letting Pedro try to pitch out of the jam, but after the Jeter double, and Williams RBI single, Pedro should have been pulled. Why would Grady not use the fireballing lefty Alan Embree, who's been lights out in the playoffs, for the lefty-lefty match up with Hideki Matsui? WHY??

I guess Little knew something, or had a hunch, or is just plain dumb. But either way it doesn't much matter now. It was like Grady was playing Texas Hold 'Em with an ace in the hole, only to see the Yankees turn over a pair of Kings for the win.

As a diehard Red Sox fan all I could do is stare in shock. I came close to letting fly a string of expletives that even Bobby Knight would be proud of, but I held off. I came close to throwing things in a rampant fit that a four year old would envy, but I chose not to.

Maybe for the first time in my life, I took the high road. Congratulated all the Yankee fans in the vicinity on a great win in an amazing series and tipped my cap. Baseball is, after all, just a game, and myself is just one of millions surrogately living out my fantasies through 25 grown men playing a game. I guess it could be worse; I could be a Cubs fan.

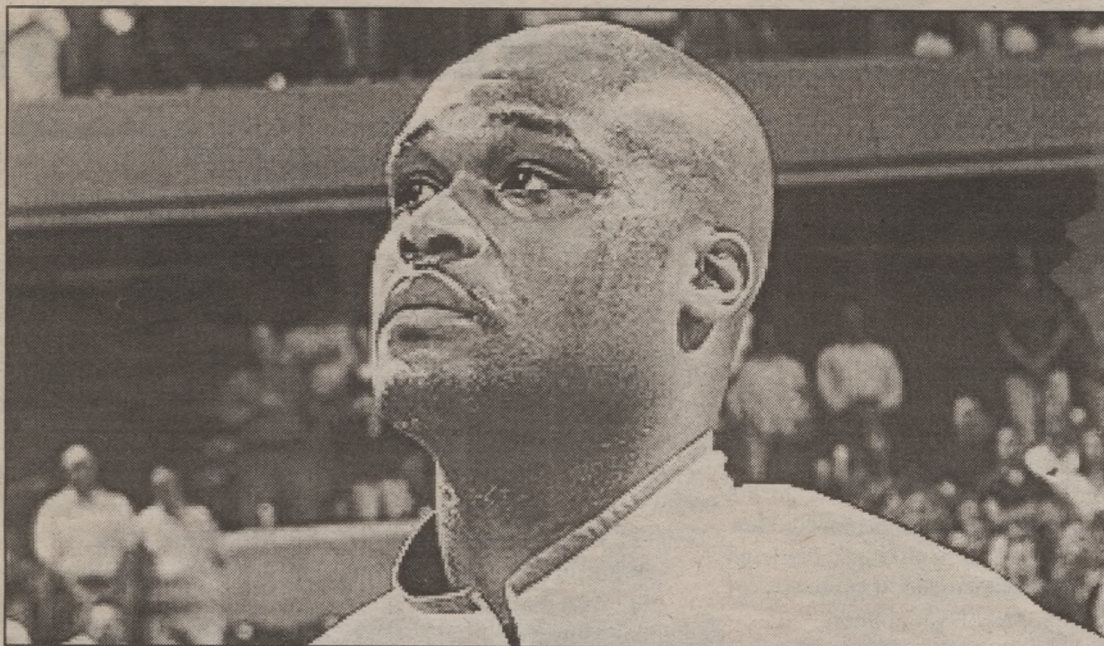


Yankee Hideki Matsui hit a three-run homer off of Marlins pitcher Mark Redman in the first inning of game 2 of the World Series. The Yankees went on to win the game 6-1 to tie the series at one game a piece.

