2006 Mr. SHU steps past competition

Kate Brindisi
The Spectrum

It’s been the topic of discussion for weeks. Teasing, tantalizing emails sent last week announcing the contestants only made the campus more anxious. The day finally arrived for the Mr. SHU competition.

Students willingly nominate fellow classmates for the highly anticipated and extremely amusing Mr. SHU competition. Once nominated, the 10 contestants compete pageant style for the glorious title of Mr. SHU. The competitors are then narrowed down to the final five, who then participate in a question and answer section and then the scores are tallied.

This year’s competition had a huge turnout, students started lining up around 9 p.m. and doors opened soon after. Several of the competitors had huge cheering sections usually consisting of friends and for some fraternity brothers.

The competition began with videos introducing the contestants and creating a stir in the crowd. The crowd waited anxiously for each contestant to burst through the theater doors and to see if their crazy stunt would top the previous. Contestant Sean Hilderbrand’s video gave the audience a peek into how he got ready for Mr. SHU, from the shower to the stage. Pete Donahue’s video showed off his basketball and rap skills and his twin brother, Brendan.

Joe LaVacca had his Baywatch run down better than David Hasselhoff. Even his wardrobe didn’t keep him down. Josh Sedlock gave a peek into the average life of a SHU student and proved that he truly is just a squeaky clean gamer.

Bob Purtle’s 80’s style work out video showed him really breaking a sweat, in anticipation of the competition.

See Mr. SHU on page 9...

Mi Casa es SHU Casa

New club for history fanatics

Courtney Kohloff
The Spectrum

A new club has been added to the extensive list of organizations on campus. The History Club has been using the spring semester to establish themselves in the community.

There are already 16 academic clubs established on campus, which provide students with the opportunity to pursue their academic interests outside of the classroom. The History Club, although brand new, is no exception.

The establishment of the History Club has been a work in progress since the spring semester of 2005. Professor Thomas Curran worked with students through the fall of 2005, finally gaining approval for the club over this year’s winter break.

“All the other majors had clubs and history didn’t. So we felt that this would be a great opportunity for history majors and those just interested in history to get together and really get involved on campus and have fun,” said History Club President, Michelle Biallaregan, senior, Voluntown.

After countless Monday night meetings and planning events, the 16-member club has finally started partaking in activities around campus.

Last week the newly established History Club held its first fundraiser; a
Maria Gomez
The Spectrum

Lisa Blackman, a spiritual medium, counselor, essayist, poet and the founder of Torchlight, an Intuitive Consultation Service and Lifelong Learning Center created to sustain the growth of the Human Spirit, has been gifted with clairvoyance and clairsentience.

She has been using these gifts for the past 13 years to lend a hand to people in the aperture and evolution of their souls by helping them to see their spiritual capabilities and to be acquainted with their God-Self.

She also works with those people who suffer from sorrow by bringing them cures, compassion and connection with their loved ones.

“Lisa is a deeply gifted, spiritual and love-filled individual with a unique capacity to see through to the heart and soul of one’s current challenges. She helps us glimpse at the true inner essence of any issue and shows us how to move forward by revealing honestly and courageously what the soul desires,” said Kathy Caprino, a Life Coach, Westport, who assisted the Women’s Images Conference.

Blackman says she is on a journey of love and compassion to heal and convert all wounded into optimistic act, intention and meaning.

She refers to the Dalai Lama when it comes to love and compassion, thus “Love and Compassion are necessities not luxuries.”

Besides, she does believe that our situations in life, our relationships, and our symptoms of mind and body help us on our own spiritual journey.

“Everyone has the ability and desire, consciously or not, to become enlightened, and as we evolve, we dissolve our ego, shine in our holiness and fulfill our destinies,” said Blackman.

She also points out that, all of us are predisposed to do something; every one of us has a reason to be in this world.

“Wherever you end up, it’s all predestined. If you are born to do something, you will do it,” said Blackman.

“You are not missing the boat, you are the boat,” Blackman said.

Blackman has recently published a book called “Spirit Life, Ecstatic Poetry and Prayers,” which is an assortment of inspirational writings. This book is a manifestation of her passage, which reflects the spiritual journey, and potential of others. These writings are inspiring, motivational and devotional which often refocus the readers to the presence of and into their own mirror image of the Divine.

As Blackman said during her speech about the “God-Self, Connecting to your Spiritual Center” at the Women’s Images Conference Saturday, Mar. 18 at Sacred Heart University, “the God-Self in you massages the soul of the God-Self of others into consciousness. You will wake and be a new you and then will stay where she is supposed to stay, in the light of God and that shall shine throughout you for the rest of your life. One does not ever lose the God-Self once it is found. At times it feels as though you lose yourself, but it is only to find more of the God-Self in you and others. To keep on discovering more and more of the God-Self is what makes you come alive with the Divine.”

“One every one of us has the potential to find our God-Self, but finding it and not being afraid of it is the most difficult,” said Blackman.

She also explained that all of us have a “spirit gift,” that means we can become more clairvoyant, but we have to work on it.

“We have to work spiritually,” she said.

“Becoming enlightened is a journey; it takes a long time to find our God-Self. We need to work on it and we need the people we love,” she said to the audience.

“Bless everything that comes our way. Really truly bless from the heart anything good or bad that happens to us. Bless all of our pain, physical, emotional, spiritually and mentally. If we are balanced spiritually we do not get sick. Physical illness is always teaching us something. We need to remove ourselves from the physical. Spirit life, spirit comes first. The more you grow and open spiritually, the more conscious we become,” said Blackman.

The problem relies on the darkness we generate.

“We create so much darkness and that is why we have so much pain in this world. We terrorize ourselves,” she said.

According to Blackman, pain is negative energy that we generate.

“We all look for healing, for energy, but if we are too open we tend to receive negative energy. That is why we should learn how to be choosier. In fact, we all should be a little selfish.

“We must love ourselves first and love ourselves more than anything,” said Blackman.

She also talked about fear; we all are afraid of something, even the strongest people.

In fact, “we all fall sometime in life and the strongest people fall the most,” she said.

And according to Blackman, this is because of surrender. “Surrender is very powerful.” We all give up sometime in our lives and we all are addicted to something, for instance.

In addition to this, she talks about faith and healing. “Those of us who heal have the greatest faith. Those of us who trust, who blindly trust, who believe in what they cannot see, those are the ones who heal. Those are the ones who feel truly blessed, truly grateful. Those are the ones who live the moment. They have no expectations, no attachments. If you have an expectation, you take yourself out of the moment,” Blackman said.

On the other hand, “each person has a mission to accomplish and it’s not for anyone to judge another’s mission, it is for others to support the mission of others. By supporting others missions we grow in light and love and as we do this we heal and speak of and take on more of our personal missions. The end result or only goal is that we as a people unite as one healing vessel,” said Blackman.

“The recognition of the God-Self is where all healing takes place within and without. It is without hesitation that I Jesus Christ unite you tonight and all says to come you are ignited with my flame, with my love, and my justice. And as you have the courage to speak out and be heard and to speak your truth in this moment the only real moment then so is it and the message will be heard. It is with courage that one speaks from the center of their Being, their core-consciousness and this is the only God-Self there is and ever will be. When two or more God-selves combine with beauty and light the miracles that occur are not only tremendous, they are monumental and will only perpetuate more miraculous tidings and the energy of the Divine,” said Blackman at the meeting.

Blackman insists that we must believe in ourselves and love ourselves more than anything. Since we are here for a specific reason, no matter where we finish or what we end up doing, it is because it was our path.

“Remembering who we really are, why we are here what our purpose is. We are all in the same path, we are at different steps,” said Blackman.

“The only place to be then is right where you are,” said Blackman.

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News

Spirit Life, Ecstatic Poetry and Prayers discussed on campus

Contributed Photo.

Lise Blackman on campus to discuss spiritual matters.
Housing lottery shelters students

Brittany Raine
The Spectrum

There are two words that are on every one’s mind during this time: housing lottery.

As the end of the spring semester rapidly approaches, students across campus are discovering and uncovering their housing selections for the next academic year.

Residential Life prides itself on campus housing as being an experience, not merely a place for students to eat, study and sleep. As stated in the housing pamphlet distributed by the Office of Residential Life and Housing Services: “Your Residence Hall is a cohesive living and learning community designed to help you grow in all aspects of your life. It is, in short, an extension of the Sacred Heart classrooms.” But finding this “cohesive living and learning community” is all about lottery’s and random luck.

The residence halls range from doubles to suites to townhouses of all sizes. According to Allen Machielson, Director of Residential Life, Chicago, Ill. the location and setup of housing close and far from the center of campus is relevant to academic standing and year.

