



Contact News Editor Mark Stanczak at: m-stanczak@sacredheart.edu

Students Riot at the Page and J-Hill

Cristina Baptista, Cortney Barbato and Michelle Bassi
Staff Reporters

Early in the morning of Thursday, Feb. 12, a disturbance that began at the Sports Page bar located at 1394 Park Ave., Bridgeport concluded with rioting by students at Building One of the Jefferson Hill apartments on the Sacred Heart campus.

Fairfield Police were called to the scene at Jefferson Hill. Officer Peter Stansfield filed a report at 1:32 a.m. on Feb. 12 at the apartments for a Breach of Peace.

On the night of Wednesday, Feb. 11, several Sacred Heart students were at the Sports Page, a sports bar popular with college students.

"In the beginning of the night it looked like two guys were going to fight but [the fight] was stopped before anything happened," said one Sacred Heart



Students were involved in a dispute outside of J-Hill last Wednesday night into Thursday morning.

student, a witness who wishes to remain unidentified. "Then, at about 12:20 a.m., I was dancing and everyone got pushed away, [which] pretty much meant there was a fight and everyone that

wasn't involved was pushed up against the walls."

"There were at least 20 people fighting, even some girls. All the male Page staff was trying to break the fight up because

there were so many people," the anonymous student says.

Another witness, who also wishes to remain anonymous, said, "It was a whole bunch of different people fighting. There

were fistfights [and] people pushing each other...everyone kept getting involved."

"The bouncers started to kick everyone out [of the bar]," the student said.

"[The fight] escalated [outside] and people were fighting in the streets...it was insane - like chaos," the source says.

Not long after, the lights in the bar came on and the Sports Page was closed. Police did not arrive at the Sports Page for at least 15 minutes, witnesses say.

One witness added that "more fighting broke out outside the bar and when cops showed up, some people left."

"I'm not sure exactly what the fight was about," mused another Sacred Heart student.

Later that evening, a related fight began at the Jefferson Hill apartments on the university's campus. According to sources, a group of non-Sacred Heart students followed some of

Continued on Page 2

Four New Senators Appointed

Amy Deschenes
Staff Reporter

The Student Senate is a vital organization on campus that voices the concerns of all students at Sacred Heart University. On Monday, February 9, four new senators were sworn in from the freshmen, sophomore, and junior classes.

These new senators are unique because they were not elected by their classmates as traditional senators are. Rather, their class board chose them because it

was a faster process than holding special mid-year elections. The four senators who resigned last semester had various personal issues that halted their participation in Student Senate. Each new senator was appointed through an application and interview process that let him or her show exactly what qualities they could bring to Student Senate.

"I thought the application process was difficult, but fair," said Shannon Hines, a new sophomore senator from Port Jefferson, NY. Hines added that the interview was less stressful because she is familiar with her

class board from previous work with student government. Kerin Fullam, from Sayville, NY is another new sophomore senator and is excited about her upcoming involvement with Student Senate.

"I wanted to become a senator to become more involved with Student Government. I was Fundraising Chair for the Class of 2006 last semester, but I wanted to be in a position where I could help more student voices be heard," said Fullam. Three residential senators represent

Continued on Page 2

Student Union Plans To Revive Outpost

Bill Silvestri
Staff Reporter

Mike Makoski of the Student Union has plans to re-invent Sacred Heart University's on-campus Outpost Pub. His plan focuses on shifting the image of the Outpost from a senior bar to a venue for hosting on-campus events in which the entire univer-

sity community can participate.

"The Outpost is throwing several different types of events this semester," said Makoski, the graduate assistant in the Student Union office. Many of the events that are held in the pub are geared towards seniors.

"Some of the events include Senior Pub Night, and Around the World in 50 Beers, a semester long event where students try different international beers to win

a prize," said Makoski. While these events cater to seniors and students of legal drinking age, other future events will involve the entire student body.

"We are trying to provide a venue for the entire campus population, be it the 18 year old freshman or 21 year old senior," said Makoski. The special events held

Continued on Page 5

Student Collapses From Lack of Food

Hypoglycemia sends student to hospital

Michelle Bassi
Staff Reporter

Today's college schedule leaves many students too busy to grab food throughout their day, causing them to feel weak or dizzy. For students diagnosed with hypoglycemia, this is a major health risk.

Kristen Therien, a senior at Sacred Heart University from East Longmeadow, MA., was taken away by an ambulance to St. Vincent's Medical Center on Feb. 4 at 8:45 p.m. in the Pitt Center due to a hypoglycemic disaster.

"I've taken care of my body and eaten very well for the last seven years, but once in a while I'll forget to eat because I'm so busy and then my hands and legs start shaking. By then it's too

late and my blood sugar levels have already dropped to dangerous levels," said Therien.

Being a member of the University's competitive dance team, Therien was practicing the routine with her peers for Nationals in the Pitt Center from 7:30 to 10 p.m. She said that she started gasping for air near the end of their routine and realized she couldn't talk. After a few moments, she had fallen to the ground, unable to breathe and her teammates noticed Therien's eyes and lips had turned blue. With such a physically demanding and mentally challenging active life for Therien, she has to concentrate on eating every four hours in order to stay healthy.

According to the National Diabetes Information Clearinghouse, hypoglycemia occurs when your blood glucose (blood sugar) level drops below normal, resulting in a lack of

Continued on Page 3

Let The Pledging Begin

Danielle Bachini
Staff Reporter

Last week was an important week for Sacred Heart students that want to join a sorority or a fraternity. It marked the beginning of this semester's Greek Life pledging process.

The process began during RUSH, which included the "Around the World", "Meet the Sororities", and "Meet the Fraternities" events. This gave potential candidates the chance to meet the brothers and sisters of each organization and learn about their causes.

"These are the staple events of RUSH that have been going since I was a freshman," said Charlie Sousa, VP for Greek Life, a senior from Fall River, MA.

Pledging during the spring semester is very similar to that of the fall semester. The main difference is that it occurs during a shorter timeframe.

"For the most part the pledging process doesn't differ much from semester to semester. A lot of pledging revolves around tradition. The main focus is getting to know the members and the history of the organizations," said Sousa.

Another difference in spring Rush is that some organizations choose not to take a pledge class because they are not required to.

"It is the organizations' discretion to take a class or not. Generally, groups that are concerned about membership numbers take a class in the spring," said Jane Sanders, coordinator of Greek Life and Leadership Programs.

"We aren't taking a class

this semester because we just crossed a large class and wanted the time to bond with them and get to know them better. We also want them to adjust to being a sister," said Liz Dumas, sister of Phi Omega Tau and a senior from Oakville.

Some organizations chose to open bid this semester, which means that any interested candidate is allowed to pledge that organization.

"We chose to open bid to expand the numbers in the class and also because some people that were interested found out about RUSH too late," said Mike Losche, President of Lambda Sigma Phi, and a senior from North Belmore, NY.

Zeta Iota Lambda, Sacred Heart's newest member of Greek Life, also decided to open bid.

"We only had two people come to 'Around the World.' We are losing lots of seniors and knew that we needed a larger pledge class. It was the only way to go," said Gina Scalise, sister of Zeta Iota Lambda and a junior from West Haven.

Each sorority and fraternity that is accepting a pledge class is excited for the process to begin.

"We're looking forward to seeing what our associates can bring to our fraternity and to Greek Life as a whole," said Dan Kristan, President of Alpha Sigma Psi, and a junior from Mahopac, NY.

As a part of Sacred Heart University each Greek organization is required to participate in promoting a cause. All ten organizations each have their own respective cause. It is often the cause of the organization that draws the attention to a potential pledge.

"I want to pledge Delta Phi



The Spectrum/ TERESA ERRICO

The Phi Omega Tau sorority at SHU is sponsoring AIDS Awareness Week during the pledging process.

Kappa because the sisters are very real, down to earth women with a great cause, women empowerment, which I respect a great deal," said Beth Coyne, associate of Delta Phi Kappa, and a junior from Stony Point, NY.

The next six weeks will be busy and exciting for both the brothers and sisters of the fraternities and sororities, and for their associates.

"I am excited to meet a new bunch of guys and hopefully one day welcome them into our brotherhood," said Matt Lindberg, brother of Lambda Sigma Phi and a junior from Farmingville, NY.

Though it is too late this semester, there is always next semester to pledge for anyone that is interested.

"Greek Life is something that is definitely overlooked by a lot of people. I encourage more people to come out next semester," said Sue Harr, sister of Beta Delta Phi and a junior from Huntington, NY.

Student Senators Sworn In

Continued From Page 1

each class, as well as one commuter. According to the Student Government website, the Student Senate deals with issues such as the parking situation on campus. John Russo, from Ringwood New Jersey, is the newly appointed senator from the junior class. He realizes the importance of his position and the responsibility he has by taking it.

"Senator comes first, I am an Ambassador second, then come all extra activities," Russo said. Heather McKilop from Nashua, NH, is the new senator for the freshmen class.

As a senator, McKilop plans on joining the spirit, tradition,

and athletics committee. Specific committees focus on students' concerns and get results for different problems the student body faces.

Some past committee actions have altered menu choices offered at FLIK and used student opinion to choose channel lineups for on-campus cable.

"I interviewed for senate because I wanted to be more involved with the school and help make positive differences," said McKilop. The senators are always open to the various concerns of students. All students are welcome at the Student Senate meetings that are held every Monday night at 8 p.m. in room HC 101.

Riot from Bar Continues to Campus

Continued From Page 1

the university's residents back to campus. The non-students came to J-Hill Building One and proceeded to take the fight outside. Public Safety officers and Fairfield police were forced to break up men and women involved in physical violence and even had to put people in police cars until the involved parties calmed down.

"It got really out of hand. It was very disturbing to watch girls get hit, and made me very uncomfortable to have to witness that incident," said an anonymous student.

Another student who returned to campus about an hour after getting kicked out of the Page said, "as soon as I got back to J-Hill, a fire truck was leaving

[and] and ambulance and eight Fairfield cop cars were there... but by that time [the fight] was all broken up."

"There were people all over screaming and fighting. The cops came and pepper sprayed some people," said another anonymous student.

Linda Maloney, director of Public Safety, commented "We continue to investigate this incident. When the investigation is complete, we will present the report to Dean Wielk and ResLife. Drinking and fighting will not be tolerated on this campus."

According to witnesses, Fairfield police were at J-Hill until 3 a.m., questioning residents and searching the apartments for people who were hiding.

Because no involved party wished to press charges, no arrests were made.

Campus Media Board Forms

Danya Jimenez
Staff Reporter

Starting this semester, the media organizations at Sacred Heart University – WHRT, The Spectrum, The Prologue, and the Media Studies Association – will come under a recently created council called the Media Board.

"The idea is to eliminate the bias that existed for the media organizations from going to regular CCO meetings," says Colleen McCormick, Vice President of Student Government for CCO, who will be running the meetings. In addition, the student government has decided to separate the media organizations from the rest since their requirements and constitutions are very different.

"If they hear about cer-

tain events at a CCO meeting, that might be the only things they would cover, rather than giving coverage to all events on campus," says McCormick, since this has been a great concern for several organizations who wonder why so many events are not covered by the newspaper or included in The Spectrum.

Being able to see, read, and hear about important events is very beneficial to the student-run clubs and organizations for recruitment and retention of members.

Through the creation of this board the media organizations seek to get a better coverage of the campus events run by clubs and Greek organizations. McCormick, currently in charge of the CCO meetings, will keep them informed of the events calendar.

Being better informed, The

Spectrum will be able to have their reporters ready to attend the events and write articles, WHRT could help with advertising, the Prologue staff will take the pictures for the yearbook, and the Shuperstation Channel 3 could broadcast the event.

Even though these organizations will be separated from the other clubs, their funding will still come from the Student Government.

"The presidents of the organizations are really working hard and are helping alot," says McCormick. The presidents and a representative from the WHRT, The Spectrum, The Prologue, and the Media Studies Association will meet biweekly were they will be able to address current issues and concerns such as budgets and equipment, as well as receive professional development.

Hypoglycemia at SHU

Continued From Page 1

energy. This results when the pancreas produces too much insulin in response to sugars and carbohydrates.

Sheila Wheeler, a nurse and director of Health Services at Sacred Heart, claims that treating hypoglycemia is all about taking care of your body and eating five or six small meals a day that are low in carbohydrates, moderate in fats and high in protein, similar to the Atkins Diet.

When students go to Wheeler for assistance or questions, she hands them a basic information sheet that gives them knowledge of their condition. The sheet recommends to never skip a meal and to eat foods such as chicken, eggs, cheese, nuts or skim milk, rather than carbohydrates and sugar.

"Hypoglycemia is so common to college age women and many of them confuse it with needing more sugar when in actuality it's about a balanced diet,"

says Deirdre Eller, SHU's dance team coach and also a hypoglycemic.

Paul Sabio, the Food Service Director at Flik says, "We have a wide range of everything here, so students with hypoglycemia should easily be able to find something for that diet."

Many people don't realize they have hypoglycemia until something drastic happens, and it is also extremely difficult to be diagnosed with. Therien claims to have had a six hour glucose test just to find out how her body reacted to levels of glucose in her body.

According to NDIC, symptoms of the illness include hunger, nervousness and shakiness, sweating, dizziness or light-headedness, sleepiness, confusion, difficulty speaking, and feeling anxious or weak. Risks can increase with stress, improper diet, smoking and use of drugs – such as caffeine, alcohol or even aspirin.