Photo courtesy of MLB.com

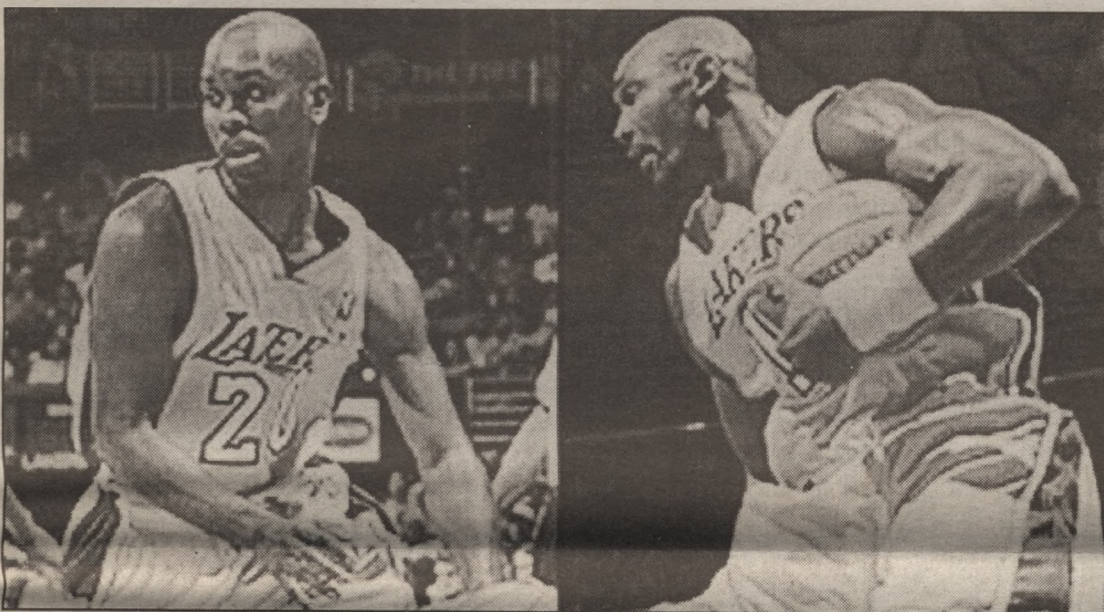
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This past Monday, the Boston Celtics traded all-star Antoine Walker along with Tony Delk to Dallas in exchange for Raef LaFrentz.

Photo courtesy of NBA.com



With the addition of future Hall of Famers Karl Malone and Gary Payton, the Lakers will be even more of a force to be reckoned with this season.

Photo courtesy of NBA.com

# Making Moves

By Greg Maurice  
Staff Reporter

The 2003 NBA off-season was the busiest in league history. From franchise players finding new homes, to blockbuster trades, to big signings, this summer had it all. The 2002-2003 champion San Antonio Spurs started their title defense by keeping the league's most valuable player, power forward Tim Duncan.

The Spurs added more talent to their championship roster, they traded for 35% career three point shooter Hedo Turkoglu, shooting guard Ron Mercer who has a career average of 15 points per game and 1.15 steals a game, and 7 foot center, Radoslav Nesterovic, who averaged 11 points and 6 rebounds last year.

Sacred Heart students have mix feelings about the whole off-season. "The Spurs are easily going to win it again. They pretty much have the same roster as last year and they added three more players who are defensively strong. The Spurs win games by playing good defense. They have a good talented team to do that, and to win the whole thing," said Paul Elumeze, a senior from Bronx, New York.

The Los Angeles Lakers efforts to get back their title from the Spurs meant that they had to strengthen their cast to help shooting guard Kobe Bryant and center Shaquille O'Neal. The Lakers signed free agent seven-time all-star point guard Gary Payton, and the NBA's second leading scorer of all time, power forward Karl Malone.

The biggest free agent signing of the off-season was five time all-star, point guard Jason Kidd who resigned with his team, the eastern conference champions; the New Jersey Nets. The Nets did not stop there, they went on to sign two time defensive player of the year, center Alonzo Mourning.

Sacred Heart students feel different about the transactions of the Lakers and the Nets. "I think the off-season was very productive. The Lakers picked up two future hall of fame players in Gary Payton and Karl Malone, while the Nets made good moves by picking up Alonzo Mourning. I am a Knick fan but without a doubt I think it will be the Lakers and the Nets playing for the finals," said junior Kyle Dayson from Queens, NY.

However, not everyone thinks that the Lakers made the right deal. "The Lakers made some good moves. They're like the Yankees and buy their championships. Their only problem and flaw is that they may need

two balls on the court at the same time to satisfy Malone, Shaq, Kobe and Payton" said junior Jason Coderre from Putnam.

On the other hand, the Lakers and the Nets were not the only teams that were active during the off-season. The Minnesota Timberwolves were the most active team over the off-season.

