This past Wednesday, Jan. 25, Dr. Anthony Cemera, president of the university, invited the university community to a special announcement.

"I am not retiring," said Cemera. "Jack Welch gave his name to our college of business."

Sacred Heart University's College of Business was officially named for the former Chairman and CEO of the General Electric Company, John F. Welch, Jr.

The event was an "extraordinary moment at SHU," said Cemera revealing the news.

Linda McMahon, a member of the university's board of trustees, accompanied Cemera and Welch onstage. She introduced Welch as being "internationally recognized for having an eye for quality."

Identified throughout the world of business simply as "Jack," he was associated with GE, whose headquarters is around the corner from campus, for 41 years.

"When I think of you students, I think of myself. We have our nose against the glass sometimes...Grab every minute of it," said Welch.

Students are thrilled with the new opportunities they will be awarded.

"It is great because it will give us a good name. Also, it will be another aspect of this university that will attract prospective students to this community," said Amanda Martin, senior, Casco, Maine.

"I would like to thank you Welch personally for what you have made possible," said Dr. Steven Brown, dean of college of business, "Every resident of Fairfield County owes you gratitude."

He will assist the college as it continues on...
Jack Welch gives name to College of Business

Continued From Page 1...

ues its mission of providing students access to a top-quality education and preparation for careers in business.

"I think it is going to help students looking for jobs after college and it is also going to help build the graduate program at this school so it can compete with the larger universities," said Matt Holler, junior, North Arlington, N.J.

Further, he is providing the largest gift in the University’s history to assist students in financial need and to foster faculty development and research.

Mr. Welch’s decision to lend his name and support to the College of Business is a transforming moment for Sacred Heart University.

“The challenge, [to make the College of Business successful], is exhilarating, but we accept it gladly,” said Brown.

“i'm going to graduate in May, It will look great on my resume,” said Martin

"Let me express the immense gratitude of our entire community for this personal endorsement of the University’s mission of providing superior educational opportunities so that students can make a very positive difference in our society,” said Cemera.

With Welch’s donation, the community will see a huge improvement within the educational experience. It will give business majors a chance to learn from one of the most successful men in the business world.

What is in a name? More than what meets the eye.

Sacred Heart is finally maturing into a state of the art college experience.

With this gift from Welch, the university will be able to afford to compete with older, and more well known business schools.

Welsh met hundreds of new faces on Jan. 25.
caught a group of five men and one woman apparently 'jump' Hernandez. The group knocked him to the floor, kicking and stomping as he vainly tried to fend off the blows. This was after witnesses say he had already announced himself as "NYPD," avoiding getting involved in the altercation.

Upon escaping to the parking lot, Hernandez grabbed a man who had attempted to help him, and drew his gun, thinking it was one of the attackers. Uniformed cops then arrived as Hernandez subdued the man mistaken for an assailant.

Witnesses claim Alfredo Toro, a 19-year-old NYPD veteran, warned Hernandez to drop the gun four separate times before Hernandez turned with his weapon drawn. At that moment, Hernandez was hit with three shots from the gun of Officer Toro.

Police Commissioner Raymond Kelly openly questions whether the physical injuries received in the assault hindered Hernandez's ability to hear Toro's directives to drop his gun.

Hernandez was taken to St. Barnabas hospital and is being treated for gunshot wounds to each leg and one to the abdomen, sources said. The paramedics only discovered his badge in the ambulance as they treated his injuries.

"I'm in complete disbelief," said former teammate Ron St. Juste, Stamford. "Last time we spoke I told him good luck with his teammates. He tried to do his best," Nofri said. "He wanted to be within the guidelines of the NYPD. As his loved ones await further details, his condition is still categorized as critical. Fellow classmates have fond things to say about the always-smiling "Ebonz", as he was nicknamed at SHU. "Ebonz (Eric) was extremely friendly. No matter who you were, he would talk to you," said former teammate Zak Kepner, senior, Largo, Fla. "He was tough and never complained."

"Eric is a dedicated person on and off the field. Every day he went out and put 100 percent, a strong competitor that never backed down," said St. Juste.

"His physical condition and zest for living are his biggest allies as he fights for his life at this hour," Cook said.

Cook also remembers Hernandez's work ethic, his determination and his strength of character.

While at Sacred Heart, "he always tried to do his best," Nofri said. "He wanted to be perfect in all things. He worked hard, striving for perfection, in every aspect I can think of: the weight room, on the field, as a person, with his volunteer work and the way he cared about his teammates. He loved being around the guys, and his teammates respected him and liked him back. He was a very personable kid."

Coaches and teammates together draw a picture of Hernandez as a constant source of energy, as an excellent teammate and a powerful competitor. Almost everyone who met Hernandez came away with a positive impression. "He is in our prayers and thoughts constantly at this time, and his family too," Cook said.

Hernandez who was off-duty and holding a man at gunpoint after getting into a fight at a Bronx fast food restaurant was shot three times by another officer Saturday, Jan. 28, 2006, morning in a tragic case of mistaken identity.

Ancient greek life, pledges few and far between

Brittany Raine
The Spectrum

The Greek life trip "Around the World" has been a lonely one this semester.

With a poor turnout at Greek week, many sororities and fraternities slowly dwindle away, facing a slow and painful death.

As Greek week commenced, brothers and sisters of every organization eagerly hoped for an admirable rush attendance.

"It was shocking how few students came out to rush this semester," said Kristen Lovering, Nu Epsilon Omega, junior, North Massapequa, N.Y.

"The Greek life at Sacred Heart is facing a cruel reality and many of our organizations may die out do to poor rushing numbers."

From open bidding to ice cream socials, the sororities and fraternities are doing everything in their power to attract fellow students to their organizations.

The declining numbers in Greek life are a major concern and are on every brothers and sisters mind.

"Some of the sororities and fraternities may die out sooner than others and it is truly disheartening," said Jamie Congilose, Nu Epsilon Omega, junior, Tom's River, N.J.

"Greek life would not be the same without one of its organizations. Our sororities and fraternities work because we have each other."

The sororities and fraternities are a family and aid in exemplifying what Sacred Heart stands for.

With previous pledging practices in question and many senior members of Greek life graduating in May, the organizations are reaching out to student life with open arms.

"No one should be intimated by any of the Greek organizations," said Congilose.

"I try to encourage students to come out and meet Greek life, there is more to us than what meets the eye. Forget the stereotypes; really get to know what we stand for." We have made of memories and bonded by a unique love, and will continue to fight for the Greek organizations in jeopardy.

"As the years pass the numbers in Greek life are diminishing," said Congilose.

"The low numbers can not be solely blamed on formal spring rush, but I believe that in the spring, many freshman are comfortable where they are and who their social groups are. Giving up eight weeks of the spring semester to pledge is challenging, but little do many know that you receive more than you could ever imagine in return."

These brothers and sisters for life, have made of memories and bonded by a unique love, and will continue to fight for the Greek organizations. 

The fall and spring semesters of next year holds new hope for Greek life and a distinctive tradition waiting to grow.
The Outpost pub left seniors confused and frustrated.

Courtney Kohloff
The Spectrum

To relieve the stress of senior year, the Outpost Pub offers a night open to all seniors to sit back, relax and enjoy a few beers. Legally, that is.

Senior year is the last year of complete freedom before you venture out into the real world and start your future.

While senior year is a time when students start to get teary-eyed and shaken up by the rude awakening that you actually have to be a "grown up" soon, it is also a time for last minute partying and living it up before reality hits.

