The process of becoming an RA explained

By Melissa Greenhalgh
Staff Writer
Department Profile

Imagine being an 18-year-old sophomore Residential Assistant off campus. You are walk into a party and bust stud­ents, who happen to be a lot older than you, for throwing a keg party.

Everyone starts yelling at you for ruining perfectly great Friday night and yell comments like "You’re not even old enough to drink." For April Borgia, a Senior RA at Avalon Gates, this is a true story.

"I remember walking into this party and it was one of my first experiences as an RA," Borgia explained. "I was the youngest one on staff that year at Avalon and had to tell a bunch of 22 year olds what to do.*"

April Borgia, RA.

After this process has taken place, students need to sign up for two interviews, which usually consists of one RHD and two RAs. After the interviews are conducted each person needs to attend one group process activity.

"I remember walking into this party and it was one of my first experiences as an RA. I was the youngest one on staff that year at Avalon and had to tell a bunch of 22 year olds what to do," April Borgia, RA.

The basic training required by those seeking a RA position is that an application must be filled out and handed in to the Residential Life Department. The questions range from asking why the student wants to be an RA to what activities they are involved with, such as sports, clubs, etc.

Also three recommenda­tions are required including some from another RA, teacher, or even a boss at their job. Once these are filled out and handed in, the Residential Hall Directors and Katrina Coakley, director of Residential Life, briefly look over the applications.

"Be yourself and always be confident in any given situ­ation," said Borgia. "Let the older RAs help you out because we’re here to help and have more experience."

The life of an RA will not always be fun because they are on-call 24-7. Though it may become difficult at times some advan­tages include being able to meet many new faces, acting as a leader to other students, and being able to direct pro­grams to educate the students.
News Briefs

AIDS Quilt raffle coming up this Monday

During AIDS Awareness Week, the AIDS Quilt Group is raffling off a handmade quilt to raise money for our group. You can see the quilt in the display case in the hallway between the Dining Hall and Faculty Lounge. Raffle tickets are $1 each and are on sale at the Phi Omega Tau information table in the Dining Hall. The drawing will be held next Monday.

-Compiled by Brian Corasaniti

UNSUNG TEACHER OF THE WEEK

By Tom Pesce
Class of 2003 President
Commentary

It is not very often that a teacher makes it a priority for his or her students to see the same amount of moral knowledge, that they are intellectual. Dr. Tom Kelly, of SHU’s education department happens to be one of these rare individuals. What Dr. Kelly administers to his Education students are the tools necessary to be teaching what he teaches his classes up to the level of his students needs while still holding them. He is always willing to do whatever it takes to help a student succeed.

When asked how he felt about being nominated as this week’s Unsung Hero Teaching, Dr. Kelly said that he felt extremely complimented by the award and that he is delighted to be working at SHU. He would also like to thank the Education Department for generously extending themselves to acclimate a “new guy”. Their guidance and assistance has been extremely helpful,” said Kelly.

Although he has only been at SHU for a little over one semester, Dr. Kelly has found his experience so far to be “interesting” and “stimulating”. In fact, the experience has even given Dr. Kelly the inspiration for writing two new books based on what he has learned at SHU. Dr. Kelly’s Book, Character Education: Natural Law, Human Happiness & Success is available free as a download from his website: www.drtomkelly.com

Dr. Kelly is a quiet man who rarely expects recognition. He is a high achiever; one who strives to put his best foot forward and always demands the same from his students. He recognizes the importance of a well-rounded education and the balance between academics, values, and virtues. His students often look to him for support and he is always willing to give of himself freely. He is committed to every one of his students and as a result passionate with all that he encounters. Congratulations to Dr. Tom Kelly, this week’s Unsung Hero of Teaching.

“The best part about what I do”, Kelly says, “is what I’m still learning.”

By Danielle Hannahan
The Badger Herald

As spring break creeps around the corner, many people will be looking forward to tons of fun and a break from school or at any other task in their lives. But what these people won’t see is coming the threat of spring break scams.

Last year, thousands of college students escape the stress of exams and cold weather by heading south for spring break. But many, students are tricked into buying deals on spring-break packages and end up being the victims of scams.

“Sometimes searching for the best deal can lull students far from paradise and cost them more than they bargained for,” said Jack E. Mannix, student of the Institute of Certified Travel Agents. “That’s why it is so important they proceed with caution as an educated consumer.”

Student Travel Association, the only full-service travel agency on campus for students, has anticipated this year by being more selective with the spring-break companies they do business with.

Deanna Schuppel, branch manager of the STA travel, describes students that STA is doing its best to prevent potential spring break scams from happening this year.

“The biggest issue in spring break is charter flights,” Schuppel said.

