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SHU Mourns Loss of Media Studies Student

Kerry Freel
Editor-in-Chief

On Monday at 6 p.m. the SHU community was informed through a global e-mail that twenty-two year old Ashleigh Fontaine of Weston, died on Saturday as a result of injuries from an automobile accident.

Fontaine, a junior, was a Media Studies major at Sacred Heart who had just transferred into the school this past fall semester.

"I am stunned and saddened by this tragedy. Ashleigh was a bright, determined, and talented woman. The entire MSDC faculty and staff extends our deepest sympathies to Ashleigh's family and friends for their profound loss," said Dr. James Castonguay, Chair of the Department of Media Studies and Digital Culture.

Dallas Kalmar, a current SHU student, and Fontaine were friends before they could walk. Kalmar explains that Fontaine "changed majors from Philosophy to Media Studies, and was infinitely

impressed with SHU's program.

"She raved about her video production class and loved talking about the films she one day would like to produce. She had obtained an internship opportunity at MTV for the summer of 2004."

"I was deeply saddened to learn of Ashleigh's accident and death. Our hearts and prayers go out to her family at this time of great tragedy. May Ashleigh live now in the fullness of life with God," said Dr. Anthony Cerner, President of SHU.

To help the community deal with this loss, the Counseling Center offers some advice and explains the services available to students and staff on campus.

Mary Jo Mason, Director of the Counseling Center at SHU, has been part of the community for two years and has some advice for grieving students.

"Do something that connects you to the person, [like] if there are video clips [or] collages [to create] to stay connected in positive ways; not to get stuck in the grieving process," Mason said.

Mason also recommends, "continuing to share values that you shared with that person, or doing things that she [or he] might have done," to help cope with the loss of a loved one.

The Counseling Center offers different ways of coping with grief. Mason explains that individual grief counseling, setting up a one-on-one session, is how many students opt to discuss their emotions. Another option would be a group session for people who have lost loved ones. Some people may benefit from both methods.

Mason explains that all students share the same feelings of loss. They could talk first individually, and then as part of a group. "A group setting is more appropriate [for] a University. You can join with friends to remember that person and give one another mutual support," Mason said.

If you are experiencing signs of depression or just want a friendly face to talk to, appointments can be scheduled at the Counseling Center by contacting the Administrative Assistant, Cheryl at 203-371-7955. Mason



Contributed Photo from Dallas Kalmar

Ashleigh Fontaine (left) and Dallas Kalmar (right) at a dance.

explains any schedule can be accommodated, the counselors are flexible.

On Wednesday, February 18, there will be a program to help students cope with grief at East Hall, run by residential life staff. The program will incorporate techniques to help students cope with Sacred Heart University's

recent loss.

According to the global e-mail, Fontaine's Funeral Mass will take place today at 11:30 a.m. at Assumption Church, 998 Riverside Avenue, in Westport.

See Page 3 for a reflection from Dallas Kalmar.

Student Senate Loses Four Representatives

Lori Coupe
Staff Reporter

With empty spots in their first few meetings, the Student Senate returned to the spring semester with a few less members than normal. Jen Paquette, class of 2005; Kara Simpliciano and Jay Corrar, class of 2006; and Justin Colby, class of 2007, have all left their positions in the Student Senate.

Members of Student

Government insist that the absence of representation for these classes will not hinder the productivity of the Senate. Danielle Bachini, Junior class President, from Feeding Hills, MA, is confident that students should not be concerned with the absence of Senators as the positions are being filled through an interview process.

Apparently, the exodus of so many senate members at the beginning of the new semester is a coincidence. Each senator has his or her own reason for leaving

office.

"I had to resign my position as senator because of personal reasons," explained Colby. "At this point in time I need to focus on other things and didn't feel as though I could devote the amount of time to senate that is needed."

"He stepped down because he has a lot of work to do and he would like to concentrate on the educational aspect of his life and put everything else aside for now," said Freshman class President Monica Concha from North Babylon, NY, in regards to

former Senator Colby.

Paquette has gone abroad for the semester in Paris, forcing her resignation. Students are questioning why the position was not filled at the end of last semester, as it was known that she would not be returning.

"I don't think it's a big deal that she is going abroad but I feel like she had a responsibility to the class, as an elected officer, to have her position filled before she left," said Nancy Galdamez, a sophomore from Port Chester, NY.

"I don't think it's fair for the remaining active senators to have to pick up the slack while these positions are vacant," said sophomore Merissa Wolf, from Boston, MA.

"There exists no government in this world that is perfect," mused Concha. "Unfortunately, things happen and without hesitation we simply put our minds to work and solve the problem as quickly as possible. This only makes us stronger as the voice of

Continued on page 2

Telemarketers Hassle Residential Students

Cristina Baptista
Staff Reporter

Sacred Heart residents' ears are ringing. Students who live in university housing are concerned with the frequency of telemarketers who phone their dorm rooms and apartments, as well as how solicitors have obtained the residents' private phone numbers.

For those residents concerned with their privacy, more focus lies on what the university is doing in order to prevent students' local phone numbers from getting into the hands of solicitors.

Christine Fahey, a sophomore from the Bronx, says the soliciting phone calls she gets at her Jefferson Hill apartment are "ridiculous" and even though Sacred Heart should do something to filter the calls, "I don't

know what they would do to block them."

"[Telemarketing calls] are annoying," says Junior Caroline Tanski of Medford, NJ. "It makes me very uncomfortable [knowing] that [solicitors] are able to get private information about me."

Tanski, who lives at the Park Ridge Apartments, believes the university should have the responsibility of blocking telemarketers'

calls and "making sure our numbers don't get out. I don't give my room number out to too many people, so I'm not sure how these [solicitors] get it."

The question of how soliciting companies have obtained residents' private phone numbers is one both students and staff are wondering about. Mike Trimble, Sacred Heart's Assistant Vice President for Technology, does not know how students' phone num-

bers are getting into the hands of soliciting companies, but it is not from the Information Technology or Telecommunications departments.

Says Trimble, "we don't even have [the campus directory] linked to our website."

Some students wonder if a

Continued on page 3

SHU Opens Aussie Study Abroad

Danielle Bachini
Staff Reporter

When the average person thinks of Australia they think of koala bears, beautiful beaches, and an Opera House. When sixteen Sacred Heart University students think of Australia, they think of the amazing experi-

place that I have ever been," said Katrina Irwin, a Junior from Easthampton, MA. Not only did these Sacred Heart students have the opportunity to study while in Australia, but they were also able to travel and see exactly what the land down under had to offer.

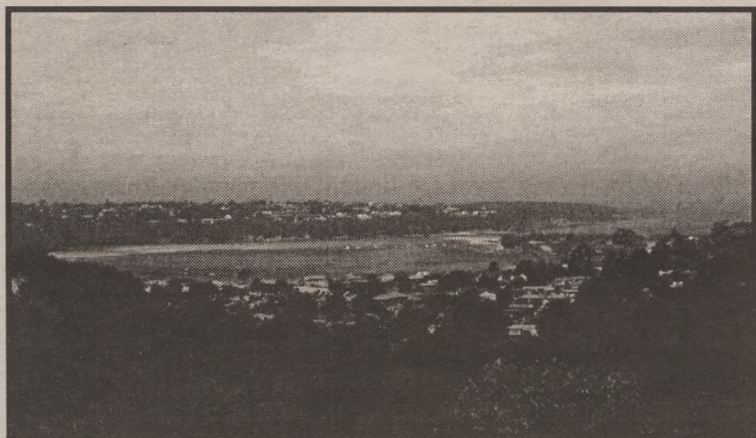
"Who could forget camping out on a sand island for a weekend, four wheeling on the

the process of getting there was a complicated one. Last year Sacred Heart did not offer a study abroad program in Australia so students that wished to study there had to find an alternative way of doing so. The alternative was to apply to the CCIS, the College Consortium of International Studies, which Sacred Heart is a member of. Once accepted the students then studied through St. Bonaventure, which is also a member of the CCIS, since they have the study abroad program at Bond University.

"The application process was really long and complex with a lot of paperwork. We filed a general application with the CCIS after getting our courses approved by Sacred Heart. Once we were accepted we no longer dealt with Sacred Heart because St. Bonaventure had the connection with Bond University. It was almost like we transferred for the semester," explained Maureen Daley, a Junior from Washingtonville, NY.

Yet, those complications are now a thing of the past for

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The Australian coast, one of Sacred Heart's study abroad sites.

ences they had during the fall semester studying abroad at Bond University, which is located on the Gold Coast of Australia.

"I loved Australia. It was the best time of my life and definitely the most beautiful and amazing

beaches, shopping the markets, snorkeling in the Great Barrier Reef, and sightseeing in Sydney?" said Lauren Allyn, a Junior from Stonington, CT.

Though these sixteen students enjoyed a semester abroad,

NEWS BRIEFS

• "Conversation About Cable Television" - Thurs, Feb 5, at 6 p.m. in the Schine Auditorium

• Student Senate - Every Monday Night at 8:00 in HC 101

• Poetry Open Mic. Thurs, Feb 5 at 8 p.m. in the Faculty Lounge.

• "Stomp for Christ" Gospel Fest Feb 20 at 7 p.m.

• "Rape Aggression Defense" - Sat. Feb. 14 11 - 2 p.m.

Omega Leads "Souper Bowl" Food Drive

Once again Omega Phi Kappa along with the help of Phyllis Machledt of the Service-learning department organized the "Souper Bowl Can Drive". After a very successful food drive last semester Omega Phi Kappa decided to repeat this event once again setting a goal of 1,000 cans that will be donated to churches in Bridgeport, (St.

Stevens, St. Charles, and Jesus Saves Ministries) that they have helped in previous occasions and other programs. The food drive concluded with a collection of all the donated cans at last Sunday's mass in the mahogany room. As Paul B. Herman, president of Omega mentions, "Omega is always looking for ways to give back to the community and to the

university" for they have received many awards for their stupendous efforts, and commitment with the local community, like two community service awards for the more than 2000 of community service hours. Omega Phi Kappa not only helps our immediate community, but last year they fundraised \$2,000 for children's books, for a non profit organiza-

tion that helps underprivileged children on the island of Geneva in Haiti.

These activities are a great way to set an example for other organizations similar to Omega Phi Kappa here at Sacred Heart University, since not only does a great deal for the community, but also gives a great image for the institution that they as stu-

dents represent. Is good to know that for this organization Super Bowl does not only represents high paid athletics, or the huge amounts of dollars invested on marketing and commercials, and controversial haft times show entertainment, but is more of an opportunity to give back to our local community.

Corrections

Issue 12

Features, Pg. 8- headline- should read, "Online Registration: Past, Present, and Future."

Features, Pg. 9- byline- should read, "Diana Smith" instead of "Nicole Governale" for the story "A Career Center For Everyone."

Sports, the whole section, Pg. 10-16- missing apostrophes in stories, headlines, pull quotes, captions, etc. due to problems with fonts printing out.

Missing Senators

Continued from page 1

the student body and allows us to take action when situations are presented before us."

The Student Senate is comprised of four senators from each of the four classes and is run by Vice President of Student Senate, Jen Hradek. At the end of each spring semester, elections are held for the following school year. Due to the fact that it is mid-year, each class board will accept applications, hold interviews, and vote on the new senators. Senate encourages every student to attend these weekly

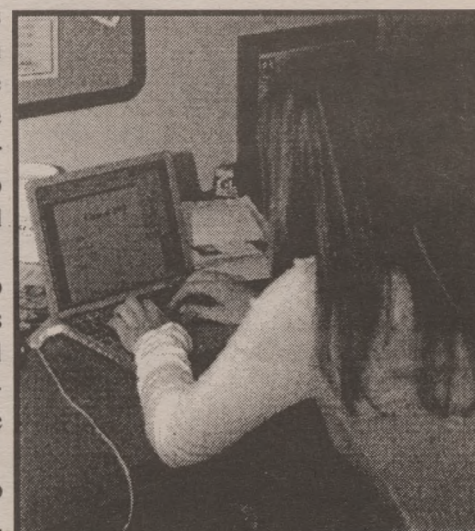
class board meetings and take an active role in supporting their class.

"Even if a class member does not hold an elected position on the class board, it would be greatly appreciated for members of the class to come to meetings and help out," said Bachini.

According to Hradek, the Senate is continuing to keep all students equally represented in spite of the unoccupied spots.

"The Senators who did leave are missed.

New Senators will be appointed for all vacant positions by next week," said Hradek.



A Friend Reflects

Ashleigh has always been a dancer. When she was 4 and beginning a ballet class, one girl remarked at how beautiful she was. A beautiful, little ballerina. "You're so pretty," the girl said. "What's your name?" A pre-conscious and imaginative Ashleigh replied, "My name's Ashleigh Fontaine. But you can call me Rainbow Brite."

Rainbow Brite certainly is an appropriate nick-name for this vibrant, beautiful, talented, creative, HYSTERICALLY funny yet deep young woman. Her infectious laugh, those animated responses, the passion with which she'd get angry, her ontological mind, the cookies she baked, the faces she made, the "cute" voice, the music she lived for are all just a few of MY favorite things, but don't even scratch the surface of her extraordinary soul.