To assist their franchise power forward, Kevin Garnett, they traded for ten-year veteran and three-time all star, Sam Cassell, who averaged 16 points and 6 assists a game point guard, Sam Cassell and shooting guard Latrell Sprewell, who averages 19 points a game. The Timberwolves also signed free agent center, Michael Olowakandi who is a career 10 points and eight rebounds a game.

"The Timberwolves acquired some good free agents. They traded for one of the most athletic guys in the league, Sprewell. By trading for Sprewell and signing some other big time players would finally help Kevin Garnett to win a playoff series" said junior, Dion Daniels from New Milford.

The Indiana Pacers resigned their two time all-star center, Jermaine O'Neal. The most offensive team for the past two years, the Dallas Mavericks, traded Nick Van Exel for Antawn Jamison, who is a small forward with a career 20 points per game average. For all the teams that strengthened themselves in the off-season, many others were left behind without making any acquisitions. The Warriors lost Jamison, and with him, his 15.5 points a game, and shooting guard Gilbert Arenas who signed with the Wizards.

Players weren't the only ones changing teams.

The all-time winningest coach in the NBA, Larry Brown left the team he took to the finals two years ago, Philadelphia 76ers to go join the Detroit Pistons. With Brown in town, Rick Carlisle went from Detroit to Indiana. Carlisle won coach of the year his first year coaching in 2001. He has won at least 50 games with his two years coaching the Detroit Pistons. And Paul Silas went from New Orleans to Cleveland. All three of these coaches reached the playoffs last season.

The thing to watch will be if these acquisitions will truly help their respective teams, or if the off-season moves made were in vain. The NBA season kicks off Tuesday, Oct. 28. Until then, we must wait in anticipation for the season to begin, and see which teams free agent signings will truly make or break their seasons.

## THE PIONEER SCHEDULE

### Friday, October 24

Women's Soccer	vs FDU	Fairfield, CT	3 PM
Field Hockey	at Siena	Loudonville, NY	3 PM
Women's Ice Hockey	vs Michigan St	Fairfield, Conn.	8 PM

### Saturday, October 25

Football	at Iona	New Rochelle, NY	1 PM
Men's Soccer	at LIU Brooklyn, NY		2 PM
Women's Cross Country	at CTC Championship Ctr. Valley, PA		12 PM
Men's Cross Country	at CTC Championship Ctr. Valley, PA		12 PM
Women's Swimming	at Wagner/SFPA	Staten Island, NY	1 PM
Women's Ice Hockey	vs Michigan St	Fairfield, Conn.	8 PM
Women's Rowing	at Head of the Fish	Saratoga, NY	

### Sunday, October 26

Women's Soccer	at Quinnipiac	Hamden, CT	3 PM
Women's Equestrian	at Stony Brook	Stony Brook, NY	10 PM
Women's Ice Hockey	at Rhode Island	Kingston, RI	1 PM



## Women's Basketball

Continued from Pg 16

Coach Swanson accredits all members of the team with working hard on and off the court but really acknowledges the senior class for setting such a strong example for their teammates. Kohl shares this recognition with fellow senior captains Kate Maher (forward/Waterford, Ireland) and Shannon Quinlivan (guard/Albany, NY). Maher recognizes the efforts put forth by her upperclassmen teammates preceding her for setting a strong example. By following their lead, the team has lived up to the academic expectations year after year.

"Coach has always emphasized education first, and then basketball, so he sets the bar pretty high in that regard. Now, I think that it has just become habit

for us as a team to work hard in the classroom too," said Maher.

"The teachers and academic support for student athletes is a major reason we are able to accomplish what we have. As freshman we have mandatory study hall, so from the very first day coach makes it apparent that a good work ethic is necessary both on the court and in the classroom for success," said Quinlivan.

Sacred Heart wasn't the only Northeast Conference team ranked nationally. The NEC had a very respectable showing, placing three other teams in the top 25 as well. Robert Morris (7; 3.405 GPA), Quinnipiac (13; 3.355 GPA), and St. Francis (PA) (23; 3.249) joined the Pioneers on the Team Honor Roll.

