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Dr. George Faculty Voice, Visionary And True Pioneer

Cristina Baptista and Lori Coupe
Staff Reporters

When Dr. Babu George passed away on March 6, the Sacred Heart community mourned the loss of not only a professor of chemistry, but also, a revolutionary, a visionary, and even a critic of the university.

George suffered from liver disease and was a candidate for a transplant. He died at Mount Sinai Medical Center in New York, due to complications before the liver transplant occurred.

George's work as President of the Faculty Senate was marked with both instances of camaraderie among colleagues and tension within the university's administration.

"The faculty was looking for a change [when George was elected to the senate], something that would be more aggressive in moving the faculty agenda," said Dr. John Jalbert, professor of philosophy and member of the Faculty Senate. "Dr. George was a gadfly," he added, "and he partially relished the role. People like that are rare."

Dr. Christel Manning, associate pro-

fessor of religion, remembers George's spirit and drive at the senate meetings. He was a visible presence on campus and in the media when fighting for something he believed in.

"Before Dr. George became president of the senate some of its meetings were poorly attended by faculty and discussions of important issues affecting the faculty were not being communicated effectively to the faculty as a whole on occasions," said Dr. Karen T. Cascini, professor of accounting, who served as vice President of the faculty senate along with Dr. George as president from 1997 to 2002. In 2003,

she resigned from the senate.

"When Dr. George became president of the Faculty Senate, attendance and participation by faculty senators as well as other faculty increased greatly," she added.

When George was elected Faculty Senate President, he "immediately set up a series of ad hoc committees [and began a] rank and tenure committee to review and revise the standards for tenure," said Dr. Roberta Staples, professor of English. Staples served as Vice President during the

♦ See "Faculty..." Page 2

Rats Infest Psychology Classes



The Spectrum/ LISA MARIN

Alison Cotter works with a rat in a maze in the new lab located in the University Commons.

Gillian Weisman
Staff Reporter

Turn left, turn right, run straight ahead. These are the options for the rats who run mazes in experimental psychology classes this semester. Rather than focusing all of their learning in the classroom, psychology students had a chance to have a hands-on experience experimenting with rats. Two sections that participated in the experiments were learning and memory and cognition. Dr. Mindy Miserendino and Dr. Rachel Bowman are the professors who brought their students into the lab.

The experiment was done every day for a period of two weeks. The use of rats is a hands-on approach towards learning

about animal behavior.

"Starting out, I was actually not excited about the whole idea but overall I think it was a good experience. It was good to have hands on experience rather than read about other people's work in the classroom," said senior psychology major Kate Hellman from Queens, NY.

Students were first introduced to the rats in order for the rats to become comfortable with humans. The students then performed an experiment with them. The rats were placed in two mazes and their behavior was observed and recorded. The rats were not harmed during these experiments.

"I was in the experimental class this semester and although the general idea for the experiment is good, since I don't like

rats I didn't enjoy the experiments," said senior psychology major Jessica Carroll of Ridge, NY.

The use of the rats in the lab allowed students to directly link what was being discussed in the classroom to direct observation. Based on the experiments, students were able to make connections between human experiences and those of rats.

"At first the thought of working with rats kind of frightened me. However the more we worked with them the more I began to realize their educational value," said senior psychology major Stephen Brine of Plainfield.

"Overall the use of rats provided students with hands-on experience that they otherwise wouldn't have had in other learning environments," said Brine.

Building Bridges at Fairfield U. Conference

Compiled by the Spectrum Editors

The annual "Bridge Building Conference" was held Sunday at Fairfield University. The conference is sponsored by the Council of Churches of Greater Bridgeport, which was founded in 1945 according to the Council's website. Last year, the conference was at Sacred Heart.

Representatives from Sacred Heart University, Fairfield University, the University of Bridgeport, and Southern Connecticut State University participated in this event, according to Father Andrew Garavel of Sacred Heart University. The college representatives were at the conference as presenters and group facilitators according to Father Andrew.

Father Andrew and Larri Mazon, Director of Multicultural Relations and Fairfield University described the conference in a positive manner calling it "successful" and "effective."

Some individuals who were not pre-registered showed up at the conference, which was already filled to capacity at their time of arrival.

John Kidd, executive director for the Council of Churches of Greater Bridgeport stated, "At least one of them was wearing a shirt of what their... intention was." The individuals were white supremacists, representatives of the White Wolves group.

The ADL, Anti-Defamation League, established in 1913 has a website with articles about groups who try to halt diversity and promote white supremacy.

An article on the ADL

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CAMPUS NEWS

Faculty Voice and Visionary

Continued from Page 1 ♦

last year of George's five-year presidency.

"These ad hoc committees worked on specific areas," said Staples. "A number of faculty issues cross over" into the realm of students at Sacred Heart, said Staples. She added, "he [George] was concerned [with bringing] many of the issues, crucial to faculty...and to students, up to date."

One of George's ad hoc committees was a student evaluation committee. "That committee did meet and submit a report," said Staples, "but a new committee is in progress now."

"Dr. George has always been concerned with the welfare of the faculty and his students...he was so much a part of the life of the students here, and this was apparent at his memorial service," said Staples, remembering how innumerable students grieved for the loss of the professor and visionary.

"I still remember him strolling down the hallway. I wanted to embrace him. I did not. I never needed to. His example was an apotheosis of selflessness. The warmth he brought will never go cold," said sophomore Christopher Crutchfield of Woodbury, one of George's chemistry students.

"He probably wouldn't want people grieving," Staples added, "but would want people getting up and doing what [they] need to in order to improve."

Under George's guidance, the senate "nearly revised the entire [faculty] handbook," said Staples, adding that revisions for the original 1991 document began in 2000 and finished in spring of 2003. The revisions were approved by first the Academic Vice President, and afterwards, the President.

The most controversial issues George faced in his role in the senate involved the issue of a Faculty Union.

Policy issues were also of concern to the senate, specifically the University President's ability to have the sole power to veto anything whether it was passed through the Faculty Senate or was any other plan or procedure.

"By having a union, a legal entity, it gives faculty more power," said Manning. "Untenured people would become involved but not want to lead because they would not have security."

In order for the union to be passed it had to receive a two-thirds majority of faculty votes. Once it passed at that level the university brought it to court to overturn the vote.

"There was lots of resentment [among the faculty] because people thought it was bad for the university," said Manning. "I was amazed that it passed but then it was taken to court and the courts declared the faculty couldn't pass as a union because it would be considered faculty management."

The union was declared invalid in 2001.

"The National Labor Relations Board decided, after hearings in which many faculty and administrators testified, that faculty were not church employees (thus

giving them the right to organize) but that, according to the information presented, they are managers (thus not able to organize)," stated Dr. Charlotte Gradie, Professor of History, who currently serves as President of the Faculty Senate.

The faculty discussed appealing the decision, but people did not have the sources for appeal and many felt discouraged: but not George. He circulated statements that criticized Dr. Anthony Cerna, University President, and Dr. Thomas Forget, Vice President for Academic Affairs, about their government of the university.

"The desire of the majority of the faculty at SHU, myself included, to be represented by a Faculty Union has not gone without serious opposition...the most frequently cited reason for opposing collective bargaining...was the alleged threat that it posed to collegiality and community," stated Jalbert in an essay entitled "Reflections on Collegiality and Faculty Unionization."

The essay goes on to say, "the term collegial aptly describes the manner in which the members of this [Sacred Heart] community interact. Collective bargaining should not change any of this, for the norms that govern our interactions as a collegium of thinkers and scholars transcend SHU and the collective bargaining environment."

In contrast to the Faculty Senate is the Academic Governance Committee. The AGC is a committee of 17 peer-elected faculty members. The three main facets of this new committee, formed as "part of the recommendation of the NEASC [New England Association of Schools and Colleges, Inc.] Report, [are the] devolution of power, faculty empowerment, and shared governance between collegial and administrative members," said Dr. Gary Rose, professor and chair of political science.

"I think it ironic that the NEASC concern about faculty decision-making should result in yet another unilateral decision from the President's office," said Jalbert, in a statement directed to the Sacred Heart community on the topic of Cerna's Faculty Assembly.

This unilateral decision involves Cerna's inability to compromise with faculty before announcing his decision to "create an interim Faculty Assembly, which would receive and act upon recommendations from the Faculty Senate. This interim Faculty Assembly is subsequently to be replaced by a 17-person committee, the majority of whom would be representatives of the administration," Jalbert stated.

This latter committee is the AGC, and "Dr. Cerna's rationale for this action is a NEASC Visiting Committee concern regarding faculty participation," Jalbert added.

"I would like to think that the NEASC committee had concerns about the effectiveness (or lack thereof) of shared governance and that a solution to our governance problems would have been reached

♦ See "Dr. George..." Page 4



The Spectrum/. ROBERT TRENSKE

The new commemorative stamp issued for Henry Mancini is pictured on the easel.

Textbook Costs Stack Up

Cortney Barbato
Staff Reporter

According to the Connecticut Post on Thursday, April 22, a bill to study college textbooks, "which still needs the governor's signature, will require the state Department of Higher Education to coordinate a study of textbook prices and ways to maximize purchasing power," reported Linda Connifer Lambeck, a CT Post staff reporter.

Students are being slammed with extremely expensive prices for textbooks and are not always guaranteed to use them in class. Books in the Sacred Heart University bookstore can range from \$10 to over \$300.

"I think the cost of books is totally out of control. I know people who spend over \$1,000 and seriously, a great deal of text is just the same old information that you students could get from anywhere," said Patty Casey, a junior from Wrentham, MA.

A frustrating problem SHU students face when it comes to buying books, is that when they try to return them at the end of the semester, they find out they will not be getting any money back because a new edition of the text already came out. These fast-paced changes of the publishing companies are putting a strain on student's financial costs.

"I've stopped buying my books in the bookstore after my sophomore year, because it's cheaper to get them online," said Katie Dowling a senior from Blaüvelt, NY.

SHU students are finding ways around dishing out their bank accounts to the bookstore. They are discovering the ben-

efits of purchasing books online for a cheaper cost, or even sharing books with friends.

"Students are finding it more even use the book, and you can just share it with a friend and split the cost," says Ashley Galla, a junior from Wading River, NY.

Publishing companies still have the right to sell their books at whatever cost they choose.

"Textbooks are so expensive, and you don't even use half of them. Also, most of the time you don't even get back the same amount of money," said Pat Kitson, a freshman from Manhattan, NY.

It has become common for textbooks to come with CDs and study guides that are hardly ever used.

"The pricing policy is the standard industry price for books that can be found across the country," said Cliff Ewert, vice president of public and campus relations for the Follett Education Group, which operates SHU's bookstore.

"From the bookstore, students can save on used books that come from warehouses. The standard margin for new books is 20-25%. Dealing with a college bookstore, all materials are provided for the faculty.

"As for buying books online, students are not always going to get all their textbooks from there. A positive advantage for students buying their books from the bookstore is that, if there is any problem with the book, it can be returned. Students should know that the books are not selected by the bookstore, but by the faculty," said Ewert.

SHU students looking for a way to reduce their costs of textbooks can work at the bookstore and receive ten percent off their costs of textbooks.

CAMPUS NEWS

Lambda Fraternity Raises Awareness

Danielle Bachini
Staff Reporter

During the week of Sunday April 18 through Sunday April 25 the brothers of Lambda Sigma Phi held their annual Date Rape and Sexual Abuse Awareness Week. Throughout the week the fraternity sponsored many events on campus to provide the University community with a knowledge of their cause.

The week began on Sunday, April 18, with a mass dedicated to the victims of date rape and sexual abuse. Throughout the week the brothers sat at a table outside of Flik and provided students with anonymous surveys about date rape and sexual abuse. These surveys will be used by the Counseling Center.

On Tuesday the fraternity sponsored a panel of speakers, which was held at 7 p.m. in the theater. It featured Mary Jo Mason of the Counseling Center, Professor LaFontana of the psychology department, Professor Lavory of the criminal justice department, and Laqesha Parker from the Center for Women and Families. They spoke about the legal, emotional, and psychological effects of sexual abuse and what men can do to end rape.

On Wednesday they sponsored a self-defense course with the sisters of Nu Epsilon Omega. It was held in the wrestling room of the Pitt Center and presented by Lieutenant Michael Rinaldi of the Monroe Police Department. This event

gave females the chance to learn life saving skills to use if they were ever being attacked.

"Though the turnout wasn't the best, it was still a great learning experience for all that were involved," said Guy Savage, a junior from Taunton, MA and a brother of Lambda Sigma Phi.

Along with Alpha Sigma Psi and Beta Delta Phi, on Thursday they held "Do You Like Sex?". The event was presented by Charlie Sousa, a brother of Alpha Sigma Psi.

"It was an educational program where you use objects to represent sex and the lengths other people go to to get those objects," said Rob Kirsch, a sophomore from Bergenfield, NJ and co-chair of Date Rape and Sexual Abuse Awareness Week.

On Saturday afternoon the brothers of Lambda Sigma Phi participated in a walk for awareness. It was put on by the Center for Women and Families and held at 2 p.m. in Beardsley Park in Bridgeport.

That evening they held the third annual Benefit for A.L.I.V.E., which is an on campus group for survivors of physical, sexual, or emotional assault or abuse. Six different acts performed. People were encouraged to donate money after each act. All proceeds were donated to a local women's center. The total amount raised that night was \$286.06.

"I performed because I wanted to support Lambda. It's a great cause," said Gina Scalise, a junior from West Haven who performed a rendition of "It's In His Kiss" with two of her sorority sisters.