-Contributed by Dallas Kalmar

Students' Take on Telemarketers

Continued from page 1

"do-not-call" list would be appropriate to prevent the telemarketing. Fahey is familiar with the lists, stating, "I signed up for one at home in New York." She adds, "I don't understand why colleges aren't automatically placed on a do-not-call list."

"I've heard about [the do-not-call service] on the news," says Tanski, and although she has never used the service personally, she adds that Sacred Heart "should have stuff around school telling [students] how to actually register for the do-not-call list, because I have no idea how to go about it."

According to information provided by the Federal Trade Commission's (FTC) website, consumers can be in control of the number of telemarketing calls. The FTC's Telemarketing Sales Rule (TSR) "establishes the National Do Not Call Registry, which makes it easier and more efficient for consumers to reduce the number of unwanted telemarketing sales calls they get."

To be put on a do-not-call list, one may go to the FTC's website and register up to three phone numbers and an e-mail address. Registering for the do-not-call list may also be done by phone.

While many students are concerned with calls from telemarketers, others are less worried. Chris Crutchfield, a sophomore from Woodbury, thinks putting residential students' numbers on a

do-not-call list is unnecessary, the soliciting phone calls not being a major issue.

"I enjoy getting some of those calls just for the pure humor of it," says Crutchfield, referring to one caller attempting to sell him vinyl siding despite the fact that Crutchfield lives in a Jefferson Hill apartment.

Amanda DeGuiseppe, a junior from Mastic Beach, NY, says she gets telemarketing calls all the time in her East Hall dorm room, but they do not bother her too much: "I just hang up on them," she says.

For some Sacred Heart resident students, telemarketing calls are annoying and unwanted. For others, however, the calls are not much of a threat. While students who desire to keep their university phone number unknown to solicitors have the option of registering a dorm or apartment number on the do-not-call list, the FTC notes that it normally takes three months for a request to be processed. Therefore, a student may have to endure nearly a semester's worth of soliciting phone calls before a number is effectively blocked from telemarketers.

"If the university does put [residents' numbers] on the do-not-call list, they should do it in the summer to give it time to activate," notes DeGuiseppe.

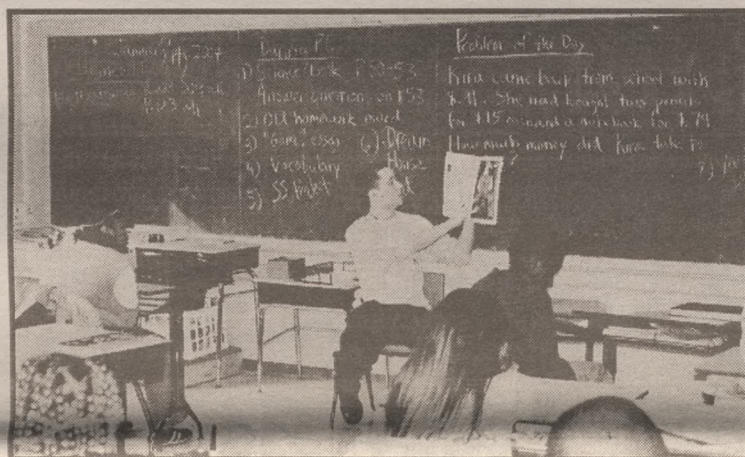
Saburo Usami, Director of Networking and Telecommunications at Sacred Heart, was unavailable for comment.

Students Experience Curtis Week

Amy Deschenes
Staff Reporter

On Wednesday, Jan. 14, a group of 17 Sacred Heart students gathered together to participate in CURTIS Week. This annual event immerses students in the Bridgeport community through service learning and promotes discussion of issues such as poverty, hunger, and homelessness. The experience helps SHU students to break down stereotypes and become more open to diversity.

"No two CURTIS weeks have ever been alike," Phyllis Machledt, Director of Service Learning and Volunteer Programs, said. The name CURTIS week has dual meanings, representing the Reverend Walter W. Curtis, the founder of Sacred Heart University, and also an acronym for Community Understanding and Reflection Through Inner-city Service. The annual event began in 1999 and the focus is



Mike Mosher doing a Read-Aloud at McKinley School.

students participated in a Read Aloud at McKinley School, volunteered with a Girl Scout troop at Beardsley School, and helped out at the Merton center after-school program.

"The children appreciated the little they had," said Jon Cretella a sophomore from North Haven. There were a variety of opportunities to interact with the youth of Bridgeport.

"We did a lot of work with soup kitchens and everyone really pitched in serving food and

would be like to live in this type of situation.

There was also opportunity for students to socialize and discuss the issues they confronted during the week. This helped to embrace the diversity the students witnessed during the day. There were also social events such as group dinners at a local Mexican restaurant and viewing of the Broadway play, RENT. These outings were small, but welcomed diversions from the hard work students put in during the day.

Many of the students worked outside helping to insulate a house being built by Habitat for Humanity. The experience was made more difficult because of the frigid winter weather. All the students were willing to brave the cold and pitch in to finish the insulation job.

"This week was unique because it made students realize what it would be like to be homeless or hungry in the bitter cold," Machledt said. "The week was very physically challenging, but students rose to the occasion," added Machledt.

Curtis week culminated in a Pot Luck Diversity Luncheon at the Golden Hill Methodist Church. The dinner welcomed many of the people the students



(left to right) Stacey Mayers, Jon Cretella, Shannon Burton, Jenna Malloy, Josh Sedlock help insulate a home for Habitat for Humanity.

always embracing diversity.

While students lived at the St. Charles Urban Center for one week, they worked with local schools, soup kitchens, and Habitat for Humanity. The

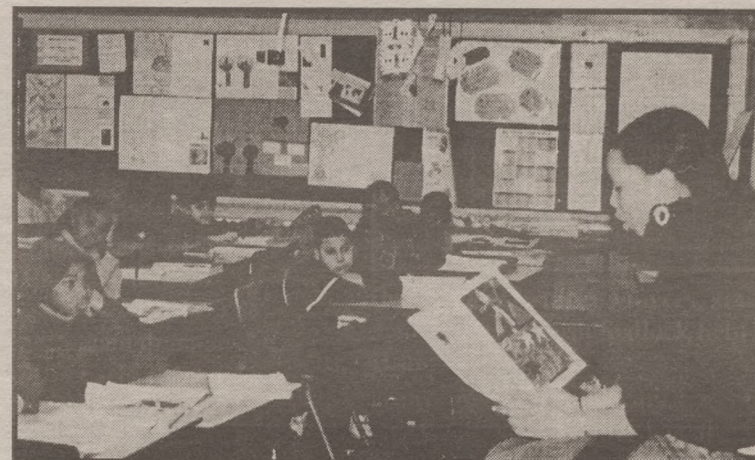
cleaning dirty dishes," Machledt said. Students worked with the Bridgeport Rescue Mission and Prospect House preparing and serving meals. The students were able to witness, firsthand, what it

had met during the week. All together there were about 55 people in attendance. The guests included local school children and Habitat for Humanity homeowners.

"The diversity dinner was a great way to meet people and view other backgrounds and lifestyles. I found that everyone meshed well and although we came from complete different

aspects of life, we shared more similarities than differences," said Gregory Haney a junior from Ludlow, MA.

There is always much opportunity for community service through Sacred Heart University. If you are interested in getting involved with various community service events on and off campus, contact Phyllis Machledt at (203) 365-7622.



Carmella Lasseigne doing a Read-Aloud at McKinley School.

Self Defense for Females: *Public Safety Begins "Rape Aggression Defense" Classes*

Michelle Bassi
Staff Reporter

The Rape Aggression Defense System (RAD) is now available at Sacred Heart University, free of charge. Beginning on Saturday, Feb. 14, from 11 a.m. to 2 p.m. in the faculty lounge there will be a specially designed self-defense course for women. The first hour of each course will be a lecture and the following two hours will be a physical technique training, which includes protective gear and punching gloves. The two remaining courses will take place

"It sky-rocketed my self-confidence, knowing that there are measures available... for my safety"
Lisa Brown

on the following two Saturdays, Feb. 14 and 21.

According to the R.A.D. instructor, Lisa Brown, "Often, times, people go about their business and think it (rape) will never happen to them until it really does. Personally, I've been involved in a vulnerable situation

and felt as if I had no options and it was really scary. Since I've had this training it was enlightening to realize that, as females, we're not at the mercy of aggressors."

Wallingford has taken the self-defense classes and shares: "It was my mindset that - now being a female in college - I needed to protect myself. I've always con-

bodies and just our physiology is different from men, so we point out ways to make our strikes in technique training to be just as effective as theirs. It's a serious course but with practicing the techniques and having the girls relate to each other, it can be so much fun. We crack jokes together and it's a great workout. It's something you push yourself to do. We have an objective and we know why we're there but in doing so we try to make the atmosphere comfortable." says Brown.

Heng says, "When I first entered the class I didn't know how to kick or punch properly. Once the training started, I was in for a real treat! I even took one of

"I do see that I feel more comfortable after the class because now, being in situations knowing that if I need to use self defense, I could"
Sara Cwirka

the trainers down, too! I was glad they are willing to help us out by acting as the attackers. Our job

was to use what we learned in the class to respond to their attack, kicking, punching, choking and more! Lisa made the class fun for us as well, and I was really comfortable during the training and with whom I was trained."

"I do see that I feel more comfortable after the class because now, being in situations knowing that if I need to use self-defense, I could," said Cwirka.

At the end of all three courses, and only if all courses are attended, students are given a certificate. The R.A.D. classes have a life-time return policy so if you attend one class and get it signed by the instructor, then miss a following class, as long as the student keeps the manual with it signed, they can go back to any class practice in the United States.

Heng says, "It made me very grateful that SHU offer the class. It really helped me to be confident wherever I went, knowing that if I am attacked right now, I can fight my way out using the skills that I've learned. I think every women should join the class because it's worth it and they'll like it."

To sign up, go to Public Safety and fill out a brief registration form any day from Monday through Friday between 8 a.m. and 4 p.m.

"It's an excellent course that can benefit you for the rest of your life if you are ever in a bad situation where you can't figure a way out, such as if you're being followed by a stranger"

Rida Heng

"It's an excellent course that can benefit you for the rest of your life if you are ever in a bad situation where you can't figure a way out, such as if you're being followed by a stranger," says Rida Heng, a commuter from Bridgeport. "We also learned how to handle dangerous situations and take precaution when necessary, such as using your keys as a source of weapon and if ever attack, aim for the eyes and the face."

"It sky-rocketed my self-confidence, knowing that there are measures available to use at some degree for my safety. I want to share this with other people and help women sharpen their natural instinct for self-preservation," says Brown.

Freshman, Sara Cwirka, from

sidered myself to be an independent person and didn't want fear to prevent me from going out."

"Girls are trying to be quiet and demure and lady like, but sometimes it's okay to be assertive. That's what we're aiming to do in this course," explains Brown. "Attackers might take advantage and victimize people who, they feel, won't call attention to themselves by yelling or shouting and being aggressive back."

"What I like about the class is that you don't need any prior experience or background in physical skills training. Just ask them and they will teach you! And trust me, they can kick butts better than Jacky Chan!" says Heng.

"The way we coordinate our

Students Study Down Under: University Opens New Study Abroad Program in Fremantle, Australia

Continued from page 2

any Sacred Heart student that is interested in studying in Australia. Because of the popularity of studying abroad in

"The University of Notre Dame offers courses in many disciplines so all kinds of majors are invited to apply"
Marylou Roof

Australia, Sacred Heart implemented a program in the fall of 2003 with the University of Notre Dame Australia, which is located in Fremantle. According to Marylou Roof, the coordinator of Study Abroad Programs,

the University of Notre Dame Australia program began after Dr. Anthony Cernera, President of Sacred Heart University, visited that country.

"While Dr. Cernera was attending a conference in Australia, he met some individuals from the University of Notre Dame Australia. Upon discovering that both universities shared similar missions, he suggested that the Director of Study Abroad at the University of Notre Dame Australia contact our Study Abroad office. After a visit to our campus last spring, the final agreement between the two universities was finalized and signed in the fall of 2003," said Roof.

Four Juniors and one Sophomore will be the first group of students taking part in the program this semester and will begin classes in Australia on February

16th. Not only will these students be studying at a great University, but they will be living in a city that offers many attractions such as an army museum, a harbor, an

"While Dr. Cernera was attending a conference in Australia he met some individuals from the University of Notre Dame Australia... After a visit to our campus last spring, the final agreement between the two universities was finalized and signed in the fall of 2003"

Marylou Roof

arts center, a history museum, a maritime museum, beaches that offer swimming, surfing, and bodyboarding, and numerous pubs and nightspots.

What is unique to the study

abroad program at the University of Notre Dame Australia is that every student participating takes part in a cultural awareness tour. This is a trip to the city of

Broome that is in association with the mandatory course AL375, Australian History and Society. While on this trip students will have the experience of visiting aboriginal communities, hearing

stories from Aboriginal people, and visiting the traditional Bardi Hunting grounds.

Students that may be interested in studying abroad in at the University of Notre Dame Australia are urged to visit the study abroad office for more information. The deadline for applying for the fall of 2004 semester is February 9th.