“Charter flights are a big concern because they are cheaper, but by what goes on inside of them, and at the same time these are the same flights that cause students trips to be delayed,” she said.

According to ICTA, charter flights operate under very different rules than traditional commercial airlines and can change schedules at the last minute with no explanation or reason.

This year, to forewarn the students about the potential risks of charter trip flights, STA is letting them know about precautions students need to take ahead of time and requiring students to purchase travel insurance. UW students who have experienced problems during spring break say these are a growing concern.

UW juniors Brittany Klaus and Andrea Spaggi went through STA travel and experienced a debark on their trip to Negril, Jamaica, last spring break and experienced problems that took up a day and a half of their vacation time.

“We know that our hotel was using fall through the day before we left and they didn’t even know where our tickets were.”

Spaggi said the biggest problem with spring break is that college students are so naive.

“I think this is a big problem because we are vulnerable and so many people are easy target for spring-break companies,” she said.

UW junior Jim Weber, another victim of spring break scams, is preparing for yet another tropical getaway; he did his homework this year.

“I would never have thought of being careful about spring-break mess, but after talking to several friends about the company, I feel really confident in my trip,” he said.

His students often look to him or your students to take precautions before choosing a spring-break company, like performing a background check on the company.

Schuppel tells students to be wary and careful about choosing a spring-break operator.

“Do your research ahead of time,” she said. “If it seems too good to be true, it probably is.”

Napster struggling to stay afloat

TMS Campus

With its future in doubt, Napster launched a major public relations offensive Friday, announcing that it has moved a step closer to converting its peer-to-peer music-sharing technology into a paid subscription service.

Napster said it hired a company to develop digital rights management technology, capable of tracking millions of copyrighted songs. It's unclear whether Napster will try to shut down the file-sharing service, or part of a reasonable solution to policing the service.

“Napster user’s hard drives, said Trish Naudon, executive manager for STA travel, assures students that STA is doing its best to prevent potential spring-

break scams from happening this year.

“We are taking more precautions this year so students are informed about what could go wrong,” she said. “We’ve narrowed down the spring-break companies with you to eliminate the problems we’ve had in the past.”

Schuppel said the biggest issue in spring break is charter flights.

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Flik Presents
Health & Nutrition Week
Monday February 19, 2001
to
Friday February 23, 2001
Main Dining Room

Thinking about having a healthier lifestyle?
Want to know how to do it?
Find out the answers to all your health & nutrition questions!

Low-Fat Living
Fitness/Exercise
The Vegetarian Way
Risks on Smoking & Drinking
Disease Awareness
Understanding Food Labels

Come down & look at the Fast Food Chart! Find out calories, fat, protein
and more of the most popular fast food chains in America.

Strawberry Heaven
Prep: 15 min, plus refrigeration time.

- 1 whole angel food cake
- 4 cups strawberries, crushed, thawed if frozen
- 1/4 lb. light frozen dessert topping, thawed or whipped cream

Cut cake horizontally into 3 layers. Place 1 cake layer on a serving plate. Combine half the strawberries and 1/2 cup whipped topping in a bowl. Spread half the strawberry mixture on a cake layer. Arrange half the strawberries on top of the strawberry mixture. Repeat layers, ending with cake. Frost top and sides of cake with remaining whipped topping. Refrigerate at least 1 hour before serving. Store in refrigerator.

This recipe serves 12 people. Because this recipe is for a particular size pan, it adjusts the number of servings only in multiples of 12.

Per serving: calories 142, fat 3.9 g, 24% calories from fat, cholesterol 3 mg, protein 3.0 g, carbohydrates 21.7 g, fiber 0.9 g, sugar 1.2 g, sodium 524 mg, diet points 5.2.

Stir-Fried Shrimp with Green Beans
Prep: 5 min, Cook: 10 min.

For 4 servings:
- 1/2 lb. light frozen dessert topping, thawed, or whipped cream
- 4 cups strawberries, crushed, thawed if frozen
- 1/4 lb. light frozen dessert topping, thawed or whipped cream

Hang Ten, Earn Six*

summer sessions, hawaii’i
* 6 weeks, 6 credits, as low as $3,000 (based on typical costs of tuition, room & board, books, and estimated airfare)
Term 1: May 21-June 29 • Term 2: July 2-August 10
www.summer.hawaii.edu • toll-free 1 (800) 862-6628

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Term 1: May 21-June 29 • Term 2: July 2-August 10
www.outreach.hawaii.edu • toll-free 1 (800) 862-6628
University of Hawaii at Manoa, Summer Sessions

Pineapple Glazed Carrots
Prep: 5 min, Cook: 10 min.