## Bowling Kicks off Season

By Meghan O'Connor  
Staff Reporter

The Sacred Heart women's bowling team opened up their 2003-2004 season this past weekend, placing fourth out of a 13-team field at the Pennsylvania Classic in Lancaster. Moving up from sixth place from the first day, the only teams to get ahead of the Pioneers were New Jersey City University, Fairleigh Dickinson, and University of Maryland Eastern Shore.

"This past weekend went well considering this was our first tournament of the season. We weren't sure what we were up against, and we placed very well," said junior Nicole Peloquin (Enfield).

Individual scoring for the tournament was based on six games bowled the first day, combined with three games from the second day. Fairleigh Dickinson sophomore Lisa Friscioni high-

lighted the weekend by taking the individual triple crown; finishing first overall with a 223 average (9 games), the tournament's high game of 290 and the highest three-game set of 766.

Sacred Heart's top individual performances came from Peloquin in 13 place with a nine game total of 1800, averaging exactly 200. Sophomore Erin Gore (Woodbridge, VA) followed in 16 place with a game total of 1781, averaging 197.8.

Influential in team scoring is the five highest individual scores, along with six Baker games bowled on Sunday. Baker games consist of six games in which five teammates bowl two frames each.

"We bowled great in our Baker games on Sunday. I don't know if we have ever done that well. If we keep that team unity, we could definitely be a force to reckon with," said junior Carolyn Rich (Little Falls, NY).

The Sacred Heart men's bowling team finished the two-

day tournament in 12th after leading the field through three games.

Top finishers for the men include junior transfer Tony Federici (White Plains, NY), who averaged 217 for the nine-game block and also lead the team with a high three-game series of 770. He finished ninth overall in a field of 141 bowlers.

Junior captain Steve Columbus (North Adams, MA) finished 18th in the tournament by averaging 210 over the two-day tournament.

"I am very happy with how strong we were out of the gate. We just need to learn to keep that momentum through the entire tournament. Overall, I am happy with our performance in our first tournament of the season," said Columbus.

The men's and women's teams are both back in action this Saturday for their first conference tournament of the season, which will take place in Bellrose, NY.

"In order to promote awareness of diversity in the University environment and to enlighten the SHU community to the differences around us..."

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## FEAR NO PEOPLE WEEK

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Sunday, October 26

TRIP TO SALEM, MA

Enjoy a day in Salem, MA, all ready for Halloween! Check out the history about the Salem Witch Trials.

9:00am - all day in Salem, MA

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FESTIVALE INTERNATIONALE

Check out South Hall as each floor will represent a different country, decorated in its colors and culture with food to enjoy. Move to each country and enjoy a little culture!

6:30pm - held in South Hall

Sponsored by South Hall

BILINGUAL MASS

Come and celebrate Sunday mass in English and Spanish.

9:00pm - held in the University Commons

Sponsored by Campus Ministry

OPENING CEREMONIES

Receive fun giveaways, eat homemade food, participate in entertaining activities and learn about the upcoming events in Fear No People Week.

10:00pm - held in the University Commons

Sponsored by the Office of Residential Life Fear No People Week Committee

Monday, October 27

FNFW FILM SERIES-"MALCOLM X"

Come view the movie "Malcolm X", eat delicious food, and express your thoughts and feelings about the issues after the movie.

10:10pm - held in the Hawley Lounge

Sponsored by Taft Commons

Tuesday, October 28

DISABILITY FAIR

Experience life with different disabilities for giveaways.

Information will be available about different physical challenges in Fluk.

1:00pm - 4:00pm - held in Fluk and the Mahogany Room

Sponsored by ZLA

MEN ARE FROM MARS, WOMEN ARE FROM VENUS: BATTLE OF THE SEXES

Ever wondered something about the opposite sex, but were afraid to ask?

This is your opportunity to find out in a fun and non-threatening environment.

Time and location TBA

Sponsored by the American Italian and the Barnada Hotel

FNFW FILM SERIES-"THE PIANIST"

Grab some dinner at Fluk and come view the movie "The Pianist." Afterwards, express your thoughts and feelings about the issues in the movie.

7:00pm - held in the Faculty Lounge

Sponsored by Campus Ministry

AMERICAN RED CROSS THEATRE

Watch a presentation on sexual orientation and discuss issues following.

8:00pm - held in the Mahogany Room

Sponsored by the American Red Cross

SHADES OF POETRY

We invite you to read your original poetry written by your friends and classmates.