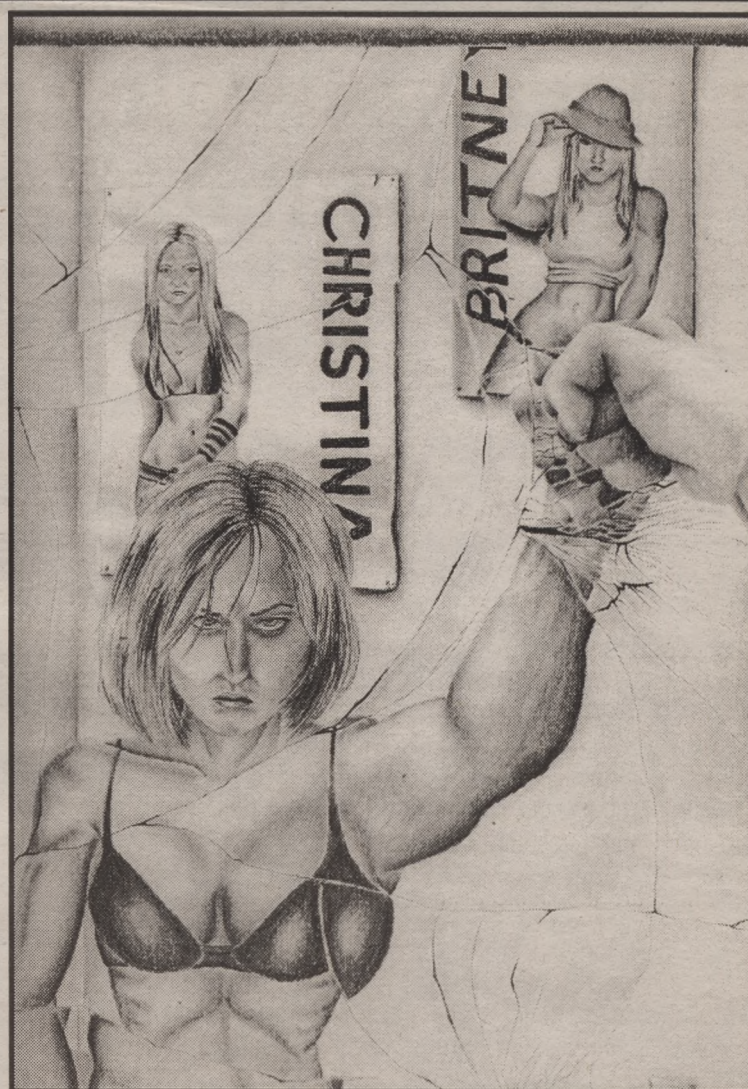
"Extreme levels of exercise can cause a hypoglycemic to

have an attack, especially if you are sweating. As for alcohol, if I have too much my body can go into shock and then I will end up in a coma. Hence why I'm always the designated driver," said Therien.

"Women, those that play sports or are active, need to make sure they eat something at least one hour before they workout or practice. A perfect snack is peanut butter on wheat toast," said Eller.

Therien watches what she eats and avoids sugar. She switched from regular soda to diet and cut out high sugar juices and drinks mostly water or diet ice tea.

Therien says that hypoglycemia is more common than people think and shares her symptoms with many SHU students. Students may not realize they have it and should take great consideration in their eating habits if they share symptoms common to hypoglycemia.



This is the illustration "Shattered Image," by Lee Cutrone, a junior majoring in Art done in association with Body Pride Week at SHU. Help is available on campus for anyone who would like a healthy eating screening at the Counseling Center which can be reached at ext. 7955.

Human Love in the Divine Plan

A Conference on
Pope John Paul II's
**THEOLOGY
OF THE BODY**

March 20-21, 2004

**Sacred Heart University
Pitt Center**
5151 Park Avenue, Fairfield, CT.
For Clergy, Religious & Laity



SPECIAL SPEAKERS

Bishop William E. Lori, STD
Archbishop John J. Myers, JCD, DD
Rev. Richard Hogan
Deacon Bob McDonald, MD
Christopher West
Dr. Janet E. Smith
George Weigel
Dr. John Grabowski
Dr. Helen Alvaré



Please join us for this life enriching conference.
For more information please call: 203-698-1095 or visit us on the web at
www.bridgeportdiocese.com/jubilee.shtml
or E-mail: TOBconference@optonline.net

Sponsored by the Office for Christian Formation, Diocese of Bridgeport

FREE TAN



*First tan FREE for new customers
Expires 2/29/04 - ID & Coupon required

Norwalk
440 Westport Ave
0.7 miles E. of Stews
847-7755

Fairfield
2175 Black Rock Tpk
Next to Starbucks
336-TANS

Stratford
1345 Barnum Ave
Across from KFC
385-8555

HOLLYWOOD TANS™

You don't have to go to Hollywood... To get a Hollywood Tan!
www.HollywoodTan.com

"Horizons" Set For Spring 2004 Publication

Cristina Baptista
Staff Reporter

Returning this spring is Sacred Heart's annually published interdisciplinary journal, "Horizons." Dedicated to celebrating students' creativity, the publication offers a diverse selection of literary and artistic works created by the University's students.

"Horizons" is a student-edited journal allowing Sacred Heart students to submit works of fiction, non-fiction, poetry, drama, art and photography for publication. The journal's publication costs are funded by the university's English department and other sources willing to donate.

"Horizons" was initially a publication run by the University's Dr. Robin McAllister but it "went dormant until 2000, 2001," Dr. Sandra Young says.

Young, of the Languages, Literature and Media Studies department, is the current faculty editor of "Horizons" and in charge of recruiting student editors.

In "Horizons," "we only publish things from matriculated students," Young says. Because the magazine is so focused on student-only work, "Horizons" is not yet circulated outside of the university.

Young calls "Horizons" a "little magazine" and says, "because it's an in-house thing, I cede most of my decisions to my editors."

Young says she hopes to eventually be able to turn all of the magazine's responsibilities over to the student editors.

"We need to get a real foothold [before] turning the journal over to student editors completely," she says.

When Young told one of her writing classes that the position of fiction/non-fiction editor was available, Teresa Errico, a junior from Bridgeport, seized the opportunity to become involved with "Horizons" and accepted the role.

Errico says that the best experience she has had as editor is "getting to read the incredible works that people send me. There is amazing talent here at Sacred Heart and it goes completely unnoticed, especially outside of the classroom."

Errico says she is excited about the opportunity to "help [students] share what they've written."

Senior Nina Willette of Randolph, MA is the art editor for

"Horizons." Willette, a graphic design major, also assists in the over all layout of the magazine.

For Willette, the most difficult part about being an editor is "collecting all the materials on time," but it is easy "picking what will go into the magazine."

Unlike Willette, Errico finds "picking and choosing which submissions to keep, and which ones I unfortunately have to turn down" to be the most difficult part of her job.

"Who am I to judge which pieces are the best?" Errico says. "It's difficult, but I'm taking my time to sort through [all the submissions] and hopefully everyone will be happy with the final outcome."

Randall Betta, a senior from

"Don't be afraid to submit something just because you've never done it before."

All artists have talent and shouldn't be afraid to show it"
Nina Willette

North Haven, is the drama editor this year for "Horizons." Betta got involved with the journal when "I was looking to involve myself in some form of club on campus...[and I turned towards a] love of mine: namely, literature. I approached Dr. Young about how to submit works to "Horizons" and somehow magically left her office with a position as drama editor."

Although Betta is a computer science major, he says, "I actually considered a career in literature for a while." For Betta, "authorship is [a] joy in its own right. Perhaps meta-authorship [through editing] will be enjoyable as well."

Other student staff members of "Horizons" include poetry editor Pat McMahon, a senior media studies major from Ocean City, NJ and proofreader Kristen Cooper, a senior media studies major from Baldwin Place, NY.

The student editors hope to gain much from their role in the journal's production.

Willette hopes for "a little something extra on my resume and more experience in the field of graphic design."

Betta says serving as the drama editor is "a useful exercise in interpersonal communication, [yet] I foresee the most rewarding

work to be the actual compilation of 'Horizons'...the weaving of disparate writers' and artists' ideas into a cohesive whole."

Errico says she anticipates "the final print [of the journal]. I want to be able to hold it in my hands and know that I helped put it together. I cannot wait for people to open it and see the names of all the writers and editors—in print!"

Of her fellow editors and herself, Errico also says, "We are all working so hard so it will definitely be a great reward [to see "Horizons" published]."

Willette also looks forward to "the final result of the magazine...when everything falls into place."

The editors of "Horizons" encourage all Sacred Heart students to submit works, regardless of past experiences or fears.

"Don't be afraid to submit something just because you've never done it before," Willette says. "All artists have talent and shouldn't be afraid to show it."

Willette is impressed by "the quality and complexity of [students'] pieces. They are all really talented artists," she says.

"If you worry about rejection, don't," Errico adds. "No one knows you submit except the section editor...holding back because of [your] fear is useless. You could have an incredible gift that the world is yet to experience."

Even if students are disinterested in submitting to "Horizons," Young hopes they will nevertheless support those who have contributed to the magazine.

"It's a disservice to [the Sacred Heart] community if students aren't aware [of] other students' talent and creativity," Young says. "Students' creativity needs to be trumpeted."

The Spring 2004 Volume 21 "Horizons" should be available on campus by May 5.

Free copies of Spring 2003 "Horizons" are available in the university's English Department, HC 221.

Students have until Friday, Feb. 20 to submit their works to the respective editors in order to be considered for inclusion in the Spring 2004 "Horizons." Nina Willette, the art editor, may be contacted at n-willette@sacredheart.edu. Fiction and non-fiction works should be sent to Teresa Errico at t-errico@sacredheart.edu. Poetry editor Pat McMahon can be reached at p-mcmahon@sacredheart.edu.

Drama submissions will be accepted until Feb. 27 and should be sent to Randall Betta at randallbetta@hotmail.com.

Clark Quits Race

Lori Coupe
Staff Reporter

Wesley Clark, retired Army General, announced his departure from the Democratic race for the presidential nomination on Tuesday, Feb. 10.

With the major focus of the campaigns for the Democratic presidential nomination being the War in Iraq, the lack of support for a candidate with his military background came as a shock to one Sacred Heart student.

"When Clark announced his candidacy he was in the top two and since then he just dropped down," said Molly Brennan, a senior from Syracuse, NY.

Clark's announcement is the fourth of its kind from the Democratic Party since the beginning of 2004. Carol Moseley-Braunn and Dick Gephardt were the first to drop out of the race, followed by Joseph Lieberman just two weeks ago. After not winning the state primaries, the financial support of candidates is limited and campaign volunteers begin to desert the contender.

John Kerry, senator from Massachusetts, currently leads the remaining candidates. Former Vermont Gov. Howard Dean, Sen. John Edwards of North Carolina, Rev. Al Sharpton of New York and Ohio Rep. Dennis Kucinich all follow respectively.

In spite of the fact that the primaries run until June 7, this year there is a possibility that

the Democratic candidate for the Presidency will have won the majority of the states by March 2, or "Super Tuesday." Part of the cause is the low amount of voters who participate in the primaries.

"The main reason people don't vote, especially in our age group, is because they think their vote does not count," said senior, Eric Silvia from Raynham, MA. "I feel that voting is one civic obligation and allows us to choose who represents us."

This age group has always been poorly represented at the polls. Since 1992 the importance of voting has been pitched to 18-30 year olds through MTV's promotional "Choose or Lose" campaign. This year, according to an MTV press release, "Choose or Lose 2004: 20 Million Loud," aims to mobilize more than 20 million young adults to vote and be a deciding factor in the presidential election.

"I think voting's important because it affects if I have a job or not once I graduate. Politics really influences this aspect of our lives and so many students are unaware of this," said Jessica Fay, a senior from Hamden.

Connecticut's primary is March 2 and all registered Democratic voters have an opportunity to change the anticipated outcome of this election. To learn how to register to vote in federal, state, and local elections, write your state elections board or visit the Federal Election Commission's website (www.fec.gov/elections.html).

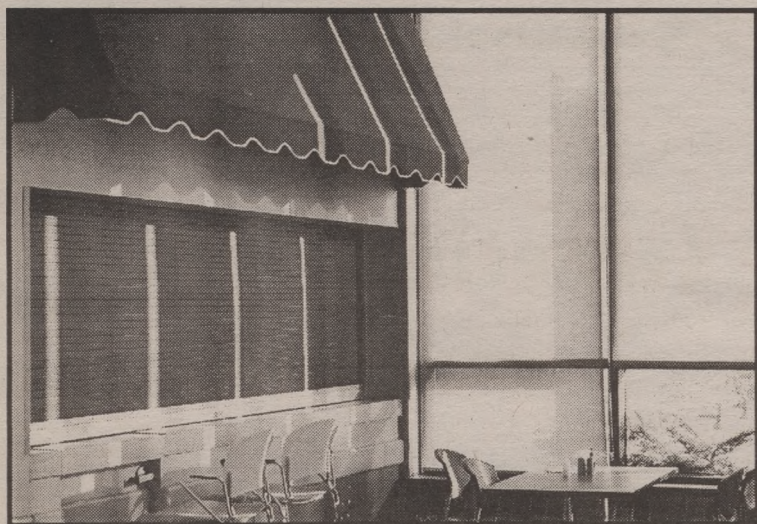
NEWS BRIEFS

Watch for an email announcing the Student Senate Forum for Thursday, Feb. 26. SG invites all students to attend and discuss issues including academics, residential life, and more. Time & location TBA.

Stomp for Christ: 2004 Gospel Explosion will take place Friday, Feb. 20, at 7 p.m. in the Edgerton Center for the Performing Arts. Refreshments will be served and prizes awarded. This event is sponsored by UMOJA, Omega Phi Kappa and Campus Ministry in support of Black History Month.

The Academic Affairs Committee of Student Senate is planning the first annual academic awards ceremony for this semester. If you would like to be involved in this process, please contact Senators Robert Rood or Mike Hougasian via university email.

If you would like to have your event or meeting listed in the Spectrum, please contact News Editor Mark Stanczak via email (m-stanczak@sacredheart.edu).



The Spectrum/ ROBERT TRENSKE

The "before" picture of the Outpost.

Outpost Make-Over

Continued From Page 1

at the Outpost in previous years here at Sacred Heart University have left many students out of the picture.

