Two selections of Christopher Bowley's poetry

Heaven's Door by Christopher M. Bowley

I've seen it, and it's beautiful
A huge open space, just like I pictured
A wild soft and tender place
I've seen it, and it's beautiful
But only for a short time
Because I was called back
I've seen it, and it's beautiful
And I know I'll see it again
And it will be open to me

But until then, every night
I'll dream of the golden gates
Heaven's door

Lying Here I Stare and Dream by Christopher M. Bowley

Lying here I stare and dream
About what I will become
So much is muddled in my head
I think of relationships
I think of employment
I even think of death
But I know that none of that matters
What matters now is now
And if I can't live for tomorrow
I'll live for today
I'll live for what I've got
Because we cannot
Cannot live for our dreams.
News Briefs

Mass for Christopher Bowley this Sunday
Sacred Heart will hold a special mass for Christopher Bowley at 9 p.m. this Sunday in the Mahogany Room.

Investment game beginning Feb. 5
The Finance and Economics Club will be sponsoring an investment game which will run from Feb. 5 to May 4. Any interested students may participate by entering as individuals or groups.

Entry forms are due at noon on Feb. 5 in East Hall. Prices used should be the closing prices from Feb. 2. Investment game beginning Feb. 5. May 4.

Stock shares must be purchased in multiples of 50. Entrants have $50,000 to invest in stocks and to ‘S’ a fund which will earn 3 percent.

Winners will be determined by closing prices on May 4. Any interested students may participate by entering as individuals or groups. The Finance and Economics Club will be sponsor­ting this event.

Trip postponed, but charity continues

By Jeff Hoose
Contributing Writer

In a brief article last week, I wrote to you regarding an earth­quake in El Salvador. In this earthquake, there were 687 con­firmed casualties, with over 200 people still missing throughout the nation. The earthquake and its 1,600 reported aftershocks, destroyed over 46,000 homes.

The earthquake is the latest in a series of catastrophes to fall upon this developing nation. The assassination Monsignor Oscar Romero in 1980 triggered the start of a brut­al civil war in which 75,000 Salvadorans lost their lives. In 1992, a peace agreement ended the 12-year war in which the United States government spent an estimated $6 in an attempt to bolster various democratic gov­ernments.

Since the conclusion of the war in 1992, Sacred Heart University has sent delegations comprised of both students and faculty to El Salvador. These delegations have visited the communities of Tierra Blanca, San Hilario, and Los Ensayos, working in unison with the commu­nity on local projects.

The University’s presence in El Salvador goes far beyond their contribution to construc­tion efforts.

The trip provides an experience to form sacred bonds with others. By traveling to El Salvador, a person learns lessons about grace and humility.

El Salvador is among the poorest and most overcrowded nations of Central America; it’s six million people live in a land roughly the size of Massachusetts. In the past decade, this nation has experi­enced the horror of civil war, as well as the wrath of nature, when Hurricane Mitch struck in 1998.

Yet as El Salvador struggles to rise from the ashes of this earthquake, its people will no doubt display the toughness and the perseverance that has sus­tained them through repeated calamities.

In a nation that has under­gone such tremendous adversity, the people remain thankful for all that they have.

The three villages that Sacred Heart has visited the past eight years are located within the rural department of Usulutan, perhaps the area most impacted by the earthquake’s destruction.

Of the 67,000 people driven from their homes by the earth­quake, over 24,000 came from Usulutan, over 4 times as many as the capital city of San Salvador. This rural area also experienced higher numbers of deaths and injuries than the cap­ital city.

Government relief focuses heavily on cities, often neglect­ing the needs of the rural popu­lation.

A week ago Sister Elena Jaramilla, the University’s con­tact in El Salvador, and the leader of most service endeavors performed in her community, insisted upon the jndefinite post­ponement of this year’s trip. She has instead encouraged the delegation to raise funds for earthquake relief. In accordance with her wishes, the delegation will be conducting a fundraising raffle.

Tickets will sell for $1 per ticket, $5 per arm length, and $10 for a body length. The prizes at stake are a DVD Player, a TV, and $100 from American Express.

The drawing will be held on February 21, at 12:15 in the diner hall. Tickets are available at Flik during lunch hours, from delegation members, or in the campus ministry office.

In addition to this fundrais­er, beginning next week, the del­egation will be selling vouchers for $7.

These vouchers can be exchanged for a loke box ticket at any Sunday through Thursday Bridgeport Bluefish home game during the 2001 season.

It is often too easy to dis­miss natural disasters in far off places like El Salvador. This earthquake however, hits very close to home.

The people of Usulutan have touched my life, as well as the lives of many others throughout this university, in ways none of us will ever forget.

This year, the University isn't sending a delegation of students to El Salvador during spring break.

Instead, the Sacred Heart community has been called as whole, to collectively help the earthquake victims of Usulutan.

I ask for your support in these earthquake relief efforts, for no one deserves the constant misfortune that is thrust upon El Salvador.

