

2005 Mr. SHU Crowned

Kristen Lovering
Staff Reporter

The Mr. SHU competition at Sacred Heart University proved to be extremely entertaining, and each and every event had a specific highlight throughout the course of the show.

The show's included appearances by contestants Jon Cretella, John Fallivene, Mike Galdieri, Mike Hannon, Alex Kantarelis, Shaun Mitchell, Dave Morson, Frank Pistecchia, and Jamin Riddick.

At the start, each contestant gave a pre-interviewed show to the audience via video tape, and then was revealed to the audience in person by walking through the auditorium towards the stage.

Jon Cretella's entrance as Austin Powers following his themed screen show was a great start to the evening's events and left the audience in hysterics.

Next, as a "trick" the audience was told that while the guys changed into their next costumes, there would be a Moulin Rouge dance show, given by a few "ladies," soon unmasked to be the guys themselves, strutting their stuff in black slacks, white t-shirts and multi-colored boas.

After proving their dancing skills, the next part of the contest was the notorious swimwear competition. Each man creatively thought of ways to give the audience a thrill, from flashing Speedo,

to actually putting on a woman's bikini top and bottom and playing jump rope, compliments of Pistecchia.

Next up was the talent portion of the competition. Each contestant proved that they had more than just beauty. Alex Kantarelis amazed the audience with his

skillful guitar playing with the accompaniment of the SHU Force dancers, while Mike Galdieri serenaded the viewers with his exceptional singing voice.

Mike Hannon received a standing ovation for his interpretation of the infamous Napoleon Dynamite dance, and

Jamin wowed the audience with his impressive salsa dancing skills, and then returned to finish his talent portion by dancing to hip hop.

While the boys ran to change into their formal wear presentation, a slide show was prepared to entertain the audience during the wait. The presentation included pictures of the boys practicing, and the preparation they each had to endure, being contestants of the Mr. SHU competition.

Next, each guy appeared to the viewers, wearing the tuxedo's of their choice. Each guy was escorted by the girl of their choice. Mike Galdieri was escorted by Kristin Balbi, a freshman from Westchester, who said, "It was so nice to get all dressed up for this, I am truly proud of Mike! He really worked hard for this."

As the competition started to wrap up, the top five men were chosen, and each were asked a random question. Riddick, Pistecchia, Mitchell, Kantarelis, and Hannon, each gave it their last shot to persuade the judges to vote in their favor.

Before announcing the next Mr. SHU, the crowd and the boys both voted separately on who would gain the title of Mr. Congeniality. Alex Kantarelis won the title from the audience, after much



The Spectrum/ DANYA JIMENEZ

Frank Pistecchia winner of Mr. SHU 2005 being crowned.

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ESPN VP Speaks at Pitt Center

Ariane Rasmussen
Contributing Writer

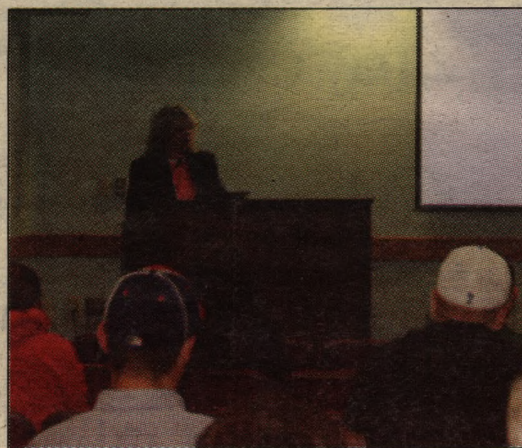
ESPN's Executive Vice President and Chief Financial Officer Chistine Driessen was featured at SHU on April 12 addressing "ESPN: The Past, Present and Future of America's Premier All-Sports Network."

As said by Mary Young, Sacred Heart University's Vice President for Institutional Advancement, "The Women Leaders in Business Series brings exceptional corporate leaders to the campus of Sacred Heart University to impart their wisdom and experiences, so that our students can hear real success stories from the women who have risen to the top of their respective fields."

Driessen is an "exceptional corporate leader" whose achievements have received public recognition in the sports business world. The Sports Business Journal named her one of the "Top Ten Female Sports Executives of the Year." In 1999, the Hartford Courant acknowledged Driessen to be amongst the "10 Who Make a Difference," and she was named one of the "Women to Watch" by Multichannel News.

Driessen's strength in the sports business world is not only made obvious by the public recognition she has received but also by the numerous contributions she has made to ESPN. Not only has she been

instrumental in negotiating agreements for ESPN's foreign investments in Netstar Communications, Inc. in Canada, ESPN Star Sports in Asia, and ESPN Classic Europe, but Driessen has also played an important role in the successful launches of ESPN2, ESPNEWS, and ESPN The



The Spectrum/ KELLY RYAN

Christine Driessen, Vice President and Chief Financial Officer of ESPN spoke to the SHU community as part of the Women leaders in Business Series.

Magazine, as well as the acquisition of ESPN Classic and major programming rights, including the NFL, NBA, NHL, and Major League Baseball.

Perhaps John Gerlach, Professor at SHU's College of Business, describes Driessen the best, "In a person who has

achieved so much success, Chris is very personable and down to earth."

In her presentation, Driessen explained how ESPN got to where it is now - being distributed in 147 countries and offered through a variety of products - and where it plans to be heading in the future.

Driessen opened her speech by reminding the audience that things take time and a lot of hard work so that you can reach the position you desire and that makes you happy. She then went on by stating the phrase that constitutes the "core and essence of ESPN's business, 'To serve fans, wherever sports are watched, listened to, discussed, played, debated, or read.'"

"One of the things that we've learned is that we can't really serve the fan anymore by just presenting a television product in our four domestic networks and international networks. We're finding it challenging, but where we really need to be in the forefront is trying to anticipate and understand where the evolving sports fan is going and how they are going to digest the sports media product. We've launched in the past couple of years anything from a magazine, to video games, to the internet, to broadband, and our newest thing which is being in the mobile phone business," said Driessen.

When it comes to how exactly do they do it all [almost], Driessen says, "We look at four pillars of strategic initiatives when we look at our business plan for the

See "Driessen Speaks..." Page 3

Greek Week Begins

Juliana Rizzo
Staff Reporter

In honor of the local fraternities and sororities here at SHU, Greek Life and Student Events Team have come together to sponsor Greek Week. It begins on Sunday, April 24 and ends the following Sunday. There will be a series of events taking place on campus in spirit of Greek Life for both those involved and other students as well.

These events are just in time for the new pledges of the spring semester to take part in their first. Rather than coming together for a fund raiser or community service, the organizations are able to interact just for fun. In addition to that, they are able to intermingle with those not involved in Greek life, as they are invited to some events during Greek Week as well.

"It is a fun time for us to just hang out and get to know each other. We don't get to interact with other sororities and fraternities much unless were

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CAMPUS NEWS

Greek Week Kicks Off

Continued from Page 1

doing something for the school. So this gives us a chance to catch up with each other," said Michele Puzzo, sophomore and Vice President of Kappa Phi, from Greenburg, NY.

This year, the theme of Greek Week is, "My Big Fat Greek Week."

Taking place this Sunday, the sororities and fraternities are having a bar-becue and will repaint the rocks outside of administration that represent the individual organizations.

On Monday there are two events planned. There will be a football game between the men involved Greek Life and SET.

Following that, Ace from the Real World in Paris, along with David Wallach, a reality television producer are visiting for a casting call. All SHU students are invited to audition for MTV's next season of The Real World, as well as meet Ace, in the theater at 8 p.m.

Friday night at 6 p.m. will be the long awaited Greek Skit Night. Each year many students join in the theater to

watch as each organization performs a drama or comedy one-act play.

"We really look forward to skit night. The skits are always hysterical and I've never seen the theater so packed. Tons of students come out to support us on stage," said Jen Ciccattelli, (sophomore, Putnam Valley, NY), member of Phi Omega Tau.

After the show, the kings and queens of each organization are decided by vote and are announced. All students are invited to watch, as it is free with your student ID card.

Sunday ends the festivities with a carnival. This will be taking place in South Lot. All are invited to come to enjoy rides, fortune tellers, airbrushing and game booths. Everyone is invited to have tee-shirts airbrushed, make jewelry, and win prizes.

Greek Week is an exciting time to interact with the Greek organizations even if you are not a member of one.

If you are considering pledging in the future or just want to meet new people, this is a great opportunity.

Mr. SHU 2005

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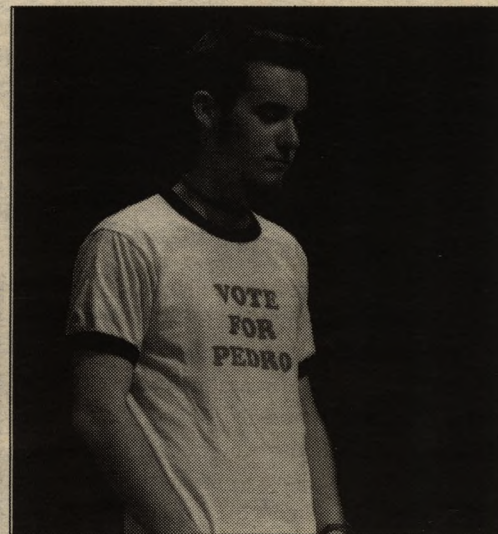
applause, and the winner amongst the guys turned out to be Jamin Riddick.

Mike Galdieri said, "Win or lose, being nominated, practicing, and competing in the Mr. SHU competition, was an honor."

Lastly, was the evening's end, the winner of Mr. SHU was revealed to be Frank Pistecchia. Congratulations are in order to Frank Pistecchia, the 2005 Mr. SHU.

With an outstanding presentation of why he should become the next Mr. SHU, Pistecchia happily accepted his new position, and was congratulated by his fellow fraternity brothers of Alpha Sigma Psi, by them rushing to the stage and lifting him into the air giving a surprising conclusion to the Mr. SHU competition.

Frank Pistecchia, a sophomore from Eastchester, New York, said, "Mr. SHU was an amazing experience that I am happy that I was just able to share with the other eight guys. It meant a lot to me that all my friends and all my brothers in Alpha were their rooting for me to win.



The Spectrum/ DANYA JIMENEZ

Mike Hannon interpreting the Napoleon Dynamite dance.

I do not think anything will ever compare to the feeling it felt like when they crowned me Mr. SHU. This night helped me realize how much Sacred Heart has done for me."

Although there was only one winner, each man gave their best, and ultimately each one deserves congratulations for a job well done!

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Driessen Speaks for Women in Business Series

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next five to ten years: Creativity which really drives the product that [everyone] sees on television, magazine, or radio; our franchises where we own them and are not dependent on leasing rights; technology where we constantly need to be renovating our products whether it is high definition, motion, or wireless; and finally 'What do we bring for our customers?' whether it's an advertising customer or cable operators or direct TV. Is it something they really want? It is these four pillars that we really manage our business by."

"We've been thinking about launching ESPN U for four or five years and we felt that this is the right time for it. We are launching with 300 live events and it will be different from the other ESPN channels because it will focus on college sports. We will also cover women's sports much more than we have ever been able to do before."

Driessen was open to questions from the audience and gave a lot of advice to SHU students when answering them.

