

Respect, Thanks Mark Black History Month

Jennifer Motisi
News Editor

With February comes thoughts of Valentines Day events and Presidents' Day sales, midterms and spring break trips. But, February also brings the recognition of African American literature and art, the appreciation for black leaders who fought for civil rights, and the acknowledgement of African Americans who brought about positive change and contributed to American life. It is Black History Month.

The tradition of honoring Black History began in 1926, with "Negro History Week." Up until that time, the significant contributions that African Americans have made to American history and culture were not documented. It wasn't until Dr. Carter G. Woodson, the son of former slaves, noticed that African Americans were left out of history books that a change began to take place. Woodson, who earned his Ph.D. from Harvard, established the Association for the Study of Negro Life and History (which is now known as the Association for the Study of Afro-American Life and History) in 1915 and in 1916 founded the Journal of Negro History. In 1926, the second week in February, he launched "Negro History Week."

Woodson chose the second week in February to honor the birthdays of Frederick Douglass and Abraham Lincoln; two men who fought for the rights of African Americans. February also marks the time of several events important to

black history, such as the birthday of WEB DuBois, who co-founded the NAACP, the passing of the 15th Amendment that gave blacks the right to vote, the swearing in of the first black U.S. senator, Hiram R. Revels, an important sit-in at a lunch counter in Greensboro, NC, and the death of Malcolm X.

In 1972, Negro History Week was renamed Black History Week, and, four years later, in 1976, was extended to Black History Month. To celebrate, lectures, events, and television shows and broadcasts are planned throughout the country in February.

So, in this important month, we honor the likes of entertainers such as Louis Armstrong, James Brown, Nat King Cole, Ray Charles, Billie Holiday, Sammy Davis Jr. and Stevie Wonder, the literature of Zora Neale Hurston, WEB Dubois and Maya Angelou, the athleticism of Michael

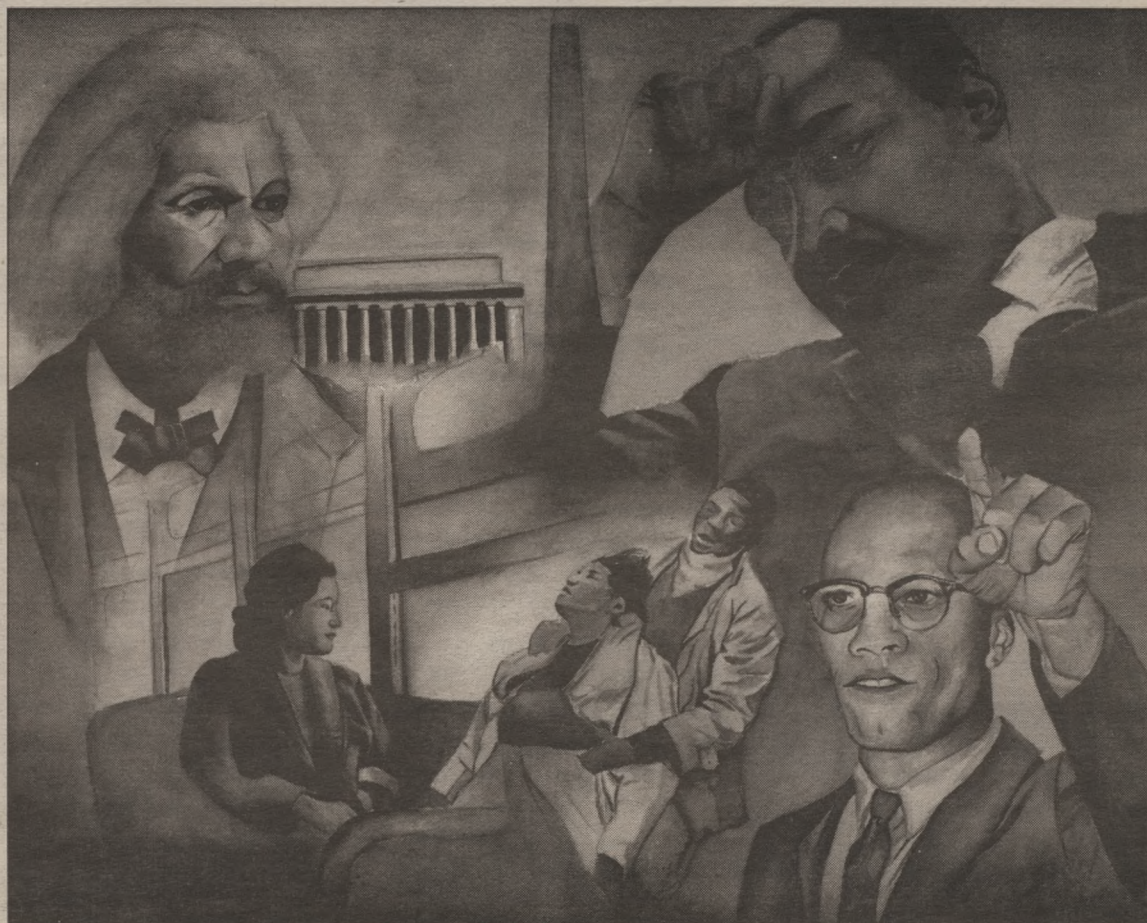


Photo Illustration/ JACKI DONATELLI

An illustration by Jacki Donatelli portraying significant African American (Douglas, Parks, King & Malcolm X) figures.

Jordan, Muhammad Ali and Kareem Abdul-Jabbar, and the bravery and determination of such people as Martin Luther King Jr., Malcolm X, Rosa Parks, Harriet Tubman, Frederick Douglass, and Sojourner Truth.

There are thousands of African Americans who have made important contributions to history, and this month, Black History Month, we should all be thankful for this.

Zeta Helps Local School

Kristen Lovering
Staff Reporter

Greek Life on campus has devoted many hours to helping our school, neighboring towns, and anyone else they can. So what's next on the agenda?

The Sisters of Zeta Iota Lambda are



Contributed Photo/ RORY COLFORD

Zeta Iota Lambda members.

looking for donations of any kind in order to help with a Special Needs class at Harding High School in Bridgeport.

President of Zeta Iota Lambda, Shannon Kinney (senior, Port Jefferson Station, NY) said, "It is a class where they teach individuals who are in high school and have either a mental or physical disabilities life skills along with the basic education cur-

riculum."

The sorority is looking for any type of help they can get, whether it is monetary donations or supplies, and any little bit will help with their cause.

Zeta Iota Lambda is the newest sorority on campus, being established in 2003.

They have committed long hours to helping extend disability awareness to the students of Sacred Heart University.

Tables were set up outside FLIK cafeteria on Wednesday, Jan. 26, Thursday, Jan. 27 and Friday, Jan. 28 from 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. to collect donations. The sorority is still taking any donations that will help their cause.

Kinney said, "We are continuing taking donations this week and if anyone has any questions or would like to donate they can contact me, Shannon, by email at S-Kinney@sacredheart.edu."

The list of items needed is small but essential for this class.

The following items can be donated (or will be purchased with monetary donations): mops, vacuums, tall cabinets, books (on a third grade reading level), utensils, plates, art supplies, and an easel.

It's not too late to help this cause, and every little bit helps!

SHU Accounting Students Count Their Blessings

Kayla O'Brien
Contributing Writer

Sacred Heart's Accounting club and department have recently been able to put their accounting skills to good use with a little help. Recently, both have been awarded with grants from the Educational Trust Fund of the Connecticut Society of Certified Public Accountants (CSCPA). A joint dinner meeting of the CSCPA Educational Trust Fund and the CSCPA Relations with Colleges and Universities Committee was held at the New Haven Country Club to present the awards.

"The Connecticut Society of CPA provides grants to support the accounting club and to promote accounting and auditing for the student's career choice," said Dr. E. Daniel Shim, Interim Chair and Associate Professor of Accounting. The grant money is used for 'Accounting Career Day' in October, where professional accounting firms and accounting professionals are invited to attend.

"The money for the students is mostly used to provided monetary awards at

the senior night," said Professor Benoit Boyer, Accounting Department Chair.