Because SHU does realize that seniors deserve a time for relaxation throughout the busiest year of college, the university provides a night specifically for seniors at the Outpost Pub in the Pub.

Students do enjoy spending time at this pub on senior night, but lately, it has been less entertaining and more of a chore.

What was originally meant to be a spot for relaxation has recently caused stress and aggravation.

For additional articles and surveys, check out
The Spectrum
online at:
www.sacredheartspectrum.com

The Spectrum/ Elyse Harrell

The Outpost pub left seniors confused and frustrated.
Put me in coach! Rudy, the man, the myth, the legend

Robert Purtle
Contributing Writer

Rudy! Rudy! Rudy! Everyone has seen or heard of the movie “Rudy.” Daniel Rudiger is Rudy’s real name and when he is not selling insurance, he gives speeches to people everywhere telling them that they can do it.

On Wednesday, Rudy came to SHU and gave an inspirational speech on living your dream and not giving up no matter what gets in your way.

“Rudy” the movie was a true story about a boy who was told that he could never accomplish anything and would never make it at the college level, especially the college he wanted to go to, the University of Notre Dame.

Rudy knew he could do it so he packed his bags, went to South Bend and accomplished his dream. He made the football team, and even got to play in one game. He eventually graduated with a degree from Notre Dame.

Some of the people expected to see Sean Austin who played Rudy in the movie but Rudiger came out and said “no I am not the hobbit.”

He told a few stories about how he can walk anywhere and no one knows who he is but if Sean Austin walks in a room someone will yell out Rudy.

He doesn’t mind that people do not recognize him, he just wants people to know his story and wants his story to show that if they have a dream they should live it and not listen to anyone that says you can.

Rudiger explained why he went through with it and didn’t let anyone get in his way. He said he thought to himself one day and said “why not me, why can’t I go to Notre Dame and play football.”

So he stuck with the saying, “just go get it.” If you have a dream, you can live it, you just need to leave out the gossip, the people that needed to tell you why you can’t and you can accomplish anything.

He added that in order to live your dream, you need courage, determination, hope and most importantly, you need to visualize what you are going to do then do it.

Rudy had severe learning disabilities and could not take tests. He is an auditory learner and needed to take tests orally. He also had dyslexia, but that didn’t stop him from doing what he needed to do.

All through high school he was looked at as the dumb kid, so he thought he was dumb and didn’t do any work. When he got to junior college, no one cared what he got on his SAT’s or what his GPA in high school was; everyone was equal.

He told everyone that he finished third in his class he really finished in third from the bottom of the class. No one ever asked him about that so they just assumed he was the third in the front of the class.

He looked up to God and was very religious; that was one of the reasons he chose Notre Dame. When he was younger, he and his family would sit together and watch the Notre Dame games.

He said it was like a religious experience. A lot of people hated Rudy and the folks who were telling them why don’t you play more like Rudiger and that was because he never gave up. If he got knocked down he would get up and go at it again.

Teammates would blindside him, but he would still get up and say good hit. No matter if it was football, school, or work, he would never give up and accomplish what he was set out to do.

He had to take the insurance test four times in order to pass. He just never gave up.

After the speech was over, people were allowed to come up and ask questions. One kid came up and asked “what was it like when you made that tackle?”

His answer was perfect. He said, “it wasn’t about that tackle, it was about what I accomplished.”

A woman asked him why did he go through it all, and why didn’t he listen to people when they said he couldn’t do it.

He simply replied that he had a lot of anger inside of him from people telling him he couldn’t do it and used that anger in a positive way to prove everyone wrong. His speech moved everyone that listened and he accomplished what he was set out to do.

By listening to his speech and his story about his life, you have to think to yourself: if this man faced all the odds, and was able to overcome them, then I can do it too.

New policies, heightened security result in safer campus

Rachel Yarmosh
The Spectrum

Just how safe is our campus? New startling statistics demonstrate that freshman are especially at risk.

According to USA TODAY, which did an analysis of 620 deaths of four-year college and university students since Jan. 2000, freshmen are uniquely vulnerable.

It’s findings show that freshmen account for more than one-third of undergraduate deaths in the study, even though they only account for 24 percent of the undergraduates at those institutions, according to the National Center for Education Statistics whose data was analyzed by the American Council on Education for USA TODAY.

Alarm has spread among college administrators, public health officials and parents concerning the safety of college students over recent highly publicized deaths on campus resulting from alcohol abuse and other causes.

So what exactly is our school doing to alleviate their anxiety and protect its students?

Jack Fernandez, director of the department of Public Safety says numerous new policies and measures have been taken to tighten up security and safety of our campus.

Among the precautions Public Safety is taking Fernandez had stated, “We are going on more frequent patrols of lots and buildings, we’ve increased visibility, we’ve assigned stationary post details, and we’ve assigned specific security areas and special responsibility.”

This will allow students to feel more comfortable traveling across campus late at night.

“We are also training Residential Life staff in drug abuse awareness and its consequences and we participate in the campus alcohol coalition to combat underage drinking. We’ve increased our staff and increased the number of contact security personnel,” said Fernandez.

If Redident Life is able to, assist with drug abuse, that would alleviate public safety’s responsibilities when it comes to on-campus drug issues.

“In addition, we promote the self defense program, we have replaced many of our emergency blue light call boxes, improved networking with local law enforcement and emergency agencies, and distributed campus safety tips to the University community,” said Fernandez.

Each student is encouraged to attend these self defense classes which will teach the skills needed to protect oneself in a vulnerable situation.

“You have to be a very paranoid person to think our campus is unsafe since it is so small and everyone sees everything. I feel its safe because they have those poles where if you need help you just press the button and Public Safety will be their as soon as possible,” said Frank Pictesich, junior, Yonkers, N.Y.

Other students feel a little more unpre-

hensive. Jenine Kleeman, sophomore, Malanlapan, N.J., said, “I park my car in south lot and I live in east, and its defi-

nitely kind of sketchy when I park it there and walk up to east alone. The parking lot is really dark, even tough the street is lit. For the most part I feel safe, just not really in the parking lot at late hours.”

Kristin Balbi, sophomore, Armonk, N.Y., said “I think that Sacred Heart is a pretty safe campus, but there are times that I don’t like walking late at night by myself. Not because of lack of security by the school, but because you just never know.”

Sacred Heart has acquired the reputation of having a relatively safe campus, in relation to other college campuses. In Sacred Heart’s annual report of criminal offenses occurring on-campus, 2004 reported only one instance of a forcible sex offense, 2 burglaries, and 3 motor vehicle thefts.

Besides motor vehicle thefts, all offenses saw a decrease from years prior meaning an improvement in the safety of both our campus and the students enrolled here.

“Our campus is comparatively very safe. We’ve had other University repre-resentatives call and/or meet with me to discuss how we have managed to achieve the level of safety that we have on cam-

pus,” said Fernandez. “In order to continue growing, we work with the notion there is always room for improvement. We aim to meet the University community’s needs.”

With new policies currently being executed and heightened security across campus, students here can rest assured that the necessary measures are being taken for an improved and safer campus.

Do you have a problem you want the Spectrum to cover?

Do you have any exciting news coming up in your club, dorms, or jobs?

Are there any changes that we can make to our paper to help represent the Sacred Heart community better?

If so please Contact News Editor Adam Kagdis: Kagdisj@sacredheart.edu
FDA to approve new over the counter diet pill

Frequent trips to the bathroom are just one of the many side effects from this new pill.