“About 2,100 students are living within campus housing as of the beginning of this academic year in the fall of 2005,” said Machielson. “Living locations and situations depend on your G.P.A. and the number of credits you have in relation to your academic standing and situation. After your academic standing is determined the rest of the housing lottery is random.”

Perfection does not exist in the world of housing lotteries. The random lottery system that Sacred Heart uses to assign housing for each year is designed to eliminate the possibility for discrimination in relation to housing and student preferences. The setup of student housing, from Merton Hall to Park Ridge, are located in places relevant to a student’s year and level of independence.

“The Office of Residential Life has a philosophy concerning ‘graduated housing,’” said Machielson. “Freshmen in Seton and Merton Hall are located closest to the heart of campus. As you become a sophomore and junior, students start to have more freedom while moving farther from campus to dormitories (such as Roncalli Hall, Scholar Commons and Taft Commons). The graduated separation from the heart of campus allows students to go more out on their own and to establish themselves while still living in Sacred Heart facilities.”

For over seven years, Machielson has worked to improve the lottery system to be as fair as possible to cater to student needs and desires. Before Machielson commented.

Students used to be assigned numbers and those numbers would be added together to determine your place on the infamous list for housing. Students also suggest merit-based methods for housing, but that presents a problem within itself. Now, random is better, right?

Sacred Heart sets up several housing selection dates and hands out various forms to alleviate the pain, complications and confusion concerning housing for students. Housing information meetings are available for students to become familiar with the housing policies and deadlines for the upcoming year. Between choosing roommates, handling in housing applications and putting down deposits, housing can become a headache. Residential Life is always available with an “open door policy” to answer each and every student questions.

“You will never have all students satisfied with their housing assignments each year,” said Machielson. “The Office of Residential Life does receive complaints. For housing, there are always roughly 95 percent of students content and happy with their housing situations and then there is always the 5 percent that do not receive their top choice for housing. We usually only receive feedback from the 5 percent that are not completely happy with the housing arrangements.”

“The variation in numbers of roommates and building assignments does not always work out as planned, but there is always some solution to the problem and an alternate plan and place for living.”

Upper class living arrangements can range from two to nine roommates, while sophomore and juniors can have anywhere from six to twelve suite/roommates.

Housing selections and lotteries are always a hot issue on campus. While there is always a waitlist for on campus housing, Machielson said students are guaranteed for all four years, though housing may seem a bit crowded at times.

“Residential Life guarantees all students a bed for all four years,” said Machielson. “The housing may not always be your first choice, but as a student you will always have a place to live and a bed to sleep in at Sacred Heart. Though it seems more and more upperclassmen, especially seniors are living off campus, Machielson encourages upperclassmen to stay on campus.

“Many upperclassmen feel like if they are going to live three miles from campus, they might as well rent a place off campus,” he said. “Many students feel as if they will lose their independence by staying on campus as juniors and seniors. Residential Life encourages good behavior inside Sacred Heart dormitories, but you will be left alone.”

So look for your name on the colored lists in the hallway outside of Plik to find out if you got in this year or to see if you top the list for student housing.

Conn. Mob;'The Genius' gets 7 years in Mafia case

Matt Apuzzo
The Associated Press

Anthony "The Genius" Megale, the Staten Island mobster who prosecutors said became the highest-ranking mobster in Connecticut history, was sentenced to more than seven years in federal prison Monday after a judge cited his life in organized crime.

Prosecutors said Megale was the underboss, or second-in-command, of the Gambino crime family, the New York mob syndicate once run by John Gotti. Megale pleaded guilty to racketeering conspiracy in October but did not acknowledge Mafia membership.

U.S. District Court Judge Janet Bond Arterton said there was no doubt that Megale made a career running a crime syndicate and sentenced him to 86 months in prison.

"If simply have no sense that prison is more than a time-out, and thus the cost of doing business or an occupational hazard," she told Megale. Megale's attorney repeatedly tried to downplay the case, saying the shakedown of a Staten Island strip club owner for $2,000 monthly payments did not warrant a hefty sentence.

"Is this case, as these types of cases go, so remarkable?" attorney Stephen Seeger said. "This case would not make a great episode of 'The Sopranos.' It's not that interesting."

Arterton rejected that argument and cut down Seeger's assertion that Megale never acknowledged being the underboss of the family.

"Don't I have a tape recording here?" Arterton said.

"Yes," Seeger replied.

"That's a pretty clear acknowledgment," Arterton said.

The secretly recorded FBI tapes were the foundation of a case that prosecutors said was the most significant assault on the region's Italian Mafia in more than a decade. One defendant was responsible for the Gambino induction ceremony and detailing the Gambino hierarchy, Megale was also recorded describing himself as the underboss, "so I'm over everybody."

Megale was also recorded setting up the monthly payments with the club owner and predicting dire consequences if he could not pay. "They'll come in and wreck the joint." Megale was recorded saying, "We do that downtown."

Though Megale's plea deal did not require him to admit his Mafia membership, U.S. Attorney Kevin O'Connor said the FBI tapes made his involvement clear. "Those aren't our words. Those are his words," O'Connor said.

Megale appeared relaxed during the hearing, reclining in his chair with one arm up on the chair next to him. He smiled, winked and gave a thumbs up to his family and waved his hand dismissively when prosecutors described his gambling business.

When his three children tearfully pleaded with Arterton for leniency, Megale was much more stoic. And he opted against a long speech to the judge.

"I got nothing to say, your honor," he said, pausing before adding, "I just want to apologize to my family and my kids. That's all."

Arterton noted that he was a devoted family man but added: "You have two families."

The Gambino family, one of the five New York families, has traditionally made Fairfield County its Connecticut turf. In 1989, Megale admitted being Gotti's top man in Connecticut, an admission Megale's lawyers now say he never meant to make.

"I hope it's more than an 86-month time-out," said Kimberly Mertz, who leads Connecticut's FBI office. "We'll see."

Megale is the last person in the case to be sentenced. He is also awaiting sentencing in New York as part of a separate mob investigation.
New club for history fanatics is open to all students

Recent additions to the University of Notre Dame's historical society include the Historical Society of the Arts and the Historical Society of the Sciences. These organizations are dedicated to the study of history and the promotion of historical research.

The Historical Society of the Arts is open to all undergraduate students and aims to foster a love for art and its history. The society is guided by a faculty advisor and meets regularly to discuss art history, visit museums, and attend lectures by visiting scholars.

The Historical Society of the Sciences, on the other hand, is open to all undergraduate students interested in the history of science. The society is also guided by a faculty advisor and meets regularly to discuss the history of science, visit scientific landmarks, and attend lectures by visiting scholars.

Both societies provide opportunities for students to engage with their respective fields of interest and to interact with faculty and other students who share their passions.

If you are interested in learning more about these organizations or in joining, please contact the faculty advisor or the respective society's website.
Gang Killing: Testimony begins in Measles murder trial

The Associated Press

The first trial stemming from the gang rape and murder of a 13-year-old New Milford girl opened Tuesday morning with prosecutors showing the jury photos of the girl’s body taken shortly after it was pulled from the Housatonic River in July 1998.

Keith Foster, 29, of New Milford, faces a number of charges, including murder and felony murder in the death of Maryann Measles.

Eight people were charged in the death of the teenager. Police said Measles was kidnapped by a group of former friends on October 19, 1997, while she was waiting in a grocery store parking lot for her mother.

She was raped and strangled, then her body was wrapped in a blanket and chains and dumped into the Housatonic River. Her body was found the following July in Lake Lillinonah, a wide section of the river.

A school bus driver who spotted the body, and police who helped recover it were among the first witnesses called by the prosecution Tuesday.

Five members of the group, all of whom had been involved sexually with Measles at one time, feared she would press statutory rape charges against them, according to statements given to police.

The three women in the group wanted to keep the men out of jail and were jealous of Measles, authorities have said.

Measles had filed statutory rape complaints against two of the men, including Foster, days before she was killed.

Foster is accused of bringing the girl back when she tried to escape from her kidnappers and later hiding her clothing in an abandoned washing machine.

Six of those charged have closed their cases by accepting plea bargains. The six are either serving prison time or awaiting sentencing. Most are expected to testify against Foster and one other defendant, June Seger, who is also expected to take her case to trial.

Jury selection was completed earlier this month in Litchfield Superior Court, but the trial was moved to Waterbury because more space was available.

Foster’s mother and father are expected to be key witnesses for the defense. They have said their son was at home with them when Measles was being kidnapped from her mother’s car, raped and strangled.