Valentines Dinner

Dinner by Candle Light
In the Faculty Lounge
February 14, 2001

$12.95 per person

A la Cart Items Also Available

Two seatings
5 pm or 7 pm

Reservations Required
Reserve Your Table
in the Main Dining Room Front Desk
or
Call 365-7624

Limited Seating Available
Deadline is Friday February 9,2001
February 1, 2001

www.shuspectrum.com

SHU Spectrum 3

Ritalin abuse a growing college problem

By Shankar Vedantam and Matthew P. Blanchard
Knight-Ridder Tribune

For years, parents, doctors and regulators have squabbled over the medical value of the prescription drug Ritalin and its ability to get distracted and hyperactive children to calm down and pay attention at school.

Now, they have more to squabble about: As use of Ritalin has exploded in the last decade, doctors and drug-control officials say the medicine's easy availability and its powerful stimulant effects are fueling a growing epidemic of drug abuse.

Wednesday, for example, police in a Philadelphia suburb arrested a young man who is accused of breaking into his high school's medicine cabinet last week and making off with hundreds of pills of Ritalin and Adderall, medicines widely used to treat attention deficit hyperactivity disorder (ADHD).

The prescription drugs, stolen just as students at William Tennent High School were getting ready for semester exams, can be used both to stay awake all night or to get high.

The incident adds to a growing sense of unease about Ritalin abuse, especially among young people. While some swallow the medicine in its regular pill form, others crush and snort it, or dissolve and inject it into a vein, producing both euphoria and addiction.

"This is a growing concern that all of us are getting increasingly alarmed about," said Anthony Rostain, codirector of the Pediatric Neuropsychiatric Program at Children's Hospital of Philadelphia. Rostain treats ADHD, sometimes combined with Ritalin.

"The most common misuse of this medication has been to sell it as speed or 'uppers' to help students stay up all night to study," Rostain said. "Most college students have been able to purchase them for years. Now we have begun seeing recreational use to induce an euphoric state. We are hearing about snorting Ritalin or Deserexine."

The Drug Enforcement Administration now classifies Ritalin as a Schedule 2 drug, the class of medical drugs with the highest potential for abuse.

"We are aware that Ritalin (abuse) is becoming more popular and there are investigations on the state and local level," said Mary Vaira, a local spokes­woman for the DEA.

Much of the potential for abuse arises because children on Ritalin need to get a dose while they are at school. "A lot of school nurses have pills for these kids, so kids who are older know that this Ritalin could be in the nurse's office," Vaira said.

In testimony before Congress last year, DEA officials said that between January 1990 and May 1995, methylphenidate, the chemical name for drugs such as Ritalin, "ranked in the top 10 most frequently reported controlled drugs stolen from registrants." Between January 1996 and December 1997, officials testified, about 700,000 doses of methylphenidate were reported stolen, and "in 1998, there were 376 reported thefts from pharmacies."

In the most recent case, Warmunton police Wednesday said David LaSalle, 18, a junior at the school, used small squares of wood to jam open the door of the nurse's office and then went to computer class.

At 6 p.m., LaSalle returned to the school and, while a girls' basketball game was on in the nearby gymnasium, allegedly removed the padlock from the nurse's cabinet and swiped 13 prescriptions.

LaSalle was caught leaving the school in a car, and attended classes the next day. "I don't think LaSalle was arrested because he is a junior," said the school's principal.

At 9:19 p.m., a resident was being harassed. Public Safety Officer responded. Visitor was escorted off campus by Public Safety Officers.

10:40 p.m. - A student was not feeling well. Public Safety Officer responded. Victim was transported to St. Vincent's Medical Hospital via ambulance.

5:30 p.m. -Any other medical assistance was declined. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

11:29 a.m. - A student was not feeling well. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

12:35 a.m. - A student was not feeling well. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

1:56 p.m. - A student was being harassed. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

2:45 a.m. - A student was being harassed. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

3:37 p.m. - A student was being harassed. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

9:54 a.m. - A student was being harassed. Public Safety Officer responded. Victim was transported to Bridgeport Hospital.

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**The Spectrum sends its prayers and deepest condolences to the family and friends of Christopher Bowley**

**Editorials**

**Last semester for many, make it worthwhile**

For many a senior, this semester could quite possibly be their last in higher education. Despite what is reported, many go out into the world with just a bachelor's degree and do well in the workforce. For most of us, these are the best years of our lives. We have substantially more freedom than before we were in college, but we are still coddled in many ways as well. Our free time to go out will certainly be limited when we enter the working world and our living quarters will change as well.

So in this semester, we need to take advantage of every opportunity that we have because opportunities like those given in college don't come up very often in the real world.

**There's got to be a way to cut the lines down**

Anyone who's gone to the cafeteria around noon or been to the Bookstore during the first week of classes has learned a universal truth: The lines here at SHU are getting out of control.

This is a small school that is rapidly expanding. That expansion means that the number of students that are going into the same sized cafeteria are growing. That growth creates long waits and frustrated customers. Something needs to be done to alleviate this problem.