10:10pm - held in the Mahogany Room

Sponsored by UNOHA

Wednesday, October 29

TRIP TO THE HOLOCAUST MUSEUM IN WASHINGTON DC

Leaving at 6:30am, you'll be traveling to Washington DC by bus to experience the Holocaust Museum. Take advantage of this deeply moving and life changing experience.

6:30am - all day in Washington DC

Sponsored by the Office of Residential Life

Fear No People Week Committee

YOUR NAME IN ANY LANGUAGE

Have your name written in 5 languages.

2:00pm - 3:30pm - in hall near FLIK

Sponsored by International /Multicultural Affairs

BRIDGEPORT RESCUE

Taft RA's will take a group of students to serve and interact with people at a soup kitchen in Bridgeport.

5:30pm - held in a Bridgeport soup kitchen

Sponsored by Taft Commons

PUT YOURSELF IN SOMEONE ELSE'S SHOES

Listen to people's stories and find out what it's really like to walk in someone else's shoes.

Step outside the box!

9:00pm - held at Jefferson Hall

Sponsored by Jefferson Hall

FEAR NO RA

Ever wonder what it's really like to be an RA? Take this opportunity to find out what it's really like to wander the halls of SHU. You'll be given a hands-on experience to see what your RAs deal with each day.

10:30pm - held in South Hall

Sponsored by South Hall

FNFW FILM SERIES-"PHILADELPHIA"

Grab some dinner at Fluk and come view the movie "Philadelphia." Afterwards, express your thoughts and feelings about the issues in the movie.

7:00pm - held in the Mahogany Room

Sponsored by SET and the Office of Residential Life

Fear No People Week Committee

Thursday, October 30

ELEVATOR DISCRIMINATION

Do you think you can ride up the 6th floor whenever you want? Think again.

All day - held in West Hall

Sponsored by West Hall

FRONT DOOR DISCRIMINATION

Just because you live in East, doesn't mean that you can come in whenever you want.

All day - held in East Hall

Sponsored by East Hall

THE TRUTH ABOUT YOU

All week residents will be surveyed on their views and discriminations. Learn about the results through scientific research.

1:00pm-3:00pm-Park Royal lobby area

Sponsored by Park Royal and Oakwood

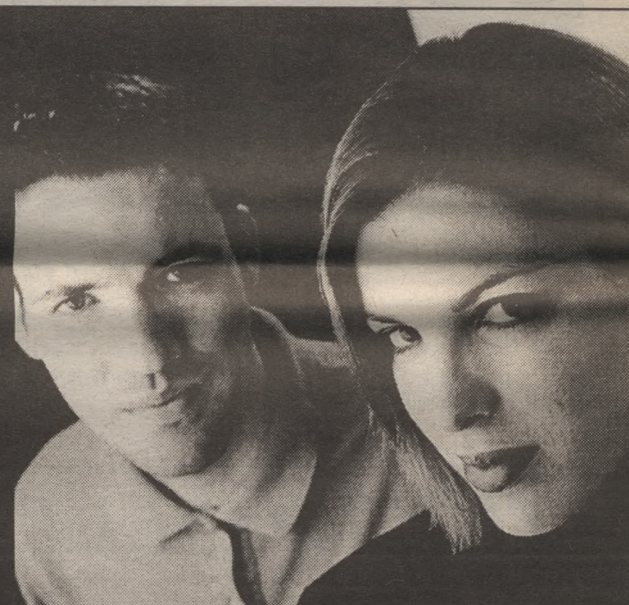
"A BOY, A GIRL AND A VIRUS AND THE RELATIONSHIP THAT HAPPENED ANYWAY"

KEYNOTE SPEAKERS

What If You Fell In Love With Someone Who Was HIV Positive? Come hear this amazing story about true unconditional love.

7:00pm - held in University Commons

Sponsored by the Office of Residential Life Fear No People Week Committee



Shawn Decker and Gwenn Barringer speak about their amazing story about true unconditional love.

Thursday, October 30th, 7:00pm  
University Commons

FEAR NO PEOPLE WEEK

sponsored by

The office of Residential Life and Housing Services



Come kick off Fear No People Week with a trip to Salem, Mass. sponsored by the Parkridge RAs, SET and the Outing Club



October 26-30

2003





The men's soccer team is now ranked ninth in the Northeast Conference following the loss to Monmouth.