When asked the advice she would give students in terms of following in her footsteps to success, Driessen replied, "The best advice I can give you includes four

things. One is you have to have the skill set for any type of job you take. Don't underestimate the job, especially when just coming out of college. For any job you are going into you have to make sure that you are technically competent for that role. The second bit of advice I can give is 'Always speak up.' In this world there are way too many people who have a point of view and if you don't give your point of view no one knows what you are about. People may discount your point of view but at least they know what you are about and how you see things. You have to be confident enough to not be afraid of giving your advice, asking questions, and saying 'I don't know right now' because it's okay to not know the answer, but you have to be quick and responsive on how you come back. The third thing is be passionate about what you want to do. I spent a ton of hours working everyday. I balanced being a mother, a wife, and having this incredibly fortunate career that I am in and you have to like what you are doing because you spend way too much time doing it. If you don't like it just get out. You really have to have an innate passion about your job. I love sports and for me this is an easy job and liking sports and financing is what really drives me to the product that I have. I love

numbers and sports so it was a natural mix for me, but if I didn't like it and didn't have the passion for it, I wouldn't be where I am today. And the final thing is that you got to work hard. For every job I have, I have at least 50 applicants who would like to come in to ESPN. You got to pay your dues. Even now, after 20 years, I am still paying mine. You have to work hard because the people who succeed in life, the people I notice, the people who do well in life are the people who work hard, speak up, and have the passion for what they do. Nothing comes free anymore - you have to be willing to put in the extra hours if needed. Whatever it takes to get the job done."

In terms of leadership traits Driessen considers to be essential to be in a position such as hers, she said, "There are three main traits that luckily I have and have developed over time and that I look for in other people. The first one is communications - communicating effectively. If you can't deliver the message you want to deliver in a succinct, precise way you lose your audience. In the world that we live in today, the speed in which business moves and how fast we move, you need to be able to deliver the message so you can command respect from the audience you have. Risk-taking and aggressive thinking is the

second one. One of the things we look for in our management team is people who are willing to be risk-takers and aggressive in their thinking. You constantly need to prove to your audience whether it's your peers, your boss, or your subordinates that you are willing to take a risk on business decisions and that you are willing to think outside the box. The third component is managing people. It is motivating people, telling them why they should be working as hard as they are, and thanking them for the work they have done. Thanking people for their effort is critical and it is so underated and underdone."

Tony Alaimo (junior, Biddeford, ME) said, "I thought she was a great speaker - very intelligent. I learned a lot from this presentation about future business experiences that I may have."

Jenna Rappaport (senior, Burlington, MA) said, "She gave wonderful points to students that will help them in their plans for the future, especially in the sporting industry."

Driessen's April 12 presentation was not her first at SHU. Anyone interested in actually seeing her speak should keep an eye out for the possibility of her coming back next year.

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CAMPUS NEWS

Dangers of Indoor Tanning

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Cancer Foundation). Indoor tanners have been linked with pigmented cells, which resemble some "of the cytologic atypia and architectural features seen in dysplastic nevi, which are risk factors for melanoma development" (The Skin Cancer Foundation).

If you do choose to tan, eyewear is a must. Yes, I know they are dorky and sometimes feel annoying to wear, but many states, such as Connecticut, are even passing laws requiring that each individual wear protective eyewear while tanning. UV lighting is much more powerful than the natural rays you'd look at while sunbathing outside. Eyewear is simply for the safety of your eyes, maybe not at this moment but specifically in the future. Tanning companies are inventing a variety of creative and realistic eyewear. Regardless, in the long-run, fixable goggle-lines are much more favorable than damaging your retina, burning your cornea, ruining your night vision, or cataracts. Cataracts are caused from repeated exposure to the sun/UV rays, changing the

structure of the eye.

It's your choice whether or not to continue your weekly tanning routine. Studies do show that it is the prolonged and over-exposure of these rays that lead to cancers. Regardless of what you wish to believe or trust, it is important to take these risks into consideration because indoor tanning is a fairly new trend and therefore it is exactly that - a risk and who knows the types of injuries they will discover in the next few years. Most salon associates are trained to inform you, the consumer, of the percentage of UVA or B in their booths and should be able to recommend a safe time for your skin type, don't just jump to the highest time limit because you want to tan quick. You won't. Now that you've done your homework, don't be afraid to ask the salon employee questions about their particular booths. If you are planning on tanning, keep in mind that the lower the percentage of UV, the less likely you are to burn or increase your chances of wrinkles and cancer. Decrease your odds of cancer and wrinkling by using a lotion with SPF. Many lotions sold at salons only contain bronzers or accelerators and not SPF, so you may have to provide your own.

Cardinal Joseph Ratzinger of Germany Elected Pope

NEW PONTIFF TAKES NAME BENEDICT XVI

William J. Kole
Associated Press

Cardinal Joseph Ratzinger of Germany, the Roman Catholic Church's leading hard-liner, was elected pope Tuesday in the first conclave of the new millennium. He chose the name Benedict XVI and called himself "a simple, humble worker."

Ratzinger, the first German pope in centuries, emerged onto the balcony of St. Peter's Basilica, where he waved to a wildly cheering crowd of tens of thousands and gave his first blessing. Other cardinals clad in their crimson robes came out on other balconies to watch him after one of the fastest papal conclaves of the past century.

"Dear brothers and sisters, after the great Pope John Paul II, the cardinals have elected me, a simple, humble worker in the vineyard of the Lord," he said after being introduced by Chilean Cardinal Jorge Arturo Medina Estvez.

The crowd responded to the 265th pope by chanting "Benedict! Benedict!"

Ratzinger turned 78 on Saturday. His age clearly was a factor among cardinals who favored a "transitional" pope who could skillfully lead the church as it absorbs John Paul II's legacy, rather than a younger cardinal who could wind up with another long pontificate.

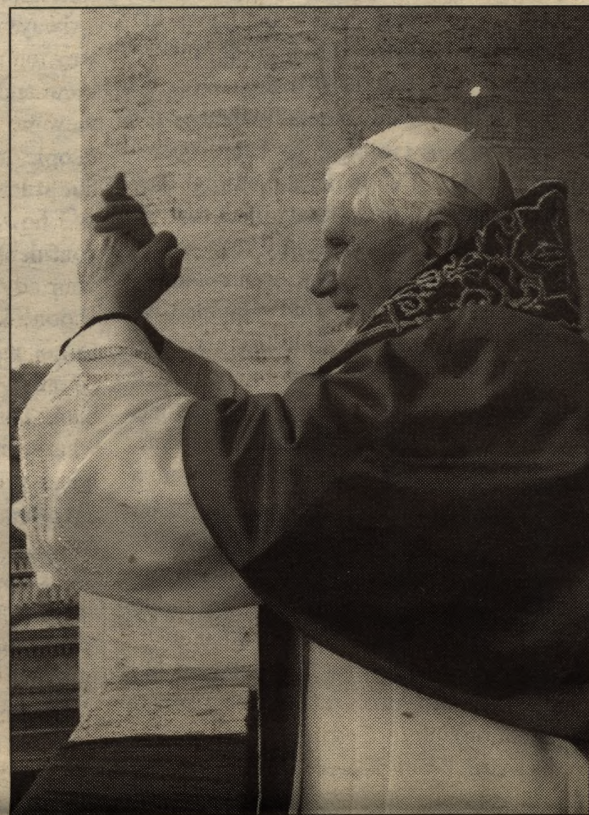
The new pope is the oldest elected since Clement XII, who was chosen in 1730 at 78. He is also the first Germanic pope in nearly 1,000 years.

Benedict XVI decided to spend the night at the Vatican hotel, the Domus Sanctae Marthae, and to dine with the cardinals, said Vatican spokesman Joaquin Navarro-Valls. He was to preside over a Mass on Wednesday morning in the Sistine Chapel and will be formally installed on Sunday at 10 a.m. (4 a.m. EDT).

Benedict comes from the Latin for "blessing" and is one of a number of papal names of holy origin.

On Monday, Ratzinger, who was the powerful dean of the College of Cardinals, used his homily at the Mass dedicated to electing the next pope to warn the faithful about tendencies that he considered dangers to the faith: sects, ideologies like Marxism, liberalism, atheism, agnosticism and relativism, the ideology that there are no absolute truths.

Ratzinger served John Paul II since 1981 as head of the Congregation for the



AP Photo / L'OSSERVATORE ROMANO

Pope Benedict XVI greets and blesses the crowd from the central balcony of St. Peter's Basilica at the Vatican, Tuesday, April 19, 2005.

Doctrine of the Faith. In that position, he has disciplined church dissidents and upheld church policy against attempts by liberals for reforms.

He had gone into the conclave with the most buzz among two dozen leading candidates. He had impressed many faithful with his stirring homily at the funeral of John Paul II, who died April 2 at age 84.

White smoke poured from the chimney atop the Sistine Chapel and the bells of St. Peter's pealed at 6:04 p.m. (12:04 p.m. EDT) to announce the conclave had produced a pope. Flag-waving pilgrims in St. Peter's Square chanted: "Viva il Papa!" or "Long live the pope!"

The bells rang after a confusing smoke signal that Vatican Radio initially suggested was black but then declared was too difficult to call. White smoke is used to announce a pope's election to the world.

After the smoke appeared, pilgrims poured into the square, their eyes fixed on the burgundy-draped balcony. Pilgrims said the rosary as they awaited the name of the new pope and prelates stood on the roof of the Apostolic Palace, watching as the crowd nearly doubled in size.

Police immediately tried to direct traffic but to little effect.

Ratzinger succeeds a pope who gained extraordinary popularity over a 26-year pontificate, history's third-longest papacy. Millions mourned him around the world in a tribute to his charisma.

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BEYOND SHU

The Dangers of Indoor UV Tanning

Kayla O'Brien
Contributing Writer

I've come to the conclusion that I am a money-hungry hypocrite with an addiction. Yes, me. For a while this year I worked at a well-known tanning franchise. I was just as addicted as my customers and although we were highly trained about our services and keeping our salon sanitary, we weren't trained about the long-term risks at hand. I remember signing a disclaimer my first day of work but like most of my customers, I glazed over the precautions because I assumed that if it really was that bad, these types of salons wouldn't be legal. And hey, everybody's doing it so could it really be that bad?

It seems like a quick fix to winter pastyness and a great jumpstart for your ultimate summer or spring-break glow. It's the way to feel good about your appearance and look good in the color white. And you're not alone. The tanning industry is a two-billion dollar a year industry that includes 28 million tanners (just like you and me) yearly (The Skin Cancer Foundation). Sure there's a lot to gain in

vein, but what everyone is not thinking about is the longtime effects of indoor tanning. Recently, many popular acclamations by the tanning industry have been coming to the surface as exaggerations and misleading and if more people were to know about the bigger picture then it could prevent such health hazards like wrinkling, cataracts, and gulp, skin cancer.

What exactly is UV? Yes it is a vocabulary word from your chemistry class, but it also relates to your indoor tanning experience. Most salons use booths containing UVB, while some also use UVA lights. UVA rays are 5 percent of the sun's rays and although it seems like such a small percentage, these rays are 20 times more abundant than UVB rays (WebMd). Not only are these rays powerful but also they penetrate your skin more deeply. Most tanning salons claim this to be a benefit in order to hold your tan longer. UVB rays are the rays that cause your skin to tan, but also burn. It contains 0.5 percent of the sun's rays and can be protected by the sun protection factor (SPF) found in sunscreens. These UVB rays can be connected to 90 percent of nonmelanoma skin cancer

and cataracts. The only true benefit I found in UVB is that it helps your body produce Vitamin D normally. Indoor tanning and Vitamin D have been proven to aid those suffering from psoriasis or osteoporosis because it promotes healthy bone growth and the absorption of calcium, but keep in mind that there are many other ways to increase vitamin D in your health routine.