Let's take the Dining Hall for example. This problem can be solved from both ends, the student's and Flik's. Flik should have that third register open during the lunch hour so the lines waiting to pay can be reduced.

Students also should consider alternative times to eat lunch. That's easier said than done, but if one in five students waited until 1 p.m. to eat when it's much quieter, then the problem would be drastically reduced.

All of these are simple solutions to a problem that doesn't need to be such a headache if the people running the lines and those waiting in lines try to figure something out.

**Superbowl losers can be interesting to watch as well**

By Dominic Bonvissuto

University of Dayton

As I dozed in and out of consciousness during last night's big game, I realized why I had to stay awake for the end.

I love dejection.

Sick as it sounds, I enjoy watching the losing team walk off the field, heads down, feet dragging, with the weight of the world on their shoulders.

Every year, my favorite part of the Super Bowl is the inevitable interview after the game with the losing head coach.

"Uh, coach, I know it's hard to talk about, but could you describe the emotions you're going through?"

"Well, Bonnie, it's like being broad-sided by a bus, only instead of dying, I get to live and hear everyone tell me how I shouldn't have gotten in the way."

While most of the sports world celebrates the thrill of victory, I enjoy the agony of defeat. Super Bowl XXXV was full of dejection. The highlight for me was when New York's kick returner Ron Dixon took a kick-off 97 yards for a touchdown, trimming the Ravens lead to 17-7. Giants' fans, however, couldn't even enjoy a celebratory beer as Baltimore's kick returner Jermaine Lewis returned the ensuing kick-off 84 yards for a touchdown just 18 seconds later.

There's just something wrong with me... And this isn't a new development in my life, either. Dejection has been occurring in Super Bowls ever since day one. Remember Super Bowl XXV when Buffalo Bills kicker Scott Norwood missed the potential game-winning field goal by mere inches, giving the New York Giants the win? Pathetically, I get a kick out of reminding Buffalo fans about that game and the other three Super Bowls they squandered.

Or how about Super Bowl XXXIV? Everybody remembers the one-yard short of the goal line against the St. Louis Rams in the game's final play. In an ultimate display of dejection, television cameras focused on in Titans wide receiver Kevin Dyson as he stretches his arm out, lunging toward the end zone.

As a native of Nashville and a die-hard Titan fan, I was extremely down after the loss. Sensing my dejection, I had several so-called friends call me seconds after the game, and they weren't offering their condolences.

My point is this: while everybody loves when their team wins, it's almost as fun, if not better, to see somebody else's team get to the championship and lose.

So take heed if your team didn't make it to the final game this year. Instead, revel in the dejection of others.

God, I need help.

**The SHU Voices**

What would you say if someone asked you to Flik for Valentine's Day?

Paula McComish

Lyndeboro, N.H.

Junior

"Sure, but it wouldn't be too romantic."

Jay Marcoux

Northfield

Junior

"I think I might be offended."

Giovanni Diaz

Stamford

Senior

"Thanks but no thanks because I have to work that night."

**Editorial Policy**

The editorial pages are an open forum. Letters to the editor are encouraged.

All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material.

The Spectrum is a student-run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828.
Letters/Op-Ed

We’re now looking for unsung hero’s in the area of academics

Professors profess; they provoke, bring about and stimulate knowledge, truth and insight. Some Professors are tremendous providers delivering substance in their profession and spreading reason to their listeners. Professors simply invest in people; gaining respect not by giving material possessions but by giving time, energy and heart.

Many of us listen to these such professors, eager to catch their every word, hoping that not only will these words be absorbed by our brain but also embedded in our soul. One day, we may find ourselves telling people ideas and lessons that these such individuals have taught us.

"In college I had a professor who emphasized the importance of ‘thinking for yourself, for ourselves’ and ‘living our lives so dramatically that our entire existence can be altered by what they decide to do or not to do.”

such professors are referred to as great men and women, leaving observers dizzy with wonder as they display themselves. Knowing or not once one comes in contact with such a person they are changed; many times for the better, occasionally for the worst, but never the less changed.

They are the individuals that are not just thought of as unsung heroes but also as unknown soldiers.

Like frontline warriors that are willing to give themselves to better others.

They defend on the frontline not to get a medal or to be recognized with honor. They fight up front because they love what they are fighting for.

These unknown soldiers hold the power to influence our lives so dramatically that our entire existence can be altered by what they decide to do or not to do.

What sets these unknown soldiers apart from the other soldiers is that they not only understand what war is but they also understand the underlying components it takes to impact the outcome.

Our University is where many come to seek truth and to become educated.

In many cases these professors are the individuals who provide us with such sought after things.

They educate us on what it means to find truth. They educate us on the realities of life and the honesty of living.

Such professors provide individuals with an understanding of what makes one happy and happiness is what tugs at the human heart.

Happiness is where one finds oneself and finding oneself gives meaning to life. They are the individuals with an understanding edge but providers of life.

They define what we refer to as a University. They are the body of reason.