Conn. gay marriage glance: Where the state stands on gay marriage

The Associated Press

The same-sex marriage movement suffered a backlash following a 2003 decision by Massachusetts’ highest court legalizing it, and the 2004 move by San Francisco Mayor Gavin Newsom opening City Hall to same-sex weddings.

In November 2004, voters in 11 states adopted constitutional amendments barring same-sex marriage. Those states are: Arkansas, Georgia, Kentucky, Michigan, Mississippi, Montana, North Dakota, Oklahoma, Ohio, Oregon and Utah.

A year later, voters in Texas followed suit. Meanwhile, in November voters in Idaho, South Carolina, South Dakota, Tennessee, Virginia and Wisconsin are likely to vote on the issue.

While Massachusetts is the only state to legalize gay marriage, Vermont and Connecticut allow civil unions, which extend the rights and benefits of marriage to same-sex couples.

Brother of ‘milkshake murder’ victim found dead in Conn. home

The Associated Press

The brother of an investment banker killed in Hong Kong in what became known as the “milkshake murder” was found dead Monday in his Connecticut home, a spokeswoman for the U.S. attorney’s office in Manhattan said.

Spokeswoman Bridget Kelly said “we can confirm” that Andrew Kissel, a real estate developer who lived in Greenwich, was dead.

Police in Greenwich said they found a dead man in Kissel’s residence at 10 Dairy Road. Lt. Daniel Allen, spokesman for the Greenwich police, said officers were called to Kissel’s house by a man known to them. He said the cause of death had not been determined.

Kissel had criminal cases pending in federal and state courts in New York. The federal case charged him with real estate fraud, and state prosecutors charged him with grand larceny, alleging he stole nearly $4 million from his Manhattan apartment cooperative.

Kissel was the brother of Robert Kissel, a wealthy banker whose wife, Nancy, was convicted of murder in Hong Kong in September 2005 after feeding him a milkshake laced with drugs and then beating him to death in November 2003.

Andrew Kissel and his recently estranged wife, Hayley, had cared for Robert Kissel’s three children until they were formally handed over to the custody of the Kissels’ sister who lives near Seattle.

State prosecutors said Kissel was wearing an electronic monitoring anklet, which allowed him to leave home and travel only to certain places without sending an alarm.

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Perspectives

Prison as rehab for sex offenders?

Samuel Bosch
Editorial

It does not seem uncommon that most sex offenders strike repeatedly. The ones who get caught for a first time tend to follow in their preceded footsteps. What happens to the ones that aren’t caught? Or, are they clever enough to evade the consequences of their despicable behavior?

Sex offenders are on the bottom of the criminal hierarchy for a reason. Believe it or not, there is a hierarchy in the criminal world. Even hardened criminals find sex offenders to be even more despicable.

Being sent to prison for a sex crime is common, yet a grave flaw in the system. Our prison system is focused on rehabilitating our society’s criminals, but where do we draw the line in deciding who can be rehabilitated and who can’t?

On St. Patrick’s Day, I turned on the news channel, and I am told that in South Carolina there is a manhunt for a man who kidnapped two 17-year-old girls. He kidnapped one girl, raped her and locked her in a subterranean dungeon he dug for this very purpose. He then went out and kidnapped another girl, got her to the dungeon and raped her in front of the other terrified victim. The reason this became national news is up for debate, but it highlights a serious problem we are forced to deal with.

The monster I just described is a man by the name of Kenneth H. Rison, a convicted sexual offender who was released from prison after serving nine years of a 20-year sentence. Obviously, Mr. Rison is to blame for these kidnappings and rapes, but who else is at fault?

Many question the parole board responsible for releasing this man from jail 11 years before his sentence expired. Absolutely, whoever conducted the parole hearing for Mr. Rison and granted him a get out of jail pass is also at fault.

It cannot be that whenever and wherever something like this happens, the authorities first investigate the local registered sex offenders. These people are ticking time bombs in our society, and it is only a matter of time when they strike again.

Twenty years in prison for violating another human being does not seem like a just sentence for the victim. A life long sentence seems to be more suitable. Who cares about the criminal’s life and how long is a just sentence for his crime?

Sex offenders have a propensity to commit more sex crimes. Yet, we as the public feel that we can rehabilitate these people and release them back into society.

According to the US Department of Justice, “convicted rape and sexual assault offenders serving time in state prisons report that two-thirds of their victims were under the age of 18, and 58 percent of those, or nearly four in ten imprisoned violent sex offenders, said their victims were aged 12 or younger.”

We as a nation must realize who is at the greatest risk when releasing violent sex offenders from prison early. We must also ask ourselves, why are we even releasing them at all?

Facebook: colliding with the realities of the real world

Trish Klauser, Senior Director, Office of Career Development
Editorial

The popularity of Facebook as a social networking system is growing among college students. However, when the on-line world of Facebook collides with realities of the real world, Facebook takes on a different life and especially on college campuses around the country. Students believe their conversations are just between them and their friends, but accessing Facebook is like a phone tap. It can be used for both positive and negative purposes.

Many students spend hours online practicing critical networking skills. With a large percentage of jobs being found through networking it is fortunate that students can also apply these same networking skills to their career development.

Knowing that employers can and sometimes do, view a potential employee’s Facebook, students can include a resume and other professional information in the Facebook which would make them more marketable to employers.

Career counselors in the Office of Career Development are including the values and dangers of students participating in Facebook within various career planning and job search workshops and presentations.

An employer may easily run a Facebook profile for a student they plan to interview for an internship or job. Because alumni also have access to the Facebook site, it would be quite easy for many employers to join Facebook and access any student’s profile.

For years, Career Development professionals have urged students to keep their voice mail greetings professional and their email names conventional, especially when actively applying for jobs and internships. Facebook profiles are no different.

The SHU Office of Career Development encourages students to keep their Facebook profiles employer-friendly. Social networking sites can uncover the hidden job market but they can also be used by employers to eliminate a candidate from consideration.

While Sacred Heart University’s Office of Career Development has not been notified of any situation of employers accessing Facebook to view students’ profiles, there are reports from several different colleges that on and off-campus employers are evaluating potential candidates based on their Facebook groups, photos, or statements in their profiles.

You have control over what you put on your Facebook. Be aware of how Facebook can and is being used. Students should not post anything on their Facebook that they wouldn’t intend parents, potential employers or school to see.

A student from another college summed things up well when she wisely reported being very cautious of Facebook, stating that she had no plans to put any personal information on the site. Her concern was that it would come back to haunt her someday. Our advice to SHU students: always put your “best foot forward.”

The SHU Office of Career Development has its own Facebook of sorts: Erecruiting, which links SHU students and alumni with employers, job openings, and internships. We invite SHU students to take a break from Facebook.com and visit SHU eRecruiting at http://shu.erecruiting.com.

Let us know how we can help you.

The Office of Career Development:
Curis Hall, Room 215
Email us at: CareerDev@sacredheart.edu

Are you looking for new job openings or internships?

Visit SHU’s Erecruiting at http://shu.erecruiting.com
Robert Roy  
*He Said* Columnist

Before choosing a girlfriend or boyfriend, there are a few things that one may have at the top list of characteristics their significant other must have. Some top 5 must haves of a prospective girlfriend are:

1. Common goals. If you and your prospective girlfriend have similar goals, there will be a greater chance of a successful relationship. You will have more to share with one another, and have things to look forward to tell each other about.

2. Good sense of humor. This is important to keep the relationship interesting and fresh. If someone has a sense of humor, they keep you on your feet and in a laid back mood. When a person is funny they allow you to feel less anxious and uncomfortable, and will always have you smiling.

3. Integrity. Your prospective girlfriend must have a value system similar to your own if the relationship is going to prosper. They have to have similar morals and goals that can relate to how you may have been brought up.

4. Personality. A potential girlfriend must have a personality, which you admire and wish you could have. Find someone who you get along with, and find someone who you have much in common.

5. Trust. Trust is essential for a successful relationship. The prospective girlfriend must be able to trust you and you must be able to trust her. This will result in less drama and more fun, that you will be able to share with one another.

Rachelle Murphy  
*She Said* Columnist

Everyone has their list of qualities that a prospective partner must have. Some people have a list of a hundred things, but there may only be one thing that they want in a partner. This is the top five must haves for prospective partners:

1. Compatibility. If similar or different are you? You want to date a person who has similar interests as you, but you don’t want to have everything in common. That would be boring. Also you shouldn’t have all differences ever.

2. Activiveness. Obviously in order to date someone you should be attracted to them. Your prospective partner may not be the most attractive person to other people, but as long as you find them attractive, no one else matters.