So whether it's a local or chain-owned salon, they are going to insist all the benefits you will be receiving by UV tanning. Why? Oh yes, because for each person they sign up, they make a commission or it just simply makes them look good. Your money is what matters more than your welfare. You've heard all the catchlines and most likely it's along the lines of "indoor tanning is safer than the outdoor sun." Well sorry kiddos, it's not. If you were to go outside for long periods of sun exposure without and SPF lotion, it would probably equal out to be the same. The only benefit in comparison to outdoor tanning is the fact that indoor tanning allows you to monitor the time you are exposed to UV rays. This is helpful to those who are susceptible to burning, however, if

you burn outside, you are likely to burn indoor as well – until you build your base tan, depending on your skin type. Those who generally do burn outside should not be misled by the name "tanning" salon. It is important that those with fair skin to gradually work up to the full tanning time to prevent redness and burning. It is also wrongfully perceived that tanning all year round helps subside the harmful effects of outdoor tanning.

And now, the "C" word, aka cancer, is a big concern for many skeptics about UV tanning. The Skin Cancer Foundation describes the cancer and UV process as this: "First, ultraviolet light directly damages DNA leading to mutations; second, it produces activated oxygen molecules that in turn damage DNA and other cellular structures; and third, it leads to a localized immunosuppression, thus blocking the body's natural anti-cancer defenses." The most serious of cancers linked to UV radiation is melanoma. Melanoma develops from the intense intermittent exposure resulting in sunburn (The Skin

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National and Global News

VATICAN CITY (AP) Cardinal Joseph Ratzinger of Germany, the Roman Catholic Church's leading hard-liner, was elected pope Tuesday in the first conclave of the new millennium. He chose the name Benedict XVI and called himself "a simple, humble worker." Ratzinger, the first German pope in centuries, emerged onto the balcony of St. Peter's Basilica, where he waved to a wildly cheering crowd of tens of thousands and gave his first blessing. Other cardinals clad in their crimson robes came out on other balconies to watch him after one of the fastest papal conclaves of the past century.

ANAHEIM, Calif. (AP) With prescription drugs Vioxx and Bextra already pulled from the market, a study has raised disturbing questions about the heart safety of long-term use of over-the-counter pain relievers such as Advil, Motrin and Aleve. Smokers in Norway who took such drugs for at least six months had twice the risk of dying of a heart attack, stroke or other heart-related problem.

MADAIN, Iraq (AP) Hundreds of Iraqi security forces launched an operation Monday to root out Sunni insurgents at the tip of Iraq's "Triangle of Death," finding weapons and car bombs but no hostages despite reports that up

to 100 Shiites may have been seized. In Baghdad, gunmen ambushed a senior Defense Ministry advisor as he drove home late Monday, killing him and his son, the Interior Ministry said. Officials identified the man as Maj. Gen. Adnan al-Qaraghulli.

JERUSALEM (AP) Prime Minister Ariel Sharon said Monday he favors a three-week delay in Israel's planned pull-out from the Gaza Strip and four West Bank settlements this summer, ostensibly because of a Jewish mourning period marking the destruction of the biblical temples. A postponement could give the ill-prepared government more room to plan for the withdrawal, but would also give Jewish extremists more time to organize resistance.

AUGUSTA, Ga. (AP) Lance Armstrong is retiring after this year's Tour de France, ending a cycling career in which he inspired millions by overcoming testicular cancer to win his sport's signature event a record six straight times. Armstrong said he remains "fully committed" to winning his seventh straight Tour de France this year and is driven "by that dream to go out on top. That's a big deal to me."

Connecticut News

Matt Apuzzo
Associated Press

Hundreds of graduate students at Yale and Columbia kicked off a five-day teaching strike Monday, a coordinated movement that organizers hope will force Ivy League administrators to recognize them as a union.

It is the first ever multi-campus strike for Ivy League graduate student teachers, who face an uphill battle to win recognition. The National Labor Relations Board ruled last year that graduate students at private universities are students, not workers, and cannot form unions.

The graduate students have pledged not to teach classes, grade papers or host review sessions this week. Their demands include health care for family members and a grievance process that would allow student teachers to raise concerns with the universities.

Yale and Columbia administrators say the strikes should have minimal effect on classes. The unions predicted hundreds of teaching assistants would walk out, but the exact number would not be known for days.

"All the classes and sections scheduled today appear to be covered, either because the grad student involved is not participating in the strike or because the faculty have made other arrangements," Yale spokesman Tom Conroy said.

Union organizers have found Ivy League campuses the ideal backdrop for

a national drive to bring graduate students under the union umbrella.

"We're in a fight against the Bush administration, who refuse to recognize graduate students as teachers," Connecticut Secretary of State Susan Bysiewicz, a Yale graduate, said at a morning rally with about 250 pickets and supporters.

Bysiewicz certified last year that the pro-union group at Yale represented about 500 graduate student teachers. New York Attorney General Eliot Spitzer made a similar certification for the group at Columbia, which claims about 1,000 members. Both moves were strictly symbolic.

"Quite a few classes have been either canceled or moved off campus," said Dehlia Hannah, a philosophy graduate student at Columbia.

Yale organizers did not ask that classes be moved off campus.

Pro-union groups say universities are increasingly relying on their services and should pay them accordingly. Administrators say teaching, research and grading are part of the educational experience.

While the arrangements vary by university and department, graduate students typically receive free tuition and a stipend. Many receive full health benefits.

Columbia pays its graduate student teachers about \$18,000 a year. Yale pays between \$17,000 and \$25,000, with the minimum stipend set to go up to \$18,000 in the fall.

Perspectives

NRHH's Introduction To SHU



Contributed Photo

Back Row: Candice Giordano, Jen Meyer, Maria Valdivieso, Jessica Boy, President Jon Bassi, Ashley Newton, Erin Ferrantino, James Dolan
Front Row: Treasurer Jen Arthur, Advisor Sarah Hinnendael, Secretary William Geddish, Kaitlin Brownridge, Vice President Kacy Lansing

Kacy J. Lansing
 Contributing Writer

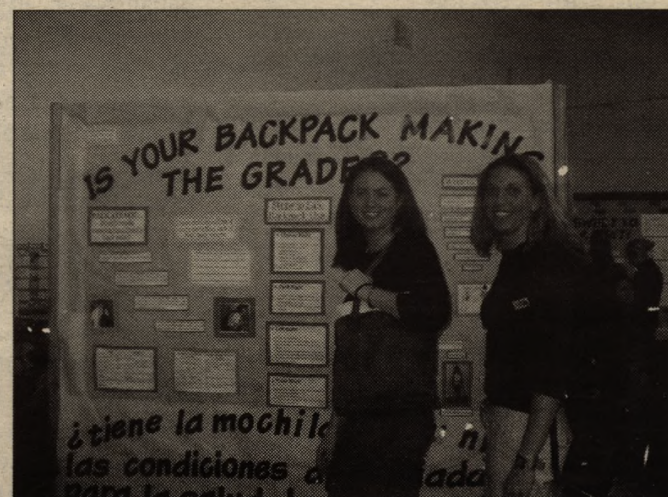
The Heidi L. Rendahl National Residence Hall Honorary Chapter of Sacred Heart University would like to introduce themselves to the Sacred Heart community. The National Residence Hall Honorary (NRHH) is an elite group of student leaders who show tremendous dedication in the halls. Each of its members is nominated and goes through an application process where after only the top 1% of outstanding students is chosen. This year's organization began with only two members, and has grown to an eighteen-member organization with a new Executive

Board and tons of energy. NRHH is working hard to get noticed on campus and is currently raising money, along with several other organizations, for Multiple Sclerosis. They have also held a pizza sale in Seton Hall and plan on scheduling many more events during the rest of April. The main function of this organization, however, is recognizing those individuals on campus that have stood out and gone above and beyond to help benefit the Sacred Heart University community. Each month they vote on month specific "Of the Months" (OTMs) which range anywhere from faculty members, Buildings and Grounds members, and students throughout the campus. They accept nominations at any time and hold one OTM meeting per month and the winners go on to the regional selection and again to the national selection if successful. If you know of anyone on campus who has done an extraordinary job and you would like to recognize their efforts, feel free to submit your nomination to any of the above members. NRHH thanks you for your support.

Board and tons of energy. NRHH is working hard to get noticed on campus and is currently raising money, along with several other organizations, for Multiple Sclerosis. They have also held a pizza sale in Seton Hall and plan on scheduling many more events during the rest of April. The main function of this organization, however, is recognizing those individuals on campus that have stood out and gone above and beyond to help benefit the Sacred Heart University community. Each month they vote on month specific "Of the Months" (OTMs) which range anywhere

Health Expo A Tremendous Success

The annual SHU Health Expo had a great turnout on Wednesday, April 6 as many students and faculty strolled into the University Commons to explore the free information, screenings, and giveaways. Over 100 people benefited from the wealth of information that was provided on health issues relevant to the campus community presented by local vendors, campus staff, and health professional students. Topics included eating disorders, back pack safety, proper footwear, alcohol awareness, smoking awareness, and fast food. There were also free screenings for blood pressure, glucose, and cholesterol provided by the SHU Nursing students as well as body fat assessment performed by Athletic Training students. Many health organizations came with information tables to present facts on a variety of important health subjects such as domestic violence, sexual abuse, dental health, Teen Smoke Stoppers, and Hopeline Women's Resource Center. The event was truly a success as expressed



Contributed Photo/ JODI JANDA

Katie Dervan (Left) and Kristen Comery (right) are modeling both good and bad back packs.

by the many attendees who were able to take advantage of the occasion. Look for details on next year's SHU Health Expo in April 2006 to learn about having a healthier lifestyle and improving your wellbeing!

-Contributed article by Lindsay Frank

The SPECTRUM

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Dear Editor:

Psi Chi - The National Honor Society in Psychology had its induction ceremony on Monday, April 11, 2005 in the Pitt Center Board Room. Donald W. Brodeur, Ph.D. Professor Emeritus was the guest speaker. Thanks, Betty Olofson Administrative Assistant Psychology

New Inductees - (32)

Jennifer Arthur
 Michelle Meaney
 Christy Bibb
 Jenna Molloy
 Lisa Caffrey
 Jessica Mugavero
 Lauren Caiazzo

Erin Murray
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 Allison Scarfi
 Kelly Imhof

Darcy Shoop
 Ryan Lawlor
 Renee Tomaselli
 Juliana Luciani
 Susan Tyszka
 Jessica McCormick
 Lusía Vaz

Fun Summer Jobs For College Students

Danielle Holton
 Contributing Writer

Summer is nearing and with only weeks left of classes our Christmas money is either running low or long gone. While we may have outgrown lemonade stands, here are a couple of other ways to become an entrepreneur for the summer.