For 4 servings:
- 1/2 lb. carrots, peeled and cut into 1/4 inch slices
- 1/2 cup unwaxed pineapple chunks, drained and juice reserved
- 2 tsp. unsalted butter
- 2 tsp. lemon juice
- 2 tsp. cornstarch

Place carrots in a steamer basket over boiling water. Cover and steam 6-7 minutes or until almost tender. Drain carrots and return to saucepan. Combine pineapple, butter, lemon juice and salt to taste in a bowl. Add to carrots. Stir and simmer over low heat until mixture is heated throughout. Mix cornstarch with 1/4 cup reserved pineapple juice. Add juice to carrots and stir constantly until mixture thickens. Serve chilled if desired.

Per serving: calories 126, fat 5.9g, 12% calories from fat, cholesterol 5 mg, protein 2.0g, carbohydrates 24.6g, fiber 1.6g, sugar 20.0g, sodium 23 mg, diet points 3.3.

The recommended wines are: Chablis, Chenin Blanc, or White Zinfandel.

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University of Hawaii at Manoa, Summer Sessions

Stir-Fried Shrimp with Green Beans
Prep: 5 min, Cook: 10 min.

For 4 servings:
- 1/2 lb. vegetable oil
- 4 cloves garlic, minced
- 1 lb. medium shrimp, peeled and deveined, thawed if frozen
- 11 ounces canned green beans, drained
- 1 Tbsp plus 1 tsp soy sauce
- 2/3 cup instant rice

Heat a wok or heavy nonstick skillet over high heat. Add oil. Add all ingredients, except rice. Season with pepper to taste. Stir-fry 2-3 minutes, or until shrimp are pink and cooked through. Serve chilled if desired.

Per serving: calories 142, fat 3.9g, 24% calories from fat, cholesterol 3 mg, protein 3.0g, carbohydrates 21.7g, fiber 5.9g, sugar 1.2g, sodium 113 mg, diet points 1.7.

The recommended wines are: Chablis, Chenin Blanc, or White Zinfandel.

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**Editorials**

**International/Multicultural Center needs support**

Since the departure of Grace Lim, director of the International/Multicultural Center, there has yet to be a full-time staff member brought in to take over this very important position. Those who are currently working in the center have done an excellent job this year, but such an important office deserves to have a full-time director.

Diversity is a hot topic on our campus and one that the administration has given a great deal of lip service to. We just had a forum Monday on the topic of diversity where several big-wigs from the SHU upper-echelons were present. The school continues to preach the message of diversity and its importance, but they don’t even have a director for the department.

A semester and a half without a director is too long. There are too many students, faculty and staff that devote a great deal of passion and work to promote diversity issues at SHU to have no one lead the department. A qualified director is the least that the International/Multicultural Center is owed. It needs to happen and it needs to happen now.

**Healthy food is possible at Flik**

We’ve all heard the complaints about our cafeteria. The food’s too greasy, you can’t find anything healthy to eat, etc. Appropriately, Nutrition and Body Pride Week are surrounding us now. The good news is that you can eat on campus and avoid the freshman 15.

Between salads, sandwiches without condiments like mayo and veggie burgers, there are options. Unfortunately, the greasy foods vastly outnumber the healthy ones (or at least that’s how it seems). Students in a rush tend to hit up the old favorites on the grill or sandwich line, but there are other ways to avoid excessive weight gain.

Instead of a burger and fries, try a burger and an apple. Also take advantage of our free Pint Center memberships. And if you don’t like it there, Fitness 4000 is just a short drive down the street.

Also, if you aren’t eating enough, make sure that you rearrange your schedule to include proper meals.

**Make your four years (or more) at college count**

As a senior, things are getting pretty stressful with everyone asking, “what are you going to do after graduation?” It’s a scary question because really most of us have no idea. Ideally we would all like to stay here and goof off for another few years but I don’t think good old ma and pap are going to let that one fly.

You know this whole school system really stinks. They shove you into college and make you automatically choose what you want to do for the rest of your life before you have even had a chance to experience your options.

When I started as a freshman, I attended Saint Michael’s College in Vermont way up there about a half-hour from Canada. I had no idea what I wanted to do so I settled with what I knew, Business. I figured I am really good in math and understand the concepts of economics so everything would work out fine…WRONG.

I spent my freshman year skiing and drinking, still pulled A’s somehow.

Then my sophomore year rolled around and I got permission as a sophomore to join a senior class.

It was a new concept the school was testing; it ran as if the students were self-taught rather than under the supervision of a professor, where we ran a business. The twenty-five seniors and myself without supervision worked really hard to get a business off the ground and run it smoothly.

I have never learned so much in one class or worked so hard. That class made me realize school is not meant for skiing and partying. It also made me realize Business was NOT for me.