"In order to receive the award, I have to send an annual report about the activities of the department and give information such as how many students we have, how many graduates we have and what did we do with the money received the previous year," said Boyer.

Shim is grateful for the grant, stating, "The Department of Accounting faculty, Accounting Club and accounting students really appreciate this CSCPA grant."

Over 40 years ago the CSCPA established the Educational Trust Fund in order to provide accounting education by means of scholarships, fellowships, libraries, speakers, bureaus, and other ways of improving education and opportunities to those interested in the accounting profession. The awards are given annually to every accounting program in the state of Connecticut.

CAMPUS NEWS

Poker: Not Just for Gamblers Anymore

Brad Holland
Staff Reporter

Poker, until recently, was the habit of hard core gamblers and the excuse of some others to get together, yell, drink, and smoke cigars. But now the game has exploded. And the science of poker is not far behind.

The Poker game currently played in homes and on the reservations throughout the nation is a relatively new game: not even two centuries old. According to the World Poker Tour's official website, "Modern Poker was born on the Mississippi and carried up the Mississippi and Ohio rivers by steamboat, quickly spreading into the interior by wagon and train." Poker began to spread, changing slightly and growing in popularity.

During the Civil War, soldiers who played in the barracks played together and instituted small modifications, further developing the game into the form seen today. Many games with varying rules evolved, some more popular than others.

During Poker's birth and maturity, the draw and stud versions were most popular.

Today, however, Texas Hold 'Em poker, Seven card stud, and Omaha are now en vogue, with the game's most prestigious event, The World Series of Poker, currently decided over a Texas Hold 'Em table. This tournament has recently achieved cult obsession in the USA, making stars out of gamblers from across the globe. Poker is growing madly.

ESPN's coverage of the World Series of Poker enjoyed unprecedented viewership. Poker websites have exploded all over the internet: mostly offshore companies with romantic sounding names and promises of big bucks. But other legitimate companies have surfaced, and command thousands of members. The sale of poker chips and poker sets hit record highs in sales this past Christmas. So what is fueling the poker fires?

"Poker is a thinking man's game," said Takahiro Hoshino, a sophomore from Banff, AB, Canada. Hoshino plays recreationally in home games and on the internet and says he "enjoys the competition with the other players. Taking a big pot is like hitting a really nice drive. It makes you feel good."

The explosion of poker has set off secondary burning in the production of poker accessories, literature, tips, tricks, and guides. And the players are working at their games, studying each hand and getting better with each bet.

Jon Castro, a senior from Charlestown, MA, learned in the garage while he worked, and cut his teeth weekly in his Uncle Carl's Friday game. Now he plays the internet version every chance he gets and often plays at the Foxwoods casino.

"I get a kick out of the game," Castro said. "I go some Sundays and watch football, take the odd pot and enjoy the atmosphere." He isn't alone. The weekends host hundreds of players from all backgrounds and skill levels. Many games are hosted by the casino with varying degrees of difficulty and reward.

In the Poker Room, players are segregated. "All the beginners play limit poker games," says Castro. "The bets are small and you can stay at a table for hours." Stronger players, and especially players looking for money, play the High Stakes or No Limit tables. Many Casinos also hold tournaments offering huge sums of money.

The money draws players like piranha to cow.

When asked if he was up or down, Castro replied that he wins "his share."

There are also those who enjoy Poker purely as a game of chance. Rocco Molinaro, a junior from Dearborn Michigan, plays occasionally but doesn't put much stock in the all the hype.

"It's all about the cards," he says with a wave of his hand. "You get the right cards, anyone can win. It's all about the river." The River is infamous. It is the final community card pulled: salvation for some, sudden death for others. Millions. And therein we find the luck.

But poker isn't just luck. Poker is a set game. Once the deck is shuffled and cut, the outcome is predetermined. The hand hierarchy is set. Someone has already won. The goal is to win the hand when yours is strongest, and to get out when yours is doomed; the trick is to use your chips to win even when you don't own the strongest hand. And therein lies the skill.

For a list of tournaments and games near you, consult your local computer.

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Sheila Wycinowski, Director of Curriculum and Staff Development at Amity High School, explains, "Basically we look to hire Quinnipiac students. They have a clear understanding of lesson planning and classroom management and the balance between them." She also characterizes Quinnipiac students as articulate, creative, able to encourage higher-level thinking in students, and able to incorporate technology into their teaching.

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CAMPUS NEWS

Should the Death Penalty be Restored in Connecticut

Juliana Rizzo
Staff Reporter

Recently, everyone has been waiting on edge for the resolution to the Michael Ross case which is taking place here in Connecticut. The case has become a national breaking news story and issue that may change the lives of those locally and even affect some of us here at SHU.

Michael Ross is a convicted serial killer who has admittedly murdered eight young women in three states. As if that is not shocking and scary enough, the issue hits close to home when we find out that six of these eight women were murdered locally in the state of Connecticut.

When convicted and tried, Ross pled guilty, remorsefully admitting to the murders of these women.

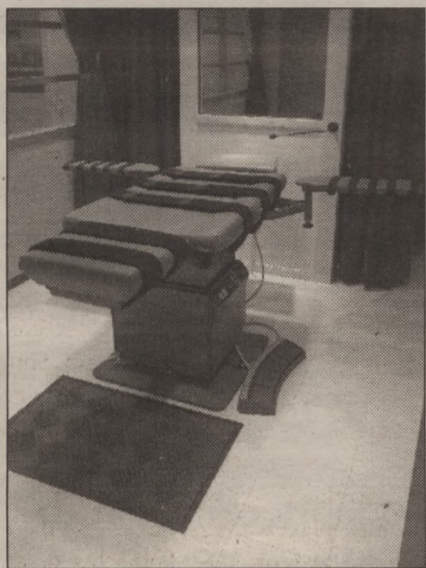
Ross received six death sentences in 1987, however the Connecticut State Supreme Court overturned these in 1994.

The state is extremely hesitant to use the punishment of the death penalty despite the fact that this man is responsible for eight deaths. The last execution that took place in Connecticut was in 1960. In addition to that there has never been a death by injection, a penalty which Ross is facing. Since then, the state has used alternate forms of retribution for criminals such as life in prison.

This case has been in limbo now for 18 years and will finally be put to rest this week, deciding if Ross will be put to death, or spend the rest of his life in prison without a date of release. The death penalty is and has always been a huge issue of debate. However, in this case it has become even more controversial because Ross has reportedly done much soul searching during his time of confinement and appears regretful. He says that he has accepted the death sentence has a form of repentance for the pain and suffering for those who he has killed and their families. He has urged the state to move forward promptly with his punishment.

There have been many conflicting opinions including those of the public, the residents of Connecticut and especially the church who is anti-death penalty. Bishop Lori has been actively trying

to repeal the death penalty, believing that Ross' life can be saved. He says, "As a community of faith and reason, as believers and citizens, we need to ponder carefully what is about to take place and then to make our voices heard." Bishop Lori, on behalf of the Catholic Church, pleads with Connecticut locals try protest this punishment, despite Ross' beg to carry through.



AP Photo/ BON CHILD

A hospital table at the Osborne Correctional Institution in Somers, Conn., where serial killer Michael Ross, 45, is scheduled to die by lethal injection.

This controversy hits us hard at SHU for few reasons. Primarily it is frightening to know that these murders have taken place locally in what we consider a safe haven here at school. Secondly, there are many conflicting opinions of what action should be taken considering the fact that SHU is a Catholic based school. However, not all students agree with the Catholic Church's view on what should happen to Ross.

"I know this is a Catholic school, but this man killed eight women, six in our area alone. That scares me and I think Connecticut should set an example

to other potential murderers by putting him to death. I would feel a lot safer that way," said Leila Noujaim, a sophomore and local resident of Watertown. However there are other students who tend to disagree. "We shouldn't put him to death, giving him what he wants after he murdered eight helpless women. Put him in jail to suffer for the rest of his life and it will be example enough," said Michele Puzzo, a sophomore from Westchester, NY.