Little girls' tea parties

Grab some friends and make a party business. Little girls love tea parties and getting dressed up so put them together and make some cash. Collect old clothes from relatives: old dance costumes, wedding dresses, bridesmaid's dresses, etc. as well as accessories: hats, boas, fans, beads, costume jewelry, umbrellas, etc. Don't worry about the size of the clothes you can pin them with safety pins. Pick up some cute old china at a tag sale and a couple of old Victorian bears. Design flyers and pass them around your neighborhood. The best form of publicity is word of mouth; all you need is one party to get your business going. At the party, spread out the clothes and accessories and let the girls go crazy. After they dress up you can paint their nails, play "Hide the Victorian bear," have some sort of arts and crafts and of course have tea in the china you

brought. Ask the parents if they want to provide the cake or if you can bring your own. Have fun making the cake and try to decorate it to fit the party, i.e. make the cake in the shape of a teacup. The kids will have a blast playing dress up and you can either charge per child or have a flat rate. Parents will love it if you can cover as much as you can: plates, cups, napkins, Band-Aids, silverware, cake, decorations, etc. The less they have to worry about, the more they'll love the idea.

Sports tutoring

Make flyers listing different sports available. This idea can serve as a tutoring lesson as well as a summer camp. Gathering up a couple of friends will do great for this. You and your friends can help youngsters with their skills while you get to hang out with your friends all day. Whatever your sport is, make sure you get friends who have a variety of sports under their belts so the kids will have a couple of choices. You can hold this either in your backyard if it's big enough or the town park. Again you can charge by person or you can charge a flat rate per hour. Have the kids provide their own lunches and all you will have to provide is the drinks.

Have fun this summer and be creative!

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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 Website:
<http://spectrumsacredheart.edu>

He Said... She Said...

"I Love You"...

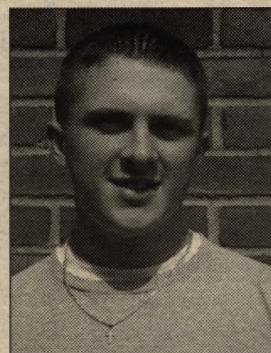
How soon is too soon?

Robert Roy
"He Said" Columnist

Spring is in the air and spring fever has thrown you into an amazing relationship. A few months have gone by and you think you might be in love with this person. When should you tell him or her? How soon is too soon to tell that special someone you love him or her?

There is not a specific amount of time one should wait before declaring their love for their significant other. However, telling her you love her is very important and isn't something to be taken lightly. First, you must know her very well, which takes time. Give the relationship time, wait a few months and get to know one another. You cannot rush love, it has to be given time to grow between the couple. Secondly, if you are the least bit unsure then you aren't ready to say it. When the time is right and you are ready there will not be any doubt in your mind. You will just know. There isn't an article or book on this planet that is going to tell you that you are ready to declare your love. When you are ready you will know.

Today, those three magical words have lost their meaning. People throw them around



The Spectrum/DANYA JIMENEZ

all the time. Two weeks into a relationship you have some starry eyed girl scaring off the guy of her dreams by telling him she loves him. On the other side of the coin you have guys telling girls the same thing just to get their way. Two weeks into the relationship he drops the "L" bomb, sleeps with her and then is never heard from again. People take those words for granted and do not understand the meaning behind them. Don't use them unless you understand the commitment that goes along with them.

People need to understand the meaning of love and stop abusing it. Make sure you understand the value of the words "I love you" and do not use them unless you genuinely mean it and understand the commitment that goes along with it.

Athena Soriero
"She Said" Columnist

Love is one of the most over used words in the English language. We love everything, I love ice cream, I love my car, I love my mom, and I love HBO on demand. Most of the time we really don't love what it is we're saying we do but we like it. Love is also a word that can get you both in and out of a lot of things. Some people say these three magic words more than one hundred times a year and never mean it once. Of course there are the occasional situations where people really do mean it when they say they love you, but it's very unlikely that it will be in college.

Traditionally parents have taught their children that the only times its ok to have sex is when you are in love. This may be the very reason why guys are the biggest culprits of excessively using the phrase, "I Love You." Guys look at this phrase as the key to a girls heart aka a panty dropper. Being a college student and knowing how LOVE is used, all should be hesitant when a person says that they love you. If a random person at the bar says they love you chances are they're going to ask you to go home with them in a matter of minutes.



The Spectrum/DANYA JIMENEZ

Guys don't only use the word love to get in to your pants but they also use it to get out of things. When a guy is in a relationship and messes up the first thing they'll try to fix it by saying I love you.

However, when in a relationship sometimes it's hard to tell if a person really means it or not. There is never too soon to say I love you because some people fall in love quicker and sooner than others. There are also those people who fall in and out of love all the time, where it's impossible to tell when they really are. But being in love can't just be a like, it has to be the can't eat, can't sleep, type of feelings. You should always be certain that you mean it before you say it because it will change your situation and you will find yourself saying it all the time.

SHU SENATE REPORT

Student Senate is participating in Sacred Heart University's Second Annual AIDS Walk this Sunday, April 24. Anyone and everyone is welcome to attend. All money raised at this event will go directly to the Elizabeth Glaser Pediatric AIDS Foundation. The AIDS virus is affecting so many people in this world and this walk will be Sacred Heart's way of doing something to help. Many clubs and organizations have already registered for the event, and many more students are expected to attend. Hopefully this event will be a great success and fun for all who attend. If you are interested in participating in this great event, please contact Erin Maurer, AIDS Walk Chair.

Join Student Senate at Sacred Heart University's 2nd Annual AIDS Walk

**April 24, 2005
(THIS SUNDAY)**

Registration begins
at 9 a.m.

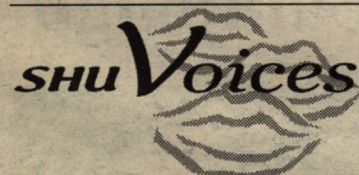
The walk begins
at 10 a.m.

All proceeds go to
support the Elizabeth
Glaser Pediatric AIDS
Foundation

Please contact
Erin Maurer at
maurere@sacredheart.edu

The information is contributed by
Erin Maurer

Come voice your
opinion at a
Senate Meeting!
Wednesdays at
10:30 p.m. in the
Faculty Lounge

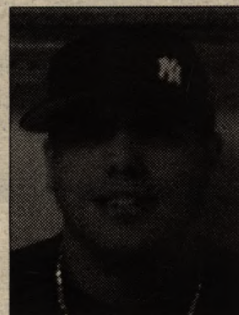


What's the best part about the end of the semester?



"I won't have to deal with parking!"

Drew Sullivan
Newton ~ Senior



"I get to go home."

Frank Luciano
Bronx, NY ~ Sophomore



"Summertime...a chance to make some money."

Mike Montalvo
Stamford ~ Senior

The **CARTOON** of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO

—Arts & Entertainment—

Extra Credit Project Rocks Outpost...Again



The Spectrum/MARK STANCZAK
[Above] The Extra Credit Project, joined by senior Alex Kantarelis, plays their annual show at The Outpost Pub. [Left] Percussionist Hubert Martin jams out on the drums during the performance, a yearly favorite among SHU students.

Julie Chouinard
Staff Reporter

Students needed to look no further for extra credit than the Outpost Pub on Tuesday night, April 12. Sacred Heart's own professors Taylor, Michaels and Ventimiglia packed the pub for their third annual concert with their band, The Extra Credit Project.

"I saw them last year and I thought they were really good," said Jennifer Webb, a senior from Norwalk. "I definitely wanted to come back."

"I love them!" said junior Michael Smith from Canton, MA. "They're really original with their interpretations of the plethora of songs that they do. I'm very excited to see them tonight."

But before The Extra Credit Project hit the stage, the opening band, La Mafia, filled the air with Spanish rock. Lead singer/guitarist of La Mafia, Alberto Cavaliero, from Western Connecticut State University said, "We come from all different backgrounds and we have a Latino-American kind of sound. We're going to be playing some good tunes tonight. Some rock in Espanol, cumbia, some funky good stuff."

And indeed they did. La Mafia got the crowd pumped and on their feet dancing to their cover of Santana's "Black Magic Woman." The band, though, also remained modest.

"We're a growing band," said bass player Federico Arias, a senior from

Buenos Aires, Argentina, "It was our first real gig so we'll do a much better job next time."

Just twenty minutes later, The Extra Credit Project took the stage to applause, hoots and hollers. The band entertained the crowd with covers of Marvin Gaye's "What's Going On" and Lynard Skynard's "Sweet Home Alabama," and then welcomed senior Alex Kantarelis on stage to play guitar and mix it up with two punk songs—Green Day's "American Idiot" and Bowling for Soup's "1985." The crowd comprised of mostly Sacred Heart seniors danced, cheered, and begged for an encore. The Extra Credit Project obliged with a rousing version of Stevie Wonder's "Superstition" and the crowd went wild.

"They were pretty rowdy this year," said Professor Ventimiglia about the crowd.

Ventimiglia plays keyboard for the band and teaches in the philosophy department.

"I thought the show took off after '1985' and I liked the last song, 'Superstition', a lot," said Smith as the band packed up and the crowd began to disperse.

"I think we did alright. From the response I think people really liked this year's show," added Ventimiglia.

Didn't get to see The Extra Credit Project? The professors are in agreement to make it an annual event.

Ventimiglia said, "I think we'll play once a year. No more, no less."

Students Converge To Create University Ad Campaign

Katrina Brown
Staff Reporter

Recently Sacred Heart's TV Studio Production class (MS214) and Public Relations and Advertising class (MS 298) combined their talents to create a series of television commercials for the university.

The collaboration between the two undergraduate classes has been underway since March. The responsibility of the Advertising and Public Relations included such jobs as scripting and editing. With the conclusion of their efforts, the finished scripts were then submitted to the TV Production class. The two assisting professors, Grant Monsarrat and Greg Golda, then determined the top five potential commercials.

Once the final decisions were made, the TV Production class began filming on April 7 and April 14 in Sacred Heart's MS Studio. The TV Studio Production class was additionally responsible for all post-production, including editing and voice-overs.

This is the second year the two classes have collectively taken on a project of this nature. Both Golda and Monsarrat feel the process is beneficial and that is why they chose to continue it this year.

"The project enables both classes to experience a real-world situation," said Monsarrat. "This gives both classes a chance to experience the whole production process from casting, editing, and finish-

ing."

Not only were the professors enthusiastic about the project, but the students involved were also very eager. Danielle Bachini, a student in MS 298, said "I think this is a great assignment because it actually shows us to see how a commercial is created from first drafts all the way through to production. It made us realize all the work that goes into it."

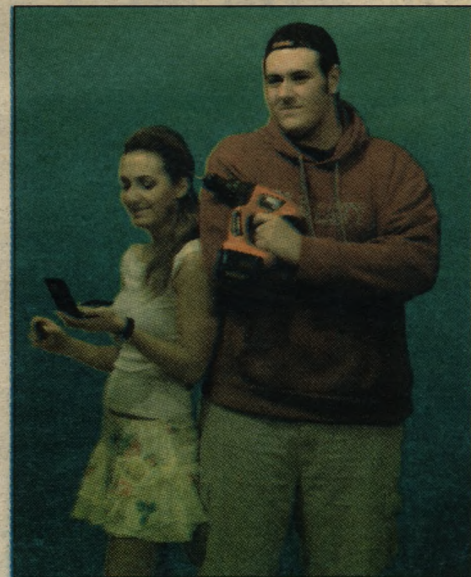
The five completed student-produced commercials will be competing for the opportunity to become SHU's first student-produced work to be used as an advertisement on the university's website.