150-200 calories of fat. The fat would be passed through bowel movements. The side effects of both Xenical and "Alii" are quite embarrassing.

One side effect of the pill is loose stools, which is the urge to go to the bathroom. Other side effects include the reduction of adsorption of some vitamins, inability to control bowel movements (fecal incontinence) and gas and oily discharge. These side effects occurred to about one half of the study group.

"I would never take diet pills. They aren't good for you, they mess with your digestion and you can get addicted," said Brittany Price, sophomore, Meriden.

During the voting process on Jan. 23, a few board members were worried about the potential for abuse of the new pill. They were especially worried about teenagers and their use of "Alii". Glaxo is hoping to pass an age limit of 18 and older for consumers who wish to purchase the product.

"It's difficult to imagine a "healthy" way to use diet pills. Even if a teen is following instructions on the label, they are still engaging in taking a pill to lose weight versus eating healthy and moderate exercising. The kind of thinking that leads a person to take diet pills can easily expand to lead a person to other "quick fixes" for weight issues, like laxative abuse or even cigarette smoking. Every eating disorder starts with a diet and many also begin with diet pill use," said Jocelyn Novella, who is a personal counselor at the Counseling Center.

"Alii" should only be used for six months at a time. It should be combined with a diet and exercise program. In fact, "Alii" will be marketed as being one aspect of a weight loss plan, according to its maker GlaxoSmithKline.

"Including [diet pills] in some sort of package deal wouldn't entice me to use them. Nor can I think of anything that really would," said Whitney Bernard, sophomore, Jersey City, N.J.

This new weight loss pill is targeted to the overweight and obese consumer market. By having overweight and obese consumers use the pill, it has the potential to lower other health risks. Advocates for the overweight and obese, are hoping that this drug does get approved.

"I think that in the future diet pills may be able to curb obesity, but not fully cure it altogether. I think that obesity has become such a life threatening disease that a simple diet pill just won't cut it," said Brittini Ross, sophomore, Bronx, N.Y.

The approval of "Alii" would lead into a historic period of time for the FDA and the diet pill market. This would pave the way for other diet pills to be released to the public and cause greater health risks to some. Ultimately diet pills could begin to come the choice over healthy diet and exercise.
He Said... She Said...

Why is “the test” used to determine first impressions?

Robert Roy
“He Said” Columnist

In every walk of life the first impression is often the only impression made. Which is why many people use “the test” in order to determine how they feel about their date. If it’s either saying thank you to the waiter once their food is served or giving a friendly kiss and thanks for the evening. This will determine how you are perceived by your date.

One wrong move and the idea of a bad impression can erupt within seconds of this little test. Your first impression is the most important and you are often judged by this first encounter. Dating today has been taken over by this same idea.

The first impression you make on a new person will often create a persona that person’s mind. Your actions, words and how you carry yourself create an equation, which will define you as acceptable or unacceptable to your date. The only way to combat this is to be yourself and try to create a date where your significant other is comfortable enough to be his or her self.

There is no way around it. The first impression made through “the test” determines the impression that will be left either way. Your best bet is to use your manners, be polite and most importantly be yourself. If this person really likes you they will see through the little faults that the first impression of the “test” might make.

The date might not even happen if the response was negative? “The test” will determine whether or not the people can continue to see each other after the first date. The reason why this method is so popular is because it provides a quick, easy way to evaluate someone. No one wants to spend a long time dating a person who is completely wrong for them. It is much better to find out sooner rather than later.

The best advice about “the test” is to just make sure you do not do anything too mean or too good to scare your date away!

Rachelle Murphy
“She Said” Columnist

It is your first date; you are going out with a decent guy. However, you don’t know him very well. So to get to see if he is the right person for you, you initiate “the test.” People generally use “the test” on their first date so that they can tell whether or not they are the right person for you. If your date doesn’t do nice, courteous things for you, such as opening doors, being polite, etc. He probably is not the person that you are looking for.

We, women make the men go through “the test.” We see if they are polite, we ask about their families to see how they treat one another, and we even test them before we date them. Women ask their friends and their date’s friends if they feel about their date. You do not want to make the “test” more lightly than if the response was positive.

The date might not even happen if the response was negative? “The test” will determine whether or not the people can continue to see each other after the first date. The reason why this method is so popular is because it provides a quick, easy way to evaluate someone. No one wants to spend a long time dating a person who is completely wrong for them. It is much better to find out sooner rather than later.

The best advice about “the test” is to just make sure you do not do anything too mean or too good to scare your date away!

What are your plans for the Superbowl?

“Party in my apartment then Grey’s Anatomy.”
Aleisha Mott
Ansonia—Junior

“Eating bacon, Canadian style.”
Taka Hoshino
Alberta, Canada—Junior

“I’m going wherever the party takes me.”
Colleen Carney
Yorktown, N.Y.—Junior

“To eat a lot of food and watch the game with friends”
Brian Cramer
Carmel, N.Y.—Junior

“I’m having a party at my house. Go Steelers!”
Chris Connerty
Raynham, Mass.—Senior

Student Senate is officially back into the swing of things and is working on projects as if winter break had never existed. The Senators are working within their class boards, and within their committees to project the most effective goals for the SHU Community.

Senator Justin Gidge and his fellow Academics Committee members are working on the final details of the Fall 2005 Dean’s List. This semester, rather than waiting for a small postcard to be mailed home, the Academics Committee is taking action and making public the accomplishment of many SHU students.

Approximately nine hundred students in total worked hard and achieved the Dean’s List recognition this semester. Since this is such an amazing accomplishment, the list is going to be posted in the glass case next to the IT Department for all to see. This list is also going to be copied and sent out in an upcoming Spectrum Newspaper. Keep posted for this insert.

The Buildings and Grounds Committee is still working on their Beautification Day project. This event, planned to take place in the month of March is well on its way. Senators Christina Piazza and Lauren Cono have been diligently working with the Buildings and Grounds staff to optimize the outcome of the event. This is something that the Senators have been looking forward to as well as the Student Senate in hopes that it will bring the community together.

A final date will be set for a Fire Side Chat with Dr. Cenera. Various upcoming events for the SHU Senate include the Leadership Conference on Feb. 4, which all students are welcome to attend, a Fireside Chat with Dr. Cenera, and a Senate Forum. The Senate Forum is going to take place at the end of February to share with students what has been going on in Senate all semester and collect any ideas or questions that may be brought to the table.

The Fireside Chat with Dr. Cenera is scheduled for Feb. 15. This event is going to be attended by all Student Government members in an effort to get closer to the President of the University. This chat is somewhat similar to the SOTUA event which used to take place on campus. It is just a way for students to become informed about changes at SHU and information regarding their stay at the university.

- Contributed by Erin Maurer.

Come voice your opinion at a Senate Meeting! Tuesdays at 7:40 a.m. in the Faculty Lounge.
**iPod craze becomes iPod nation**

Kate Brindisi
The Spectrum

Music is an essential part of people’s lives, but the way we transport and listen to it is rapidly evolving everyday. iPods are portable music libraries allowing us to download and carry our entire CD collection with us everywhere, in the form of a pocket sized hard drive.

Owning an iPod has become as common as owning a cell phone. You can bring it anywhere. It only takes a few minutes to create a play list on the iPod and then plug in the headphones and press play.

“I don’t have one, but a lot of people do and they seem to be pretty pleased with them,” said Rina Ramakalwan, senior, Bronx, N.Y.