Without them the educational function of Sacred Heart would never prosper. If absent our buildings would never echo, our books would collect dust and the term “Higher Education” would carry no meaning.

They teach, elevate ideas, provide direction, question truth, challenge statements and leave their presence long after the class has gone.

They are dedicated to understanding their doubts and seeking answers. They should no longer be referred to as employees of Sacred Heart but rather recognized as the heart.

These are the individuals who have built a University if Integrity.

Providing an environment that is a mirror image of human aspirations for identity, self-pride, and positive human relations.

Through it all they continue to remember that knowledge is limited and something that needs constant improvement.

I ask that we recognize those who remind us that our future will not matter if today is not prosperous. And if we do not attempt our best today then we may not get a tomorrow to attempt anything at all.

For it is their time, patience, courage and wisdom that makes Sacred Heart University what it is and what it will ever be.

In the remaining weeks of the academic year the Spectrum will print a profile on the most influential professor from each department. The members of the class of 2002 and the class of 2003 will be polling students to determine the most deserving professors. It is encouraged for students to drop off nominations to the Spectrum office.

Just think of who you are and who you hope to become and then remember who taught you how to be that person best.

January thaw will hopefully bring relief to those who park on campus

Far and Away, a film featuring Tom Cruise and Nicole Kidman has striking similarities to SHU. Remember the part of the film when they raced on horseback with their covered wagons to stake their claim for the free land.

You remember each person was given a red flag to mark his or her territory once they had claimed it.

Of course this race gave way to fighting with conflicts over certain pieces of land or back thereof.

That’s how it feels around here with the parking lately.

Thanks to Mother Nature and the added help of some carefully planned plowing we now have the snow peaked Alps lining North Lot.

Each spanning the distance of about six much needed parking spots.

The situation created brings back those memories of Christmas time at the shopping mall.

You know the feeling, as you’re walking through the parking lot toward your car at least two cars begin stalking you in hopes to be the first to mark their claim on your spot.

Speaking on a more economic level, it was a good idea for the university to save itself money by using sand instead of salt to melt the ice. If you think about it, it is kind of like killing two birds with one stone, except for the foot.

Not only does it save money but also it brings in a little added income at the same time.

That ankle deep brown slush we wade through on the way to class which we have to thank for for those students that pollka dots up the back of our pant legs causes us students to have to fork over more money for laundry.

Besides the weather and messy situation, which no one in particulars fault, second semester seems to be shaping up quite nice.

The cafeteria for one has become more popular at the 12:15 lunch wave.

Pretty soon they are going to have to have hand out water while your waiting in the five-mile sandwich line.

Of course on the really lucky days after you have waited in that long line and you go to pay with that brand new SHU I.D. we all have, they deny you and you leave.

One lady even made me put my food back and go get permission to write down my I.D. number because my card was not scanning properly.

I was furious!

My old I.D. never had problems and I never asked for a new one it was demanded of me so why should I be inconvenienced because of a technical malfunction.

How about the highway robbery at the registrar’s office where I need a copy of my transcript for a SHU related department on campus so I inquired about getting one and was informed about the charge.

You see both official and unofficial transcripts cost five dollars.

Why? Are they not my grades, that I have worked hard for the past four years and paid enough money to feed a small country in the mean time.

And now I have to pay more money to see them, never mind the fact that they were requested by another office here in the first place.

Of course I only have three months left to experience such joys which once I leave the mean time.

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Canada is known for many things - it's bacon, hockey teams, and its peculiar pronunciation of the word "about".

However, many people don't know that Canada has fostered an amazing music scene: from world renowned acts like Alanis Morissette, to virtual unknowns, like The Watchmen.

Many of these artists venture from their home soil and seem to get lost in the American mainstream - a mainstream that sometimes seems to swallow their talent up.

They had already achieved large success with their first two indie releases.

Their first major-label offering, Underdogs, achieved platinum plus status largely due to radio saturation, heavy video rotation, and constant touring. With help from hit singles like Apparitions, Everything Is Automatic, and Rico, the album soared up Canadian charts. The band had begun to build a large following that would only grow in size with its momentum.

One year later, Matt Good (lead vocals/guitars), Dave Genn (guitars/keyboards), Rich Priske (bass), and Ian Browne (drums/percussion) entered the studio to work on their second album for Universal Records. Upon its release in 1999, Beautiful Midnight debuted at No. 1 on the Canadian charts.

Now, where is this all going, you ask? Well, it's 2001 and the Matthew Good Band is getting ready to set foot on American soil.

On January 30th, Atlantic Records unleashes Beautiful Midnight in U.S. stores around the country. Their first single, Hello Timebomb has been in rotation on our airwaves for the past month. A tour is also currently in the works.

As a longtime fan of the band, I cannot recommend this album enough. If the rock/alternative genre interests you at all, do yourself a favor and pick it up. Their music is a sonic fusion of diving guitars, bass, and drums.

Good's voice is one of the best I've ever heard in rock. From the opening track "GIant" (with an intro by Mr. Good's high school cheerleading squad) the album sets off a barrage of melodic and powerful cuts.