The commercials are aimed at college-bound high school juniors and seniors

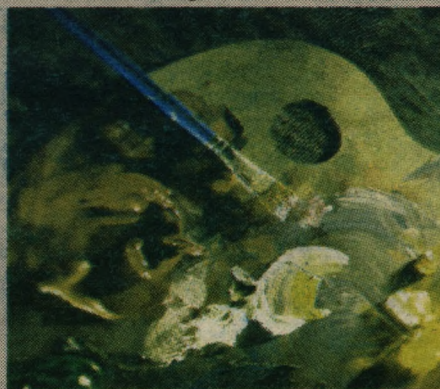
and their families. The commercials run from fifteen to thirty seconds.

The completed productions will be presented as part of the upcoming Media Arts Exhibition (MAX) on Saturday, April 30. The MAX is a biannual event put on by SHU's Media Students Association and Department of Media Studies and Digital Culture. There will be a \$3.00 admission fee at the door and it is open to the public.

The Spectrum / KELLY RYAN
Student actors pose during filming of the new Sacred Heart commercials. The ad, whose theme was a study in opposites, is set to air during the MAX.



Campus Art



Through Student Eyes

Dozens of paintings adorn the hallways of Sacred Heart University, but few are given more than a cursory glance. For the students who pass these works every day, it would be impossible not to ponder their origins and significance. This weekly column, which will run exclusively in the online edition of *The Spectrum*, will share the research done by Dr. Anne Bolin's AR 101 students with the goal of providing the SHU community a better appreciation and understanding of the art work that they have come to know so well.

This week, we explore Alberta Cifoletti's "One Way," located in the ACA Hall near room SC107 and currently at the Sacred Heart University Art Gallery for maintenance.

Inspirational Speaker Wheels into Edgerton Center

Adam Kagdis
Staff Reporter

Are you intimidated by people with a disability? Do you feel uncomfortable like you have to overcompensate for their situation? If so, you may be Gimpophobic.

On Monday, April 11, students were treated to a unique show at the Edgerton Center. Sponsored by the Sisters of Zeta Iota Lambda and aimed at raising disability awareness on Sacred Heart's Campus, speaker/comedian Matt Glowacki told students about his life in "Walking is Overrated."

Glowacki is an inspirational speaker who was born without any legs. Having accepted the fact that he is a person with a disability, he has come to live his life according to his own ambitions.

"Just because someone has a preconceived limitation, it has no relationship to his or her true potential. Individual differences are to be recognized and celebrated," said Glowacki. The ultimate message that he stressed was the importance of "tolerance for other people's ideas and values."

Glowacki is currently focused on businesses and sports. He was employed for three years as an outside sales

account executive for Lucent Technologies. In October of 1999, he left to begin his own businesses. He has a very successful sales business, owns and operates a mobile disc jockey service, and is the president of Myriad Communications.

His second love is competitive sports. Glowacki earned a position on the USA Paralympics Team for Sit-Volleyball in June of 1998. He then went to the World Championships in Washington, D.C. He has traveled and competed internationally with the team and helped them secure a position in the 2000 Paralympics in Sydney, Australia.

Today, Glowacki gives presentations and demonstrations to raise money to offset expenses associated with training and traveling with the team and he honestly feels that walking is overrated.

He asked the "walkies"—Glowacki's term for people with legs—if they get tired from walking. Everyone raised their hand. Then he showed how easy it was for him



The Spectrum/MARK STANCZAK

Matt Glowacki, an inspirational speaker who was born without legs, spoke at the Edgerton Center during Disabilities Awareness Week. During the show, Glowacki performed tricks and challenged a member of the men's volleyball team to an impromptu match.

to get around in a wheel chair and even performed some tricks. Finally, Glowacki challenged a member of the men's volleyball team to a game of sit-volleyball.

Matt Glowacki's personal philosophy is to not feel sorry for people with dis-

abilities. Sometimes, a person without a physical disability is more hindered in life than someone without the use of their legs. Glowacki has accepted his situation and is taking advantage of every opportunity that he gets.

Amityville Horror Returns in Frightening Remake

Jenna Gray
Staff Reporter

Who doesn't love the thrill of a scary movie? "The Amityville Horror" is the kind of scary that makes you reconsider the unknown. This movie, which is based on a true story, makes ghosts and demons seem all too real.

The movie opens in 1975 on the night of the original murders. We see a young man walk from room to room with a shotgun, slaying his entire family because he supposedly heard voices in the house telling him to.

A year later, George and Kathy Lutz (Ryan Reynolds and Melissa George) are in search of a new home for their family. In the paper they stumble upon an ad for a house in Amityville with a bargain price. When they visit the home they are wary that there is a catch to this deal.

They find out about the murders yet still choose to buy the house. George insists buying the house is a good idea by saying, "there are no bad houses -- only bad people."

Shortly after moving in, members of the family begin to encounter unexplainable images and sounds in the home. Kathy's young daughter Chelsea (Chloe Mortez) has made friends with a girl named Jody. She happens to be Jody Defao who was killed in the house a

year earlier. This troubles Kathy because Chelsea insists that Jody is real because she can see and talk to her. This is just one of the many encounters the Lutz family has with "ghosts" in their new home.

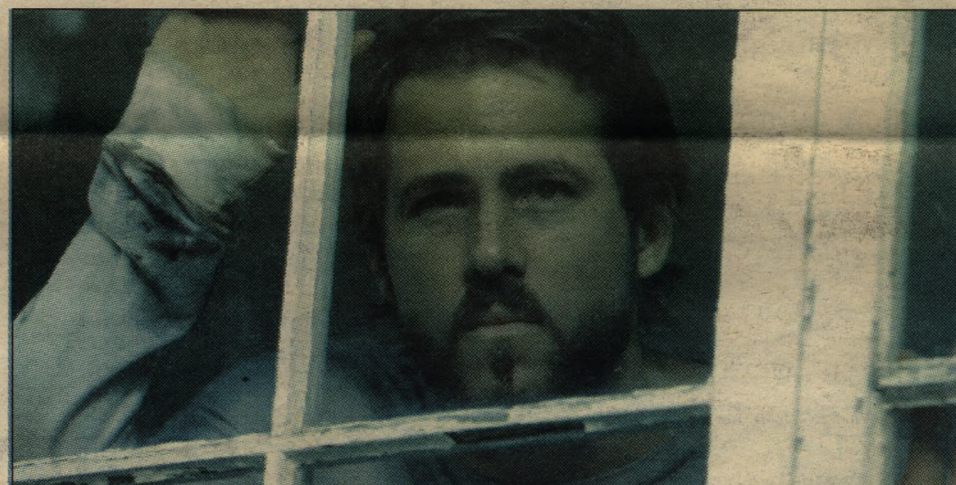
George becomes possessed by the demons of the house which makes him think the rest of his family is crazy. The voices in the house seem to be telling him to kill his family, just like what happened with the Defaos a year earlier. Kathy then begins to fight against the spirits of the house of the souls of her family.

"The Amityville Horror" may not be the scariest movie to date but the fact that it is based on a true story makes it downright chilling. If you're curious and in the mood for a scare, "The Amityville Horror" should do the trick.

MOVIE REVIEW



"The Amityville Horror" (R, 89 Minutes)
Starring: Ryan Reynolds, Melissa George



AP Photo / PETER IOVINO

George Lutz (Ryan Reynolds) discovers that his beautiful new house in Amityville, New York has demonic inhabitants in "The Amityville Horror."

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Features

CREATIVE CORNER

Travis Flynn
Staff Reporter

"That Thing You Do"

You've been here all month.
Why run out on me now?

I know I've just been using
you
Because of that thing you
do.

I'm sorry for all the crap
You put up with.

But I thought you would
always
Be here, at my side.

How naïve I now feel.
I should have seen it coming.

The signs were clear.
You were basically gone yesterday.

But my eyes did not see
You were already running
out.

Now memories haunt me:

And you fit—
You fit like a glove.

You appeared so delicate,
Yet strong you were!

I'm sorry for not respecting
you
Because of that thing you
do.

I'll be sure to keep
A backup roll of toilet
Paper from now on.

Want to be a Part of the Real World?

Courtney Pustay
Staff Reporter

Lights, Camera, Action! "This is the true story of seven strangers, picked to live in a house and have their lives taped, and find out what happens when people stop being polite and start getting REAL."— MTV, Real World

Yes, that's right ladies and gentlemen. MTV's Real World is coming to Sacred Heart University. That is right, Ace from Real World Paris will be here helping out.

First, let me ask you a few questions. Do you think you've got what it takes to be on TV? Do you have enough personality to fill a whole auditorium? Have you ever pictured yourself interacting with 6 strangers? If so, then you're in luck.

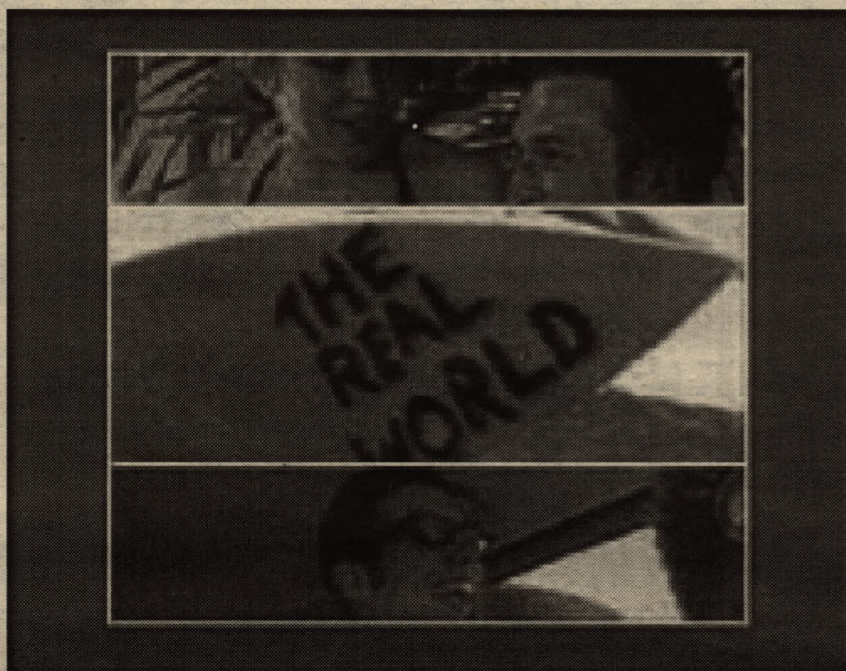
On April 25, MTV will be holding auditions for the Real World at Sacred Heart University. But before auditions there will be a seminar on what it is like to live in the "Real World."

If for some reason you cannot audition that night, and you are between the ages of 18 and 24, you can mail a 5-10 minute video tape about yourself to

Real World Casting
Bunim/ Murray Productions
6007 Sepulveda Blvd

Van Nuys, CA 91411

For those of you that can make the audition, it would probably be a wise idea to show up on time. No later than 8 pm.



Contributed Photo/ MTV
Don't miss your chance to be part of The Real World. One of MTV's hottest reality shows.

"I'd be like that guy Brad from the San Diego cast, I could only imagine the stuff they would have to edit if I auditioned..." said Brian Fama, a sophomore from Stormville, NY

This audition is based on reality TV. Therefore, you don't have to act. Just be yourself. MTV is always looking for interesting people with diverse backgrounds.