“Or people wear the headphones to pretend they have one”.

iPods are popular items to be raffled off as prizes for club fundraisers. They also make great gifts, if you are willing to splurge for that special someone.

Over the past few years the size of iPods have gotten smaller and smaller. The smallest one available is the iPod shuffle which plugs straight into the computer’s USB port. It can hold from 120-240 songs depending on the byte capacity and runs from $99-129.

The next highest capacity would be the iPods nano. Small and sleek, the nano 2GB holds 500 songs and goes for $199. The 4GB gives you a little more bang for your buck holding 1,000 songs and going for only $249.

The newest version of the largest available iPods came out just after Christmas. The color iPod that was able to hold and display photos was upgraded to the video iPod on sale now.

The 30 GB iPod holds about 7,500 songs and goes for $299. For $399 you can the 60 GB player that holds 15,000 songs and only $399.

One of the most recent upgrades to the largest player available and has the option to store and play videos, and store photos. The iTunes music store has episodes on television shows available for download.

Accessories are also popular purchases. Portable speaker systems, and cases are popular iPod accessories. The iPod “skins”, rubber sleeves in various colors are also popular; however these sleeves only protect from scratches and dings, they do not protect the iPod if it is dropped.

“I got an iTrip for Christmas. It’s great because it has an FM transmitter, so it can be played through any radio so everyone around me can enjoy my music,” said Laura Day, senior, Worcester, Mass.

Although ipods seem to have infiltrated our everyday lives some people are against these digital sound machines.
L.A. Confidential:
Hollywood's news source comes to SHU

People: Guess what? Tom Cruise is in the news again! Not much of a shocker, I realize.

This time he is rumored to be behind the edited nude scene of his fiancée Katie Holmes in her new movie "Thank You for Smoking." Her sex scene has been cut out of the film, and Cruise is said to be behind it.

Supposedly, he doesn’t want his future bride frolicking around in the nude. Here’s a little hint, Tom: Katie has been naked before in a film; it was called "The Gift." What now, Tom? My guess: expect copies of "The Gift" to begin "mysteriously" disappearing.

Julie Lee, known to most television viewers as Earl, has been diagnosed with Chicken Pox.

"The My Name is Earl" star halted production on the television show until he gets better, which doctors say could take up to two weeks. NBC doesn’t want the actor spreading the disease, but they asked if he could spread his success to other NBC shows. Considering they will be losing "Will & Grace" and "The West Wing," they are going need all the help they can get next season.

My favorite Hollywood celebrity is doing a little role playing. Oprah Winfrey played an employee of the U.N. in "The Interpreter," but now she will actually be taking on the role of a goodwill ambassador. The Oscar-winning star will be the ambassador for the United Nations Development Fund for Women, focusing on gender concerns within our world. Julie Andrews previously was the holder of this position during the 90’s.

Kilman will also be taking the role of the ambassador for the United Nations Controlling Your Ex-Husbands Fund, and saving the world from more Tom Cruise media outbreaks.

Oprah Winfrey ripped author James Frey into a million little pieces on her daily talk show last Thursday.

Frey, author of "A Million Little Pieces," appeared on "The Oprah Winfrey Show" after the supporting book and later found out that much of the book was fabricated and not the memoir Oprah thought it to be.

In her usual fashion she wowed the crowd with her no-nonsense, invigorating rhetoric and they cheered. Boy, did they cheer. I think if given the chance, Oprah could rouse a nation in unity and drench them in sunshine. Oprah 2008, anyone?

Movies: Wes Craven has recently sparked rumors about "Red Eye 2," the sequel to his surprise summer smash. He discussed getting Rachel McAdams and Cillian Murphy back as the leads, but noted it would be tricky with both of their stars rising quickly. Craven said a good script would be the key to nabbing the stars.

If only all of Hollywood thought that way, movies would be fun again. Speaking of good scripts, the makers of the smash hits "Toy Story" and "Toy Story 2" have decided to forego a third installment in the series, due to a lack of a better script.

The long anticipated movie had a story line of Buzz Lightyear being recalled to Taiwan for problems with the toy. In a series where the sequel was better than the original, a third has the potential to be the best yet. Until these toys recharge their batteries, enjoy their first two adventures on DVD.

A teddy bear will be playing Teddy Roosevelt. The notoriously hairy Robin Williams has signed on to play President Theodore Roosevelt in Ben Stiller’s new comedy "A Night at the Museum." In the movie, all the animals inside the Museum of Natural History will come alive through a curse and inflict mayhem for the security guards.

Fox is planning on releasing the movie for Christmas 2006, which means children and adults alike can enjoy Teddy bears this Christmas.

Opening this weekend we have "When a Stranger Calls," a remake of the original babysitting horror flick. There are no big stars in it, but neither did "Hostel" which beat its competition. Horror movies are in right now; expect this to be number one at the box office considering the lack of openings this week. Something New with Mike Epps, Donald Faison, and Blair Underwood also opens with great star power. That’s a wrap.

And the 2006 Oscar Nominees Are:

Best Picture: Brokeback Mountain, Capote, Crash, Good Night and Good Luck, Munich

Best Actor: Philip Seymour Hoffman, Terrence Howard, Heath Ledger, Joaquin Phoenix, David Strathairn

Best Actress: Reese Witherspoon, Judi Dench, Felicity Huffman, Keira Knightly, Charlize Theron

Best Supporting Actor: Paul Giamatti, George Clooney, Matt Dillon, Jake Gyllenhaal, William Hurt

Best Supporting Actress: Rachel Weisz, Amy Adams, Catherine Didish

Nu Year, Nu Name
What’s Happenin’: Nu Bar

Lauren Williams
The Spectrum

With busy schedules and heavy workloads, many students chose to take advantage of the local bar scene to relax. One such hot spot familiar to Sacred Heart students is the bar previously known as John Adams' Bar & Grill located at 2931 Fairfield Ave. in Bridgeport. However, the bar changed its name to now Nu bar.

Notorious for its leniency on fake IDs John Adams’ liquor license was suspended for nearly a month last fall for charges including 39 counts of minors in a barroom and 11 counts of sales to minors. The permittee also paid a $10,000 fine and the bar was cited for various record-keeping violations. Now under fresh management the bar has made a few minor changes.

At a glance some may not even notice the subtle differences, as there are still a lot of mirrors, pool tables and a wall-mounted jukebox.

"Though under new name and management, there really aren’t any renovations to talk about," said Jennilyn DeSisto, senior, Trumbull.

"It looks the same as it always has inside."

While the décor is almost indistinguishable the co-owner, Domingos Santos, and his brother, Joe Santos, have decided to offer a tapas menu. Lunch, dinner, and specials every weeknight.

The Santos’ have also assured their frequent customers many enhancements are still in the works. Having only had a few months to transform the once off the radar, seedy John Adam’s the management hopes Nu bar will become a trendy upscale establishment.

Nu bar, though headed for improvements may not be geared to the likes of college students. With moderately priced appetizers off the taps menu (any three for $12) do not expect hot wings or nachos but instead items such as goat cheese and olive paste.

While the food may not be the draw of the crowd Nu bar does offer nightly promotions, such as: Mondays NFL pools, Tuesday drink specials, Wednesday live jazz, Thursday Ladies night, Friday live rock ‘n’ roll, Saturday and Sunday live DJ and dancing. These events are likely to attract the masses it once did giving Nu bar great promise to become a popular place for Sacred Heart students of age to congregate once again.