"The University of Notre Dame offers courses in many disciplines so all kinds of majors are invited to apply," said Roof.

Even though she studied at a different University, Irwin had this to say of her experiences: "Studying in Australia was definitely worth it, and I would recommend it to anyone."

The deadline to apply for fall semester study abroad in Australia is February 9. Applications can be found in room SC 124.

Take a Ride on the "Leader-ship"

Gillian Weisman
Staff Reporter

Saturday, Feb. 21, will mark the first annual Student Leadership Conference at Sacred Heart University, sponsored by the Department of Student Life. "Take a Ride on the LEADER-ship" provides students the opportunity to enhance their understanding of leadership as well as a chance to build their resume. The conference will have presenters from Sacred Heart, Boston University, Northeastern University, and Quinnipiac University.

The day will begin at 9 a.m. with registration and a continental breakfast followed by the keynote address by Dr. Maura Cullen, a full time educational consultant and motivational speaker. There will be three rotating educational sessions including Time Management, Teambuilding and relationship development, and Marketing your Leadership Skills After Graduation.



Photo courtesy of Student Life

Dr. Maura Cullen, the scheduled keynote speaker of the leadership conference, is a "full time educational consultant and motivational speaker, according to the pamphlet delivered to students' mailboxes.

"[The sessions will] give students extra tools and knowledge that they can use in the classroom, with sports teams, and with other clubs and organizations"

Amy Ricci

"[The sessions will] give students extra tools and knowledge that they can use in the classroom, with sports teams, and with other clubs and organiza-

ing ceremony where students will receive a certificate of completion as well and the conference will be added to their co-curricular transcript.

The keynote speaker, Dr. Maura Cullen delivers addresses on multiculturalism and leadership, and is familiar with the challenges facing higher education today.

"Those who have never heard Maura speak will be in for the treat of their lives," said Larry Wielk, Dean of Students. "She is an inspirational role model who will provide everyone with something to take away."

"I think the conference is a good idea and hope all types of students attend. I think it will be extremely beneficial since they have areas focusing beyond college life," said senior Carrin David (Teaneck, NJ).

"As students who will be looking for internships and jobs

in the future, this leadership conference will give you opportunities to learn more about such topics as Effective Communication, Marketing Your Leadership Skills and Ethical Leadership," said Denise Tiberio, Associate Dean of Students. "I highly encourage students to take advantage of the opportunity being offered to them."

There is no cost for attending this conference. Information for "Take a Ride on the LEADER-ship" has been placed in students' school mailbox and registration forms are due to the Student Life Office by Wednesday, February 11.

"Those who have never heard Maura speak will be in for the treat of their lives"

Dean Wielk

tions," said Amy Ricci, graduate assistant for the First Year Experience. There

will be a roundtable lunch and the day will end with a clos-

Outside the SHUbox

Compiled by Danya Jimenez and Cortney Barbato

Looking for something out of the ordinary to do? Interested in trying something new? Then check out this list of events including bands, open mic nights, pottery making, science exhibits, and karaoke!

Venues:

Acoustic Café
2926 Fairfield Ave.
Bridgeport CT
335-3655

Amberjacks
99 Washington St.
South Norwalk Ct
853-4332

Bear and Grill Café
2000 Black Rock Turnpike
Fairfield CT
333-1522

Discovery Museum and Planetarium
4450 Park Ave.
Bridgeport CT
372-3521

Fairfield Community Theatre
1424 Post Rd.
Fairfield CT
255-6255

Hands On Pottery
1700 Post Rd. Fairfield
Center
Fairfield CT
319-1273

Ray Kelly's Pub
2420 Fairfield Ave.
Black rock (Bridgeport) CT
333-6278

Skybox Café
1494 Post Rd.
Fairfield CT
259-7535

Daily:

Discovery Museum and Planetarium
Featuring Science Exhibits, Technology, and High-definition Films Daily
\$8.50 adults - \$7.00 children
Under five years old - free

Thursday Feb. 5
Amberjacks
Hypnotic

Bear and Grill Café
Karaoke

Fairfield Community Theatre
21 Grams 7:00pm and 9:30pm
Mystic River 6:50pm and 9:30pm
All Shows \$3

Hands On Pottery
Paint All Day - \$8

Ray Kelly's Pub
College Night
\$5 cover - \$5 pitchers - \$2 shots

Skybox Café
Trivia Night 9pm-11pm
Compete For Prizes
By Yourself or on a Team

Friday Feb. 6
Acoustic Café
Alternate Roots
9pm - \$8

Amberjacks
Sister Groove 10:30 pm

Ray Kelly's Pub
The Mickey Finns
\$3-\$5.00

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Tea Saved Me

Joe Lamendola
Contributing Writer

We all know being sick is a rather unpleasant experience and it seems as if the college student is doomed, predestined to fall ill sometime during the winter. It's almost inevitable when sickness plagues campus while it wildly spreads throughout the dorms, seeps into the classroom, pollutes the Pitt Center, contaminates the hallways and gets passed on from student to student like a new trendy fad.

But I have stumbled upon some superior wisdom and feel it is necessary to pass on this proverbial and nonetheless beneficial piece of knowledge of staying healthy while everyone is busy blowing their noses and coughing up their lungs.

About this time last year while the flu took its toll on me, a good friend of mine, who happens to be a doctor, told me about the health benefits of drinking tea.

It was hard to believe that simply drinking tea could grant me freedom from getting sick

and no way did I believe that this "old person" drink could possess these magical ingredients that would save me a few bucks on tissues and Nyquil. So I decided to do some research and what I found was very interesting.

Evidently, studies have proven that drinking green or black teas will increase metabolism, which helps burn more calories and would prevent illnesses such as the common cold and the flu.

Dreading my supposed winter destiny, I decided to try this tea thing out. So I went down to Flik and sure enough there is an assortment of Bigelow Teas, which happens to be a highly respected and sought after tea company.

I started to drink their Green Tea and I am proud to say that this is the first winter in my entire life that I haven't spent half of it being sick.

Not only did I survive the flu epidemic, I haven't even had a stuffy nose, nor did I have one lung collapsing cough and I give all the credit to Bigelow Tea. Just drinking one to two cups a day has certainly kept the doctor away!

Reality TV Is Not For Me

Kerry Freel
Editor-in-chief

Reality TV just does not appeal to me. First of all, it's not REALLY reality. Have you ever REALLY been paid to be on TV to eat bugs, jump off strange things, or choose someone to date in front of the entire country?

Maybe "Survivor" was another time of mankind's reality, earlier in the evolution process before we had supermarkets to shop at or farms to grow food on.

For the majority of folks, the only time "Survivor" would be reality would be if some tragedy happened that stranded them somewhere without cell phone reception in a desert.

I've seen bits and pieces of a few reality shows on different occasions. The other night "Celebrity Mole" was on and I saw a few clips, and I had watched a few parts of it the week before as well.

The first time I watched, contestants had to catch chickens or roosters and throw them over a fence into a little pen.

That was sort of funny in some way I guess, but for the

most part it was pretty pointless and random (and I felt bad for the chickens or roosters). Well that clip may have been random, but at least it wasn't disgusting!

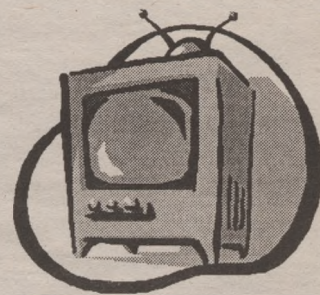
The most recent clip I almost watched involved the players eating WORMS. Ew. Gross! I mean, I thought campus food was bad, worms are definitely worse. Yuck!

So what's the point? Wow, someone who used to be on a popular TV show ate a worm. Oh good, my life is complete. I can go on and accomplish great things in life now because I found this factoid out.

Actually reality TV is not really reality at all. There's a creator and producer for each show who thought of what shots they wanted to show on the air.

They developed concepts for the show to pitch it to their superiors. There are editors involved who cut certain parts out and decide to keep interesting scenes in. Take "The Bachelor," as an example.

If the viewing public saw the ENTIRE process of meeting all those people and talking with all of them and seeing them all get ready for different dates and everything else that went on, I'm sure it would have been very long, much more than an hour or



two a week. (Girls spend more than an hour or two straightening or curling their hair every week just to give a little perspective.)

So are viewers really getting the real picture? Is this Reality TV or Staged TV?

I think the only way to have Reality TV would be to run live TV time, like what the news does to a certain extent when they do live coverage at speeches and such, and have someone filming without any kind of editing. There could be a selected destination, but the people should not be manipulated into doing certain things, or it's not really reality.

Current "Reality" TV is a way to pass the time, so is watching a bug fly around a light- neither make much sense or appeal to me!

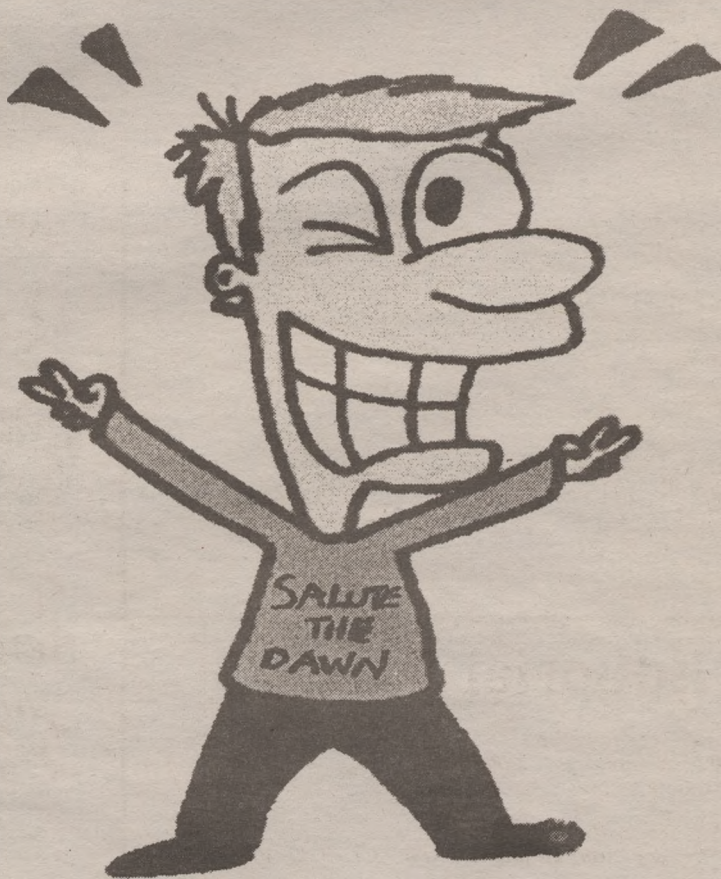
Have an opinion on Reality TV? Write in! Make your voice count. E-mail: kerry-freel@sacredheart.edu



Photographer's PICK

The Spectrum/ROBERT TRENSKE

A view of The Plaza Hotel from Central Park, New York, NY



The Spectrum/PATRICK REINHART - CARTOONIST

"The only guy in America that put \$12,000 on Janet Jackson's breast showing at halftime."

Smile, Though Your Heart is Breaking

By Kerry Freel
Editor-in-Chief

A member of our Sacred Heart community passed away this Saturday. This is a loss not only to SHU, but to the entire world. Who knows what accomplishments Ashleigh Fontaine might have made to society had she been alive to see the age of 85?

Everyone that I've spoken with was shocked and upset about Ashleigh's death. We all realize that life is short.

The roads were treacherous for driving after last week's snowstorm Tuesday night into Wednesday. Upon discussing the incident with other editors on the newspaper, we all felt that a car accident could happen to any one

of us at any time. It's scary to think about.

Life is delicate. Life is short and too often taken for granted.

We complain about fussy little things that really don't matter in the big picture.

Ashleigh was a transfer student, who joined Sacred Heart in the fall semester.

Everyone who knew her on campus had nothing but positive words to say about her.

"Kind," "vibrant," a girl with a "positive personality" were just some of the things people said about Ashleigh as a person.

The loss of a life is always a hard thing to accept and cope with. There is a time for mourning, and then there is a time to work up the energy to move on and remember those whom you have loved and lost.

There are simple things you

can do to help cheer up someone who might be upset by the death

The easiest cure for the blues, which doesn't cost a cent, is a smile!

of a friend or relative. The easiest cure for the blues, which doesn't cost a cent, is a smile!

Everyone can smile at someone passing them in the hall.

The headline of this story comes from one of the "My Girl" movies when Veda investigates her mother's life and strives to find her mother's greatest accomplishment. Her mother sings a song about having troubles in life, but that everything will be alright, "If you just smile."

Ashleigh made many accomplishments in her life, from her studies to her dancing.

So send some extra smiles around the hallway, there's no harm that can come from them, and everyone feels comforted by a friendly face smiling at them.

Another easy thing to do is to have extra courtesy for people, put yourself in their shoes. Maybe let someone go at an intersection before you, even though you have the right of way. Maybe today is a good day to make up with a friend you've been fighting with for a long time.