"I would probably not attend the events at pub night," said J.P. Signore, a senior from Wilton. It is apparent that many students here at Sacred Heart University have looked elsewhere when choosing a bar or nightclub to hang out with friends.

"There are just too many young college kids at the pub, a new look would be a great idea," said Laura Ferrer, a junior from Norwalk.

"One of the goals we have is to try to create a social center for the campus," explained Makoski. "With the lack of programming space on campus, we are trying to say we are here for everyone, not just seniors." The new plans for the Outpost are designed specifically to attract more students to the pub and its special events.

"We are also trying to change the atmosphere of the Pub; for some events we are bringing in sound and lighting equipment, which gives the pub a more relaxing atmosphere," said Makoski. Several bars and nightclubs that are off-campus are able to provide a more relaxing and professional environment for college students. Part of the Student Union's plan is to upgrade the Outpost so that it will be able to offer the same atmosphere to students here.

"The Outpost is throwing all ages dance parties, Open mic nights, Improv nights with the SHU players, and many more," said Makoski. "SET is supporting the Outpost by having their comedians and music acts held in the space."

According to Makoski, the campus of Sacred Heart University does take the immense responsibility of running a drinking establishment seriously. Security is of the utmost importance during all special events

held in the Outpost pub.

"The Outpost Pub has several different ways that it ensures there is no underage drinking," said Makoski. "There is at least one staff member at the main entrance who cards every student that tries to enter, and we also have staff members positioned at every possible exit, to make sure that students do not enter or leave the pub," said Makoski.

Just like local bars and nightclubs, the Outpost pub must also check each patron for valid identification. "In order to get into the outpost pub, a student has to give us two forms of ID," said Makoski. "This includes a Sacred Heart University ID and a drivers license, military ID, or a passport," said Makoski. The staff members who manage security at the Outpost must become certified in dealing with alcohol related situations.

"I would also like to point out that all of the members of the Pub staff are TIPS trained," said Makoski. "This means that they have gone through a training class that gives them the skills to identify irresponsible drinking, underage drinkers, and how to handle these situations."

"Michael Moylan, the Director of the Student Union is ultimately in charge of the Outpost Pub," said Makoski. The office of the Student Union is in primary control of the functions and activities of the Outpost pub. "Every night there is a pub manager there who handles running of the pub. They both keep a close eye on every detail, from ordering supplies to handling any problems that that may occur," said Makoski.

"We are looking for new ways to use the facility in an effort to further the pub," said Mike Moylan, the director of the Student Union. "The pub is a positive presence on campus, it allows students a chance to enjoy a drink in a setting away from home," said Moylan.

Gillian Weisman
Staff Reporter

Dressed in red collared shirts, khaki shorts, and sneakers and flashing a huge smile, fifteen orientation leaders (OLs) stand by the entrance of the Pitt Center awaiting the arrival of the soon to be Sacred Heart University freshmen. The role of the orientation leader is to ease tensions for the incoming freshmen and help accustom them to life at Sacred Heart.

"Being an orientation leader was one of the best experiences I have had while being at SHU," said this year's orientation co-chair, junior Beth Coyne of Stony Point, NY. "It was amazing to be able to ease the stress for the incoming freshmen like it had been eased for me. Although the days were sometimes long they were unforgettable."

Freshmen, sophomores, and juniors are eligible to apply to become orientation leaders. Once all applications are received, there is a thorough evaluation based on essays and references. Thirty applicants move onto a group process and interview. The group process is a way of seeing each applicant's strengths and weaknesses as well as who works best together. Each applicant contains a personal interview where the orientation selection

committee, comprised of the orientation co-chairs, associate dean of students, director of student activities, director of residential life, graduate assistant for the first year experience, and student union director, ask questions that pertain directly to orientation situations.

"We select a group of students who together have a variety of qualities that we feel will essentially allow them to work successfully as a team," said Amy Ricci, graduate assistant of the first year experience, and also a member of the selection committee. A total of seventeen orientation leaders are selected, with two as alternates in the case that an orientation leader cannot take the position.

"Becoming an orientation leader was one of the best things I have done here at SHU. I have met so many amazing people and have made some of my best friends by doing this. You get to make relationships with Student Life, the dean and the associate dean of students, and many more administrators," said this year's orientation co-chair, junior Shannon Kinney of Port Jefferson Station, NY.

Orientation leaders are on campus for a total of about three weeks. They go through a three-day intensive training process where they learn everything they need to know about SHU. There are four orientation sessions over the period of two weeks. This

year's orientation dates are Friday, June 4 through Saturday, June 5; Monday, June 7 through Tuesday, June 8; Friday, June 11 through Saturday, June 12; and Monday, June 14 through Tuesday, June 15. On the days when there is nothing going on, the OLs will prep for upcoming orientations or go on excursions to places such as Great Adventure.

"Orientation is the best experience I've had at Sacred Heart so far, and it's such an honor to be chosen for it as well," said sophomore Kelly Imhof of Huntington Station, NY.

Senior Melissa Christy of St. James, NY added, "as an orientation leader you learn teamwork and leadership skills that will take you far in life, while forming friendships that will last a lifetime."

Orientation leaders receive a monetary stipend for the two and a half weeks they are at Sacred Heart as well as free housing and paid meals. OL's are also responsible for transfer orientations, which occur right before the start of the school year, as well as being on campus and helping out during Welcome Days in September.

If you are interested in becoming an OL for the class of 2008, applications are now available in the Student Life office. They are due back to the Student Life office, located upstairs in Hawley Lounge, no later than Friday, Mar. 5 by 5 p.m.

Public Safety Reports

On Tuesday, Feb. 10, at 9:59 p.m. a room search at South Hall yielded a knife, drug paraphernalia, and an electric stove. Incident filed as drug violation and housing violation.

On Wednesday, Feb. 11, at 1:15 a.m. students became belligerent towards officers during a motor vehicle violation in the north parking lot. Incident filed as disorderly conduct.

Early Thursday, Feb. 12, at 1:28 a.m. a crowd of students fought in the vicinity of Jefferson Hill. In an attempt to gain control of the crowd an officer dispersed pepper spray. Fairfield Police Dept. was called. Incident filed as assault and failure to comply.

Later the same day a vehicle was reported stolen from the Park Royal parking lot. Bridgeport Police Dept. was called. Incident filed as larceny.

At 11:47 that evening a room search at South Hall yielded pills and fraudulent identifications. Incident filed as larceny.

On Monday, Feb. 16, at 6:20 p.m. an officer booted a vehicle in the visitor lot that displayed a fraudulent handicap permit. Incident filed as fraudulent permit.

The same day at 9:12 p.m. a resident student's laptop was stolen from her room. Fairfield Police Dept. was called. Incident filed as larceny.

STSTRAVEL.COM
Join America's #1 Student Travel Operator

**CANCUN
ACAPULCO
JAMAICA
BAHAMAS
FLORIDA**

SPRING BREAK 2004

**Sell Trips, Earn Cash, Go Free!
Now Hiring On-Campus Reps**

Call for group discounts

ST STUDENT TRAVEL SERVICES

1-800-648-4849 / www.ststravel.com

Taco Loco
3170 Fairfield Avenue, Bridgeport, CT 06605 Tel (203) 335-8228

The Best of Taco Loco!

- Best Outdoor Heated Patio!** A great place to have fun. Casual, warm, fun and comfortable.
- Best Margaritas!** For one thing... ours are fresh! Real Margaritas! Lime, Strawberry, Peach, Mango, Banana and...
- Best Mexican Food!** Steak Burritos, Shrimp Tacos, Vegetarian Enchiladas, Poppers, The Very Best Wings, Nachos, Mexican Pizzas and more! Always Fresh & Delicious!
- Best Happy Hour!** Mexican Munchies & Happy Hour Prices! Coronas \$2.25 and 1/2 Price Margaritas, Mon-Fri 3:00 pm-6:30 pm
- Best Lunch Buffet!** All you can eat Mexican Lunch Buffet Mon-Fri 11:30 am-2:30 pm. Over 25 items and includes a Free Margarita, Draft or Soft Drink, only \$9.95/pp.
- Best Prices Anywhere!** We offer student discounts.
- Best Service!** Friendly and prompt everyday!

Visit our website at www.tacoloco.com for directions, online ordering, coupons, and gift cards. We look forward to serving you!

Executive Voice SHU SIFE *Joseph Churba*

Sacred Heart University's Students in Free Enterprise club (SIFE) has and remains committed to devoting their skills and knowledge in business and other comprehensions to further benefit the communities of Bridgeport and other areas of Connecticut.

SHU SIFE is a club that welcomes students of all majors to partake in projects that involve the principles of the free enterprise system. Three major projects in which SIFE has been working on this year are: Start Your Future Today, BIC Design-A-Pen Contest, and the Bigelow Tea Project.

The Start Your Future Today project involves SHU SIFE members reaching out to high school students of Bridgeport to further help them pursue the career of their choice. SHU SIFE members utilize their skills that they have learned in the classroom to help the students of Bridgeport learn proper résumé content, skills on how to work well with others, and impressionable interviewing skills.

One particular project in

which many elementary school children enjoy is the BIC Design-A-Pen Contest. SHU SIFE members ask children at local elementary schools in Bridgeport to design their own ideas for a pen to be marketed in Spain. The students learn the concepts of international marketing, packaging, design, and market research. The winner is chosen and the students take a field trip to BIC Corporation located in Milford, CT.

This year, the new marketing project in which SHU SIFE members have begun to tackle is the Bigelow Tea project. The Bigelow Tea project involves SHU SIFE students to make assessments on how Bigelow Tea can target college students to drink tea.

The Bigelow marketing project required many studies and analysis to find ways in which students would be interested in drinking tea. These are examples on how SHU SIFE members learned first hand on how to market a product to a particular group which is an example on how

SHU SIFE students apply what they learn in the classroom to real world situations.

SHU SIFE remains committed to devoting time and effort to the community of Bridgeport and showing people of all ages the principles of free enterprise. SHU SIFE, in 02' and 03' has won regional SIFE competitions and went on to National SIFE runoffs in Kansas City.

At SHU SIFE, we remain committed to uphold this tradition and to move on to Kansas City this Spring. We encourage individuals to bring his or her own unique ideas and background to our next SHU SIFE meeting. School is challenging and requires all of your efforts but I'm sure there are students out there with some time to give to this worthwhile endeavor. We look forward to meeting you at 4:00pm Sundays in SC105. We hope you will attend and check us out!

-Contributed by Joseph Churba, SIFE Press Coordinator

Greetings From Ireland

Hello all at SHU!

I figured it was about time to drop you a line and let you know how we're all doing over at Disart! The internet situation has been difficult, so it was hard to get in touch. This past week a line was set up in the office here for us, and wireless should be up and running at the school within the week. Also, our phones at our cottages should be working as of today, and we will be able to dial up from there. So that situation is looking a lot better, and we'll be able to be in better touch.

Classes are going great, we're enjoying them very much. Our archaeology professor has taken us on a few field trips, which are nice because it gets us out onto the rest of the peninsula, learning about the area and what went on hundreds of years ago. We're definitely taking in a lot on those trips, and enjoying the beautiful scenery.

Music class is amazing, for the first half our professor lectures, and the second half we've been learning the tin whistle, and we're pretty good let me tell you.

The seven of us can play about 5 or 6 songs all together; we'll have to have a concert when we return to SHU.

Tomorrow night the group is learning set dancing, and we're being shuttled to a pub in Dunquin for a set dancing tournament. I just found out that we have to perform the dance we learned for the locals - now THAT should be interesting. I'll video tape it for you all! The other two are going well also, I only have a few more minutes left before the office closes so I'll go into more detail on the next email!!

Our housing is still wonderful, we're all settled and very comfortable. I'll see the rest of the group at some point tonight and I'll ask if anyone has and questions or concerns to be sent your way.

Dr. Brooks - when are you coming over? We're waiting....

Dean Wielk - when are you coming back, we miss you!!

Alright I'm being kicked out of the office, more soon!!

-Contributed by Kara Brady



Photographer's PICK

The Spectrum/ROBERT TRENSKE

Another bright view of the campus in hopes that spring will soon be here.



Photo Contributed by Larry Wielk

A scene from the study abroad site in Ireland.

Executive Voice Commuter Council *Olia Yelner*

To All Fellow Commuters:

The start of a new semester is a great time to get involved in new activities. As you get more accustomed to your classes and workload, consider joining a group of people who understand you and can be a great support system.

The Commuter Council is a group of commuters just like you, dedicated to helping each other and the Sacred Heart Community. Every semester, the devoted members sponsor an assortment of campus-wide and commuter-only activities. This semester alone, we are proud to bring to you Commuter Week filled with events such as daytime bingo, a dessert social, a commuter/resident sleepover, and other commuter-oriented activities.

In the past we have sponsored comedians, trips to Broadway theaters, holiday events, free breakfasts and hot chocolate days

and countless other events. We have also dedicated a lot of time to helping the less fortunate at local soup kitchens and sponsored-walks. Our annual collection of school supplies for needy children in the area is always a huge success, and something that we are most proud of.

By joining Commuter Council, you will be getting much more than a prestigious position to put on your resume. You will be part of a proud and historic organization on campus, with plenty of opportunity to meet new people and help the community. To join, or just to visit, stop by our weekly meeting held in the Student Affairs Conference Room in Hawley Lounge Wednesdays at 3:45pm or E-mail me at O-Yelner@Sacredheart.edu

We'd love to hear from you!

Sincerely,
Olia Yelner, President
O-Yelner@Sacredheart.edu

Experience The Unexpected Lessons

Kerry Freel
Editor-in-Chief

I expected a lot of things when I came to college, homework, friends, parties, fun, stress, and freedom- just to name a few. But now as a senior I realize I gained a lot of experiences that I never would have anticipated before I stepped foot on SHU's campus.