There are undeniable rockers like Load Me Up and Jenni's Song, but emotionally-charged ballads like Strange Days and Suburbia.

Good's lyrics are dark, but extremely provocative, with genuine feeling.

The album speaks in volumes, with absolutely no tolerance for sappiness. There will be no shameful looks when your friends catch you listening to it, not like your Milli Vanilli or Yanni addiction, oh no . . .

So the next time you find yourself in a music related dilemma, try not to gravitate towards the one-hit wonders or fluff cluttering the racks. Instead, choose something that will sharpen your musical intellect, not dull it.

If I have captured your interest at all, please visit the band's official website, matthewgoodband.com. Check out song snippets and band info, then go out and get Beautiful Midnight! 
Black History Month Poetry

I've had a color complex
for as long as I can remember.
I found shelter in my insecurities.
I always thought that my lips were too big
I never needed a small pocket mirror
To put on lipstick
Like those other girls.

My skin was too dark
My elbows and knees were too ashy
They used to bash me
With condescending glares
And for years
I had been unaware
Of the beauty
Found within the tonality of my own skin
I found the blessing
In being inked with extra melanin.

At an early age
The children used to tease me
I was told that my nose was too round
And that my gums were too long and too pink
And my eyes weren't the color of some precious jewel
They were brown; dark brown
Like the sands of a distant land
Where these traits would be appreciated.

And my hips were too wide
And my hair was too nappy
I used to break two or three combs a month
And on the playground
They had tagged me
With the nickname "nigger" or penny because
Mother would lube us down with vaseline
And I would shine so ever brightly
Like some copper penny.

As we grew older
Their comments did but their mentality never did change.

My self-confidence had taken a dip like the Dow
And no one seems to care
To invest any time
Into cultivating a relationship with me
And for years I had thought
Lincoln's emancipation proclamation
Had freed me from stocks and bonds
But had not merrily 

UMOJA and SHU give $4,000 to poor

Special to the Spectrum

Every hour, every minute, every second, someone dies of hunger.

The UMOJA Organization with the support of the Sacred Heart family raised close to $4200 with the annual Meal Swap Week to fight against this plague of starvation.

Advised by Cam Farrar, assistant director of the William H. Pitt Center, UMOJA allowed caring Sacred Heart students to donate money directly off their meal card. UMOJA asked SHU students to pledge $4 off their meal card to offset the great demand of food and food services for the past Thanksgiving and Christmas holiday season.

Many students decided to give just a little bit more. These students contributed as much as $20 to $40.

"I think the food drive is a really good cause. I know that there are people out there that could use the money more," said Jennifer Jackson.

UMOJA would like to say thanks to the Sacred Heart Family for their support. The Meal Swap Week is a special week, because it is a time to assist in collection and distribution of funds and food products. Meal Swap Week was able to aid Merton House, St. Luke's Food Pantry, Golden Hill United Methodist Church, and St. Charles Food Services with this year's tremendous donation. "I would like to thank everyone who gave their time and dining dollars for this wonderful, generous event for the awareness of hunger demand in this country and this community," said Marvin Royal, president of UMOJA.

"We, as the fortunate, have the responsibility to help out others who need assistance. Starvation is a plague that crosses all ethical racial and gender lines. We need not to ignore this problem, because it can easily be you."

Meal Swap Week was a major supporter of Meal Swap Week. There probably wouldn't be a rise in the www.strangefruit.com stock and the Trinity government, KKK, CIA, tend to share in mutual fun in the destruction of my people and their ways of thinking and there are just too many who seem to be sinking and there's just too many dreams that have been deferred and there is no dream reimbursement plan, nor a dream deferred payment plan which are only valid if accompanied by a company letter and of late I've taken notice that dreams tend to sink in sinks while washing dishes for a mere $5.77/hr. they don't realizing that dishwater reflects back no images and with the reflection of none they will never know to the true extent the beauty doth truly possess and these are a few of the complications of having a color complex.

(For colored girls who've felt insecure when they've bought a cosmopolitan magazine)
Christopher Bowley
1972-2001

By Keith Zdrazilny
Contributing Writer

How do you sum up the life of a man who touched so many? On January 26, 2001, Christopher M. Bowley died at the age of 28 from the pneumonia that had taken over his body. In the short time that Chris was part of the Sacred Heart community, he motivated, encouraged, cheered on, and turned heads both off and on stage.

It was about two years ago when I first met Chris. It was at the auditions for "Our Town." He didn’t know any of us, and we didn’t know him, but we could all tell that he was a great actor. We were all curious as to what the other plays he had been in and were shocked to find out that this was his first, and he was really nervous about the audition. But how could Chris be nervous? For anyone who has ever had the chance to see him perform, you know that he has the ability to walk into any part and make it his own. But if acting was his second love than singing must have been his first.

Aside from all of his talents, Chris was very passionate about securing a spot on campus for the student theatre group. Chris felt that for the student actors of the Sacred Heart community to be able to truly develop their skills, we needed to have a theatre space just for students. He wanted us to be able to write, direct and perform our own plays and songs in a space that we didn’t have to fight over.