3. Intelligence. If you cannot hold an intelligent conversation about anything, your relationship will be frustrating and boring. By being able to communicate, this would be inhibiting the depth of your partnership.

4. Friendliness. There is no reason to date a person who is rude and unapproachable. Pick a partner who is 400 people, and to others around you.

5. Everyone has their different must haves on their list. Even if the partner you choose does not have all of the qualities you want, follow your heart, who knows what you might find!

A picture is worth a thousand consequences

Rachel Murphy  
The Spectrum

As Trish Clausen, Senior Director of the Office of Career Development, discussed the power of Facebook, here are other consequences effecting the student body.

Facebook.com is a popular website among college students. On the website, they can join clubs, post pictures, make new friends and post upcoming events and news. Lately there has been a crackdown on the pictures posted on the website.

Recently, concern has been expressed over pictures that had been posted on Facebook. The problem that has arose about pictures being posted online, is that they are available for anyone to view. Anyone has access to these pictures. This is a concern could lead to some awkward and difficult situations.

Recently the Director of Athletics, Don Cook, e-mailed all student athletes, giving them ten days to take down any pictures on Facebook that showed them drinking or breaking any other school policies. If the pictures are not removed, the penalties will be decided between individual teams' coaches and the athletic department.

"We’re not condemning Facebook for whatever wholesome reasons it exists, nor are we into censorship. As the university’s Athletics Director, I’m more concerned about whose hands unrestricted access to unflattering photos of our student-athletes can reach," stated Cook.

"Just imagine having to explain a photo that gets into the hands of a respected person who the student athlete, or any student, is trying to impress such as, a prospective employer or a grad or medical school admissions dean. Students are open season to their views, and wanting to harm by those who don’t know them, or by those do know them, and want to harm them. Can you imagine some of those photos getting released to the media?" stated Cook.

Imagining what would happen to these student athletes would make people think twice about uploading these pictures onto Facebook. If the media got a hold of these pictures, one could only dream what they would do to embarrass an athlete.

"It couldn't be a shame to have a student’s good reputation subjected to a reckless attack by someone who is just sick enough to want to inflict harm? All because in a moment of having fun, or just acting silly, a photo gets posted, and incriminate someone, a person who otherwise is an upstanding, respected citizen. One picture is worth a thousand words," said Cook.

Cook went on to say, "We always remind our athletes that they are held to a higher standard than others, as much because they are better known in the public sector than others. Each year we distribute a Student-Athlete Handbook, which highlights rules, regulations and standards more restrictive and demanding than those who are not athletes. The Handbook is clear about under drinking, banned substances and ethical conduct.

"It is not only student athletes that have to watch pictures they can have on Facebook. In a conversation with Allen Machielson, the Director of Residential Life, it was revealed that RA’s would have a clause in their contract about posting certain pictures online.

"But the nature of a RA’s job is to follow the student handbook, and to keep the violations of those policies. If a RA posts pictures of themselves breaking rules on campus, obviously there will be a problem within the department as to how to handle the situation.

"RA’s seem to live in a fishbowl, and are constantly being watched and judged. As student-athletes. It only makes sense that the heads of the respective departments would be concerned about the image that is being put out there.

"These are not the only departments concerned about the pictures posted on Facebook. The Office of Career Development is also worried about this issue. Please be sure to visit their office for any help or advice needed.

"The take home message is that students should be careful of what they post online. It could come back to haunt them.

Come voice your opinion at a Senate Meeting!  
Tuesdays at 7:40 p.m. in the Faculty Lounge
video showed him really breaking a sweat, in anticipation of the competition.

Adam Slater's video not only introduced the stud but gave the wise advice to 'Save a Horse, Ride a Cowboy.' Bryan "B-Holla" Smith showed us his star quality, but how does such much fannishness fit into his oversized jacket.

Footballer, Randy Steyert, proved that muscle matters and his work out plan proved he wasn't kidding.

Andy Waylett, waved the crowd with his bootey shaking and gave the audience no reason to doubt that he was indeed too sexy for his shirt.

Steve Young's introduction video
would not have been complete without his crazed stalker fan, and showed his popularity ranged from students to public safety officers.

Once all of the competitors were introduced, via video, and made their grand entrances, they all returned to the stage for the group dance. There were no buts about the skills these boys possessed, well their music may have indicated otherwise but they did know how to shake it.

The boys were grooving to well known booby shaking hits like the "Thong Song", "Baby Got Back", and "Bootylicious". Steyert and LaVacc got pretty cozy dancing together to these booby loving tunes.

The next part of the competition was the ever popular swim suit portion. Each contestant parades around the stage in their beach wear, although some contestants used the excuse to strip down to the bare minimum.

Although some sported trunks, others sported rather, fitted, attire. Sedlick came out riding Shamua and in full scuba gear complete with a wet suit. Slater showed peaks which appeared to have small animals nesting in them.

Steyert strutted onto the stage in a hula skirt and yanked it off to reveal yet another pair of rather clingy shorts. Young showed off his extremely well toned, physique which made all the girls scream.

Now it was time for the talent section, no pageant is complete without and the boys truly were entertaining. Donahue and his twin brother sang a song but didn't make it through to the end, forgetting the words and laughing at one another proved distracting but amusing.

LaVacc brought us back to the boy band days', lip-synching a 90's hit by All 4 One, was very well received and many in the audience were truly taken as the lighters of the 21 Century.

Purtle broke it down dancing and singing to, Vanilla Ice's "Ice, Ice, Baby" and another 90's hit "But a Move," and that he did.

Sedlick displayed his colorguard skills and had a little ceiling mishap but performed his routine well and did not falter.

Steyert showed his love for Disney movies but performing not one but three monologues from his favorite movies. He took us away on a magic carpet ride with Aladdin, then to the jungles of Africa with Simba, and finally down under with Nemo.

Smith's dance routine complete with back up dancers and girls really showed off his dancing feet.

Steyert's call on me was reminiscent of a 70's work out video, girls and Steyert were both clad in short shorts and cropped tops. The only thing Steyert lack was the side pony tail which probably would not have suited him well.

Waylett brought us back to the American Pie band camp days, reenacting Jason Biggs who stands in for Pete the mentally challenged trombone player.

Young's dance performance was a little surprising, however the ballet was well choreographed and performed, and really took the stage when the crazed stalker fan from his introduction video came out and took the place of his female partner.

Hilderbrand brought us back to the Justin/Britney craze. He appeared singing Justin Timberlake's, "Cry Me A River," then disappeared and reappeared in full Britney Spears school girl garb, performing a dance to "Oops, I Did It Again," ah memories.

The formal wear portion was up next and all the boys looked dapper in their tuxes from After Hours Formal Wear. One contestant, Slater, really tagged at the audience's heart strings by reading a very touching poem to his escort, Alyssa Young.

Of course contestants were all back on stage for the superlative awards and the announcement of the final five guys who would compete for the crowning glory, Mr. SHU. The finalists were Sean Hilderbrand, Bob Purtle, Steve Young, Adam Slater, and Bryan "B-Holla" Smith.

The audience screamed and cheered for the finalists who stood on stage anxiously awaiting for the next round to begin. The contestants then took part in a question and answer session.

Young was asked who is your hero and why, his reply was his mother who raised him all by herself and then asked her to stand up. The crowd ooh'd, ahh'd and sighed.

Purtle was asked what actor he would like to play in a movie and replied, Rady, because that was his favorite.

Hilderbrand, before answering took the time to tell the audience how the contestants were prepared for every part of the program except the question and answer, looks like their just trying to keep the boys on their toes. His question was the classic,

"If you could have a superpower what would it be?" Hilderbrand said, "mind control to tell the judges to pick him," a power all of us probably would not mind having.

Slater was asked what candy bar he would be, and in his response he recited the M & M's mantra and then replied, "Almond Joy, a response which sent most audience members rolling.

Smith was given the rather fitting question of what is then theme song to your life, to which he replied the song from which he got his nickname, "B-Holla," but of course.

The making of Mr. SHU slide presentation entertained the audience while the judges tallied the contestants scores. The guys anxiously awaiting the results took the stage yet again.

Adam Slater, whose heart felt poem and Disney monologues, weren't enough to win, he was named the second runner up. Steve Young's love for his mom and tight dance moves made it clear that he didn't pirouette close enough to the judge's hearts as he thought and was named first runner up.

There was silence and it was tough to tell whether the audience or the guys were more on edge. The winner, Bryan "B-Holla" Smith, was announced and the crowd went nuts as did his fraternity brother who joined him on stage to jump for joy.