The most prominent example in my mind is the wonderful "parker" I've become! Not that my New York upbringing of learning how to parallel park came into play all that much on campus, but I can fit my Saturn into almost any nook or cranny that most SUVs would quickly drive away from because of all my practice in the North Lot. (Especially in the wintertime... With the snow taking over some of the spots until the spring!) I never thought my parking abilities would be enhanced by going to college, but they have.

A lot of people from my hometown shop at Shop Rite, go to mass, and put their recyclings out on Wednesdays. My home life was predictable, and I knew college would be different, but I didn't know how different. Diversity is a topic I didn't really think too much about when choosing a college. But after freshman year I was glad I was close with people of many different backgrounds and many different mind-sets.

Some people I met stayed up all night, most nights!, and others turned in early. Some students had traveled to exotic places, and others grew up in exotic locations. "Wealthy" was the word that came to mind when I talked with some folks, while other students seemed to work five jobs just to make ends meet. Regardless of their financial status and sleeping patterns and hometowns, everyone had something to say and I enjoyed being the person who listened!

I've met people who exude such passion for the clubs and organizations they participate in; it's wonderful to see! Everyone

has a joy in life, but sometimes in high school, I felt like some kids joined a lot of clubs just to "beef up" their resumes instead of actually liking the club and enjoying themselves.

I learned about the MTV culture we live in first hand from going to dance clubs and rock shows that gave a different feel from anything I'd ever been to before or probably will ever be at again. Seeing the way people dance to the music a DJ in New Haven plays was nothing like the impression given from shows like "The Grind" spring break editions on MTV. Not even close! I saw people singing along with songs that touched their souls, which was evident from their reactions to the performances. I learned not only what goes on at events, but that it is often better to experience life in person, and not trick yourself into thinking you know a topic inside-out simply by watching a documentary on it.

Granted, I enjoy more people at SHU than I am annoyed with, but it wouldn't be a complete college experience without the hassles. I learned how to rely on myself and how to deal with excessive stress! Before college, I never experienced such a high level of anger or annoyance. I didn't know I was even capable of feeling such things. As negative and horrible as some of the situations were, they taught me what to do in case they ever happened in the future and to appreciate the times of calm and joy that much more!

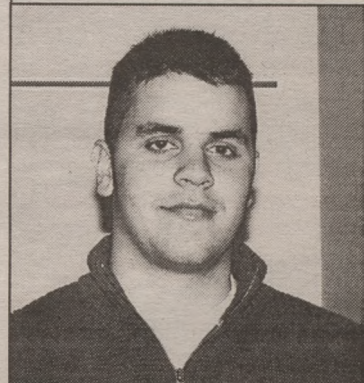
Graduation will be the greatest lesson of all. That diploma symbolizes hard work, accomplishment, fun, joy, laughter, pain, long study hours, sleepless nights, naps, junk-food binges, late night talks in the dorms, meetings with professors and so much more that can simply not be expressed by spoken words... or written words on a page... but can only be experienced.

Do you have thoughts on graduation or your SHU experiences you'd like to share with the SHU community? E-mail the Spectrum, we'd love to hear from you: kerry-freel@sacredheart.edu.



Compiled by
Suzanne McHale & Robert Trenske

*Who would you like
to see at SHU's Spring
Concert?*



*"Elvis, because he is better
than Ludacris"*

Nick Whelan
Senior
Atlantis



*"R. Kelly, I would be able to
enjoy the show, knowing there
won't be highschool girls
around."*

Greg Maurice (Left)
Junior
Norcross, GA

*"Janet Jackson, I didn't
get a good look at her last
performance."*

Paul Elumeze
Sophomore
Fall River, Wyoming



*"I'd like to see O.A.R. because
they are a band that college
kids listen to - not performers
that cater to the surrounding
community."*

Kristin Furio
Junior
Wading River, NY



5151 Park Ave.
Fairfield, CT 06825

Office: (203) 371-7963 or 7966 Fax: (203) 371-7828
http://spectrum.sacredheart.edu

Editor-in-Chief
Kerry Freel

Associate Editor Photography Editor
Ryan Farnsworth Robert Trenske

News Editor Copy Editor
Mark Stanczak Jennifer Martinetti

Sports Editor Web Editor
Katie Atkins Susan Pawlishen
Frank Schembari

Features Editor News Layout Editors
Katie Carroll Kristin Masliuk
Jennifer Motisi

A&E Editor Advisor
Patrick Scalisi Dr. Debbie Danowski

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. We are not responsible for the opinions of the writers voiced in this forum.

The Spectrum is a student-run newspaper of Sacred Heart University and is published every Thursday during the academic year. All mail should be sent to:

The Spectrum
Sacred Heart University
5151 Park Avenue
Fairfield, CT 06825

Our phone number is 203-371-7963 and our fax is: 203-371-7828.

Alumni Relations and SAA Keeping SHU's Family Together

Diana Smith
Staff Reporter

For seniors it is close to graduation, and everyone is about to go their separate ways, but that does not mean graduates are no longer a part of the Sacred Heart University family. The Alumni Relations Office and the Student Alumni Association are keeping graduates within the Sacred Heart University family no matter where they go.

"The Office of Alumni Relations' mission is to develop and sustain positive lifelong relationships among alumni and between alumni and the university," said Colleen McDermott Rooney, Assistant Director of Alumni Relations.

A member of Sacred Heart University's class of 1999, Rooney is very involved in keeping alumni relations together. Rooney and other Alumni Relations members work to involve as many alumni as possible in the life of the university. They achieve this through organizations, programs, and services.

One important organization involved with Alumni Relations is the Student Alumni Association (SAA). Rooney and Christine Davin, Assistant Director of Career Development, advise



SAA. SAA promotes interests between students of both past and present.

Rooney said, "The SAA is a great club to get involved in. It will keep you involved in the Sacred Heart family for the rest of your life."

Current students have the opportunity to network with alumni through SAA and members represent the SHU community at alumni and career events. SAA also works with the Alumni Association through community service such as food drives,

read alouds, and blood drives. Members of SAA plan important events such as Homecoming, Alumni Regional Chapter Events, and various Career Networking Events. Homecoming/Reunion Weekend alone brings nearly 1,000 alumni back to campus each year.

"I enjoy being involved with a group that supports the Sacred Heart alumni community," said Samantha Couture, Vice President of SAA.

The Alumni Relations has continuous contact with all alum-

ni. The online community is rapidly increasing and is now up to 5,262 alumni with active e-mail addresses. This helps everyone keep in contact and find out what is going on in the lives of all of Sacred Heart's successful graduates. "Straight from the Heart" is the Alumni e-Newsletter, which keeps up with the campus and alumni news. Also, the Alumni website is kept updated and e-mails are always being sent in regards to alumni events.

The alumni chapters of SHU are in different regional areas.



SACRED HEART
UNIVERSITY

ALUMNI ASSOCIATION

Photo contributed by Colleen McDermott
The Alumni Relations Office and the Student Alumni Association work together to keep past and present members of the Sacred Heart community together. During a recent event planned by the Alumni Relations Office, SHU alumni celebrate meeting back up and catching up with each other.

These alumni chapters arrange events such as a Red Sox play-off game in Boston, a Boston College vs. SHU basketball game in Boston, and an alumni happy hour event in Stamford. The information for all events is always updated on the website.

Rooney added, "If anyone is interested in joining SAA or helping out with any alumni events, contact me at rooneyc@sacredheart.edu."

Alumni Relations is located in the Oakview building at 101 Oakview Drive, which is about three miles from campus.

Mancuso's Offers Italian Cuisine with a Family Feel

Nicole Governale
Staff Reporter

For those college students who miss home cooked meals but lack cooking skills, there is a quaint little Italian restaurant that just might calm your cravings. Though Mancuso's Ristorante & Bar is not your parent's house, you will feel like you're enjoying dinner at home.

Salvatore Mancuso was born in Italy and came to the United States to live in the Bronx when he was six years old.

Twenty-six years ago, Salvatore's mother decided she wanted a better life for her three sons; that meant moving out of the Bronx and purchasing what is now Mancuso's. She named it Three Brothers, after her three sons. Eventually her mission was complete when her sons took over.

There is a wonderful feeling of warmth inside the restaurant. The staff is friendly and customers feel as though you are a part of something great.

"My husband and I work [Mancuso's] as a family," said Carmen Mancuso, Salvatore's wife who now owns the restau-

rant with him. Carmen Mancuso was born in Puerto Rico and

The main courses range from eight to twelve dollars, and a large pizza topped with broccoli, ricotta and mozzarella is only twelve dollars.

raised in Fairfield.

This friendly, family-oriented restaurant has many excellent

Italian dishes. With a wide selection of Italian delicacies, it is easy to get confused as to what to order. To start out the meal, customers can choose from many delicious appetizers: chicken tenders, onion rings, and buffalo wings. Each item is reasonably priced and makes a great start to a fabulous meal. There are also a number of salads including a Caesar Salad made with romaine lettuce, parmesan reggiano, and Mancuso's own dressing.

For the main course, there is plenty to choose from. The menu is divided into a multitude of sections. Chicken, Veal, and Pasta are just a few. Customer's

can also find a huge selection of Pizza-Bun Sandwiches including chicken parmigiana. Mancuso's most popular dish is the Chicken Scarpariello, which is a breast of chicken sautéed with sweet red peppers and hot cherry peppers in a mouth-watering garlic and balsamic wine sauce. For the veal lovers, there is a Veal Sorentino, which consists of veal sautéed in sherry wine, garlic, topped with eggplant, prosciutto, fresh basil, and mozzarella.

Of course if people are look

*See "Family Restaurant"
Continued on Page 9*

Campus Recognizes Breast Cancer Awareness Month

Jean Jastremski
Staff Reporter

According to the American Cancer Society over 200,000 women will be diagnosed with breast cancer in the United States. Any woman can have breast cancer; it spares no one, threatening women of any race, background, and age.

Maria Sanchez, a cancer survivor from Staten Island, NY said, "When I was diagnosed with cancer I was terrified, but I was relieved to know that I had caught it early and was confident that I could overcome this disease. I couldn't have done it without the unconditional love and support from my friends and family."

Females: Ask yourself how often you check yourself for lumps or any changes in your breasts. Most young women feel that they don't need to check themselves because they are too young to have to worry about such a serious disease, but breast cancer does not discriminate with age.

Young women need to be aware of any changes in their breasts, especially since it is possible for doctors to pay less attention to lumps in young women because breast cancer in younger women is less common than in older women. Every woman's body is different and if ignored or unchecked, the cancer could continue to spread until it becomes worse.

"Young girls should do a breast self-exam each month. We have pamphlets with valuable information regarding how to check yourself..."

**Sheila Wheeler
Director of Health Services**

The American Cancer Society recommends monthly self-exams. The best time to do them is a week after menstruation, when the breasts are not tender or swollen. Sacred Heart's Health Services provide detailed pamphlets on how to check for any lumps. Sheila Wheeler, the Director of Health Services said,

"Young girls should do a breast self-exam each month. We have pamphlets with valuable information regarding how to check yourself and we also have 'Do it Yourself' reminders that girls can hang in their shower to remind them."

Woman should make sure the doctor is examining thoroughly enough. They should make sure that doctors check under the armpits for lumps as well as all of the breast tissue. Some signs that should



The pink ribbon is the symbol designed to increase awareness about breast cancer.

be inspected more thoroughly are inflammation or redness, a change of shape or color of the nipple and anything a woman feels is unusual, because only each individual woman knows her own body best.

Sacred Heart's sorority Beta Delta Phi contributes to breast cancer victims and studies to help find a cure. Anyone can help it can be as simple as supporting a fundraiser by your home that supports finding a cure for breast cancer. There are many marathons and walks that are created to fight the battle against cancer.

"We do various fund raisers for breast cancer like the making strides walk every October for the American cancer society, Y-me, and Denim Day. We also want to make people more aware about breast cancer and the importance of early detection. It is a cause that has touched all of our hearts in some way or another and it is important to us to educate others," said Melissa Bellino, a Sister of Beta Delta Phi.

Cancer doesn't just affect the patient; it affects their family and friends. Help support for the cure of cancer, every little bit helps. For any information on how to help or to have any questions answered contact the American Cancer Society at 1-800-224-2345.

The Meaning Behind Black History Month

Kelly Ryan
Staff Reporter

What does black history really mean? Martin Luther King and Fredrick Douglas are worthy of high regards, but has the Sacred Heart community really taken the time to realize where Black History month came from?

Junior Lauren Maiorini from Staten Island, NY said, "It's a chance to celebrate and learn more about another culture."

"It's a chance to celebrate and learn more about another culture"

Lauren Maiorini

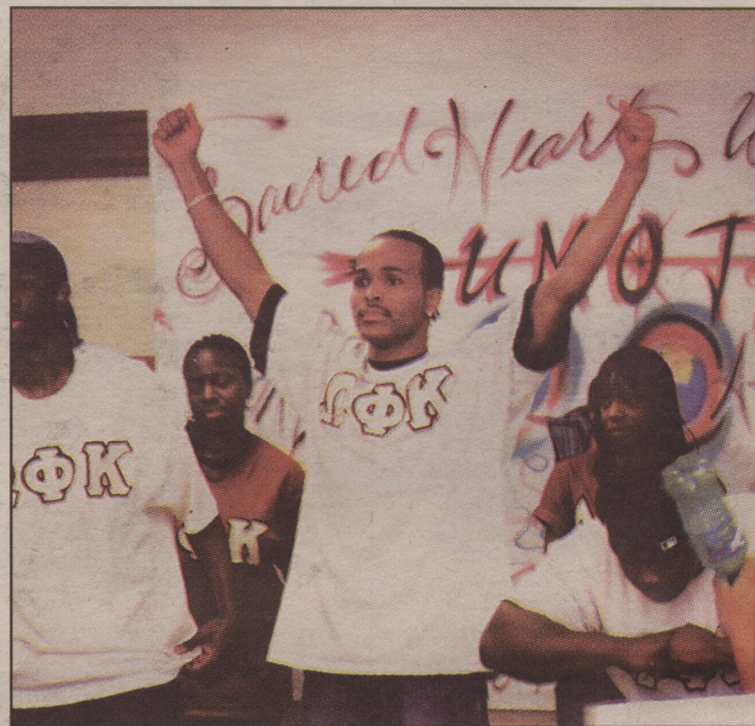
"Even though I don't know much about it, I still think it's a good way to designate a time of year for people to remember black heritage and culture," said Erin Donahue, a junior from NY, NY.