"The best part of performing was having the chance to dance with my sister because we haven't had the chance to do that in a long time," said Beth Coyne, a junior from Stony Point, NY who performed an Irish dancing medley.

The last event of the week was the candlelight vigil that they sponsored with A.L.I.V.E., which was held on Sunday April 25th at 9 p.m. in North Lot. The vigil featured 6 students who told their stories about how they had been abused in the past. The brothers rang a bell every sixty seconds, which represented how often a woman is sexually abused.

They then apologized on behalf of all men that have taken advantage of women in the past, and the women of A.L.I.V.E. apologized on behalf of all of the women that have taken advantage of men in the past. The fraternity members each stated a line from the "Men's Pledge to Stop Rape." At the end of the evening everyone that was at the vigil was given a twig to throw into the bonfire, which would represent a newfound hope for the future, and all of the females in attendance were given a flower.

"The vigil is always the best event of the week. It's always a big event that everyone comes to," said Kirsch.

"The best part of the week is seeing everything come together after putting so much work into it," said Pat Richardson, a sophomore from Ballston Spa, NY and co-chair of Date Rape and Sexual Abuse Awareness Week.

Public SAFETY Briefs

On Tuesday, April 20, at 2:15 p.m. computer equipment was stolen from an office in the main building. Fairfield Police Dept. was called.

On Thursday, April 22, at 1:55 a.m. public telephones were damaged in West Hall.

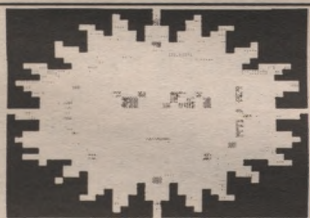
On Thursday, April 22, at 9:45 p.m. a room handle was reported damaged at South Hall. The university locksmith was notified.

At 10:11 p.m. on the same day a staff member struck a parked vehicle in the East Hall parking lot while driving a university vehicle.

On Friday, April 23, at 2:56 a.m. a concerned student at Park Royal notified public safety that someone was throwing items at her window.

At 10:57 a.m. on the same day a larceny was reported at East Hall. Two vending machines were broken into and the items inside were stolen.

On Saturday, April 24, at 12:46 a.m. the Waltham Police Department called on Public Safety to assist in an investigation involving a SHU student. The student was allegedly involved in an out-of-state robbery.



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CAMPUS NEWS

Dr. George: A True Pioneer

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through collaborative decision-making," stated Jalbert.

Instead, the AGC will create "smaller, more efficient units of faculty," Rose said, and added that he thinks the new model "will have the effect of decreasing the polarization among the faculty and between the faculty and the administration."

"The way we govern ourselves has...direct bearing on how you conduct your life as a student...it's the life-blood of this school," Rose said. "Every student has a right to know what's going on."

"Dr. George invited students both as members of the Faculty Senate and as observers to attend the senate meetings because he felt that students should be aware of all university issues. This would enable students to understand all university governance issue and, thereby, be better able to govern themselves on their own governance issues," Cascini said.

"Dr. George and I had some different views. He believed in a very strong faculty senate... he supported [having a] faculty union," said Rose.

"He gave voice to something that was brewing in the corridors," Jalbert said, referring to unionization.

Jalbert described George as not being originally pro-union but George and a majority of the faculty seen the union as the only alternative to improving the university.

"He was really unique because he was willing to stand up for what he believed [even] if

he thought it was wrong," said Manning. One such thing George believed in was the union movement. Manning describes it more as a movement for faculty rights.

"A union establishes faculty as a collective bargaining unit, who pay dues, and then the union negotiates rights," said Manning. The rights the Sacred Heart faculty sought included capping the number of classes faculty members taught, changes in salary, specifically the salary imbalance, which gave administration and business faculty higher wages.

"I felt the university and the faculty itself could govern itself without the...union," said Rose, and instead, he proposed a "shared-governance model" that became the AGC. The AGC brings into play the views of both faculty and administration, the latter of which is often, if not always, omitted from plans and decisions, Rose said.

In a letter to the Faculty dated April 2, 2003, Cernera rationalized the need for a new group of governance after a visit from the NEASC Visiting Committee, expressing a need for "more active faculty participation."

"I propose another view," Jalbert stated in his April 2, 2004 address to the Sacred Heart community about the Faculty Assembly.

"Faculty participation in governance will increase when faculty members are convinced that their efforts are accorded serious considerations. When Senate recommendations languish for months on end in the President's office, it is difficult to maintain one's motivation to continue to participate in governance," stated Jalbert.

"The structure of the current Faculty Senate was designed (and approved by Dr. Cernera) to be a voice of the faculty," Jalbert's statement continues, "so participation by the faculty is 'pervasive' and 'reflective of the college structure'...if Dr. Cernera wishes to transform the 'voice of the faculty' into the 'voice of the faculty-administration' he should say so explicitly."

Rose said he and his fellow AGC members have "been working for two full semesters now and we are ready to present ourselves," calling the new committee "a very exciting [and] bold experiment."

On April 13, the proposal for the Sacred

Heart AGC was presented at the Faculty Institute. The AGC has not been adopted yet and still needs to face the Faculty Senate and the Faculty Assembly prior to approval, which had not occurred as of printing.

The new plan will foster a "very collegial and brought together system of faculty and administrators," he added.

"George was more concerned with having a more strictly faculty-based organization," Rose said. The AGC, however, "brings together the idea and principles of many constituents on campus [and] incorporates the best ideas from all different constituencies here," even those that correspond to George's opinions, Rose added.

"I think that...George and several of the faculty who supported him and his idea will find the [new governance] model very beneficial for the purpose of senate faculty," said Rose.

The new committee will allow for a faculty assembly, where all full-time faculty members have a vote, unlike in the senate, where it is only a select few who have this right. There are members of the Faculty Senate on the new AGC. Assembly voting will be done using the online Blackboard system, a new step in "cyber-democracy," Rose said.

"The senate was a Faculty Senate...so now there's no independent faculty voice...in my mind, that raises some issues," said Jalbert, expressing his concerns about the adoption of the new AGC model.

"I know that I and a sizable number of people disagree with the [AGC]," he added, "and in my mind, that matter [of the union] is not settled...[however] I do think it's possible to oppose the union and still care about the welfare of the university."

"I for one will continue to put my faith in the elected members of the Faculty Senate," Jalbert ended his address.

In the meantime, the AGC continues to plan for the future of the university.

"The AGC's biggest challenge is to stimulate faculty participation," Rose said. "We want to make things better, we really do...Faculty empowerment—that has very much guided this committee. It was one of Dr. George's goals, and...the model that is forthcoming embraces that," involving all of Sacred Heart's colleges and departments.

Although George was an active faculty member who helped to revolutionize the senate in innumerable positive ways, "he was not perfect," Jalbert said.

"I didn't agree with all his

statements but respected him for his guts," said Manning. "He was criticized for being a loose cannon and many felt it would do disservice to the movement because he was too extreme."

Often, George would spend weekends and late hours at the university, demonstrating his dedication to his role in the Faculty Senate, as well as his desire to enact positive change.

"Dr. George was...tireless and tenacious," said Jalbert. "Once he decided he wanted you to do something—he would call you up at eight a.m., eight at night...Sacred Heart was his home," and it was not unusual to find George at the university on Saturdays.

Staples said that she had often seen George bustling about the academic building "at 11, 11:30 at night. And then, you'd see him at 7:30 in the morning. It's like he never left...the only way we knew that he went home was that he changed his tie!"

"What good is it if what we talk about in class, we don't do in the real world?" said Jalbert, expressing his discontent with the senate's treatment. He added the analogy that the Faculty Senate has the right to receive what is promised by the administration, just as what is discussed during classes should also be practiced.

"There's been a transparency. [The members of the AGC] have kept our faculty very much aware of what we've been doing," said Rose, and the new committee is "an issue that...there's going to be an extended discussion on."

In the meantime, George's colleagues reflect upon the late George and his work with the university. This year marked George's 25th anniversary of working at Sacred Heart.

"I'm not sure that anyone could replace Dr. George," said Gracie, in regards to his involvement with the Faculty Senate.

"He was hopeful," Staples said firmly. "Dr. George was never a victim. He always looked at things optimistically and hopefully...a wonderful lesson to learn from him...He was a very wise man."

"He was an extraordinary man and it was a pleasure to be a colleague," she added. "I miss him. I always will miss him, and his laugh and his jokes."

"He was a rare and unique individual who gave a lot to Sacred Heart University," said Gracie.

"He cared deeply for the university and continually worked at making it a better place for students and faculty alike," Cascini said. "SHU has lost its grandest cheerleader and boldest critic."

Ryceгна Scholarship Awarded

Bill Silverstri
Staff Reporter

Each year at Sacred Heart University the English Department presents one student with the Rycenga Scholarship. Faculty members of the English Department form the Rycenga Committee to take on the responsibility of granting this prestigious scholarship.

According to the English Department, the Dolores and John A. Rycenga Scholarship is awarded annually to an English major. The basis for the award includes academic performance and character as evidenced in school and community service.

This year's recipient is Patrick Scalisi, a junior from Naugatuck.

Dr. Jeffery Cain of the English Department is one member of the Rycenga Committee.

"An annual rhetoric award is presented to a senior in the English major who must apply for the award in advance," said Cain.

According to the English Department a student must have a GPA of 3.2 or above at the time of application and must plan to be a senior for the fall and spring semesters of the following year. Each applicant must submit a 750 to 1000 word personal essay on the topic; the role of character in the formation of the person.

Two letters of recommendation from Sacred Heart University faculty are required and one of them must come from an English faculty member. The application process is finalized with a personal interview with selected English faculty members and Rycenga family members.

Dr. Judy Miller, a professor of English and Sacred Heart University is on the Rycenga Committee for 2004.

"John A. Rycenga was the original department chair of the English Department here," said Miller.



Contributed Photo

Dr. George's daughter, Vimala, accepts her late father's award at Founder's Day.

CAMPUS NEWS

Building Bridges, Creating Tolerance

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website, unsigned, entitled "Connecticut White Wolves," posted on April 2, 2004, described the White Wolves as, "... what began as a small collection of racist skinheads in Stratford, Connecticut, has grown into the largest and most active extremist group in the state. ...the group describes itself as a 'white nationalist skinhead organization' and promotes an ideology espousing hatred of Jews and racial and ethnic minorities."

This ADL article mentions many incidents where White Wolves were arrested for being disruptive at public events around Connecticut.

"The Wolves have also shown up at events not normally associated with racist skinheads, including anti-war protests, assemblies held by regional civil rights'

committees and other community meetings in Connecticut," according to the ADL.

Kidd explains that any group that had not pre-registered was not permitted because of space constraints.

No one at the conference was harmed and the conference still pressed on despite this disturbance at the registration area.

Everyone interviewed for this story focused on the positive aspects of the conference explaining that the un-registered persons were simply escorted off campus by campus security and the conference continued on.

"We try to help people understand and alleviate difficulty getting along together despite our differences," Mazon said.

"The conference was very successful. Dialogue based on frankness and candor [helped] build mutual understanding... and increased awareness and sensitivity..." said Kidd.

Hard Work Pays Off With Leadership Awards

Amy Deschenes
Staff Reporter

This year the Student Life Department will be holding its Twelfth Annual Campus Life Leadership Awards Ceremony. The awards will be presented to exceptional student and faculty members.

The Campus Life Leadership Awards began in 1993. Students and faculty have the opportunity to honor the members of the Sacred Heart community with an award nomination. Students can be nominated for the Outstanding Involvement Award (one is given out to a member of each class), the Doug Bohn Award, or the John Croffy Memorial Award. Clubs and organizations also present awards to exceptional members.

Because faculty and students are receiving the honor, the award ceremony allows everyone to appreciate all the hard work people of the Sacred Heart community do. The Final Four Awards will be presented at the ceremony along with the student awards. Every student had the opportunity to nominate an Outstanding Faculty Member, Administrator, Staff Member, and Graduate Assistant. This year 250 students submitted nominations to the Final Four Awards.

As the name suggests, four exceptional finalists are chosen from each category. Outstanding Faculty Member nominees include Dr. Jeanne Marcato-Peloso, Dr. Shirley Pavone, Dr. Paul Siff and Prof. Al Wakin. Dr. Stephen Brown, Sr. Donna Dodge, Mike Moylan and Dean Larry Wielk are nominated for Outstanding Administrator. The group nominated for Outstanding Staff Member includes Justin Balough, Hubert Martin, Joe Sokoloski and Diana Varay. Outstanding Graduate

Assistant nominees are Angela Hartmann, Abbeymarie Joseph, Rachel Wonderlich, and Amy Ricci.

"I am truly honored to be nominated for this award. I was surprised to find out I was in the Final Four this year. To know that I have made a difference in the lives of the students I speak to and work with on a daily basis is a wonderful feeling," said Amy Ricci, a nominated Graduate Assistant from the Student Life Department. More detailed information about the Final Four Nominees can be found in the glass display case across from FLIK.

According to Tom Wuestkamp, coordinator of student activities, over 200 students were nominated for the various student awards. A committee that is chaired by Denise Tiberio, the Associate Dean of Students, will choose the winners.

"The panel is comprised a diverse group of Faculty and Staff members to ensure that there is not a bias to the awards. Each person that is nominated has a fair chance and the committee bases the decision on nomination forms," said Wuestkamp.