Photo by



The men's soccer team will next take on LIU in Brooklyn, NY this Saturday.

Photo by

## Men's Soccer Falls to MU

By Meghan O'Connor  
Staff Reporter

The men's soccer team was handed their fifth straight loss on Oct. 10 to conference rival Monmouth University. The Hawks walked away with a 4-1 decision, and snapped a five-game losing streak of their own. Following the game, Monmouth was tied for sixth place in the Northeast Conference, while Sacred Heart dropped to ninth.

"We knew it was big game regarding our NEC playoff chances. We had no heart and it showed in the final result. We made them look like the number one team in the nation the way we played against them," said senior captain Carlos Silva (forward/East Haven).

Pushing the ball up and pressuring all over the field, Monmouth jumped out to a 3-0 lead, with three different players scoring before Sacred Heart got on the board in the 79 minute. Junior midfielder Paulo Ribiero (Divinopolis, Brazil) tallied his second goal of the season, heading a corner kick into the net from sophomore midfielder Tony Allegro (Enfield).

"They had more opportunities than the four goals they got, so it could have been worse," said head coach Joe McGuigan. "This was one of the worst games we have played in three years. Everything was just off and we didn't play well. I think Carlos Silva was the only one that was

playing 100 percent. The team just seemed like they were going through the motions," he added.

The Hawks ended any comeback the Pioneers were hopeful for when senior Joe Sellitto (Raritan, NJ) converted a penalty kick in the 86 minute to seal the final score at 4-1. Sophomores Chris Marchese (Middletown, MN) and Jason Roeder (Independence, MN) shared goalkeeping duties; with Marchese making 5 saves in the loss.

"Chris has been our most consistent in goal, but he was hesitant and was letting situations in his area get by him that he normally wouldn't," said McGuigan.

According to McGuigan, the team was playing without crucial players junior Carlos Caracas (West Haven), whom they lost due to an injury, and freshman Eric Bradley (Wexford, Ireland).

"We can't afford to lose players of that caliber when we don't have a lot of depth. Carlos never has a minute off, and is someone we use all the time," said McGuigan.

"We did not play well at all. I think we broke down mentally and as a result Monmouth outplayed us in every aspect of the game," said junior captain Rui Rainho (midfield/ Bridgeport).

Looking ahead to their next conference game, the Pioneers will take on Long Island University, who is tied for first place in the conference with nationally ranked Fairleigh Dickinson. McGuigan is anticipating changing some aspects of

the lineup that the team has been working on in practice.

"I'd like to use Ribiero as a stationary ball controller up top with Ricarti Mendes (Campinas, Brazil) behind him, and then utilize the talent and technical play of Rainho, combined with the speed of Silva and freshman Sylvester Kaar (Hayward, CA)," said McGuigan.

The thinking is that Rainho will take on players and can pull them out of the middle of the field, which will open up better scoring situations. Ribiero will control the ball and try to pass backdoor to Silva and Kaar, taking people one on one with their speed.

The defensive trio of sophomores Glenn Wilken (Ridgefield) and Neal Shapiro (Vernon, NJ), along with freshman Eric Bradley has been dependable all season. McGuigan is concerned with the lack of defense in the midfield, and is looking to move someone from that line to strengthen the midfield. Off the bench, according to McGuigan, Tony Allegro has been looking very good in practice and is determined to secure a starting position.

The Pioneers will be back on the road to take on the Blackbirds in that game on Oct. 25 in Brooklyn, NY.

"We have to learn from our mistakes and finish the season up strong in hope for a birth into the Northeast Conference tournament," said Rainho.

## Cross Country

Continued from Pg 16

The men's team finished in 31 place out of the 47 teams that competed this year. This was the best team finish for the Pioneer men. They managed to defeat Vermont for the first time, along with the University of Rhode Island, Northeastern, and Central Connecticut, who is a NEC rival.

"I think it was a pretty good race as a team," said senior captain Andrew Renna (Danbury). "A lot of people ran personal bests which is good because it will help build up confidence for our conference meet in a couple of weeks," he added.