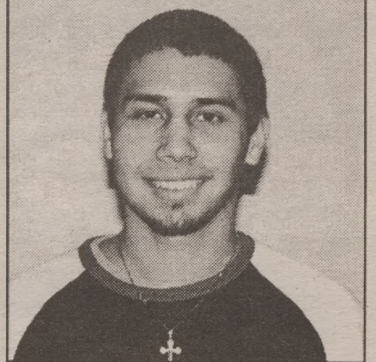
Whatever tactic you use, it's sure to help you at least gain peace of mind.

So try to smile even if something is going wrong in your life, you never know who you could be inspiring along the way.



Compiled by
Suzanne McHale & Robert Trenske

What do you think about Janet Jackson's performance at the Super Bowl?



"I thought the performance by Janet Jackson and Justin Timberlake was good, but I can see how some people would be offended by the incident that occurred at the end of the performance."

Joe Fiumano
Junior
Huntington, NY



"I liked Janet's performance a lot because I love her music. I wasn't offended by what happened but I definitely think it was planned."

Lauren Shilstone
Freshman
Hicksville, NY



"I think that she felt a little 'HOT' after Justin came on stage."

Fatima-Zahra Moubchir
Sophomore
Morocco



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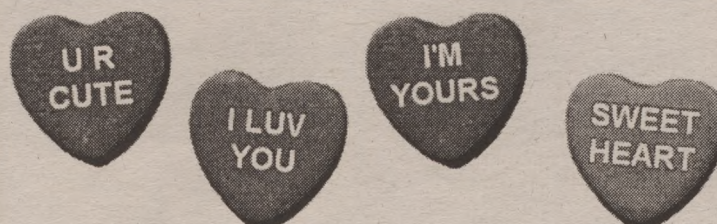
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Janet Jackson and Justin Timberlake (pictured above) caused a scene during this year's Super Bowl halftime show, SHU students react in SHU Voices this week (at right).

Roses Are Red...



Send an extra special message to your sweetheart this Valentine's Day! Run a FREE message in the Spectrum.

E-mail your messages to:

kerry-freel@sacredheart.edu by 10 a.m. Monday,
February 9, 2004.

Please put "Valentine message" in the subject line of the e-mail!

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material.

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North Hall Brings More Than Just New Dorms

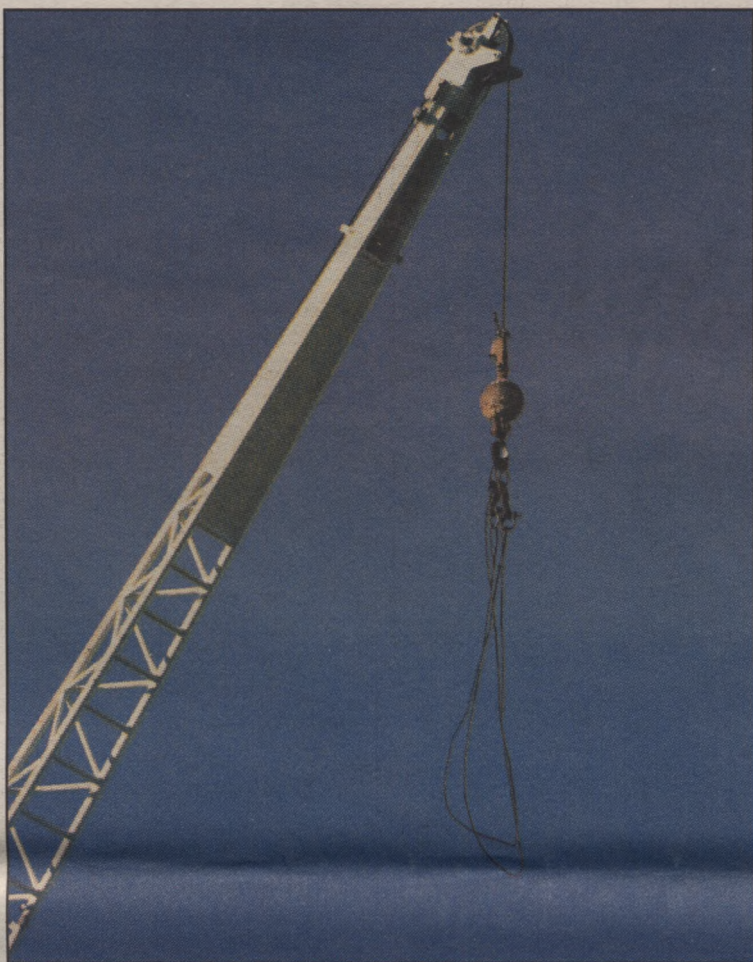
Jess McCann
Staff Reporter

Many students have been watching the development of the new dorms across the street from campus since last fall semester. Currently, the dorms are being named North Hall. According to Larry Wielk, Dean of Students, more than likely this will be the permanent name for the new dorms.

"We are expecting the new dorms to be ready around August so students can move in by the fall of 2004. The dorms will be housing for mainly juniors and sophomores, but this is not finalized yet. This would mean that close to ninety percent of juniors would be able to have housing next year," said Wielk.

The rooms are suite style and designed to house twelve to thirteen students in each suite. The suites will all have two bathrooms, a kitchen, lounge area, and bay windows. There will also be a little over one hundred parking spaces, priority going to juniors.

Wielk also noted that the ground floor of building one, which is the building that faces



Park Avenue, would be converted into a fitness center on one half and a café on the other half.

"We went to New Haven to look at some of the coffee houses to get ideas for the new café. It is

going to have its menu patterned around the coffee house Cosis's, which may also include their smores plates," said Wielk.

He also noted that this coffee house would have later hours than



The Spectrum/ ROBERT TRENSKE

With the construction of North Hall slated to be finished for the Fall 2004 semester, more than just dorm rooms will be added to Sacred Heart's campus. Each suite will have two bathrooms, a kitchen, a lounge area, and bay windows. In addition to the suites, Dean Wielk reported that North Hall will feature a new New Haven-style cafe and a fitness center.

any of the other café's. "Right now, roughly the hours might be from 7:30 a.m. to 10:30 a.m. and closing for lunch, opening back up in the evening after dinner and staying open until approximately 2 a.m."

Students are excited about the

new dorms but also about the new café and the fitness center.

"I think this will really help ease all the traffic in the fitness center in the evening. There are

*See "North Hall"
Continued on Page 9*

Students Argue About Appetite for Atkins

Nicole Governale
Staff Reporter

"I have to wear a bathing suit in a month, I can't eat carbs!" Sound familiar? This seems to be the mentality of a lot of dieters: no carbs.

With spring break just around the corner, many students are going to great lengths to drop their winter pounds and a large number are turning to the Atkins diet. The philosophy behind Atkins is different than other diets. Supposedly while on this diet you will never go hungry again yet, you will still lose weight.

In 1955, Dr. Robert C. Atkins graduated from Cornell University Medical School. Beginning in the 1960s, while practicing medicine in New York City, Dr. Atkins

began to formulate his low carbohydrate approach to nutrition. His first book, "Dr. Atkins' Diet Revolution" was published in 1972, but it was not until the early 1990s that Dr. Atkins' philosophy created a buzz.

*"It seems impossible
to completely cutout
carbs from your diet"*
Colleen McCormick

With Atkins, dieters are allowed to eat all the meat, cheese, eggs, and fats they like. There is NO calorie counting. Dr. Atkins' books claim, "Unlike other weight-loss programs, Atkins allows you to eat satisfying amounts of delicious, nutrient-dense foods—and customize the program to your individual needs and tastes."

The key to this diet is eliminating carbohydrates from the diet. With the absence of carbs, the late Dr. Atkins claimed that cravings for foods will go away and comfort foods will no longer be necessary. Participants of the Atkins diet should also experience an increased mental alertness.

Many restaurants are jumping on the Atkins bandwagon. T.G.I. Fridays, Ruby Tuesdays, and Subway offer low-carb items on their menu. Burger King has even gone so far as to offer bun-less burgers wrapped in lettuce. Subway released this statement about their new menu, "Subway Restaurants and Atkins Nutritionals, inc. (ANI) have announced a new partnership that will benefit the millions of consumers who have chosen to manage their weight and their overall health by following the Atkins Nutritional Approach™.



The Spectrum/ ROBERT TRENSKE

Students seem to have mixed opinions about the no carbs Atkins Diet.

Subway Restaurants is the first quick serve restaurant to partner with ANI."

For some, this diet seems too extreme. The thought of no carbohydrates sends many people running in the opposite direction. Colleen McCormick, a senior from Hicksville, NY is strongly opposed to the Atkins diet.

"It seems impossible to completely cutout carbs from your diet."

Garrett Fox, a senior from Clinton, is also not a fan of Atkins but for a different reason.

*See "Atkins Appetite"
Continued on Page 9*

Theft Identity Is No Laughing Matter

Katie Carroll
Features Editor

The commercials mentioning theft identity are humorous and catchy. In one commercial, an overweight, balding, middle-aged man opens his mouth and an annoying woman's voice comes out of it. The voice describes a costly purchase of women's unmentionables. At the end of the commercial, the man seems to make a face of aggravation at what the voice just said. However, real theft identity is not laughing matter and not a matter of mere aggravation.

Traci Tournoux, Accounts Executive of TMG Public Relations, noted, "Now that the holidays are over, it's a New Year and a new semester for college students, which means new classes, new textbooks, and new professors. For identity thieves, it can also be a time to steal a new identity – that of an unsuspecting student."

TMG Public Relations represents Citi Cards, the credit card company responsible for the humorous, but awakening, identity theft commercials.

The Federal Trade Commission (FTC) defines theft identity as "someone us[ing] your personal information such as your name, Social Security number, credit card number or other identifying information, without your permission to commit fraud or other crimes."

In the Synovate Report of ID Theft Survey conducted by the FTC in September 2003, 12.7 percent of respondents reported that they had been victims of some form of theft identity in

the past five years. This suggests that approximately 27 million American adults have experienced this growing problem.

The FTC also reported that when an identity is stolen, it can take months or years for the victim to clear his/her name. This can result in the victim having a

reports will be sent to you free of charge.

2. Close the accounts that you know or believe have been tampered with or opened fraudulently. Use the ID Theft Affidavit when disputing new unauthorized accounts.

3. File a police report. Get



Despite the catchy commercials about theft identity, students should consider the crime a serious threat.

poor credit history, being refused for job opportunities, not receiving loans, and can even lead to the victim being arrested for crimes others committed.

The FTC offers this plan of action for those who have been victimized by identity thieves:

"1. Contact the fraud departments of any one of the three major credit bureaus to place a fraud alert on your credit file. The fraud alert requests creditors to contact you before opening any new accounts or making any changes to your existing accounts. As soon as the credit bureau confirms your fraud alert, the other two credit bureaus will be automatically notified to place fraud alerts, and all three credit

a copy of the report to submit to your creditors and others that may require proof of the crime.

4. File your complaint with the FTC. The FTC maintains a database of identity theft cases used by law enforcement agencies for investigations. Filing a complaint also helps us learn more about identity theft and the problems victims are having so that we can better assist you."

The best way to deal with theft identity is to prevent it from happening. Citi Cards Credit-ED offers a free website, www.Students.UseCreditWisely.com, that helps students manage their credit and safeguard themselves against theft identity.

Credit-ED's Top 10 Essential Tips To Protect Against Identity Theft

1. Always safeguard your personal information. Don't give your account or social security number over the phone unless you've initiated the call.

2. Don't carry your Social Security card or print your Social Security number on your checks or driver's license.

3. Pay attention to your monthly bills and call your bank, credit card issuer or utility company if you notice any suspicious activity or if don't receive your statement. Always check receipts against your monthly statements. If anything looks fishy, report it immediately.

4. Shred your receipts, pre-approved credit card offers and any other documents that contain personal information before you throw them away.

5. Review your credit reports frequently for accuracy.

6. Deposit mail in US Postal Service Collection boxes, and don't leave mail in your mailbox overnight or on weekends.

7. When you write a check to make a payment on your credit card, don't write the entire account number on it – use just the last four digits.

8. Protect your personal information when shopping online. Use disposable credit card number technology, like Citi's Virtual Account Numbers, so your real information is never revealed on the Internet.

9. Carry only the identification information and credit or debits cards you actually need – especially when traveling. To clarify: you may need 1 or 2 cards. You will not need 6.

10. Visit www.Students.UseCreditWisely.com for more tips on credit card fraud prevention, healthy credit habits, gaining financial control and much more.

Atkins Appetite

Continued from Page 8

He stated that the reason you lose weight so quickly on this diet is because, "you lose muscle not fat, that's why you are allowed to have all the fatty products."

Katelyn Butsford, a sophomore from Cresskill, NJ, simply said, "I like bread and I'd never [go on the Atkins diet]."

Two weeks ago, however, Michael Berube, a senior from Westwood, MA, started the Atkins diet. He has a positive outlook towards his new lifestyle and so far has stayed away from carbohydrates. He said, "It's okay not being able to eat carbs when out with friends. I just get a cheese-

burger with out the bread."

Berube noted how his friends are supportive of his diet. "My friends love it, they get to eat my fries."

