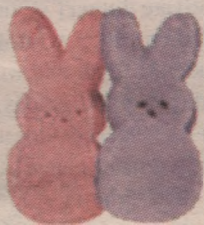




Contact News Editor Mark Stanczak at: m-stanczak@sacredheart.edu

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Treats  
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Not Just Homework Anymore  
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SHU STUDENT INVOLVED

## Catastrophe on I-95

**Mark Stanczak & Kerry Freel**  
*News Editor, Editor-in-Chief*

At 7:45 p.m. on the night of Wednesday, March 24, a tanker carrying liquid fuel through Bridgeport was involved in an accident, spilling its flammable cargo and erupting into a fireball that closed I-95 and melted the bridge by exit 26.

The tanker truck and a 1987 Toyota Corolla driven by Sarah Waddle, a current freshman at SHU from Derby, collided as her car merged into traffic, according to an article in the March 27 Hartford Courant and according to a news blurb posted on NBC News Channel 30's website.

This accident, reads the Courant, caused the tanker's driver to lose control while his vehicle skidded against the concrete barrier for nearly 100 yards, ripping open the tank and pouring home heating oil along the interstate highway. Both drivers sustained only minor injuries despite the ensuing inferno, according to a press release from the Connecticut State Police. No one was killed.

Emergency crews responded within five minutes of the accident and were able to gain control of the fire within 20 minutes, reported the Courant. Later that night Gov. Rowland announced the release of \$11.2 million in emergency federal funding to repair the damage caused by the accident, according to a press release on March 24.

"These dollars represent a commitment by our federal partners to meet the unique and urgent needs created by this unfortunate accident," said Rowland.

The Courant reported that police instructed Waddle not to comment on specifics of the crash. Waddle was unavailable for comment at the time of printing.

Dr. Sylvia Watts, Waddle's advisor and Freshman Seminar instructor, was surprised to see her student's name while reading an article about the accident in the New York Times. Watts described the freshman as "mature" and "ambitious" and was glad to hear that Waddle was not seriously injured.

Since the accident last Wednesday, traffic on the north



Contributed Photo/MORGAN KAOLIAN AEROPIX

**MORGAN KAOLIAN AEROPIX 3/26/04 --the scene at the southbound side of the burned out Howard Ave. overpass of I-95 in Bridgeport that is sagging several feet following Thursday evening's fiery tanker truck accident. This brand new overpass section will now have to be torn down and replaced.**

Continued On Page 5

## Student Art Exhibition Opens

**Amy Deschenes**  
*Staff Reporter*

The Gallery of Contemporary Art recently opened the annual Student Art Exhibition. A reception was held this past Sunday to honor the artists and present awards for outstanding creations.

The Gallery of Contemporary Art at Sacred Heart University opened in 1989 and has been holding this annual student art show for the past 15 years. According to Gallery Director Sophia Gevas, any student enrolled in an art class at Sacred Heart University is eligible to submit a piece to the show. Each student is allowed to make up to six submissions to be judged. A panel of professional judges chooses the best 60 pieces to be included in the annual art festival. This year about 30 student artists from Sacred Heart are featured in the exhibition.

"The works are from all different levels of achievement," said Gevas. The various judges are local professionals in the area of graphic design and illustration. The judges not only choose the 60 best pieces for the show, but also select which pieces

will receive awards. They present a first, second, and honorable mention award in each of the three categories, which are broken up by skill level.

These awards were presented at the opening reception for the Student Art Exhibition that was held Sunday March 28, in the art gallery. The reception is held so that students, faculty and parents can view the various works that were selected to be included in the show. The first place Foundation Award was presented to Jason Roeder for his computer designed "Wine Label." Martin Kolwicz earned the first place Intermediate Award for his illustration work entitled "Portrait." The first place Advanced Award was given to Jared Montano for his "Self Portrait," also an illustration work.

"The exhibition really allows students to see the amount of work that has to be put in to get your art exhibited in a gallery," said Amy Moore, a junior Studio Art major from Torrington. Moore had two pieces chosen for the show: "Organic Dance," a work in gouache, a type of watercolor, and "Tom," a graphite illustration of Tom Cruise.

Along with the exhibition, the Annual Art Festival will be held at the Edgerton Center for

Continued On Page 2

## New And Old Faces Seek SG Positions

**Lori Coupe**  
*Staff Reporter*

It is that time of year again when up and coming politicians square off for the annual Student Government elections. Elections will continue today between 10 a.m. and 6 p.m.

This year the candidates are especially eager to reach their voters. Each class will hold individual elections for president, vice president, secretary and treasurer. The elections for Student Government President and Vice President have four and two candidates, respectively, vying for the leading positions.

Sophomores Justin Gage of

South Burlington, VT, Jonathan Cretella from North Haven and juniors Elizabeth Coyne from Rockland County, NY, and David Macala of Plainville are all seeking the position of President.

Vincent Wynne, a sophomore from Derby is challenging junior Todd Dixon of Levittown, NY, for his VP position.

Student Government elections find candidates from all classes and majors. This year's candidates are no exception, representing a multitude of majors including information technology, math, biology and political science. Having already demonstrated their ability as leaders, the

Continued On Page 3



## SHU Habitat Hits North Carolina

Cortney Barbato  
Staff Reporter

At 7:30 p.m. on Saturday, March 6, SHU's Habitat for Humanity chapter left for North Carolina. There were 18 people total, and 17 of them were SHU students.

Miguel Colon, Habitat's Advisor, chaperoned the spring breakers. On the way to Pine Valley United Methodist Church in Wilmington, they stopped in Washington D.C. for a little sight-seeing.

On Sunday, March 7, the group drove to Cape Fear Habitat for Humanity, in Wilmington, NC.

"This was my second year going and it was just as great as the first, it is really satisfying to know that I could help someone during my free time and still have a great spring break. It is a great learning experience and a good way to meet new people who fast become friends," said Michael Mosher, a sophomore from East Windsor.

For some students, it was their second year spending their spring break to go away with Habitat for Humanity.

"The North Carolina spring break trips both last year and this year were some of the most amazing and best times of my life. It definitely is a life changing experience that I would not change for the world. You work hard, but at the same time have tons of fun and form everlasting bonds with awesome people," said Maria Crapanzano, a junior from Milford.

On Monday morning, March 8, the group attended an official

house dedication ceremony with the future owners of the house, Pat Gore, along with her family. Later that night, they had dinner with the Habitat staff and homeowners.

"Not only were the other members of the group great but it was great to be able to work with the homeowner," said Meghan Hickey, a freshman from Brooklyn, NY.

The group was kept well fed throughout the trip. On Tuesday, March 9, the Penn State Alumni hosted dinner for them, and on Wednesday, March 10, the Pine Valley Methodist Church hosted dinner for them as well.

The group spent an entire week at the Habitat site, laying down foundation, putting the floors down, building walls in the interior and exterior, cutting out windows and doors, and putting up a roof.

"It was a great deal of hard work, but it was a great reward seeing all the work we did at the end of the day," said Jennifer Torres, a freshman from the Bronx, NY.

Some people even went next door and started digging a foundation for another house.

"Everyone was friendly, warm, and appreciative," said Mike Hougasian, Treasurer of SHU Habitat, from Thompson.

On Saturday, March 13, the students returned to SHU.

"It was awesome to see a group of students willing to give up their spring break to work for Habitat. Everyone came to this experience and had something to bring to the table. I only hope these students realize what a major impact they had on the new homeowner's and family's life," said Jared Bell, a coordinator for Habitat.

## Celebrating Students' Passion For Learning

Michelle Bassi  
Staff Reporter

Sacred Heart University is giving students a chance to be recognized in a new awards ceremony. Nominations will be made for learners who have demonstrated their passion and desire to grow intellectually.

A group of student government leaders, faculty members and administrators have sent a letter out to teachers, inviting them to nominate a student whom they would like to see recognized for his/her 'Passion for Learning.' A rationale of no more than 50 words is requested for each nominee.

"It started in the fall last semester... The Academic Committee meeting's first intentions were to make an academic award ceremony to allow students to be recognized who aren't normally recognized. We thought of having a gathering for everyone who made the Dean's List, but 1,300 made the list so we needed to narrow it down somehow," said Class of 2005 Senator Michael Hougasian, a junior from Thompson and member of the Academic Committee.

The Passion for Learning Committee's letter sent out to faculty members, asking for their help and support, began with the following proposal: "In your eyes, what makes a strong student? Is it a high GPA? Class participation? A desire to learn even more than the class presented? Is it a balance of the above? Or is it that hard to define 'passion for learning?'"

"The nomination, we called it 'Passion for Learning' because we spit out key words; respect, enthusiasm, determination, etc. We wanted kids who motivate [other] students and when other students see them, they want to excel and move up to that academic level and work in class...it's not someone with just good grades," explained Hougasian. "The 'passion learner' doesn't have to be on the Dean's List but has to have at least a 3.0 GPA."

The type of students that meet the criteria that faculty are encouraged to follow typically demonstrate respect for learning and scholarship, contribute to the class environment, and exhibit curiosity above and beyond the course requirements.

"Several faculty members have e-mailed me to see if they can nominate more than one student," said Eilene Bertsch, Assistant Vice President for Academic Affairs. "The general response from the faculty and administrators on the committee has been very positive and they applaud the students' initiative in bringing the idea forward."

"Invitations will be sent out for the ceremony that will be held during the 'convocation hour,' a time when most classes are off. They figure more people can attend. We're not sure of the whole nature of the event, but we will give out certificates and next year when we have a budget we can get more creative. We will have food from Flik and have a speaker to speak on the passion of learning," said Hougasian.

The introduction of this new award will be presented at a brief ceremony on Wednesday, April 28, at 2 p.m. in the Mahogany Room. Those nominating a student will be invited to join in the ceremony.

## Art Exhibition Opens

Continued From Page 1

the Performing Arts on April 16, 2004. The art festival is part of the yearly Student Art Exhibition and invites local high school students to come and view the student artwork featured in the show and listen to a distinguished speaker from the art world.

"A big part of an art education is showing your work. It's important for students to get into the practice of preparing their work for showing and accepting reactions of viewers outside the classroom. This show provides a little glimpse of reality for us as artists," said Victoria Pezullo, a junior Graphic Design major from Latham, NY. The Student Art Exhibition will run until April 18, 2004 and can be viewed Monday-Thursday from 12-5 p.m. and Sundays 12-4 p.m. in the Gallery of Contemporary Art located across from the University Chapel.

## Corrections

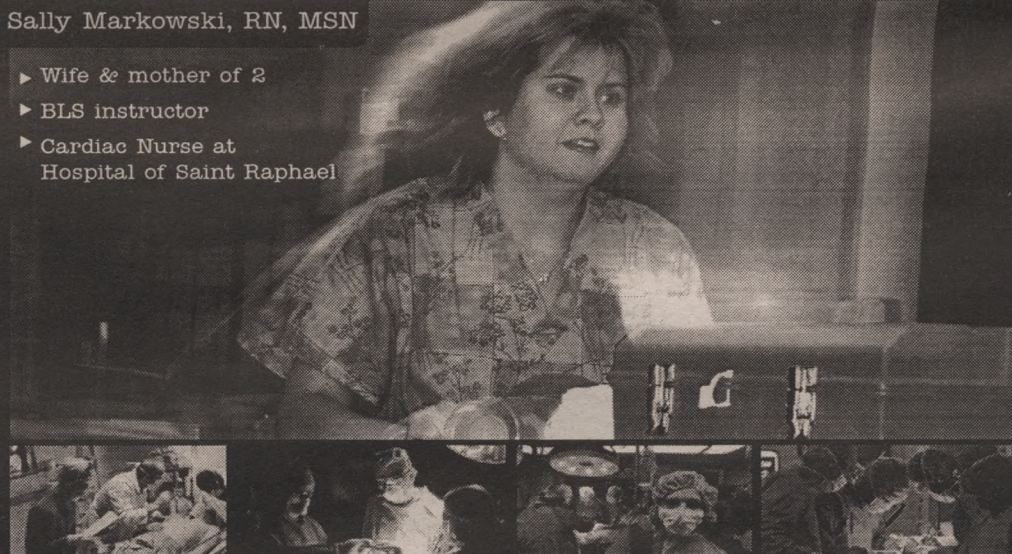
From Issue 19

News, Pg. 1 and 5- "Human Love" should have less quotes, 'Human Love' in the headlines.

News, Pg. 5- The story on "Founder's Day" was written by news editor Mark Stanczak, not Staff Reporter Bill Silvestri.

Sally Markowski, RN, MSN

- ▶ Wife & mother of 2
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- ▶ Cardiac Nurse at Hospital of Saint Raphael



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# Security Alert Issued: Park Royal Robbery

**Bill Silvestri**  
Staff Reporter

A Sacred Heart University student was robbed in the parking lot of Park Royal Apartments on Sunday March 21, 2004. The student, who wishes to remain anonymous, was not injured in any way. The Department of Public Safety and the Bridgeport Police Department are currently investigating the incident, according to a security alert issued by Public Safety.

"The incident is currently under investigation by the Bridgeport Police Department," said Linda Maloney, the Director of Public Safety. The Bridgeport Police were unavailable for a comment.

"I increased security at Park Royal and sent out a security alert to all students, faculty, and staff," said Maloney.