Chris didn’t know what the word "rest" meant. Only two weeks ago he was working 12-hour days, five days a week working as a student teacher, and at night he worked in the studio at WSHU. He had just started teaching a fourth grade class in the Shelton School system.

But what I will remember the most is his constant smile. No matter what the day, or what was happening, there was a smile on his face that could brighten up a room.

We the SHU Players, and friends will miss Chris. He meant a lot to us, to our group and to our cause. He was a constant source of laughter, with the ability to do an imitation of any of us. A genius in his own right who had a lot to offer the world. And even though he left us with much more that we could have learned from him, but in the short two years that we knew him, he showed us more than we could ever have.

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"I'll hear your voice, and see your face.
For when they go back to their home.
You were never like us here.
But others here among us,
Who always seem to smile,
They touch our hearts and bring us joy.
They come to stay a while.
But they differ from you and me,
They never stay as long.
For when they go back to their home,
They join the angel's song.

When angels come to take us home,
A certain music plays.
Like violins and trumpet blasts
To herald us on our way.
All men come from God himself,
And stay here for song.
Good men pray, while others stray,
But none can stay for long.
But others here among us,
Who always seem to smile,
They touch our hearts and bring us joy.
They come to stay a while.
But they differ from you and me,
They never stay as long.
For when they go back to their home,
They join the angel's song.

Forever there, above us now
Your smile still keeps its place
You were never like us here,
You had an angel's face.

When angels come to take me home,
I'll hear that music ring,
I'll hear your voice, and see your face,
And know, now I can sing."
It's February and the Grammy's are coming

By John Ruggerio
A&E Staff Writer

Each and every year an artist or band comes around with an album that takes the nation by storm and it is usually rewarded for it's success at the annual Grammy Awards. For instance the past two years we have had the song, "Bye, Bye, Bye" from Britney Spears and Christina Aguilera and Jessica Simpson's "Right There Right Now". It is not easy to picture Jack Nicholson as a murder suspect or Jack Nicholson as a murder suspect. It is not easy to picture Jack Nicholson as a murder suspect or Jack Nicholson as a murder suspect. It is not easy to picture Jack Nicholson as a murder suspect or Jack Nicholson as a murder suspect. It is not easy to picture Jack Nicholson as a murder suspect.

Album of the Year really shows a drastic difference in musical taste and background. Paul Simon's "Still Crazy After All These Years" and Steely Dan are nominated as well as the new kids on the block, Osbournes and Cheetah. These are the most talked about artists. Lynne, rock performer Papa Francesco, actor Jack Nicholson, and Bob Dylan are all performing this year and I believe that a lot of tickets will be sold, says senior Dana Fasce.

In the past such acts have been performed as Gin Blossoms, Jay-Z, Violent Femmes, Fugees, Mighty Mighty Bosstones, Barenaked Ladies, and The Black Crowes. Before the school started having concerts SHU used to have comedians, Adam Sandler, Jamie Foxx and Bill Belamy all performed in the 90's. Generally the concerts attract more of the student body than the comedians do. Tickets for the concert go on sale starting February 20 outside of Public Safety. Tickets for full-year subscriptions are $90, with ID, are $15 each. This price is only available February 20th through 23rd. On February 26th, all general tickets, for guests and students who haven't purchased their tickets yet, will go on sale at the cost of $22 each.

A closer look at "The Pledge"

By Joseph J. Brigante
Contributing Writer

"The Pledge" was released in theaters the middle of the January, and is probably the best picture in the cinema right now. Jack Nicholson plays Jerry Black, a Nevada detective. Jerry is in the process of reuniting. On his last day, a second grade girl is found brutally raped and murdered in the mountains. Jerry still wants to help, even though it is his last day.

After going to the scene, there is a young boy present who saw an American Indian running away where the girl was murdered. So the police take the Native American to custody. While he is being asked questions, it seems obvious that he was the one to kill the girl, since he is mentally sick. The detective in charge (Dale Dickey), keeps telling him to admit it. He is so bewildered, he does not know what to say. He says, "I killed her." After the confession, the Native American commits suicide right in front of the police. So the murder is solved. The murderer took his own life. But to Jerry Black, not everything is solved.

Jerry knows Strom lead the Native American on, despite the fact the suspect was sick. So Black does his own research, even though retired. He talks to the victims grandmother, friends, at school, and to people whose young daughters were also murdered years before. Jerry comes to the conclusion that someone else has killed the little girl.

With all the murders he researched of the young girls, every child was murdered or last scene was of a pet and a alone, also the picture a victim drew from a friend at the school. It was a picture of a tall man in green giving the girl an ornament. Did the little girl see her murderer.

When he goes to tell his ex-co-workers, even being very descriptive, showing them the little girl's drawing, they think he is insane and taking the case out of proportion. The killer was the American Indian, no one else. His old co-workers tell Jerry to go see "professional". He eventually does. The psychiatrist believes the drawing is probably only ideas from a child's mind. The doctor gives Jerry little support.