"It's okay not being able to eat carbs when out with friends. I just get a cheeseburger without the bread"
Michael Berube

Other students start the diet not by choice, but because those around them are on the diet.

Elise Bryers, a freshman from Philadelphia, started the diet over break because her family went on it. She said, "It was easy when in the house, but when out with friends it was very hard to stick with the diet."

Now that she is back at school, Bryers doesn't follow the diet strictly, but has integrated some of the principles into her daily eating habits.

Whether or not students support the diet, it has certainly changed the way many students eat. For more information about this diet you can visit "The Dr. Atkins Website." To see a sample induction diet and track your weight visit <http://www.atkinsdietmenu.net>.

North Hall

Continued from Page 8

a lot of times when you have to wait in line to use a piece of equipment. The new fitness center will give students another place to go," says junior Liza Helprin from Albany NY.

"We really needed something like this new coffee house. A place where students can go in the evening and that stays open later"

Dan Keely

"We really needed something like this new coffee house. A place where students can go in the evening and that stays open later. There's nothing like having a latte to help keep you up the

week of midterms and finals," said sophomore Dan Keeley from Providence, RI.

The new fitness center also has the possibility of holding spinning classes, while the aerobics will continue to be held in the Pitt Center. The coffee house may also be used for acoustic nights and other arts and entertainment events.

"We're looking into putting a sound system and large screen TV's for students to enjoy watching movies and playing video games. There's also going to be a patio for students to hang out in when the weather is warmer and have events such as barbecues there," said Wielk.

"I think this will really help this University have more of a campus feel," said a junior from Norwalk who wishes to remain anonymous.

For now students anxiously await the completion of the new dorm as it steadily progresses over this semester.

Britney Spears Making 'Toxic' Headlines

Kristen Cooper
Staff Reporter

Britney Spears has gone from "innocent" schoolgirl to sexy primadonna in recent months and her very different image is raising a lot of eyebrows. From posing half naked for the cover of "Rolling Stone" to French-kissing Madonna on stage at the MTV Music Awards to marrying a childhood friend for 55 hours in Las Vegas, Britney Spears seems to be having no trouble making headlines in recent weeks. Even now, almost six years since Britney came into our lives, she is still keeping people on their toes.

After a six-month hiatus from the music world, Britney has sprung back with a new album, a world tour, an in-the-works biography, a Pepsi commercial featuring singers Beyonce and Pink and a few new movie offers.

Michelle Bassi, a junior from Fairfield, feels that "this is [Spears'] best year yet."

Furthermore, what seems to be the question of the hour is, what will Britney do next and will it shock the world one more time?

Britney's latest album, "In the Zone," has reached the top of the Billboard album charts, but is still disappointing compared to



Photo courtesy of BritneySpears.com

Once a self-proclaimed "good girl" at the launch of her career, Britney Spears has since evolved into a diva that drinks, parties and marries childhood sweethearts in Las Vegas.

her other albums. Nonetheless, her latest video, "Toxic" seems to be making headlines of its own. In the video, Spears plays a vixen seeking revenge against a cheating boyfriend—perhaps Timberlake. She ends up making out with several different men, including model Tyson Beckford.

As Spears has learned, sex sells. She knows exactly how to tease with sexual connotations and leaves people wanting more.

Senior Matt Leonhard

from New Milford believes that Spears', "new image is great" and "can't wait to see how far she is going to take it." It looks as though Britney still hasn't lost her magic touch.

The latest news that really had people wondering about Britney took place on January 3 in a Las Vegas chapel when Britney married childhood friend Jason Alexander, but had the marriage annulled within a few days.

As news quickly spread of

the marriage, more and more people were forming an opinion of the new Britney Spears. Is she really a role model? Should people admire and aspire to be like her?

Joe Zalak a senior from Queens, NY, doesn't mind the new image, but doesn't think she is a role model except "to her fan base."

Recently, there have also been reports of Britney being seen leaving several hospitals in California. The reason behind this is still uncertain, although it may involve some sort of rehabilitation. After all, the new image Britney has been flaunting involves drinking, smoking, and a lot of partying.

Bassi continues, "Sure she's been a little crazy and just got married but basically that is what MTV is all about and she's just having a good time."

And it looks like Spears will continue to do just that.

Britney has been through a lot of ups and downs, but at a London taping, she displayed a handwritten message on her pants that read, "Just Fine." She has also been quoted as saying, "I know not everyone will like me, but this is who I am so if you don't like it, tough!"

As is highly evident, there will most definitely be more exciting Britney news; she isn't going anywhere anytime soon.

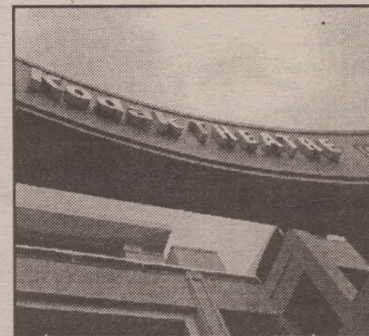


Photo Courtesy of Oscars.com

And the Nominees Are...

On January 27, the nominees for the 76th Annual Academy Awards were announced to both expecting and surprised celebrities around the country. The awards will air on Sunday, Feb. 29 at 8 p.m. Here are the nominees in some of the top categories:

• **Best Picture:** "Lord of the Rings: The Return of the King," "Lost in Translation," "Master and Commander: The Far Side of the World," "Mystic River" and "Seabiscuit."

• **Best Actor in a Leading Role:** Johnny Depp ("Pirates of the Caribbean"), Ben Kingsley ("House of Sand and Fog"), Jude Law ("Cold Mountain"), Bill Murray ("Lost in Translation") and Sean Penn ("Mystic River").

• **Best Actress in a Leading Role:** Keisha Castle-Hughes ("Whale Rider"), Diane Keaton ("Something's Gotta Give"), Samantha Morton ("In America"), Charlize Theron ("Monster") and Naomi Watts ("21 Grams").

• **Best Actor in a Supporting Role:** Alec Baldwin ("The Cooler"), Benicio Del Toro ("21 Grams"), Djimon Hounsou ("In America"), Tim Robbins ("Mystic River") and Ken Watanabe ("The Last Samurai").

• **Best Actress in a Supporting Role:** Shohreh Aghdashloo ("House of Sand and Fog"), Patricia Clarkson ("Pieces of April"), Marcia Gay Harden ("Mystic River"), Holly Hunter ("Thirteen") and Renee Zellweger ("Cold Mountain").

• **Best Director:** Fernando Meirelles ("City of God"), Peter Weir ("Master and Commander"), Clint Eastwood ("Mystic River"), Peter Jackson ("Lord of the Rings: The Return of the King") and Sofia Coppola ("Lost in Translation").

• **Best Animated Film:** "Finding Nemo," "Brother Bear" and "The Triplets of Belleville."

• **Best Foreign Language Film:** "The Barbarian Invasions," "Evil," "The Twilight Samurai," "Twin Sisters" and "Zelary."

'Radio' Now Broadcasting on Video and DVD

Janna Hebert
Staff Reporter

This past October, Columbia Pictures released the movie "Radio," directed by Michael Tollin (Summer Catch, The Perfect score) into theaters. This true story takes place in South Carolina in 1976 and is centered around a mentally-challenged boy named James Robert Kennedy (Cuba Gooding Jr.). Known affectionately as "Radio" to most of his acquaintances, Kennedy is given the chance to work with a popular high school football team.

"Radio" goes on to chronicle the relationship between Coach Jones and Kennedy. Radio moves up from team mascot to assistant manager in a career that has lasted more than 20 years and

continues on to this day.

Altogether, "Radio" is a touching story and was released for rental last Tuesday. The DVD is filled with interesting special features including a director's commentary, deleted scenes, a screenwriting featurette, an in-depth CD-ROM archive and a making-of documentary. If anything, the special features showcased on the disc are evident of just how much energy, time and heart was put into making the phenomenal movie.

Gooding states in the making-of feature that the "objective of ['Radio'] is the tale of two men's lives that people take into consideration."

"Radio" is an all-around great film. It is a truly poignant story and is a movie that almost anyone can enjoy. Available now at the DVD rental machine on campus, "Radio" is certainly worth checking out this weekend.



Photo courtesy of Columbia Pictures

Coach Jones (Harris, right) takes the ailing Radio (Gooding) under his wing as a high-school football player. After a string of poorly-received films, Gooding returns to critical acclaim with his latest video release.

'Newlyweds' Honeymoon Far from Over

Stacey Jackson
Staff Reporter

MTV's "Newlyweds" continues to gain popular publicity not only on college campuses but around the country and the hit show starring Nick Lachey and Jessica Simpson aired the first episodes of its second season beginning on January 21.

"Newlyweds" is a half hour reality show that documents the lives of celebrity couple Simpson and Lachey. Season one began production shortly after the couple was married in 2002 and the first episodes of "Newlyweds" aired in September.

When the show first aired, Lachey and Simpson each had successful singing careers as well as the popularity of being in a celebrity relationship. But viewers weren't entirely aware of the different backgrounds and life-

styles of the new couple, which often causes their relationship to be very entertaining.

"I think the show is hysterical," said senior Brooke Tonelli, from Boston, MA. "It's also nice to see how a couple with such different upbringings interacts and has a successful relationship."

Lachey is from Kentucky and grew up with the idea that he should be able to take care of himself. Simpson, on the other hand, had her parents always taking care of her.

"I can't believe she thought 'Chicken of the Sea' was chicken!" exclaimed Brooke Toner, a senior from Valley Stream, NY.

Toner is, of course referring to one of the more infamous moments that marked "Newlyweds" previous season in which Simpson couldn't quite figure out her tuna fish sandwich.

"I don't know if she's trying to be that dumb, or if she's doing it on purpose," said Valeria Giarra

a freshman from Ridgefield Park, NJ.

As such, Simpson's intelligence is questioned in almost every episode. Somehow, she

"I think the show is hysterical. It's also nice to see how a couple with such different upbringings interacts and has a successful relationship," Brooke Tonelli, senior.

manages to say something completely out of the ordinary and these comments, as well as the reactions of Lachey, are what keep viewers tuning in each week.

"I can't wait to see what

she'll say next," said Kathleen LoPresto of Stonington.

The first episode of the second season brought in the same loyal viewers and they were not disappointed. The season premier showed the couple's first anniversary in Atlantic City and New York City. Simpson's humorous comments continued and Lachey was still by her side laughing and correcting her.

"I can't wait to see what will happen this season," said Jennifer Brown a senior from Woodstock.

Now that viewers know what to expect from the couple, this season is sure to be just as successful, if not more so, than last season. Simpson's comments are becoming more popular each day and the couple allows viewers to see that celebrity couples aren't necessarily all glamour, but in fact very real and normal.

Reruns of "Newlyweds" are shown daily on MTV but for new episodes tune into MTV on Wednesday nights at 10 p.m.



Photo courtesy of MTV.com

Although she enjoyed only nominal success before her marriage, Jessica Simpson has since catapulted to the top of celebrity status with her MTV reality series "Newlyweds."

Game Over?

Patrick Scalisi
A & E Editor

The video game debate has been raging on for years. Do violent games cause violent tendencies in the individuals who play them? Should violent games be kept apart from other games that a retailer may be selling or renting?

In the past several months, a number of states across the country have tried to address these questions by introducing legislation that would seriously inhibit the sale of games targeted at a mature audience. A question remains, however, as to whether or not such laws violate first amendment rights and the battle to pass these bills has not been an easy one.

The organization that now oversees the rating of any video game on the market is called the Entertainment Software Rating Board (ESRB). According to the ESRB website, the organization was founded in 1994 and now "independently applies and enforces ratings...adopted by the computer and video game industry." The site also boasts that the ESRB has rated more than 10,000 games in the last decade.

Last summer, the ESRB decided to partially revamp their ratings system by adding more detailed descriptions to their game ratings. The ratings, as they exist now, include Early Childhood (EC), Everyone (E),

Teen (T), Mature (M) and Adults Only (AO). The ratings are similar to those issued by the Motion Picture Association of America (MPAA) in that one should be 13 or older to play a T-rated game, 17 or older to play an M-rated game and 18 or older to play an AO-rated game.

According to the rating board, in 2002 only 8% of all games that passed onto the market were rated M and none were rated AO.

This seemingly insignificant change in ESRB policy may have come in response to several pieces of new legislation that had been circulating the country for more than a year. In February of 2002, Georgia attempted to pass a law that would criminalize the sale of M-rated games to minors. Since a 17 year-old is still considered a minor, though, selling an M-rated game to this age group would be against the law. The bill was not passed.

Nearly one year later, a multitude of other states began to formulate their own bills for video game restriction. According to an article that appeared in "Video Store Magazine" ("VSM") on Feb. 20, 2003, California, New York, New Jersey, Florida, Oregon, Washington, Mississippi and Minnesota had all introduced similar bills.

Many proposed video game laws have not been passed and the few that have are later struck down by the Supreme Court. The problem lies in the consumer's First Amendment rights. The First Amendment, which states

that "Congress shall make no law...abridging the freedom of speech," has come to encompass video games as a form of expression.

"I can see how it would be wrong in the instance that it takes away a person's right to make their own judgment call," said Todd Dixon, a junior from Levittown, NY.