The presentation ceremony will be held on April 30 in the Pitt Center. All the nominees are invited to attend and find out whom the lucky winners are. Allen Machielson, director of Residential Life at Sacred Heart, will host the awards ceremony. Students are looking forward to the yearly event. Nicole Juba, a nominated sophomore from Cheshire will be attending the ceremony for the first time this year.

"The Campus Life Leadership Awards is a very unique idea. People who work at Sacred Heart and are students here deserve this special recognition for all the hard work they put in every day," Juba said.

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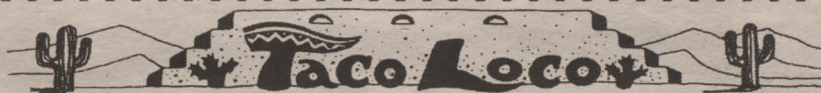
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Perspectives

Thanks From ΔΦΚ

The sisters of Delta Phi Kappa would like to apologize for the delay, but we would like to thank everyone for supporting our 2nd annual Women's Month which we celebrate every year in the month of March. We absolutely had a great outcome in many of our events and activities such as: Opening Ceremonies, the "Missing Links", Pamper Yourself, co-sponsoring the Women in Business Leaders speaker: Linda McMann, our register to vote packets, these hands don't hurt (fundraiser), our Vigil & Sit-Out, which allowed us to get donations from different companies, students and faculty, to support homeless women in Bridgeport, and our Sister Feud. We were glad to see the Sacred Heart student body as well as Greek life taking time out to acknowledge the accomplishments and struggles of women.

We would like to thank the staff of the spectrum for being at our events and being updated throughout our month. Also, a special thank you to the sisters of Zeta Iota Lambda and the sisters of Beta Delta Phi for being so supportive.

Delta Phi Kappa has been a part of this campus since March 23, 1995 and we are so glad to celebrate yet another year. We are nine years strong, and we have maintained a visible presence on this campus and in the Bridgeport community trying to live by our cause, "Women Empowerment", through social, educational and career development activities. The sisters of Delta Phi Kappa are active leaders on campus and hold many different positions in student government, residential life, athlet-

ics and many other clubs and organizations. We are also very proud of the huge impact that we have made on the lives of others outside of Sacred Heart, through our different community service activities such as volunteering at The Bethel Recovery Center for women, located in Bridgeport, and Winthrop Elementary school.

Our founding sisters' dream was to have a group of proud, strong, women who are diverse in their backgrounds, and point of views, who could identify with the struggles of less fortunate women, and had the common goal of helping other women to achieve their potential. They dreamed of a group that would stand out like roses among thorns and make themselves better each day by helping others. We are still striving to make ourselves better as the years go by and we hope that we have managed to touch as many people as possible. We are all very unique individuals, but what makes us different, is the beauty of what we teach others while allowing them to open their minds to new things! Women empowerment should be a priority to all. Equality and justice is not equal and just, in many parts of the world women are still treated like second hand citizens. The fight has only just begun. Please join us in this fight as we help women to overcome struggles one day at a time. Once again, thank you all for your support.

Submitted by: Delmi Palma
Sister of Delta Phi Kappa

Photographer's PICK



The Spectrum/ROBERT TRENSKE

Reactions To Last Week's Letters

I quite enjoyed the Brian Gardner/Kerry Freel debate in the Perspectives section of this week's Spectrum. However, as I neared the end of Ms. Freel's response, I noticed that her tone shifted from calm and reasonable to hostile and downright insulting. She made a few good points, such as questioning why Mr. Gardner had waited three years to write this article, but I think she missed the hyperbole Mr. Gardner employed as regards the mayonnaise example. For those of you who don't know what "hyperbole" is, it is using overstatement to make a point. Mr. Gardner employed this rhetorical technique when he invented the mayonnaise example in order to emphasize how asinine he believes Ms. Freel's articles are. Unfortunately, Ms. Freel didn't realize he was utilizing this technique and lambasted Mr. Gardner for it. Secondly, Ms. Freel counted the number of typos in Mr. Gardner's article.

If I were the Editor-in-Chief, I'd count the typos in the Spectrum every week before I accuse someone else of misspelling "mayonnaise." Thirdly, Ms. Freel states towards the end of her article, "I'd be shocked if you had a higher GPA than me." This sort of mean-spirited personal attack is both unnecessary and unprofessional,

and I believe that you owe Mr. Gardner an apology, if not, at the very least, a retraction. Mr. Gardner was critiquing your writing style, which he has every right to do as a Sacred Heart University student and as a reader of the Spectrum. He made a point to say that he has "no disrespect for you as a person," however, you chose to insult him as both a student and a person, and I find that distasteful in every sense of the word. As Editor-in-Chief, Ms. Freel should be able to accept criticism from her readership.

Accept it, and learn from it. That is part of her job. You serve the student body, Ms. Freel. If you are incapable of maturely handling constructive criticism, and I have noticed that other Spectrum editors have problems with this as well, than perhaps you should look for another line of work after you graduate. Lastly, Ms. Freel rightly pointed out that if there were more submissions, she wouldn't have to write the number of articles that she does. In that light, here is my contribution. Hopefully it will spare you from having to write an article on wrinkle-resistant Dockers.

-Contributed by Nicole Thomas

Dear Ms. Freel,

I'd like to comment on Brian Gardner's Letter to the Editor in last week's issue of the Spectrum and on your response.

Thank you for publishing Mr. Gardner's letter even though he seems to be misinformed about you and about Iraq. It must have been painful for you to print his letter, but it was also courageous. I enjoyed reading your response, not so much because you pointed out that Brian appears to be mistaken, but more for your value system that suggests what we are doing in Iraq is dangerous, seemingly out of control, and ultimately could be a national disaster much like Vietnam.

Congratulations,
Laurence Weinstein
Professor of Management

The SPECTRUM

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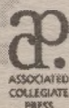
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Women Rally Rights of Abortion

On Sunday, April 25, an estimated 500,000 women protested at the National Mall in DC. This rally was to prove women empowerment, and their right to legal abortion.

"Young women, sporting short shirts and tattoos, waved signs during their maiden march for women's rights. One sign said, "If men got pregnant, abortion would be a sacrament," said Toni Locy, USA Today staff reporter.

This march was a daylong event and included star appearances by women like Susan Sarandon, and Whoopie Goldberg. These women were there to politically express their opinions on the rights of women and to show their dedication and support

to all the generations of women that showed up.

Abortion is a widely known controversy, and still to this day creates heated discussions. "Women should have the right to choose what they want to do with their bodies," said Jenn Cunningham, a sophomore from Ossining, NY.

"I feel abortion is something that needs to be discussed, because it requires dealing with another life. You need to weigh out both sides, because abortion has its valid points and its downsides," said Kristofer Baffi, a senior from Glen Head, NY.

Abortion is a difficult topic because it requires a choice and a great deal of thinking. "I don't create

life, therefore I cannot take it," said Paul Elumeze, a sophomore from Falls River, NY.

It seems abortion is a complex choice for both men and women. I believe that in extreme circumstances, like your own well-being, abortion is okay, but should not be used for birth control," said Maggie Miello, a junior from Smithtown, NY.

The rally in DC is not a surprise, and will not be the last group of women to stand up for their rights. "The rally was peaceful, but U.S. Park Police arrested 17 abortion opponents, most for protesting without a permit," said Locy.

-Contributed By Cortney Barbato

shuVoices

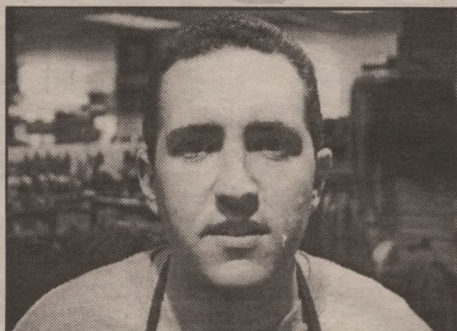
What are you looking forward to most about senior week?

-Compiled by Robert Tresnke



"Drinking, partying and hanging out with my friends."

Kirsten Dickens
Bergenfield, NJ ~ Senior



"Having a blast at the Commencement Ball and Graduating!"

Pat Sullivan
Groton, CT ~ Senior



"Being back in south hall with all of my friends."

Jennifer Shea
Hamden, CT ~ Senior

My True Love

Sometimes, deep in my dreams, I wake up in the past. I feel free, secure and happy, but the awakening reality is not the same: routine, fear, and instability. What should I do in a place with the most beautiful environment, the greatest opportunities, the most wonderful conditions to live, in a place where there are many chances to build my destiny? In contrast to this place, my wings have been bound tightly to my back and now I can't fly through the winds of liberty.

I feel like a fish swimming against the fluent water of a dangerous river. I may have everything in front of me but I can't reach for it. What if I have a dream, but it can not be more than that? What would you do, if you were in the land of freedom but couldn't do what you wanted? I feel so close, near and so distant, like an object manipulated by gravity, twisting and turning my mind upside down. Instability, fear and intrigue are some of the obstacles for many immigrants who are living in America, due to unresolved legal status.

Before I moved to the United States, my life was typically normal for a young man, dealing with expectations and visions throughout the rustic reality of my cloudy situation. My native country: Guatemala. It was as it is, probably the worst or the best. However, I was breathing patriot air and sharing empathy with all my co-citizens, looking forward to at least seeing a sight of hope for changes in living conditions. We were a very united family. We used to see each other every day at supper or at the traditional Sunday lunch, when we used to gather and share the exquisite meals prepared by my mother.

I haven't seen all of my family members together for more than five years, nor have I tasted the particular flavor of my mom's recipes, but I am getting used to frozen bags of market food as a daily bread of routine. Besides that, I have to

eat alone or spend dinner surrounded by strangers whose unspoken words need no translation and their messages need not to be decoded.

The economic status of my country really was bad, so was mine, but the feeling of being in my own home, in my own land and with my people and my unforgettable family was, overall, my treasure. Today I am proud to have a decent job, to drive my own car, to pay for my studies and other responsibilities. I also have the great joy of being able to send economic support to my parents and brothers. Added to that, there are many opportunities to come, but there is still something I haven't got: liberty, freedom and daily peace.

While in Guatemala, I wanted to be a good citizen, to submit to the law, and also to be eligible for voting in the national elections. I wanted to pay my taxes and do my military service even though I was against militarism; but I did not want to survive on the extreme side of alienation and poverty. I did not want to abandon the evergreen lands and lovely valleys. I did not want to ignore the sub-development of the cities, nor the daily news of the TV station. I did not want to close my eyes and skip several pages of the story of time. I did not want to leave family friends and hopes, but I did. Today I want to do the same; but I can't. I belong to a non-resident society, which lives in but not within. I am a citizen of "Nowhere" and my "Social Security" is insecure.

If for my country I was like a son, I don't want my mother to believe that I abandoned her because her face was dirty, or because her dress was ripped and wrinkled. I know she hides her beauty under the external image. I don't want my mother to look at me like I betrayed her, nor to believe that I run away as a coward. No I didn't. I just couldn't stand there forceless and helpless, looking at how she

has been humiliated because she has been married for many years to this powerful monster named "corruption."

I know she has been crying and her tears are of blood, and I have cried too. She has experienced a sickness called "civil war" and even though it is gone, she has post-medicine reactions well known as social destabilization. I know she is suffering and I suffer too. I haven't betrayed her, I haven't forgotten her, and I still love her. I love my country. I would die for her, if I had to, and even dead I would love her more.

Now, I am falling in love with the country that wears a splendorous dress, has a brilliant image and a clean face. Her name is America, which means power, intelligence, future and prosperity. This extraordinary and wonderful country has been betrayed. Many outsiders have broken her heart and at this time she is afraid to trust and get engaged with me. I don't blame her. I will wait. I will be patient.

I am a witness to her pain, I am pained with passion, I am a victim of love. Hopefully, one day she will give me an opportunity to prove my true love. If not, I will be thankful anyway for her at least letting me stay for the time I have been here. Otherwise, I will have to admit that I feel like a stranger in a foreign house, like an eagle hidden under the trees, like a prisoner in free land.

Not matter how, why or what, I will be enormously thankful to this country for allowing me to stay here. I don't know how long this will be or what is going to happen, but I am giving my best effort to contribute to the progress of this country and I am preparing myself to face the unknown future, loving this dreamy paradise but with my mind back at home.

-Contributed by Lauro Cabrera

A Head's Up To Education Students

As told to and compiled by
Meghan O'Connor
Staff Reporter

Throughout my years at Sacred Heart, I have had four close friends who are attempting to go through the Education Department here. Taking advice from older students that they know, my friends have purposely done everything they could to avoid issues with the department, only to find themselves in sticky situations of their own. As I have sat back and watched them struggle over the years, it has become more apparent to me that there is just no way around it.

After talking to several senior students in the program, I decided to investigate with them some of the problems they feel the department has, because they expressed to me the need to warn upcoming education students of the work they are going to need to put in, in order to be successful in the program.

"I am curious to know if they even have a list of people who are in the program. To receive one email from the department would have been nice. It would have felt great to have contact with the people who are currently in control of our future," said one anonymous senior.

Apparently, the department failed to tell them important things like how they dropped the foreign language requirement from the program last year, or how to apply as an undergraduate. There is the continuous question from my friends about taking the Praxis exams, and when, and where they can be done. Then there is the essential information about deadlines, the Graduate program, and how it is possible to take Graduate courses in the spring of your last Undergraduate semester. Also, these four friends of mine have frequently approached the Education Department seeking out advice, but with no surprise to them, have all come out with different information towards the same question.