A Nu bar employee who wishes to remain anonymous said, “Although we do strictly enforce the law now, the great atmosphere hasn’t changed and I definitely encourage Sacred Heart students to check out the new place." If Nu bar is not your speed keep in mind there are various other local bars to chose from such as: The Field, Bravo, The Skybox, The Bitter End, Al’s Place, Black Rock and Blue, Acoustic Café and The Whiskey Lounge to name a few.

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Thursday Mar. 16
6:30-9:00 p.m.

Fairfield Historical Society
636 Old Post Road, Fairfield
The mysterious Meningitis disease can be fatal

Scott Wagner
The Spectrum

You are hanging out with a couple of friends playing a ridiculous beverage sport featuring ping-pong balls and solo cups. Then suddenly, splash, you win. The next few days pass, you wake up like every other day, prideful and powerful from the pong victory a few days back, but today your back and neck have become devastatingly sore. Sneak attack hangover from the weekend? Maybe. During the day you begin to develop nausea, a fever, and you grow more and more disoriented. The next few hours are critical. If the symptoms do not improve soon you will need to reconsider how you diagnose this lack of comfort. It may be possible that you have contracted meningitis.

It is important to remember that SHU asks for a physician-endorsed history of vaccination from each incoming student before the enrollment process can begin. However, not every college in this country has such standards. As a result the fate of some of our peers have been sacrificed.

Nov. 17, 2005, just two months ago, 19-year-old, Caitlyn Boyle, a Long Island resident and Marist College student, died of complications involving her contraction of bacterial Meningitis. Her family and friends marked her death according to Fairfield County News.

Kent's mother was quoted as saying, "It is important to remember that SHU asks for a physician-endorsed history of vaccination from each incoming student before the enrollment process can begin. However, not every college in this country has such standards."

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The first thought that pops into your mind, when watching the television, is to get a series of vaccines. Until then, the Center for Disease Control (CDC) and Prevention offers a few words of advice. The CDC concludes that particular groups of college students are at six times the risk for contracting this illness. Most students who have contracted the bacterial form shared commonalities such as living in dormitories, causing an increase in vulnerability to respiratory infections, as well as partaking in passive and active smoking and excessive alcohol consumption. College binge drinking and smoking weaken the body to the point where bacteria overwhelm the white blood cells, which in turn interferes with the creation of antibodies.

These activities also generate an ample amount of saliva swapping; hook-ups to solo cups and borrowed Marlboro Lights, all of which present dangerous grounds for germ sharing. Meningitis is transferred through respiratory and throat secretions, so avoid contact with anyone else's but your own.

The reality of primetime television's success

Ashley Bonora
The Spectrum

After a long day of classes and an over the top, fun-filled weekend, you decide to take a night off and relax by watching a little boob tube. What's the best way to break away from your reality you ask yourself? Reality shows of course.

It's a Monday night around 8:00 p.m. You're sitting in your room flipping through the channels and you come across a show that looks semi-appealing, "Skating with the Celebrities." Do you watch it, or immediately change the station? Well, as the saying goes, curiosity killed the cat.

The first thought that pops into your mind, where did this television show originate from? It sounds familiar, and the answer is simple, "Dancing with the Stars." Is that reality show that incorporates some suave dancing, and a lot of semi-washed up actors, or unfamiliar actors who are looking for a way to make a comeback. For example, John Larroquette, an actor known for his random roles and TV appearances, was the runner up last season. He was defeated by Kelly Monaco, a celebrity in the soap opera world. No one would have ever been fully reintroduced to these performers, had this show never been aired, and become such a big hit.

It was just that, so producers of that show created a new spin off called "Skating with the Celebrities." This show, unlike its predecessor, integrates figure skating, rather than, well, dancing. In every way, shape, and form, this show is exactly the same as the one previously exposed. New stars come out to celebrate the art of figure skating where they are paired with a professional skate partner and a coach aiding them with choreography and training. The big bang into reality television shows was "Survivor," back in 2001, where Americans were shipped to tropical, desolate islands to survive, wild island life. This includes doing challenges in order to gain immunity from being voted off, ultimately eliminating your chances of winning the grand prize, one million dollars. From there, the idea of mock reality has learned to exploit both entertaining, high-quality talents, or those poor unfortunate souls who are only embarrassing themselves for the sake of our amusement.

The second show that threw America into the world of reality television was "American Idol." In simple terms, this innovative talent show lets America determine who is the next "American Idol." But is any different than "Skating with the Celebrities?"

"Well in general I think that reality shows are cool and interesting because they're a type of show that every person can relate to. Any race, gender or religion. None of these shows are either a really great way for a good talent, to actually have a shot at success, or it's an excuse for a person's 15-minutes of fame.

It may be entertaining the first or second time around, but after thinking about it, what is actually being depicted on the small screen, you recognize that it is nothing more than a bunch of has-beens hoping to make a come-back in a world where young, beautiful, dramatic people are the only ones to survive.

AP Photo/ Marko Drobnjakovic

Meningitis leads to many life threatening ailments.

No one she knew or had been in contact with in the days preceding her death ever became infected according to Fairfield University "The Mirror."

On Dec. 28, 2005, 19-year-old, Thomas Kent Ventura, Ca. College student, had lost his battle with bacterial meningitis. The two victims had no ties to each other. Kent's mother was quoted as saying, "It is important to remember that SHU asks for a physician-endorsed history of vaccination from each incoming student before the enrollment process can begin. However, not every college in this country has such standards."

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Learn how to attain the ultimate beach body

Ceren Akinci
The Spectrum

Now that the Holiday feasting season is over, many want to start working on their spring break body. With the right exercise and nutrition, it’s possible for you to reach your fitness goals.

The most effective way to lose weight is through exercise and changing your eating habits. It is the only way you can lose the weight and keep it off permanently. Unlike yo-yo dieting, which may only work for a very small period of time. Once you return to your normal eating habits, the weight comes right back.

If you are a beginner, start slow and be patient. 30 minutes a day, three times a week of cardio exercise; elliptical, stationary bike or the treadmill are the easiest ways to jump start your work out.

“Cardio gets your heart rate going, causing your body to use the stored fat to burn it up for energy, the more cardio you do, the more stored fat your body uses, allowing you to shed off pounds.” said Guillermo Martinez, certified personal trainer at Planet Fitness.

The fitness equipment at SHU Pitt Center allow you to choose the time and intensity level at the beginning of your work out session. It is recommended to work your intensity level up, as each course gets easier.

In order to avoid any type of injury, you should do a five minute warm up followed by stretching prior to a five minute cool down following your work out. If you would like to start weight and resistance training, it is recommended that you seek the help of a trainer in order to understand and learn the right techniques of weight lifting to achieve maximum results.

Five a day keeps the doctor away.

“Students should take advantage of the Pitt center because it has a great variety of machines to target all specific body parts and train the muscles. I use the treadmill to run two to three miles and weight train at least four to five times a week,” said Kaitlyn Franzese, junior, Rockville Center, N.Y.

If you feel like your exercise routine is becoming boring, go ahead and try a different machine, or better yet try one of the many classes offered at the Pitt Center. Aerobics, kickboxing, yoga and pilates are just some of the classes that students can benefit from.

Fitness professionals who know how to push your body to achieve better results lead these classes. These classes are popular and the loud upbeat music makes the time go by faster. The calendar of all of the classes that are being taught this semester can be obtained at the front desk of the Pitt.