Everyone can help out by reporting individuals who do not appear to be conducting legitimate business around campus, or anyone who is monitoring parking lots, buildings, or entrances, according to a security alert issued by Public Safety.

Public Safety officers are urging all students to be aware of their surroundings, especially in parking lots. Taking the time to take a look around the parking lot before you exit your vehicle is one way to avoid an incident, according to a security alert issued

by Public Safety.

"Students should remain vigilant at all times and report any unusual activity immediately," said Maloney.

"I feel safe at SHU. It's not necessarily because of anything that Public Safety does or doesn't do, I just have a general feeling of comfort and security here," said Jason Bowsza, a senior from East Windsor.

"The Public Safety officers are always here patrolling the parking lot, it acts as a deterrent to crime," said Luis Colon an employee of Park Royal Apartments.

"The student involved in the robbery was not harmed, he seemed okay," said Colon.

If any student ever feels that they are unsafe while here on our campus they can call Public Safety for a ride back to their dorm.

"We will provide escorts to any student who does not feel safe," said Maloney.

"Considering the size of our campus, I believe that we have more than enough security," said Chris Engleman, a freshman from Wilton.

"I look out for the other guy. If everyone else here did the same then I believe that this type of incident would cease to occur," said Laura Ferrer, a junior from Norwalk.

*See Page 7 for an editorial  
from a Park Royal resident*

# Student Government Voting Begins

*Continued From Page 1*

candidates have been involved on campus since their arrival at Sacred Heart.

Coyne, Gage and Wynne have all been orientation leaders. Cretella is the current class of 2006 President, having succeeded Gage, who is currently VP of the Student Events Team.

Before becoming VP this semester, Dixon served as a 2005 senator and Macala has been a Resident Assistant for the past two years.

"There are a lot of great candidates with great ideas who all have a great deal to offer the student body," said Coyne.

Each candidate agrees that it is important for students to vote in this year's election in spite of concerns that several elected representatives stepped down or were replaced this year.

"Students should still vote for the people running because these people all work very hard to get themselves out there, as well as work hard throughout the year," said Gage. "We may have had many vacancies throughout the year, but it doesn't mean that anyone is not dedicated to student government, this year just happened to have more than usual."

"Our entire government is based on the votes of our peers. Nothing is one hundred percent positive that that leader will remain, but the students have the right to pick who they want via the election ballots," said Wynne.

While nothing is completely guaranteed, this year's candidates claim they are committed to the offices they are running for and have common goals in increasing student involvement within student government.

"I would like to see student concerns heard more than they are now. I feel that students are heard, but not listened to," said Cretella. "I want students to be able to have their opinions listened to and for them to see results."

"I will make a one hundred percent commitment to the voters. I will not sleep until I feel their issues are properly handled and addressed because they are my issues too," said Dixon.

Student Government President Jen Hradek, a senior from Thornwood, NY, is pleased with the candidate turnout for this year's elections.

There are candidates who have been involved in Student Government for several years and some who have never run for a position before.

"As an active student leader on campus, I believe it is my time to use the skills I have acquired to better the university and student government as a whole," said Macala, a first time candidate.

Yesterday, each of these candidates was given the opportunity to address students and debate with one another at the Meet the Candidates Speeches. Voting began after the speeches and will continue today.

All voting will be conducted on-line by accessing <http://studentgov.sacred-heart.edu/elections> from the computers set up in Flik or any other computer students have access to.

"I am confident that everyone who wins will do an excellent job in their respective positions," said Hradek.

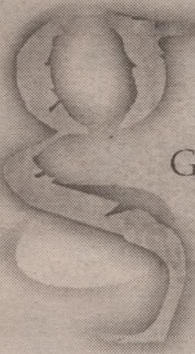
For a complete list of candidates and qualifications visit the above website or the Student Government bulletin board outside of Hawley Lounge. Results will be posted on the board tonight by 8 p.m.

## NEWS BRIEFS

\*S0 235, Criminology, will be offered at the Valley Campus during the May 24 - July 15 summer session. The class will be taught by Mr. John Andrulatis. This information was mistakenly absent from the course catalog.

\* Mr. SHU 2004 is Monday, April 5, at 10:10 in the Theater.

If you would like to have your event or meeting listed in the Spectrum, please contact News Editor Mark Stanczak via email ([m-stanczak@sacredheart.edu](mailto:m-stanczak@sacredheart.edu)).



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## 'Pioneer Day'

### Glimpse Of Future For Prospective Students

Cristina Baptista  
Staff Reporter

On March 27, high school seniors and transfer students already accepted at Sacred Heart for the upcoming academic year attended Pioneer Day. Through a series of informative sessions, visiting students experienced briefly what their academic futures may be like, should they decide to attend the university.

"Dates for major events are often set a year or two in advance to ensure that we can utilize most of the campus," said Kathy Dilks, assistant dean of admissions, and one of the Pioneer Day coordinators.

"Buildings and Grounds, Flik, Faculty and Staff are notified months in advance to ensure that they are able to attend... B & G does a wonderful job making sure the campus looks beautiful," she added.

Throughout the rooms of

*Continued On Page 5*

## 'I Ain't Afraid Of No Ghost': Ghost Hunters Share Stories

Danielle Bachini  
Staff Reporter

On the evening of March 26, nearly 350 students attended 'The Warrens,' a presentation on ghosts and spirits. The event was held in the Mahogany Room and sponsored by IRC.

"Patty, our RHD, had seen them [The Warrens] when she was in college and we thought it was a really great idea. They had come to Sacred Heart in the past and I know that it was really popular. We originally tried to get them around Halloween, but they were all booked. This was the first opportunity we had," said Colleen McCormick, president of IRC and a senior from Hicksville, NY.

Lorraine and Ed Warren have been married for almost 59 years and have been studying the paranormal together for 54 of those years. They claim to have had a connection with the paranormal even before they met each other. Ed grew up in what he believed was a haunted house on James Street in Bridgeport and Lorraine began to see people's auras, or spiritual energy, while she was just a teenager.

For the past 54 years Lorraine and Ed have been using their combined psychic, clairvoyant, and investigative skills to study over 6,000 cases dealing with the

paranormal. The Warrens don't charge for their consultations and earn their money from lectures and books that they have written on the subject. They have been featured in two movies of the week on national television and their tenth book is currently in manuscript.

Unfortunately Ed Warren was unable to attend the lecture due to health problems, so his son-in-law, Tony Spera, filled in. Spera is also a paranormal investigator and was briefly featured in a 1992 CBS Halloween special that highlighted The Warrens.

"There are two parts to every person. The body and the spirit," said Spera. "A ghost is a person's spirit without the body. The ghosts that we see are Earth-bound spirits that have not accepted the fact that they've moved on. Most likely they are confused about their death and have passed on tragically. In some cases they may feel that they have unfinished business here on Earth."

The Warrens often study what they call psychic photos, which are photographs that include paranormal images. Warren claims that these images can be captured with any type of camera whether it be 35 mm, digital, or video because it is not you that is actually taking a picture of this image. It is the supernatural being that is placing their image onto your film, she said. This

often happens when the being is attracted to the photographer's aura.

"Anybody can take these kinds of photographs and any old location is a great place to take them," said Spera. "You cannot actually see the images yourself while you are taking the pictures but make sure to take them in the dark and take three pictures in the same location one right after another. Often it is these images that come out the clearest after being developed."

The difference between an apparition and a ghost is that the identity of an apparition is known and that of a ghost is unknown, explained the presenters.

"The best time to capture images of apparitions on film is during large family get-togethers, like weddings. It is during these times that loved ones that have passed on are most likely to be present," said Warren.

Warren and Spera brought several examples of these types of photographs that had the audience gasping.

"I thought it was so intense. I got chills after they showed each picture of the ghosts," said Kristen Fritsch, a junior from Millstone, NJ.

Both Warren and Spera ended their presentation by answering questions and then gave the audience many tips as to how to deal with the paranormal if they ever come in contact with you.

"Don't conjure spirits or seek them out. If they wish to communicate with you they will," said Warren.

If you feel that you are being threatened by a paranormal being there are ways to escape it. The Warrens encourage you to envision yourself in a bright glowing spotlight in order to protect yourself from spirits.

"If you see something and want it to go away say, 'In the name of Jesus Christ I command you to leave and go back to where you came from.' I have done this myself and it always works," said Warren.

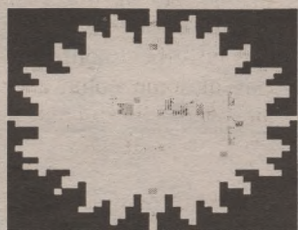
The only complaint of the evening was that the program wasn't as scary as was expected.

"The event was really successful, we maxed out the Mahogany Room. However, they weren't as scary as I thought they were going to be," said McCormick.

"We would like to have this event again sometime around Halloween, but see if they can switch it up so that it will be a little scarier," said Beth Coyne, a member of IRC and a junior from Stony Point, NY.

"Overall this has been the best event that I have attended at this school so far," said Fritsch.

If you wish to learn more about The Warrens you can visit their website [www.warrens.net](http://www.warrens.net).



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## Student Collides With Truck on I-95

Continued From Page 1

bound lanes was restored on Sunday and southbound traffic is scheduled to resume today. During the few days that I-95 was closed more than 100,000 drivers were forced to find alternate routes through the city of Bridgeport. In downtown over the weekend detours through Commerce Dr., State St., and Lafayette Blvd. caused bumper-to-bumper congestion while police manually directed traffic. Some of the traffic from I-95 was redirected to the Merritt Parkway via Route 25.

Gridlocked streets and extended commutes caused grief for many students and staff.

"It is the morning classes that especially need an allowance of a 10-minute delay of taking attendance and giving quizzes or tests," noted Michelle Giammarino, a senior from Wilton, hoping that faculty would be understanding when dealing with late students. "There is no need for professors to be rude or feel the need to punish a student for being late due to this unfortunate circumstance."

"This truck accident is just the latest in many truck accidents on I-95. When they re-routed the trucks to Rt. 8 last Friday, there was a truck accident that closed that highway in the morning," noted Kim Macomber, a Reference Librarian at the Ryan-Matura Library. "Why haven't any of the news programs done any stories on why there are so many truck accidents in CT? ... This is a small state, but we seem to have a lot of truck traffic... Why don't the state troopers do a better job of slowing traffic to the posted limit? Perhaps this might help."

## Boston Globe Writer Addresses SHU

Gillian Weisman  
Staff Reporter

The Sacred Heart University Department of Media Studies and Digital Culture hosted a guest speaker on Thursday, March 25. Michael Rosenwald, a staff reporter for The Boston Globe spoke to about 40 students about "Working as a Professional Writer."

The event was an opportunity for students and to pose questions relating to Rosenwald's daily job requirements. Students were also able to get an idea as to what his experience in the journalism field has been like up to this time.

"I thought he provided those who attended a clear picture as to what the life of a journalist truly entails and gave those interested in pursuing a career in journalism some helpful tips to guide them along the way," said senior Marisa Ierardi of Cheshire.

Rosenwald attained a degree

in journalism from Southern Illinois University. Due to his love for sports, he began his career in sports writing. He enjoyed this because he got great seats for games and was able to meet a lot of people. However, as time went on Rosenwald felt his job was becoming repetitive.

"The sports players all say the same thing and it got boring. I got tired of dealing with their antics. They were full of themselves," said Rosenwald. "I went to my boss and convinced him that I could put my talents elsewhere. You constantly want to re-invent yourself."

Rosenwald covers news for The Boston Globe. He covers things like violent crimes, law enforcement, and terrorism. The most difficult part of his job is finding out what really happened. Not all sources are willing to release the proper information so it is important to develop proper sources, including detectives, officers, and commanders, who have the proper information, he

said.

Rosenwald is always surprised at how sympathetic people can be even after they have received the worst news imaginable. Talking to them for about a half an hour or as long as a person is willing to talk will help develop the projected story. Rosenwald noted that it is important to give readers' perspective or insight as to what people go through.

"I am always amazed at how strong people can be in the face of utter loss," said Rosenwald. "People are unfailingly courageous in terrible times. People are more likely to tell you things when they really don't know you, which is an interesting dynamic."

Aside for covering news for The Boston Globe, Rosenwald does freelance writing for magazines including The New Yorker and Popular Science. Through freelance he is able to meet more people and tie connections, aside from the ones he already has. Freelance writing allows him to

focus his creative writing skills on situations other than current news.

"Work on a student newspaper in college and try to get a hand at it to see if you like it," said Rosenwald. "The competition in news media is fierce and is one of the most competitive businesses going today. The places you go and the people you meet are definitely worth it. I lead an unbelievably fascinating life I could have never imagined for myself."

"I thought that Michael Rosenwald gave a lot of inside information about the newspaper. It was great to hear him speak about how he got started and how he is where he is today. He also gave some great examples of situations that he has been in and what he has learned from them," said senior Chris Giarrusso of Cortland Manor, NY.

## Prospective 'Pioneers' Visit Campus

Continued From Page 4

Sacred Heart's main academic building, as well as in the library and media studies building, various faculty members and university students representing their respective majors greeted visitors. The faculty and the assisting students proceeded to run two back-to-back sessions. Each session was 45 minutes long and pertained to a different academic department or program at SHU.