"I wish I could share with you every instance in which the program has given us incorrect information, or hasn't told us anything at all, however, this newspaper is only about 16 pages, and I could fill at least 20 pages with the amount of times the Education Department has made it's students cry," said another student.

I asked some education minors to compile a list of advice to younger students in the program to try to help guide them through the process, and these are the responses that I got back from various students:

1. "Never go two weeks without stopping into the Education Department. Chances are good something will change, and it will be too late for you to do anything about it if you wait too long."
2. "Ask questions about everything, even if you think you understand it."
3. "Ask the advice of several professors, but don't rely on any one word. I've done that before, only to find that I was misinformed."
4. "Talk to other students in the program. That is where I have found out everything about the department."

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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Word of the Week

Verbose:

Abounding in words; using or containing more words than are necessary; prolix; long-winded; wordy.

Other forms:

verbosely, verboseness, verbosity

Courtesy of Webster's Unabridged Dictionary

Features



Cascades Trails and Parks

Diana Smith
Staff Reporter

As the weather gets warmer and the days get sunnier, most people want to spend as much time as they can outside. A great place to spend time in this nice weather is Cascades Trails and Parks in Fairfield.

Cascades is located south of Sacred Heart University on Morehouse Highway, just north of Black Rock Turnpike.

Cascades is a park with a small playground, beach, and many nature trails to walk along. Within the small playground are swings, a slide, and even a sprinkler area. On hot days you may find children running through this fun playground to get cooled off.

For those of you who are looking to get a tan on a sunny day, there is a small beach area. If you find yourself overheating, a dip in the lake is always refreshing. Lifeguards patrol the beach in the summer and the beach is equipped with bathhouses.

Sitting on the beach or on the swings gives a great view of the trees. This picturesque setting is very relaxing as birds fly overhead and ducks swim together.

Past the lake, many beautiful trails are available to walk along. Within these trails are all types of trees and flowers. The winding trails take hikers along the water and offer views of the many waterfalls and streams. If nature is your scene, the streams are a fun place to jump along the rocks, just be careful not to fall in if the rocks are slippery.

As you walk further along the trail you will find a bridge, which crosses over to the other side of the stream. For your further enjoyment of nature, more trails are located on this side of the stream.

Cascades also offers a pet friendly environment, so don't be afraid to take along Fido. Just be sure to follow park, local, and state laws for leashing your dog and picking up after him.

Cascades is the perfect place to hang out with friends, as you enjoy the sights and walk along the trails. It is also a great place to sit on a rock along the water and read a book. On a nice day, the scenery at Cascades is always relaxing and peaceful, which is perfect for a stressed-out college student.

Outing Club is SHU's Hidden Gem

Nicole Governale
Staff Reporter

Skiing, hiking, camping, indoor rock climbing, and the list goes on. Sound like fun? Interested in who's responsible for all these events? The answer is the Outing Club and they are always looking for new ideas, places to go, and new members to join.

The Outing Club is making big waves on the Sacred Heart Campus, but of course, the more people involved, the bigger the waves.

"If you haven't found that group of people that you really fit in with, give the Outing Club a shot," said Outing Club President Pete Kuczynski, a senior from South Windsor.

This club has many activities under its belt and most of them will be repeated next year, as long as the club gets a good response from the students.

"We have such a wide range of activities that there really is something for everyone," said Kuczynski.

Kuczynski is the current President, but only for a few more days, until Nick Zuzolo, a sophomore, takes over. Zuzolo plans to follow in Kuczynski's footsteps and continue having a variety of events that range from paintball to whitewater rafting.

With so many trips throughout the year, the Outing Club feels there is something to attract each student and anyone can try the activities. You do not have to be experienced in the planned activity because the club always plans trips that accommodate beginners.

The club has been running for over six years with a core group of about 10 students belonging to the club each year. In addition to the club events, the Outing Club runs approximately two campus wide events per semester and most of the other events students can find out about if they come to the meetings.



Contributed Photo

From skiing to camping this year's members of the Outing Club planned all kinds of outdoor activities and look to expand for next year.

"This club enables me and other students to get off campus and enjoy things we may not otherwise have a chance to do," said Kuczynski.

One of the activities held by the Outing Club this past year was the full day ski trip to Okemo; it was the only ski trip available this year.

This year, the Outing Club also planned an overnight camping trip at Hammonasset Beach State Park in Madison. They had a campfire, cooked hotdogs, roasted marshmallows, and slept in tents. Coincidentally that night there were fireworks at the beach, which worked out quite nicely for them.

The Outing Club would like to expand its program. For next year, a trip to Block Island is in the works and they would also like to include activities such as mountain biking and deep-sea fishing. There is also the potential for an overnight ski trip next year. However, they are dependent upon student interest in the club in order to expand.

"It's a great group of people and everyone should give it a try," said Kuczynski. "Maybe students can find their place here."

If interested in being a member of the Outing Club, contact Nick Zuzolo at N-Zuzolo@sacredheart.edu.

It's Never too Early for Career Development

Vanessa Mariacher
Staff Reporter

For seniors, the end is near. Commencement Day is rapidly approaching. For many seniors, it has been a four-year journey into the exciting and adventurous world of Sacred Heart. Now, the quest has been conquered and the real world lies ahead, but what about the other three quarters of the school who are returning next semester and the incoming freshmen. Career Development is here to help guide these students on their future career paths.

"Taking the steps to first work with a career counselor to explore options and

make a decision that is right for you can lead to a more fulfilling and successful job search when that time comes," said Deanna Fiorentino, Director of Career Development

SHU's Career Development Center exists to help and support students in need of guidance concerning their professional future. There are several programs, workshops, and counseling aids that cater to students' questions and concerns about academic and occupational decisions.

The Major in Success program was created for students who are undecided and want assistance in choosing a major or minor. This program not only helps

students declare a major suitable to their liking, but also verifies a student's current major to make sure it is the "right" choice. Although the Major in Success program is predominately aimed toward freshmen and sophomore students, all undergrads are welcome to its services.

"Sometimes, students will say that they are 100% sure what they would like to major in or what they will choose for a career path," noted Fiorentino, "But, I feel it is important for these students to validate that choice and to be sure they have as much information as possible about themselves, and career options, when they

♦ See "Career Choices" page 9

Students Prepare for Summer Break

Danya Jimenez
Staff Reporter

Summer is approaching and many students are making plans for their summer vacation. Working, taking classes, or traveling are the most popular activities that Sacred Heart students have planned for this summer.

Many students dream of studying abroad at least once in a lifetime and summer vacations afford the perfect time to visit other countries.

"I enjoy seeing new places, meeting new people of different backgrounds, and just traveling to new places everyday... and being spontaneous about it all," said Nikki Lamba a senior from Stratford, who will be traveling to London to visit London School of Economics where she was accepted a month ago.

"You can learn so many things going abroad," said Naiara Azpiri a graduate student from Bridgeport. She will be traveling to China for six weeks in a program that consists of volunteering to teach English

to children overseas.

"I've always wanted to go abroad as a volunteer but many of the programs out there are very expensive," noted Azpiri.

She was attracted to the China program because it will only cost her about \$500 for airfare and room and board for six weeks.

Queenie Cheng, an international student from Hong Kong, knows from personal experience that going abroad is a worthwhile life experience. Cheng said she came to the United States to learn the language and experience a new culture. Cheng encourages people to go abroad, even if it is just for the summer.

"Broaden your knowledge with the world," said Cheng.

Other students traveling abroad are not going to take classes, but are simply taking a vacation in another country. Diana Murillo, a sophomore from West Haven, and a few of her friends are spending almost a month in Europe, including visits to Italy, Sweden, Denmark, London, and Paris.

Murillo said, "I'm counting the days to go to Europe!"

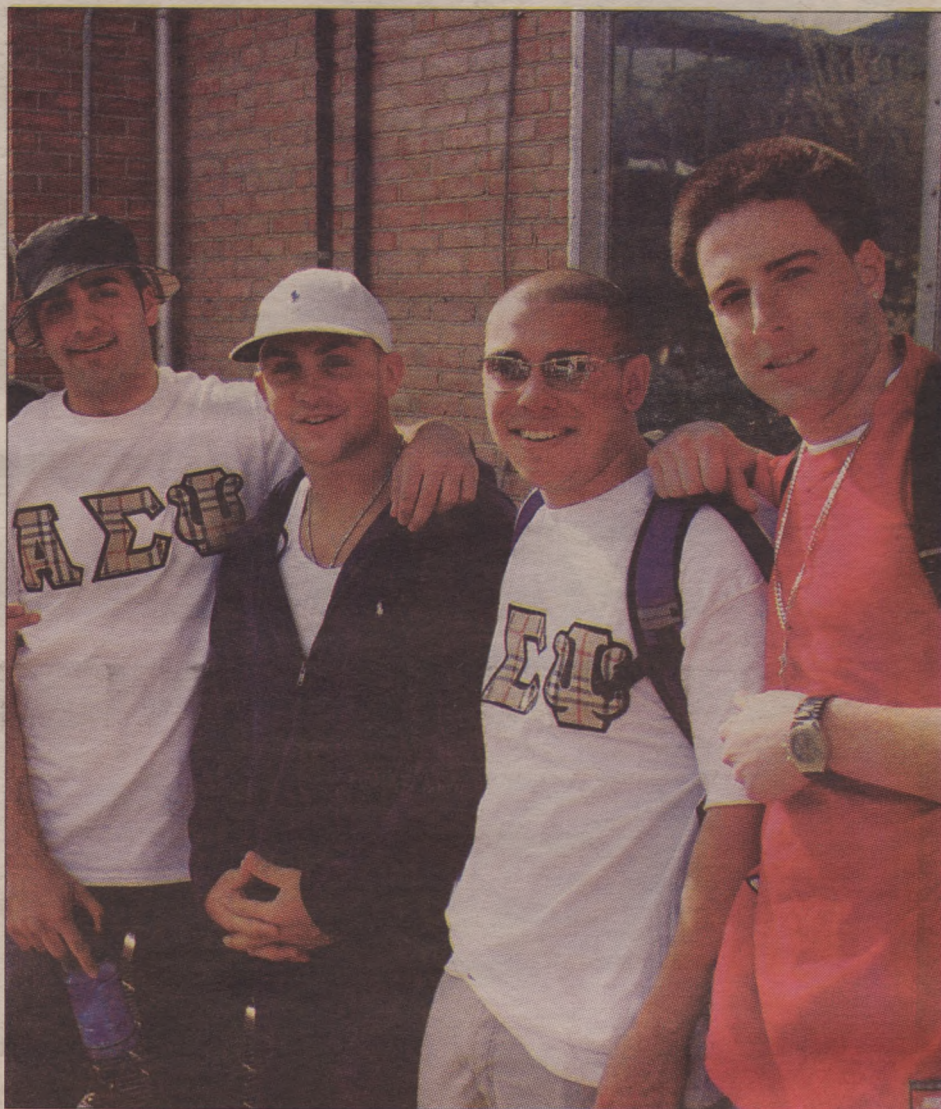
Going abroad and traveling always sounds like fun, but other students would rather work and make money over the summer or take summer classes to catch up on schoolwork.

"I will be taking a summer class at Norwalk Community College," said Paola Ochoa, a freshman from Norwalk.

In addition to traveling to London, Lamba said, "I have a [job] offer in Stamford, but I am waiting for some other things before I accept/reject."

"I want to go home," said Fatima Moubchir a sophomore from Morocco, "but tickets to Morocco are very expensive during summer."

Instead she plans to look for an



The Spectrum/ROBERT TRENSKE

With the return of nice weather to campus, students start making plans for Summer Break.

accounting internship and find a job to save some money and try to go home later on.

"I will be going to Germany to work for the air force," said Adriana Grijalva a sophomore who works in cargo load-

ing planes. She began training last summer at Westover Air Reserve Base in Massachusetts, where she continues her training once a month.

Career Choices

♦ Continued from page 8

make that choice."

Other programs the Career Development Center offers are the Strong Interest Inventory, the Myers-Briggs Personality Type Indicator (MBTI), the Self-Directed Search, and the PinPoint Career Guidance Program, which are all self-assessment tests that can be accessed online.

Also, one-on-one meetings with a career counselor can be arranged simply by appointment. Through these meetings and counseling sessions, students will gain a stronger background in goal setting and action planning. Any student with indecision about choosing a major; who is interested in identifying interests, skills, and personality; with low self-esteem; or with a fear of taking responsibility or taking risks should consider scheduling a counseling session.

Other services the Career Development Center offers that typically helpful to juniors and seniors are locating paid and unpaid internships, for which students may be able to earn academic credit. They also offer resume writing workshops, finding part-time and summer jobs, interviewing skills workshops, on-campus interviewing and job fairs, online resume management system and job bank exclusively for SHU students, conducting a senior-year job search for a full-time position after graduation, and planning for and researching graduate school options.

On Monday, May 3, at 5pm, the Career Development Center is hosting a panel on law school and law careers in the Pitt Center Board Room that is open to all students.

For more information on career development, call the Office of Career Development at 371-7975, or visit the Career Development Center on the second floor of Curtis Hall.

Students Offer Study Advice

Jean Jastremski
Staff Reporter

It's once again that time of the year to cram all that was taught during the semester and take the dreaded finals. While some students may be ready for finals, other students try to cram for a semester's worth of information in one night. Sacred Heart students from the former group share their tips on how to make it through the week without stressing too much.

"You have to be organized. Put all your notes and tests in order and prioritize. The more that you are organized; the clearer things are to you," said Alexandria Hatzipetros, a junior from Queens, NY.