So a little homesick and a little confused, I made the decision to leave all my friends and ski’s and move five hours back to Connecticut. That is how I came to Sacred Heart last year. Now I had to not only cope with a very different surrounding from cow country, but I also needed to pick a new major.

I knew I always wanted to be a math teacher but with the credits I had I knew I would never graduate until I was like 30 and I opted to pass on that major.

All I knew is that teacher’s had commended me about my writing at St. Mike’s so I looked into what I could do with that.

A little older and wiser than I was as a freshman I knew this decision would impact the rest of my life.

With that in mind I knew I needed something hands on that would keep me busy, as I am the type of person who does not like to be bored. Thus I chose Media Studies.

The problem remains that I am now graduating with a degree in something I love, but I still have no inkling about what I want to do with it. I still feel like I have many talents to explore within myself before I settle in.

I have three classes this semester that are bringing forth skills and passions I never knew I had and I wish I had the chance to further them before I left.

If only when you came to college as a freshman they told you that you could take any classes you wanted. Then we as graduating seniors would feel more rounded and confident with their major and future decisions in life.

My advice to freshmen, take advantage while you can, explore every outlet that attracts you because you only get one chance.

By Kelly Smith

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**The SHU Voices**

**What bar do you think the seniors are going to for the Mystery Trip?**

Vimala George
Trumbull
Senior

Jen Foisy
Johnstown, RI
Senior

Chris Horvath
Shelton
Senior

“Hopefully the Sports Page, I’ve never been there.”

“I think we’re going to the Brickyard.”

“Humphrey’s.”

---

**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.
Dear Editor,

I'm writing in reference to the article "RA sick of Spectrum cartoon," as a cartoonist, I am sick of RAs complaining about the content of the cartoons in the Spectrum. I find that the Spectrum is a medium for an open forum for the students and faculty of Sacred Heart University.

I understand that the RA position can be a difficult job to handle, Meredith, but you choose to put yourself in the RA position, leaving yourself open to criticism. I, as a cartoonist, have done the same. Some of the student body or faculty might not like my cartoons, but you don't see me crying over any spilled milk.

These cartoons are a way to exercise my first amendment rights, freedom of speech and freedom of the press. The cartoons I draw rarely bash RAs, so you aren't living up to the potential of the RA you say you are, so don't waste everybody's time complaining about your problems.

If you are sick of being criticized, then maybe you should've thought twice about being in the RA position. If you ask me what I'm sick of is the RAs thinking they are the police. I don't see any reason to bring six RAs and the two police officers to a wet apartment to break up a noise complaint on Super Bowl Sunday (give me a break, it's the friggin' Super Bowl!). One RA could have knocked on the door and politely told them to quiet down and that would've been the end of it.

If you don't like cartoons, then don't read the newspaper. If you don't like being criticized, don't put yourself in a leadership position, especially an RA. And if you don't like the school, transfer.

You say you respect the Spectrum as a student newspaper, but as an RA you feel disregarded. If you don't want to be disrespected then don't come knocking on my door at 11:40 p.m. for a "suprise safety/health inspection" when I'm trying to sleep for a three hour class that starts at 9 a.m. I think that maybe you should be a little about this and laugh, if you're capable of it, and relax.

This is college and we're going to have fun (if you even believe in such a thing).

In conclusion I've probably beaten the horse maybe three times, so it is far from dead. If you can't take the heat, you'd better leave the kitchen soon.

Sincerely,

Jeff Murray

---

Letters/Op-Ed

Don't like my cartoons? Give me a break!

Jeff Murray

---

TV slave of advertisers

As an added incentive, I would decline the offer and ask to network could spread around the cost of shows to several advertisers instead of one who was essentially in control of the production.

Hence, we have commercial breaks instead of "The Texaco Friends" or something similar.

The idea was that networks would have more control and be less subservient to advertisers, not to mention create competition for airspace and drive up ad prices.

The problem is that advertisers aren't stupid people. They want the biggest share of audience possible and this is what determines price.
Preparations for reparations: Should America pay for slavery?

By Sabrina L. Miller
Chicago Tribune

Having agreed that the nation owes a substantial debt to black Americans for years of unpaid slave labor, academics and activists will meet in Chicago this weekend to brainstorm on exactly how that debt should be repaid.

Building on emotional Chicago City Council hearings last year that thrust the issue of reparations back into the national spotlight, the National Reparations Convention, which opened Friday at McCormick Place, aims to draft a plan of action to present to the U.S. Government.

The conference brings together people from across the nation, or outward discrimination. Racial discrimination is not to be prejudiced against a person because he is not to be treated as friends, as Dr. King says, we are going to perish off this earth as enemies. If you don't talk to each other, then you'll never learn to respect each other. The mentality that is passed down to some kids is that you're not supposed to be talked with or communicated with, but that's wrong.