Presenters were encouraged to hold a mock class, give a power point presentation, or have a group discussion with the visiting students in order to represent each department at the university to the best of their ability.

Dr. Jeffrey Cain, assistant professor of English, gave a brief presentation on Ezra Pound and imagist poetry in the English session, using the poem "In a Station of the Metro."

"We had fun in our session," said Cain. Cain added that it was nice to be able to interact with the visiting students and their parents and was pleased by the group's involvement.

"It was great when [a prospective student's father] argued with me about my interpretation of Pound's poem," he said.

pretation of Pound's poem," he said.

"The staff here genuinely likes being here," said Dilks. "This isn't work, this is fun for us. We take pride not only enrolling the students, but seeing them through all the way to graduation. That is success!"

After faculty members were done presenting their respective departments, guests were invited to ask questions or express concerns about the university.

Valerie Accocella and her daughter Michelle, both from Courtland Manor, NY, attended Pioneer Day in hopes of learning more about the university's Education and Media Studies programs.

"Wow, I really feel comfortable on this campus and in this school," said the younger Accocella, who added that she had a "good feeling" when she first set foot onto the campus.

"Pioneer Day has been amazing," her mother added. "I learned more in 10 minutes just listening to professors here than I have while sitting in entire classes at other schools we have visited."

"The buzz around campus was overwhelmingly exciting—the curiosity of the

touring students and their equally enthusiastic parents...It was rejuvenating to see how the prospective students and their parents were so interested to explore all of the possibilities," said junior Mel Knight of Springfield, MA, one of the Sacred Heart student assistants for the day.

Aside from discussing the basic courses offered in each program, topics covered in each of the two sessions included Sacred Heart's technology, internships, research opportunities, graduate school possibilities, service learning, and other resources at the university that go beyond the typical offerings.

"All of us have been touring students at a Pioneer Day at some point, and view the day from the perspective of an upperclassman...was both surreal and enlightening," Knight said.

"While we were all helping students establish connections and feel welcome, it reminded me of the reasons why people are drawn to SHU in the first place," she added.

Sacred Heart will host another Pioneer Day with a similar plan of events on April 17.



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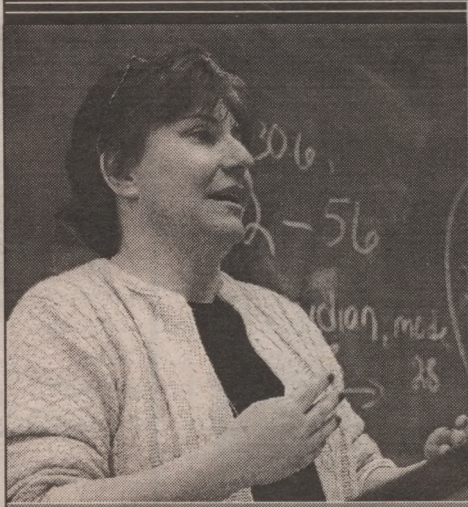
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## Personal & Powerful

### Fairfield University



[ Virginia Ann Kelly, Ph.D. ]  
Associate Professor and Chair, Counselor Education  
Graduate School of Education and Allied Professions

#### INFORMATION SESSION for GRADUATE PROGRAMS

**Wednesday, April 7, 2004**  
5:30 p.m. – 7:00 p.m.  
Held at the Charles F. Dolan School of Business

##### PROGRAM SCHEDULE

5:30 p.m. – 6:00 p.m.	Check-in and refreshments
6:00 p.m. – 6:15 p.m.	Welcome and opening remarks
6:15 p.m. – 7:00 p.m.	Graduate program presentations

**ARTS & SCIENCES**

- American Studies
- Mathematics

**BUSINESS**

- Finance
- MBA

**NURSING**

- Health Care Management
- Nurse Practitioner


**ENGINEERING**

- Management of Technology
- Software Engineering
- Electrical & Computer Engineering

**EDUCATION & ALLIED PROFESSIONS**

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## Editor's Favorite Easter Treats

Dear Readers,

It's Easter time! Well... Almost Easter Sunday. A religious time, to be certain. A time for family, of course! But come on, we all know that CANDY is also something that comes to mind when we hear the word "Easter." Easter means a lot of things to a lot of people. Here's what our editors have to say about this holiday...

"Easter has always been one of my favorite holidays. My family goes to my aunt's house for a big Easter dinner, and it's the one holiday where the men clean up after dinner (while all the women go for a long walk)! The candy

is a big plus too. I could live on Cadbury cream eggs and Peeps!"

"My absolute favorite Easter Candy are the mini-eggs made by Cadbury that come in the purple bag. They are soooo good frozen. I'm so glad they are only available during Easter because I would be in trouble if they were around all year long!"

"I was never a big candy fan, but I always liked getting a present or two. Easter is kind of like Christmas Jr., and a hell of a lot less publicized."

"When looking forward to Easter I tend to picture all of my family around a table eating our traditional Easter meal. It's the only time of the year that I can see my father's and mother's sides of the family together at one time, which is fun.

"But, being raised Roman Catholic, I also remember the long church services and the reenactment of the Passion that lead up to Easter Sunday. As I've grown older, the entire Lenten season has grown to mean much more to me than big pink bunnies and a gluttonous supply of candy.



"To anyone who practices Christianity, Easter should really be a time to focus on the teachings of Christ and a time to implement those teachings instead of simply glorifying them. For example, 'The Passion of the Christ' was a great movie, but simply watching it won't help to feed the hungry, clothe the naked, or shelter the homeless, which is what Jesus called on his followers to do.

"If you ask me, Easter shouldn't be about settling in for a comfortable meal; it should be about sparking the revolutionary changes that could make this world a better place. But, I

digress. I must admit I do like those Reese's peanut butter eggs."

"I was watching Comedy Central a few weeks ago and this comedian mentioned that he was SO excited because Easter was coming up. He explained he was beaming about the Cadbury cream egg's arrival of the year with his friends, and one of his friends commented that he did not care for those cream eggs.

"The friend claimed the egg made him feel 'heavy.' The comedian was appalled at his friend! He loves the cream eggs, especially the filling, and wished he could have a life-sized Cadbury Cream Egg all to himself, so he could climb inside and eat his way out! It was a great bit I thought, I know I laughed!

"I like the Cadbury Cream Eggs, especially the mini-sized ones that are out this season. Certain jelly beans are excellent, but they're not my most favorite thing. I have to admit, a hollow chocolate Easter bunny has been my favorite treat since childhood.

"I love eating a nice meal

with whatever family members come over and watching some of the cute floats in the parades played on TV. Seeing the little kids in the mall line up to talk to the Easter Bunny is really adorable, and so are those cute little Easter bonnets all the little girls wear to church on Easter Sunday! Easter really is a wonderful time in so many respects!"

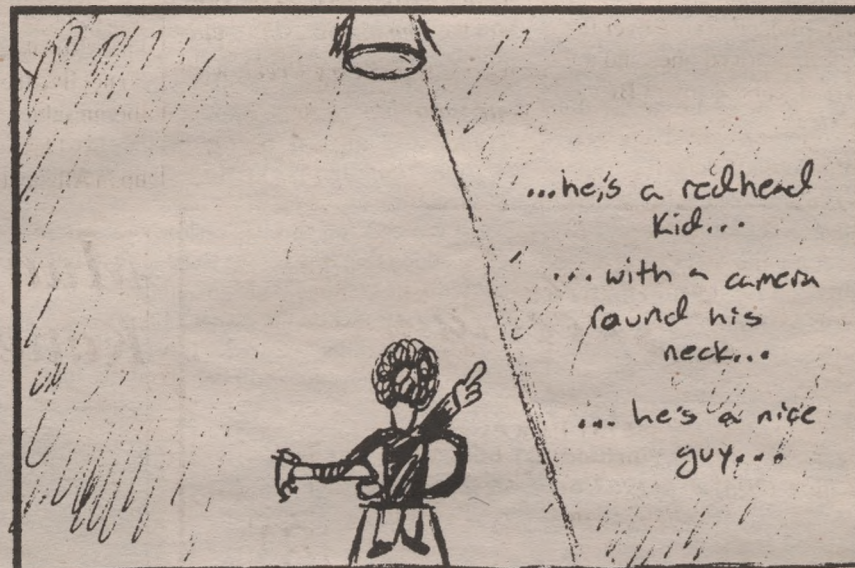
*Talk about your favorite Easter candy or Easter tradition or any Easter story in the Spectrum! Let your voice be heard. E-mail editor-in-chief, Kerry Freel, [kerry-freel@sacredheart.edu](mailto:kerry-freel@sacredheart.edu).*



### Photographer's PICK

The Spectrum/ROBERT TRENSKE

The performers of the upcoming show choir show work hard to prepare for the weekend performances.



Mike CHAMPEY  
FOR MR SHU 04'

... one man, one guitar, one night...

RE



# Bush Pushes Jokes Too Far, Offending Many

Is This For Real?  
Kerry Freel

Is he for real? Yes, current President George W. Bush does exist; he is "real." He doesn't seem to have a real clue about class though.

Bush recently attended an annual dinner, with many members of the media including reporters, where political leaders joke about themselves. Bush pushed the limit according to a lot of America, including me! In case you haven't heard about this already, let me clue you in so you can be in the know...

So this dinner happens in Washington, Wednesday night, and Bush gets up to talk. He doesn't sport a goofy outfit to poke fun at himself, oh no. Instead, he pretended to search around the area where he stood and declared, "Nope, no weapons over there. Maybe under here."

He was referring to the weapons of mass destruction, ie, what he sent troops overseas to find.

I'm sure all the people who *DIED in the attempt to find* these alleged "weapons of mass destruction" are happy they died over a joke.

All of the families of those who passed away while serving America overseas have now SURELY stopped crying over the deaths of their loved ones and are now crying tears of joy at Bush's hilarity (not).

According to the NY Daily News, many people were extremely offended by Bush's actions and comments.

George Medina is a man who lost a son in Iraq who was quoted in the Daily News in a March 26 article saying, "This is disgraceful. He doesn't think of all the families that are suffering. It's unbelievable, how this guy tries to run the country."

It's too bad Gore isn't President. He may not be the best dresser on the planet or the most interesting person to listen to, but he's got to be more intelligent than our current President. I can't imagine being President. I can flat out say that I never ever want that position, but don't sign up for the job if you can't produce the product.

Everyone that I was talking to about this was shocked that Bush would make fun of such a sensitive topic. Sometimes you just have to shake your head at people's actions, this is one of those times. Hopefully Bush'll be laughing in January... all the way back to Texas!

*Do you have a comment on President Bush's actions? Tell the Spectrum what you think! There's only two more issues this semester to let your voice be heard. So e-mail editor-in-chief, Kerry Freel, with your thoughts today:*

kerry-freel@sacredheart.edu

# Student Requests PS Officer in Park Royal Lot

I'm currently a Senior here at SHU. I've lived in campus housing all 4 years, ranging from East Hall to Taft to Park royal. We all know the location of Taft is not the safest area, and I have first handedly seen crime committed against students there when I had lived there. Roommates cars got vandalized, broken into, and even stolen. I can honestly say, that I felt safer there every night when I would come home, than I do at Park Royal.

I currently work in Manhattan and come home every night around 9 p.m. Maybe, once a week, I see one patrol officer wandering through the lot.

This is clearly not sufficient for the size of the building and the amount of SHU students who reside there. I feel obligated to talk on my phone to defer eyes of questionable individuals who sit in their cars at the back of the KOC lot.

Every single night I come home, there are two gentleman, about late 20s early 30s who sit in their car at the back of the KOC lot, right by where I park in the Park Royal lot. They obviously do not live there and I feel incredibly unsafe.

As I had said to my boyfriend up in Albany the other day, "I feel

safer walking through midtown at 11 p.m. on any night, than I do walking from my car to my front door at 9 p.m. on a Tuesday."

All I am requesting is that a Public Safety Officer, preferably 2, man that lot. Even drive around in it. I don't feel I should be spending the money I do to live in SHU housing, and feel as unsafe as I do. It would be a completely different subject if I had lived in non-SHU housing, or I had another option for a double at the housing selection time.... neither one of these were possibilities.

This is for the future, I don't wish to be removed from Park Royal. Students will continue to inhabit Park Royal, and this crime will not change. Perhaps, if the proper steps are not taken, it could get worse.

Criminals remember where easy crimes can be had. for the safety of current students like myself, and for the future students who will be living at Park Royal, I ask for the simple task of being able to walk from my car, which is parked in a lot, to my front door, without paranoia.

Thank you for your time.

Sincerely,  
Jody Boulanger



Compiled by  
Suzanne McHale & Robert Trenske

*What are your plans for Easter Break?*



*"I'm going to see Britney Spears and plan on being hung over for Easter."*

Rebecca Micik  
Junior  
Mahwah, NJ



*"I'm going home, then partying, then sleeping, then back to SHU."*

Hassan Reda  
Junior  
New York City, NY



*"I'm turing 20!"*

Melissa Bodzinsky  
Sophomore  
Belchertown, MA



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**Many congratulations to Katie "Features" Carroll on your recent engagement!**

*~The Spectrum Staff~*

## Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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## Sacred Heart Looks Back on Prom

**Nicole Governale**  
Staff Reporter

The end of the year is rapidly approaching and so is the Senior Commencement Ball. This ball can easily be compared to the prom: stressing over hair, nails, dates, tuxedos, and dresses. Looking back on the whole ordeal of high school prom, students and professors wonder was it really worth it?