Just as Wrinkle did for the women's side, senior caption Matt Uzenski

(Oceanside, NY), achieved his best place finish for Sacred Heart men in New

England's, finishing in 69 place with a time of 26:00. This time is the second fastest in school history, but he is only second to the time that he ran in New England's last year which was 25:47. Next to cross the finish line for the Pioneers was Renna who bested his time by 24 seconds to finish with his personal best of 27:09. Next was sophomore

Tyler Arnett (Clinton Corners, NY) who bested his time by 23 second to finish at 27:11.

"Almost every guy on the team had a personal record even through the conditions were much worse then last year," said Arnett. "We're definitely heading in the right direction with the NEC's coming up in two weeks."

Rounding out the rest of the varsity runners were sophomore Bobby Howard (Levittown, NY), who crossed the line 32 seconds faster to finish at 27:27, sophomore Robert Gill (Braintree, MA) who beat his time by 40 seconds to finish at 27:36, senior Joe Zalak (Middle Village, NY) at 27:37 which was a one second personal best, and lastly freshmen Tim Larson (Smithfield, RI), with the biggest person best jump with a one minute and two second bettering then any of his other times to finish at 27:48. The junior varsity for the men's side also had every runner record a personal best, with seven runners under 28:00, 11 under 29:00, and 12 runners under 30:00.

Both the men and the women are back in action after a week off this Saturday at the Collegiate Track Conference Championship that will be held in Center Valley, PA.

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# Making History at New Englands

By Ashleigh Bepko  
Staff Reporter

At the 91st Annual New England Championships at Franklin Park, the women's team was bouncing back from a tough one-point loss two Saturdays ago to put up some of their best individual scores, and one of the best team placings in the history of the program. The men's team also turned in their best finish in the history of the school at the New England's.

"The team ran a good race, we had excellent competition which helped us run personal bests," said senior Matt Uzenski (Oceanside, NY). "We are hoping to continue the season with a positive attitude and to finish up with a high ranking at our conference championship."

The women of Sacred Heart were not even in the top 25 for the New England Coaches poll

going into the race, but with a school best 13 place finish they managed to get everyone to take them much more seriously.

There were 41 teams that competed in the race and the women beat some big name colleges, such as Boston College (15 place), Harvard (16 place), Dartmouth (17 place) for the first time ever. "Overall, our team finished the best we ever have and we are looking strong going into the North East Conference Championships," said senior Erin Roche (Stony Point, NY).

For the first time ever, Sacred Heart had an athlete receive New England honors and she was Katie Wrinkle (Medford, NY). Wrinkle finished in 13 place out of 287 runners there that day. The previous record was also held by Wrinkle, who placed 37 overall in 2002. Her time was 18:16 which is not only her fastest, but it is the fastest time for any Sacred Heart athlete on that course, and the second fastest time in school

history. Lastly, with her 12 place finish, Wrinkle also recorded the best finish for an NEC athlete in New England's on both the men's and women's side.

One of the reasons that the women's team received 13 place was because of senior captain Suzanne Neglia (Andover, NJ), who finished in 43 place with a personal best of 18:46. Neglia, who came to Sacred Heart University as a walk-on to the cross-country team and finished in 150 place her freshmen year in New England's.

Now four years later, she only missed All-New England honors by 11 seconds. Because of her finish in New England's this year, it moves her into third place on the Sacred Heart cross-country performance list. Another one of the personal bests was senior captain Christina Mendoza (Union City, NJ), who helped to up the standings for her team when she beat her time by nine seconds, to finish with a time of 19:12 and in

79 place overall. Freshmen Katie Duffy (Monroe) had one of the biggest personal best jumps with 17 seconds shaved off her best to finish with a time of 19:31 and in 115 place. Duffy was the first freshmen in the NEC to cross the finish line.

Next across the line for Sacred Heart was sophomore Erin Kulasewski (West Warwick, RI), who had a huge jump bettering her time from 20:24 to 20:01. After Kulasewski came Annie Duffy (Monroe) who tied her personal best at 20:15, and the last of the top finishers was Terressa Howard (Meriden) who also beat her time by seven second to finish at 20:40.

Also, it is important to note that the women's junior varsity team placed seventh out of 26 teams that competed. The beat Vermont, Holy Cross, Boston University, and Northeastern. Roche, along with so many others of her teammate, turned in a personal best, placing 26 out of

280 runners with a time of 19:54. "We went into the race with both team goals and personal goals for ourselves," said Roche. "My goal was to break 20 minutes and with my team's support, I did it for the first time. We hope to have even better performances and come back as NEC champions in two weekends," she added.