As for nutrition, choose wisely.

Contrary to belief, the more you eat the better it is for your metabolism to burn up calories, allowing your body to lose weight.

“You should have small frequent meals in order to prevent your body from going in to a starvation mode, once you let your body feel deprived it will automatically store the next meal you eat,” said Guillermo.

It is not how often you eat, but rather what you eat that can hurt you. Opt for six small meals a day, rather than three large ones. If you’re on the run, and don’t have time to sit down for a meal, grab a Nature’s Valley granola bar, or a fruit to keep your body replenished.

“I usually opt for a salad with grilled chicken and olive oil and vinegar for dressing, sushi is a good choice as well, I try to stay away from fried foods like chicken tenders or fries,” said, Franzese.

Carbohydrates are not your enemy. Whole grains, such as wheat, rye and grains are available in a variety of forms, allowing you to shed off pounds. Foods that are rich in fiber are not your enemy, whole wheat breads, pastas and even chips, making it easy for anyone to enjoy the right amount of carbs without sacrificing your health.

Fruits are great snacks, and so are vegetables and salads, but stay away from the fattening dips and dressings that can contain as much fat as a cheeseburger. If you have a sweet tooth, enjoy dark chocolate in moderation to keep you satisfied. Don’t deprive yourself of things you are craving, as long as you are using portion control and not making it a daily routine to eat it, you can allow yourself to enjoy sweets, desserts and even pizza.

The most important part of your diet and exercise routine is keeping your body hydrated. You should make it your goal to drink at least eight servings of water a day. Each water bottle contains two servings, so go ahead and stock up so that you are drinking at least four bottles a day. Stay away from soda and other caffeinated drinks that actually dehydrate you. Green tea is a great option but should not be used to replace water.

Keep in mind that this is not just another fad diet; this is a lifelong commitment you are making to develop better eating habits and exercise routine. Fad diet plans will not bring you the success you need to lose weight and keep it off. With the right combination of diet and exercise your spring break body is just a few months away.

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Playwright Wendy Wasserstein dies

Michael Kuchwara
Associated Press

NEW YORK (AP) - Playwright Wendy Wasserstein, who celebrated women confronting feminism, careers, love and motherhood in such works as “The Heidi Chronicles” and “The Sisters Rosensweig,” died Monday. She was 55.

Wasserstein, who had been battling cancer in recent months, died at Memorial Sloan-Kettering Cancer Center. Andre Bishop, head of Lincoln Center Theater and Wasserstein’s close friend and mentor, said the cause of death was lymphoma.

“She was an extraordinary human being whose work and whose life were extremely intertwined,” Bishop said. “She was not unlike the heroines of most of her plays, a strong-minded, independent, serious good person.”

Wasserstein’s writing was known for its sharp, often wry observations about what women had to do to succeed in a world dominated by men.

Her most recent work, “Third,” which ended a New York run Dec. 18, 2005, dealt with a female college professor, played by Dianne Wiest, whose liberal, feminist convictions are put to the test by a student she sees as the epitome of the white male establishment.

Many of her plays were initially seen at off-Broadway’s Playwrights Horizons and later at Lincoln Center Theater, both run by Bishop.

The playwright continued her off-Broadway success with “Isn’t It Romantic?” - about a free spirit who rejects her fiancé and tries to find a life as a single woman.

She attended Mount Holyoke College in Massachusetts and then went to Yale University, where she became friends with such budding playwrights as Christopher Durang and Albert Innaurato and began her theater career.

“I find myself being more interested in my old friends and in deeper alliances,” Wasserstein said in an interview with Time last year. “My 50s are also about being a mother and the joy of my daughter Lucy Jane and about loss. Real loss. My sister Sandra died of breast cancer at 60, so I know about things I didn’t know about before. My father died two years ago, and then my friend (director) Gerald Gutierrez died. He was 53. I think if you experience loss, you also on some level try to treasure joy. It can be as simple as going to the bal­let or being with your child.”

Wasserstein is survived by her daugh­ter Lucy Jane; her mother, Lola; a sister, Georgette Levin; and her brother, Bruce Wasserstein, chairman and chief executive of Lazard LLC. Funeral services will be private.

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Women's b-ball will play rival Quinnipiac 1 p.m. Saturday in pivotal NEC matchup

Kristyn Nicastro and Travis Flynn The Spectrum

Despite losing 68-63 at Long Island University Monday, women's basketball (9-1 NEC) still occupies the top spot in the Northeast Conference after winning its 10 previous games by a combined score of 787-604.

With eight games remaining, every contest is important, and this upcoming weekend's is certainly no exception. This Saturday Sacred Heart will travel up I-95 for a 1 p.m. match-up against its southern Connecticut rival Quinnipiac Bobcats, who are 8-1 in the NEC.

"I think every game is special going into it, because it brings us a step closer to reaching our goal, which is to win the [NEC] title this year," forward Mary Rush, a junior from Waterbury, said.

Defeating Quinnipiac will not be easy. Winning seven of their last eight match-ups, four of which were consecutive victories, the Bobcats are currently in the midst of their longest winning streak ever. Last time out, QU defeated St. Francis N.Y., 61-54.

The Pioneers lead the all-time series, 8-6, after winning both meetings last season. They hold a three-game winning streak, which consequently snapped a three-game losing streak to QU.

Sacred Heart is enjoying a successful mid-season run, led by recurring All-NEC guard Amanda Pape, a Stamford native who is averaging 17 points and seven rebounds per game.

The Pioneers grabbed sole possession of first place last week with a 78-59 win over Robert Morris, followed by a 76-55 win against Fairleigh Dickinson.

Sacred Heart players choose to view the added pressure of being number one optimistically.

"There is a little bit of pressure being the number one team, but we are a good team, and extra pressure will only help us in the long run," forward Nicole Rubino, a senior from Port Jefferson Station, N.Y., said. "The success we have had has been great, but we haven't reached our goal yet; it only helps us improve ourselves, day in and day out," guard Kerri Burke, a junior from Saugus, Mass., said.

Forward Jasmine Walker, a senior from Amityville, N.Y., believes that the team's success can be attributed to how well her teammates work together and their superior court chemistry.

"We play together, not against each other," said Walker, who achieved a career-high of 20 points in Monday's game against the Long Island University Blackbirds.

Rush and Burke agree that teamwork is a key to SHU's current success.

"I think what helped us the most is becoming undefeated and reaching number one is that we all complement each other," Rush said.

"Every day these girls work their butts off, and in every game they play like it is a championship," Burke said. "To find that attribute in a team is very hard."

With the Bobcats currently on a winning streak, and the Pioneers trying to embark on a new one, anything can happen Saturday afternoon.

"Every day these girls work their butts off, and in every game they play like it is a championship."

Kerri Burke
Women's basketball guard
MB heads to Quinnipiac tonight for 7 p.m. tipoff

Michael Barrett
The Spectrum

After losing its last two games by a combined eleven points, men's basketball looks to regain a .500 record tonight with a 7 p.m. road win against the Quinnipiac Bobcats.

Sacred Heart will try to avenge last season's loss to Quinnipiac. The game holds additional importance, as it will play a key role in determining home court advantage for the first round of the Northeast Conference Tournament.

"The game adds another chapter to an already strong and healthy rivalry between the teams," student team assistant Jon Parsons said.

We play in a diverse league, where every game against a conference opponent is like playing two games," head coach Dave Bike said. "Any win puts you two games ahead against your opponent, which makes it important."