There are many conflicting opinions here based on religious and personal beliefs about the death penalty. However, being that we are so close to the scene of the crime and the choice made may affect us, this issue has become more of a safety concern than a matter of belief.

**Linda Liefeland, PhD.
Psychologist**

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Successful Advanced Placement Students Increasing in Every State

Ben Feller
Associated Press

More students are passing Advanced Placement exams in every part of the country, as college-level work in high school becomes increasingly common - and competitive.

In every state and the District of Columbia, the percentage of public school students who passed at least one AP test was up in 2004, compared with the graduating class of 2000. The Bush administration, which has been pushing to increase high school rigor, embraced the news, which followed other reports that have underscored how unprepared many graduates are for college or work.

Significant gaps remain, even as AP participation booms nationwide, according to the first state-by-state report in the 50-year history of the college-level testing program. Many students enter college without having passed an AP test. And black students have low test participation and test scores a full level behind those of whites.

The AP Program, which began as an experiment for elite students seeking college courses and credit, has now become a fixture in more than 14,000 U.S. public schools. Beyond gaining experience, a student gains an edge; college admission officers say they place more importance on grades in college-prep courses such as AP than they do on any other factor.

Across the country, 20.9 percent of the public school class of 2004 - one in five students - took at least one AP exam, compared with 15.9 percent four years earlier. More significantly, 13.2 percent mastered an AP exam last year, up from 10.2 percent in 2000.

Research shows that success on AP exams is a strong predictor of success in college.

"This new report provides further proof that our children respond when we challenge them academically," said Education Secretary Margaret Spellings, who began her term this week. Spellings said she was particularly happy to see more minorities taking AP courses. That has been a long-standing challenge for the College Board, the nonprofit that runs the AP Program.

Hispanics made up 13.1 percent of AP test-takers last year, up from 10.9 percent. Their participation slightly exceeds their share of the public school population. AP Spanish appears to be influencing those numbers, as 53 percent of its participants are Hispanic.

Black students remain underrepresented in the AP Program. They account for 13.2 percent of the students but only 6 percent of AP test-takers, up from 5.3

percent four years ago.

About two in three AP test-takers are white.

To avoid inflating state performance, the College Board counted students once regardless of how many AP subject tests they passed. But that obscures the point that students in wealthy areas often have access to multiple AP courses while other students do not, said Bob Schaeffer, public education director of FairTest, which monitors standardized testing.

"Unfortunately, despite the value of AP courses, they end up reinforcing huge gaps between haves and have-nots because of differences in where courses are offered," he said.

For many students, an AP course is often their first exposure to challenging material, said Kati Haycock, director of the Education Trust, which advocates for minority children. In that sense, she said, the growing participation rates are clearly good news.

But the AP popularity raises questions, too, Haycock said, such as whether the program takes the best teachers and leaves less experienced ones for struggling students. Among students who go on to college, about 40 percent take at least one remedial course.

"It's not the total answer," Haycock said of the AP. "If we think this is the way to improve academics in high schools, we need to think a little harder than that."

Advanced Placement executive director Trevor Packer agreed. Schools that have success in producing access and good scores on the AP are the ones that take a broader approach, he said. They require rigorous curriculum and teacher training years before the grades when AP tests are taken.

On a 5-point scale, the typical test score is 2 for black students, between 2.5 to 2.8 for Hispanic students, and 3 for white students.

New York is the first state to have more than 20 percent of its graduating class achieve a grade of 3 or higher on the exam, the level considered to be mastery. New York's challenging standards and state testing have encouraged AP enrollment, state officials said.

Other states were close to New York - Maryland, Utah, Florida, California and Massachusetts had 18 to 20 percent of students earning the passing score.

The states with the greatest increases in successful AP scores were Florida, Maryland, North Carolina, Colorado, Connecticut and Washington. Gains ranged from just 0.6 percentage points by Louisiana and Mississippi to 5.7 percentage points by Florida.

CAMPUS NEWS

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BEYOND SHU

Freedom of What? First Amendment No Big Deal, Students Say

Ben Feller
Associated Press

WASHINGTON (AP) - The way many high school students see it, government censorship of newspapers may not be a bad thing, and flag burning is hardly protected free speech.

It turns out the First Amendment is a second-rate issue to many of those nearing their own adult independence, according to a study of high school attitudes released Monday.

The original amendment to the Constitution is the cornerstone of the way of life in the United States, promising citizens the freedoms of religion, speech, press and assembly.

Yet, when told of the exact text of the First Amendment, more than one in three high school students said it goes "too far" in the rights it guarantees. Only half of the students said newspapers should be allowed to publish freely without government approval of stories.

"These results are not only disturbing; they are dangerous," said Hodding Carter

III, president of the John S. and James L. Knight Foundation, which sponsored the \$1 million study. "Ignorance about the basics of this free society is a danger to our nation's future."

The students are even more restrictive in their views than their elders, the study says.

When asked whether people should be allowed to express unpopular views, 97 percent of teachers and 99 percent of school principals said yes. Only 83 percent of students did.

The results reflected indifference, with almost three in four students saying they took the First Amendment for granted or didn't know how they felt about it. It was also clear that many students do not understand what is protected by the bedrock of the Bill of Rights.

Three in four students said flag burning is illegal. It's not. About half the students said the government can restrict any indecent material on the Internet. It can't.

"Schools don't do enough to teach the First Amendment. Students often don't know the rights it protects," Linda Puntney, executive director of the Journalism

Education Association, said in the report. "This all comes at a time when there is decreasing passion for much of anything. And, you have to be passionate about the First Amendment."

The partners in the project, including organizations of newspaper editors and radio and television news directors, share a clear advocacy for First Amendment issues.

Federal and state officials, meanwhile, have bemoaned a lack of knowledge of U.S. civics and history among young people. Sen. Robert Byrd, D-W.Va., has even pushed through a mandate that schools must teach about the Constitution on Sept. 17, the date it was signed in 1787.

The survey, conducted by researchers at the University of Connecticut, is billed as the largest of its kind. More than 100,000 students, nearly 8,000 teachers and more than 500 administrators at 544 public and private high schools took part in early 2004.

The study suggests that students embrace First Amendment freedoms if they are taught about them and given a chance to practice them, but schools don't

make the matter a priority.

Students who take part in school media activities, such as a student newspapers or TV production, are much more likely to support expression of unpopular views, for example.

About nine in 10 principals said it is important for all students to learn some journalism skills, but most administrators say a lack of money limits their media offerings.

More than one in five schools offer no student media opportunities; of the high schools that do not offer student newspapers, 40 percent have eliminated them in the last five years.

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National and Global News

BUFFALO, N.Y. (AP) Sen. Hillary Clinton collapsed during an appearance Monday before delivering a speech on Social Security. Colleen DiPirro, president of the Amherst Chamber of Commerce, told WBEN-AM radio that Clinton told the crowd she was feeling weak and had had a stomach virus. Clinton started to speak then collapsed, DiPirro told the radio station.

SANTA MARIA, Calif. (AP) Michael Jackson arrived for the start of his child-molestation trial Monday, greeted by a crowd of fans shouting encouragement who pressed against fences to see the pop star. Jackson, wearing white and shielded by an umbrella, waved to supporters as he walked into court. During the morning hours before his arrival fans danced and sang a Jackson song deriding the district attorney and booed a woman who held a sign backing the alleged victim, a 13-year-old boy. Many had spent the night outside the little courthouse.

BAGHDAD, Iraq (AP) Iraq's interim leader called on his countrymen to set aside their differences Monday, while polling stations finished the first-phase count of millions of ballots from the weekend election that many Iraqis hope will usher in democracy and hasten the departure of 150,000 American troops. From the

counts by individual stations, local centers will prepare tally sheets and send them to Baghdad, where vote totals will be compiled, election Commission official Adel al-Lami said. Final results could take up to 10 days.

BAGHDAD, Iraq (AP) Insurgents claimed on Monday to have shot down a British military plane north of Baghdad over the weekend, and Al-Jazeera television aired a videotape from guerrillas showing flaming wreckage of a plane. Britain said all 10 personnel on the flight were missing and presumed dead. The toll would make it the deadliest single incident suffered by the British military in the Iraq war since it began in March 2003. The C-130 Hercules crashed about 25 miles north of Baghdad on Sunday, about a half hour after polls closed in Iraq's landmark election.