For his retirement, Jerry treats himself by buying an old gas station/house in the mountains. He befriends the people in the area. Yet, he is suspicious everyday of who the killer might be.

Things change when Jerry asks the character played by Robin Wright (Jenny from "Forest Gump"), and her young daughter, Chrissy, to stay with him. One night, Chrissy tells Jerry that she met the "Wizard" and she shows him chocolate porcupines he gave her. She then tells him she is going to meet the "wizard" at a picnic bench tomorrow. Jerry tells Chrissy that this is their little secret.

The next day, Jerry gets his former co-workers, with him, to hide near the picnic bench were Chrissy is. After hours of waiting, the man never shows. After leaving the picnic area, Jerry sees a slew of fire fighters and police on the road. A man has burnt to death from an accident while driving a black car going toward the picnic area. Also right next to the body was a porcupine figurine. Jerry never was crazy at all, but just someone who would not be heard. The film ends with Jerry talking to himself of how he was right.

If someone saw him from a distance they would think he was nuts. Despite this cynical ending, we know Jerry was wiser then anyone.

This is a shocking film as it is not easy to picture Jack Nicholson as a detective. Of course, his acting could never be better. Penn also throughout the film gives you an eerie feeling with cinematography and music, since we, not only Nicholson, know a disturbed criminal is still out there.

Again, this is best film in cinema now.
Women's basketball drops to Quinnipiac

By Keri Blair
Sports Editor

The women's basketball team has been sitting at the top of the standings for a good portion of the season, but suffered a 72-69 loss to Quinnipiac at the Pitt Center this past Sunday.

Coming into Sundays game the Pioneers have won back-to-back games for the fourth time this season and have won seven straight against Quinnipiac.

The Pioneers had some crucial turnovers late in the game and an missed big shots.

Sophomore Ashley Durner fired up an off balanced runner in the remaining seconds of the second half after a great play that was executed by sophomore Brook Kelly.

The clock was just not on the Pioneers side.

The Pioneers were trailing 70-69 in overtime when Kelly was forced to throw a three pointer with one second left on the shot clock and only 6.4 seconds left on the game clock.

Durner's potential game tying three pointer hit off the backboard at the buzzer.

Sophomore Tara Brady led Sacred Heart with 18 points and tied the season high with 12 rebounds.

Kelly finished with 14 points and tied a season-high with 12 rebounds.

This past Thursday The Pioneers came up with the 74-70 win over Central Connecticut.

Going into this game the Pioneers are tied with Mount St. St. Mary's for first place in the NEC.

Durner made one free throw with 1.2 seconds left in overtime time to give the Pioneers the victory.

Senior Co-captain Heather Coonradt looks to put points on the board for the Pioneers.

Sophomore Brooke Rutnik led five players in double figures with a career-high 19.

Rutnik has scored in double figures in a season-high five straight games.

I am looking to recognize the athletic "Unsung Heroes" which grace our campus.

I briefly define an "Unsung Hero" as an athlete who is found on the field before anyone has arrived and remains long after all have gone. It is this athlete whom the coach and players rely on.

They create something to be apart of, something to take pride in.

Anyone can nominate an athlete who they feel is an "Unsung Hero." You can email suggestions through campus email to Keri Blair.

Keri Blair
Sports Editor
**Sports Briefs**

**NEC named Brooke Kelly Player of the Week in women’s basketball last week**

Sophomore Brooke Kelly (Medford, N.J.) earned the honor after helping pace SHU to conference wins over Robert Morris (67-66) and St. Francis (PA) (67-60) last week, which catapulted the Pioneers into sole possession of first place in the league standings.

Kelly recorded a double-double against Robert Morris with 20 points and 12 rebounds, and also added 2 assists on the day. In the win over St. Francis (PA), Kelly tallied 14 points, 9 rebounds, 1 assist, 3 steals and 2 blocks. On the year, she leads the team in scoring with 11.1 points per game.

This marks Sacred Heart’s women’s basketball’s first player-of-the-week recognition since joining the conference in the 1999-2000 season.

 Compiled by Keri Blair

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**Ice hockey: Women are tied for sixth place in division**

Continued from page 12

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**SHU Athlete of the Week**

*SHU wrestler Anthony Reynolds earns conference honors and national ranking*

Sophomore Anthony Reynolds (Berlin) has been named the East Coast Wrestling Association’s Wrestler of the Week, for all competition from November 24-December 10.

Reynolds, who wrestles at 184, won all five of his matches at the Binghamton Invitational. Reynolds defeated 15th-ranked Josh States of Buffalo, and is currently 13-3 on the season.

In Amateur Wrestling News’ latest release of the Division I rankings, Reynolds was ranked 20th nationally.

He is ranked second in his weight class in the ECWA, behind Rider’s Shawn Scannell, who is ranked seventh nationally.