"The less clutter on your desk the less clutter in your head" is the motto for organized students like Hatzipetros. Students with misplaced papers and notes waste valuable study time trying to organize their work.

According to senior Jeffery Daddio, managing time is another key element to success.

"Now that I'm a senior, you would think I would know how to manage my time by now and be ready for finals. The best advice I could give would be to study a little bit every night. If your test is on a couple of chapters, do one chapter a night so it doesn't seem so overwhelming," said Daddio.

"You have to be organized. Put all your notes and tests in order and prioritize. The more that you are organized; the clearer things are to you"
Alexandria Hatzipetros

Procrastination is a big problem for many students, especially with all the distractions of college life.

"My biggest fault as a student is that I procrastinate. I wish I would do assignments as soon as the teacher gives them, but I just never get around to it and then I find myself doing it in the hallway on

the way to class," said Alex Kantarelis, a junior from Boston.

Also important to preparing for finals is to get enough sleep. Sleep is very important because it helps student's brains to focus and energizes students to withstand long tests.

"I try to get a good nights rest before and exam. Otherwise I'll be so tired the next day that during the test my mind will wander off and I will forget what I studied," said David Rustico, a freshman.

Melissa Alarcon, a sophomore from Miami, FL, finds a calming atmosphere helps to ease the stress of exams and helps her to focus.

"I need to be alone with no distractions when I am studying. I usually lock myself in the library during finals week. It forces me to sit down and do my work and I can concentrate totally on what is in front of me," said Alarcon.

Studying and finals week will always be a stressful time for students. Hopefully these tips here from other peers will at least help alleviate some of the pressure.

—Arts & Entertainment—

SHU Art Students Garner National Recognition

Heather Fogarty
Staff Reporter

Senior Aron Caruso and junior Christian Farrington have recently been nationally recognized through the Society of Illustrators of New York for their artwork this past month. Their watercolor/colored pencil compositions were both assignments for their art class with Jack de Graffenried. Each year at least 5000 student works are submitted to the society for judging; only 125 are accepted.

"The opportunity to have my work displayed in such a prestigious gallery will help me strive to work harder, and reach my goals as an illustrator"
Christian Farrington, junior

According to a press release issued by Sacred Heart University, the Society of Illustrators of New York is the premier organization for the representation of illustrative art in the United States. On top of their recognition, the students will also have their work displayed in the Society of Illustrators Museum of American Illustration.

"These students are competing with the top art schools in the country," said de Graffenried, an Assistant Professor at SHU, in describing the hard work of the students and the new-found prestige of Sacred Heart's Art Department.

"When giving assignments, I think, what can I realistically accept from [students] given a full course load?" continued

de Graffenried. His students are given four assignments per semester, one of which—the piece submitted to the society—is a full color assignment.

"You need to physically show them how something will occur by showing them a small element, which they will carry on through there whole piece," said de Graffenried.

"My inspiration for this piece was the guidance and motivation of my advisor and teacher Jack de Graffenried," said Farrington of Lynbrook, New York. Farrington's "Red Eared Slider," his watercolor/color pencil piece, took about half the semester to complete.

Caruso's piece, entitled "Endangered Crocodile," reached the second phase of judging in this competition and was given an award of \$2000 from Greenwich Workshop.

"I was completely overwhelmed with anxiety, joy and amazement," said Farrington. "The opportunity to have my work displayed in such a prestigious gallery will help me strive to work harder, and reach my goals as an illustrator."

"This is not the hardest major but it is certainly the most time consuming," said de Graffenried.

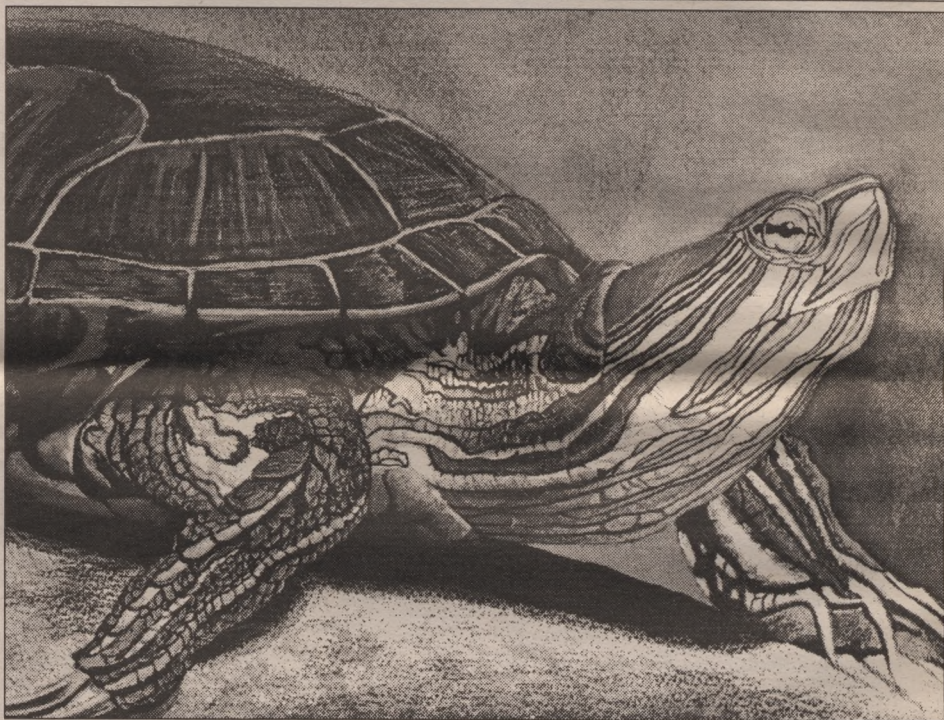
On top of their full course load of classes and workshops, art students also put an extreme amount of time into their many projects throughout the semester.

"It makes all the time I put into the work that much more worthwhile knowing that great professional artists view my work with respect," said Caruso.

"I am extremely proud of them. [Their recognition] says a lot about our students and this department," says de Graffenried.

Both Caruso and Farrington's works will be published in the 46th annual professional publication of the Society of Illustrators, which will be out in the fall. This book can also be found online or through the society.

For more information, visit the Society of Illustrators on the web at www.societyofillustrators.org.



Illustrations by Aron Caruso and Christian Farrington
Caruso's "Endangered Crocodile" [above] and Farrington's "Red Eared Slider" were both honored by Society of Illustrators of New York. Each will be displayed at the society's Museum of American Illustrators later this year.

'Master and Commander' Commands Video Shelves

Stacey Jackson
Staff Reporter

This past Tuesday, "Master and Commander," starring Russell Crowe and Paul Bettany, was released onto DVD and video. The film is based on two novels written by Patrick O'Brian that depicts the life of fictional sea captain "Lucky" Jack Aubrey (Crowe).

Throughout the film Captain Aubrey's ship is in constant battle with an opposing French vessel. But, rather than expressing a specific storyline simply set in a historical background, many small stories of actual experiences are intertwined allowing the film to represent a realistic portrayal of history.

For many recent historical war films, it is more common to be so graphic that audiences cringe in their seat. Yet in "Master and Commander" certain scenes are insinuated but not specifically shown.

Though the screenplay had good direc-

tion, it would be unfair not to recognize the performances by both Crowe and Bettany, who plays Dr. Stephen Maturin. Both actors easily matched the success of their last performance together in the Academy Award-winning "A Beautiful Mind."

One downfall of the DVD release was its lack of bonus features. Besides the audio commentary, common to all DVDs these days, the only other special feature ended up being previews.

As for the film in general, "Master and Commander" could easily be the historical high-energy film that audiences may be looking for. This definitely would not be a good chick flick for a date night though.

MOVIE REVIEW



"Master & Commander: The Far Side of the World" (PG-13, 138 Minutes)
Starring: Russell Crowe, Paul Bettany



Photo courtesy of 20th Century Fox

Captain Jack Aubrey (Crowe) contemplates his next move while stopping for repairs at the Galapagos Islands. "Master and Commander" is now available at the DVD rental machine on campus.

Studios, Audiences Gear up for an Exciting Summer

Patrick Scalisi
A & E Editor

With summer quickly approaching, studios are gearing up for the most important time of the year: movie blockbuster season. While students are off from classes and families are setting out on vacation, studios will be loading theaters up with the biggest and the best that they have to offer. This summer is certainly no exception, as theater-goers will see the return of some of their favorites, as well a few new faces that have kept fans in the throes of anticipation. Here's a quick look at what's to come:

ALIEN VERSUS PREDATOR If "Freddy Versus Jason" taught us anything, it's that audiences love seeing the baddest of the bad duke it out. "Alien vs. Predator" is sure to be no exception. Rather than making a fifth installment in the fading "Alien" franchise, 20th Century Fox instead decided to cash in on two of its meanest extraterrestrials fighting it out for supremacy.

While the brief teaser trailer doesn't show much of the actual story, "Alien vs. Predator" is sure to be little more than a bit of mindless fun. That doesn't mean we'll still be there to see who comes out on top. Start placing your bets now. *Anticipated Rating: three stars*

THE CHRONICLES OF RIDDICK It usually doesn't make much sense to make a sequel to a film that was barely received by audiences and received almost no recognition in its time. Nonetheless, the advance trailers for this sequel to 2000's "Pitch Black" is enough to pique the interests of action and sci-fi fans alike. Revisiting the role that originally put him on the map, Vin Diesel returns as Richard Riddick, an escaped convict of the future. Instead of fighting aliens, though, Riddick finds himself in the middle of an intergalactic war, the likes of which are sure to have a significant cosmic impact.

While not much else is known about the plot of "Chronicles," this sequel looks



Photos courtesy of Columbia Pictures and 20th Century Fox

"Spiderman 2" [left] and "Harry Potter & The Prisoner of Azkaban" are just two of the highly anticipated sequels that will be hitting theaters this summer.

fascinating enough to check out at a matinee. After all, Riddick's one-liners are much better than those of his characters in "XXx" or "The Fast and the Furious." *Anticipated Rating: three stars.*

HARRY POTTER & THE PRISONER OF AZKABAN Harry Potter and company find themselves in another series of mysteries as the young wizard begins his third year at Hogwarts. This time around, a dangerous convict named Sirius Black (Gary Oldman) has escaped from the wizard prison of Azkaban. Black hasn't just escaped though; he's suspected to be coming after Harry as well. It's all that the Hogwarts gang can do to keep themselves safe as murder and mayhem follow at every turn.

If the teaser trailer for "Azkaban" is any indication, the third Harry Potter installment will likely be as exciting as its predecessors. Having found a fan base that is spread across such a wide demographic, "Azkaban" is also sure to draw huge audiences so be sure to get to the theater early. *Anticipated Rating: four stars.*

SHREK 2 The first "Shrek" had ingenuity on its side, not to mention a few cheap cracks at Disney and Pixar. But can this sequel to one of the most beloved next-gen animated films really live up to its ancestor? The answer seems unlikely since "Shrek 2" seems destined to recycle most of the same jokes/plot that made the original such a rip-roaring success.

"Shrek 2" finds Shrek (Mike Meyers) and Fiona (Cameron Diaz) happily married and living out their lives. Kind of. That is, the two now have to deal with Fiona's parents, who don't yet realize that the married couple is, well, a pair of ogres.

Of all the sequels being released this summer, this one seems to be the most unnecessary. While it certainly seems sensible to want to capitalize on "Shrek's" original success, isn't the making of a sequel following the same route that Disney would have used? It would have been better to leave well enough alone on this one. *Anticipated Rating: two stars.*

SPIDERMAN 2 Like a carrot dangling in front of a hungry rabbit, Universal has been teasing audiences with sneak peaks of "Spiderman 2" since before Christmas. So what's the big deal? The original "Spiderman" was one of the highest grossing films of 2002, not to mention one of the most anticipated comic book films of all time. And if the trailer for this sequel is worth its weight in radioactive arachnid, "Spiderman 2" will not be succumbing to a sophomore slump.

After defeating the nefarious Green Goblin, Spidey (Tobey Maguire) is forced to put his career and love life on hold yet again in order to face a new menace: Doctor Octopus (Alfred Molina). Peter Parker has much to deal with on the personal front too, including his inability to express his love to Mary Jane (Kirsten Dunst) and the less-than-honorable intentions of the late Norman Osborn's son, Harry (James Franco).

The brief glimpses of Doc Octopus in the trailer are enough to get even the most reclusive fan boys salivating. Not to mention the intimate personal troubles that Parker now has to deal with. The original film went up against "Star Wars: Episode Two" and won; there's no reason to suspect that this summer will be any different. *Anticipated Rating: five stars.*

'Seis de Mayo' Bridges the Gap Between Classical and World Music

Bill Silvestri
Staff Reporter

Seis de Mayo is the latest release from Trey Anastasio, the front man of the world-renowned group Phish. On this recording Anastasio tapped the Vermont music scene as well as some old friends in an effort to create a new blend of music. Some of the musicians featured on this recording are Mike Gordon, The Ying Quartet, Jennifer Hartswick, Jon Fishman, Peter Apfelbaum, and the Seattle Music Orchestra.

Seis de Mayo is an album of all-instrumental compositions written and recorded over the past couple of years. The album's seven tracks are performed by a variety of ensembles including string quartets, brass quintets, and small and full orchestras. The variety of ensembles creates a new musical environment on each track, almost as if each came from a different recording session. Some of the tracks on the album may be familiar to Trey's fans; however other compositions are radically different.