WASHINGTON (AP) A federal judge ruled Monday that foreign terror suspects held in Cuba can challenge their confinement in U.S. courts and she criticized the Bush administration for holding hundreds of people without legal rights. Judge Joyce Hens Green, handling claims filed by about 50 detainees at the U.S. Navy base at Guantanamo Bay, said the Supreme Court made clear last year that they have constitutional rights that lower courts should enforce.

Connecticut News

Noreen Gillespie
Associated Press

HARTFORD, Conn. (AP) - A top Republican lawmaker wants Attorney General Richard Blumenthal to recuse himself from an investigation, claiming he did not disclose potential conflicts of interest.

Blumenthal announced last month that Cigna Corp., which provides dental insurance to state employees and retirees, agreed to pay the state more than \$870,000 after claims it covered up improper commissions to a broker, Carl Feen of New Haven.

House Minority Leader Robert Ward is questioning why Blumenthal didn't also mention that Feen is a Democratic insider and fund-raiser. He has been tied to both former President Bill Clinton and former Vice President Al Gore, and has donated to numerous campaigns over the years, including Blumenthal's.

"That creates an appearance of favoritism," said Ward, R-North Branford. "I'm not saying there is favoritism. But in the appearance of it, it would be better if he recused himself."

The attorney general has insisted his investigation is not over, and both Feen and Cigna could face legal action. Blumenthal said a subpoena was issued for Feen in the last several days seeking information about the payments, which exceeded \$400,000.

"There is absolutely no conflict of interest. I have sued campaign contributors before and will do it again when appropriate, including Carl Feen,"

Blumenthal said.

Feen, a former finance chairman for the state Democratic Party, donated \$250 to Blumenthal's campaign for attorney general in September of 2002, according to state campaign finance records.

Clinton appointed him in 1996 as vice chairman for the U.S. Department of Labor's Employee Retirement Income Security Board, which regulates pensions and health care. Clinton also named him to the President's Advisory Committee for the Arts.

At a Connecticut private reception for Al Gore in 1998, Feen told The Washington Post: "We'll shake hands, he'll ask for my card and then he will feel comfortable calling me up. He knows I have the ability to raise a significant amount of money."

Philadelphia-based Cigna, which has offices in Bloomfield, has said that the commission payments were made in error. The insurance company has not publicly given any more details about why they were made. Blumenthal claims the fees were built into premiums paid by the state.

Ward said an independent investigator needs to take over.

"My suspicion is (Blumenthal) knew of his relationship as a major Democratic fund-raiser and neglected to point that out, probably hoping nobody realized it," Ward said.

Blumenthal disagreed.

"A \$250 campaign contribution in a statewide campaign would hardly influence anyone's judgment," he said.

Perspectives

Freedom to Vote, But Not So Freely

John Palmer
Contributing Writer

The American election season is long over with, so it's no surprise that voting is the last thing on our minds as we start the new school semester. But perhaps we should pay closer attention to an election that is unfolding more than 3,000 miles away.

This past Sunday, citizens in Iraq (or at least those who dared to), took to the polls to choose members of a national assembly that will eventually be responsible for crafting a new government in their country - one that will hopefully be in place long after our troops have left Iraqi soil.

While that may not seem like a big deal, consider that the process of being able to express their opinion about who governs them is something most Iraqis have never known in their lives. They are used to living under the tyranny of a government that stifles any dissenting opinions, one that punishes such behavior with the sentence of certain death or torture.

So, it should be no surprise that Iraqi voters were being cautious as they decided whether or not to vote. After all, there is still an insurgency that has been doing everything in their power to be sure the election could not take place, even if it meant killing their own countrymen to do so. Streets around polling areas were closed off to prevent car bombers from getting too close. This meant Iraqis had to bravely a walk through the streets to cast their votes. Most candidates ran anonymously because they feared being killed before the election could even take place. Now that the election is over, think of the bravery a public official in Iraq must show to speak out in public.

But because there were indeed votes cast, and people actually did run for office, it shows that there are

people in Iraq who believe in what elections stand for: freedom of choice. It will be argued for years whether the United States should have invaded Iraq in the first place, and whether democracy, as we Americans know it, should even have a place in the Middle East. But there is no argument that the freedom to choose for oneself is the cornerstone of being a human being, let alone a citizen of a free country.

Ironically, what is happening in Iraq right now is the same thing that happened here in America almost 230 years ago when Thomas Jefferson and our forefathers went against the King of England to declare dependency, and establish a government that went on to become the strongest country in the world. No doubt they were worried about being killed for their efforts, but a little work and a belief in freedom and a better life helped it become reality.

Perhaps the election in Iraq should cause us to think about the election system that we take for granted, and that despite its shortcomings (think Florida in 2000), it really is a blessing that we Americans get to voice our opinions once a year about the people who govern us. What's disturbing is that each November, voter turnout (especially the younger voters) here in the United States rarely exceeds 40 percent, much less if it's not a presidential election year.

The people we pick to govern us are the people who in many ways determine how our lives are run. With so much riding on that one decision, one would think we Americans would at the very least make more of an effort to place a vote.

The next time you decide that you want someone in government who won't raise your taxes, or cut services in your community, remember that you can cast your vote without fearing for your life.

Pointing Fingers Helps No One

Jennifer Motisi
News Editor

In response to the angry parent who wrote an editorial in last weeks "The Spectrum" regarding a previous story on SHU alcohol violations - were you really that surprised that drinking occurs on campus? Not that it is right or wrong, but alcohol is present at every university across the country, and it is up to your child to refuse to drink if he or she so wishes. As the News Editor for "The Spectrum," I ran the article on the alcohol violations. When reading up on the subject, it has become apparent that one of the reasons why Sacred Heart has so many violations can be attributed to the fact that the alcohol policy is so strict. SHU officials and RAs strongly enforce the school's alcohol policy while perhaps other schools are more lenient with their alcohol rules.

Also, in regards to your claim that only a "small percentage" of the student population is of drinking age - half of the junior class and most of the senior class is 21 or above, which is over 25% of the school population.

Advertisements do not reflect the opinions of "The Spectrum," nor do they endorse drinking. If you believe that your child, or any of "The Spectrum" readers for that matter, could see an advertisement and become so easily influenced to drink purely based on that, a larger problem than alcohol is at hand.

Also, being a reader of The Spectrum, you should have noticed that I also ran stories about "Alcohol Awareness Week" on Oct. 28, including an article on the "mock accident" that warned students of the dangers of drunk driving and a story on Dan Duval, who spoke to students about his problems with drugs and alcohol.

There is only so much that Sacred Heart officials and The Spectrum can do about student drinking. Most Sacred Heart students are adults and therefore make their own choices. Pointing fingers helps no one, and the only people who are to blame for student drinking are the ones consuming the alcohol.