The first celebration of black history began in the early 1900's due to the efforts of the historian and teacher Dr. Carter G. Woodson. Woodson encouraged the study of black history first through the Association for the Study of Negro Life and History, which he founded in 1915. Black History Week was celebrated for the first time in 1926 during the second week in February. Black history had been largely left out of the history books and this week encouraged Americans to learn about a history they could not read about in mainstream

books.

In 1976, Black History Week became Black History Month and Americans began to honor and learn about the achievements and rich history of African Americans during the entire month of

made worldly headlines in March 2003 when she was captured as a Prisoner of War along with five other members. Johnson took a bullet to her ankle, which caused injury in both legs. However, she was successfully rescued on



The Spectrum/ROBERT TRENSKE

Students all over campus have found different ways to celebrate Black History Month.

February instead of a single week. The reason the month of February was chosen and designated to Black History was because of Frederick Douglass and Abraham Lincoln, two important figures in black history, celebrated their birthdays during this month.

Here at Sacred Heart, Black History Month is recognized through out the month. One upcoming event is on February 25th, at which Shoshana N. Johnson, the first African American Prisoner of War in U.S. history, will speak. She

April 13, 2003 and returned to the United States. She was honored with numerous awards and medals for being the first black female P.O.W. in U.S. war history.

"Basically, this month is a time to remember how much our country has changed. This used to be a place where blacks and whites couldn't even sit next to each other on a bus, and to see these significant changes, and celebrate successes is just a wonderful thing," commented a student from Milford, who wished to remain anonymous.

Family Restaurant

Continued from Page 8

ing for pizza, they have come to the right place. There are plenty of pizzas to choose from. Whether it is a plain slice or a large pie topped with sausage and peppers, there is something for everyone.

The prices here are very reasonable for a college student or anyone in general looking for a good hearty Italian meal. The main courses range from eight to 12 dollars, and a large pizza topped with broccoli, ricotta and mozzarella is only 12 dollars. The Pizza-Bun Sandwiches are seven dollars and the Chicken Parmigiana is only six dollars.

Mancuso and her husband Salvatore own this quaint little Italian eatery located on 601 Kings Highway East in Fairfield. Their two sons help out whenever

"We have many repeat customers...we are a neighborhood kind of restaurant"
Carmen Mancuso

they can. One son is currently attending college but he still contributes whenever he comes

home.

Perhaps keeping it in the family is what makes this restaurant thrive. "We have many repeat customers...we are a neighborhood kind of restaurant," said Mancuso.

This past August, Mancuso's closed down so they could expand and remodel. They added a bar and they changed the name from Three Brothers to Mancuso's.

Just because college students are away from home, does not mean they can't experience that family feeling. Mancuso's offers a delicious menu with a warm family atmosphere.

Hit the Open Road with Big Fast Car

Heather Fogarty
Staff Reporter

Big Fast Car, a hard rock band from Charlottesville VA, recently released its second record, *Fuel for the Fire*. The band's style and music is different from most rock bands that one would hear today and the album features a blended influence of 70s classic rock as well as today's own hard-rock genre. With this combination, Big Fast Car is in a league of its own.

A recent telephone interview with guitarist and lead vocalist Matt Singleton revealed that the band took their time recording this album to make sure that they did everything the way they wanted. *Fuel for the Fire* was recorded in a state-of-the-art studio in Charlottesville and is now available on their website www.bigfastcar.net.

"We're feeling pretty good about this album," said Singleton.

Fuel for the Fire is filled with hard-hitting guitar solos—such as those featured in the song



Photo courtesy of www.BigFastCar.net

Similar in style to bands like Jet, Big Fast Car is able to blend the sounds of classic rock with a new, invigorating energy that dots most of their music. The band recently hit the road to promote their newest album *Fuel for the Fire*.

"Some Say"—that bring listeners back to the days of The Who and Led Zeppelin. In addition, bassist Brian Temples brings quality back-up vocals and drummer Dustin Bugg executes heart-pounding drum solos to complete the sound.

"I tend to write about fairly everyday occurrences; they're all about experiences that I have

had in life," said Singleton. And, indeed, the lyrics in the album are very easy to relate to.

"They play a type of guitar that was seen in Detroit in the '70s with bands like The Who," explained Paula Amato of PAI Media.

"It's just straight out rock 'n roll," continued Singleton. "We are trying to bring back the music

that we grew up with: The Who, Zeppelin, The Stones, Aerosmith. We think that this is what is missing from music today."

Big Fast Car has worked with Train, Martin Feaveyear (of Presidents of the United States and Queens of the Stone Age), and several other prominent artists. Their music is alluring to the college-age population and the

band can currently be heard on over 40 radio station throughout the nation.

Singleton, who grew up in Detroit, perhaps got his feel for music in the "Rock-City." Having been raised in the heart of America's automobile culture had an obvious influence on Singleton (whose whole family was, naturally, involved in the industry) and these are the origins from which the band takes its name.

Big Fast Car will be playing a show at The Continental in New York City on April 6, as well as a few performances in Virginia. They are scheduled to do several radio campaigns throughout the country in the near future and are waiting to see where the radio gigs take off before they schedule they rest of their tour.

"We are trying to go back to the time when bands used to put out a record a year. Now, it might be years till some bands put out an album," explained Singleton. "It's not rocket science, it's just rock 'n roll."

Fans can expect another album from Big Fast Car by the end of the year.

'Runaway Jury' Primed for an Exciting Escape

Patrick Scalisi
A & E Editor

Gene Hackman and Dustin Hoffman share one scene together in "Runaway Jury." One scene that last seven minutes is hardly the scale on which to balance an entire motion picture. But not since Al Pacino and Robert DeNiro sat across a table from one another in a little film called "Heat," has the screen been graced with two such fine actors.

Of course, "Runaway Jury" is not entirely hinged on two of the greatest performers of a generation. Indeed, the film is a masterful ensemble piece that blends the talents of John Cusack, Rachel Weisz, Jeremy Piven, and Luis Guzman among others. The latest in what is slowly becoming the John Grisham Courtroom Genre, "Runaway Jury" is a thrill from start to finish.

When a young stockbroker (Dylan McDermott) and ten others are gunned down by the disgruntled ex-employee of a trad-

ing company, the stockbroker's widow begins proceedings to sue the gun manufacturer that ultimately made the instrument used in the mass-murder. Two years later, the case has finally gone to trial and jury selection has begun. The process is overseen, naturally, by attorney Wendell Rohr (Hoffman) and his opponent, defense attorney for the gun manufacturer, Durwood Cable (Bruce Davison). Each man also has in his employ a so-called jury consultant, both of whom will go to any lengths to ensure victory for their side.

Brian Koppelman's screenplay paints an elaborate picture of the behind-the-scenes operation of a jury selection as each side digs up dirt on perspective jurors while always trying to balance the scales in one direction or another. However, one of the jurors—Nicholas Easter, whom is played masterfully by Cusack—has another agenda altogether.

So begins a cat-and-mouse con game as Easter and his accomplice Marlee (Weisz) try to sway the jury from the inside. Contending with cronies from

the gun company drawing ever closer, Easter and Marlee are forced to use every ounce of cunning at their disposal to stay one step ahead of Rankin Fitch (Hackman), the jury consultant for the defense.

As a court drama, "Runaway Jury" varies from Grisham's other film adaptations. Rather than focusing just on the lawyers, like in "The Firm," or on the victims, as in "A Time to Kill," "Runaway Jury" takes another route and follows the everyday men and women that are called into civic service every day.

While some of the jurors become mere stereotypes—the Desert Storm veteran, the angry mother of two—most are dynamic enough for the audience to actually care about. The blind man who refuses to be exempt from civic service, the Goth twenty-something girl with a few political opinions of her own, and the woman who puts a splash of Jim Bean in her coffee every morning all make for an interesting group to support Cusack's Nicholas Easter. With a throwback or two to other famous jury



Photo courtesy of 20th Century Fox

Wendell Rohr (Hoffman) takes a moment to consider his next move against the defense. Despite being friends for many years, this is the first time that Hoffman and Hackman have shared the screen.

movies ("12 Angry Men" comes to mind), "Runaway Jury" is a fresh approach to what was slowly becoming a calculated and predictable formula.

"Runaway Jury" became available on DVD and video as of Tuesday. The DVD features a surprisingly good mix of bonus material that includes candid interviews with both Hackman and Hoffman, in addition to the

key players of the ensemble cast. There are also two deleted scenes, a making-of featurette and a director's commentary.

A film that features plenty of star power, not to mention some of the finest acting collaborations in years, "Runaway Jury" is a must-see. Available now at the DVD rental machine on campus, make it a priority to rent "Runaway Jury" this weekend.

Celebrity Rivalries Still Rock Hollywood

Jenn Motisi

Contributing Reporter

Britney versus Christina.
The Backstreet Boys versus
N*sync.

Ever since the beginnings of Hollywood, celebrities have been pitted against each other as rivals. But how many of these rivalries are real and how many are just fabricated rumors?

Several weeks ago, Pepsi spokeswomen and recording artists Britney Spears, Beyonce Knowles and Pink filmed a commercial together for the soft drink company in London. According to The Internet Movie Database, the three dined together at the popular Nobu restaurant, where about ten minutes into the meal, Spears stormed out of the restaurant. An onlooker told Britain's Daily Star magazine that the three had gotten into a tremendous fight right before Spears left.

This public display may have occurred because Knowles accused Spears of being a publicity hound, saying that the famous MTV kiss between Spears and Madonna was disgusting. Not long after, Spears complained that she often gets criticized for her clothing and behavior while Knowles and Aguilera dress provocatively and no one says a word about them.

Aguilera recently took the opportunity to retort in the December issue of "Blender" magazine. Aguilera told the magazine that Pink's recent make out session with actress Kristanna Loken was a result of the kiss between her, Spears and Madonna at the MTV awards.

Aguilera also told the magazine that Spears and Knowles are



Photo courtesy of WireImage

Though co-stars and even friends during their younger years, it has since been rumored that Spears and Aguilera can barely stand to be in the same room with one another.

not true artists stating, "Look at people like Beyonce or Britney. They're desperate to come across as sweet, good little girls but then you see them in photo shoots that are extremely sexual. So why do they try to be virginal in interviews? If you want to do those magazine covers and those videos then fine, more power to you, but don't revert to innocence afterwards...These people aren't artists, they're performers, fake and superficial."

It looks as though Spears may have the last word though. This month, the recently-married (and divorced) Spears also appeared on the cover of "Blender." In the accompanying article, Spears tells of a recent run-in with Aguilera at a club, in which a meeting between the two almost turned ugly. Spears caps off her account by stating that she told Aguilera that, "I'm really not about the fakeness anymore. You're scary and I feel really dark when I get around you."

Celebrity rivalry, however, doesn't just exist between female pop artists. According to E!, singers Justin Timberlake and Usher, who are both known for their popular songs and skilled

dance moves, have competed in "dance offs" at various clubs. Reportedly, Usher was sick of Timberlake being called "the next Michael Jackson," and challenged Timberlake to a "dance off" when they ended up at the same club one night.

Rivalries aren't just reserved for young pop stars either. Singer/actresses Jennifer Lopez and Madonna, as well as actress Gwyneth Paltrow have been exchanging words for years. On "Access Hollywood," Madonna criticized Lopez and ex-fiancé Ben Affleck, for courting too much media attention and that "there needs to be a part of the relationship that [they] keep private."

But, this rivalry didn't begin here. In 1998, *Movieline* magazine featured an interview with Jennifer Lopez where she criticized the acting abilities of Madonna, Gwyneth Paltrow, Winona Ryder and Salma Hayek. Regarding Oscar-winner Paltrow, Lopez stated, "I swear to God, I don't remember anything she was in. Some people get hot by association. I heard more about her and Brad Pitt than I ever heard about her work."

Entertainment Briefs

On-Campus Events

• On Wednesday, Feb. 25, the Theater of the Deaf will be performing Shel Silverstein's "The Giving Tree" at the Edgerton Center for the Performing Arts. The show, which will be performed entirely in American Sign Language, will take place at 10:30 a.m. Tickets are \$10 for students (SHU ID required) and \$15 for non-students.

• In honor of Black History Month, Campus Ministry, UMOJA and Omega Phi Kappa will be sponsoring Gospel Festival on Friday, Feb. 20 at the Edgerton Center for the Performing Arts. Several gospel choirs will be there to perform and compete, and there is no cost for admission to the event.

National News

• After much ado and speculation, the original "Star Wars" trilogy will finally come to DVD this year. Set for release on Sept. 21, the films will be available in a four-disc boxed set that will feature the three films of the original trilogy as well as a fourth disc of solely bonus material. Although no price has been settled upon by either Lucas Films Ltd. or by 20th Century Fox, analysts predict that the set will retail for about \$70.

• Studios are ready to kick off the summer rental season this June with a little something for everyone. On June 1, Golden Globe winner "Angels in America" will hit rental shelves in a two-disc set that will accommodate all six hours of the award-winning miniseries. The following week (June 8) will see the release of the smash comedy sequel "Barbershop 2: Back in Business."

- Compiled by Patrick Scalisi

Just a few months ago, Paltrow, who was being interviewed about her recent marriage to singer Chris Martin, remarked that marriage isn't something that she "takes lightly" and that she "wouldn't rush into a marriage only to rush out months later." The comment was supposedly directed at Lopez, who has been married twice and recently split from third fiancé, Ben Affleck.