"The orchestral version of 'Guyute' debuted by the Vermont Youth Orchestra two years ago, is performed on 'Seis' by Seattlemusic, a 66-piece orchestra.

'Prologue,' previously integrated into Phish's 'Pebbles and Marbles' is performed here as the orchestral miniature Anastasio originally scored in his basement," said a representative from Superfly Productions.

The album also features a small ensemble rendition of Phish's "The Inlaw Josie Wales," which features the Ying quartet and a small guitar ensemble. The first track, "Andre the Giant" was by far the most exciting track on the album and it features authentic African musicians.

Seis de Mayo, as an album, is excellent yet also extremely off-tempo from previous recordings released by Anastasio. The album showcases Anastasio's many talents and will definitely serve to expose his loyal following to some different styles of music. Anastasio also composed all seven tracks and conducts and plays guitar on four of them.

"I've always wanted to have a big band that played with a lot of layers," said Anastasio in a recent interview.

Anastasio's group is made up of a five-piece rhythm section and a five-piece horn section. The band blends the fast rhythms of world music with North American jazz

as well as rock 'n' roll styles.

On stage, the group's performance is excellent, and the Trey Anastasio band has frequented local music venues such as the Hammerstein Ballroom in New York City, the Tower Theatre in Pennsylvania, and the arena at Lehigh University.

Anastasio, a singer/songwriter, composer, and guitarist from Vermont has released three albums over the course of his solo career, which began after Phish decided to embark on a two year hiatus from touring and recording. *Seis de Mayo* is the third release and the second to be recorded in a studio. Anastasio's other albums include a self-titled work and *Plasma*, a double live album compiled from his 2003 summer tour.

Anastasio is currently scheduled to play at this summer's Bonnaroo Music Festival in Manchester, Tennessee on June 13, 2004.

MUSIC REVIEW



Trey Anastasio, *Seis de Mayo*
(2004, Elektra Records)

ENTERTAINMENT BRIEFS

On-Campus Events

FRIDAY, APRIL 30

- The Greek Life Family will be hosting Greek Skit Night. Admission is free with SHU ID. The night begins at 7:00 p.m. at the Edgerton Center for the Performing Arts.

SATURDAY, MAY 1

- The SHU Force dance ensemble will be performing a recital at 5:00 p.m. at the Edgerton Center for the Performing Arts. Admission is free with a SHU ID.

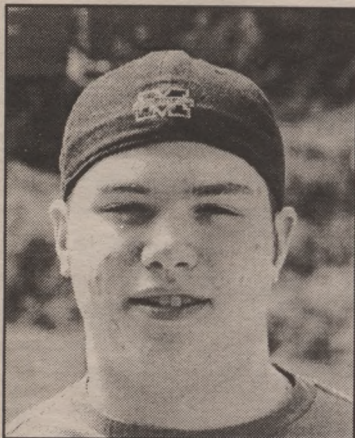
National News

- There is talk that Quentin Tarantino plans on remaking "Casino Royale," the first film of the James Bond 007 legacy. According to the Internet Movie Database (www.imdb.com), Tarantino bashed the 1967 film stating, "Everything about it was awful. The guy who played Bond (Niven) was so cheesy it was pathetic. The beginning of the 007 legacy was given such shabby treatment." It has also been mentioned that Tarantino has been in touch with actor Pierce Brosnan to remake the film.

- Compiled by Jill Tomasz

BEYOND SHU

One Last Time



By Hank Gargiulo
Sports Columnist

I thought this would be one of my easier columns to write. As it turns out, it was one of the hardest. Over the last year and a half, I have written many columns, about many topics. I have been commended, criticized and even on occasion, complimented. Before I delve into my subject for the week I would like to thank some people that have made my three years here at Sacred Heart memorable, and thank some people that have let me write this column every week.

First and foremost I would like to thank my editor Katie Atkins, for turning the garbled mess that is my original column, into a coherent column with nary a mistake. And if you want a laugh, ask her about some of my spelling and grammar disasters (and I use that word lightly). I would also like to thank Dr. Danowski and my previous editor, Kyle St. George for originally allowing me to air my thoughts in this manner and giving me the space to do it.

Reaching out of the newspaper, I would like to thank Sports Information Director Gene Gumbs for everything that he has helped me with over the last two years and for giving me the opportunity to broadcast the 2004 Atlantic Hockey tournament during the Pioneers run to the finals. I would also like to thank Bill Peterson and Darryl Konicki, as well as Mark Adzigan up in the Sports Information office for what they had helped me with.

A great deal of thanks also goes out to all of my professors in the Media Studies department. Starting with Dr. Jim Castonguay, who is also an avid Red Sox fan, Greg Golda for all that he has taught me, and continues to teach me about video production, and for getting to the studio on many an early Monday morning. Dr. Andrew Miller for helping me organize and complete my senior project along with Dr. Louise Spence. I don't have room to thank everyone individually, but if you have helped me in any way during my time here, trust me, I appreciate it more than I have probably let on.

Now that the sentimental junk is out of the way let's get back to the fun part of my column. And what better way to close out the column than with another round of Yankee bashing! Just kidding, I ripped into the Yankee fans last week, and doing so after the Red Sox came into Yankee Stadium and swept a three-game

weekend set would just be pouring salt on the wounds. I realize it's still April, but hey, the Sox haven't swept a series in the Bronx in five years.

This past weekend was, of course, the NFL Draft. A two-day bonanza for draft nuts, such as myself to get completely immersed in every selection, and trying to make arm-chair predictions to who is going to get drafted where. Before the draft started however, Eli Manning, the newly anointed savior of the New York football Giants, commits probably the worst timed power-plays to force the San Diego Chargers hand in the history of sports.

Coming off of the news of former Arizona Cardinals defensive back Pat Tillman's untimely death while performing the ultimate in selflessness, Manning goes out and commits an incredibly large selfish act. Tillman, who gave up millions of dollars and eventually his life, to fight for the very freedom he enjoyed for a mere \$18,000 by becoming an Army Ranger, never once granted an interview request as he thought it would make it seem as if he was doing what he did as a publicity stunt.

This only magnified the selfishness of Manning. Unlike a John Elway, Manning didn't have an offer from the New York Yankees to go play baseball in case he got drafted to a team he didn't want to play for. He pulled, what I like to call, an Eric Lindros. For those of you not familiar with Lindros, he was dubbed to be the "Next One" in the NHL upon his arrival to the league. But he didn't want to play in Canada, so he forced the hand of the Quebec Nordiques (now the Colorado Avalanche) to trade him to the Philadelphia Flyers. Two Stanley Cups later for the Avalanche, and one disappointing career for Lindros, the real winner of the deal was not the player or the team he was traded to, but in the team trading.

Another example of this comes straight from the NFL itself. The Dallas Cowboys had a highly touted and extremely talented halfback by the name of Herschel Walker. Walker, who would be traded to the Minnesota Vikings for a king's ransom would never win a title, while for the draft picks the Cowboys received for him, would lead them to three Superbowl wins in the 90's.

Getting back to the draft itself, it is by far the deepest draft that I can remember. Players with high second round grades were going in the third round, and players who would have made good day one selections, were slipping into the nether regions of day two. There was an astounding seven wide receivers that went in the first round.

And then there was the Dallas Cowboys. How they pass up Steven Jackson is beyond me. There is a time to stockpile picks, and a time to take the best player at the position you need, and they missed the boat.

On that note, I would like to make one final thank you. This one goes out to everyone that has read my column. Without readers, I might as well have just never written anything. Thank you.



Contributed Photo

Pat Tillman gave up millions of dollars to serve his country.

The Tragic Loss of Pat Tillman

By Nick Kelly
Staff Reporter

Last weekend the NFL was at the center of the sports world for the first time in the three months since the Super Bowl. It was not for the reason originally expected however, as the NFL draft took a somber backseat to the death of Pat Tillman, a former player who left the league to serve as a ranger in the Armed Forces after the events of 9-11.

"It is a sad thing whenever somebody dies, but for somebody who shows their true colors of America it is especially sad and seeing a football player who stopped making millions of dollars to go support our country, it is just unbelievable," said Dave Morson (Ocean, NJ), a junior and linebacker on the football team.

On April 22, Pat Tillman was killed at the age of 27 during a mission in Afghanistan against Al-Qaeda forces.

"It was very tragic, but I knew he died for a good cause, for the country," said John Wilson (Bloomfield), a freshman and quarterback on the football team.

As a member of the NFL's Arizona Cardinals, Tillman played strong safety and overcame his smaller size of 5'11 and 200 lbs to become one of the best defensive players on the team after garnering recognition in college as the Pac-10 Defensive Player of the Year according to foxnews.com.

"It was pretty shocking, but it really made you appreciate him as a person to want to make that sacrifice for his country," said senior Derek Venne (Ludlow, MA).

"He seems like a noble guy considering that he gave up the millions of dollars that he could have made in the NFL to go fight for his country," said senior Nick Timpone (Queens, NY). Tillman turned

down a 3.6 million dollar contract several months before the fifth year of his career according to the official website of the Arizona Cardinals. He had proven his value greatly on the field in a short period of time after originally being one of the last 20 players selected in the 1998 NFL draft and 226 overall.

"He didn't just give up the NFL, his dream job. He gave up his wife and his kid and his family to go serve for the country," said senior Christina Domenech (Bronx, NY). Not long after marrying, Pat's decision to join the Army with brother had been supported by his wife Marie says foxnews.com.

"I think the sacrifice was just as big as anybody giving up their job here in the United States and going over to fight for something that they had to do and something that they believed in," said junior Lisa Koladacz (Wethersfield).

"He may be a little bit more glorified because he is a famous athlete, but I really think that anyone who fights till the death for their cause and their country should be considered a hero," said Timpone.

Last Saturday before the NFL Draft on ESPN, football commissioner Paul Tagliabue issued this statement: "Pat Tillman personified the best values of America and of the National Football League. Like other men and women protecting our freedom around the globe, he made the ultimate sacrifice and gave his life in service of his country."

In a day and age where the off-field actions of professional athletes consist of scandals such as steroid use, sexual assault and even murder, Pat Tillman's contributions to his country and tragic death are an inspiration. Although his stature on the field may have been small, his sacrifice in defense of our country was anything but, and will never be forgotten.

CAMPUS SPORTS

Tough Start for Men's Golf

Meghann Longo
Staff Reporter

After a disappointing fall season, the Sacred Heart men's golf team enlisted the help of golf professionals Tim Rosati and Jeff Cavaliere to prepare them for the upcoming season and to improve their overall game.

While improvements have been made, the men still have some work to do. "We have all made improvements, but they are not improvements that will show the next day. Over time and with practice, the improvements will be evident," said senior Dustin Ledda (Torrington).

The men opened the 2004 spring season by competing in the Hofstra Invitational at Harbor Links Golf Club, in Port Washington, NY. The team, who ended up finishing sixth, was led by sophomore Jonathan Molchan (Wallingford), who finished 15th, shooting a 159 for the weekend. Other top finishers, for the weekend were Ledda, who finished 22nd by shooting a 163 and junior Kevin Gordon (Floral Park, NY), who tied for 26th by shooting a 168.

To continue their season, the men traveled to the Triggs Memorial Golf Club in Providence, RI to compete in the NEIGA Championship, April 17-18th. The men went on to finish tenth out of 14

for the weekend, improving seven strokes on the second day, shooting a 323 as a team for a two-day total of 653.

Ledda, the Pioneers' top finisher, ended up shooting a 159 on the weekend, which tied him for 36th place. Molchan improved four shots on the second day enabling him to finish just one shot back from Ledda, giving him a 39th place finish for the weekend.

However, it was Gordon that showed the most improvement on the weekend, improving ten shots on the second day shooting a 78, allowing him to finish with a respectable 166 on the weekend.

"I don't think that any of us are happy with the results that we've had in any tournament this spring. We have a lot of potential on this team and it just hasn't come out yet. We've been working hard towards playing well in conference and I think it will pay off," said Molchan.

"Being the only senior I'm hoping these younger players start to mature and become more comfortable in a competitive environment. As a team I would like us all to pull it together and make a good showing at conferences because these kids have the talent to," said Ledda.

As a team they know that this will be a rebuilding season. However, they are hoping to make the necessary changes in order to reach their ultimate goal of a top ten finish at the Conference Championships.

Men's Lax Loses Their Chance at Playoffs

Chris Fote
Staff Reporter

The Sacred Heart men's lacrosse team took the field Saturday against Delaware in hopes to still make it to the playoffs, but Delaware didn't give SHU the chance as they beat them 13-8. The game was Sacred Heart's fourth consecutive loss after winning their first game a couple weeks ago.

Delaware got on the board first in the first quarter. However, with the sense of urgency on the field by SHU, the Pioneers knew they would have to battle and play hard for a whole game. SHU scored three unanswered goals in the first to take the lead 3-1. Matt Robideau (Massena, NY) scored his 19th goal of the season for the first SHU goal, Jonathan Corto (Orchard Park, NY) the second, and Peter Greco (Hamburg, NY) scored the last goal of the first quarter assisted by Adam Dzedzy (Glenmoore, PA).

Senior Chris Paige (Westfield, MA) said, "We knew we had to come out and play hard the first half of play. The past

SHU quickly answered again with a goal by Jorge Bravo (Long Beach, NY), assisted by Dzedzy. Sacred Heart's goalie, Thomas Hind (Farmingdale, NY) tried to keep it close as he came up with several huge saves, however his efforts proved to be too little for Delaware's constant attack on goal.