For some Sacred Heart students it was worth all the preparation, money, and nerves. Kristy Ruggiero, a senior from Staten Island, NY, said it was the best time of her life.

"My prom was everything I hoped it would be. The dress I wore made me feel like a princess. Looking back on it, I have no regrets with the amount of money I spent for one night," said Ruggiero.

"Prom was a lot of fun, well worth the money," agreed Roger Levasseur, a senior from Biddeford, ME.

"It was a great time to end the four years," said Corinne Malis, a senior from West Islip, NY.

Jason Bowsza, a senior from East Windsor, seemed to have a good philosophy about big events such as proms.

"High school proms are just one of those memories, there are going to be good times if you make them good times," said Bowsza.

"Looking back on the whole event, it was totally worth it, the memories I made on that night will last forever," said Erica Brienza, a senior from Little Egg Harbor, NJ.

There are some students who cannot pick a side over the whole prom debate. Amy Snelling, a senior from Thompson, sees the good points and the bad points of prom.

"I loved my prom and it was fun to shop and go all out, but then again you wonder why people spend so much money on one night...however, I had a great time and it was nice to see everyone dressed up," said Snelling.

"It wasn't the greatest, but looking back I'm still glad I went," said Melissa Christy, a senior from St. James, NY.

For others, the prom was a giant waste of money and a pointless event; too much stress for a single night.

"To me proms are like any other large scale event that never lives up to your expectations," said Jill Oparowski, a senior from Southington.

A few SHU had terrible



Contributed Photo

Lindsay Megdanis, Jessica Maiorano, Allison Steinberg, Caurie Waddell, Kerry Carlsen, Sarah Duch, Alana Fevola and Jessica McIntyre celebrating their senior prom in New York in 2000.

experiences. If given the chance to relieve their senior proms all over again, they would never.

"I had a bad experience, I spent way too much money on myself and my date, and I didn't even like my date," said Stephen Brine, a senior from Plainfield.

"Senior proms are the worst, you pay all that money for a tuxedo, flowers, and a limousine, and the next day you don't even talk

to your date. I don't know why anyone would want to go to their senior prom," said Adam Vetrano, a senior from Southampton, NY.

Vetrano might have taken some advice from Dr. Sandy Young, Assistant Professor of the Languages, Literature, and Media Studies Program. She remembered, "When I was in high school, the cool kids wouldn't be caught dead at the prom. I was a

coool kid. Although I do remember—all these years later—that the theme was Camelot."

SHU students look back on the prom with mixed feelings. For some, it was a nightmare, while for others, a dream come true. Of course there are also those students who stand in the middle between the two extremes. In the end, for all those who went, it was certainly a night to remember.

## Coping With Learning Disabilities At The Collegiate Level

**Vanessa Mariacher**  
Staff Reporter

"Imagine a world where you are unable to express and communicate important needs and ideas. Picture yourself feeling overwhelmed by sights and sounds, unable to focus your attention. Think of what it would be like to try to read or add but not be able to make sense of the letters or numbers," wrote Sharyn Neuwirth, M.Ed., an education writer and instructional designer in Silver Spring, MD., who wrote the National Institute of Mental Health's (NIMH) booklet about learning disabilities.

Some students do not need to imagine. According to the NIMH,

learning disabilities are most commonly detected between the ages of 6 and 13. However, some disabilities go without detection until late adolescence and even adulthood.

According to NIMH, a learning disability is a disorder that affects people's ability to either interpret what they see and hear or to link information from different parts of the brain. These limitations obviously affect the person's ability to read, write and do math. The NIMH claims that the most common types of learning disabilities are dyslexia, dyscalculia, and dysgraphia.

Dyslexia is a reading and related language-based learning disability. Usual symptoms of dyslexia include slow and painful reading, inconsistency between

listening comprehension and reading comprehension, difficulty with handwriting, difficulty in recalling words, and difficulty with written language.

Dysgraphia is a writing or fine motor skills deficit. Someone experiencing this disability may

sive, upper and lower case, or irregular sizes, shapes or slant of letters; may write unfinished words or letters, or omit words; may have inconsistent spacing between words and letters; may exhibit strange wrist, body or paper position; and most commonly, may have great difficulty thinking and writing at the same time, such as taking notes or creative writing.

Dyscalculia is a mathematical disability. A person experiencing dyscalculia shows difficulty understanding concepts of place value, number lines, carrying and borrowing, and positive and negative value. He or she may also have trouble with word problems; understanding fractions; handling money; recognizing patterns when adding, sub-

tracting, multiplying or dividing; or may even have trouble with concepts related to time, such as days, weeks, months, seasons, or quarters.

At Sacred Heart, the Jandrisevits Learning Center Special Services (downstairs in the library) provides many programs to help students with learning disabilities.

"Fanny Papachristos is an excellent math tutor who has been tutoring students with disabilities for some years now. She knows all the tricks of the trade!" says Jill Angotta, Director of Special Services.

There are other disabilities or handicaps that affect a person's learning abilities, however, there

*"Imagine a world where you are unable to express and communicate important needs and ideas"*  
**Sharyn Neuwirth**  
National Institute of Mental Health

have illegible printing and cursive writing; may show an inconsistency in mixing print and cur-

*See "Learning"*  
*Continued on Page 9*



# April First Fools With History

Diana Smith  
Staff Reporter

Today, the first day of April, marks a day that everyone knows best as April Fool's Day. It's a day of playing practical jokes on friends or family. However, this day did not just originate for fun; there is much history behind it.

The Museum of Hoaxes explained that there are many stories that help support the history of April Fool's Day. The Museum of Hoaxes is a web site devoted to "hoaxes, pranks, and fakery of all kinds." It was created by Alex Boese, author of a book about the greatest hoaxes of all kinds of the same name.

While none of the stories have proven to be the definitive origin of this holiday, they may have contributed to how April Fool's Day is now celebrated.

In a late March celebration, the Ancient Romans honored the resurrection of Attis, who was the Roman God of Vegetation. To celebrate this phenomenon, the Romans observed a day of merriment and disguise wearing.

Another day that may be linked to April Fool's Day occurred in India where there was a holiday known as Holi. This was a festival in which people would throw multicolored powder on others, causing all to become covered in many different colors.

The Middle Ages was also a time that was possibly rich with connections to the modern April Fool's Day. The most prevalent one was a holiday called the Feast of Fools. This holiday consisted of people dressing up like the Pope and having parodied church rituals. Fools also became popular during the Middle Ages, distinctive because they would each practice their crafts and dress in a particular way.

Another theory about the origin of this holiday reflects the season of spring. It is said that spring is the time of year when the weather plays its own tricks by constantly changing and by being hard to predict.

According to Boese, "Festivals occurring during the spring (such as May Day) traditionally mirrored this sense of whimsy and surprise. They often involved temporary inversions of the social order. Rules were suspended. Normal behavior no



The Spectrum/MEL KNIGHT

**April Fool's Day is an unusual holiday because it cannot be directly traced back to a certain holiday or event in history.**

longer governed during the brief moment of transition as the old world died and the new cycle of seasons was born."

The most popular theory about the origin of April Fool's Day involves the French switch from the Julian to the Gregorian calendar. Before 1582, the New Year was celebrated on April 1.

However, when Charles IX

notion of playing jokes on April fool's Day. Amy Nardone and Megan Grabel both remembered how practical jokes were always a big deal in elementary school.

Nardone, a sophomore from Bay Shore, NY said, "In third grade I told my teacher that I was moving. The school believed me and then asked my parents. When they found out it was not true I got in a lot of trouble."

"When I was younger, my friends and I put cement glue on my teacher's chair. She sat down and then a student asked for help. When she got up her entire skirt ripped. My friends and I got in big trouble for that," said Megan Grabel, Scotch Plains, NJ.

For other students, family served as a source of practical joke merriment.

"My uncle is always playing jokes on people, so one year

my aunt decided to get him back. Once he had gone to bed one night before April Fool's and she changed all of the clocks in the house, his watch, and the clock in his car to read back one hour. Everyone was in on it so they all woke up an hour early and did their usual routine. My uncle left for work and when he pulled in the parking lot nobody was there and he realized that he had been fooled," said Justin Gage, sophomore from South Burlington, VT.

April Fool's Day is a day for fun and practical jokes. So get your best ideas and play a fun joke on your roommate or friends.

**"When I was younger, my friends and I put cement glue on my teacher's chair. She sat down and then a student asked for help. When she got up her entire skirt ripped"**  
**Megan Grabel**

changed the calendar, the New Year now fell on January 1. Due to the times, the news traveled by foot and some of the people did not receive the change until years later. Others chose to not change their tradition. Those who continued to celebrate the New Year on April 1 were considered "fools."

These "fools" were ridiculed and were made the target in practical jokes. Since this time, the practical jokes have evolved into a tradition celebrated all around the world on April Fool's Day.

Regardless of how the holiday came to be, students at Sacred Heart enjoy sharing their experiences with the modern

## Perservering Through Learning Disabilities

Continued from Page 8

intelligence.

are also conditions and disorders that are closely linked to learning disabilities.

Two common conditions that affect one's comprehension are attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD). These conditions are most notable in children who have a short attention span, as well as uncontrollable behavior.

"It is estimated that between three and five percent of children have ADHD, or approximately two million children in the United States. This means that in a classroom of 24 to 30 children, it is likely that at least one will have ADHD," noted the NIMH.

ADHD is not considered a specific learning disability; rather, it falls under the category of Other Health Impaired. However, the NIMH linked 20-30 percent of children with ADHD to a specific learning disability. The NIMH also stated that the "principle characteristics of ADHD are inattention, hyperactivity, and impulsivity." These characteristics make noticeable the negative affects on children and adults regarding learning and paying attention.

A huge concern for numerous parents and teachers throughout the nation is getting help and trying to regulate learning disabilities. It is not uncommon for learning disabilities to be misdiagnosed on students. Depending on the student, he or she may remain in a certain stage or phase longer than typical of ADHD, and therefore are misdiagnosed with a learning or attention disorder.

"The good thing about our Special Services is not only the one-on-one help between the student and the specialist, but it is also about the peer relationships. I know when ADD and ADHD students meet they talk about their struggles and share personal issues with one another," said Angotta.

"By law, learning disability is defined as a significant gap between a person's intelligence and the skills the person has achieved at each age," stated the NIMH.

Therefore, the relationship between a person's IQ level and the different levels of skills and abilities attained at each age is relevant when diagnosing a learning disability.

Learning disorders may be informally flagged by observing significant delays in a person's skill development. Actual diagnosis of learning disabilities, however, is made using standardized tests that compare the person's level of ability to what is considered normal development for a person of that age and

In addition, in the case of academic skills and disorders, academic development in reading, writing, and math is evaluated using standardized tests, as well. Vision and hearing tests may also be conducted in order to be sure the student can see words clearly and can hear adequately.

The NIMH also added that although "obtaining a diagnosis is important, even more important is creating a plan for getting the right help."

There are many different forms of help that are offered to students with learning disorders and disabilities: educational, medicinal, emotional, and practical. Here at Sacred Heart University there are Federally Mandated Services under Section 504 of the Rehabilitation Act of

**"Students who use our special services feel more confident about who they are and how they work upon entering the real world"**  
**Jill Angotta**

1973. These services are free of charge, granted by the government, for all students who have disabilities.

In addition, Sacred Heart University also offers billable services. These services are offered to any student as long as he or she's disability or impairment is medically documented.

"The importance of our individual services is that they're pretty tailored to the students directly. [Students] have to ask for help and then we can offer everything we have to them," said Angotta.

A huge issue involving disabilities is coping with the problem and working with it instead of against it. People, especially students, may feel discouraged and under constant stress because learning disabilities are a heavy burden in life. However, many specialists, teachers, doctors, and parents claim that dealing with a disability and seeking immediate help in school will ensure a better future for the individual.

"The goal of students with disabilities and impairments is to seek help for their difficulties. Once they accomplish the first step, our goal is to help them be prepared for the work force after graduation. Students who use our special services feel more confident about who they are and how they work upon entering the real world," said Angotta.

For more information on Learning Disabilities contact Jill Angotta in the Jandrisevits Learning Center at 365-4730.



# A & E

## The Extra Credit Project—It's Not Just Homework Anymore

Jenn Motisi  
Contributing Reporter

"If Socrates played the guitar, he would have jammed with Plato," jokes Dr. Steven Michels, an Assistant Professor of Political Science, about his all-professor band.

Dr. Michels, along with Religious Studies Professor Dr. Vern Taylor and Assistant Professor of Philosophy Michael Ventimiglia, are all humble teachers by day, assigning homework and helping students. However, the SHU professors that students have come to know and love, are about to give up these roles for one night and transform themselves into Aristotle Entwhistle, Augustine "Sirloin" Van Halen and Elton Thoreau, respectively.

The men call themselves The Extra Credit Project.