Most celebrity rivalries remain pretty innocent, with a few heated words or an almost-humorous dance off. But, according to E!, hotel heiress Paris Hilton's feuds have escalated into the physical on more than one occasion. After dating actress Shannon Doherty's estranged husband Rick Solomon, Doherty and Hilton exchanged words, and during the altercation, Doherty reportedly threw a drink in

Hilton's face. Similarly, after rumors arose that actor Nicolas Cage cheated on then-wife Lisa Marie Presley with Hilton, the heiress was again soaked with a drink, this one being thrown by Presley.

Often, the media will make a feud out to be more than it is. Take two competing stars, compare their skills publicly, then ask them about it and another "rivalry" is born. But, it sometimes goes beyond that, with Christina Aguilera speaking out against Britney Spears, Justin Timberlake engaging in his laughable "dance offs," Madonna exiting a room when Jennifer Lopez enters and Paris Hilton leaving clubs drenched in alcohol. As long as there are publicity-craving celebrities there will always be celebrity feuds.

The Never-Ending Reality TV Trend

Kristen Cooper

Staff Reporter

Reality TV.

Can't live with it, and can't live without it. Viewers are drawn to the excitement and drama reality shows bring. The phenomenon began with a few simple shows and has since expanded to a mass media that is nearly taking over television. But with all of these reality shows currently on the air—and more to come—when is this craze going to end?

A recent survey of 50 Sacred Heart students addressed several questions about the reality TV spectacle: what are the favorite shows; what are least favorite shows; and is reality TV "real" or merely an act for the cameras?

Of the 50 students surveyed, all have, at some point, watched a reality show. Students were asked how many reality shows they watched and the majority (46%) view 2-3 reality shows per week. A mere 12% do not watch reality television, while 22% watch one reality TV show per week and 20% watch five or more.

"I enjoy watching reality shows," said Kaitlin McCloone, a freshman from Eastchester, NY. "They have a catch to them, and although they can go a bit too far, something about them gets you hooked."

The survey also asked students if they felt there is currently enough reality shows on TV, or if they would like to see more. Although the majority of students watch reality television every week, 94% of the 50 stu-

dents surveyed said that there are enough reality shows on now and that no more are needed. Only 6% said they would like to see more.

"I enjoy some of the reality shows that are out, but there are just so many it is getting a little repetitive," said Megan Mohon, a freshman from West Babylon, NY.

The next question students were asked concerned their favorite and least favorite reality shows. There were a variety of answers, but the one show that seemed to be a SHU favorite is the now-classic "Real World." Following only a few votes behind was "American Idol" and "The Apprentice."

According to the survey, SHU students' least favorite reality show is "Survivor," although

it's current ratings offer evidence quite to the contrary.

"Some reality shows do catch my attention, but others are just too much about the ratings. They are entertaining, though, which keeps them on the air," said Mike Skryzniarz, a freshman from Hanson, MA.

Students also seemed to have some qualms about reality TV as well as the truth behind them. Another survey question asked students whether or not they feel reality TV is "real" or simply an act for the cameras. Approximately 94% of students felt that it is all just an act, while the other 6% believed that some of the shows may be real.

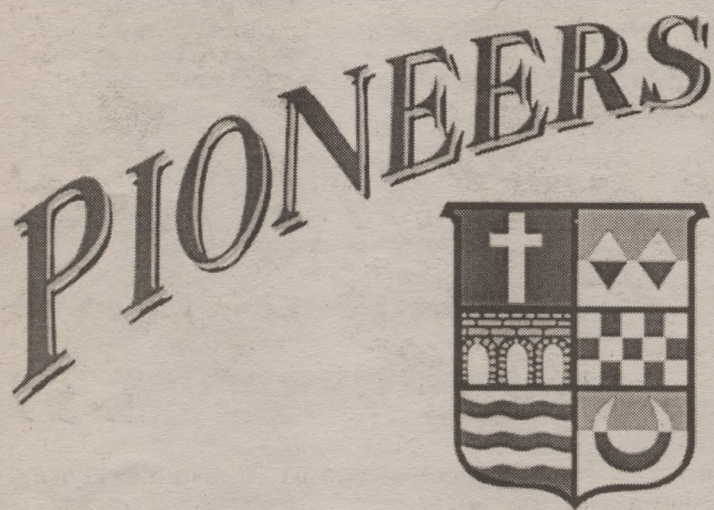
"I think it's an act. When there are cameras around, people tend to act differently," said senior Liz Dumas from Oakville,

CT and many students agree.

The final question of the survey asked students what reality show they would like to see next. The answers were all very different. Some would like to see a "Singled Out" again, while others want to see a show about college life.

All reality shows share a common ground: they are all about people and how they act in the situations they are faced with. As this survey showed, Sacred Heart students tune in each week to their favorite reality shows. Viewers want to know what will happen next because it is a mystery each time, and that is what keeps the ratings up.

Reality TV may not be 100% real, but as odd a statement as this may be, they are an escape from reality.



Sports Shorts

Compiled by Katie Atkins
Sports Editor

Women's Bowling

This past Saturday the Women's Bowling team attended the EIBC conference Championship. The final standings of the day were as follows; First place went to Fairleigh Dickinson, they won 127 and lost 41. Second place went to Sacred Heart University, they won 114 and they lost 53 1/2. Third place went to New Jersey City University, they won 108 and lost 60.

The Sacred Heart women received many awards after the match. Erin Gore- junior- (Woodbridge, VA)- named MVP for women's conference- averaged 212 over 21 games. Erin Gore and senior Katie Atkins (Washington Crossing, PA)- tied for points leader title- both had 15 wins. 1st team all conference- junior Nicole Peloquin- (Enfield, CT) 204 average and Katie Atkins- 200 average. Junior Carolyn Rich (Little Falls, NY) finished with a 201 average and had the team high game for the day with a 268.

Saturday was the last day of the conference but the season is not over for the Women's Bowling team. They still have sectionals and nationals coming up in the near future. "I think it did a lot to show us what we need to do to make it to Nationals in April," said freshmen Christina Onderdonk from Guilderland NY (Contributed by Staff Writer Dana White).

Women's Track

Sacred Heart University freshman Melissa Wakeman (Ansonia, CT) was named Northeast Conference Women's Indoor Track and Field Rookie of the Week for the week of Februar 2nd through 8th.

At the Collegiate Track Conference Championships at NYC, Wakeman recorded the second individual win of her young collegiate career with a personal best performance in the long jump of 17' 3". She then set a school record in the 55-meter hurdle trials with a time of 8.86. Wakeman broke Michele Shawah's 2001 standard of 9.02 for the event, as well as her own previous best of 9.05. In addition, she surpassed the automatic qualifying standard for New England's of 8.90 (Courtesy of Sacred Heart Athletics Website).

Wrestling

Freshman Sherwood Fendryk (Greene, NY) was named the Colonial Athletic Association Rookie Wrestler of the Week on Tuesday. Fendryk, who wrestles at 165 pounds, won his only decision of the previous week with a pin in 5:25 as the Pioneers defeated Binghamton University.

Fendryk joins fellow freshman, heavyweight Payam Zarrinpour, as a winner of the rookie award this season. (Courtesy of Sacred Heart Athletics Website).

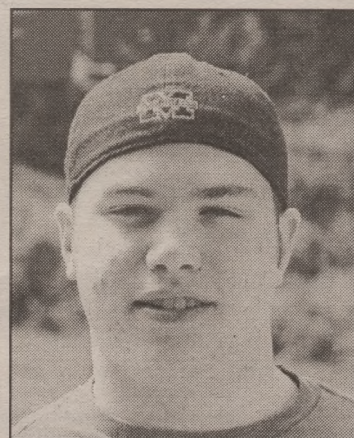
I _____ (verb) the A-Rod Trade

By Hank Gargiulo
Staff Reporter

Well, it seems the Evil Empire has no limits. No player is out of George

Steinbrenner's limits, and no contract is too excessive that he won't take it on. I could go into a four-letter word laced tirade about how the current economic system in baseball is so horrible to allow one team to have a payroll close to \$200 million, while others don't have one-quarter of that.

Now every week I have the luxury of airing out my thoughts of whichever topic I choose, but for this piece to work, I need your help. We are going



The Spectrum/ROBERT TRENSKE

to have a mad-libs style column this week. I want to know what my readers (I am assuming, of course, that there is more than one of you...I hope) think about the biggest trade to ever go down in baseball.

This is how we are going to

play the game. I will give you the palette to fill in your opinion. Then you get to fill in the blanks to create a column that reflects your opinions!

Doesn't that sound like fun? Then, when you are done, you can show off your mastery of the English language to your friends and family, or submit it to us at the Spectrum and we will judge the best, and put your name in the paper, or whatever else we choose to do.

And if you want it judged, please keep it clean, unless you are a Red Sox fan, then feel free to let the four letter words fly. Got your pen ready cause here we go! And if you don't know what an adverb or pronoun is, please stop reading this and go pick up a grammar book.

Why I _____ (love/hate)
the Alex Rodriguez Trade
By _____ (your name)
Guest Columnist

Something caught my eye at the end of last week. A small headline on _____ (sports website) that talked about the possibility of a trade of the _____ (adjective) short-stop Alex Rodriguez from the _____ (adjective) Texas Rangers, to the _____ (adverb) _____ (adjective) New York Yankees. When I saw this I could not have been more _____ (verb). I mean, honestly, the Yankees absolutely _____ (had to/ didn't he to) make this trade. It made as much sense as _____ (noun).

Lets be honest, we all know the _____ (adjective) George Steinbrenner and his seemingly limitless supply of money will do anything to make is team the best _____ (noun) can buy. This includes adding the reigning MVP Alex Rodriguez. For the Yankees this trade _____ (verb) their third base situation. And adding the best player not named _____ (baseball legend) to a team already full of _____ (verb) _____ (plural noun) certainly bolsters their lineup.

Though second base is now open, I'm sure that _____ (utility player) will do a(n) _____ (adjective) job in the place of Alfonzo "_____ (noun) Soriano.

Let's take a minute to analyze the trade.

Now why did the _____ (adjective) Yankees make this trade? Part of it is the need for a

third baseman in the absence of post-season _____ (noun) Aaron Boone, whose off-season basketball game ended his season. The other part is George Steinbrenner's ego. (I was going to leave a blank, but lets be honest, the only word that would fit there is ego.)

Roger Clemens signing with Houston must have really _____ (verb) the _____ (slang for fecal matter) out of him. Not to mention letting _____ (Andy Pettite/David Wells) walk away from New York has left a _____ (adjective) taste in Steinbrenner's mouth.

Let's not ignore how this trade affects everyone else in baseball. First and foremost, the Boston Red Sox. This trade has to be a _____ (verb) in the _____ (noun) for Sox fans. It was only a month ago that New England was dreaming of a lineup featuring Alex Rodriguez and Magglio Ordonez. It, however, was not to be as the _____ (adjective) players union _____ (adverb) vetoed the alterations to A-Rods _____ (adjective) contract.

That is all in the past, and there is still a whole season to be played. Who knows, maybe the _____ (Red Sox/ Yankees) will beat out the _____ (Red Sox/Yankees), or vice versa, but either way this should be a _____ (adjective) season, and no doubt one for the books. This is why I _____ (verb) baseball's current economic system and _____ (noun).

Now, my job isn't as easy as it looked right? But, I think we all know my feeling on the subject (Steinbrenner is evil) and besides, this is just more fun for me.

A (Lightning) Rod Strikes the Bronx

By Meghan Mooren
Staff Reporter

Baseball thought it had seen its fair share of Yankee/Sox rivalry over the past few months, with fights over players and lineups, and how much money would actually be spent.

However, it seems like hell hath no fury like the Bronx Bombers. On Feb 16, Alex Rodriguez, former shortstop for the Texas Rangers, and highest paid player in baseball, was signed to the New York Yankees in the most cash included trade in major league history.

"The Evil Empire strikes again! ...no small market teams can compete with this."
Steve Acciardo

Talks of whether "A-Rod" would play for the Yankees or the Red Sox have been going on for months now, with everyone's predictions and opinions soaring through the air. But Monday put an end to it all, when Rodriguez signed on to play third base in New York.

A-Rod had a choice, to either forgo his precious salary or his beloved shortstop position. His decision has kept him rich, yet giving up the shortstop

position which has won him the MVP numerous times.

As part of the trade, the Yankees send Alfonso Soriano to the Rangers, and the Texas club will pay \$43 million of A-Rod's salary over the next seven years.

The New York Yankees will be doing a little bit of lineup shifting to welcome the newest into the club. Captain Derek Jeter stays on as the team's shortstop, as well as Bernie Williams as designated hitter, Jorge Posada as catcher, Hideki Matsui in left field, and Jason Giambi rounding out the veterans at first base.

Newcomers are Gary Sheffield in right field, Miguel Cairo at second base, and powerhouse Kenny Lofton catching the flies in center field. Boston Red Sox club owner and fans alike are most likely outraged, as this deal was almost a sure thing for them back in December. It seems to be a common thread in history that Yankee club owners come out on top when it comes to battling deals between themselves and Boston.

One Sacred Heart Red Sox fan, Steve Acciardo, a junior from Barrington, RI, states "The Evil Empire Strikes again! The whole deal is very bad for the league as a whole, no small market teams can compete with this. It's a joke that the games best player is willing to switch positions."

Defenders of the Yankees are stating that rules are rules, and A-Rod was purchased fairly

and justly. A team can only do what they can afford, and clearly the Yankees, spending about 60% more on their lineup than most teams, can afford to put a deal like this through.

Sacred Heart junior Mike Tuorto from Kings Park, NY states "The deal was completely unexpected. It's remarkable

"The deal was completely unexpected. It's remarkable because in late December he was going to the Red Sox"
Mike Tuorto

because in late December he was going to the Red Sox. I think it's great because if a team wants to win so bad, and they have the money to pay it out, they should do it."