"It was a tough competition, I was sweating the whole way," said Bryan "B-Holla" Smith, "I'm proud of everyone, it was a close competition."

Mr. SHU was again a big success and the audience members filled out quicker than they rushed to get in the theater. Even though the winner was "B-Holla," other audience members thought differently of how the results should have come out.

"Adam Slater won the votes of the female audience," said Heather Bernard, senior, Griswold.

"Slater had the 'original' talent," said Justin Koonz, senior, Bethlehem.

Despite differences of how the man pageant should have ended, everyone involved and present and enjoyed themselves. We'll just have to wait until next year when it happens all over again, but no can help but enjoy the bootylicious SHU men shaking it on stage.
L.A. Confidential: Summer Movie Madness

Last week the air was lighter, the clocks were turned forward, and now we don't see the moon rise until seven o'clock. Spring is here! For a college kid, that means summer (and finals) is right around the corner. And for a movie fan (like me), that means the summer movie season is just a blooming flower away. Here is what I think will be worth your ten dollar donation to the local Cineplex.

The summer movies are usually big blockbuster busters and hilarious comedies. Before getting into the heat of the summer season, there does however, need to be a spring hit that will set the stage for "American Dreams" to be that hit. A spoof on American Idol and President Bush, how can you go wrong? I hope I don't eat my words.

The official summer movie season will open with "Mission: Impossible 3." I hate Tom Cruise, but the movie looks way cool; I'll give him that much. This is sure to be the same game of cat and mouse blockbusters with explosions, Tom Cruise, scantly clad women, and Phillip Seymour Hoffman as the villain. This popcorn flick will make or break the rest of the summer season. Since it is the first big movie, movie goers will most likely rank their willingness to blow ten dollars on other movies based on the quality of this one.

On May 19, the blockbusters will continue with the movie adaptation of the best-selling book, "The Da Vinci Code." This may be the exception to the make or break rule. Since so many people have read the book, and since so many people are actually too lazy to read it, the movie offers a different medium to the former and an opportunity into the craze for the ladder. And even the evergreens Tom Hanks, that's always a plus.

What would a summer movie season be without the comic book flicks? We've already seen success with "V for Vendetta." Last summer was Batman, and the year before that was Spiderman. This summer, though, is a return to oldies, but goodies. May 26, is the date, "X-Men: The Last Stand," will take aim for the silver screen. This is the last movie in the franchise, as the ensemble is getting too famous and fighting for more money and more screen time. Before Halle Berry won her Oscar, she was Storm, and because of that win, Storm now has a central plotline in the movie. It goes to show, winning an Oscar does something to your career after all.

And on June 30, Superman takes flight in Metropolis once again in "Superman Returns." It has been just about two decades since the last "Superman" movie was made, and now original X-Men director, Bryan Singer, has come and made Superman fly once again. Personally, I was more of a Batman fan, and the casting in this movie will definitely draw me into the theatre.

The other name you don't ever go without hearing each summer is Disney. That gigantic conglomerate of a company has two huge movies on the docket for June and July. The first movie is their last before joining Pixar and it goes by the name of "Cars." Now how entertaining can an animated movie about cars be? Well I said the same thing about a little movie called "Toy Story," also made by Pixar and Disney. So far, each of their endeavors has never failed in critical success or box-office success. I plan on "Cars" to be no different.

The second huge movie for Disney is the sequel to "Pirates of the Caribbean: Curse of the Black Pearl." This one, entitled "Pirates of the Caribbean: Dead Man's Chest," has the same cast, same director, just a different story.

Winding down at the end of July, M. Night Shyamalan plans on scaring people back into the theatres with "Lady in the Water," based on a bedtime story he tells his daughters. The creepy foreboding and Josh Groban's music in the background equals an eerie movie-going experience. I expect this to be on of the summer's biggest surprise hits.

Finally, the movie season comes to a halt with "World Trade Center," the first of (I'm sure) many movies based on the events of Sept. 11, 2001. I don't know how people will react to this. I am from New Jersey; I saw the smoke that day, I smelled the smoke that day, I was in the middle of the chaos. I want to see if the movie gets it right. We'll just have to wait and see.

Fearless Music TV debuts on FOX

Dana Cannizzaro
The Spectrum

This past weekend, FOX 5 added Fearless Music TV to its lineup. This half hour program features live performances of various indie rock bands. Airing at 1 a.m., Fearless Music TV appeals to audiences who like to stay up late and who enjoy rock and roll at any hour.

The program is designed to expose some of the freshest bands to viewing audiences.

Though most of these bands are already well known to kids who are part of the indie world, this is an effective way to get them across to those who aren't.

All performances that are featured on the show are recorded live at the Fearless Music TV Studios. The original performances gave the programs its own look and feel, instead of just using the same videos that other music television programs feature.

The bands played as if the camera wasn't even in front of them. They played with ease and without distraction. Fearless Music TV is a good inside look at what these bands would be like in concert, if you were ever to check them out live.

On the debut episode many bands were featured. Performances were relatively short so they could fit a lot of bands in one half hour show.

The first couple of bands to perform were "Shiny Toy Guns" and "The Ravonettes."

Lead by the actress who is well known for starring in movies such as "The Other Sister" and "What's Eating Gilbert Grape," Juliette Lewis' band, "Juliette and the Licks" performed.

This band seems to be a bit more popular because of the well-known actress that sings for them. Also, they once were in the line-up for Vans' Warped Tour, which exposed them to many sweaty people in the Summer of 2005.

For this performance, they played the track "Money in My Pocket" off of their newest CD, "You're Speaking My Language."

Another better known band that was featured on this episode was "Aqualung."

Their performance of "Brighter than Sunshine" was a melodic piano and guitar number with both members singing.

During Fearless Music TV, it was nice to see that for once the focus was where it is supposed to be: music, the focus was really music. Some of today's music television stations forget that when they are airing programs focused on elaborate sweet sixteen and "pimping out rides."

Fearless Music TV's motto is "no talk, just rock," which is a good change. Viewers are encouraged throughout the show to go online and vote for their favorite artist. For more information, you should check out www.fearlessmusic.tv for photos, live videos, and links for where you can purchase the music featured on the show. And don't forget to watch the show on Saturday nights at 1 a.m. on Fox 5.

Expected to be on Fearless Music TV in the next few episodes are artists such as Metric and KT Tunstall, don't miss it.

To vote for your favorite artist visit www.sacredeart.edu/web/survey.cfm and complete our quick (5 min.) web survey. Your name will be entered into a raffle to win a 30GB iPod! We need your feedback so we may continue to improve and expand our new cutting-edge website. Enter today! One entry per person. Deadline for entries is 4/28.

Contributed Photo/ FearlessMusic.tv

These are two of the musicians featured on Fearless Music's website.
Scott Wagner
The Spectrum

Spring fever might be the only cure for your winter blues. Defined as a feeling of restlessness and excitement at the onset of the spring season, this figurative fever represents more than just the body's adaptation to longer days.

Michelle McGowan, sophomore Pleasantville, N.Y., said, "I love the springtime because it carries positive energy with it, even when you just talking about being able to get outdoors and be active people seem to become more cheerful."

"Spring is just as good as any other season, but I think it gets a little too much credit just because it follows winter. If everyone didn’t run inside and shut themselves in between November and February, sping probably would not come as such a relief," said Ryan McGovern, senior, Belmar, N.J.

Despite varying opinions, spring has long since been the literal and literary season of rebirth. Undoubtedly more reproduction takes place during this time than any other time in the year. Why is that?

According to Angela Smyth in her book, "SAD: Seasonal Affective Disorder," the anticipation that comes with approaching seasonal and temperature changes is both a mental and physical interaction, originating in the pineal gland, the metaphoric third eye.

"The pineal gland is located in the center of the brain and has nerve connections to the retina and other parts of the brain. The secretion of the hormone melatonin assists in regulating daily and seasonal breeding cycles in animals," said Smyth.

Melatonin is released into the brain in darkness, and light acts as a signal to stop it. Longer days bring more light, which means that melatonin levels become reduced. An increase in vitality and eagerness to be active elevates as well. The resulting contrast in moods has led millions of people worldwide to believe they suffer from winter depression, one form of Seasonal Affective Disorder (SAD).

According to familydoctor.org some common symptoms SAD sufferers relate to are, a change in appetite (especially the craving of sweet or starchy foods), fatigue, tendency to oversleep, drop in energy level, irritability, increased sensitivity to social rejection, and avoidance of social situations.

SAD is a controversial topic in the mental health field and is handled with much delicacy, especially when dealing with people and education.