The idea for the group came about when, on his job interview at Sacred Heart, Dr. Michels and Dr. Ventimiglia spoke about music and learned that they both played instruments. After Dr. Michels began working at Sacred Heart, the two joked about starting a band, and in December of 2002, they rehearsed together for the very first time.

As with any band, one of the first steps was to think of a name. After throwing around several school related sayings, such as "The Rough Drafts" or the ever-creative "The Professors and Maryanne," the words "extra credit" were mentioned. A stu-



The Spectrum/Yearbook File  
The Extra Credit Project jams at last year's performance. The group, which is composed of Dr. Michels, Dr. Taylor, and Dr. Ventimiglia, will be playing another show at the Outpost on April 19.

dent thought to add "project" to the end of the name and "The Extra Credit Project" was born.

All three professors have extensive backgrounds in music, which of course contributed to the band's success. Dr. Michels played bass and guitar in high school and college. He describes his musical style as "rock to folk to funk—a little of everything," and refers to his band mates as "very accomplished."

This designation, too, couldn't be closer to the truth. Dr. Ventimiglia, who plays keyboards, began taking piano lessons at a young age and has been involved with various bands throughout most of his life.

Like Dr. Michels, Dr. Ventimiglia is a fan of all different kinds of music, "from Bach and Verdi to Zeppelin and John

Mayer." He says his playing style is "a bluesy, New Orleans piano style, influenced by Dr. John and [other] southern rock players."

Similarly, Dr. Taylor has also spent a good deal of time playing in a band. Formerly a full time musician, he is a published songwriter, has recorded and composed music for both video and film, and has recorded and toured with several artists.

Although all three men have much previous experience, Dr. Michels explains that "expectations were very low" for the group's performance last spring, and that most students responded with "disbelief and laughter" upon first hearing about the band. These expectations, though, were soon shattered when the group performed in Sacred Heart's Outpost for the first time. Their

renditions of Stevie Wonder classics, Macy Gray hits, Grateful Dead favorites and "Play that Funky Music" drew the largest crowd ever since the Outpost's opening.

Dr. Taylor had not expected the group's high level of popularity, stating, "We got a great response. I have been surprised by how many students have come up to me since that first performance to ask when we would be doing it again." The men were even asked to perform twice during the school year—once a semester—but declined the offer, deciding instead to keep the concert as an annual event.

Dr. Taylor rounds out the group by playing guitar and all three professors trade off on lead vocals.

Hubert Martin, a Buildings

and Grounds employee and percussionist, also joined the band on stage last year with his bongos.

"Everyone loved him," Dr. Michels states. "He added a different dimension, and covered up our mistakes."

WHRT is sponsoring the performance, and station manager Alison Pohorylo, a junior from Monroe, expects that it will be "one of the year's best attended events on campus." In addition, WHRT is preparing to advertise for the concert soon with fliers around campus and global emails.

For anyone wanting more information on The Extra Credit Project, Pohorylo suggests visiting the band's website at <http://faculty.sacredheart.edu/michelss> (the link to the band's website is on the left side of the page listed under "etc."). The site features several endorsements from the likes of Oscar Wilde, Socrates, Howard Dean and Eminem, as well as information about the group and their nicknames.

Judging by last year's crowd, students should make sure to get to the performance early if they want to be admitted. The concert is free for students, and is scheduled for April 19 at 10:10 p.m. in the Outpost. Augustine "Sirloin" Van Halen, Elton Thoreau, and Aristotle Entwhistle are sure to put on a great show, and, as Entwhistle says, "it's a great opportunity to have a beer and play a song. It'll be a rockin' good time."

## 'Secret Window' Offers Thrills, Few Surprises

Matt Harrak  
Contributing Reporter

The majority of our country's population has seen some sort of Stephen King film. It's also safe to assume that everyone has at least heard of King and knows his genre of literature and film. So when someone goes to see a King movie, they know what to expect.

Therefore, "Secret Window" offers little to no jaw-dropping surprises that one would expect from a typical thriller. And while one may figure out the ending

well before the climax, it's the way that King, director David Koepp and star Johnny Depp get audiences there that is so intriguing.

Koepp opens the film with techniques usually only attempted in film school and within thirty seconds of the movie's opening, audiences are tossed into the mind of Mort Rainey (Depp) through omniscient narration.

The very first lines of the movie are not even spoken, but rather are the thoughts of Rainey over a blank screen. Koepp makes his audience feel uncomfortable by allowing them an insight to the main character's unstable

mind—a technique used when the auteur of the film wants and needs to use the character's mind as another character.

In Depp's first appearance since his scene-stealing role in "Once Upon a Time in Mexico," the actor wholly engulfs this character. It is well known that Depp prefers to play off-beat characters but it seems that Depp *really* connects with Rainey. His sarcastic comments and priceless facial expressions merge Depp with his character, thus making the film whole.

Yes, "Secret Window" is somewhat predictable; but, yes, it is also a good movie. Is it the best

film of the year? Not by a long shot. But "Window" is also a successful thriller with an intelligent script and great performances.

"Window" is not your typical Stephen King fare of blood and gore. There are a few brief glimpses of violence but nothing that would be associated with a normal King film. Koepp wanted to make "Window" as mainstream as possible and he accomplished this by reducing the amount of corporeal violence.

If for no other reason, see "Secret Window" for the journey that Koepp and Depp take audiences on, rather than the relative predictability that a King adaptation usually offers.

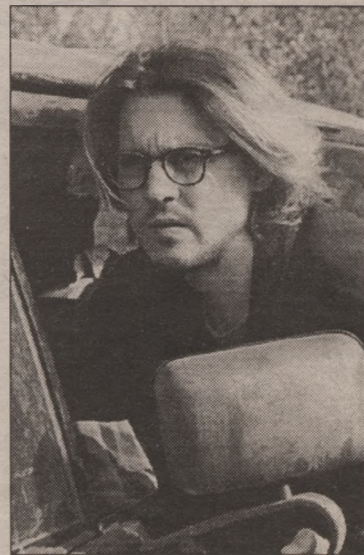


Photo courtesy of Columbia Pictures



# Nicholson, Keaton 'Give' Their All in Latest Release

Patrick Scalisi  
A & E Editor

It's always a pleasure to see two modern film legends share the screen and even more so in a successful film. Whether we're watching Gene Hackman and Dustin Hoffman square off in "Runaway Jury," or witnessing the antagonist-protagonist sit down between Robert DeNiro and Al Pacino in "Heat," two master actors together in one scene can sometimes be enough to make or break an entire movie.

Such is the case with "Something's Gotta Give." While certainly not one of the best overall films of the past year, the chemistry between stars Jack Nicholson and Diane Keaton is enough to save what otherwise could have been a two-hour melodrama about sex and love.

Harry Sanborn (Nicholson) is a New York playboy that has seen a successful career in business ownership and, as a rule, never dates a woman under the age of thirty. However, when his latest fling with an auctioneer named Marin (Amanda Peet) ends in a heart attack, Harry begins to seriously reexamine his post-swinger lifestyle.

Along for the ride is Marin's mother, Erica (Keaton), an uptight divorcee playwright who suffers from such low self esteem that she has been unable to sustain a romantic relationship in years. While Erica nurses Harry back to health at her beach house in the Hamptons, she gets swept into a stranger-than-fiction love triangle with Harry (who is now revising his credo of only dating twenty-something year-olds) and Harry's young doctor, Julian (Keanu Reeves).

Thus does Nancy Meyers begin her hilarious opus about love, sex, and dating, as Harry and Erica try to delve as deeply as possible into one another's psyches and emerge (hopefully) in love at the other end. Meyers, who is no stranger to the romantic comedy, once again takes on double writing and directing duties as in her 2000 smash comedy "What Women Want." With "Something's Gotta Give," her first project in almost three years, Meyers is back in the spotlight as being one of the finest female behind-the-lens talents in Hollywood.

As a film, "Something's Gotta Give," is exceedingly funny. The script is both original and poignant as it examines the unspoken, yet all too true, ways that older men and women look

at love. As Erica's friend Zoe (Frances McDormand) explains near the film's opening, older men are allowed to date younger women while ignoring women their own age whom they consider "spinsters" and "old maids."

Meanwhile, when an older woman has the opportunity to date a younger man, the situation is considered taboo (insert Ashton Kutcher—Demi Moore comment here). Harry knows this condition all too well and rationalizes his decision to date younger women with a dozen excuses that hardly satisfy Erica's way of thinking. However, when the two are together, pure magic ensues and both are unsure what to do with the responsibilities of their newest romantic venture.

If "Something's Gotta Give" suffers from any serious flaw, it is certainly pacing. The funniest segments of the film are intersected by deep, emotional moments that sometimes do not connect. At some points the film drags while trying to get its protagonists to a conclusion, and at others it moves a bit too quickly.

"Something's Gotta Give" premiered on video and DVD this past Tuesday and is now available at the DVD rental machine on campus. The disc features a mix of extras that includes a feature commentary, a deleted scene, and



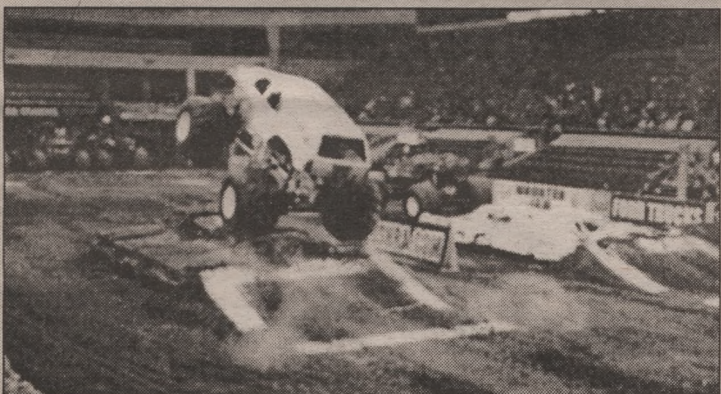
Photos courtesy of Columbia Pictures

[Above] Harry (Nicholson) and Marin (Peet) enjoy some fun in the sun before Harry's life-altering heart attack. [Below] Erica (Keaton) and Julian (Reeves) vie for each other's affections, while Erica considers her burgeoning relationship with Harry.

a tour of Erica's beach house in the Hamptons. Though seemingly irrelevant to a younger audience, "Something's Gotta Give" will

have viewers of all ages rolling in laughter as Meyers takes her audience on the most candid look at relationships in recent years.

## Monster Jam Crushes Harbor Yard



The Spectrum/PATRICK SCALISI

[Above] Thrasher (left) and Vette King face off in the first round of the U.S. Hot Rod Association's Monster Jam. The event took place this past Friday and Saturday at the Arena at Harbor Yard in Bridgeport. [Below] Eradicator uses his 60 seconds wisely to cause as much destruction as possible during the melee portion of the competition.

## Affleck Attempts to Redeem 'Gigli' Disappointment With New Film, 'Jersey Girl'

Stacey Jackson  
Staff Reporter

Director and writer Kevin Smith's new film "Jersey Girl" starring Ben Affleck opened in theaters this past Friday.

The comedy-drama contains a high profile cast with cameos and small roles by some of today's top actors. Affleck plays a publicist, Ollie, who is so preoccupied with his work that he spends little time with wife Gertie (Jennifer Lopez). Gertie's sudden death in childbirth and the responsibility of raising a child alone then turns Ollie's life around.

The film begins with the dramatic death of what is thought to be a lead character in the film. Ollie's success as a publicist then comes to an end when he unintentionally mouths off to a room full of reporters. Ollie's dilemma continues with his inability to get over his wife's death.

The first 45 minutes of the film lead audiences to believe that "Jersey Girl" has good direction and, even with "Bennifer," that it can be successful. But once Liv Tyler's character enters the film as grad student/video store clerk, May, the momentum

begins to go downhill.

"Jersey Girl" has gained much of its hype because of Lopez and Affleck's appearance on screen and their recent break-up off screen, but surprisingly the only visible chemistry is between these two characters. Conversely, Tyler and Affleck have few scenes together, yet their relationship is intended to be meaningful.

The most impressive performances in the film come from Ollie's father (George Carlin) and assistant Arthur (Jason Biggs). Carlin expresses both a dramatic

side to his character needed to hold the film together, while also including a comedic performance true to his name. Biggs' role is small, but adds that little bit of humor which thankfully takes away from the forced drama.

For a viewer looking for a light-hearted film, this may not be it. "Jersey Girl" has its ups and downs and it's difficult to determine which has a lasting effect. If Smith's latest is on your list of movies to see, audiences would do best not to expect too much and may just find it enjoyable.

### Entertainment Briefs

#### On-Campus Events

Friday, April 16 – Saturday, April 17

• The SHU Players will be performing "Biloxi Blues" at the Edgerton Center for the Performing Arts. The play, written by Neil Simon, is the sequel to "Brighton Beach Memories" and was also adapted into a film starring Matthew Broderick. Directed by Brian Gardner, the play starts at 8:00 p.m. and is free for SHU students.