What prejudices did you have to overcome?

"I had prejudices. All of us are prejudiced. We have our own individual prejudices. But I've learned that's wrong. It's not to be prejudiced against a person because he is another religious background, color, or culture. I've learned that is overtly wrong, and I've accepted that, and I've gone on in spite of that."

By Keysha Whitaker
Features Editor

"It is an idea that has been around for a long time," said Bennett, who said he would not be able to attend because of a speaking engagement. "We're not talking about a sentimental argument. We're talking about the fact that America owes us some money."

The ultimate impact of the conference on the debate, of course, remains to be seen. Even before the conference begins, acrimony led some long-time leaders to skip the event, and organizers declined to say how many people had registered.

Sponsored speakers include political leaders such as U.S. Rep. Danny Davis, D-Ill., and academics such as controversial political science professor Leonard Jeffries.


From an American economy built on chattel slavery to a subsequent system of sharecropping, forced segregation and other forms of institutional racism, America has racked up a substantive debt to African Americans that could number in the trillions of dollars, Bennett said.

"Our resources and our labor were stolen, and we are still suffering the institutional effects of this system," Bennett said. "So reparations is a most logical idea. We need to mobilize from city to city to get this country to pay its enormous debt to us."

Although people have advocated the idea of reparations since reconstructions, the movement gained attention during the Black Power era of the 1960's.

Editor's note: This article ran in the February 3, 2001 issue of the Hartford Courant.

What did you learn about yourself?

"I've learned to talk to people. I am no longer a shy person, I am outward and overt. I have tried to learn that all people are created equal. Though it is not always true that people treat you that way, but you create an atmosphere where the whole world should be treated."
Rush gives stellar performance at SHU

By Kerry Freel
Staff Writer
Artist Profile

Skillful guitarist, John Rush, performed at the Outpost on Saturday, February 17. Rush, with determined blue eyes and an energetic voice, gave a brilliant performance.

“I really enjoyed it. John Rush is a great performer,” said freshman Matt Regan.


“All the songs he played were really good,” said freshman Chris Dumall.

Born and raised in Huntsville, Alabama, Rush learned how to play the guitar at 12.

Rush recalls growing up on Classical Rock. Some of his favorite bands include the Dire Straits, Rolling Stones, Paul Simon, and Led Zeppelin.

A football player and one of the tallest kids in his high school, many people may have thought sports would have been Rush’s ticket to fame. But they were wrong.

“It was fun to tell the coaches I received a guitar scholarship,” he said.

On a guitar scholarship, John attended the University of Georgia in Athens Georgia and now sings for his own enjoyment.

“It’s self-exploration. I am trying to figure out who I am. All of what I write pertains to me and my perception of things,” Rush said.

“Sometimes I won’t write for months, I go through phases.”

He also explained that writing a song can be like “writing an essay for English.” But Rush loves performing his finished pieces.

“The best time to perform is when I know the crowd and they know me, so I can perform more deeply for them,” said Rush.

Rush plays mostly at colleges and bars. He has one black guitar that he uses at shows and one electric guitar that he practices on. Rush doesn’t have good luck rituals, but he does have a couple of favorite guitar pics.

Rush is a one man show. He travels the country with his own sound and lighting equipment. His van transports him wherever he needs to go.

“People lose sight of how much work it is to be a musician,” Rush said. Rush plays over 200 dates each year and he drives himself around.

Rush can play more than 50 hours of music from a wide variety of artists and over 500 songs.

Rush was well-received at Sacred Heart University. He got tons of requests for the Beatles, Bob Marley, and the Allman Brothers. Besides the guitar, Rush also played the harmonica for a song.

“Hopefully he will make it big in the future. It was cool to get a free CD,” said Regan.

Rush will be performing around the New England area throughout the spring. Check out some clips of his music at his website www.JONHRUSH.com.

“I would definitely go see John Rush again,” said Dumall.

Letters from Luxembourg

Rui Moreira says hello from SHU Study Abroad campus

Dear SHU,

I began to meet all the students that lived in the Wunnraum, the student dorm. Students from all over the world: France, Germany, Poland, Russia, China, Sweden, and Portugal emigrate here to experience international student life. Most of the students speak English (a required language in most secondary schools in Europe) a factor that helped us Americans.

Soon after getting settled we took to these foreign streets. I live in walking distance from the center of town where everything is easily accessible.

Rui Moreira

Pubs, restaurants, stores and banks fill the city.

The nightlife in Luxembourg is unbelievable!

Beautiful people walk through the old rustic streets, like a never-ending fashion show.

Clubs are packed until the early hours of the morning - and when it's all over no one worries over how to get home.