Dixon echoes the feelings of many young people who feel that restricting access to video games is a severe form of censorship. There is, however, another side to the argument.

"I don't believe it's an infringement on the First Amendment," explained junior Guy Savage from Taunton, MA. "Why should people be more lenient with video games that are filled with sex and murder as opposed to people being sticklers for rated-R movies? I love 'Grand Theft Auto' but I wouldn't have a problem with an 11 year-old kid being denied to rent it because they wouldn't let an 11 year-old into a rated-R movie."

This past week, a new edition of the bill was once again introduced into the California Legislature. According to "VSM," the bill would include M-rated games as material considered harmful for children and would require retailers to keep them separate from other games. The fate of the bill still lies in the hands of California lawmakers but it is safe to assume that the video game debate is far from over.

Edgerton Center to Host 'A Portrait of Lincoln'

Heather Fogarty
Staff Reporter

In honor of the 195 birthday of President Abraham Lincoln, Sacred Heart University will be hosting the one-man show, "Portrait of Lincoln" at the Edgerton Center for the Performing Arts.

Author and performer of the play, Lewis Dube, will be acting out the chaotic years of Lincoln's presidency. The play,

in two: the Confederate States of America in the South and the Union in the North. The major focus of the play is Lincoln's determination and drive to save the Union and free the slaves.

Indeed, one of the major moments in the play is Lincoln's famous speech, the Gettysburg Address.

"This was not a speech quietly spoken but delivered with passion, in a powerful voice reaching the outermost perimeter of the huge crowd in attendance," said Dube in a press release from the Lyndon B. Johnson Library in

"This was not a speech quietly spoken but delivered with passion," performer Lewis Dube

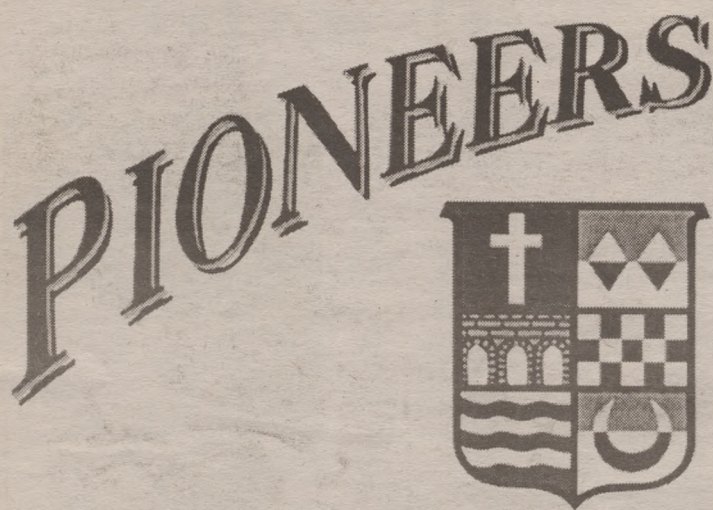
although very serious at times, has some comic relief that relates to Lincoln's witty sense of humor that he was known for. The play starts out with Lincoln poking fun of himself for being so ugly and he swears to kill any man he finds to be uglier.

According to the press release issued by the university, "Portrait of Lincoln" portrays Lincoln's term as president during the Civil War to the time of his assassination on April 14, 1865 at Ford's Theater. It also focuses on the commotion strangling America during the early 1860s. At that time, the country was divided

Austin, TX.

The play portrays Lincoln's life all the way up to his tragic death. In a strange turn, Dube will present Lincoln's death to the audience as if they were hearing about it from the deceased president's own point of view.

Mr. Dube, who started his acting career at the University of New Haven and Yale University, has performed this act in various locations around the country including the CT Historical Society. SHU students can catch Dube's free show, 'Portrait of Lincoln', in the Edgerton Center at 2 p.m. on Wednesday Feb. 11.



Sports Shorts

Compiled by **Katie Atkins**
Sports Editor

Men's Basketball

Freshman forward Joey Henley (Kent, WA) was named the Choice Hotels Northeast Conference men's basketball Rookie of the Week today - the second time he has secured the honor this season.

Henley's strong play helped the Pioneers to a 2-1 week. He averaged 15.3 points, 9.3 rebounds and shot 67.9 percent from the field as the Pioneers established a school Division I single-season record on Saturday with their ninth victory.

Since his insertion into the starting lineup five games ago, Henley has averaged 15.2 points, 8.4 rebounds and converted 31-49 shots (.633) from the floor. On the season, he averages 6.5 ppg, 4.5 rpg and is second on the team with a .570 field goal percentage.

Men's Ice Hockey

Junior Garrett Larson (Rycroft, AB) was named the Atlantic Hockey Player-of-the-Week and Sacred Heart University Athlete of the Week for the week ending February 1, 2004.

Larson exploded for a big weekend against UConn. He scored two goals, including the game-winner, in a 4-2 Pioneers win on Friday night. He followed that performance by recording his first hat-trick of the season, which included two power play goals, and scored the goal that gave Sacred Heart the lead for good the following night at UConn. It was the second hat-trick of his SHU career. Larson had five goals and one assist on the weekend, with three of his goals scored on the power play. He is now tied for third in the team in scoring with nine goals and five assists for 14 points.

Wrestling

Freshman Kevin Fox took Noel Thompson of Hofstra, the top-ranked wrestler in the Colonial Athletic Association at 174 pounds, to the wire before losing a tough decision that allowed Hofstra to escape with a 23-18 victory over the Pioneers Sunday afternoon at the Hofstra Arena. The Pride, extended their conference match undefeated streak to 33, improved to 12-4 on the season and 6-0 in CAA action. Sacred Heart fell to 8-6 and 5-3 in the CAA.

Two Super Bowls Does Not a Dynasty Make

By **Hank Gargiulo**
Sports Columnist

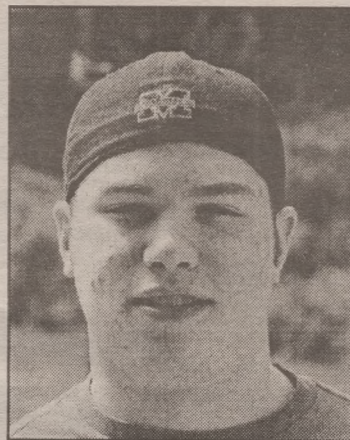
Before I get into a tirade, can everyone please stop calling these New England Patriots a "dynasty" simply because they won two Superbowl's in three seasons. In any era, two championships in three seasons is a damn good run, not a dynasty.

I heard Chris Berman on ESPN's postgame show allude to a "fact" that no team has done what the Pat's have done. Well, he is right and wrong. He is right because no team won two out of three, however, the Denver Broncos were winning the second of their back-to-back titles just five years ago.

Now I ask you, has the labor system of the NFL changed over the last five years? No. Has free agency or the draft procedure changed over the last five years? Again, no.

Therefore, it would be a safe, and accurate, to say that the overall landscape of player-movement in the NFL is the same as it were five years ago. And hence, the league, while personnel has changed, is essentially the same.

Now that I have that off of my chest, lets move on to some other things that bothered me about the Superbowl. Did anyone else experience déjà vu at the end of the game? Haven't we already seen a game tying touchdown pass to Rickey Proehl, followed by a game winning field goal by Adam Vinatieri? Did anyone else see that coming? And the whole Janet Jackson



in the second half, than during the risqué halftime show (I have to give it up to Justin Timberlake, planned or not, that took some big ones). The Ragin' Cajun Jake DelHomme showed me that he wasn't just a hotshot on a slick playoff run. He will do well next year and the year after and so on.

And one more complaint. PLEASE stop the comparisons between Tom Brady and the greatest quarterback of all time Joe Montana. Joe Montana never needed a kicker to win his Superbowls. He would drive the 49ers all the way down the field and put six on the board, not have to rely on "Mr. Clutch" Vinatieri to bail him out.

Granted they are both extremely cool under pressure, nobody was better than Montana. Before leading his team on a Superbowl winning 92-yard touchdown drive, he had the calmness to point on where John Candy was sitting in the stands. Now who looks into the crowd, spots a celebrity, then leads his team, and himself, into Superbowl immortality?

I will give Brady credit, he is 2-0 in Superbowls, and a two time MVP (Still one behind Montana), but he is still young and I cannot reserve judgement, especially against the best of all time, until his career is over.

One side note, I would like to thank all of you who turned up to the Pitt Center on Saturday to set two attendance records. I called you out, and you showed up. And I especially liked the "Play my Banjo" chant that came out of the student section. Until next week, I'm outta here.

nipple slip. If that wasn't a setup then I don't know what was. Apparently her record company released her upcoming single to radio stations on Monday, coincidence, I THINK NOT!

Ok, enough whining and complaining out of me, lets focus on some positive aspects of the game. How about the overall pace of the game. And the commercials? It was quite the entertainment night.

If you put aside the first 27 minutes where neither team could put up a point, and the Panthers couldn't have a yard gained, the first half highlight was the commercials. I was a fan of the first Bud Light commercial. But enough of the boring stuff, lets talk about the second half. And on a side note, anyone who took the over in the game, must have been sweating like a prostitute in church.

The second half, however, featured the defensive standoff turn into an offensive explosion. Especially the fourth quarter where you could have confused the Patriots for the 2000 St. Louis Rams and the Panthers as the 1999 Minnesota Vikings. I mean there were more big plays



Although Hank credits Brady for being a two-time Super Bowl MVP, he by no means thinks that the Pats should be considered a dynasty.

Men's Volleyball on Three-Game Win Streak

By Kelly Dietz
Staff Reporter

The Sacred Heart men's volleyball team recorded their third straight win this week, improving their record to 4-1 overall and 2-0 in their conference.

At the Pitt Center on Wednesday, the Pioneers took on the Hawks of Roger Williams. In an intense battle, SHU came from a two game deficit to win three straight and improve to 3-1. The impressive win against the Hawks made the guys 1-0 in their conference, and put the Pioneers on a two-game win streak.

"We were down two games to none and we realized that we needed to step up our game," said Michael Maziarz (Wilbraham, MA). "We have never lost to Roger Williams and we had to fight back as hard as we could."

Seniors Michael Burns (East Providence, RI) and Doug Soviero (Huntington, NY) had awesome games, both posting double doubles for kills and digs. Burns had 24 kills and 11 digs with just three errors. Soviero had a match-high 25 kills, with 14 digs and two blocks on the day. In the fourth game, Soviero was on top of his game, picking up nine of his total kills in just 13 attempts with a flawless game.

Senior CJ Pinkney (Ringwood, NJ) had a match-high 14 digs while passing out

80 assists. Pinkney also recorded two solo blocks and four kills in the win. Junior Michael Gardner (Brookfield, WI) and sophomore Alex Cantani (Larkspur, CA) also recorded double digit kills on the day. Gardner had 15 while Cantani had 11 coming off the bench in the third game, which sparked the team's comeback.

Senior outside hitter, Chris Skelton (Westerly, RI) also had an impressive showing with nine kills and five digs.

On Friday night in the Pitt Center, the guys took on Queens College for their second conference game of the season. Sacred Heart and Queens split the first two games, and Queens went ahead at the end of the third match with a score of 32-34. The Pioneers rallied back and took the next two games and their second conference win in a week, improving to 2-0 in the conference and 4-1 overall.

"We don't hang our heads," said Michael Maziarz (Wilbraham, MA) "the team stays calm, keeps it together, and has a high intensity which helps us to win when we are down."

"I'm not sure that there was actually a turning point to the match, I really think that from the beginning we knew what we had to do to beat them, and even after losing the first two games we were still very confident and extremely intense," said Burns.

Burns, Skelton, and Gardner each had 12 kills, Cantani also

recorded 12 kills along with three blocks. Leading the Pioneers was Soviero recording double doubles with 18 kills, 14 digs along with three solo blocks.

"The past two matches I have been extremely proud of the team because everyone stepped up and fulfilled their role, especially against Queens," said Burns. "We realized that we were playing with our backs against the wall and we still came out and put together a team effort to get the win. Every single one of our hitters finished in double digits in kills, that says something. Not only about how aggressive we were hitting the ball, but also how well CJ was spreading the offense."

Although the men's volleyball team lost two guys last year, "new starters have really stepped up and the middles are working hard," said Maziarz. "We are in very good position to win the conference and have been getting better with each game, we have good depth and guys can come off the bench and help get the job done."

"I feel that we are in great position to make a run at the top spot in the conference," said Burns "but it is certainly too early to tell and we are just going to play every game as if it were the last of our season."

The guys finish off their seven home game stretch this week taking on Vassar College Tuesday night, St Francis (PA) Friday night, and Juniata Saturday afternoon.



The Spectrum/SUSAN MAGNANO
The women's lacrosse team begins their season Feb 29 at Campus Field.

Women's Lacrosse Preview

By Dana White
Staff Reporter

Coming into the start of a new season, the Sacred Heart women's lacrosse team is looking strong with eight returning starters. In the past couple of weeks, the team has been doing pre-season conditioning. They have been working extremely hard in the weight room and running endless sprints in the gym.