"I hate using the concept of seasonal depression as excuse with college professors," said Peter Lugenebeel, a junior criminal justice major of Naples, Fla. "But if you think about it logically, not even in terms of chemical identity, as a Floridian my basic day consists of waking up, taking a nice long walk in the great, yet sometimes wet, weather, then going about my business (school, work, etc), and finishing the day pretty much the same way it started. In New England, in the winter, you could spend a half hour getting dressed just to open your front door. It's depressing.

For SAD sufferers, spring time seems to temporarol wash away the feelings of hopelessness and lack of self-confidence that are combined in winter depression. Thoughtless promiscuity can take place as a result. As the energy comes back to your body and the days get brighter and hotter, self-worth grows, too.

In her book, Smyth warns against letting spring fever get the best of you. "An increased self-confidence turns to grandiosity and unreal self-illusions and ambitions, which can sometimes lead to impractical professional decisions and extravagant financial actions. Heightened sexual energy often leads people to embarrassing and unexpected promiscuity, said Smyth.

If you experience numerous unusual feelings to normal seasonal changes, familydoctor.org suggests consulting a physician or mental health professional. If you are having elevated levels of energy, remember to always act consciously and carefully.

Mixing energy with with alcohol

Theresa Vosilla
The Spectrum

Red Bull might be the mixer of choice for those who love to party all night and believe that the popular drink will help keep them sober, but recent studies suggest that you might want to re-think that before ordering your next energized cocktail.

"People who drink red bull and vodka think that it gives them energy but I find that to be false. If you continue to drink anything that contains alcohol, you will get drunk.

Being that red bull is an energy drink, it affects your body differently when mixed with liquor," said Monica Concha, junior, North Babylon, N.Y.

Twenty-six healthy young men who were about 23 years old, reported that they felt less drunk after consuming Red Bull mixed with vodka in a recent study conducted by Maria Lucia Souza-Formigoni, PhD, who works in the psychology department of Brazil's Federal University of Sao Paolo according to webmd.com.

Midway in a lab each of the men drank one drink per session and waited at least a week between the sessions. During these tests, men drank their drinks for 10-20 minutes.

The drinks that were given to them were; Red Bull, vodka, or Red Bull mixed with vodka. All of these drinks tasted and looked the same, preventing the men from telling the drinks apart.

The tests that were administered to the men were; Coordination, Visual reaction and Self-rated drunkenness. These tests were administered over the following 2.5 hours repeatedly. The overall goal of the tests and experiments was to find out if the men actually felt as drunk as they were, and to see if and how the results varied when the vodka and Red Bull were mixed and given to the men.

The study showed that the men were no more coordinated after they drank Red Bull and vodka then when they had vodka alone. Also, their breath-alcohol levels and visual reaction times were no better when Red Bull was mixed with the vodka.

The men's reports were different, they said they felt as if they were less drunk after they drank the Red Bull and vodka then they were when they had the vodka alone.

The researchers noted that they weren't sure if the caffeine or the other ingredients in energy drinks is what causes people to feel less drunk then they truly are.

"I only have energy drinks when I want to stay up and study but I know that a lot of people order Red Bull and vodka at the bar because they say it will not make them as tired as other drinks and they also don't feel as drunk," said Sara Lizzo, Rockland County, N.Y.

The dangers of Red Bull and vodka are the person's loss of ability to recognize loss of motor skills. This can lead to serious accidents and problems such as drug, driving, according to sun-sentinel.com.

Mixing Red Bull and vodka is also dangerous because it combines a stimulant and a depressant, caffeine and alcohol. Red Bull can also help enhance a hangover because the energy drink contains 80mg of caffeine, which dehydrates the body, while alcohol is also a diuretic.
Helpful ways to relieve watery eyes and a runny nose

Ceren Akinci
The Spectrum

Warm weather and beautifully bloomed flowers are just around the corner with the arrival of spring. For most, this is a season to look forward to, for those with allergies however, these few months can be total torture.

According to familydoctor.org, the most common allergens are pollen from trees, grass and weeds. These allergens often occur during late April and often last through the summer.

It is almost impossible to avoid pollen unless you avoid going outdoors and keep your window shut at all times during the spring and summer season. According to familydoctor.org, aerosol sprays, air pollution, humidity and smoke can aggravate the condition and make symptoms worse.

Medication is available for the common symptoms caused by pollen allergies and are available over the counter at pharmacies. Antihistamines such as Tavist, Benadryl, Claratin, Chlor-trime- ton and Dimetane reduce runny nose, sneezing and itchingness, and are most effective when used as a preventative of the symptom before exposure.

Nasal sprays are good for fast allergy relief.

Decongestants such as Sudafed, Afrin nasal spray and Neo Syphrine relieve stuffy nose caused by allergies. The dependency factor of decongestants is high and it is therefore recommended that the medication is not used for more than three days.

Cromolyn sodium is a nasal spray that is available without prescription and is found in over the counter, like antihistamines, these medications are more effective before exposure to allergies.

Nasal sprays reduce the reaction of the nasals to the inhaled allergen. Although some are available over the counter, the most effective ones require a prescription.

For those who prefer not to take medication or have a hard time with the idea of having to keep track of time and dosage, allergy shots are also an option. Allergy shots are small amount of allergens administered in to your body to build resistance and immunity, according to familydoctor.org. The specific allergen that causes the allergy must be identified in order to receive the allergy shot.

The WebMd provides some pointers on making your environment as allergy proof as possible. These tips include; keeping the windows shut and using air conditioning during hot weather to avoid pollen from entering in to your house. Fans are not recommended since they can actually help dust and pollen travel by stirring. Keeping mold growth to a minimum can be achieved by making sure that the humidity level in your house is below 50%. Areas that collect mold such as barns, garages and basements should be avoided as much as possible.

Dehumidifiers are available for purchase at stores such as Walmart and Target and can aid in reducing mold in your house. After being outdoors make sure you take a shower and wash your clothes to remove any pollen. For your safety, minimize walk in the woods or outdoors where pollen is mostly found.

Ask someone else in your family who does not have allergies to do the gardening. If that is not possible, always wear a gardening mask to avoid ingesting the pollen that weeds, grass and flowers release. Pollen is highest during the hours of 5:00 a.m. and 10:00 a.m. Avoid going outdoors during this time for your health safety.

Everyone can enjoy the beautiful spring and summer weather, even those with allergies with some precautions and medication. There are several drugs available over the counter as well as with prescription. Although there is no cure for allergies, there are ways to help relieve the symptoms.

Information about allergies, as well as allergy shots, can be attained at SHU Health Center which is open 9:00 a.m. to 8:00 p.m. Monday through Thursday and 9:00 a.m. to 5:00 p.m. on Fridays. For appointments call 203-371-7838.

Intramural sports: Let the games begin

Ashley Bonora
The Spectrum

Take a look around campus now that spring has arrived. You begin to notice that a lot of students are either throwing a football around, playing Frisbee or maybe shooting some hoops on the courts.

Intramural sports are growing by the year, and the pursuit of fitness activity is one of the reasons why.

If you don’t know, intramurals are not just club sports, not quite varsity. Intramurals is a great way to bring together some of your closest friends and get involved in one of the many offered sports on campus.

To name a few of the most popular, SHU offers basketball, both men’s and women’s, co-ed ping pong, co-ed pool, co-ed soccer, co-ed volleyball and co-ed wiffle ball.

Sign-ups have taken place throughout the year, which started in the fall season. When signing up for these intramurals, keep in mind there may be a team for you.

Intramurals provide students with many opportunities to get involved on campus, and to stay physical. In a social aspect, intramurals is also a great way to meet people and participate in something new.

“Freshman year I played the wiffle ball and the hockey intramurals. My team went to the finals in each sport but lost; it was very exciting though. It’s actually very competitive believe it or not. And last semester I played dodgeball, which was a lot of fun too. That was my favorite sport to play,” said Matt Derosa, junior, Northport, N.Y.

“During my freshman year the winner of the wiffle ball tournament were able to go to Fenway Park in Boston; too bad we lost,” said Derosa.

It may seem a little over the top, but that year was the only year that SHU was able to represent in the intramurals championship game. This year, the Women’s intramural basketball team was sent up to Boston to compete in a championship game.

The intramurals program is run very differently than the athletics department. Although there are no practices, there can be up to two or three games a week.

“Sometimes they scheduled these sports on nights when students had night classes. I would have liked to play dodgeball again this semester, but the games are held Monday nights and I have class. Besides the scheduling, I thought it was well organized. They would send out emails, and you would then sign up at the Pitt, and make your team,” said Derosa.