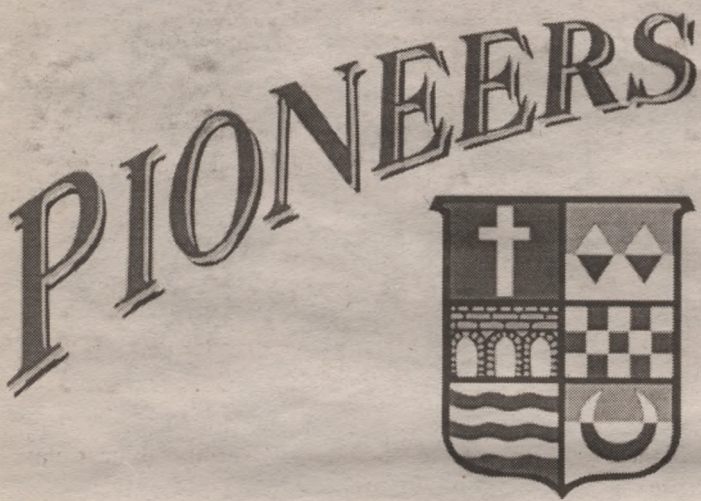
#### National News

Tuesday, October 19

• The next, highly anticipated chapter in the "Grand Theft Auto" video game franchise will hit stores on Oct. 19. "GTA: San Andreas" will feature all new levels and missions for players as they navigate through the seedy underworld of the San Andreas crime circuit. Though constantly surrounded by controversy, the "Grand Theft Auto" games are consistent best sellers and this newest chapter is sure to be no exception.

- Compiled by Patrick Scalisi





## Sports Shorts

*Compiled by Katie Atkins  
Sports Editor*

### Men's Soccer

Senior captain Carlos Silva (East Haven, CT) was selected to participate in the New England Intercollegiate Soccer League Senior All-Star Game. He was one of just two players from the Northeast Conference chosen to participate.

Each spring member coaches of the NEISL select 60 of the top senior collegiate players from NCAA Division I, Division II and Division III institutions to compete on the NEISL Senior All-Star Teams. This year's game will be held at Babson College in Babson Park, MA on Sunday, April 25, 2004. Kick off is scheduled for 5:00 pm.

Silva, a midfielder, has played in 55 games during his collegiate career, including 27 starts. He scored his first career goal in a 1-0 win over VMI earlier this season on August 31, 2003 at the CCSU Cup (courtesy of Sacred Heart athletics website).

### Men's Volleyball

The Sacred Heart University men's volleyball team took over sole possession of first place in the Eastern Intercollegiate Volleyball Association Sweeney Division Sunday afternoon with a 3-1 win at Southampton College. SHU posted wins of 30-22, 30-24, 27-30 and 30-27 to improve to 13-6 overall and 7-3 in the EIVA.

Sunday's win coupled with Roger Williams' loss to NYU puts the Pioneers in the top spot with three conference matches to play. The Pioneers control their own destiny down the stretch with a spot in the conference tournament on the line. SHU will need wins over New Jersey Tech on the road and over New Haven and Vassar at home to clinch the playoff berth.

Senior Doug Soviero (Huntington, NY) led the way for Sacred Heart on Sunday, posting a match-high 16 kills and 10 digs to record the double double. Senior Mike Maziarz (Wilbraham, MA) finished with 20 digs marking the second time this season he has recorded a 20 dig effort.

Sacred Heart will close out their road portion of the schedule this week with trips to New Jersey Tech on Tuesday night at 7 pm and at Princeton on Thursday, April 1st at 7 pm (courtesy of Sacred Heart athletics website).

### Celebrity Breakfast

Kevin White, athletic director at the University of Notre Dame, will be the featured speaker at Sacred Heart University's Sixth Annual Celebrity Breakfast on Thursday, April 15 on campus in the William H. Pitt Center. The doors open for the event at 7:00 a.m., and breakfast will be served at 7:45.

Sacred Heart coaches will serve as waiters for the event, which will benefit the Pioneers' intercollegiate athletic program (courtesy of Sacred Heart athletics website).

# Random Thoughts

**By Hank Gargiulo**  
Staff Reporter

Since I have no real defined topic this week, and a lot to cover, I'm going to just jump around from topic to topic and hope something sticks, lets find out if it does.

- For the first time in the history of my bracket picking life, I am in contention to win a pool. This is unheard of for me. I usually flame out after the second round because I pick a team like Southwestern Wyoming A&M to take down a serious contender. Ok, maybe not that bad, but I usually pull at least one bonehead upset that will never happen.

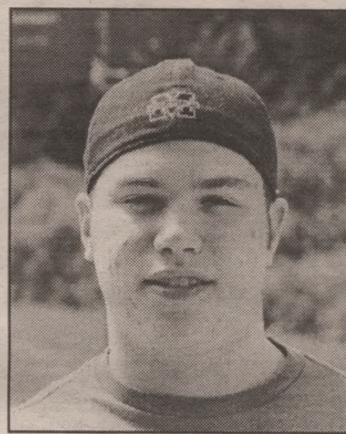
- I actually picked a twelve, five upset. Now I had no clue Pacific would take down Providence college, but for some reason I had a feelin' Luis Flores would take down the Florida Chokers...I mean Gators.

- If you picked Georgia Tech to get to the Final Four please stand up....

- Did anyone notice that there was a baseball game played at some ungodly time on Tuesday morning? Yea, me either. Honestly, why are we starting the major league season across the Pacific ocean in Japan..AGAIN! I completely understand that MLB is trying to expand the game, take it global and all that other stuff, but can't that be reserved for the post-season All-Star tour and pre-season games that are meaningless? How does it benefit the teams to travel halfway across the world to play a couple games? Oh wait, it doesn't. Leave the international games for the off-season.

- Anybody else feel like this is going to be one of the best baseball seasons ever? I know I've said it before, but I can't remember a season that I've been as excited to see. There are two possibilities here, one (and the most likely) that my memory is that horrible that I in fact can't remember the events leading up to any previous seasons, or two, that this is, in fact the most anticipated season ever.

- Has anyone noticed that in the NBA there is the potential for THREE teams with sub-.500 records to make the playoffs in the Eastern Conference. Amazingly this HAS happened before. Seven years ago in the Western Conference. The 36-46 Clippers, 40-42 Minnesota Timberwolves, and the Phoenix Suns who were also at 40-42. It is my personal opinion that both the NBA and NHL need to cut down the number of play-



off spots. More so in the NBA where you almost never see a low seed make it to the finals (and I'm not counting the New York Knicks of 1998 in the lock-out shortened season). This is just sad.

- Today is my birthday, happy 22nd birthday to me! And on a side note, please don't try to tell a funny joke about how April Fools Day is my birthday. We are all aware of the obvious jokes so let's just skip them. However if you feel you must indulge yourself, have fun.

- Anybody else not know who Jarrett Jack was before he torched Kansas? We all know that B.J. Elder is the star of that Georgia Tech team, but this kid really stepped up and got the Yellow Jackets into the Final Four. And lets not write them off as easy fodder for Oklahoma State. And anyone who wants re-seeding for the final four obviously wants one good game, instead of three.

Both of the national semi-final games could be epic. Georgia Tech might as well carry a defibrillator with them because they have stopped my heart (and potentially my brackets) in just about every game in the tourney. And UConn has run roughshod over everyone, but now they are playing Duke, a rematch of the 1999 title game, but unlike the '99 game, the Husky's probably won't be the underdog.

- Lets not forget about the "other" national tournament. And no I'm not talking about the UConn Women's invitational, I'm talking about the Frozen Four. That's right, schools you've probably never heard of vying for a national title. And let me tell you, if I could be anywhere on Saturday, it would be up at the Fleet Center in Boston to check out the University of Maine, the school I went to for a year before transferring down here, taking on the hometown Eagles from Boston College. I personally think Maine is getting hosed here, they both are from the same conference, yet BC ends up with a "home game". That game WILL produce the national champion, mark my words. No slight to Minnesota-Duluth or Denver, but if Maine can beat BC at home in a nation-

al semi-final they can surely down an out-of-town team. And if BC wins, there is no way they loose a championship game in Boston. Of course not that I've given it the kiss of death, expect anything.

- Has anyone actually been watching ESPN's Dream Job? Didn't think so.

- Is anybody else sick of seeing bad news about athletes? I could honestly care less about Kobe Bryant's sexual assault case or Jason Williams' murder case anymore. Do you know why? They are long drawn out processes that let people hear their own voices. If I wanted to watch these things I would put on Court TV, not ESPN.

- Can we start the NFL draft now? I can't stand another weekend without some sort of football in my life, I think I'm going through withdrawal.

- Not that anyone is going to notice, but last night Mark Messier probably played his last game of his long, and I do stress long, NHL career. Over the last 23 seasons "The Messiah" as many in New York call him, as put up some astounding numbers. He ranks second all time in points scored and has captained two different franchises to Stanley Cup victories. Messier hasn't openly stated that he will retire, but with a pending work stoppage and him not getting any younger (he is 43), it looks as if old number 11's next appearance in Madison Square Garden, will be when it gets hung from the rafters.

- Back to the NBA now for a bit. I never had a chance to comment on the whole Allen Iverson situation, so here is my take. AI, shut up and play. Stop bieng a baby and crying when you don't get your way, you get paid a hefty sum to play basketball, nowhere in your contract does it guarantee you a spot in the starting lineup. So please do everyone a favor and shut up and play. And would showing up to practice hurt?

- This brings me to my next point. Since when did we as a sports viewing nation accept absolute cry-baby's? Look at the Terrell Owens situation. Because his agent failed to file paperwork on time, he missed out on becoming a free agent. So what did TO do when the 49ers traded him to Baltimore? He cried until he got his way and was sent to Philly. Great message to send to kids.

- Can football mini-camps open...please?? Life seems so incomplete without a five-day weekend full of football action.

Ok, wasn't that a fun trip through the randomness that flows through my mind?



# Baseball Notches First Win of Season

By Jason Chudoba  
Staff Reporter

On March 21, the Sacred Heart men's baseball team played host to the University of Rhode Island. The Pioneers defeated the Rams 4-3 to snap a 14-game losing streak and earn

*"We knew we'd get a good pitching performance from McKee, so it was just a matter of swinging the bats and right out of the gate we got two runs in the first. To score early and tie it up gave us a huge boost,"*  
**Chuck Ristano**

the first inning. The Rams got their first run of the game when junior infielder, Mike Rainville (Pawtucket, RI) singled to center.

The Pioneers made a throwing error on the play that enabled the runner on second to reach

home and advanced Rainville to third base. A sacrifice fly by senior infielder, Dan Batz (Mohnton, PA) scored Rainville and the Rams took an early 2-0 lead.

Sacred Heart answered right back in the bottom half of the inning.

"We knew we'd get a good pitching performance from McKee, so it was just a matter of swinging the bats and right out of the gate we got two runs in the first. To score early and tie it up gave us a huge boost," said senior pitcher Chuck Ristano (Valley Stream, NY).

The Pioneers were able to load the bases with no one out. Senior first baseman, Jamie Schilkowski (Shelton) stepped up to the plate and drove in two runs off a single to centerfield. Freshman outfielder Jay Monti (Marlboro, NY) flied out to end the inning with three men left on the base path.

The Pioneers took the lead by earning two more runs in the fourth. Sacred Heart was able to place a runner on first and second with two outs. Junior outfielder, Curtis Lewsey (Greenwich, NY) hit a single to center and drove in the first run of the inning. The Pioneers got their second run of the inning off of a double steal by Lewsey and sophomore infielder, Jason Maiella (N. Haledon, NJ).

Sophomore pitcher Bob

McKee hurled five solid innings and struck out four batters for the Pioneers.

"Bobby threw a great game when we really needed a win, he did a great job of changing speeds and keeping a good hitting team like Rhode Island off-balance all game long," said junior pitcher Robert Duell (Scotia, NY).

Freshman pitcher Rob Tenzca (Meriden) came into relieve McKee in the sixth. He was able to provide the Pioneers with three quick outs.

Tenzca found himself in trouble early in the seventh inning. The Rams second batter of the inning reached first on a bunt single. The Rams next batter, freshman outfielder Scott Brown (Portland, ME) hit a single to left to put two men on.

Sacred Heart decided to bring in Duell to try and close the game. Duell gave up and RBI single to the first batter he faced, but he kept his composure and lead the Pioneers to their first win of the season.

"It's nice to get the monkey off your back, and get the first win, but we've still got an uphill climb to get where we want to be. There wasn't any celebration like we'd done something great, we won a game, big deal and we prepared for the next one" said Ristano.



The Spectrum/ NICK KELLY

The Pioneers, who now have a 6-3 record overall, will next play at home this Sunday.

## Women's Lax Wins

By Dana White  
Staff Reporter

The women's lacrosse team returned from their four-day trip with their first conference win. The girls played two games last week, the first of which was Friday, March 26 when they took on St. Francis and their second of the trip, Sunday, March 28 when they played Lehigh.

St. Francis was the girls' first conference game and they went into the game with confidence and showed it by dominating on the field. Seniors Christina Macchia (Carle Place, NY) and Jackie Reichert (Nesconset, NY) both put in two goals. Junior Natalie Smith (Wantagh, NY) and freshman Maureen Hohn (Lutherville, MD) also had two goals each.

"It was good that we beat them because they are a conference team and we needed to play well to show our stance in the NEC," said Megan Tucker (Carle Place, NY). The girls played an unreal second half and finished the game by winning 11-2.