"I think it's hot! I've always wanted to try out for something like this just

because it looks like fun. I'm shocked that MTV is holding auditions here at SHU considering that fact that it's extremely small compared to most college campuses. I'd actually love to be on TV. I'll definitely be there keeping my fingers crossed. It should be a good experience at the very least." said Richard Ebert a sophomore from East Northport, NY.

"It's good to hear that MTV would come to a smaller school like Sacred Heart. Even though we aren't a giant university, we have a lot of diverse and colorful people who would make great additions to the Real World" said Albert Fera, a senior from Providence, Rhode Island.

"I happen to be impressed by the fact that they chose SHU as a place to find people. I thought they held auditions on larger campuses. Right now I'm really looking forward to auditioning. It should be interesting." said Nicholas H.M. Silivanch, a sophomore from Wilmington, North Carolina

Auditions start at 8p.m. and will run until 10 p.m. at the Edgerton for Performing Arts Center. There's one tiny catch, you must be a fulltime undergrad in order to participate. Good luck to everyone!

'Happy Birthday to You!'

Francesca Bonaiuto
Staff Reporter

Every year it comes that time when you celebrate day of your birth also known as birthday. Relatives, friends, even strangers sing you the famous tune, "Happy birthday to you," and wish you another great year.

Interestingly, birthdays were not always recognized. The tradition of a birthday was adopted after ancient people started to notice moon cycles and saw a pattern in changing seasons that repeated themselves.

Set calendars have existed for a long time now and our generation has become accustomed to celebrating birthdays with parties, balloons, and presents, but we never questioned their origin. So why do we celebrate birthdays?

Students have thought about the different reasons of why we celebrate birthdays:

"Well, I think it is the celebration of someone's life and they chose to celebrate the day you were born because it is when you began to make a difference in people's lives," said Tiffany Cross-Monzo, senior, Thousand Oaks, CA.

Agreeing with Cross-Monzo, Guy Savage, a senior from Cape Cod, MA, said, "People are celebrating the anniversary of the day you came in their lives, such as parents, etc."

"We celebrate birthdays because we are a gift to the world," says Michelle Bassi, a senior from Fairfield.

"A birthday is an individual holiday," says Natalie Smith a senior from Wantagh, NY. "A birthday is a great way for someone to get together with the people they love and celebrate however they want... to celebrate another year lived and many more to come. To some, birthdays aren't a big deal. To others, getting wasted is how they celebrate. Some look at it as another year older; another year closer to dying. Others look at it as a just another year to celebrate living life," adds Smith.

"Birthdays are to rejoice and celebrate that we survived another year and are still ticking," says Kevin Garvey, senior, Stamford. "Plus, it gives you another reason to party and drink," adds Garvey.

Sacred Heart students seem to have a basic understanding of why we celebrate birthdays. Birthdays are the anniversary of the day we were born. There is a small history behind the birthday celebration though.

Today we all celebrate our birthdays. Thousands of years ago, only kings, high-ranking nobility and other significant figures had a birthday celebration. One of the birthdays most celebrated world-round

is of Jesus Christ. That day is documented as Christmas.

A belief among pagan cultures was that evil spirits were dangerous to a person who was experiencing a change such as turning a year older. Therefore, family and friends would surround the person who's birthday it was with laughter and joy in order to protect them. Birthday-wishers that brought gifts were considered to be an especially good influence.

The birthday cake came about by Greek and German people. The round cake was to represent the full moon. German people put a large candle in the middle of the cake to represent the 'light of life.'

The birthday song came about more than one hundred years ago. It was written in 1893 by two sisters, Patty and Mildred Hill, who were schoolteachers in Louisville, Kentucky. The Happy Birthday song is recognized around the world and has been translated into dozens of languages. It is one of three most popular songs in the English language.

So, there is some history behind why we have the great tradition to shower people with gifts and parties and Happy Birthday songs. They are unique days in an individual's life. Every year is another marker of a person's extraordinary existence.

A Spiritual Journey

Bill Silvestri
Web Editor

While most are not quick to admit it, many are becoming more and more spiritual these days. Finding one's own spirituality is one path many are taking to have a more fulfilled life.

"I have always seen reading and words as the way to upward mobility for myself," said Sizemore.

Bob Sizemore has devoted much of his life to educating himself and everyone that he comes into contact with. At Sacred Heart University students have taken his introduction to religion class, but few people know that he has been on an ongoing spiritual journey through life.

"I grew up in Hamden, and went to St. Mary's High School in New Haven, when it was still in existence, with the Dominican sisters, and then I followed the Dominicans to Providence College," said Sizemore.

Saint Dominic founded the Dominican order in the 13th century, the Dominicans are also known as friars and they revolutionized religious life in Europe during the middle ages.

"I graduated in 1964 with a degree in general studies and a major in sociology with a minor in history and English. I really got in touch with not only a Dominican education but also a Dominican tradition. After attending a number of different Catholic Churches I have now returned to St. Mary's Church in New Haven, which is also Dominican. I was a History major, I still have an interest in History but I switched to Sociology. I wanted to teach and so in the summer of 1964 I entered an intensive program at Southern Connecticut State University. Essentially I stayed at Southern from the summer of '64 until the summer of '83 earning three masters degrees, one in education, one in sociology, and one in counseling with a gestalt concentration," said Sizemore.

After a long and rewarding collegiate education, Bob Sizemore began his teaching career here in the Connecticut school system.

"I started teaching in a public school in Seymour in January of 1965 and eventually switched over to East Haven middle school where I retired after a total of 28 years teaching, at the same time I also taught at Southern Connecticut State University in sociology. Since I retired in 1992 I started teaching at Quinnipiac University, I have been doing that for thirteen years and I also have a background in sales, I sold various types of products while I was teaching and I really enjoy that aspect of the business world," said Sizemore.

The Order of Friars commonly called the Franciscans is a religious order of men whom trace their origin back to Francis of Assisi and follow the Rule of St. Francis.

"My grandmother was very devoted to St. Anthony and so did I become devoted to St. Anthony and followed the Franciscans and became a secular third order Franciscan about four years ago," said Sizemore.

In an attempt to further his own understanding of spirituality and to earn more credibility on the subject, Sizemore has submerged himself in research for a doctorate program overseas.

"Currently I am working on a doctorate in spirituality, which I am getting at the University of Lancaster in England. I am doing all of the research here and then going to England in June for a month, it is like an independent study, basically the curriculum is research oriented and not course oriented. The people that I have met and the where the research has taken me has been very exciting and adventurous, it has opened up a whole new vista for me," said Sizemore.

We have things happen to us and we see a bigger plan at work, and we want to get at what it means in our lives, and spirituality is the answer for many people.

"Spirituality as I see it is on the rise while participation in organized religion is declining, I think most people are spiritual whether they would prefer to admit it or not, because to me the spiritual simply acknowledges the fact that there is another world out there. I think almost everybody would acknowledge the spiritual world, what to do with that then becomes the next thing, if you are going to participate in spirituality or understand it I believe that you must have some background or some formulation to encounter it in a certain way, it cannot be just this nebula thing out there," said Sizemore.

At Sacred Heart University all students are required to take both religion and philosophy courses as a part of their course of study. Currently in America it is becoming apparent that there is a hunger or need for spirituality especially among young people.

"As I see it, young people today are placed in very stressful circumstances they have to make big decisions about their lives while the world is constantly changing, if anything spirituality should play an even larger role in their lives than in the past," said Sizemore.

As for what is in store in the near future, Sizemore hopes that his doctorate will further him in his spiritual quest and he also has aspirations to be on television someday, maybe then he will be able to influence unprecedented masses of people in the same way he has done so right here in the state of Connecticut.

Top 10 things to remember for the Spring Semester . . .

No. 9

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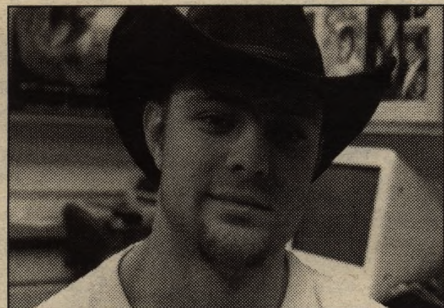
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BEYOND SHU

Prepare for the Red, Hot NBA Playoffs!



Bryan Fogle
Sports Columnist

Well, ever since I was 12 I have stopped watching the NBA. In my opinion it is the weakest of the four major sports. College basketball is much better and truer of a game, but for this week, I will proudly proclaim why the Phoenix Suns will win the NBA Championship.

Not only do they have the best record in the league, but they also play in the Western Conference, which is perennially the better of the two conferences. Their only true competition outside of the Western Conference is the Miami Heat.

Please don't get me wrong here though. The San Antonio Spurs and the Dallas Mavericks are two very talented teams, but when it comes down to it, the Suns possess the most weapons needed for championship caliber basketball.

I know that Shaquille O'Neal is by far the most individually dominant player in the game today and that Dwayne Wade is one of the league's brightest young talents.

Again, the Heat plays in the Eastern Conference. The Eastern Conference consists of such high quality basketball teams as the New York Knicks, Charlotte Bobcats, and the Atlanta Hawks.

The worst team in the Western Conference is the New Orleans Hornets. No other team in the West has less than 26 wins, as the East has two teams with

less than 20.

The Suns possess two, possibly three players who have put up MVP quality numbers this season. Amare Stoudemire, Shawn Marion, and Steve Nash are three of the best players in the NBA this season.

Stoudemire has had more top 10 plays on SportsCenter than anyone else this season. Some of his dunks have electrified the crowds and many of them were simply posterizing players like Yao Ming and Dikembe Mutombo.

Shawn Marion is averaging a double-double per game with 19.6 points and 11.4 rebounds per game.

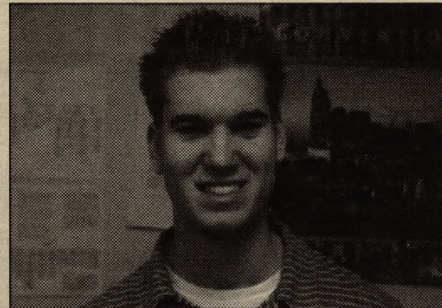
Of the three, the best possibility for MVP resides in the ball-handling abilities of Steve Nash. Nash, one of the flashiest players in the league, is averaging 15.5 points per game and 11.5 assists per game.

Beyond those three standouts, the Suns also have Joe Johnson, who puts in 17 points per game, Quentin Richardson who is averaging 14.9, and the well-traveled Jim Jackson, who scored 10.3 per game.

Combined, the Suns scored 110.5 points per game. The one negative to the Suns is that they also allow over 100 per game, with 102.9. That simple stat might be their only downfall.

All told, the Suns will have a harder time getting through the Western Conference than winning the league championship. Once they get past the Spurs and the Mavericks, the NBA is theirs.

It will be even easier if the Heat lose in the East. Should the Heat lose, the NBA is really theirs. I am personally sick of Shaq winning all the time and when he finally loses I will be very happy that I won't need to see him on SportsCenter rapping on the steps of City Hall in Miami.



Brian Fitzsimmons
Sports Columnist

While Major League baseball is underway with their new campaign, the NBA's 2004-2005 season has come to an end. Actually, only fourteen squads will hang up their sneakers for the summer and turn to the warm confines of a golf course to ease the pain of their unsuccessful attempt to make the playoffs.