You can walk the street at any hour with no fear. Each pub is classically unique. By law the drinking age is 18, but I have yet to see any bouncer or bartender ask for I.D.; believe me it’s no Sports Page.

The best part though, is a pint of beer goes for 60Luf ($1.20) - cheap good beer, every poor student's dream.

We are about 4000 miles away from the United States. There are many things that I took for granted especially my friends.

To the people who chilled in the hallway, what's up Jav, Nuno, Migs, Rod, Alex, Igor, Pete, Beni, Monica, Chrissy, Heather, Melissa, Christine, Megan, Michelle, and to everybody back home, I miss you all and will be back for graduation. See you in May!

Sincerely,

Rui Moreira

Body Pride Week

Schedule of Events

Sunday, 2/25 6-10 PM Wall of Beauty East Hall
Sunday, 2/25 8 PM "Food for Thought" RA Karen Carver J. Hill Bldg, 4
Monday, 2/26 Noon-1:30 PM Opening Ceremony + Panel Discussion Mahogany Room
Monday, 2/26 8 PM "Healthy Living" East Hall RA
Monday, 2/26 8:30 PM "Nutrition Night" Katrina Stopper J-Hill Bldg, 3
Tuesday, 2/27 5:30-7PM Healthy Eating Screening South Hall
Tuesday, 2/27 7:30 PM "What Beauty Means to you" West Hall RA
Wednesday, 2/28 Noon Healthy Eating Screening Main Academic Building
Thursday, 3/1 5:30-7PM Healthy Eating Screening West Hall

Freaky Friday Party

Feb. 23 @ 8 p.m. in the Outpost
Hip Hop, R&B, Reggae

Sponsored by UMOJA, Delta Phi Kappa

Rui Moreira says hello from SHU Study Abroad campus

Dear SHU,

I would like to start by saying hello to everyone, and by letting everyone know that we are having an amazing time in Luxembourg.

We are the first undergraduate class to experience European studies.

Yes, we are the guinea pigs and so far, I like it. When I signed up for the Luxembourg study abroad program, I was skeptical about my decision however, after I was settled in my very comfortable student home, I knew that there was nothing to worry about.

I began to meet all the students that lived in the Wunnraum, the student dorm. Students from all over the world: France, Germany, Poland, Russia, China, Sweden, and Portugal emigrate here to experience international student life. Most of the students speak English (a required language in most secondary schools in Europe) a factor that helped us Americans.

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Rui Moreira
As its title suggests, the album Rod "Human" represents a facet of Atlantic Records. It stands as one of the singer's most considerable body of work, and he is known to all as Boosey, because he gets boozed every time he tries his jokes on stage.

So as the story goes, the big man upstairs takes Burton a little too premature. But because of the big mistake by Keyes, played by Eugene Levy, the father in American Pie; Burton is allowed by Mr. King, played by Chazz Palminteri to return to earth but in the body of someone else.

The much admired DJ/producer Chaz Dope takes over Burton's career with his brilliant new record, Human. From the incontestable infectious "I can't Deny It," I love it!," Stewart enthuses about the song. "It's good to have a collaborator that you can trust," says Stewart. "His record with me sounds like something that should have more leading roles come his way for years to come."

It is Rock doing one of his impressions of Tiger Woods, or doing stand up like not many can do. "Down to Earth" is not going to win any Sound complicated. As the film continues things start to get real interesting from here on.

The women Suntée that Burton is attracted to, when Lance was Burton, is still attracted to her as his new self. Still following me?

So now Burton a young black comedian is in a middled-aged white business tycoon's body and he starts his ongoing attempt to win the girl of his dreams and to achieve his dreams of being a funny comedian.

The story is much more compelling to tell in words, so you go see the film for yourself. "Down to Earth" is directed by Paul and Chris Weitz, who also directed American Pie.

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Lest we forget (a short briefing on black history as told by an african-american male in his early twenties)

by Brandon M. Graham

for years i had been
underexposed to the truth
of my very own existence
their perseverance
had hollowed out my past
and placed it in jars made of glass
labeled “hazardous waste”
all i wanted was a taste
but it was hidden
in their laboratories
it was so distant to me
that i was forced to use a solar
exploratory
to even view my past
i’ve come to reveal these unread,
untold stories
that were never recorded in libraries
because their history books
had always shook [pause]
loose the pages of my history
it should come as no “hardy boy
mystery”
that they had attempted to pacify
me
by giving us a month
labeled black history
a mere 672 hours
to acknowledge the sweat and tears
that poured from the pores of our
ancestors
all these years
we’ve built this county
and they holding slaves
had the never to label
it the land of the free