On Sunday, the girls played Lehigh but did not have as much luck as they did on Friday. JoAnn Montesarchio (Cortland Manor, NY) had two goals and an assist, and also played a great game in the face-off circle.

"We should have beat Lehigh and we had our chances. We took almost 30 shots on offense and only scored seven goals. This weekend in Pennsylvania taught us that we still have some things to work on going into conference games. We have a huge game on Sunday vs. Mount St. Mary's since they knocked us out of the playoffs last year," said Smith.

"We killed ourselves against Lehigh and we had the opportunities we just didn't capitalize on them," said senior Jeanne Carroll (E. Rockaway, NY).

"We hung well with Lehigh but we just couldn't finish in the end because we couldn't finish our shots," said Tucker. After the weekend the girls improve their record to 6-3. Their next game is Sunday, April 3, at home at Campus Field.

## THE PIONEER SCHEDULE

### Friday, April 2

Baseball	vs Maine	Harbor Yard	12:30 PM
Softball	vs Yale	Fairfield, CT	3 & 5:30
M & W Tennis	at Hartford	W. Hartford, CT	2 PM
Men's Volleyball	vs New Haven	Fairfield, CT	7:00 PM
Women's Golf	at Mt St Marys Inv	Thurmont, MD	

### Saturday, April 3

Baseball	at Hartford	Hartford, CT	12:00 PM
M & W Track	at SCSU Invit	New Haven, CT	11:00 AM
Men's Lacrosse	at Drexel	Philadelphia, PA	1:00 PM
Men's Golf	at Yale Opener	New Haven, CT	
W Rowing	at Fairfield Invite	Shelton, CT	

### Sunday, April 4

Softball	vs Mount St Marys	Fairfield, CT	12 PM
M & W Tennis	vs Wagner	Fairfield, CT	12 PM
W Lacrosse	vs Mt St Marys	Fairfield, CT	1 PM
Men's Golf	at Yale Opener	New Haven, CT	
W Equestrian	at Zone 3 Show	Newtown, CT	

## WESTON MOM LOOKING FOR: A PT OR OT STUDENT

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# Sacred Heart Below National Average

By Jayde Levesque  
Staff Reporter

As a student, to hear that Sacred Heart is below a National Average can be discouraging; on the contrary, this is something to be proud of. According to a study of the U.S. Department of Education in conjunction with the National Collegiate Athletics Association (NCAA), student-athletes using steroids and performance enhancers is at an all-time low, dropping from 5% (1989) all the way down to an astonishing 1% of student-athletes, and Sacred Heart is right there below this average.

"I've been here for nine years and we've always been below the national average," said Head Athletic Trainer Julie Alexander.

There are many factors that aid in this decreased statistic. One of the major factors is that drug testing acts as a deterrent method. In 2001 the NCAA reported that 17% of student-athletes admitted that the threat of drug testing discouraged them from using banned substances. However, Alexander attributes it mainly to education.

"The athletes are given a list of banned drugs in a student-athlete handbook, and also sign a consent form," said Alexander.

It is essential that athletes are

educated about the drug testing procedure, the NCAA's policies as well as the university's policies regarding steroids and other performance enhancers because certain drugs that are easily obtainable over the counter are considered banned substances by the NCAA.

A specific example is Bronkaid, an over the counter medication for temporary relief of shortness of breath and cough associated with bronchial asthma. Although Bronkaid is recognized by the FDA as safe and effective, it is still banned by the NCAA. The NCAA sets strict standards because such enhancers, including anabolic steroids, are significantly dangerous to the athlete, and the consequences do not stop there.

While steroids may momentarily enhance one's performance, it has much more lasting implications. In fact, according to the United States Drug Enforcement Association (DEA) the consequences of steroid use can range from mild acne all the way to cancer of the liver, heart attacks, and high cholesterol.

And if those consequences aren't enough, the withdrawals are even worse. In addition to the common withdrawal symptoms of steroid use, such as: mood swings, insomnia, and fatigue, a study conducted by the U.S. Department of Public Health

and Human Services, National Institute on Drug Use reports that steroid withdrawal also renders increased depression and suicide attempts.

"Not only is taking steroids cheating but it is also placing yourself in harm. It is alright to take supplements like protein and creatine but anything can be harmful if abused so if it's taken correctly then it is fine. But taking steroids is a whole different level," said Michael Rosa, sophomore football player from Coral Springs, FL.

As well as the negative implications to the athlete himself, if an athlete is caught using steroids the consequences go even further. Both the NCAA and Sacred Heart University state very clearly in the student-athlete handbook, the repercussions if a student-athlete tests positive.

Rosa, a football player at Sacred Heart is one of the many athletes to have read the student-athlete handbook and signed the consent form.

"In the case that someone does test positive, there is an appeal process, although the chances of receiving the appeal is highly unlikely," said Alexander. "The athlete will lose an entire calendar year of eligibility, and once he or she has returned, they will be retested."

Of the 32 athletic teams at Sacred Heart to be tested year

round are the football team, and both men's and women's track. Not only are they tested year round, but if they should make a championship, the NCAA will perform a test at the championship to ensure integrity. However, the NCAA reserves the rights to test any athlete at any random time.

"I don't believe any athlete should be able to use steroids just because of the simple fact that it gives an advantage over players that don't use it," said Andrew Cutrone, a junior from New Hyde Park, NY and former Sacred Heart baseball player. "Drug testing should definitely be done for teams that make it to their conference tournaments."

Football, one of the sports tested year round, has had the highest occurrences of steroid use in the past. While the 1989 study showed 10% of football players using steroids, the 2001 study reflects a drastic decrease to 3 percent.

"Considering how strict the NCAA has gotten with their testing procedures, I would have to say the percentage would definitely drop, and it is almost impossible for someone to cheat the test," said Rosa.

In the most recent State of the Union Address on Jan 20, President Bush expressed extreme concern for eliminating drug use in sports.

"The use of performance-enhancing drugs like steroids in baseball, football and other sports is dangerous, and it sends the wrong message — that there are shortcuts to accomplishment, and that performance is more important than character," said Bush, as stated in the address.

Sacred Heart student-athletes also agree that steroids show a lack of character.

"In all honesty, I think [using steroids] is an easy way out. I think steroids are a short cut for those people who do not have the dedication to grind it out day after day to become a better athlete," said Michael Burns, a senior Volleyball player from East Providence, RI.

"I would be disappointed if I learned that anyone of my teammates was using performance enhancers, because I think that it severs team solidarity and it shows a lack of character," he added.

Although Sacred Heart's statistics place it below the national average, it is still difficult to determine which other universities have had trouble with steroid use in the past, because all tests are confidential. However, it is safe to say that Sacred Heart is following in perfect suit with the NCAA's intent on wiping out drug use in student-athletes, especially with steroids.

## Men's Lacrosse Still Searching

By Chris Fote  
Staff Reporter

SHU men's lacrosse team took the field Saturday afternoon to take on Colgate. SHU has been struggling through the first half of the season and still has yet to put a tally in the win column. Unfortunately for the team, they are still without a win despite their best efforts which they exerted on Saturday without their head coach Tom Mariano.

"I thought the team did some very good things during the game. I was at the hospital with my wife who delivered our first child towards the end of the game. I thought that the players responded well to me not being there but one of our main philosophies is that we prepare in practice and the players execute in the games. The team knew what they needed to do to win the game. The players fought hard during the game and things just didn't go our way," said Coach Mariano.

Colgate started the scoring off at the 14:11 mark in the first. They would add another two unanswered goals to make the score 3-0 before Sacred Heart even got on the score board and ended the quarter keeping SHU scoreless.

However in the second, SHU came out to play and stepped their game up. Sacred Heart sophomore Matt Robideau (Massena, NY) scored his first of many goals of the game assisted by James Hinkson (Whitby, Ontario) to bring it closer at 3-1. Sacred Heart's goalie Thomas Hind (Farmingdale, NY) came up with huge saves throughout the whole game, but specifically in the second to keep the game close.

The Pioneers picked up the physicality and started hitting the Colgate players pretty hard. They also kept slashing the ball out of sticks and showed great poise on the defensive side of the field. Senior Ben Giamichael (Cortland, NY) scored with 8:30 in the second to make the score 3-2. Colgate would score next with 4:11 to go before the half ended to go up 4-2 and took that lead into the halftime break.

SHU started off the scoring in the third quarter by a quick goal scored by Christian Lynch (Northport, NY) to make the score 4-3. This lead to another goal by SHU, where Robideau picked up his second of the game, while leaving it tied at four a piece.

Colgate would score next to go up one on again however Sacred Heart would tie that game again with a beautiful over the shoulder shot by Adam Dzedzy

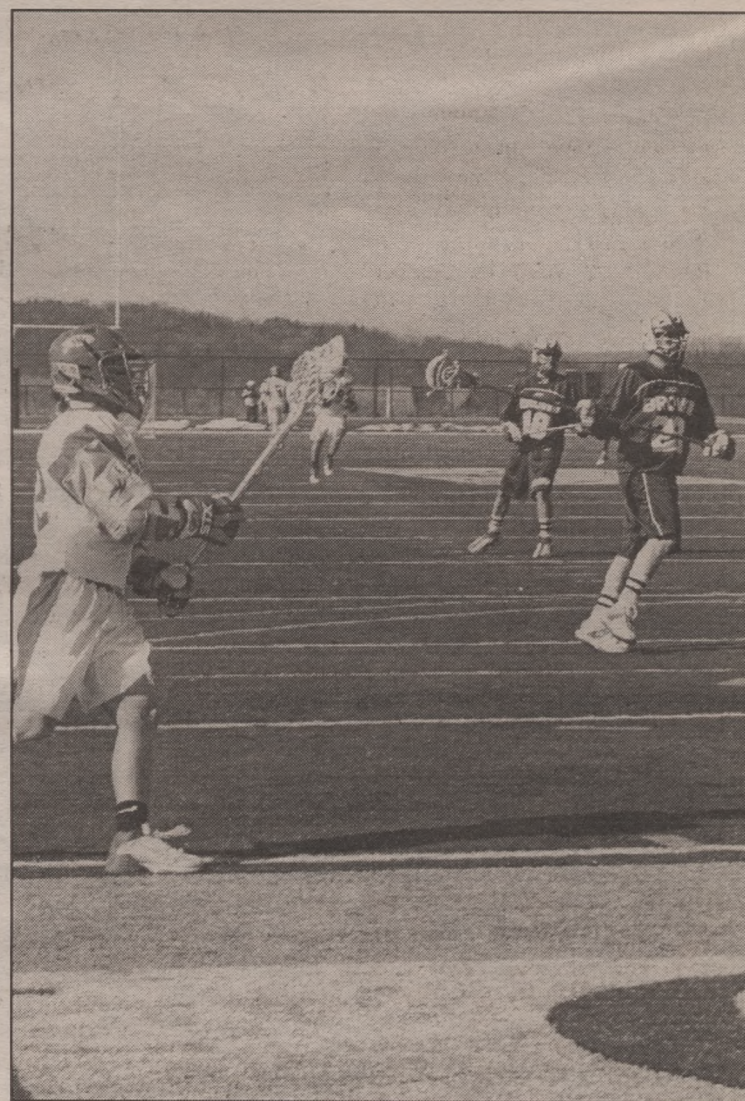
(Glenmoore, PA) assisted by freshman Peter Greco (Hamburg, NY). The Pioneers would pull ahead of Colgate for the first time with a goal by Giamichael, a lead which they would take into the fourth quarter.

Colgate quickly tied up the game at 6 a piece with 11:46 left to play in the game. Robideau picked up his third goal of the game with a great series of fakes and spin moves to get himself by a sea of Colgate defenders. Colgate however answered back at the 7:24 mark to tie the game yet again.

Colgate took the lead with three minutes left in the final quarter to go up 8-7 and never looked back. They added on two more goals, one at the 2:49 mark, and one with only 19 seconds left on the clock to take a victory over the SHU Pioneers by a final score of 10-7.

"We open up league play this week and we are focused on making a push in league play. All we need is to get this rolling and play the complete game that we work for everyday. If we can accomplish this then we will turn things around," said Coach Mariano.

Sacred Heart takes on Drexel in their first league game in Philadelphia on April 3. Also, congratulations to Coach Mariano on the birth of his first child.



The Spectrum/ NICK KELLY

The men's lacrosse team will play in their first conference game of the season this Saturday at Drexel.



# Equestrian Team Sends Six Riders to Regional Competition

By Meghan O'Connor  
Staff Reporter

The scarcely recognized Sacred Heart University Equestrian team came off their fall season in second place, and has continued that success throughout the spring by qualifying six members of the team for post-season competition following their accomplishments during the season.

"The season went well for us. We had a very young team made up mostly of freshmen, but they really held their own and had a great season," said junior captain Kate Janczak (Ballston Spa, NY) "I'm very proud of the hard work they put in throughout the very long regular season, and I'm looking forward to some great placings in our post-season competition."

The Regional Competition is the first in a series of three Intercollegiate Horse Show Association (IHSA) post-season competitions. Riders qualified by earning either 28 points, in the Open & Alumni Divisions, or 35 in all other divisions.

At Regionals, riders that finish first or second in their class will be invited to compete at the Zone 3 Championship Horse Show in Pennsylvania. At Zones, riders will come from the 4 Regions that comprise Zone 3 (Southwestern CT, Long Island, PA, NJ & WV) to compete. There, again it is the top two finishers in each class that will continue on to the National Horse Show in Tennessee.