Does this new lineup make the Yankees a shoe-in at the World Series? Don't buy your tickets just yet. The Diamondbacks, Marlins, and the Angels have won the last few championships, no matter what lineup the Yankees were sporting that year.

It will certainly prove to be an interesting season, however, at least for Yankee and Red Sox fans. The rivalry continues through the 2004 season--let's hope both New York and Boston fans are prepared, and kept unarmed.



File Photo

The men's lacrosse team has a scrimmage this Saturday at home against Albany at 1 p.m.

Spring is Just Around the Corner, so is Lacrosse Season

By Chris Fote
Staff Reporter

For thousands of young college men across the nation spring-time entails a physical pounding on each other, exchanging devastating blows of aluminum from lacrosse sticks, trading brutal body checks, while trying to maintain the focus throughout a season to achieve the same goal; to get into a tournament and attain the sole title of champion.

Sacred Heart University's Men's lacrosse team is looking to do the same in the Colonial Athletic Conference. So what should Sacred Heart expect out of their team this year?

"We feel we match up well and can have great success in our conference but every game is going to be a dog fight"
James Delmonico

The team under head coach Tom Mariano, has a rather optimistic look upon the very near 2004 season. Despite losing standout players like Eric Perez, Daniel DeVoe, Jason Walsh, TJ Hutmacher, Stephan Grabow, and Paul Lyons, the team returns many key players.

Senior captains Mark Lewis (Milton, MA), Jorge Bravo (Long Beach, NY), and Ben Giamichael (Cortland, NY), will offer their leadership capabilities to the young team.

"Though we lost a lot of seniors who played a big part in our success last year, we are confident that the freshman who came in will help us do even bet-

ter this year. We feel we match up well and can have great success in our conference but every game is going to be a dog fight," said senior James Delmonico (West Islip, NY).

James is part of a senior class also consisting of Brandon Godbout (Ballston Lake, NY), Ryan Bodrug (Sidney, British Columbia), and Chris Page (Westfield, MA) who will bring forth a great work ethic and experience to a young team.

The team will also call on efforts from juniors Ryan Pettit (Shamong, NJ), Dana White (Gorham, ME), and sophomore Matthew Robideau (Massena, NY).

Great efforts need to come from all angles, even from newcomers Blake Reardon (Saint Michael, MN), Jonatha Corto (Orchard Park, NY). For a great season, freshmen Will Clugston (Birmingham, MI), Phil Gardner (Syracuse, NY), and Chase Caruso (Huntington, NY) will have to mature quickly as they will see playing time on the field.

The area missing most from the departure of last years seniors is in the goal scoring category. Junior Christian Lynch (Northport, NY), sophomores Adam Dzedzy (Glenmore, PA), and Derek Platt (Annapolis, MD) will have to help picking up in the scoring statistics.

Possibly splitting time in goal will be sophomores Thomas Hind (Farmingdale, NY) and Jim Millhausen (Arnold, MD). Hind is the returning starter who boasted 159 saves last year while Millhausen put up a 9.72 in goals against average in six games.

Hopefully the youth of the team will bring a spark, while the more experienced players bring leadership, and the team can gel together and stay at the top in the conference standings.

THE PIONEER SCHEDULE

Friday, February 20

Men's Tennis	at Vermont	Burlington, VT	5 PM
Men's Ice Hockey	at Mercyhurst	Erie, PA	7 PM
Women's Ice Hockey	at S Maine	Portland, ME	7 PM
Women's Swimming	at NEC Champ	Landover, MD	

Saturday, February 21

Men's Basketball	at Central CT	New Britain, CT	4 PM
Women's Basketball	at Central Conn	New Britan, CT	2 PM
Men's Tennis	at U of Montreal	Burlington, VT	10 AM
Men's Lacrosse	vs Albany	Fairfield, CT	1 PM
Men's Volleyball	vs Mt St Vincent	Fairfield, CT	2 PM
Women's Ice Hockey	at S Maine	Portland, ME	4 PM
Men's Ice Hockey	at Canisius	Buffalo, NY	5 PM
Wrestling	vs Rider	Fairfield, CT	
M & W Fencing	at NE Champs	Tufts University	
Women's Swimming	at NEC Champ	Landover, MD	

Sunday, February 22

M & W Track	at USA T&F Champ	Boston, MD	
Women's Swimming	at NEC Champ	Landover, MD	

Women's Track Takes Seventh, Men Take Eighth

By Meghann Longo
Staff Reporter

The Sacred Heart University men and women's indoor track and field teams packed their bags and headed down to Landover, Maryland this past weekend, Feb 14-15, to compete in the Northeast Conference Championships.

The women ended up take home a seventh place finish out of eleven teams, with a total of 53 team points, only four points away from fifth.

"We scored double the amount of points that we scored at last year's indoor NEC's, which shows the team is really growing in strength," said senior captain Emily Marks (New Milford, CT).

Despite the fact that neither, the men or the women had any first place finishes they both managed to fair rather well. The top finisher for the women was again senior captain Katie Wrinkle (Medford, NY) with two-second place finishes. Wrinkle clocked a time of 10:13:33 in 3000-meters and a time of 17:55:33 in the 5000-meters.

Both women's relay teams proved once again that they were important asset to the women. In the 4x400 meter relay, the team of freshman Lauren DellaVolpe, (Danbury, CT), junior Frances Bundy (Pleasantville, NJ), junior Ingred Ollson (Stockholm, Sweden), and Marks finished third with a time of 4:08:67.

The women also took home a fifth place finish in the Distance Medley. With a team of sophomore Kaitlin Clark (Babylon, NY), sophomore Amanda Lee (Hopewell Junction, NY) junior

Jaclyn Donatelli (Scituate, RI), and freshman Kathleen Duffy (Monroe, CT) the Pioneers clocked in a combined time of 12:57:67.

Other winners for the women included senior Sara Tasber (Henrietta, NY) who finished sixth in the 800-meters with a time of 2:19:47. Senior Kristin Eckert (Farmingville, NY) took third in the weight throw reaching a distance of 50'4.75".

"Kristin has been consistently performing well all throughout her college career, and much of our teams success we owe to her," said Wrinkle.

"I am sincerely proud of my teammates for their perseverance and hard work throughout the long season. I am honored to be part of such a spirited team that exemplified their dedication by their individual and group performances in our conference meet"
Senior quad-captain-Emily Marks

Sacred Heart junior Shannon Fogarty (Cortlandt Manor, NY) also had a nice meet finishing fourth place in the high jump, clearing a height of 5'3.00".

The men finishing right behind the women at eight with a total of 28.5 team points. As

for the men's team, their top finisher was sophomore again Evan Lasher (Pleasant Valley, NY) who finished second in the shot put throwing 52'4.00". Lasher also finished fourth in the weight throw with a distance of 53'1.00".

Other strong finishers for the men included the eight-place finish in the high jump by Gregg Curley (EastWarham, MA) jumping 5'11.5. Curley also tied teammate freshman Christopher Eck (Washington Township, NJ) for seventh on the pole vault both clearing 13'3.50".

The men's relay team proved their value as well. The distance medley relay team of sophomore Robert Howard (Levittown, NY) and seniors Christopher Giarruso (Cortlandt Manor, NY), Andrew Renna (Danbury, CT) and Matthew Uzenski (Oceanside, NY) finished sixth in the event with a time of 10:43.82.

This weekend, both teams will continue their travels and their competition, by traveling to Boston, MA, to compete in the US Track and Field New England Indoor Championships.

"I am sincerely proud of my teammates for their perseverance and hard-work throughout the long season. I am honored to be a part of such a spirited team that exemplified their dedication by their individual and group performances in our conference meet," said Marks

"Our team normally reaches its peak in the outdoor season, but we were able to pull out a lot of brilliant performances this past weekend. It will be exciting to see where we progress to in the outdoor championships this upcoming spring," said Wrinkle.

SHU Football Grads Pursue Pro Careers

By Megan Pompey
Staff Reporter

It seems that three football players who graduated from Sacred Heart University didn't get enough of football over ten years or more years that they have been playing the sport.

These players either have hopes of pursuing a professional career and are in that process or have given semi-pro and arena teams a shot but after some time decided to move on with their degrees and find a job. These players are Craig Capurso, Kayode Mayo and DeVeren Johnson.

Kayode Mayo, an All-American linebacker, standing at six foot, 220 pounds served as a co-captain in 2002 and helped lead SHU to an 11-0 record and won the North East Conference title as well as the NCAA I-AA Mid-Major national championship.

As a defensive leader of the 2001 squad, Mayo was a first team selection on both the Don Hansen Football Gazette and Sports Network All-American I-AA Mid-Major teams, the NEC's Defensive Player of the Year and an NEC and ECAN All-Star.

He was responsible for a team high of 113 tackles (52 solo) eight and a half sacks, and three interceptions. He also scored three touchdowns and was named Defensive MVP in 2002.

Craig Capurso, a four-year starter was tied for fourth on the team in tackles with 46 (23 solo) recorded two sacks for minus 13 yards and three pass deflections. Capurso spent a year after

graduating from Sacred Heart University playing for a semi-pro team.

After a year of playing semi-pro, he decided that he wanted to move on to pursue a career. He is currently in training for a job out on the West Coast.

DeVeren Johnson is the first Sacred Heart University athlete and the first in the Northeast Conference to be drafted by a National Football League team. The Dallas Cowboys selected Johnson on the sixth round as the 208th pick on day two of the draft on April 21, 2002.

Johnson set school records with 50 receptions, 1157 yards and 13 touchdowns. He was named Receiver of the Year by Don Hansen's National Football Gazette, a first-team All America by the National Football Gazette and Sports Network, and was voted a first team NEC All-Star. As of today, Johnson will most likely be allocated to NFL Europe very soon. He is currently still living in Dallas and is now married to his college sweetheart and has a daughter. Kayode Mayo is currently looking to play football in Canada, Europe or elsewhere and is in constant contact with his agent. He is living at home in Rhode Island and training.

Each of these players has contributed to the Sacred Heart University football program tremendously. They were all a part of the team when SHU finished their 2001 season with a winning 11-0 record, won it's first Northeast Conference title and the first ECAC Bowl over Duquesne as well as Sports Network I-AA Mid-Major National Championship.

All-Star Game Entertains NBA Fans at SHU

By Nick Kelly
Staff Reporter

The NBA All-Star game provided plenty of excitement for SHU students who managed to stay up late enough to watch the West edge out the East team in the final minute, 136-132.

"The game was very enjoyable and I liked every minute of it. People were showing off, showing their moves and it was very competitive. It had a little bit of flash and panache in there," said Nick Timpone, a senior from Queens, NY.

Most of the game was simply an exhibition of the best offensive basketball players in the world

showing off their moves.

Playmakers like Allen Iverson and Jason Kidd were sharing the ball, while highfliers Vince Carter and Kenyon Martin were the ones on the other end of several alley-oops passes and throwing the ball down.

The most impressive dunk might have been when Tracey McGrady used the backboard to throw himself a pass before dunking it in. Plays like this gave the East a lead, which surprised many going into halftime.

Before the exhibition began, nobody knew whether the game would be competitive or just a one-sided blowout by the West. On paper, their size advantage was apparent, as their roster included five 7-footers. The East

team had none and was comprised mostly of midsized guards and forwards, yet their speed made up for this lack of size for most of the game.

"I think Kobe hit a big shot late in the game when the East was winning," said Mike Galgano, a senior from Port Chester, NY. This shot by Kobe Bryant was one of the biggest plays of the game and although it only counted as a two, he had a total of 20.

Most importantly it brought the West back into the game with the score at 131-131 with fewer than two minutes to play. Galgano said, "That shot caught me and I thought that was kind of like, the East was up the whole game and then that one hit it, tied

"The game was very enjoyable...People were showing off, showing their moves and it was very competitive. It had a little bit of flash and panache in there"
Nick Timpone

it up and ever since then the West hung on."

While Bryant made the most important shot, the MVP award of the game went to his Laker

teammate and favorite of the Los Angeles crowd, Shaquille O'Neal.

"I think it's a little ironic that Shaq won it and it was in his hometown, but he did have the best overall game statistically. He did kind of put the West on his back so to speak and just took them to victory," said Timpone.

Shaq took over in the second half and nearly tore down the backboard on several occasions with his powerful slams. He ended with a game-high of 24 points and 11 rebounds.

If the NBA All-Star game is any indication of things to come in the second half of the season, nobody will be surprised to see Shaq bring home several more awards by this season's end.



THE SPECTRUM/ Matt Braley

The Sacred Heart men's ice hockey team is now in third place in the Atlantic Hockey Conference after their third consecutive sweep of conference rivals.

Men's Hockey Moves Up in Standings with Third Consecutive Sweep

By Meghan O'Connor
Staff Reporter

The Sacred Heart men's ice hockey team propelled themselves into third place in the Atlantic Hockey Conference standing with wins over American International College (AIC) this weekend, marking their third consecutive weekend sweep of conference rivals.

"Moving into third is a good thing and we're excited, but our focus is on playing the type of hockey this team needs to play to do well in the playoffs," said Head Coach Shaun Hannah.

Following sweeps of the University of Connecticut, and second place Mercyhurst, the Pioneers came into these games in fourth place behind Quinnipiac University. Bentley downed the Bobcats this weekend to help move Sacred Heart into third place after their wins over AIC.

"Confidence is really high on the team and everything is coming together at the right time of the year heading into playoffs," said freshman Peter Ferraro (Pleasantville, NY).

Starting away Friday with AIC hosting at the Olympia, junior goaltender Kevin LaPointe (Quebec City, QC) recorded his first shutout of the season with the Pioneers coming out on top 4-0. LaPointe made 23 saves, and his team out shot the Yellow Jackets 48-23 for the win.