[off-stage three african-americans
began to sing “home of the
enslaved”]

in a brief reading
langston hughes had revealed how
america ain’t never been free
we’ve been bamboozled
as illustrated by spike lee
so close your eyes . . .
i am the blackened vision
held beneath your eyelids
i am the single inescapable force
that urges one to fall asleep
and lay in darkened trances
hosting a vision as i perform ances
tral dances
from an ivory coast
where i had been stolen from
i can vaguely re member
ships being called to hoist and
hearing “nacutey,” being cried
by a single voice
while some went quietly
lest we forget
the story of the amistad and jolly
george
and the stories of those brethren
who decided to fight back,
lest we forget
the many who were slain
in the blood of others
i bow myenary
and re collect
horrid visions
of babies clutch to the chest
suicidal mothers
applaud these acts

with worn down soles
and this circle of poverty
that has encircled me
is seemingly endless like the
shape of a bowl
i’ve known colored women
empty women [pause]
emptier than the soul of a mother
who lies on ‘er backs
while men thump ‘er
in exchange for housing
a roof over the heads
of her two children minus a father
father had been classified
as m.i.a. and he never had entered
the service

and i’ve witnessed too many men
working and picking and baling
all the day long
in these modernized cotton fields
whose ways of thinking have not
changed
since the day captain had issued
and i’ve grown tired
of witnessing sleepless nights
blanketed by tissues
and there were nights
when i couldn’t stop the crying

i may wear these chains on body
my mind is free
united with bitter emotions
and i wanted to let you all know
that black is self evident
and that truth is self inscribed
and that i’ve come today

[on stage]
so who are you to ridicule?
and to cast criticism
like ropes around the throats
of poor colored boys and girls
they appearing like strange fruit
dangling from southern root

i know too much well before my
time
and i’ve known colored women
too too many omen
who have enslaved in cotton fields
and in other people’s kitchen
those who have had to view
their own receive a whippin’
for no apparent reason
other than that which was appar
ent
that they were black
and my train of thought
has seemed to have derailed off
the track
and my ways of thinking have
altered
my thoughts and body
have been hymned
like home-made gabardine capris
and i could hear the
pants, pants, pants
of fattened field workers
the pants
of angered colored men
of tired colored men
and i’ve known colored men
who have endured
empty wallets and empty cabi
nets
and empty souls
while slowly walking
through the void of any real suc
cess
in a pair of old hand-me-down shoes
that flowed like water
seeping through the ceilings
of governmental housing
yes, i could not
use these tears for dousing
out the fire that
consumes me so
consumes me whole
and daily to annually
i’ve grown sick with anger
i feel as if i’m walking
in a foreign land
hidden amongst strangers
and there’s times when i feel
as if i don’t want to play
this game called life anymore
feeling as if i’ve been chained and
toured
around new england
a mere participant
in a modern day slave auction
to the highest bidder
i advised caution
because although i may

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Call the University College Office at
203-371-7831 for more information...
or email us at sidotin@sacredheart.edu

Organizational Behavior, or BU257-Business Ethics......
Sakowich sets off sirens with best performance at NEC

Continued from page 11

The men’s Distance Medley Relay ran strong and took 8th place in a time of 11:01.59. The team consisted of Freshman Matt Uzenski, Sophomore Thom Daly, junior John Morath, and Freshman Will Figueroa.

In the Pioneer’s most exciting race of the day, the Pioneer men and women are beginning to prepare for the outdoor track season. A few athletes will be participating in the New England Championships this weekend held at Tufts University and Boston University. These athletes will face top Division I competition.

The team hopes to have some of their athletes receive All-New England status by placing in the top 8 in their events.
SHU Spectrum 11

Track meets challenge at NEC championship

By Michele Shawah
Staff Writer

Junior John Sakowich knew that he could improve the Pioneer men’s standing in his anchor leg of the 4x400 meter relay. SHU trailed closely behind Farleigh Dickinson, Mount St. Mary’s and Wagner College.

In the most exciting finish of the day, Sakowich took the baton and sped past all the other anchor leg runners to win the heat for the men.

This is only one of the excellent performances the Pioneers had at the NEC Championships held at Prince George’s County Sports Complex in Landover, MD.

From Feb. 17-18, the Pioneer track team battled other Division I teams in their league, including CCSU, Monmouth, Robert Morris, St. Francis (PA and NY), Quinnipiac and Wagner.

The women placed 9th out of 12 teams with 26 points. On the track, the speedy freshman, Sara Tasber, took 3rd in the 800 meter run with a time of 2:18.87, which was her best time of the indoor season.

Sakowich comes from behind to win men’s 4x400 meter relay

Junior John Sakowich knew improved the Pioneer men’s standing in his anchor leg of the 4x400 meter relay. SHU placed third in the standings of its season with co hosting an Intercollegiate Horse Show with Fairfield at Overpeck Farm in Leonia, New Jersey.