The SPECTRUM

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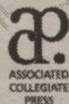
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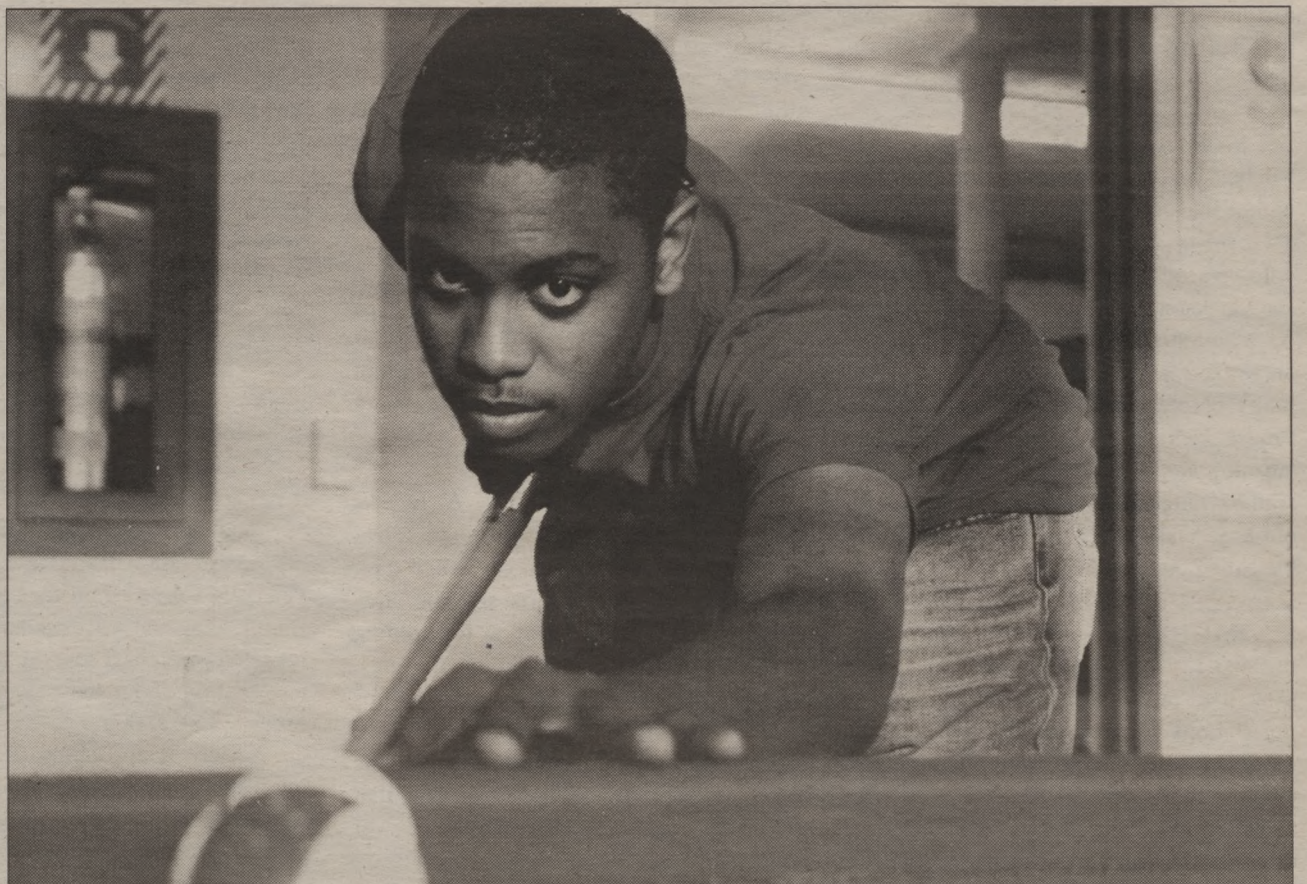
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Photographer's Pick



A portrait of Rodhmir Labadie while playing pool.

The Spectrum/ DANYA JIMENEZ

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. 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.

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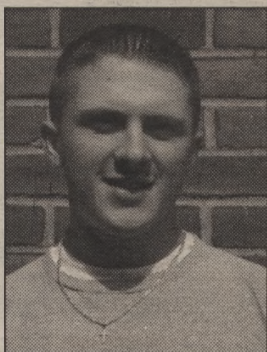
He Said... She Said... Dating Younger Girls/Guys... Acceptable Or Not?

Robert Roy
"He Said" Columnist

A younger girl dating an older guy is absolutely fine with some minor requirements. As a general rule, there shouldn't be more than three years separating the couple until they are both past the age of twenty. Most of you are asking yourself why not 18 when people are considered legal adults. The reason I didn't say 18 when you are technically a legal adult is because it might sound a little weird to have a 26-year old guy date an 18 year old.

Maturity level is very important. If the younger girl is very mature for her age it will make the age difference seem meaningless. The partners need to be similar in their maturity levels as this will create more common ground for the cornerstone of the relationship. If the maturity levels vary greatly, it will inhibit forward progress of the relationship.

A college to high school relationship is very difficult but not impossible. The difficulty arises because the two people are at very different stages of their lives. The guy in college is meeting new people and embarking into the most important part of his life while the girl is stuck in the monotony of the



The Spectrum/DANYA JIMENEZ

high school routine and this has the ability to cause tension and jealousy in the relationship.

Communication and personal understanding are the keys to a successful relationship when there is an age difference. Each partner must put themselves in the other's view and do everything possible to understand their feelings and needs. For Example, a guy is partying a lot at college and it bothers his younger girlfriend. He must look at things from her point of view, he must put himself in the situation she is in.

Overall, a relationship with a significant age gap is acceptable; however it does require dedication and perseverance to be successful much like any other relationship. I believe that the maturity levels of the partners are very important and need to be similar.

Athena Soriero
"She Said" Columnist

Dating a younger guy isn't typically done unless you're a desperate housewife or a scandalous RA. Being a forty year old divorcee with a hot young boyfriend is one thing, but when you're young and your boyfriend is even younger it's just not that cool. It's the type of thing that you're almost a bit ashamed to tell people. I'm sure eventually one day girls will manage to find a way to turn the embarrassment of dating a younger guy into some form of female empowerment, but that is most definitely not the current scenario.

One reason for the unpopularity of a younger guy dating is the question of, why would you want to date a guy who is younger than you when you can have one who is equally as immature that's your own age? This is one of the same reasons why girls like to date older guys. Girls mature faster than boys do and an older guy usually means a person of equal maturity. A younger one just means he's lacking in the maturity and experience department, and the last thing you want to be to a boy is his babysitter. Who wants to be taking care of a boy when they can be taken cared of by a man?

But as always there are instances where this stereotype will fail and a younger guy just so happens to be your perfect match. And even if he's not soul



The Spectrum/DANYA JIMENEZ

mate material there are still a few legitimate reasons for why a girl might decide to be with a younger guy. Perhaps it's a way of fulfilling a power fantasy where she has complete control over a helpless servant. Maybe the girl is impatient and is sick of waiting around for a guy her age and as a last resort decided to go after innocent fresh meat. Another reason for girls to be forced into the world of dating younger guys is that all of the ones the same age are dating younger girls. This leaves older men and young boys as the only options. But even with good reason a girl dating a younger guy is rather uncommon and slightly odd. Depending on the girl even a one or two year gap can be uncomfortable. It's like dating a guy who's shorter than you; some girls find it entirely too awkward and uncomfortable while others are perfectly ok with it. It's all about comfort.

SHU SENATE REPORT

This week, Student Government Senate brings to the university its plan of action for the spring semester. Significant events that will take place during the next few months include Link Breakfast, Senate Forum, and Constitutional Review.

The Link Breakfast is an event in which Senators and their university staff team gather over breakfast to discuss the year's accomplishments and goals for the coming year. A "link" is a faculty or staff member who works with Senators and other links on committees within Senate to address particular issues throughout the academic year. During this breakfast, Senators get the chance to thank their links for the time and effort that they have put, which allows the committee to grow and the bond between the staff and students to strengthen. Not all links are professors, so the students would not usually have the chance to get to know these individuals, the breakfast creates a great environment for the Senate to reach out.

The Senate Forum is an event held by Senate to allow students of Sacred Heart University to come out and meet the Senators, and occasionally some links. The Senate works very hard all year long to ameliorate controversial issues on hand and to better the environment at the university. This gathering allows the Senators to share their accomplishments and ask the students what they would like to see in the future. Many of the Senators on the board are new to Student Government this year. This event will also give students the opportunity to meet them if they have not already had the chance.

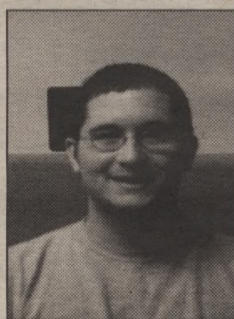
A Constitutional Review will also take place this semester in order to better the Student Government Constitution for the years to come. This review committee will be made up of several Student Government members and will be overseen by Denise Tiberio. Following the review of the constitution, it will be passed on to Senate for a final review and approval before it is printed for the coming year.