Delaware scored three more times by the end of the third quarter making the score 10-5. Luckily, SHU would get one more on the board before the start of the fourth as Christian Lynch (Northport, NY) put one in with 1:30 to go in the third.

The final period would put a damper on the game and also on SHU's chance at making post-season play. Delaware would put three unanswered goals in the last quarter, making the score 13-6.

Senior James Delmonico (West Islip, NY) said, "It's tough when you start to come back. You play hard for a while and try and get back in the game, but then a team can score three quick ones. When you're already down, it's difficult to get back up, but we tried. This team has a never say die attitude which the

Women's Lax Falls to Mount; Still Makes Playoffs

Dana White
Staff Reporter

This past Sunday the women's lacrosse team traveled to New Jersey to play Monmouth University.

The game got off to a tough start for the girls.

In the first half, Monmouth did not let the Pioneers score and their offense came up big scoring seven in the first half.

"The game against Wagner was a must win, the winner basically made it into the playoffs, so we did what we needed to do to win. Our game today vs. Monmouth was frustrating, we didn't play well at all. But we still made it to the playoffs, which is what really matters," said junior Natalie Smith (Wantagh, NY).

Three minutes into the second half the Pioneers finally got on the scoreboard.

Junior JoAnn Montesarchio

(Cortland Manor, NY) scored from the free position but Monmouth answered back with four straight goals to make the game 11-1.

Montesarchio also scored the second goal for the Pioneers.

Freshmen Maureen Hohn (Lutherville, MD) and senior Meghan Tucker (Carle Place, NY) finished the day with one goal each.

"We learned a lot today, and we are lucky that we get a second chance to play them this weekend in the NEC playoffs," said senior Ashley Cotter (Sandwich, MA) the game ended with the score Monmouth 13 Sacred Heart 4.

The Pioneers play Mount St. Mary's in the first round of the playoffs.



The Spectrum/NICK KELLY

With their loss to Delaware this past Saturday, then men's lacrosse team is now eliminated from any possible post-season competition.

couple of games we have played much harder and executed better in the second half than in the first. We wanted to change that this week and I feel we took a giant step towards that goal."

After the end of the first, Delaware kicked it up a notch as they quickly and quite often do. Through the second and into the third quarter, Delaware had a commanding lead over Sacred Heart, 7-3. SHU finally got back on the board again as Robideau riffled a pass across the middle in front of Delaware's goal. The pass ended up hitting a Delaware defenseman in the helmet and went past the goalie for Robideau's second goal of the game.

guys bring into next season." Sacred Heart would score the last two goals of the game, one by senior Ben Giamichael (Cortland, NY) assisted by Dzedzy, and the last by Bravo.

Though it was a tough loss for SHU, there were some bright spots. Bravo had his second consecutive multi-scoring game in the past two weeks, along with Robideau. Dzedzy also finished the day with three points having three assists. Hopefully great play by these players can continue in their last couple of games. The Pioneers will play their last home game of the year against Air Force on Saturday afternoon at 1 p.m.

CAMPUS SPORTS

■ Sports Shorts

Equestrian

Members of the Sacred Heart Equestrian team rode to a team best 3rd place National finish at the 3rd annual Varsity Equestrian Championship. Hosted by the University of Georgia, Auburn University and the U. of SC, this competition featured 12 of the nation's top Division 1 & 2 NCAA declared Varsity Equestrian Programs. The Sacred Heart squad that traveled to GA consisted of Juniors Emily Grayson and Kate Janczak along with freshmen Catherine Coyle, Lauren Pierce and Jessica Reynolds. For Grayson & Janczak this marked their second appearance at the season ending competition.

Well into the class, a re-ride issue for another competitor forced show management to re-start the class. Janczak handled the situation well and successfully completed the class. In line-up, Kate was called back on top to test. A spook before the final aspect of the test set Kate back to a 4th place finish. The 4th place finish put 3 points on the team score card and was a strong start to the competition. Next to compete was Emily Grayson. Emily's strength this season has come on the flat, and the VEC was no different. Following the completion of her section, Emily was also called back on top to test. A flawless test assured Grayson of the win. To her credit, Grayson became SHU's first National Champion in team history.

Lauren Pierce was the first SHU rider to compete following the lunch break. A break in the canter kept her out of the ribbons. Jessica Reynolds closed out the Friday flat classes for the team. In her first National competition, Reynolds earned a Reserve Finish after completing a successful flat class.

Saturday the show started up at 9 am

with Equitation over Fences. Janczak was again slated to compete first for Sacred Heart. A flawless trip on a perfect draw put Kate on top of her class. With a score of 169, Janczak was again called back on top to test. This time, the test involved switching horses and Kate earned her first NCAA national finish, and the 2nd in team history. Her score of 169 would stand as a competition high score until the 3rd section of fences. At day's end, Janczak could claim to have the competition's 2nd highest score over fences and the distinction of being the only hunt seat rider (out of 60 competitors) to be called back on top in both of her classes.

Pierce again opened the afternoon session for the team. A solid trip over fences earned her a score of 150. Show management opted to test only the top 4 riders which left Pierce locked into 5th place. However, for her efforts, she contributed 2 points to the team total. This was Pierce's first ribbon at the national level. With a score of 149, Coyle earned herself a reserve finish in her first national level outing. With 19 points at day's end, the team would have to wait for the testing of the final four riders to know the outcome of the English competition.

Softball Splits on Senior Day

Kelly Dietz
Staff Reporter

On Sunday, the softball team split their doubleheader against St. Francis (PA). SHU dropped the Red Flash 5-2 in the first game, but lost 3-1 in nine innings the second game.

Before the games got underway, the Pioneers had a special ceremony for senior day. The team honored Shannon Bailey (Carmel, NY), Deanna Emery (Gorham, ME), Melissa McManaman (St. James, NY), Grace Teruel (Montague, MA), Katie Ross (Arden Hill, MN) and Leslie Konsig (Millburn, NJ) for their contributions to the SHU softball program.

"Senior year meant a lot, I have had endless memories and great times all of my four years with each of my teammates, especially the seniors," said Bailey. "A team is as close to you as a family and we have developed special friendships on and off the field that will never be forgotten".

In the first game Sacred Heart scored all five of their runs in the bottom of the third inning. Two of the runs were unearned thanks to a wild pitch and two St. Francis errors that allowed Teruel and freshman Jasseline Perez (Medford, NY)

to score. The lead was pushed to 5-0 on a three-RBI double from sophomore Jen Place (Latham, NY) that scored Bailey, Ross and freshman Caitlin Carroll (Los Alamitos, CA

by Siobhan Gerber. The Pioneers tied the game in the bottom of the fourth when Konsig reached first on a bunt single and scored on a sacrifice fly from sophomore Heather Gutkes (Newport, RI).

The game was sent into extra innings and in the top of the ninth St. Francis added two runs on a single from Cassie Scofield to take a 3-1 lead. SHU tried to tie the game in the bottom half of the inning, but were unable to push a run home as the Red Flash gained a split on the day.

Amanda Pighetti pitched all nine innings to pick up the win while junior Becky Cameron (Girard, OH) took the loss in a relief effort for Sacred Heart. It was Cameron's first appearance as a pitcher this season.

"It is going to be important that the team steps up with hitting in clutch situations next year," said Bailey. "They also need to stay strong defensively," she added.

The Pioneers returned to action on Wednesday taking on St. John's for a doubleheader, the results were unavailable at time of press release.

SHU closes out the regular season today when they take on Stony Brook in New York.

"It is going to be important that the team steps up with hitting in clutch situations next year" senior Shannon Bailey

In the top of the fifth, the Red Flash got on board when Jess Paul was hit by a pitch with the bases loaded, to score Brianne McCabe. In the top of the sixth, Sarah Rebar doubled and then scored on an error.

Freshman Danielle Mellin (La Canada, CA) pitched a complete game in recording her fifth win of the season.

In the second game, St. Francis took a 1-0 lead in the third inning as Rebar singled and later scored on a sacrifice fly

SHU Shuts Down LIU

Jason Chudoba
Staff Reporter

A dominant pitching performance by senior, Chuck Ristano (Valley Stream, NY) helped Sacred Heart record its sixth win of the season. The Pioneers defeated LIU 4-3 on Sunday to salvage one game in the weekend series.

"Charles Ristano threw a great game and gutted it out 8 and 2/3 innings on three-days rest for the win" Curtis Lewsey

"Charles Ristano threw a great game and gutted it out 8 and 2/3 innings on three-days rest for the win," said junior infielder, Curtis Lewsey (Greenwich, NY).

Sacred Heart went into the bottom of the ninth with a 4-1 lead, but the Blackbirds hoped to rally. Ristano took the mound and struck out sophomore catcher, Tim Doherty (Newark, DE) to

get the first out of inning. Ristano gave up a single up the middle to the next batter he faced and a fielding error by senior third baseman, Brian Rojee (Foxboro, MA) allowed the next hitter to reach first.

With the Blackbirds threatening with runners on first and second, Ristano got junior first baseman, Thomas Bennett (Brooklyn, NY) to fly out to center field. With one out left, LIU sent sophomore outfielder, Matthew Martino (Staten Island, NY) to the plate to try to drive home the potential runs.

Martino doubled to right field to score two runners and make it a one-run game. That hit marked the end of the day for Ristano and senior Adam Dinihanian (Stratford) came in for relief.

"I wanted that complete game bad, but after the seventh I was just running on fumes," said Ristano.

Dinihanian was able to get the third out and end LIU'S rally by forcing sophomore outfielder, Richard Bell (Georgetown, DE) to line out to first.

Sacred Heart took an early 1-0 lead in the fourth when Lewsey hit his second homerun of the season. The Pioneers tacked on another run in the fifth and added two more runs in the seventh when sophomore second baseman, Jason Maiella (N. Haledon, NJ) hit a two-run single.

"Curtis got us going with a big homerun and we continued to put pressure on the defense for the rest of the game. Jay Maiella had a huge two RBI single that

gave us a little breathing room," said junior pitcher, Rob Duell (Scotia, NY).

"Curtis got us going with a big homerun and we continued to put pressure on the defense for the rest of the game" Rob Duell

Ristano surrendered only four hits in his first six innings of work. In the seventh, the Blackbirds were finally able to manufacture a run on a sacrifice fly by Martino.

Despite a valiant effort late in the ninth, LIU was not able to pull out a win. Sacred Heart defeated the Blackbirds 4-3 in a close game to avoid being swept.

"Today was a battle. I didn't have my fastball, but I was able to locate well and get outs. We hit when we had to today and we eventually needed all four of those runs because LIU didn't go down very easy," said Ristano.

CAMPUS SPORTS

Track Team Heads to NECs With Strong Standings

Meghan O'Connor & Katie Atkins
Staff Reporter and Sports Editor

After some very successful performances so far this season, the Sacred Heart men's and women's track teams head into this weekend's Northeast Conference Championship (NEC) at Mount St. Mary, hoping to come away with the highest team finishes in the history of the young division one program.

Last year, the women's team placed eighth out of the 12-team conference while the men finished in eleventh. The best finishes ever for either team was seventh in 2002 for the women, and eighth for the men in 2000. After the departure of UMBC to the America East Conference this year, only 11 teams will be competing towards the title.

"I project that the women could score around 90 points if they have a meet with solid performances. If they really perform well, they could score well over 100 points. A team with 90-110 points will normally finish between second and fifth place. I project that the men could score around 70 points if they have a solid meet, and 85-90 with a really stellar meet. 70-90 points will normally place a team between fourth and seventh," said head coach Christian Morrison.

Leading the way for the Lady Pioneers will be senior quad-captain Katie Wrinkle (Medford, NY), who is ranked first heading into the meet in both the 3,000 meter steeplechase, and the 5,000 meters, along with a leg in the NEC leading 4x800 meter relay. Wrinkle is the two-time defending champion and conference record holder in the steeple. She already posted a NCAA Regional and ECAC qualifying time of 10:40.22 that leads the conference by over a minute, and surpassed the NCAA standard by more than 17 seconds.

Along with Wrinkle in the steeplechase will be freshman twin sisters Katie and Annie Duffy (Monroe), ranked third and fourth respectively. Senior Erin Roche (Stony Point, NY) and sophomore Katie Botsford (Cresskill, NJ), seventh and eighth in the NEC, will also play a strong role in the Pioneers most stacked event where the team hopes to score over 20 points.

Wrinkle is also the favorite to win the 5,000 meters, where she enters the weekend leading the conference by over 20 seconds, and has already qualified for the ECAC championships. Backing her up will be senior Suzanne Neglia (Andover, NJ), ranked in scoring position with a seventh seed. Sophomore Jenna Pisani (Vernon, NJ) also looks to speak into the scoring with her fourteenth place ranking. Neglia and Pisani will be doubling in the 10,000 meters as well; where Neglia is capable of a top three finish.

"The team means so much to my fellow seniors and I that we will be going into this competition with more motivation than we have ever had in the past," said Neglia.

Senior quad captains Kristin Eckert (Farmingville, NY) and Sara Tasber (Henrietta, NY) will be contenders for the top spots in their individual events as well. Eckert finished second in the hammer throw last year and is currently ranked fourth in that event, as well as tenth in both the discus and shot put, and has a chance to score in all three.

Tasber will run the 800 meters, in which she placed third a year ago. Going into the weekend, she ranks fourth with a 2:17.54 and has automatically qualified for New England's. Coach Morrison notes her as one of four athletes in the conference with a chance to win the race.

Junior Francis Bundy (Pleasantville, NJ) heads into the weekend with numerous chances to score. She ranks seventh in her specialty, the 400 hurdles, and sixth in the long jump, along with running the 100 high hurdles.