"This year was truly a rebuilding year for our team. Last year, we lost three strong riders to graduation, all who had anchored our team during their careers," said Head Coach Alysia Cantelmo. "With a predominantly freshman team, we never finished lower than third in four competitions. As I had suspected, Kate Janczak, Emily Grayson and Lauren O'Connell played an important part in much of our success."

The first rider to earn a trip to the Zone 3, Region 1 Championship was indeed someone Cantelmo was counting on to make an impact on the team. Junior Emily Grayson (Greenwich) advanced with her fourth place performance in Open Flat at the Yale University Horse Show in February that reached 30 points on the flat.

Grayson placed second at Regionals last year, and fourth

at Zones, and will be looking to improve on those finishes this year. Throughout the year, Grayson never finished lower than fourth place in nine separate outings and won four of her classes.

The next rider to qualify at the Yale Show was a newcomer to the team, freshman Crystal Taylor (Naugatuck) who never placed lower than second in six outings, including four first place finishes. Taylor won the Intermediate Flat at Yale to move to Regionals in her first collegiate season.

"With a lack of roster numbers, the freshmen were placed into their appropriate divisions, and oftentimes, unbeknownst to them, called upon to serve as point riders. Crystal had nothing short of a remarkable season," said Cantelmo.

**"We've worked really hard and accomplished a lot. We have six riders qualified for Regionals, and that's amazing"**  
**Lauren O'Connell**

The upperclassman duo of Janczak and senior Lauren O'Connell (Red Hook, NY) also took their turn in qualifying for the post-season. O'Connell finished second in the Walk-Trot Division at Nassau Community College, and is heading to the IHSA post season for the first time. In 8 outings this season, O'Connell finished first on five separate occasions, and was second twice. O'Connell accomplishments are remarkable since she started her riding career last spring.

Janczak is taking a return trip to Regionals in Open Fences this season, after competing last year and taking home Regional Reserve High Point Rider and Reserve Champion in Open over Fences. She has also qualified to compete in the Open Flat Division this year. The captain leads her team as the only rider to qualify for two classes at Regionals, and one of only three open riders in the whole region to double qualify for the competition.

Two more members of the freshman class stepped it up this

season to help the team and joined Taylor to make it to Regionals in their first chance. Jessica Reynolds (Meriden) served as the Novice Flat point rider throughout the year, and showed her consistency by placing third in the final meet of the season in Intermediate Flat to get an invite to Regionals.

On the season, Reynolds never finished less than fourth, with consistent second places. Also qualifying was freshman Lauren Pierce (Southington) who dominated Intermediate Fences throughout the season, and finished the season with a win to propel herself to the post-season.

Also for Sacred Heart, alumni competitor Kristine Brackenridge also is headed to Regionals and currently leads the Zone 3, Region 1 Alumni Flat standing. She is third overall in Alumni Standings heading into the post-season competition.

"Doing well in the upcoming post season is very important to us because we have worked hard all year, and to see our hard work pay off will be very rewarding," said Taylor.

Not only have the girls qualified for the Zone 3, Region 1 Championship Horse Show, but it is also being held at their home training facility, Fox Ridge Farm in Newtown on April 4. Having the meet at their home facility will work in the team's advantage since they know all the horses and have trained with them throughout the year. All horses at IHSA are assigned by luck of the draw, and since Fox Ridge has never hosted a meet before, the competition will find very few familiar horses in the crowd.

"We've worked really hard and accomplished a lot. We have six riders qualified for Regionals, and that's amazing," said O'Connell. "I think everyone will put in their best and hopefully end up on top. It's an added bonus that we're hosting because we know the horses and ring we're riding in."

"What struck me most about all of the girls on the team was how quickly they came together as a team and were able to make things work, considering how riding is traditionally considered an individual sport," said Cantelmo. "The girls who qualified all had stellar seasons. The remaining riders, who will most likely qualify early next year for 2005 Regionals, all played a critical part in the overall success of the team as well."

# Ferland Represents SHU at Fencing Nationals

By Meghann Longo  
Staff Reporter

This past weekend, March 25-28, junior Lea Ferland (Tiverton, RI) traveled to Brandeis University in Massachusetts to compete in the 2004 National Collegiate Women's Fencing Championships, as Sacred Heart's first and only representative ever.

Ferland was chosen along with numerous other students from Yale, Harvard, Columbia and St. John's University to represent the Northeast region in the competition.

"I am proud to have made it there, I worked hard this season and never thought that making it to nationals was a possibility since no one from the Sacred Heart fencing team has ever made it there," said Ferland.

As an individual, Ferland participated in the women's foil portion of the competition, where she was up against 24 other fencers, who she would meet in a round-robin of five-touch bouts. Despite her efforts Ferland finished 24th, but it was the experience that she deemed to be the most important part of this opportunity and not how she finished.

"Fencing in nationals gave me the opportunity to fence against the best fencers all around the country which is something

that as a team we do not get the chance to do, this experience allowed me to see first hand a higher level of competition," said Ferland.

This entire experience has not only been beneficial to Ferland herself, but to her team and the fencing program in general. "This accomplishment not only means a lot for me but for the team as a whole we have now moved the bar of our expectations higher and this will give the team as a whole a higher goal to strive for next year," said Ferland.

Along having a representative in the nationals, the fencing program has had one of their best seasons to date. The men winning their first meet ever and the women had not only the biggest team this program has ever seen, but the most talented. Now all they must do is combine their drive and intensity with their enormous amount of talent and potential and this program will be able to achieve everything they have hoped for.

"I am looking forward to working with the team next year and hopefully we can qualify more people next year so they too can experience a higher level of competition because after all improvement can only come once you have experienced a level of competition higher than your own," said Ferland.

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# Heartbreaking Loss as Women's Tennis Falls

By Nick Kelly  
Staff Reporter

The Sacred Heart women's tennis team fell short to Rhode Island in a hard-fought match play on Saturday as they were edged out by a score of 4-3.

"The singles, especially we are playing much better. Physically we are playing much better. Mentally we get down on ourselves and it makes a big difference in close matches," said Sacred Heart women's tennis coach Mike Guastelle.

On the day the Pioneers won three of the six singles matches and one of the three doubles matches. All three of the losses in singles were extremely close, and had at least one set that went extra games.

"I thought today was really good. Pam and I lost in the doubles, but overall we played well. In the singles I just tried to be constant and keep it in with the wind and it worked," said sophomore Lauren Galatie (Monroe). She opened the day in a doubles match with Pam Pillo, falling by a

score of 8-3. This did not prevent Galatie from having an excellent showing in the first singles spot however, as she won in straight sets, 6-2, 6-3.

The three doubles matches for the first team point in the match play would prove pivotal for the overall score in match play for the day. Lissa Von Brecht and Katelyn Kittredge won the third doubles handily, 8-3.

"We played really well today. I've got the ground strokes and she has got the volley game so we played well together today," said sophomore Lissa Von Brecht (Cumberland Foreside, ME).

"Kate's a very aggressive player, likes being at the net, so doubles really suits her," said Guastelle.

This win in the third doubles spot evened Sacred Heart and Rhode Island on the day for doubles with one win each and because it ended quicker, turned the second doubles match into a tiebreaker.

Jean-Monique Sampson and Darcy Shoop played in the second doubles spot for Sacred Heart, which would give the winner's team the advantage going into singles matches. Both doubles teams were tied eight games apiece, but Rhode Island sneaked by 7-4 in extra points, giving them the first team point of the day.

"It's hard to control emotions when you feel like you're playing

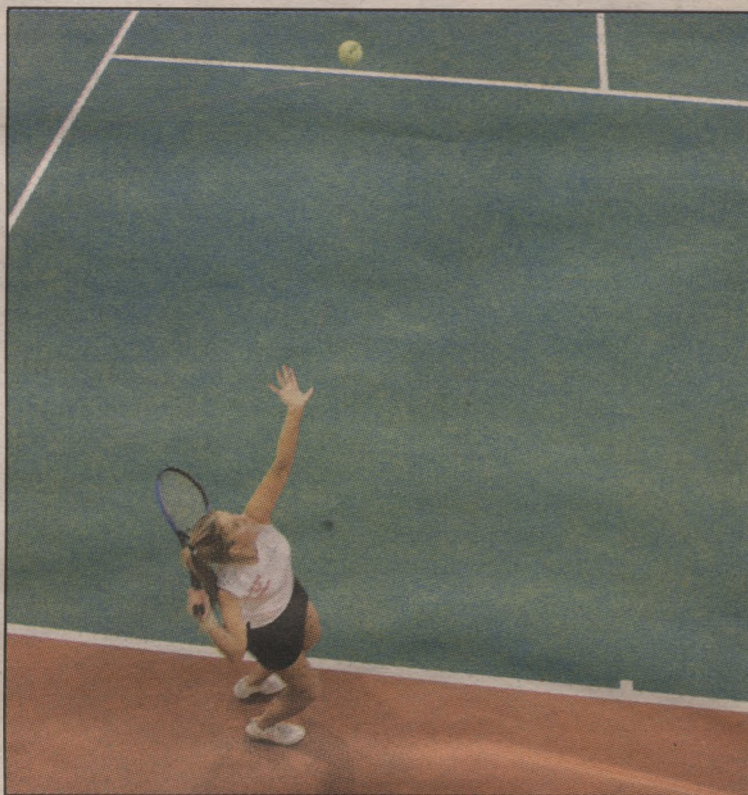
well or if you just feel like you're playing really bad. It's all about the mind so once your mind is one way it's hard to switch up and prepare to go the opposite," said senior Jean-Monique Sampson (Irvington, NJ).

Despite displaying frustration during this close doubles match, Sampson was able to "switch up" her mindset and help the team get back on track with a big win in the fourth singles spot. She won the first set 6-3 and was up 3-1 in the second when her opponent quit with a back injury. Shoop was also able to bounce back successfully, with a big win in the fifth singles spot, 6-3, 6-2.

"I've been trying to keep everything more inside rather than being vocal about it because that kind of gives your opponent encouragement like you're getting frustrated so I've been trying to keep it in, although I do get frustrated," said sophomore Darcy Shoop (Rocky Hill).

Some of the emotion and evident frustration results from the fact that tennis is one of the only college sports that does not have referees or umpires. It is up to the opponent to let the player serving the ball know if it is a fault and whether other shots land wide of the sideline or past the baseline.

"Even if you question them on it, they're never going to change their mind so if it gets to the point where it's like maybe



The Spectrum/ NICK KELLY

The next match for the women's tennis team will be held in West Hartford tomorrow at 2 p.m.

two or three times, then I think that you have to get a line judge, but it's all up to honesty," said Galatie.

"Singles could have been better, almost four and a half hours of playing is a lot," said Kittredge, who played a long match in the sixth singles spot with only a brief rest after her doubles. She split the first two sets losing and then winning in extra games 7-5, before falling short 6-2 in the third set.

"It's part of playing the game. I mean it's tough there aren't any umpires or line judges at this level and when you're into the point and you're playing sometimes I make mistakes I'm sure. Not intentionally, but you just get so into the ball and into the point that you kind of say what you hope," said freshman Pam Pillo (Shelton).

In the second singles spot Pillo was able to push the match to a third set. She came back after losing the first set to win the second, 6-4. Her comeback fell just short though, as she was edged in the third set, 7-5.

"Playing wise we have been playing much better, like Pam at second singles. She played that girl in the fall and lost 6-0, 6-1 and she lost 7-5 in the third [today] so you can just see she's improving," said Guastelle.

The match on Saturday was the first outdoors home match at SHU for the women since they played Long Island last September 26. Even though the weather was

not cold, the wind proved to be a big factor in how all of the players approached their matches.

"It was pretty windy so I just tried to get it back instead of being aggressive and over hitting so I just got it back and had to make the first mistake, that's how I won," said Shoop.

"Tennis is mainly a mind game. As long as your mind is right, regardless of the elements or what is going on around you, should really have no effect," said Sampson.

"You have to adjust your game, the wind is a big factor obviously. Luckily it was kind of more in-between points that effecting the points," said Lissa Von Brecht, who played in the third singles spot. She was edged out in the first set 7-5 before falling in the second, 6-3.

Early in the week, the team also played at Stony Brook in a closely contested match play, but fell short 5-2.

"They are a really strong team in the America East and they were shorthanded because they had three girls with mono. We got a couple points and we could have very easily won the match, but we lost two doubles matches 8-5 and lost two of the other matches three sets," said Guastelle.

The Sacred Heart women's tennis team currently holds a record of 5-7 in match play. The next match will be held in West Hartford on Friday, April 2 at 2 p.m. Their next home match will be this Sunday at noon.

## INSIDE SPORTS

**COLUMN OF HANK GARGIULO**  
Check out Hank's random thoughts on the current news in sports.  
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**BASEBALL**  
The Pioneers win their first game of the season.  
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**NATIONAL NEWS**  
A look into steroids and sports.  
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**FENCING**  
Junior Lea Ferland talks about her experience at nationals  
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The Spectrum/ NICK KELLY

The Pioneers, who now have a 5-7 record in match play, will next play at home this Sunday at noon.