Senate would like to remind the student body that all are welcome to attend meetings, which now take place at 7 a.m. Wednesday mornings. Next year, Student Life is pushing to have a set meeting time when Senate and other Student Government groups will meet every week of every semester. By doing this they hope to encourage more students, faculty, and University Cabinet members to attend.

- The article is contributed by Erin Maurer.

SHU Voices

What do you think about Flik not having sushi anymore?



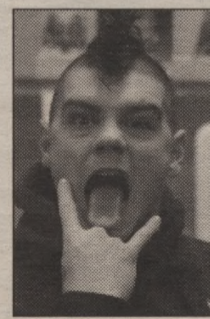
"I am indifferent -- the prices were too high to begin with."

Hassan Reda
Manhattan, NY ~ Senior



"I am devastated!! I've been waiting for it -- I'm very upset."

Christine Caluccir
Port Chester, NY ~ Senior



"It doesn't really affect me -- I don't eat sushi."

Mike Boccardi
Mahopac, NY ~ Freshman

The CARTOON of the week



2/3/05

The Spectrum Cartoonist/ ALYSSA FERDINANDO

**Come voice your
opinion at a
Senate Meeting!
Wednesdays at
7:00 a.m. in the
Faculty Lounge**

—Arts & Entertainment—

SHU Students Offer Oscar Predictions

Jacque Boothby
Staff Reporter

It's almost time for Hollywood's most star-studded event of the year: the Oscars. And with so many good movies out and a surplus of A-list actors and actresses on the ballot, it is tough to predict who will win.

Chris Rock was chosen to host this year's 77th Annual Academy Awards, which is quite a change of direction for the usually sedate ceremony. In addition, this year's ceremony is sure to be a combination of many well-known actors and actresses along with a few new faces.

There is no doubt that Sacred Heart students are excited about the Oscars; however, there are several disputes about who will win.

Brian Fama, a sophomore from Stormville, NY, thinks it is a close call between all of the Best Actress contenders but that Catalina Sandino Moreno ("Maria Full of Grace") will go home with the golden statue. "While all of the actresses deserve to win, Moreno played such a convincing character in 'Maria Full of Grace.' I think she really earned the Oscar."

Sophomore Kassandra Montalbano from Poughquag, NY, thinks that Kate Winslet ("Eternal Sunshine of the Spotless Mind") is a shoe-in for Best Supporting Actress. "I usually hate movies that you can't follow. However Kate Winslet made ['Eternal Sunshine'] interesting and creative," said Montalbano.

In the running for Best Actor are



Oscar-winning actor Adrian Brody [left] and Academy of Motion Picture Arts and Sciences President Frank Pierson announce the nominations for Best Actor for the 77th annual Academy Awards.

many commendable nominees, yet when surveyed it was unanimous who the students thought should win: Jamie Foxx for the movie, "Ray." Students also thought that Foxx made the movie very convincing and, as a result, very successful.

While the student population has very distinct opinions on the Best Actor/Actress races, many took several minutes to decide when asked about who should win the Best Director statuette. Fama sensed that Martin Scorsese, director of "The Aviator," might walk home with the Oscar. He said, "the movie looks very detailed and when I

watch E! that is all they ever talk about."

"The Aviator" scored eleven nominations in almost all of the top categories. While this sounds like a mass of nominations, both "Finding Neverland" and "Million Dollar Baby" have obtained a multitude of nods on their own, which makes it look like this year's Oscars will be very close.

The Academy Awards will take place on Feb. 27 in Hollywood, CA, at the Kodak Theater. Make sure to check out the awards as well as all the celebrities and, as always, the outstanding outfits,

Selected Oscar Nominees

• **BEST MOTION PICTURE OF THE YEAR**
"The Aviator"
"Finding Neverland"
"Million Dollar Baby"
"Ray"
"Sideways"

• **ACTOR IN A LEADING ROLE**
Don Cheadle in "Hotel Rwanda"
Johnny Depp in "Finding Neverland"
Leonardo DiCaprio in "The Aviator"
Clint Eastwood in "Million Dollar Baby"
Jamie Foxx in "Ray"

• **ACTRESS IN A LEADING ROLE**
Annette Bening in "Being Julia"
Catalina Sandino Moreno in "Maria Full of Grace"
Imelda Staunton in "Vera Drake"
Hilary Swank in "Million Dollar Baby"
Kate Winslet in "Eternal Sunshine of the Spotless Mind"

• **ACHIEVEMENT IN DIRECTING**
Martin Scorsese for "The Aviator"
Clint Eastwood for "Million Dollar Baby"
Taylor Hackford for "Ray"
Alexander Payne for "Sideways"
Mike Leigh "Vera Drake"

For all the nominees visit Oscars.com

Raspberry's Aren't Always Sweet

Selected Razzie Nominees

• **WORST PICTURE**

"Alexander"
"Catwoman"
"Superbabies: baby Geniuses 2"
"Surviving Christmas"
"White Chicks"

• **WORST ACTOR**

Ben Affleck in "Jersey Girl" and "Surviving Christmas"
George W. Bush in "Fahrenheit 9/11"
Vin Diesel in "Chronicles of Riddick"
Colin Farrell in "Alexander"
Ben Stiller in "Along Came Polly," "Anchorman," et. al.

• **WORST ACTRESS**

Halle Berry in "Catwoman"
Hilary Duff in "Cinderella Story" and "Raise your Voice"
Angelina Jolie in "Alexander" and "Taking Lives"
Mary-Kate and Ashley Olsen in "New York Minute"
Shawn and Marlon (The Wayans Sisters) in "White Chicks"

For all nominees visit Razzie.com

Adam Kagdis
Staff Reporter

Would you accept your award for Worst Actor of the Year?

Neither do they.

On Saturday, Feb. 26, the worst movies of the year will be going head to head when the 25th Annual Razzie Awards are presented in Hollywood, CA. While not nearly as prestigious as the Academy Awards, winning a Golden Raspberry is regarded as both an insult and a farce in the film business.

According to the Golden Raspberry Award Foundation website (www.razzies.com), the Razzie Awards were first presented in 1980 in the living room alcove of "Lifelong Cine-Maniac and Cynic John Wilson." Since then, the Razzies have annually saluted the worst achievements in film and Wilson has written two books on the subject.

The Razzies may have started as a low-budget mock award show, but have recently been recognized by such publications as The New York Daily News and CNN. This year is the 25 year anniversary of the first award show in which winners will be presented with "a golf-ball-sized handcrafted 'Razzberry' atop a mangled Super 8 film reel that has been spray painted gold and 'has an estimated street



AP Photo/ WARNER HOME VIDEO

"Catwoman," starring Halle Berry, was rated one of the worst movies of 2004 during the 25th Annual Golden Raspberry Award nominations. The awards are affectionately known as the Razzies.

value of \$4.97," Organizers said. The nominees will be competing in categories that include Worst Picture, Worst Actor and Worst Actress.

In addition, this year is a chance for some newcomers to make their way into the Razzie spotlight. First-time Razzie nominees include Halle Berry for "Catwoman," Hilary Duff for "A Cinderella Story," the Olsen twins for "New York Minute," and even President George W. Bush for his "work" in "Fahrenheit 9/11."

"Catwoman" leads with seven nominations while Oliver Stone's "Alexander" received six. Ben Affleck is up for Worst

Actor for the second straight year for both "Jersey Girl" and "Surviving Christmas." Last year, "Gili" took the cake by winning 6 awards, including Worst Picture, Actor and Actress.

Twenty-five years after the first award was handed out, the Razzies will be throwing a new spin on their show. This year, they are presenting special awards for "Worst of Our First 25 Years," including the Worst Loser, Comedy and Drama.

So remember when you write your first screenplay and head out to Hollywood, there really are awards for the worst movies of the year.

Knuckle Down Packs Powerful Punch

Johanna Prentki
Staff Reporter

For those music fans out there that need a break from the bubble-gum pop and hardcore rap that is being blasted on the radio lately, it might be time to check out Ani DiFranco's newest album, *Knuckle Down*.

DiFranco, a folksong veteran who has been putting out at least one album each year since 1990, is certainly no stranger to producing and releasing her own albums. *Knuckle Down* is her sixteenth record to date and continues her unique style while keeping the same folk feel with which she is associated.