The players are looking forward to their first game of the season against Vermont, which will take place Feb 29 at Campus Field. The captains of the 2004 team are Ashley Cotter, a senior from Sandwich, Massachusetts, and JoAnn Montesarchio from Westchester, New York.

Both of them are very excited for the upcoming season. "I feel confident about the depth of our team and we have a good chance to win it all," said Montesarchio.

The freshmen on the team

are going to play a big role in determining this season's success. There are a few freshmen that you want to keep an eye on this season: Maureen Hohn, from Baltimore MD, Heather McKillop, from Nashua NH, Heather Gureckis, also from Nashua NH, and Jess McDonough from Mahopac, NY.

"The freshmen bring a lot more speed to the team that we have not had in the past," said Coach Laura Korutz. "This is definitely the fastest team that we have ever had and we are all anticipating a successful season," said Jamie Pettit, a junior from Baldwin, NY.

The thing that is going to help the team this year is that they have a lot of good leadership on the team but it seems to be that their only weakness is that they are a very young team. The team goals for the season are to make the NEC Tournament and to play more consistently as a team than they have in the past.

THE PIONEER SCHEDULE

Friday, February 6

| | | | |
|------------------|----------------------|---------------|------|
| Men's Ice Hockey | vs. Mercyhurst | Milford, CT | 7:00 |
| Men's Volleyball | vs. St. Francis (PA) | Fairfield, CT | 7:00 |

Saturday, February 7

| | | | |
|---------------------------|---------------------|---------------|------|
| Men's Basketball | at St. Francis (PA) | Loretto, PA | 7:00 |
| Women's Basketball | at St. Francis (PA) | Loretto, PA | 7:00 |
| Men's Volleyball | vs. Juniata | Fairfield, CT | 4:00 |
| Men's and Women's Bowling | Milford, CT | | TBA |
| Men's Ice Hockey | vs. Mercyhurst | Milford, CT | 5:00 |
| Women's Ice Hockey | at Clarkson | Potsdam, NY | 7:00 |
| Men's Track | at CTC Champ | New Haven, CT | TBA |
| Women's Track | at CTC Champ | New Haven, CT | TBA |

Sunday, February 8

| | | | |
|--------------------|---------------|----------------|------|
| Wrestling | at Binghamton | Binghamton, NY | 2:00 |
| Women's Ice Hockey | at Clarkson | Potsdam, NY | 2:00 |

Women's B-Ball Win Streak Now at Ten

By Meghann Longo
Staff Reporter

The Sacred Heart women's basketball season has gone from successful to stellar in the past week, and this weekend was certainly no different. The women have now extended their winning streak to ten and have brought their record to 15-4 overall and 9-1 in the NEC, giving them one of the best starts this program has ever had. The women began on Thursday, Jan 29, by traveling to Hamden, CT to play Quinnipiac University. Sacred Heart controlled the entire game, having five of their players score in double figures and only trailing Quinnipiac once in the game. Sophomore guard Nicolle Rubino (Port Jefferson Station, NY) led the team through the first half, scoring fifteen points total. Twelve of the fifteen occurred in the first twenty minutes of the game.

Rubino's intensity from the first half must have found senior guard Ashley Kohl. (Palmyra, PA) In the second half, Kohl scored all of her eleven points, which ultimately lead Sacred Heart to a 75-65 victory. "One of the best aspects about our team is our energy and intensity every time we step on the floor," said Kohl. Between the performances of Rubino and Kohl, it appeared that Sacred Heart was ensured a win, but it was freshman guard Amanda Pape (Stamford, CT) who sealed the deal. She finished with twenty-one points

and ten rebounds. Pape was also responsible for five steals and three assists. Pape's efforts and talents have not gone unrecognized either. For the week of Jan 26 through Feb 1, she was named Choice Hotels Northeast Conference Rookie of the Week. This is the fifth rookie award that Pape has received this season and the second-straight week she has been honored.

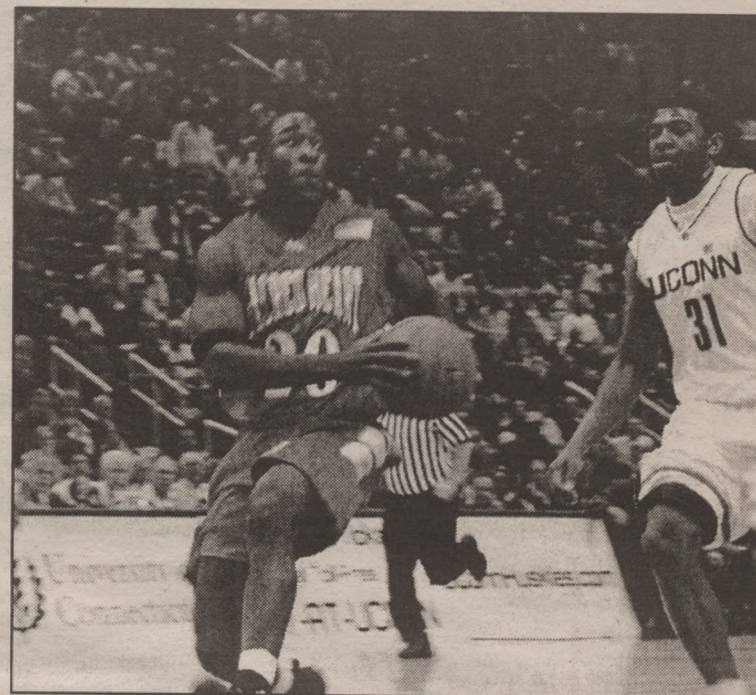
Following their win against Quinnipiac, the women prepared to meet Central Connecticut on their home court, where they are 14-0. The women came away victorious again with a final score of 89-51. This again was a huge team effort and an important victory for the team. "We have a lot of big games ahead of us. It is important that we take each game one at a time," said Kohl. "Our conference is a very tight conference, with any team capable of beating any other team on any given night. Although we only have one conference loss this season, we are very aware that we are not invincible, and this keeps us working hard every day," said senior captain Kate Maher (Waterford, Ireland). Keep the intensity, they did. As in the last game, Sacred Heart again had five players score in double figures and only trailed CCSU once. With outstanding efforts in the second half, the Pioneers led by as many forty-three points halfway through the second half. However, it was the trio of freshman: Pape, freshmen Kerri Burke (Saugus, MA), and freshman reserve Jasmine Walker (Amityville, NY) that carried the

team. Walker lead the team with thirteen points and nine rebounds. Pape had twelve points along with seven rebounds, three steals and two assists. Burke scored all ten of her points in the first half contributing heavily to the 48-18 halftime lead that Central could never recover from.

To finish off the weekend end, Sacred Heart was hosting St. Francis on home court where they have been untouchable. Despite the fact that Sacred Heart only had two players that scored double figures, the entire team was a factor in the victory. Kohl was the team high scorer with eleven points, followed by Rubino, who had ten points and four assists. Junior Colleen Duggan, Maher, and Burke each had nine points of their own to contribute.

It was at times a sloppy game for both sides. St. Francis turned the ball over 18 times in the first half and was only shooting 36%, assisting an 8-0 run from the Pioneers. However, Sacred Heart turned the ball over 14 times in the second half, but the Terriers never came any closer than thirteen points. The game finished 82-69 in favor of the Pioneers, giving them another NEC win.

"The team is very happy with our record thus far, but we aren't satisfied with what we have. We have been improving with each game, and are looking to continuing that process into post season play" said Maher. The Pioneers will play their next game in Loretto, PA where they will meet St. Francis on Saturday, Feb 7 at 4 p.m. in hopes of continuing their streak.



The Spectrum/ ROBERT TRENSKE

The men's basketball team is now 8-9 overall and 4-4 in the Northeast Conference.

SHU Shuts Down State Rival

By Jason Chudoba
Staff Reporter

Sacred Heart went into Monday night's game against Central Connecticut looking to end their season worst three-game losing streak. The Pioneers were able to accomplish this feat by defeating state rivals CCSU 72-69 in front of 721 fans at the Pitt Center. Sophomore forward, Kibwe Trim (San Juan, Trinidad) said,

"We have been trying to beat Central since I got here. To go out there and finally beat them is a good feeling. Finally we can talk trash to Central now."

This much needed victory puts Sacred Heart 8-9 overall and 4-4 in the Northeast Conference.

Sacred Heart started the game off with two quick three-pointers by senior guard, Maurice Bailey to put the Pioneers in front 6-2. Sacred Heart was able to hold onto the lead midway through the first half until the Blue Devils freshman guard, Javier Mojica (Auburn, MA) hit a quick three pointer to give Central a 13-12 lead.

The Pioneers didn't let Central hold onto the lead for long. After a defensive battle in Central's zone, sophomore guard, Mike Parker (Windsor) grabbed the ball and passed it down court to Bailey for an open three-pointer to put Sacred Heart in front 18-17.

The Pioneers were able to hold onto the lead for the rest of the first half. A last minute technical foul by Central coach Howie Dickenmen sent Bailey to the foul line. Bailey hit both shots sending Sacred Heart into the locker room leading 34-31. Sacred Heart was only able

to score two points in the first four minutes of the second half. Central took advantage of this and tied the game at 36-36 with 16:52 left in the second half. A three-pointer by Bailey put the Pioneers back in front of the Blue Devils 39-36.

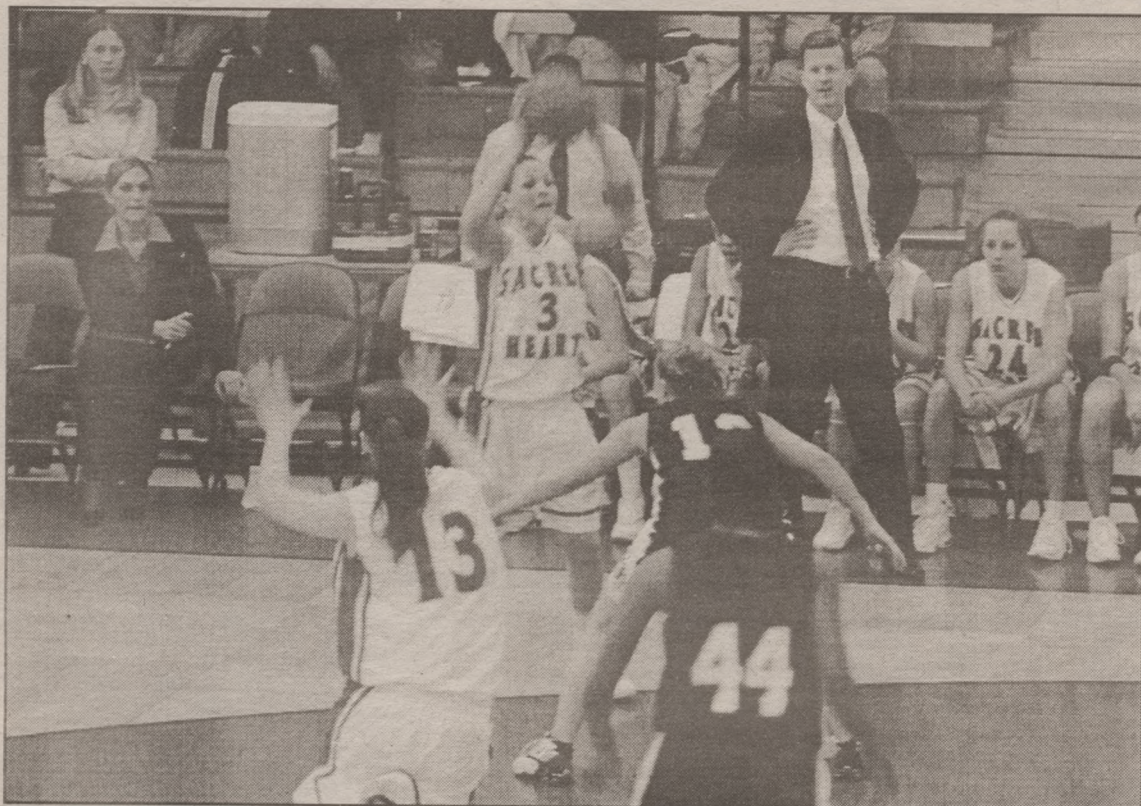
With 11:57 left in the second half, Samuels hit a three-pointer to put the Pioneers up 51-43. "We didn't defend the three's well. Sacred Heart lit us up with threes and we weren't able to hit ours," said Central coach Dickenmen.

This eight point lead was the largest that Sacred Heart had seen all night. However, the Pioneers weren't able to hold onto the lead. With 3:50 left in the game Central's freshman guard, T. Ron Christy (Stratford) hit a three-pointer to tie the game at 65-65.

The final three minutes of the game were crucial. Senior guard Omar Wellington (Pennsauken, NJ) provided a spark for Sacred Heart by getting five quick points for the Pioneers to lead Central 70-65. "It is a total difference this year down the stretch. We have practiced all year for the last few minutes of a game, so we have a more mature mentality," said Wellington.

Despite coming within a point, Central was not able to shut down the Sacred Heart offense. The Pioneers held onto the lead and won the game 72-69. Bailey had a game high 22 points while Wellington finished with 18 points and Trim with 16 points.