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**Sports Schedule for February 1-7**

*By Keri Blair*

**SHU Spectrum 11**

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**Sports Schedule for February 1-7**

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**Indoor track: Shamar Drew breaks school record 2 weeks in a row**

By Keri Blair

Sports Editor

This past Friday the men and women’s indoor track teams fared well due to many strong individual performances at the Wesleyan Invitational.

SHU competed against some of the top Division II and II teams including Amherst, Wesleyan, Conn College, Trinity and Fairfield.

The women’s team dominated the field, winning the meet with a total of 96 pts. over the runners-up Amherst, with 93 pts.

SHU had many first place finishes including freshman Sarah Tasber in the 800m run (2:44.20), Rhiannon Amor in the 400m (54.59) and senior Michele Shawah in the triple jump (11.10m).

The women had a strong day in the field events.

In the triple jump, senior Sarah Keenan took fourth place with a leap of 10.92m.

Freshman Annie Brucker took sixth place with a leap of 9.93m.

In the long jump, Shawah took third with a leap of 5.03m and Cheever took fifth with a leap of 4.74m.

In the high jump, sophomore Jackie Beaulieu took fourth place with a leap of 5'9" and sophomore Erica Sullivan took sixth place with a leap of 4'8".

Freshman Lauren Drew finished second in the pole vault with a jump of 8'6".

Freshman Kristin Eckert took sixth place in the weight throw with a toss of 11.32m.

The SHU men finished sixth with 40 pts.

The men benefited from many exceptional individual performances.

Junior Shamar Drew led the men with a first place in the 60m dash in a time of 6.48.

For the second week in a row Drew broke the school record in this event.

Draw was an automatic qualifier in the 55m for the New England Championships.

Junior John Sakowich finished third in the 400m run in a time of 51.87.

Junior Adam Reynolds finished third in the 800m run in a time of 2:01.82.

Sophomore Dan Kennedy finished fourth in the long jump with a leap of 6.20m.

Junior Pat Murphy finished sixth in the 55 high hurdles in a time of 8.76.

Both relay teams fared well at the meet. The men’s 4x400 placed sixth with a time of 3:36.56 while the 4x800 placed fourth with a time of 8:44.91.

In the upcoming weeks both the men and women’s indoor track teams will be focusing on preparing for the New England Conference and the CTC Championship meets in which they hope to turn in their best performances of the indoor season.
Sports

Men's ice hockey defeats both Bently and Army

By Ed Bourget
Staff Writer

After losing four games in a row, the men's ice hockey team defeated both Bentley College and The United States Military Academy, Sarred Heart beat Bentley 7-0 on Friday and downed West Point by a 5-3 count.

The two victories put the Pioneers in a tie for sixth place and are only five points out of third place in the MAAC Conference. Sacred Heart snapped the losing streak with two impressive wins and are looking to make a run down the stretch.

"We came up big when we were in a desperate situation," said junior Lloyd Marks. "Hopefully these two wins will get our team back on track. This weekend coming up is huge for us."

Sacred Heart will face off at home for two games this weekend against Fairfield on Friday at 7 PM and Holy Cross on Saturday at 5 PM.

Bentley came out of the gates quickly on Friday night as Tim Welch (12 points, 10 assists) and senior Kurt Reis (16 points, 6 assists), while Andrew Hunter added 13 points to the game. Other top scorers were Omar Wellington, Michael Sandy, and Chris Hairfield.

Great shooting by a number of players pushed the team to another win. There were six Pioneers who scored double digits including co-captains, junior Tim Welch (12 points, 10 rebounds) and senior Kurt Reis (16 points, 6 assists), while Andrew Hunter added 13 points to the game. Other top scorers were Omar Wellington, Michael Sandy, and Chris Hairfield.

On Sunday the competition was a bit tougher, as league foe Colgate came to town. Last year Colgate knocked the Pioneers out of the playoffs in the quarterfinals, so Sacred Heart was out for revenge.

The score remained tied at 0-0 until the Pioneer's Rori Jean (Peabody, MA) tallied one at the 2:39 mark of the second period. Four minutes later, Colgate tied it up and just 23 seconds later netted another to pull ahead 2-1.

Sacred Heart didn't give up as Eddy Ferhi came up big with the puck past the net with five minutes left in the period to regain the lead. Bentley demonstrated true grit as DiGenaro tied the game in the closing minutes of the period with his second goal of the night.

Sacred Heart dominated the third period as they scored four goals to blow the game wide open.

Chris Mokos, Eric Drake, Peter McRae and Paquet all light the lamp in the final frame to give the Pioneers the 7-3 victory.

The Sacred Heart women's ice hockey team took a step up in the standings last weekend as they defeated Union College and Colgate University 3-1 and 5-3 respectively.

The Pioneers are now tied for sixth place with two other teams in the ECAC Division III. The top eight teams will advance to the playoffs at the end of February.

Despite bringing out the best of the Cadets, Sacred Heart was 2-1 as he slipped the puck past the net with five minutes left in the period to regain the lead. Bentley demonstrated true grit as DiGenaro tied the game in the closing minutes of the period with his second goal of the night.

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