Eight teams from both the Eastern and Western Conference will duke it out in a "last man standing" war for the duration of the next few weeks in the much anticipated playoffs.

In the East, there is no clear cut favorite to mow down that particular bracket, so any of the eight teams can make some noise. The Detroit Pistons, who are the defending champions, will have home court in the first round of the playoffs and that will give them the upper hand to get off to a good start.

Rasheed Wallace and Ben Wallace will be an inside presence that many teams wish they had. They will play an important role in constantly out rebounding their opponents, and since both are so athletic, they can run with the talented guard duo of Chauncey Billups and Richard Hamilton in the open floor.

The Indiana Pacers and Philadelphia 76ers are interesting clubs because they have talent, but give the vibe that they aren't finals material. The Pacers enter the playoffs with huge questions pertaining to Jermaine O'Neal's health.

He has just returned from an injury, so his condition and play making abilities may be more of a liability than an asset. The Sixers come in with two weapons named Allen Iverson and Chris Webber. As enticing as that sounds, C-Webb has had a difficult time settling in the Philadelphia offense and trying to figure out team chemistry in the playoffs could be a disaster.

The safest pick in the East has to

be the Miami Heat because they possess the most dominating tandem in the NBA. Shaquille O'Neal's partner in crime in the recent past was Kobe Bryant during his tenure with the Los Angeles Lakers, but he found a new friend in rising superstar Dwayne Wade.

Wade and O'Neal have combined for over 45 points a night, and with a very contributing supporting cast made up of Damon Jones, Eddie Jones and Udonis Haslem, this is the team to beat.

They have home court advantage throughout the playoffs and that is an enormous advantage in itself. You think the Eastern conference and the rest of the NBA are feeling the heat now? Just wait until the playoffs begin.

While we're on the topic of unbearable heat, the Phoenix Suns enter the Western Conference playoffs boasting a scorching 60 plus win season. They have an arsenal that sports three of the best overall players in the league in Steve Nash, Shawn Marion and Amare Stoudamire.

Joe Johnson and Quentin Richardson can shoot the lights out, and any of those five plus a relatively strong bench gives the Suns an easy advantage over the rest of the wild, wild west.

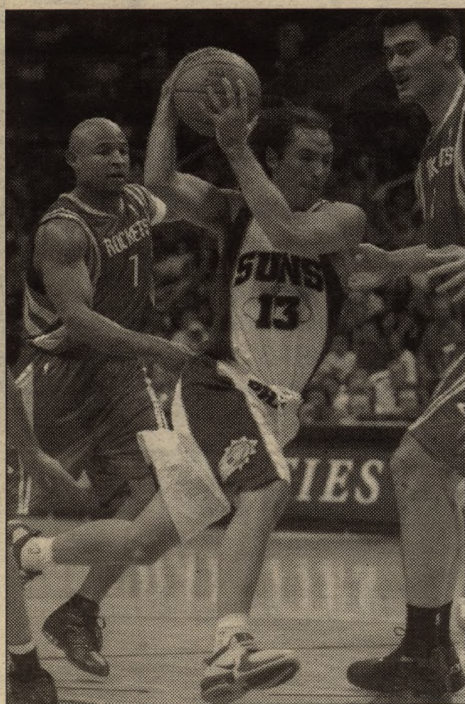
The San Antonio Spurs were the probable favorites until Tim Duncan went down with an ankle injury. Without his usual dominating play, this team is no threat especially in the tough conference.

The Mavericks are a very talented team who has plenty of playoff experience, but Dirk Nowitzki simply isn't enough. Youngsters Josh Howard, and Marquis Daniels complement Michael Finley at the guard position, but they aren't as talented as the Suns, Spurs or Sonics.

The Sonics are led by strong candidate for Coach of the Year award winner, Nate McMillan, and Ray Allen could shoot them into the second round of the bracket. However, just like the Spurs and Mavericks, once they run into the Suns, they will be badly burned.

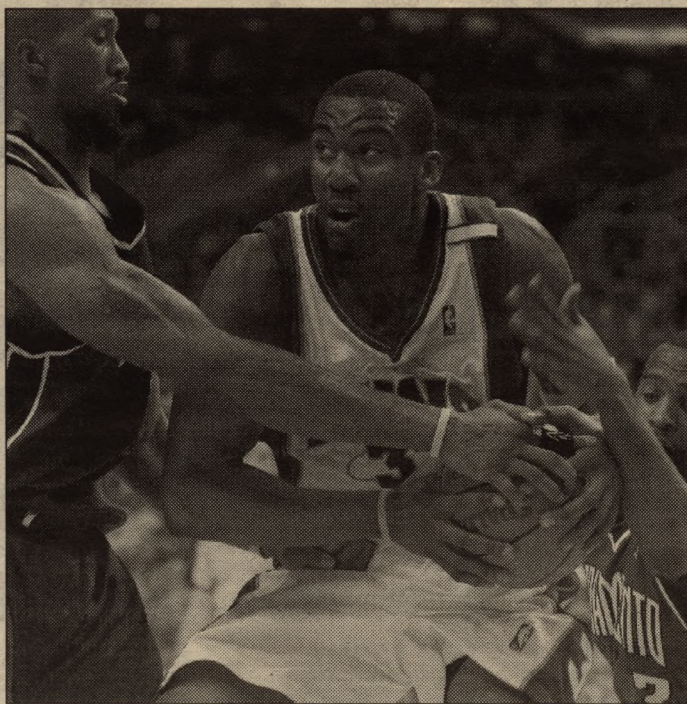
Theoretically, all sixteen teams who have earned their place to compete against the NBA's elite teams for the championship have a shot to do so, but there are always questions entering the playoffs in any sport. The Suns will overcome the Heat, and as for the 2005 NBA season, it appears as if these particular burning playoff predictions will be answered by two hot teams.

Would you like to make comments on what the sports columnist said? Would you like to suggest a topic or ask a question? Feel free to send an email to N-Kelly@sacredheart.edu



AP Photo/ROY DABNER

Steve Nash is putting up MVP numbers this year with 11.5 assists per game and at only 22 years old Amare Stoudemire is top 5 in the league in scoring and the 4th most efficient player in the league behind only Kevin Garnett, Dirk Nowitzki and LeBron James.



AP Photo/ PAUL CONNORS

BEYOND SHU

MLS Provides Alternative for Suffering NHL Fans

Travis Flynn
Staff Reporter

As the NHL continues to work on a salary structure to satisfy all, hockey fans across Sacred Heart's campus are still searching for excuses to throw their arms up in the air and yell, "Goal!"

While Stanley Cup Playoffs reruns and updated video games provide convenient opportunities, they cannot begin to approach the curiously fulfilling experience of watching real players in real time through a 25-inch screen.

It is difficult to find another American sports league to supply similar adrenaline-packed goal celebrations. Although MLB presents an appealing alternative as it shares some similarities with the NHL (players from both leagues have obligations to wear helmets, swing wood, brawl, and drive around in souped-up sports cars) there remains the one sober guy at the bar who will turn around and stare when you throw your arms to the ceiling and yell "Goal!" after a Jason Giambi homerun. Clearly, MLB is a useless substitute.

Of course, the NBA keeps track of "field goals," but hockey fans beware. These goals are scored over 70 times per game, because many common defensive practices of hockey, such

as goaltending and hip checking, are frowned upon. By the end of one game, even the most diehard fan will begin to recognize that, although the net is smaller, the "goals" in basketball are not as exciting as hockey.

Sure, the American Hockey League is an intriguing option since many of the young stars who would be playing in the NHL are developing their skills in the

minors. However, few AHL games have been telecasted in southern Connecticut.

As opportunities to yell "Goal!" draw thin this spring, there remains one oft-forgotten league that will be able to satisfy an SHU hockey fan's thirst for goals: Major League Soccer.

In fact, soccer is virtually hockey without the ice. Granted, the field and goals are larger and are not enclosed by

boards. Still, the players primarily use feet to control a ball instead of sticks to handle a puck. Beyond this, there is little difference. Hockey encourages more collisions, but low angle camera views of MLS exhibit the substantial physical nature of the sport.

Both the NHL and MLS display athletic goaltenders, hard-nosed defensive players, and gifted goal scorers. The pace of each league demands that its players hustle from the start of the game to the end. Players from the two leagues have similar roles and talents: some can thread a pass between two defenders, some orchestrate the offense by their movement and communication away from the play, and others are paid to shut down the opposition's best player.

Along with the many fundamental similarities between the two leagues, there are many reasons to believe that the tenth season of MLS will be the most exciting thus far. Here are the top five:

5) Two new teams, Real Salt Lake and Club Deportivo Chivas USA, will join the ten clubs from last year to form two six-team conferences. The Los Angeles based Chivas USA will provide an interesting dimension as the owners and the majority of players and fans are of Mexican heritage. The traditional cul-



AP Photo/ CHRIS PUTMAN



AP Photo/ FRANCIS SPECKER

Freddy Adu may only be 15, but his growth as a player will be one of the most exciting reasons to watch the MLS perhaps only behind Landon Donovan who is seen celebrating after his 2nd goal of the first half against Real Salt Lake.

♦ See Page 14, "Reasons..."



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BEYOND SHU

Pioneer Schedule

Friday, April 22

Men's Tennis	at Fairleigh Dickinson	West Windsor, NJ	11:00 AM
Women's Tennis	at St Francis PA	West Windsor, NJ	11:00 AM
Women's Lacrosse	vs St Francis PA	Fairfield, CT	4:00 PM

Saturday, April 23

Baseball	vs Wagner	Bridgeport, CT	12:00 PM
Women's Rowing	at Spring Metro Champ	New Rochelle, NY	8:00 AM
Women's Tennis	at NEC Champ	West Windsor, NJ	9:00 AM
Men's Tennis	at NEC Champ	West Windsor, NJ	9:00 AM
Men's Lacrosse	vs Villanova	Fairfield, CT	1:00 PM
Women's Track	at CTC Championship	Center Valley, PA	TBA
Men's Track	at CTC Championship	Center Valley, PA	All Day

Sunday, April 24

Baseball	vs Wagner	Bridgeport, CT	12:00 PM
Women's Lacrosse	vs Robert Morris	Fairfield, CT	12:00 PM
Men's Track	at CTC Championship	Center Valley, PA	All Day
Women's Track	at CTC Championship	Center Valley, PA	TBA

Reasons to Watch MLS

Continued From Page 13

tural and political tension between the United States and Mexico could lead to some interesting rivalries.

4) Youri Djorkaeff will play for the NY/NJ MetroStars. If his name sounds familiar, it is for good reason. The French World Cup winner has been a superstar in Europe since the early 90s. His experience in the top French, Italian, and English leagues include 25 goals in 35 league games for Strasbourg in France and 30 goals for Inter Milan in Serie A. Although Djorkaeff is nearing the end of his career, he may still have a few more goals left in his magical boots.

3) Freddy Adu is one year wiser and almost old enough to drive a car. The 15 year-old wunderkind could be ready for a breakout year after registering five goals and three assists in 2004. MLS may be the best league to develop the projected superstar; there is enough competition to sharpen his senses, but the pressure is not nearly as intense as it is in many leagues in Europe. Only time will tell how spectacular America's brightest young star will be.