After the game, Sacred Heart's coach Bike said, "Coaches expect players to play the game the way you're supposed to. If we do that this is what it takes to win. If you keep it simple, stay focused and concentrate you can expect to win."



The Spectrum/ ROBERT TRENSKE

The women's basketball team is now 15-4 overall and 9-1 in the Northeast Conference and are currently on a ten-game winning streak.



The Spectrum/ ROBERT TRENSKE

This past weekend, the men's hockey team ended their 10-game losing streak as they completed a two-game weekend sweep of UConn.

Larson Nets Five in Weekend Sweep of UConn

By Meghan O'Connor
Staff Reporter

The men's Ice Hockey team recorded back-to-back wins for the first time since November, and snapped a 10-game losing streak as they knocked off the University of Connecticut (UConn) on both Friday and Saturday night.

Junior Garrett Larson (Rycroft, AB) put together an outstanding weekend, recording two goals and an assist on Friday, followed by a hat trick on Saturday against the Pioneer's Atlantic Hockey rival.

"Garrett is one of our top offensive players and had been struggling to get the puck in the net," said head coach Shaun Hannah. "It was great to see him break through and put some goals up."

Larson started his scoring early on Friday at home in the Milford Ice Pavilion in the first period when he tallied an unassisted goal to put Sacred Heart on top 1-0. Senior Mike Reagan (Flin Flon, AB), the team's current leading point scorer, added to that lead in the second off an assist from sophomore Bernie Chmiel (Pittsburgh, PA) to move to 2-0.

"We played a very complete game and did all that was necessary to win and break our 10-game winless streak," said Hannah. "Our guys made it very difficult for UConn to accomplish what they wanted to on the ice."

After the Huskies cut the lead in half in the second, Larson found the net for his second goal of the game, assisted by Reagan and senior assistant captain Konn Hawkes (Watrous, SK). UConn managed to get past sophomore goaltender Kevin LaPointe (Quebec City, QU) only once

more before sophomore Rocco Molinaro (Dearborn, MI) set the final score of 4-2 with a goal in the third, with assists coming from Larson and senior assistant captain Marc-Andre Fournier (St. Nicholas, QC). With a strong game in goal, LaPointe finished with 22 saves on the night.

"Kevin played excellent. He came up with some key saves and really closed the door a couple times," said Hannah.

The team traveled Saturday to the UConn Ice Arena for the second game of the series, coming away with a 6-5 win after a back and forth game with the Huskies. Larson continued his success registering three goals on the night for the hat trick, and a total of five goals and an assist for the series.

"He had some unbelievable goals and was getting great chances to score," said Hannah. "He was firing some lasers and finding the net."

Larson opened scoring for the second night in a row, netting a goal early in the first period off an assist from Molinaro. Also scoring for the Pioneers in the first was freshman Peter Ferraro (Pleasantville, NY), the assists being credited to his linemates freshman Pierre-Luc O'Brien (Nicolet, QC) and sophomore Erik Roos (Milford).

Still in the first, Larson recorded his second goal knocking in a rebound off a Fournier shot, who was given the assist. The opening period ended at 4-3 in favor of the Huskies.

"This was another test for our team. We needed to put two wins on the board in a row," said Hannah. "We didn't play very well early in the game but really stepped it up the second and third, and battled hard down the last few minutes to preserve the win."

Stepping it up in the later periods was sophomore transfer Chris Connerty, joining the team this year after Iona dropped their program. Connerty buried his first Pioneer goal in the second period, assisted by freshman Kalen Wright (Candle Lake, SK) and senior captain Chuck Metcalfe (Edmonton, AB).

"Chris has adjusted well to our style of play, and has been a real tough physical player in the games he has been in," said Hannah. "He had an outstanding weekend, and did all of the little things we needed him to do."

Molinaro picked up another assist in the second, feeding the puck to Larson who completed his second career hat trick as he put it past the Huskies goaltender. O'Brien scored what would become the eventual game winner, unassisted in the third, as he put in his own rebound. LaPointe finished the night with 17 saves in the 6-5 victory, his sixth win of the season.

"We gave up some goals defensively and some guys in front missed some assignments which resulted in goals, but Kevin played a really strong game again," said Hannah of his goaltender.

Friday night's win also marked a milestone for Hannah as he reached 100 wins as the head coach of Sacred Heart hockey. Now in his eighth year, Hannah was a mere nine months older than the team captain when he accepted the job. He took over the Pioneers in the fall of 1996 after playing a year in the East Coast Hockey League.

The men return to the ice this weekend as they play host to Atlantic Hockey opponent Mercyhurst at the Milford Ice Pavilion. Friday's game is set for 7 p.m., followed Saturday with a 5 p.m. match-up.

Super Bowl

Continued from Pg. 16

After a John Kasay kick off went out of bounds the Patriots were awarded the ball at their own 40-yard line. Although barely a minute remained on the clock, this play proved pivotal. It gave the Patriots great field position, meaning they only needed to gain about 30 yards to get into field goal range. As if destiny was once again calling, what ensued on this final drive was no less than what one would call *deja-vu*.

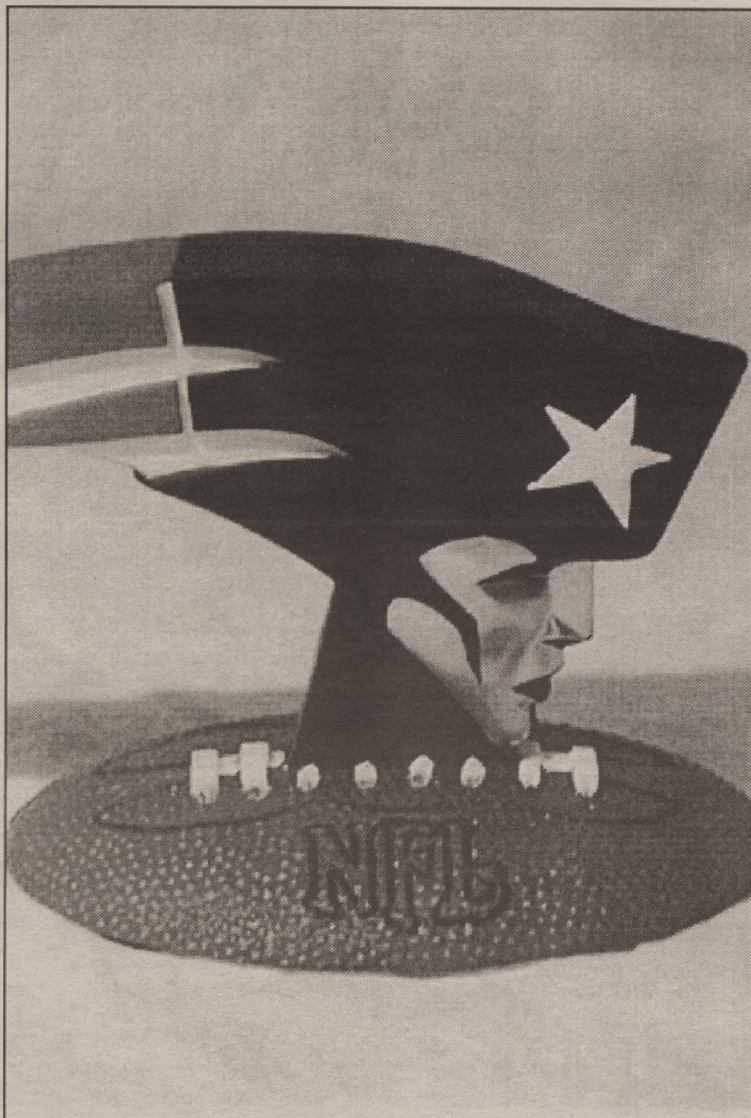
With a clarity and coolness that few have ever had on the football field, Tom Brady was able to march the Patriots up to the Carolina 23 yard line by completing five consecutive passes and leaving them an attempt for a field goal from 41 yards. Sure enough, with the game on the line it was up to the hero from two years prior and Adam Vinatieri would not let down with the game on the line.

Mike Philbin, a junior from West Hempstead, NY said, "Adam Vinatieri in the clutch has always been good. He has done it time and time again and this year he did the same thing he has done in the past. Why not one more time? Yeah the Carolina Panthers did what they did best

one or two times prior to it. Yes, they blocked a kick and they did it a lot this season, but when it came down to the clutch, Adam Vinatieri was the guy you want to put on the field."

Super Bowl XXXVIII will be remembered for many things besides being just a reenactment of the Patriots victory in the big game two years ago. It will be marked by a competitiveness that few others have had and by two teams, who were more evenly matched than many would have liked to believe. Each team was able to put points on the board in a tightly officiated game, where the man calling the plays from the sidelines proved to be nearly as important as the men carrying them out.

"No matter who you are, if you don't like the Patriots, you have to respect Tom Brady for being able to win," said Raymond Mencio, a junior from Wolcott. In a league marketed with stars like Peyton Manning and Michael Vick, fans are misled and often forget what it all comes down to. Although he may never be seen as a star or on the front of a Madden videogame box, Tom Brady has led his team to two Super Bowl victories and for the time being will have to merely settle with being seen as a champion.



Some are calling Super Bowl XXXVIII a "reenactment" of the New England Patriots victory two years ago.



Two Out of Three Ain't Bad

By Nick Kelly
Staff Reporter

Super Bowl XXXVIII was not the low-scoring, defensive battle many had predicted, and while many were surprised, few were disappointed as the Patriots edged out the Panthers 32-29.

"It started out a little weak in the scoreless first quarter. It seemed like it would be one of the most boring games and then when the rest of the game played on, it ended up being one of the best Super Bowls ever," said Tim Rosso, a senior from Saddle Brook, New Jersey.

The game started with each defense living up to the hype, as not a point was scored in the first quarter. With three minutes remaining in the first half, the Patriots were finally able to get some points on the board. They recovered a fumble on the

Panther's own 20-yard line and Tom Brady completed a touchdown to Deion Branch.

On the next drive, the Panther's passing game began to finally get it started after a slow beginning. After completing only one of his first nine passes, quarterback Jake Delhomme was able to complete three passes and put the Panthers on the board quickly with a 39-yard touchdown to Steve Smith.

By the end of the first half the Patriots were leading 14-10, with both teams scoring all their points in the final three minutes and 10 seconds of the half.

"I think the MVP was Jake Delhomme. He might have started out bad, but he single handedly kept them in the game," said Nick Timpone, a senior from Queens, New York.

The third quarter matched the defensive intensity that the game began with as neither team could put any more points on the board. Both teams combined

for six penalties and by game's end, the Panthers had tied an unwanted Super Bowl record of twelve penalties.

Hassan Reda, a junior from Manhattan, NY said, "The refs were getting a little too whistle friendly at the end it seemed like. They didn't let players have their hands on each other, which is just part of the game. But it was even on both sides really. I didn't see any blown calls."

With a score of 14-10, few had expected much more offense from either team, going into the game. But what occurred in the fourth quarter will go down as one of the most exciting and highest scoring quarters in Super Bowl history.

Within the first five minutes of the fourth quarter, each team had scored again. The Panthers had gambled on a two-point conversion that would have put them down a field goal but missed. Still they had plenty of time and needed only a big defensive stop

with the score at 21-16. That stop came with the Patriots inside the ten-yard line and on the verge of scoring, as Tom Brady made his first and only mistake of the game.

After driving the Patriots up the field, his pass was intercepted in the end zone by cornerback Reggie Howard. This gave the Panthers plenty of time with over seven minutes on the clock, but a long way to go as they were only at their 10-yard line. Somehow, it only took them three plays to take the lead for the first time in the game.

"The biggest play of the game had to be the 85-yard reception by Muhsin Muhammad for the touchdown. That turned the momentum around and gave it to Carolina," said Brian Gardner, a junior from Maynard, Massachusetts.

This play was one of the longest in Super Bowl history and it gave the Panthers a lead of 22-21, despite missing another

two-point conversion.

Being down for the first time since November did not faze the Patriots in any way. Tom Brady marched them up the field and regained the lead with a short touchdown pass to linebacker Mike Vrabel. After Kevin Faulk rushed in the two-point conversion, the Patriots regained a touchdown lead, 29-22, but this lead would not be enough.

On the Panthers next drive they would cover 80 yards of field on only seven plays and in under two minutes to tie the score at 29-29. With only one minute and 13 seconds on the clock to kill, it looked like they were headed to the first overtime in Super Bowl history. Tom Brady and the New England Patriot offense thought otherwise.

See "Super Bowl!"
Continued on Pg. 15

INSIDE SPORTS

COLUMN OF HANK GARGIULO
"The word 'dynasty' should not be associated with the Pats" says Hank (Pg. 12)

MEN'S VOLLEYBALL
The Pioneers are on a three-game win streak (Pg. 13)

MEN'S BBALL
The men emerged victorious over state-rival CCSU (Pg. 14.)

WOMEN'S BBALL
The women will look to keep their win streak going as they face St. Francis this Saturday (Pg. 14)

MEN'S ICE HOCKEY
With five goals from Larson, the men swept a weekend series (Pg. 15)



The New England Patriots captured their second title in three years with a 32-29 victory over the Carolina Panthers.



The controversial halftime show included a little peep show from Janet Jackson (photo edited)