Intramurals, although not a varsity sport, are taken seriously and not a joke.

“There are forfeits, but not a lot. A lot of the kids took these games seriously. And it was a lot of fun,” said Derosa.

“Wiffle ball and basketball were the most popular. There were like eight teams with 10 players on each team, so 80 kids per sport. Dodgeball was new so there weren’t as many. I never did basketball but that is the number one sport,” said Derosa.

“But it is still fun and something you have the underdog win. Intramurals is also good because a lot of students don’t have time to join a varsity sport, and intramurals works for everybody. There is something for everyone,” said Derosa.
Elite Gymnastics hosts inaugural meet

Travis Flynn
The Spectrum

SHU Elite Gymnastics hosted its first ever meet Saturday at the Olympic Gymnastics Academy in West Haven. It finished second with a 140.7, half a point behind the University of Maryland.

Maryland finished on top with a score of 141.15; Boston University rounded out the field at 137.15.

SHU Elite president Megan Grabel, who finished 3rd all-around in the meet, believed it was Sacred Heart’s best of the season.

"UMD and BU are very good clubs, and I am very proud that we came in second," Grabel said.

Sacred Heart graduate student Maria Crapanzano started the group in January of 2005.

"The club was started so that we could have fun and do gymnastics," Grabel said.

"This first season has been amazing," she said. "We all worked very hard to choreograph all of our routines, and practiced very hard at critiquing them.

"We ended the season on a great note and I am sure that the girls will have an even better season next year now that we know what the competition is like out there and what to expect."

Sarah Comeras, Jaimie Wienlien, Jessica Rosselli, Caitlyn Conley, Grabel, and Crapanzano competed Saturday for Sacred Heart.

Gabel finished fourth on vault, fourth on bars, second on beam, third on floor and third all-around.

Comeras placed second on bars, seventh on beam, fourth on floor and sixth all-around.

Rosselli took sixth on vault, fifth on beam, fourth on floor and eighth all-around.

Wienlien finished second on vault, seventh on bars, fourth on beam and seventh all-around.

Crapanzano finished third on vault.

Sarah Comeras twists above the balance beam. She finished seventh in the event.

The team is already planning for the future.

"I am going to have the girls work on skills that will add bonus points to their routines for next year so that they can have an even better season," Grabel said.

"Our last performance of the year will be in the SHU Force recital this upcoming week, which we are very excited about because SHU Force is an awesome club and we love performing for them in their recitals."
After losing the first of two games this past Sunday against Yale, Ashley McDonough tamed the Bulldogs when she crossed the plate for the winning run and shut them down while pitching in relief.

The freshman from Lompoc, Calif, led off for the Pioneers and ended the game 2-4 with two runs scored, and Sacred Heart needed every one of those runs since they failed to put away the Bulldogs until the final inning.

The game-clinching inning began when McDonough led off with a double, followed by a single by sophomore Megan Spehar.

Freshmen Amanda Bradley worked out a walk to load up the bases, and then Caitlin Carroll stepped to the plate.

The Pioneers didn’t get a hard-hit ball, but the dribbler that rolled to the third baseman off the bat of Carroll was placed perfectly to give McDonough time to score the winning run.

Starting pitcher Danielle Mellin, another California native, gave the Pioneers 5.1 innings of solid pitching, but was lifted in the sixth in favor of the freshmen star when the game was on the line.

The Pioneers, who improved their record to 8-22 after this split, hosts Hartford today and will play a doubleheader.

Sacred Heart will also play its next six contests at home, followed by its next six being on the road.

Stay tuned.

Top Performers: three stars for Sacred Heart

Brianna Bubeck
Women’s Lacrosse

STATS:
5 goals
Bubeck guided the Pioneers to their second straight NEC win last week with a five-goal outing in a 17-8 win at Wagner College.

Chris Aldrich
Baseball

STATS:
7.0 IP
7 Ks
ER
Aldrich pitched an April fool’s complete game win versus St. Francis to complete the sweep.

Ashley McDonough
Softball

STATS:
2/4
2 runs
Win
McDonough scored the game-winning run and was the winning pitcher as softball defeated Yale to split the weekend.
Lacrosse looks to right ship vs Delaware

Valerie Bellegarde
The Spectrum

Men's lacrosse will take on Delaware Saturday in hopes of making the conference playoffs at the end of the season. The Pioneers are looking to come out on top in this Colonial Athletic Association match up to elevate their place in the standings.

"Right now our expectations for the rest of the season are to make the conference playoffs. We have some tough conference games in the next few weeks, Delaware being one of those. We know that we can beat anyone as long as we come to play, so we are just taking it one game at a time," Casey Kirch, a junior from Newtown, said.

"Delaware is a very solid team, but also very beatable. They have one of the top face-off guys in the country, so we need to do a good job at the face-off and get ground balls. Other than that, it's a game that's going to come down to who wants to win the most," he said.

The Pioneers currently have a conference record of 1-1 and an overall record of 1-7. Tied with Delaware in the conference standings, the Pioneers are aiming to surpass the Blue Hens and to climb up the conference ladder with a victory.

"Delaware has shown a lot this year; we're going to have to limit our mistakes if we want to play with them," captain Chad Clark, a senior from Syracuse, N.Y., said. "We also are going to need great wing play with these guys because they are looking excellent on face-offs."

We have a tough road ahead of us. We're going to have to play together as a team if we want to make it to the post season," Clark said.

"My team is all I have," Clark said, "I love these guys. All four years that I have been here, my team has always been there for me, and I wouldn't want it any other way.

"It's sad that this is my last season playing at this level, I can already see how much I'm going to miss everything," Clark said.

The game starts at 1 p.m. Saturday on Campus Field.

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The Jesuit University of New York
Braceletbusters abound, and Florida emerges on

I've never actually won an NCAA Tournament pool, but I've never done as bad as I did this year either. The main pool that I'm in has about 120 contestants and I usually finish near the top 10. This year: more like 60th, and that's only because everyone else in the pool had UConn winning it all. But who could have predicted half of what happened in this year's tournament?

Even though you probably lost money, even though the championship game was never really close, if you didn't have fun watching this year's tournament, then I don't know if you can be considered a basketball fan. I know I did, and here is my take on this year's 2006 NCAA Tournament.

This year's tournament proved a point that I have stood behind since I've been old enough to understand the concept of team sports: when a team plays as a team rather than five separate people, great things will happen. That's why George Mason made it to the Final Four. That's why Wichita State and Bradley turned heads early on. Most importantly, that's why the Florida Gators are your National Champions.

Let's put Florida under the microscope for a second. Two years ago they weren't even close to being a .500 team. Last year they lost 60 percent of their scoring. Most people would have thought Florida was doomed. Not Billy Donovan. He got his team to play the right way. He rolled with the punches and now he's responsible for Florida's first national title. Not a bad monkey to have on your back.

The tournament always affects a player's draft status, but I don't think anyone's was affected more than Joakim Noah's. It's odd, because as of right now, he hasn't even entered his name in the draft. He's still using the old company line stating that he's staying at Florida, but didn't Vince Young say the same thing before he won the national title with Texas?

While the Gators won the title by playing "the right way," the ringleader was Joakim Noah. He averaged a double-double throughout the whole tournament, but also averaged nearly five blocked shots per game. That stat alone will boost him into the lottery of the NBA draft. Couple that with his passion and desire to play the game, and you're looking at a potential top five pick.

Back to passion and desire for a minute. Does UConn have any cats have nine lives, and apparently dogs have four. The Huskies survived a first round scare from Albany, another one in the second round from Kentucky and barely squeaked by Washington in the third. Finally George Mason finished off the job and knocked them out. I guess UConn is proof that a whole bunch of talent and a little luck will not get you anywhere. Talk about the tournament affecting a player's stock... Rudy Gay is having a right now.

Another player who made a name for himself this March was Tyrus Thomas from LSU. He was noted before the tournament as a top tier player, but now he's getting national recognition. Larry Brown stated, in different words of course, that if the Knicks hadn't traded their potential first pick to the Bulls, he would select Thomas with the first pick in the draft.

Speaking of LSU, how about the other favorite, Duke? Not exactly the way J.J. Redick wanted his college career to end. He was recognized for his efforts though, earning the Player of the Year award, but nothing compares to a national title. He can only hope that his success in college translates into success in the pros, because as of right now analysts are skeptical, putting him in between the 15th and 20th pick.

Another senior point guard who had high hopes for his team: Gerry McNamara. He had some critics all season long, being labeled an underachiever. Then came the Big East tournament where he hit clutch shot after clutch shot. "Mac" was on top of the basketball world and Syracuse was turning heads again. But that was short lived after they were bounced in the first round and Mac went hopeless all game.