Besides Sacred Heart and Fairfield, both teams had to be at the farm at the crack of dawn to prepare for the show that consisted of making sure horses were ready to go to make sure that the right people were assigned to their horses. They would be holding for the day.

Dressed for a cold day, riders, coaches, spectators and even the judges were sipping on either hot cocoa or coffee to keep them warm from the blustering cold weather.

The day started off a bit tough with a horse wanting to be frisky to a saddle pad coming off the horse while a rider was being judge.

But other then that, the day went pretty smoothly with a couple of problems happening here and there, but nothing that could not be taken care of.

Teams stood by the side of the ring and cheered their teammates on to victory, while riders who were in the ring showed off their skills.

Sacred Heart is the second largest team next to Fairfield whom is the largest in its division. For the fifteen out of eighteen classes the Pioneer riders were entered in.

The all women Equestrian Team places in the standings of either first through sixth.

At the end of the day, both girls competed against other riders as well as themselves to determine who would be the Reserve High Point Rider.

Bimbauwin the Reserve High Point Rider ribbon and Fairfield’s Kate Cronin was the High Point Rider for the day.

Other SHU members that did well for the day were Tara Gerber who placed second in both Intermediate Flat and Fences, Kristine Brackenridge who places third in both Intermediate Flat and Novice Fences, Christina Pratt who placed first in Novice Fences, Krista Kertas who placed third in Open Flat and Cate Masterson who placed second in Open Fences.

Overall SHU finished third with St. Joseph finishing as High Point Team and Fairfield as Reserve High Point Team.

"The team did really great handling the task of taking care of table management and rose to the standards of doing really well as a team today," said head coach Nichole Fieschel.

Equestrian team places third at Intercollegiate Horse Show

Allison Keck
Contributing Writer

Last Sunday, the Sacred Heart University Equestrian Team kicked off the second half of its season with co hosting an Intercollegiate Horse Show with Fairfield at Overpeck Farm in Leonia, New Jersey.

Besides Sacred Heart and Fairfield, both teams had to be at the farm at the crack of dawn to prepare for the show that consisted of making sure horses were ready to go to make sure that the right people were assigned to their horses. They would be holding for the day.

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"The team did really great handling the task of taking care of table management and rose to the standards of doing really well as a team today," said head coach Nichole Fieschel.
Women’s ice hockey defeat RIT 2-0 to get playoff bid

By Kristin Lee
Staff Writer

The women’s ice hockey team rallied last weekend to beat Hamilton College and RIT 5-0 and 2-0 respectively.

The two wins move the girls up from tenth place to eighth place in the ECAC as they claimed their third straight tournament berth.

The Pioneers wasted no time on Saturday, as sophomore Angela Yuhes (East Lyme) netted one on a pass from senior defensewoman Sarah Bergin (Keene, N.H.) just 29 seconds into the game.

Freshman Annie Katz (Mahtomedi, M.N.) added another early in the second period when she curled around the back of the net and slipped one by the Hamilton goaltender.

Just another minute later, senior assistant captain Jaime Stinets (Essex Junction, VT.) tallied her 13 point of the season on a wrist shot from just inside the blue line with senior center Lori Hendra (Chalmers, M.I.) and defensewoman Kristin Dudenbostel (Fairfax Station, V.A.) both receiving assists.

Bergin netted one next off passes from Katz and sophomore wing Rori Jean (Peabody, M.A.) with seven minutes remaining in the second to give the Pioneers a 4-0 lead.

Jean now leads the Pioneers in scoring with 9 goals and 14 assists for a total of 23 points.

On Sunday the competition was a bit tougher.

Both Sacred Heart and RIT needed a win to qualify for the playoffs.

The score remained tied at 0-0 after the first period of play.

Then at the 7:37 mark of the second period, Jean tipped in a slap shot from Siobban Russell (Rochester, N.Y.), to put the Pioneers up 1-0.

Yuhes scored again, just over eight minutes later with assists going to Jean and Katz.

That was all the Pioneers would need as they skated away with the 2-0 win and their third tournament berth.

Junior goaltender and assistant captain Kim Derleth (Tomahawk, W.I.) contributed 37 saves to the weekend earning her Goaltender of the Week honors.

The Pioneers will head to number one seeded Middlebury College for the quarterfinals this Saturday at 7 p.m.

“I thought we really came together and worked as a team this past weekend,” said freshman Renee Weeks (Silver Springs, M.D.).

“Middlebury is the team to beat, and we have what it takes to do it. We definitely have something to prove this weekend,” Weeks added.

In regular season competition against Middlebury the Pioneers lost by a score of 2-1. They look to take this game and the confidence and ability to do so.