Now with a time of 19:54, if Roche had run with the varsity team she would have placed fifth overall, and she beat her personal best by 59 seconds. To further show what talent this women's side has sophomore Cheryl Beaulieu (East Hampton) with a time of 20:15, and captain Emily Marks (New Milford) at 20:35 also put up times that were faster than some of their varsity team members.

See "Cross Country"  
Pg 15

## INSIDE SPORTS

### SPORTS SHORTS

Football wins again; field hockey's Messenger once again NEC athlete of the week  
(Pg. 12)

### COLUMN OF HANK GARGIULO

Hanks relives the night his Red Sox fell victim to the Yankees.  
(Pg. 12)

### NBA Preview

Catch up on all the off-season moves made in the NBA.  
(Pg. 13)

### BOWLING

The men's and women's bowling teams kick off their season with a good showing in PA.  
(Pg. 14)

### MEN'S SOCCER

The men's soccer team fell to Monmouth University to drop to 9th in the NEC standings.

## Brady Title IX Lawsuit with SHU: Settlement Reached

By Kerry Freel  
Editor-in-Chief

On Oct. 21, Tara Brady and Sacred Heart University settled the Title IX lawsuit filed by Brady in March of 2003.

Sacred Heart, according to a recent press release distributed via SHU e-mail, did not admit to any "wrong-doing in the case, but did agree to clarify its existing policy prohibiting all discrimination on the basis of sex."

Sacred Heart will be updating the Student-Athlete Handbook and the Athletics Policies and Procedures Manual to cover what the policies are about pregnant and otherwise incapacitated students.

Student athletes, according to the press release, at Sacred Heart who become unable to participate during a given season are still considered members of their team, keep their athletic scholarships, and can continue to attend SHU.

Just because a student is unable to perform as an active team member in one season does

not mean they are never allowed to play that sport at some point in the future.

A new "Student-Athlete Handbook will be available at the beginning of the next school year; for this school year, an addendum will be distributed to all student athletes," according to the press release.

Brady will be attending West Chester University in Pennsylvania as a senior in the upcoming school year according to the press release, which also cited a quote from Brady about her reasons for filing this lawsuit.

"I brought this lawsuit so I could complete my interrupted education and so that students in the future would know their rights. I am happy that the settlement reached today accomplishes both of those goals," said Brady.

Brady was represented by Livingston, Adler, Pulda, Meiklejohn & Kelly in Hartford and the Women's Law Project and Pepper Hamilton LLP in Philadelphia. Sacred Heart was represented by Halloran & Sage LLP.

## Women's Basketball Honored for Academics

By Meghan O'Connor  
Staff Reporter

The Women's Basketball Coaches Association (WBCA) recognized the 2002-2003 Sacred Heart Women's Basketball Team as the 19 ranked team academically for Division I in their annual Honor Roll, posting a 3.278 cumulative grade point average (GPA). Heading up the national top 25 list was Indiana State University with a 3.639 GPA, followed by Kansas State University (3.490) and Eastern Washington University (3.449).

"Give credit to the women in this program who take seriously what the true meaning of a student-athlete should be," said Head Coach Ed Swanson.

The award recognizes the highest grade point averages in the nation, resulting from nominations submitted by WBCA member coaches. According to the WBCA, "grade point averages are calculated by dividing the total number of quality points

earned by each student-athlete on an institution's squad list in the given academic terms by the total number of hours earned by the team. The GPA's are rounded to the nearest thousandth of a point."

This is the third straight year that the women's team has been honored in the Top 25, and without a doubt senior point guard Ashley Kohl (Palmyra, PA) has been influential every year. As a psychology major, this year's tri-captain led the Pioneers with a 3.98 GPA, the highest on the team. For her efforts, the College Sports Information Directors of America selected Kohl to the 2003 Verizon Academic All-American in the University Division second team.

"It is a great honor to be ranked nationally in the academic poll. It is a direct result of the commitment that we make towards our academics. We strive to be competitive both on and off the court," said Kohl.

See "Women's Basketball"  
Pg 14