Nonetheless, a win tonight puts the Pioneers in better shape for the final part of the season.

The Matchup:

The Bobcats' 3-7 conference record overshadows their ability to stay in games and keep their opponents sweating. They boast the conference's number two ranked offense, averaging 76 points per game. Leading the way for the Bobcats is junior guard John Winchester, who averages 12.7 points per game.

To combat the high-powered offense of QU, the Pioneers will use their stingy defense that Ijas earned them fourth overall in the conference. "We need to stop their offensive runs to win this game," Bike said.

On the offense, the Pioneers sport two of the NEC's top three scorers in center Kibwe Trim, a senior from San Juan, Trinidad, and guard Jarrid Frye, a junior from Queens, N.Y. The two players average 18 and 17.7 points in conference games, respectively. It will be up to these two to help catapult the Pioneers past the potent offense of Quinnipiac.

"Trim is a big part of our game," Bike said. "Any time you have a big man like that, you have to give him the ball."

The Bobcats will try to shut down Trim, which will open up Frye, allowing the offense to play "an inside out game," according to Bike. Look for the Sacred Heart offense to come alive and take advantage of a Quinnipiac defense that is ranked last in the conference, giving up 75.2 points per game.

The combined efforts of the Sacred Heart defense and offense will be key in helping the Pioneers defeat their rivals.

The Intangibles:

Besides using their on-the-court play, the Pioneers will look to their trio of captains to help push them in this important game. Kiwwe Trim, Tavio Hobson and Joey Henley are the leaders of the team on and off the basketball court.

Hobson, a junior from Seattle, Wash., is "the floor general" according to Parsons.

He and Henley, a junior from Kent, Wash., are "vocal in both practice and the games, and help push everyone else," Parsons said.

The two, along with Trim, this season, "are an important part of the team's improvement this year," according to Parsons.

Also, the men will have to overcome the home court advantage that Quinnipiac uses to help them in all their games, an advantage much like the Pioneers enjoy from the Pitt Center crowd.

"Home court is a huge advantage for any team," Bike said.

To help the team, a visiting fan presence is needed.

"With the game being so close and the team needing our support, I am trying to rally as many kids as I can to drive there and help cheer the team on," Scott Giordano, a sophomore from Hamden, said.

Tip off is scheduled for 7 p.m. at the Burt Kahn Court in Hamden.

Top Performers: three stars for Sacred Heart

Gina Arnone RW
Women's Ice Hockey

Jason Smith G
Men's Ice Hockey

Rocco Molinaro C
Men's Ice Hockey

STATS:

Gina Arnone
3 Goals
3 Assists

Arnone had 6 points among 15 Sacred heart goals in a shellacking of opponent Rhode Island.

Jason Smith
75 saves
2-0
1.00 GAA

Smith's 54 save performance on Saturday night tied his own school record.

Rocco Molinaro
2 goals
1 assist
1 game winning goal

Old timer Molinaro showed the kids how to get it done this weekend versus MH.
Women's ice heats up at right time

Pioneers look for redemption this weekend in a home series vs. RPI

Brad Holland
The Spectrum

Freshman Gina Arnone scored three goals and six points, leading her teammates for two victories over Rhode Island last Saturday and Sunday afternoon.

On the weekend series, the Pioneers scored fifteen goals and gave up none. Their wins set up a highly anticipated battle versus St. Anselm on Tuesday. At press time, that game had not been completed.

Sacred Heart defeated St. Anselm by a score of 4-2 in their first meeting of the season. One of these teams likely carry the number one seed going into the league tournament.

The women's ice hockey team is picking a valuable time of year for heating up.

Recent wins over URI were the Pioneers' sixth and seventh in a row. Barring the outcome of Tuesday's St. Anselm matchup, the Pioneers' last loss was Boston, versus Boston University Dec. 4.

Arnone (Bridgewater, NJ) credits her team's ability to hold a lead as a big part of their success.

"When we do have the lead we make sure that we keep on top of our game and not fall short in any way," Arnone said. "It is important to remember that we still have to play our game to the best of our abilities and not to create any bad habits."

Arnone's six points versus URI, barring Tuesday's totals, has given her a team-leading 34. She is among the top six scorers in the nation, and leads the entire women's college hockey ranks by averaging two points in each of her 17 games this season.

Going into the weekend series versus RPI, however, she believes that the most important battles will all be played in the defensive end of the ice.

"I've always been taught that defense wins games," she said. "When you play at the level that we play at now, that statement is one hundred percent true. If we don't play well in front of Boulay, we don’t win any games. We are lucky enough to have a solid goaltender in net at all times."

Junior Stephanie Boulad has been solid in net this season, drawing praise from her teammates and coaches alike.

Redemption, of sorts, will also be up for grabs in the coming games. The Pioneers began their season learning two good lessons at the mercy of the Redhawks, whose disciplined game can be claustrophobic, at times.

The Redhawks have given up a minuscule 2.03 goals per game this season, to the tune of a three goalie carousel. Senior Rosina Schiff and freshman Ashley Mayr pull most of the load; between the two of them they boast a 10.5-2 record.

The third goaltender, freshman Emily Ford, is undefeated on the season at 3-0, with a 1.90 GAA and a .878 save %.

The Pioneers will have to be good no matter which opposing goaltender gets the nod this weekend.

"They ripped us apart the first two games we played them," Arnone said. "It is going to be a battle against them. But if we play our game, it should be a good show."

Reeling of late, the Redhawks have dropped their last four games by a combined score of 17-7. These four losses came on the heels of a 14 game stretch during which the Redhawks lost only one.

Pioneers Sweep MH

...Continued from back page

The two wins for Sacred Heart this weekend put their record at 13-6-1 in the Atlantic Hockey League, giving them three wins in a row overall, and a five game winning streak within their conference. The Pioneers are within one point of the first place Lakers.

"This was championship weekend for us. We needed the points and we were good enough to get them," Henck said. "But we have to keep playing our game and impose our will on our opponents. Our conference is so tight that the last place team can easily beat the first place team on any given night."

With all the dust settled, Sacred Heart remained in second place, but now only a point out of first place Mercyhurst with even games played for both teams. Holy Cross is tied with the Pioneers for second place, but the Crusaders have played two less games.

Sacred Heart plays a home-and-home series with Holy Cross on Feb 24 and 25. The teams will be in Milford at 7 p.m., Saturday Feb 25, in their final meeting before playoffs.

So with their destiny in their hands, the Pioneers will continue to take care of business.

Tomorrow the Pioneers will travel to Watertown to play the Black Knights of Army. They return home to the Milford Ice Pavilion to face the Knights in the conclusion of their weekend series. Game time is 7 p.m.
Steelers re-open an old wound for Jets fans.

As if it wasn’t hard enough being a Jet fan...

Last year, around this time, I was calling for Jet field goal kicker Doug Brien’s head. You don’t even have to be a Jet fan to remember how Doug Brien got the Pittsburgh Steelers into the conference championship game during last year’s playoffs. Thank God I didn’t have to watch the Steelers go all the way to the Superbowl. This year, it’s a different story.

I may have a year-old beef with the Steelers, but not even I can deny the fact that they deserve to be in the Superbowl right now more than anyone. Yes, the Colts had a nearly flawless season, the Bengals had an amazing season and the Broncos looked to be Superbowl bound. What do all of those teams have in common? The Steelers beat them on their home turf this year in the playoffs. Is there any doubt that a team winning three games on the road to reach the Superbowl will be ready to win a championship? None whatsoever.