Listeners familiar with DiFranco's style will appreciate the sameness of her new album. However, the music is not as edgy as in some of her previous work and *Knuckle Down* is composed of a mellower feel, something that rarely characterizes DiFranco's singing.

DiFranco is known for singing songs that make listeners think and for writing lyrics that are real, straightforward and get her point across. While not an angry artist, DiFranco's songs reflect on different issues. While not preaching to her fans as much as she is trying to cement her own



Righteous Babe Records/ DANNY CLINCH

***Knuckle Down* is Ani DiFranco's sixteenth studio album to date and proves to be a wonderful addition to her discography.**

convictions, DiFranco's strong feminist attitude shines through with each song. One of the tracks of the album isn't even a song at all, which, like many of DiFranco's albums, adds something unique and different to the record. The track "parameters" is actually a poem set to music, a calming and slightly graphic composition with a

soothing sound.

A native of Buffalo, NY, DiFranco started out writing poems as a teenager that eventually evolved into lyrics. She was singing and playing guitar before she knew how to drive and began to tour many small venues that eventually inspired her to start of her own record label, Righteous

Babe Records. In addition, DiFranco has collaborated with artists such as Prince and Maceo Parker.

In over a decade of producing albums, DiFranco has never invited anyone to co-produce her work. However, *Knuckle Down* features help from Joe Henry, an acclaimed performer and songwriter with nine highly respected solo discs to his name. This move gives *Knuckle Down* a different feel than DiFranco's previous works. In the past, every album has featured DiFranco performing completely solo. This time around, she has invited different musicians and artists to back her up vocally, which gives the album a new kind of depth.

Ani DiFranco is a well-respected artist who has not suffered from overexposure and is still recognized for her folk style and flawless voice. *Knuckle Down* is a strong album in DiFranco's ever-growing discography.

MUSIC REVIEW



Ani DiFranco, *Knuckle Down*
(2005, Righteous Babe Records)

Foxx Hits the Ivory in 'Ray'

Patrick Scalisi
Arts & Entertainment Editor

Ray Charles was not a saint. Nor was he a model citizen. Instead, he was a genius in the same bracket as the greatest thinkers of the twentieth century. As a husband, he was an adulterer and as a friend, he was less than faithful; but as a musician, there were few who could rival the raw talent and extraordinary energy that Ray Charles possessed.

Taylor Hackford's film "Ray" does not shy away from any of these facts. It

does not idealize Charles's life as an inspirational journey with no pitfalls. Rather, "Ray" depicts a man that was far from perfect and takes the audience on a ride through the musically-rich years of the 1950's and 60's.

Though much has been written already about Jamie Foxx's astonishing transformation—"portrayal" is perhaps too weak a description—it is still amazing to see how much the comedian has honed his own raw talent in depicting the late musician. Nor is Foxx the only actor who worked tirelessly with the screenplay written by James L.

White to fully embody the people that came to surround Ray Charles throughout his life. Even minor players like Regina King and Bokeem Woodbine complete an ensemble cast that is both emotionally powerful and believable.

Rather than focusing on Charles's later life or even on his death, Hackford instead chooses to trace Charles's burgeoning career as a rhythm and blues cover artist to a full-fledged celebrity, complete with a heroine addiction and a fondness for extramarital affairs. The audience has not been asked to judge Charles's actions either; this has been done for them, achieved through a story arch whose only fault is that it ends awkwardly. As a profile, though, "Ray" thoroughly achieves its desired effect.

Perfectly timed for Oscar season,

"Ray" was released on DVD this past Tuesday in a two-disc set that includes an extended cut of the film. In addition, there are several featurettes that reflect on the lasting legacy of the real Ray Charles as well as an in-depth look at Foxx's preparation for the role.

While not necessarily a sure bet for Best Picture of the Year, "Ray" is nonetheless a moving film about the struggles of one man—himself a minority within a minority—who went through the hell of changing the music world forever.

MOVIE REVIEW



"Ray" (PG-13, 152 Minutes)
Starring: Jamie Foxx, Kerry Washington



AP Photo/Universal Studios/ NICOLA GOODE

Ray Charles or Jamie Foxx? If you don't know the difference, then we're not gonna tell either. Foxx is nominated in the Best Actor category at the 77th Annual Academy Awards for his work in "Ray," which is now available on DVD.

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Features

CREATIVE CORNER

"Once in a Dream"

Joe Finis
Contributing Writer

Once in a dream,
I spent the night with
you.

I held you in my arms
As you embraced me
too.

You whispered in my ear
Your fingers ran through
my hair

You said you knew you
could count on me
Because for you, I would
always be there.

You held me close
I held you tight

I wished it would last
forever
That one perfect night.

My life was now flaw-
less
Or so it did seem

Because I spent the night
with you,
Once in a dream.

*If you're interested
in submitting any
of your poetry to
the Creative Corner
send it to:*

C-Mitrano@sacredheart.edu

Can Students Eat Healthy While Living at College?

Francesca Bonaiuto
Staff Reporter

*Eating healthy and stay-
ing in shape are common
issues that many college
students across the country
are concerned with....*

Does the "Freshman 15" ring a bell to you? Did you ever go home for breaks and get the joking "you packed on a few pounds at college" comments?

A common observation amongst the nation has been that college students show excessive weight gain due to poor eating habits and lack of good food served at university cafeterias.

Unlike many other colleges, Sacred Heart has one eating resource: FLIK. Students are not given a lot of options of what to eat. It's hard to eat right when there aren't many options. With such a high emphasis on image, there is a lot of pressure and competition amongst the

Sacred Heart community to maintain the image of being fit and in shape.

So, is it possible for Sacred Heart students to eat healthy and avoid the dreaded "Freshman 15"? Sure it is. Though there is only FLIK on campus, students can find ways to utilize what is served to eat right. Don't think that the only way to stay in shape is by eating the lettuce at the salad bar. We are not rabbits! The best way to stay healthy is by having a balanced diet.

Students often misunderstand a balanced diet. They either decide to cut carbohydrates, fats, or calories out of their diet. However, the key to a balanced diet is small portions of whatever you eat.

"Eat to survive, not to get full," says Danny Perella, senior, Long Island, NY.

Perella feels that he has a good sense of a healthy eating lifestyle. He can go to FLIK and find a variety of things to eat that are not bad for you.

Here are some tips to healthy FLIK eating:

1. Stay clear of sodas. They contain lots of sugar and they make you retain water.

2. Drink water in between everything you eat. It helps digest food and it

makes you full faster.

3. Fried foods are a no-go. It will pack on the pounds faster than you can say, "Chicken nuggets please?"

4. Eat what you want, keeping in mind that the portion should be the size of your fist.

5. Substitute whole wheat if you can. Choose whole wheat bread or wraps.

6. Substitute eggs with egg whites.

7. Meat is always a healthy choice in small portions. They contain high percentages of fat, but fat is easier to break down than carbohydrates.

8. If you are going to eat salad, put minimal toppings on. Dressings are not always good. Try substituting dressings with oil and vinegar.

9. Eat plenty of veggies and fruits. You can never go wrong with them.

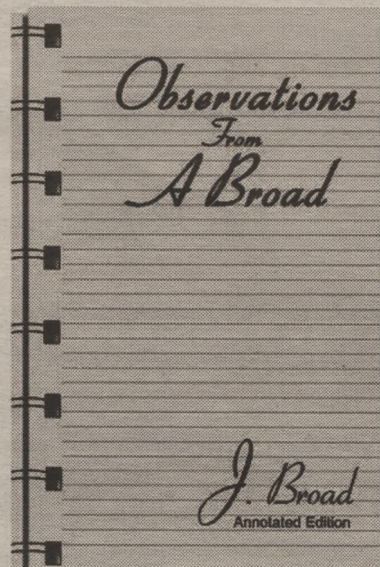
10. Make your own concoctions. Ask for a piece of chicken and then add either vegetables or salad.

These are just a few ways to eat healthy with college food. It is possible to eat healthy even at FLIK. Don't fear the few options available because you can work with them.