Wasting no time, Sacred Heart grabbed the lead in the opening period with junior Garrett Larson (Rycroft, AB) taking advantage of the power play

off an assist from senior Mike Reagan (Flin Flon, MB).

Less than two minutes later, sophomore Andrew Billingham (Fort Collins, CO) knocked one home with help from senior captain Chuck Metcalf (Edmonton, AB) and sophomore Chris Connerty (Raynham, MA).

In the second, sophomore Erik Roos (Milford) netted the third unanswered goal of the game, with assists going to freshman Charles Veilleux (Quebec City, QC) and Pierre-Luc O'Brien (Nicolet, QC). Larson found the net once more for his second goal of the game from senior assistant captain Marc-Andre Fournier (St. Nicholas, QC) and sophomore Rocco Molinaro (Dearborn, MI).

Bringing AIC and their five game win streak home to Milford Ice Pavilion on Saturday night, the Pioneers continued to shine. Seven different players scored, including 4 power play goals, in a dominating 8-1 win to seal their third consecutive sweep.

Roos scored a short-handed goal in the opening period to put the Pioneers first point on the board. Not long after, O'Brien scored a goal of his own, closely followed by Molinaro on a power play as Sacred Heart began to roll.

In the second, Billingham scored his second and third goals of the weekend, this time both on power play opportunities. Fournier also scored on a power play, and Metcalf and Larson tallied the last goals for the Pioneers to make it 8-0. The only goal that found its way to the net for AIC was with a one-man advantage late in the second.

"The team played great," said Billingham. "I thought we really came together as a cohesive unit to get the job done."

"Andrew really stepped his game up this weekend. He has been playing well but he brought his game to another level," said Hannah of Billingham. "He is one of the fastest guys on our team and has really started to use his speed."

Freshman goaltender Jason Smith (St. Lambert, QC) recorded his first collegiate win in goal Saturday night, stopping 28 shots himself, while three different goaltenders made 29 saves combined on the night for AIC.

"Both our guys have been great in goal for us," said Hannah. "Kevin has been very solid and when we have asked Jason to play in the nets he has also been solid."

The men are on the road again this Friday in Erie, PA where Mercyhurst will undoubtedly try to seek revenge on last weekend's sweep by Sacred Heart. Saturday night, Canisius will play host to the Pioneers in Buffalo, NY, followed by a Tuesday night game at home in the Milford Ice Pavilion against the University of Connecticut at 7:00 p.m.

"This is a very important weekend for us coming up because it's generally viewed as a tough road trip to Erie and Buffalo, but we're looking forward to the challenge to playing on the road and it is something we are ready for," said Hannah. "If we continue to do the things we've been doing, then I think we will have success."

Women's B-Ball Team in Funk with Third Straight Loss

By Kelly Dietz
Staff Reporter

The women's basketball team recorded their third straight loss Saturday against Long Island University. The 62-57 loss makes the Pioneers record 15-7 overall and 9-4 in the conference, bumping them into third place.

The teams played together for the entire game. At the half LIU only lead the Pioneers by five, 25-20. The Pioneers hurt themselves by allowing 12 turnovers, within the first 20 minutes of play; the Pioneers were also out rebounded 21-14.

"We were only down by five after the half," said Colleen Duggan (Newington) "If you play defense like that you should win a lot of games, yet when you can't put the ball in the basket or execute offensively, it's going to be tough."

"Even though we have lost three games in a row, we have stuck by each other, pushing hard in the games as well as in practices to play to the best of our ability," said freshman guard, Amanda Pape (Stamford).

Early in the second half the Pioneers found themselves down 32-24, Duggan and freshman Jasmine Walker (Amityville, NY) combined for 10 points, and sliced the lead to 35-32.

The LIU Blackbirds answered right back to the Pioneers run, and made a run of their own, extending their lead to 43-34 over the next four minutes of play. Over the final 10 minutes of play, LIU controlled the game, and held the lead to as many as eight.

SHU had a late rally at the 1:10 mark when Shannon Quinlivan (Albany, NY) sunk a three, Kate Maher (Waterford,

Ireland) made a lay-up, and Kerri Burke's (Saugus, MA) three got the Pioneers within three, with 14 seconds left.

The Blackbirds sophomore, Erin Pinchbeck, who scored a game high 19 points, 15 in the second half, closed out the Pioneers by making seven of eight shots from the free throw line, in the final minutes.

"Towards the end of the second half we started trading baskets with them," said Duggan "we can't do that, we need to score then get some big defensive stops."

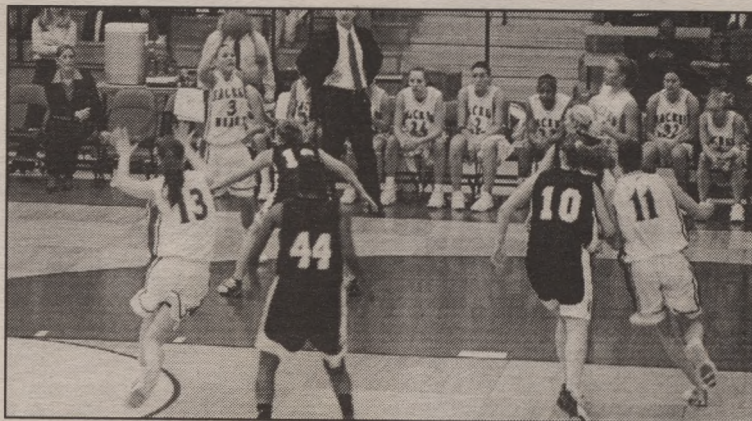
"I think our offense is a little stale right now," said Allie Bagnell (Newtown, PA) "we need to do a better job of moving without the ball, such as, cutting and setting screens. We also need to work off each other more, it's time we get back into running the floor, and scoring on our fast breaks."

"Now that it's towards the end of the season teams know our strengths and have keyed in on them. I think that we need to play our style of ball, and make the others teams adjust to us, not us adjusting to them," said Pape.

Pape ended the game with 14 points, although she fouled out for her first time this season. Quinlivan came off the bench to notch a season high 11 rebounds and passed out four assists with two steals on the afternoon.

The last time the Pioneers had a three game skid was the 2001-2002 season. SHU has only won once at Schwartz Athletic Center, for LIU, back in 1999-00, only SHU's first year in the NEC.

The Pioneers returned home Tuesday night, taking on Robert Morris, in the Pitt Center. A final score was not available at press time.



The Spectrum/ROBERT TRENSKE
With their third straight loss the Pioneers are now 15-7 overall and 9-4 in the Northeast Conference.



SHU Gets Big Win Over Quinnipiac

By Jason Chudoba
Staff Reporter

Sacred Heart took on state rival Quinnipiac in the 44th career meeting between the two schools. The Pioneers defeated the Bobcats 76-74 to avenge their early season loss and improve their record to 9-10 overall and 5-5 in the Northeast Conference.

The win was very important to Sacred Heart. It gave them their ninth win of the season, which is their highest single-season total since turning Division I.

Sacred Heart started off the first half very sloppy. Turnovers and missed shots enabled the Bobcats to get an early lead over the Pioneers.

With 9:34 left in the first half Quinnipiac senior guard, Kason Mims (Astoria, NY) hit a layup to extend their lead to nine at 19-10.

Sacred Heart fought to narrow the lead but trailed the rest of the second of the second half. They went into the locker room

trailing the Bobcats 36-27.

Sacred Heart started off the second half by getting some quick offense from freshman guard, Jarrod Frye (Maspeth, NY) and senior guard, Maurice Bailey (Hempstead, NY).

The two baskets started a 12-5 run that brought the Pioneers within a point of the Bobcats 41-40.

"I thought that we, the coaches, were hindering them by telling them what we wanted to do. I gave them the decision what to run"

**Head Coach
Dave Bike**

"To start the second half, I told the guys to figure out what they wanted to run. We started to cross underneath which we haven't done in a while. I thought we, the coaches, were hindering

them by telling them what we wanted to do. I gave them the decision on what to run," said Bike.

The Pioneers stuck to their new game plan and kept playing hard. Sacred Heart continued to make their shots and cut into the Quinnipiac lead. With 12:14 to play in the second half Bailey hit a quick layup and was fouled. His three-point play gave the Pioneers their first lead of the second half 47-45.

Quinnipiac was able to regain the lead with a three-pointer from freshman guard, Van Crafton (Hanover, Ind) to make the score 48-47. The Bobcats held onto their lead for the next eight minutes of the half. With 4:16 to play, sophomore forward, Kibwe Trim (San Juan, Trinidad) tipped Bailey's missed shot in to put the Pioneers back in front 62-61.

With 2:17 to play Bailey missed a crucial jumper. Quinnipiac grabbed the rebound and sent the ball down court to senior forward, Rashuan Banjo (Far Rockaway, NY) who hit a jumper to put the Bobcats in front 67-66.

Sacred Heart continued to play good defense and forced the Bobcats to miss their shots. With 1:13 to play freshman forward, Joey Henley (Kent, WA) hit a layup to give the Pioneers a 70-68 lead.

"At the end of the game, I had to stay calm, keep my composure and hit free throws"
Maurice Bailey

The last minute of the game was filled with desperation fouls by the Bobcats. This sent Bailey to the free throw line three straight times.

"At the end of the game I had to stay calm, keep my composure and hit free throws," said Bailey.

He hit six consecutive free throws to help Sacred Heart defeat the Quinnipiac 76-74 in front of 1,441 fans at the Pitt Center.

"We played good defense

today. That was the factor. I didn't believe that Quinnipiac was 28 points better than us. I am glad though that we were two points better today," said Bike.

On Tuesday night, the men matched up with Monmouth University at home and came away with a 70-63 upset victory.

With the win, their third straight, the SHU men's basketball team is now 12-11 overall and 8-6 in the NEC.

Leading the scoring for the Pioneers was Bailey, who finished with 16 points, 15 of which came in the second half. Wellington finished a perfect five for five from the beyond the arc to finish with 15. Trim added nine and Henley contributed eight in the winning effort.

The Pioneers have four regular season games remaining in the 2003-2004 campaign, the first of which will be played tonight when they match up against St. Francis (NY) at the Pitt Center at 7 p.m.

This weekend the men will travel to New Britain to take on Central Connecticut State University at 4 p.m. on Saturday.

INSIDE SPORTS

COLUMN OF HANK GARGIULO

Enter Hank's create a column contest based on your opinion of the A-Rod trade.
(Pg. 12)

MEN'S LACROSSE

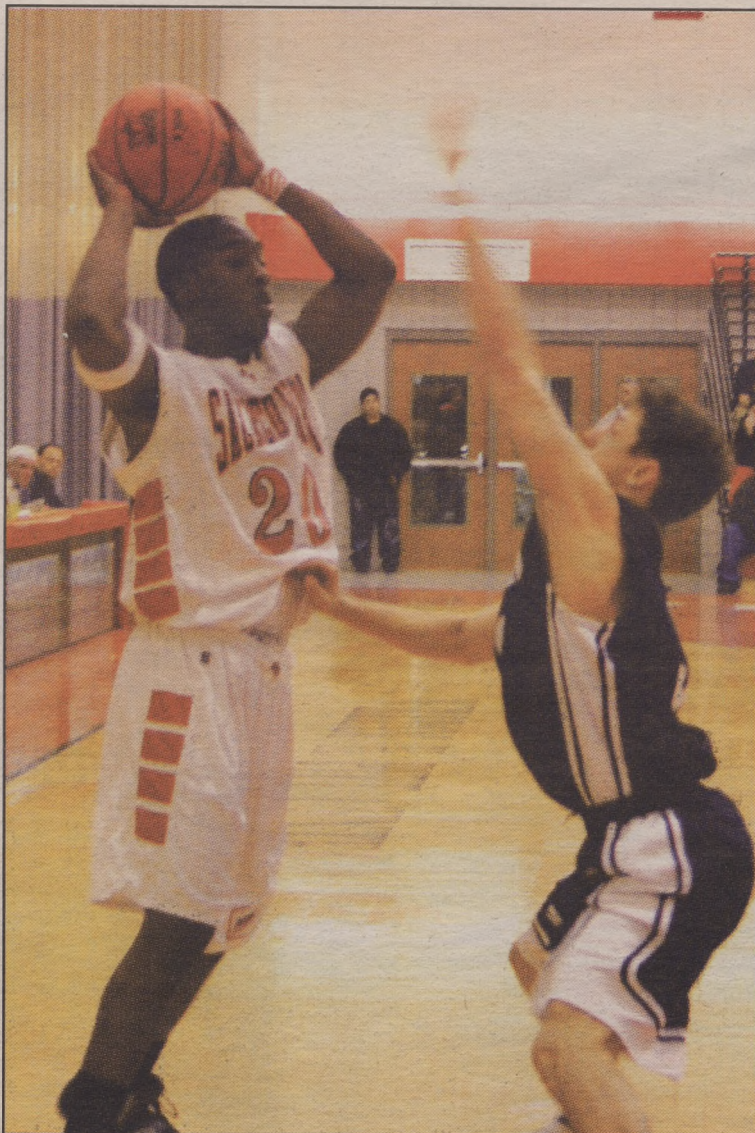
Despite a few losses to graduation, the men have gained many talented freshmen.
(Pg. 13)

SHU FOOTBALL

Three former SHU football team members take a shot at the pros.
(Pg. 14)

BASKETBALL

The men have won three straight (pg. 16) while the women have dropped three straight (pg. 15)



The Spectrum/BRAD MAMALIS

With the third straight win, the Pioneers are now 12-11 overall and 8-6 in the Northeast Conference.



The Spectrum/BRAD MAMALIS

The Sacred Heart men's basketball team, seen here in action against Monmouth on Monday night, will take on Central Connecticut this Saturday at 4 pm in New Britain.



The Spectrum/BRAD MAMALIS

With the win against Quinnipiac, the Pioneers posted their highest single season win total since turning Division 1.