There are so many names and teams that surprised people and let down others, like Brandon Roy from Washington coming up with big games and Iowa losing in the first round after earning a second seed. But no matter how you look at it, this year's NCAA season proved to be a good one. The telltale sign of a good college season is looking at a mock draft. For the first time since I can remember, nine out of the top 10 projected picks are from American colleges and only one from overseas.

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Major League Baseball looks toward new era

White Sox starter Mark Buehrle reared back and whirled his left arm downward to deliver to Grady Sizemore this past Sunday night and the new era was underway. This particular era of parity is very unique because it is the first time baseball was living in a good stage for the game since the early 1990's.

Baseball has endured a long battle against steroids, and despite the new uprising from Mark Fainaro-Wada and Lance Williams' new book entitled Game of Shadows and how it describes Barry Bonds odyssey involving steroids, its overwhelming effects on the game are over.

Commissioner Bud Selig honored Congress' request to make the punishments harsher for positive testers and investigations on Bonds and other players will eventually bring out the truth and make an example to those who want to take performance enhancers. The majority of lies are over, the needles are gone, and the bulging muscles don't resemble those of a body builder as much anymore or again.

The mid 90's to the turn of the millennium was owned by the New York Yankees and the evil empire headed by king George Steinbrenner, and many issues were addressed at this period of time regarding all the aspects of baseball that were wrong. People felt that each team needed a set salary cap so teams with unlimited financial resources couldn't window shop their way through the winter free agency period and ultimately win a world championship.

The Bronx bombers won four out of five fall classics, and were named the Team of the Century by various New York newspapers. By 2001, the Yankees experienced the sour taste of defeat and haven't won a ring since 2000.

Since the turn of the new century, a World Series winner has yet to perform a repeat, win more than once in a three year span, or win a post season game the following year after a late October celebration.

Now, things have changed. Major League baseball has forgotten that change can be a good thing, since the only changes it has seen in the past decade were that the Yankees' payroll went from 195 million to 204 million, or it seemed like 75 percent of players suddenly gained 25 pounds of muscle in a single off season.

Parity is the great common ground that every team is somewhat equivalent, despite money issues. The Yankees and some other teams have learned the hard way that money doesn't buy championships, so complaints of financial restraints have calmed significantly.

Trendy picks this winter for the World Series winner have been the A's, Indians, Cardinals, and White Sox. All of those aren't known as big spenders.

The MLB has grown out of its fascination with thin wallets and have taken on a whole new hobby. General Managers have now concentrated in cultivating their farm systems instead of loading up on expensive athletes who are almost done with their primes. Even the Yankees demonstrated this when they refused to trade youngsters Chien Ming Wang and Robinson Cano for several all-stars.

Referring to many predictions from sports writers from all over, there have been so many combinations of World Series match-ups and it is impossible to pick two teams and be confident that they will make it: I feel bad for gamblers.

Instead of rooting against players about to surpass prized milestones fearing that the player cheated by using steroids, fans are cheering for players such as Jimmy Rollins, who has a chance to catch Joe DiMaggio's hitting streak.

Fans aren't sore at players such as Rafael Palmeiro, who simply lied through his teeth, saying he never touched steroids, but then tested positive for them. Now, they are ripping ESPN The Magazine off the stands just to read about Huston Street and the young and upcoming Oakland A's.

Baseball is fun again because it is a surprise like it should be. Who will win the 2006 World Series? I couldn't tell you. My pick of the A's was just an educated guess. One thing I am sure of is that we are entering a new era when baseball is fun again and will be played the way it should be.
Softball looks to pluck Hawks today

Valerie Bellegarde
The Spectrum

Softball continues with its non-conference games today when they host the Hartford Hawks for a doubleheader starting at 3 p.m. at the lower field. The Pioneers are hoping to boost their overall record with a few wins.

"I’d say were pretty confident. We’ve been hitting really well lately and we are really starting to play well together," infielder Jacqui Riley, a junior from Burlington, Mass., said. "We had a little bit of a losing streak but I think we’re really coming together and playing as a team.

"Harford isn’t anything special, but they are a good team. We’ve beat them in the past, but as long as we produce runs we shouldn’t have a problem," she said.

Riley has five RBI’s and leads the team with three stolen bases on four attempts.

With an overall record of 8-22, the Pioneers have their work cut out for them, having just come off a split win with Yale last weekend.

"I think that we have a lot of talent on our team and have high potential for a good season,"" infielder and pitcher Megan Spehar, a sophomore from Thousand Oaks, Calif., said. "I think it will be a good weekend, Calif., last weekend, the Hawks are coming to town with a 3-2 record."

See SOFTBALL on page 13, 14...

Women’s lax prepares to stick it to rivals

Mike Barrett
The Spectrum

Women’s lacrosse is preparing for a big weekend, with games coming up against conference rivals Mount Saint Mary’s on Friday and Monmouth on Monday.

Sacred Heart is coming off a victory against Wagner, 17-8, which puts them at a 2-8 record overall, but a 2-0 in-conference record.

"We started off slow this season, but the past few games we have been playing better," Head Coach Laura Cook said. "We are going to keep playing aggressive and continue with what we have been improving on."

Sacred Heart will rely on its upperclassmen to help lift them past two tough opponents this weekend. Mount Saint Mary’s is the reigning NEC champion and Monmouth is a perennial contender for the title every season.

"Our upperclassman are going to have to step up this weekend," Cook said. "We saw them step up against Wagner and take hold of the team, and the underclassman follow that."

Leading the upperclassman on the team will be Brianna Bubeck, a junior from Bethlehem, N.Y. Bubeck is second on the team with 18 points, accumulating 17 goals, and is coming off a five goal performance against Wagner. Aside from her upperclassman, Sacred Heart will need a constant effort from all their players.

"It’s hard to concentrate on or single out one great player on this team; we are a team full of good players," Cook said. Despite the team’s record, Cook has been satisfied with its play of late.

"This is our first losing season since I began coaching here, so it’s unusual for us, but we are okay with it. We have always been a team that peaked too early in the season and had trouble during conference play, but I think this season we are peaking at the right time."

This weekend’s games will provide the team with an outlook on how it can perform with the top teams in the conference and its chances in the upcoming NEC postseason.

This weekend’s games will both be played at home, with Friday’s game starting at 4 p.m. and Sunday’s at 1 p.m. on Campus Field.

See BASEBALL on page 14...

Baseball hosts huge series versus familiar foe

Pat Pickens
The Spectrum

Baseball will face its toughest conference test this upcoming weekend, as the Pioneers will host state and conference rival Quinnipiac for three pivotal games at the Ballpark at Harbor Yard on Saturday and Sunday.

The rivalry of playing Quinnipiac looms larger than any other series of the season.

"We circle this date on our calendar every year," assistant coach Seth Kaplan said. "This is one of those rivalries where if we win the series versus [Quinnipiac] it can turn a bad season into a good one, and vice versa."

The players also know how big these games are.

"We go into this series knowing that this is the biggest series of the season," catcher Jamie Morales, a junior from Mount Vernon, N.Y., said. "We play it like it is our last."

The Pioneers struggled last year versus Quinnipiac, losing three games out of four, including one in the Northeast Conference tournament in Lakewood, N.J. Quinnipiac wound up winning the conference tournament and gaining the automatic berth into the NCAA baseball tournament.

"They sent us to the losers’ bracket last year and we lost the season series versus them," Kaplan said. "They are still rounding into form, but are still the team to beat in the conference. Any chance at the conference title goes through them."

The Pioneers will pitch its two best on Saturday, as reigning NEC Pitcher of the Year Jay Monti will pitch the opener. Senior Chris Aldrich of Medway, Mass. will pitch in the second game on Saturday.

"Our goal in every series is to win the series on day one," Monti said. "Then we can go for the sweep on the second day."

Sophomore Jeff Hanson of Woodstock, N.Y. will pitch on Sunday for the Pioneers.

The Bobcats will enter the series with four wins versus two losses in-conference. They will combat the Pioneers dominant pitching with leadoff hitter Ryan Rizzo. Rizzo leads the team with a .353 batting average, 20 runs scored and 42 total bases.

The middle of the Quinnipiac lineup will also be dangerous. Third place hitter Wilson Matos leads the team with 20 RBIs. Cleanup hitter Kevin McIvane is batting .328 with a team-leading four homeruns.

The Bobcats pitching will be paced by senior Chris Waterer. Waterer, who beat Aldrich twice last year, was especially dominant in the conference tournament.