2) Nearly every team in MLS has the ability to win the title. In the late 90s, D.C. United and the Los Angeles Galaxy dominated play, finishing atop

their respective conferences three years straight. In 2004, the last place New England Revolution finished with 33 points, allowing only one more goal than they scored. The first place Kansas City Wizards finished with 49 points, scoring eight more goals than they allowed. This year there appears to be even more parity in MLS. The only team that would be a stretch to predict to win the title is a Chivas USA club that has only seven players with multiple years of MLS experience.

1) Landon Donovan returns to MLS after a three month stint with Bayer Leverkusen of the German Bundesliga. After a disappointing performance by Donovan in UEFA Champions League play, the Los Angeles Galaxy made arrangements to send Carlos Ruiz to FC Dallas to make room for their new superstar. This year, Donovan will appear on the opposite side of the San Jose Earthquakes-Los Angeles Galaxy rivalry. He is sure to return to the top of his game as he is surrounded by a bevy of talented foreign players and will play in Los Angeles, an hour from his hometown of Redlands, CA. Most importantly, he will create many scoring chances, giving hockey fans across Sacred Heart an excuse to throw their arms up in the air and yell, "Goal!"

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BEYOND SHU

Top Payroll Not Top in AL East

Pat Conroy
Staff Reporter

The beginning of the MLB season has been both interesting and surprising. The Red Sox and Yankees rivalry has added another chapter in its historic saga, with the two teams meeting twice already. In that short time, Randy Johnson threw an amazing opening day performance against the Sox, only to be shelled the next time they met.

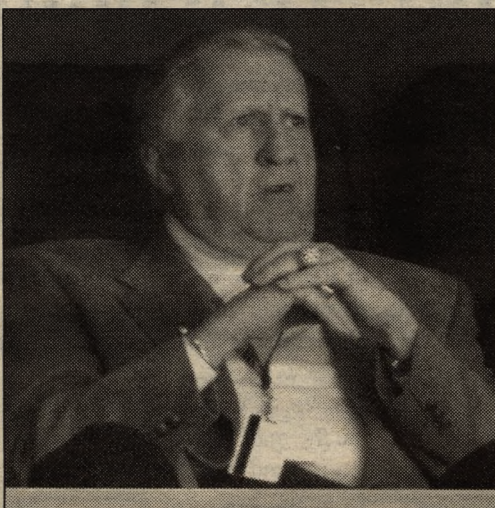
Then there was the Gary Sheffield incident. A Boston fan took a swipe at the Yankee right fielder while the ball was rolling along the fence. This led to Sheffield taking a swing at the fan before throwing the ball in. ESPN.com has reported that the fan was not arrested or charged, but simply thrown out of the stadium. Gary Sheffield has refused to talk about the issue, leaving it unknown as to what his intentions are.

Police officers on the field are nothing new when the two teams meet. Everyone remembers last year's playoff series with the NYPD lining both sides of the field because of fans getting out of control.

Yankee owner George Steinbrenner has voiced his opinion on the team's poor performance so far this year.

"It is unbelievable that the highest-paid

team in baseball would start the season in such a deep funk. They are not playing like true Yankees. I expect Joe Torre, his complete coaching staff and the team to



AP Photo/ KATHY WILLENS

The Yankees have more to worry about than just the Sheffield attack and it shouldn't be long before Steinbrenner starts moving players.

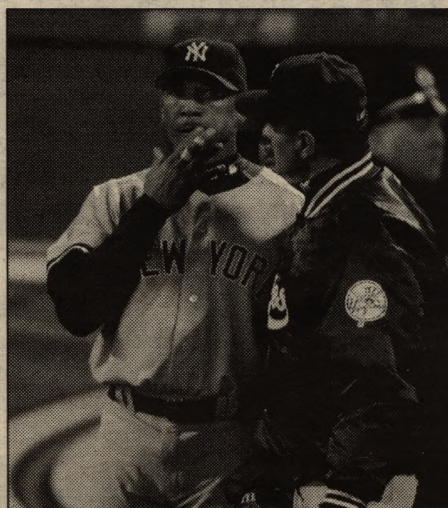
turn this around," said Steinbrenner after New York lost to the Baltimore Orioles and watched their record fall to 4-8.

Fans aren't happy either.

"They aren't playing good at all. They definitely aren't going to play like this all

year," said Todd Brownell, a senior from Hudson Falls, NY.

Joe Torre and Derek Jeter both agreed with the way that Steinbrenner felt and saw it as a wakeup call. The Yankees have



AP Photo/ WINSLOW TOWNSON

had their problems closing out games, with their bullpen falling apart in the late innings.

The Sox have not been without their share of problems however. Manager Terry Francona was hospitalized for heart

problems and as of recently has been back with the team. Edgar Renteria has not fully played to his potential this year, still adjusting to playing shortstop for Boston, making a couple of errors in the first series with the Yankees.

The Orioles are 8-4 as of Sunday and on top of the American League East. A great deal of this is due to their lineup. Sammy Sosa has been hitting well early this year, and Rafael Palmeiro has been having another good year. Miguel Tejada blasted his eighth career grand slam Sunday, and is proving himself to be an offensive force once again.

The Red Sox have moved to 7-5 on the year after sweeping the Tampa Bay Devil Rays. The Red Sox outscored the Devil Rays 19-3 in the three game series. With the win on Sunday, Tim Wakefield surpassed Cy Young in the Red Sox career strikeout list, with 1,343. Wakefield and the Red Sox held Tampa Bay scoreless in the last seven innings of the game to seal the win.

The season may be far from over, but there is a chance that the time for the Red Sox and Yankees to step aside is nearing and that having the top two payrolls no longer means being atop the American League.

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Beyond SHU

The Sport Columnists Predict who will win the NBA Title (page 12)

Beyond SHU

Kick off to the MLS Season Soon (page 13)

Campus Sports

Pioneer Schedule (page 14)

Beyond SHU

Yankees and Red Sox Stumble Out of the Gate (page 15)

Bowling Competes against Defending Champs

Brad Holland
Staff Reporter

It's been said, "To be the best, you must *beat* the best."

For the second straight year, the Sacred Heart University Women's bowling team competed at the NCAA tournament. The Pioneers (68-22) traveled to Orlando as fifth seed in the country. Defending Champion Nebraska (65-8) was once again favored to repeat.

A strenuous schedule against difficult opponents? The Pioneers were ready, even confident.

"We're an underdog," said All-American senior Erin Gore before leaving for Florida. "Especially with teams like Nebraska in the tournament. But we're there to win. Obviously. And I think we have a really good chance."

Gore, a southern girl who transferred to SHU as a sophomore, she now studies Finance and Business Admin and bowls for the Sacred Heart women's team.

College bowling insiders consider Gore one of the premier women's bowlers in the country. An All-American as a junior, she's all but guaranteed the same honor this year.

For Gore, this tournament would be the peak of a 14 year bowling career that began as a way to kill time on Saturday mornings.

"My friend and I signed up," she said, "and we played every second weekend. I found out that I loved it. But it wasn't until High School that I got serious, and began to improve."

Gore's High School didn't have a team, but she participated in club tournaments. Bowling every other weekend competitively, she found time during the weekdays to practice on her own schedule.

"I've worked hard at becoming a better bowler. I love to compete. Like any other sport," Gore said, "You have to be passionate to be good."

Gore's confidence in herself and her team is well founded. Her team improved steadily throughout the season. Underclassmen developed faster than anyone could have predicted. And the team's senior class was as strong as ever.

On Wednesday April 13, the Pioneers packed up and headed south to take on the cream of the crop, the best women's bowling programs in the country.

The National Tournament is held

within a three day, double-elimination format. On Thursday morning, teams play in a qualifying tournament. From there, the teams are re-seeded and play in the classic March Madness style brackets over the next two days.

After that point, two losses removed any team from contention. An undefeated national finalist would have to be beaten twice. Only three teams would see action on Saturday.

Thursday was dominated by Nebraska who moved through the qualifying matches with relative ease. The defending champions easily retained the first seed, and sent a message to every other team in the tournament.



In two years at Sacred Heart, Gore's impact has been felt. As a team, Sacred Heart was the 5 seed heading into NCAA tournament and advanced past the 4 seed before fallingng to eventual champs Nebraska.

The Pioneers remained at fifth, with strong bowling and a pinfall of 7820. Senior Nicole Peloquin from Enfield, Connecticut bowled exceptional for SHU. She was good for a 209 average in four games, placing her 10 in the preliminary tournament.

Sacred Heart had three bowlers in the top 20, four in the top 22 (of 48).

Thursday night, after too many hours on the bus and a demanding first day, the Pioneers returned to their hotels for a meal and some rest. They would need it.

Early Friday morning, The Pioneers stepped up and knocked off fourth seed Bethune-Cookman (69-20), four games to one. Their victory set up a match early

Friday morning versus Nebraska.

"To be the best, you must *beat* the best." David versus Goliath. The Pioneers would face off against the defending champs in the second round.

Nebraska, the top team in the country, top seed in the tournament: coaching poll favorite with only eight losses on the year.

Friday afternoon would prove difficult for the Pioneer women.

Sophomore Christina Onderdonk remarked on the match: "Playing Nebraska in the second round was like having *deja vu* all over again from last year. But we were determined, we were pumped, and we went into the match like we did every other, ready to take on the number one



The Spectrum/ DANYA JIMENEZ

ranked team."

"That's how Nationals has to be," Onderdonk continued. "You have to go into each match with that kind of mentality."

Sacred Heart bowled well, but fell to Nebraska four games to one.

Following the Nebraska match Sacred Heart dropped to the lower bracket. Another loss would put them out of the tournament. Their opponent: third seed Central Missouri (86-20). A win would advance Sacred Heart into the final match Friday night. The winner of that would survive for tournament play Saturday morning.

But Sacred Heart's hopes for a National title; the SHU women's hopes

for a ring...were not to be. SHU dropped the series four games to one. An emotional game three win led to a tight loss in game four, and Central Missouri cleaned up the series in five.

"We ended up placing fifth after losing two matches on Friday to the eventual champion the University of Nebraska, and the second place finisher Central Missouri State University," Gore said. "We performed well. The teams we competed against just had phenomenal days."

In all, the tournament experience was positive for the SHU women. Christina Onderdonk enjoyed the weekend, saying "This year was probably the best experience I've had with college bowling." She's going to waste no time in getting that feeling again. She wants to return next year.

"We are losing three seniors, all of whom are going to be impossible to replace in my eyes. What they have done for the team is something I can only hope will stay with us when they depart. We are going to be a young team next year and hopefully the experience of these past four days will be enough to inspire all of us to put in that extra effort for another shot at the title," said Onderdonk.

And do it for the seniors who got so close two years in a row.

"I am extremely proud of my entire team and could not have asked for a better group of girls to share these last few years with," said Gore.

"We've traveled together for so long and it sucks that it's all coming to an end. We have 2 other seniors as well, and the three of us got so close during our time here that I can't believe it's already over."

She and fellow seniors Peloquin and Carolyn Rich (Little Falls, NY) have bowled their last tournament for Sacred Heart. Two years, and still Gore marvels at how fast the time went.

She plans to watch Sacred Heart next year, hopes to enjoy a SHU victory next April.

"With hard work and dedication, our underclassmen will definitely be able to step up and hopefully have an even better finish next year at nationals," she said.