Probably one of the bigger storylines this year is Jerome Bettis returning to his hometown to play in his first Superbowl. As if he needed any more motivation. The Bus may not have had an amazing season according to his numbers, but his sheer presence gave the Steelers the boost they needed to make it to the big game. He played 12 games this season, but didn’t start any. He carried the ball 110 times, yet scored nine touchdowns on the season. That’s roughly one touchdown every 12 carries. Of course, Bettis is normally used in goal line situations, but still, he gets the job done. It won’t be easy to break through the league’s fifth-best rushing defense, but something tells me it will be no tough task for the Bus.

Since the day he was drafted, I thought Ben Roethlisberger was the best quarterback in the 2004 draft. Yes, better than Eli for the Bus. The Steelers had the league’s fifth-best rushing defense, but still, he gets the job done. Of course, Bettis is normally used in goal line situations, but still, he gets the job done. It won’t be easy to break through the league’s fifth-best rushing defense, but something tells me it will be no tough task for the Bus.

Just because Shaun Alexander is on the roster doesn’t mean you should overlook the Seahawks’ passing game. Matt Hasselbeck may not be the cream of the crop, but he can still throw the ball well. Joe Jurevicius and Bobby Engram are both dangerous receivers as well as tight end Jeramy Stevens. Just like the Seahawks, the Steeler pass defense isn’t exactly lockdown. But Troy Polamalu, Chris Brown and Desean Towsonad are all solid players, and although the test is a tough one, they’ll pass. Pressure from James Farrior, Kimo von Oelhoffen and Joey Porter is always nice as well.

Football fans get ready. This year’s Superbowl isn’t all about the commercials. You have a game to watch. The MVP going up against one of the best defensive teams in the league is sure to provide every football fan with some of the most entertaining Superbowl memories. It hurts saying it, and Jet fans know how I feel, but this year, the Pittsburgh Steelers will come out on top and take the trophy home.

The Steelers are a very talented bunch, and their defense could be enough to keep it interesting, but they lack a stud such as Alexander, to give them that edge that is necessary to obtain a Super Bowl title.

Some people have dubbed Roethlisberger as the next Tom Brady, but it cannot be said until Big Ben wins three out of four championships in his first five years, as Brady did. If he performs at a superstar level, and the Steelers somehow got out a win, then the discussions of the theories possibilities would be valid.

As said before, the Seahawks’ running game is far superior to Pittsburgh’s but Seattle’s advantages over other offensive positions aren’t so exaggerated. Matt Hasselback was a tremendous passer this season, and having a quarterback that is a major threat only makes Alexander better. Big Ben is more of an accuracy passer, and since the Steelers defense revolves around the ground game, the ball isn’t in his hands enough to be a game-changing player.

I also believe that the Seahawks will outsmart their adversary simply because they will take advantage of the playing field, where all-pro Troy Polamalu isn’t present. If they bring him in the box, it may help slow down Alexander from gaining long rushes, but it will open the field for Hasselback to air it out to his favorite receiving target Darelle Jackson. The Steelers’ Hines Ward is a far better receiver than Jackson, but the difference most likely can’t be noticed in one game. We haven’t had a Super Bowl so evenly matched in recent history, despite the Steelers being favored by four. New England would always bring their juggling lineup into the biggest Sunday of the year and steamroll its opponent like they were playing a high school JV team. Right now, all Jets fans are cringing in utter disgust as much as I am.

In past years, there has always been a dominant force on every Super Bowl winning team. In 2002, there was the Marshall Faulk/Kurt Warner offensive circus (although they lost to the Patriots). In 2003, there was that feared Tampa Bay defense, and then Brady for all of New England’s rings. This Saturday night, Steelers coach Bill Cowart should have nightmares that Alexander will be next on that list. Just like many, he knows the XL performance is coming from the league’s MVP.
Stonewall Smith and MIH sweep Lakers, slide to within one point of first in AHL

Pat Pickens
The Spectrum

Junior goalie Jason Smith of St. Lambert, QC tied his own school record in his second win of the weekend, stopping 54 shots as the Pioneers completed their sweep of the Mercyhurst Lakers. The final scores were 4-1 and 2-1, respectively, Friday and Saturday nights.

Smith, who also stopped 54 shots in 2003 versus Providence College, was dummbed by his accomplishment. “I can’t believe it,” the New Jersey Devils draft product said when told of the number of shots he stopped. “I thought I got like 35 or 36.”

Final shot total for Saturday night was Mercyhurst 55 and Sacred Heart 24.

“He is unbelievable,” Senior captain Noel Henck of Brentwood, N.H., said. “It is almost unfair to the teams we play that we have a goalie that good.”

Henck was not alone in his praise of Smith. He was one of about 600 people at the Milford Ice Pavilion who could not believe some of the saves.

The game didn’t begin as Smith would have hoped, however. Mercyhurst got on the board first at the 8:03 mark of the first period alone.

It did not remain that way for long. Junior Pierre Luc O’Brien of Nicolet, QC scored just 1:56 later to tie the game at one. O’Brien received a pass from Bear Trapp and threw it towards the front of the net. It hit a Mercyhurst defender and beat goalie Mike Ella.

“I really think we responded well after that first goal,” said coach Shaun Hannah.

O’Brien also set up the game winning goal. After Dave BorelU was shipped to the penalty box for boarding, O’Brien delivered a tap-in pass to Senior Roeco Molinaro of Dearborn, M.I. Molinaro put it past Ella to make it 2-1 at 11:56.

“I think we responded well after that goal,” said coach Shaun Hannah. “We had good jump in our legs after that goal, and we scrapped and clawed for everything we got.”

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“That was a great pass from [O’Brien],” Molinaro said. “He made a great pass and I was just on the doorstep to finish it off.”

Then the Sacred Heart defense and Smith took over. The Pioneers’ killed 10 power plays, including six in the second period alone.

“They called it tight tonight,” Hannah said. “We have to be better and smarter in staying out of the box, but our guys stepped up and made plays on the penalty kill.”

“Mercyhurst has a great power play, we were disadvantaged. But our team unity really helps us killing penalties,” Henck said. “Our penalty killers have been stepping up and have been huge for us in games.”

Smith stopped 20 shots on the power play alone, however he credited his defense for playing hard.

“Despite all the shots, our defense played really well,” he said. “They were good along the boards, and they blocked a lot of shots which really helped me out.”

One of the most important plays, a great back check by sophomore Alexander Parent of Boisbriand, QC, snuffed out a two on one rush for the Lakers late in the third period.

“That was a great play by Parent,” Hannah said. “He took a great angle and made a great read with his body and made a terrific play.”

Parent also had two assists in the game.

The game Saturday completed the sweep versus the first place Lakers.

On Friday, January 27, the Pioneers won the first game of the weekend 4-1. Smith made 25 saves on 26 shots to ensure the Sacred Heart victory.

“He stands on his head every night,” Henck said of his goaltender.

While the Saturday meeting was a tight defensive battle full of special teams, Friday’s game was an up-and-down domination by the Pioneers over the top team in the conference.

SHU outshot the Lakers 42 to 26, and 19 to nine in a three-goal second period that all but shut the door on Mercyhurst’s chance of a comeback.

“We had a great college hockey atmosphere and it was distinct advantage for us and very detrimental to them,” Henck said. “It was a great atmosphere here tonight; it felt like a playoff game,” Molinaro said.

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