Bundy has qualified for New England's in the 400 hurdles and long jump. Also with chances to score in the long jump and high hurdles is freshman Melissa Wakeman (Ansonia), and senior Mary Burbach (Mountainside, NJ) in the high hurdles. Also with a chance to score will be sophomore Kaitlin Clark (Babylon, NY) in the 1500 meters, where she is ranked eleventh.

Bundy will join Tasber on the seventh ranked 4x100 meter relay team, with sophomore Meghan Sullivan (Windham, NH) and freshman Katrina Brown (Attleboro, MA). The two will also lead the 4x400 meter relay into the weekend, with freshman Lauren DellaVolpe (Danbury) and junior Cheryl Beaulieu (East Hampton), after setting a school record this past week at Penn Relays. Two yet to be determined members of the Pioneer team will join Wrinkle and DellaVolpe on the top-ranked 4x800 meter relay, one of the favorites to win the meet.

The women could have a chance to score points in the pole vault where Annie Duffy is ranked eighth, closely followed by fellow freshman Liza Gennari (Housatonic, MA) in tenth. The high jump could also provide points where junior Siobhan Fogarty (Cortland Manor, NY) and freshman Tiffany Williamson (Greenville, RI) rank seventh and tenth. Wakeman is ranked eleventh in the javelin.

On the men's side, sophomore powerhouse Evan Lasher (Pleasant Valley, NY) is the leading athlete with a chance to score in all four throwing events of the weekend. His rankings in the NEC include second in the shot put and hammer, third in the discus, and eleventh in the javelin. Lasher has qualified for the IC4A championship in the shot, and automatically for New England's in the shot and discus. He has a chance to score more than 20 points alone, which would surpass the entire team total from last year. Sophomore Christos Dimos (Massapequa, NY), who scored in hammer last year, has an outside chance of scoring in both the shot and hammer.

After taking fourth place in the jav-

elin last year, sophomore Marty Moroney (Mountainside, NJ) has only competed in two meets so far this season since recovering from shoulder surgery. Even with missing most of the season, Moroney is ranked fifth in the conference. Freshman Jonathan Okolowicz (Providence, RI) also has a chance to score with his eighth place ranking.

Despite being limited by a hamstring injury all season, freshman Alonzo Meek (Wayne, NJ) leads the team in the 110 meter hurdles, where he currently ranks fourth with an automatic New England qualifying time. Meek has already scored during his young career in a conference meet when he placed third in the 55-meter hurdles indoor. Freshman Joey Henley (Kent, WA) also ranks ninth in the event, with junior Gregg Curley (East Wareham, MA) close behind in eleventh.

Sacred Heart standout athlete Henley is also expected to do damage in the jumps. He ranks third in the NEC in the high jump at 6'5", and just missed clearing a school record 6'8" a few weeks ago. He also ranks sixth in the triple jump.

Curley will also be a threat in four other individual events and a relay besides the hurdles. He ranks eighth in the 400-meter hurdles and the long jump, ninth in the high jump, and seventh in the pole vault. Freshman Chris Eck (Washington Township, NJ) will also be influential in the pole vault where he is ranked fifth.

The distance events will undoubt-

edly be lead by senior tri-captain Matt Uzenski (Oceanside, NY). Uzenski will be looking to score in the 10,000 meters as well as the 5,000 meters. He ranks seventh in the 5,000, and Coach Morrison believes he has a chance at the top three in the 10,000. Also from the distance side, sophomore Tyler Arnett (Clinton Corners, NY) is ranked twelfth in the 3,000 meter steeplechase and has an outside chance at scoring.

In the relays, Curley joins junior Todd Brownell (Hudson Falls, NY) and senior captains Sal Cataldo (Elmwood Park, NJ) and Paul Herman (Bronx, NY) on the 4x400 meter relay, which is ranked eighth but is expected to finish higher.

The men's 4x800 relay is ranked fifth and will be led by senior Andrew Renna (Danbury). The 4x100 relay of Cataldo, Meek, Henley, and senior Chris Giarrusso (Cortland Manor, NY) is ranked eighth, but it is believed a top six finish is possible.

"We're raising expectations, and looking to start placing in the top half or third of the conference. We have more athletes who can score, and score well, than ever before," said Coach Morrison.

"If we can just bring all our talent and potential together, this NEC's could be a real turning point for SHU Track and Field," said Tasber. "Not to mention we have a number of seniors looking to go out big at this meet."

Pioneer Schedule

Friday, April 30

Women's Lacrosse NEC Tournament West Long Branch, NJ

Saturday, May 1

Baseball	vs Quinnipiac	Harbor Yard	12 & 2:30
M & W Track	at NEC Championship	Emmitsburg, MD	
Men's Lacrosse*	vs Air Force	Fairfield, CT	12 PM
Women's Rowing	at NERC	Worcester, MA	All Day

Sunday, May 2

M & W Track	NEC Championship	Emmitsburg, MD	11 AM
Women's Lax	NEC Tournament	West Long Branch, NJ	

*Senior Day

SPORTS

The Spectrum

http://spectrum.sacredheart.edu

Campus Sports
Men's golf off to a rough start
(page 13)

Beyond SHU
An inspirational former NFL-er
dies in Iraq (page 12)

Campus Sports
Women's lacrosse makes
playoff push (page 13)

Campus Sports
Track team heads to NECs this
weekend (page 15)

Women's Bowling Knocks 'Em Down at Nationals

Meghan O'Connor & Katie Atkins
Staff Reporter and Sports Editor

Although they are one of the least recognized groups on campus, the women's bowling team's season actually extends from mid-September, when team practices begin until late April, when they are often involved in post-season competition. In the past month, the women's bowling team competed in back-to-back championships, the first being the inaugural NCAA Championships, held in Houston, TX April 7-11, and the second being the Intercollegiate Bowling Championships, which were held in Tulsa, OK April 14-17.

"The girls really came together for competition. I've never seen a team so energized before. I had a blast with the team on and off the lanes and I think our personalities made getting to Nationals and NCAA's a thousand times better," said freshman Diane Raimann (Beachwood, NJ). "Teams nation wide know that SHU is full of HEART and will do whatever it takes to fight our way to the top!" she added.

At the NCAA tournament, the format consisted of seven team games followed by double-elimination best-of-seven baker matches based on seedings from total pin-fall. The Pioneers took an early lead after the first four games, but dropped to third by the end of the first day of competition.

In the first baker match, SHU was matched up against conference rival New Jersey City University, who they swept in four games. For the second match, the Pioneers were matched up against Nebraska-Lincoln, the eventual champion, and lost a hard-fought match in six games after finding themselves down 0-3. The match against Nebraska also included a team best 288 game in which the girls had the first ten strikes.

Because of the way the bracket worked out, SHU was forced to once again face NJCU, who appeared to be out for revenge after being dominated by the Pioneers in the first round. Sacred Heart ended up losing the match in six games and was eliminated from the tournament, finishing in sixth place overall out of the eight teams selected for the championships.

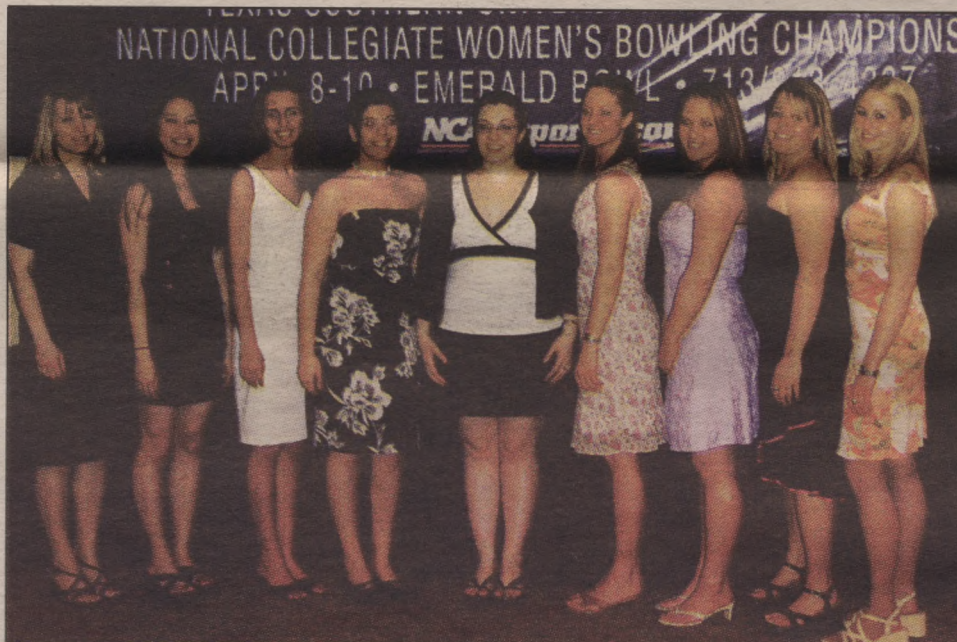
"I've never felt so much team spirit and enthusiasm on any team ever before, and it became more apparent when random spectators came over to our lanes and cheered our cheers with us! That is something I will definitely remember for a long time," said senior Joanne Ong (River Edge, NJ), a four-year team member.

Senior Katie Atkins (Washington Crossing, PA) was named to the all-tour-

nament team and finished third overall individually by averaging 231 for seven games. Junior Carolyn Rich (Little Falls, NY) finished in eleventh overall and averaged 218 while junior Erin Gore (Woodbridge, VA) finished fifteenth and averaged 215. Freshman Christina Onderdonk (Guiderland, NY) finished eighteenth overall and averaged 212 for the tournament. Junior Nicole Peloquin (Enfield) averaged 204 for the first four games and Raimann, who came in as a substitute averaged 214 for the last three games. Freshman transfer Alexandra Soldano (Staten Island, NY) shot a 194 in her appearance in the fifth game of competition.

After finding themselves down 2-0, SHU battled back to take the next four to eliminate UC-Davis. Following a lunch break in which the Pioneers refueled, they took on Neumann University, who they eliminated by beating 4-2. The next match put SHU against UMES once again and the girls retaliated by eliminating in five games.

The final match of the day, which would determine which teams would advance to the final four, saw the Pioneers match up against Lindenwood University. In one of the most heated and close matches of the weekend, the Pioneers were eliminated in seven games to end their season. The loss to Lindenwood placed them



Contributed Photo

The team, all dressed up and ready to attend the NCAA banquet in Houston, finished sixth at NAAs and fifth at IBCs.

After a short break in which the team enjoyed Easter dinner at home, the girls hopped a plane and traveled to their second championship in as many weeks. It was in Tulsa that the Pioneers competed against the other 15 women's college bowling teams (16 men's teams also competed) that qualified for the IBCs through sectional qualifiers.

In a banquet honoring the best collegiate bowlers, Gore was a National Collegiate Bowling Coaches Association selection for first team all-american and Collegiate Bowler of the Year runner up for the Bowling Writers' Association of America.

After the 32-game qualifying round, Sacred Heart was seeded eighth and matched up against the ninth seed, the University of Maryland-Eastern Shore in the first best-of-seven double-elimination baker matches. After being swept in four games by UMES, the Pioneers were put in the contenders bracket and matched up against UC-Davis, the sixteenth seed.

fifth overall in the tournament, a team best since 1998, in which the Pioneers finished third.

"Everyone worked extremely hard all season. Our second half of the season was definitely our best, and we had a great showing at both IBCs and NAAs," said Gore. "Our hard work finally paid off when it mattered, and every member of this team stepped up and performed throughout the year," she added.

"This season has been one of the most rewarding that we have ever had. We had really great team chemistry, along with great talent, and we competed in two national championships. You can't ask for more than that. We will miss our seniors, and are looking forward to another great season next year," said Peloquin.

"This year has been a great experience that can be built on for the next three years. This year showed me a lot about being a team and how to make it work. I wouldn't have traded it for anything and I'm really proud of all the girls," said Onderdonk.

Football Coach Lacey Moves On

Bryan Fogle
Staff Reporter

In an article published in this past Friday's Connecticut Post, Sacred Heart head football coach Bill Lacey resigned from his position. The resignation was announced by Coach Lacey on Thursday and was effective immediately. Lacey was quoted in the Post article saying, "It was time to make a change... I decided that I had to start taking some steps to get myself to a higher coaching level."

Sacred Heart athletic director Don Cook was not entirely surprised at the move. "[Coach Lacey] and I have had lengthy conversations on this issue," Cook states. "There was a set of circumstances involved... Coach Lacey has always felt aspirations of coaching at a higher level of football."

Again, the timing of this move may seem questionable, but as for the Sacred Heart Athletic Department, the move gave them enough time to find a new coach before next season begins.

In the meantime, the first football coach in the program's history, Gary Reho will take the reigns again and until the school finds a new coach, which is still "in the beginning stage," according to Cook. Reho was coached the Pioneers from 1991 until 1996 compiling a record of 19-38.

"It was time to make a change...I decided that I had to start taking some steps to get myself to a higher coaching level"

Bill Lacey

Lacey took over the head coaching duties in 2002 after the departure of then head coach Jim Fleming to the University of North Carolina. This move came after the 2001 Pioneers won the Division I-AA Mid-Major National Championship.

Lacey, the offensive coordinator under Fleming, took over and in his first season led the Pioneers to a 7-3 record. In this past season, the Pioneers went 6-5 under Lacey. Lacey's 13 career coaching wins are third in school history, behind 21 by Fleming and the 19 by Reho.