Something to Read From A Broad....

Julie Chouinard
Staff Reporter

"Bravo!" says former Spectrum advisor and current English professor Dr. Roberta Staples about Sacred Heart graduate J. Broad's new book "Observations From a Broad", published this past November.



Contributed Photo/ AMAZON.COM
Front cover of the book
"Observations from a Broad"
written by a Sacred Heart
alumni.

Through a series of columns, Broad picks apart the absurdities of human behavior and rejoices in sarcasm and irony.

"The book is essentially a collection of the old columns but I reworked some

and added about 50 percent more," said Broad.

Now a graduate student in Sacred Heart's computer science program, Broad once wrote "The Spectrum's" humor column Observations From a Broad. During the early 90s, Broad could be seen roaming the halls of the academic building with his trademark red high-top sneakers or sitting in the cafeteria with pen in hand observing the little humorous moments in our daily lives that others may take for granted.

When asked why he decided to write this book now, Broad said, "I went to 'The Spectrum' reunion last year and I was with all these media majors and I was a computer major so I just sort of fell into this as a hobby really. Time went by and people started asking me why I never wrote a book. I just needed to put some stuff together and I actually just got around to it."

"He could find clever observations to make about the most ordinary things," said Dr. Staples, "It was a rare gift."

The column ran weekly right up until Broad's graduation in 1993. Dr. Staples, "The Spectrum" advisor for one semester while Broad was writing, is delighted to see her former student's work published.

"It was a special privilege and pleasure working with J. and 'The Spectrum' staff," says Dr. Staples, "I'm thrilled he has a book about his writing."

The 154-page book has been released by iUniverse and is available on Amazon.com and BarnesAndNoble.com.

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A public service message from the
Ryan-Matura Library

Black History Month at Sacred Heart

Emily Grayson
Staff Reporter

As we start off the month of February, Sacred Heart is in for an interesting dose of cultural experience. Around the country this month, people are celebrating Black History Month. At Sacred Heart, we too are learning a little more about an interesting time.

The Sacred Heart community starts off at a full run on the first day of the month with a very important speaker. The Reverend Al Sharpton will be giving a lecture from 7 p.m. to 9 p.m. in the Edgerton Center. This is a great opportunity that the school has provided to gain a cultural experience by listening to a very interesting man speak. Then continuing from there, all throughout the month there will be read a louds in the Bridgeport schools pertaining to Black History Month.

"Sacred Heart is trying to create awareness by having read a louds in the Bridgeport schools, which for many students here it might be the first time that they are being exposed to helping to spread information about Black History Month," commented Liz Bangs a junior, from Canton. "This is a great way to get the children involved in a cultural experience as well as to give the students at Sacred Heart participating a great experience as well."



AP Photo/ RICHARD DREW

Like Sacred Heart, schools around the country are hosting Read Alouds to inform children about the great things African Americans did for civil rights. In this photo actor James Earl Jones reads to the children in Harlem "If a Bus Could Talk, the Story of Rosa Parks" by Faith Ringgold.

rience as well as to give the students at Sacred Heart participating a great experience as well."

"Black History Month is a time of reflection, to honor the many great black people that have changed our world for the better by intuiting the acceptance of diversity and for teaching people to fight for what they believe in," said Kelly

McGovern a sophomore from Cranford, N.J.

This month is a great time to allow students to gain an understanding of diversity and for some to learn to accept it. This is a great opportunity as well to learn a little bit about history and to gain knowledge of many different amazing people that have made a difference in

the United States. This month allows people to learn more about people that have in the past been looked over. By having Reverend Al Sharpton come speak at SHU, it is giving students the chance to gain a different perspective on their lives and reflect.

Many students feel that this is a great opportunity to open everyone's eyes to the world around us. A majority of people feel that Black History month almost gets ignored but this year is different as the school is providing us with more and more impressive people that are going to gain more of an interest from the students and faculty. As Ashley Coppola a sophomore from Holmdel, New Jersey said,

"Here at SHU, Black History month helps to create awareness of every race with different activities such as fear no people, and this year they are doing something impressive by having Rev. Al Sharpton, address the students, faculty, and members of the community."

Silver Spoons and Inside Out Clothes: Rituals for Snow Days!

Jennilyn Desisto
Staff Reporter

What if wearing your pajamas inside out or sleeping with a spoon under your pillow could cancel classes? It might sound crazy but for some Sacred Heart students it is a tradition done every time there might be a chance of snow.

Snow day rituals start when you are a kid and, though most won't admit it stay with you for the rest of your student career. Some have never heard of them and others swear by them. So the big question is: What snow day superstitions are still up held by the Sacred Heart students?

Surprisingly most students have never heard of winter traditions. Brianna Plosky, a junior from Middletown, laughed at the question, "I've never heard of any snow day superstitions, I don't think doing silly things will change the weather."

Diana Smith, a junior, from Elmont, NY had at least given one a try. "I remember once when I was in elementary school a friend of mine told me to sleep with a spoon under my pillow, I didn't believe it would work but I did it anyway. We still had school the next day. That was the first and last time I did anything like

that."

Luckily, I was able to find some true believers amongst Sacred Heart students. Sarah Decker, a junior from Wappingers Falls, NY had a routine of her own, "When I was little I used to call all my friends before bed and make sure everyone remembered to wear their PJ's inside out and backwards. That was my ritual every time the forecast predicted any snow. My friends from home and I still try to persuade others till this day."

Lauren Williams, a junior from Monroe, believes in the power of white. "I place a white crayon in the freezer and then before I go to bed I throw it under my pillow. It's worked for me loads of times. Maybe I'm just lucky." Many people are believers in these rituals some others have shared traditions with siblings, like sleeping on the opposite ends of their beds, with their feet down where their heads are supposed to be, every time the word snow was mentioned.

Although these activities are fun and practiced by many the skepticism still remains. Do any of these rituals actually have an effect on classes being cancelled? Or is the weather something we have no control over? However it seems safe to say that it just depends on who you ask.

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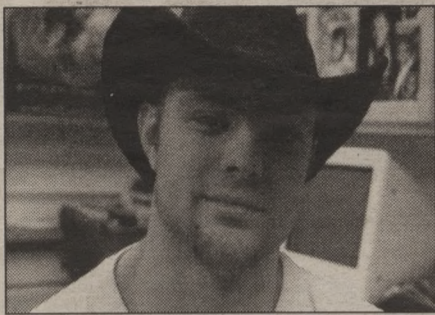
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BEYOND SHU

Busy Off-Season for Local Favorites



Bryan Fogle
Sports Columnist

With all focus right now on upcoming Super Bowl XXXIX, or 39 for those of you not versed in your Roman numerals, I will change directions a little bit and talk about the off-season additions and subtractions of the Yankees, Red Sox, and Mets.

It excites me that in two weeks (give or take a few days), pitchers and catchers will report to Spring Training for their respective teams. The Yankees' main goal this off-season was to upgrade their pitching staff. A staff that had a mere one win from a left-handed starter last season might just get a few more from southpaw starters in this 2005 season.

With the number one off-season acquisition, according to a well-respected baseball website, the Yankees improved their starting pitching when they traded away Javier Vazquez and two minor league prospects along with approximately nine million in cash to the Arizona Diamondbacks for Randy Johnson. For the Diamondbacks last season Johnson was 16-14 with an Earned Run Average of 2.60, to go along with 290 strikeouts and a perfect game.

Also being signed by the Yankees to sure up their pitching was hard throwing right-hander Jaret Wright to a three-year contract. Wright was 15-8, with an ERA of 3.28 and 158 strikeouts in the 2004 season with the Atlanta Braves.

Also added to the starting rotation

is another right-hander, Carl Pavano. Receiving a four-year contract from the Yankees, Pavano was 18-8 with an ERA of an even 3.00 and 139 strikeouts.

These two, along with Randy Johnson, will team up with Mike Mussina and Kevin Brown to make what could be one of the top rotations in baseball.

As for the bullpen, the Yankees traded Felix Heredia to the Mets for lefty Mike Stanton. Stanton, who was a mainstay in the pen for the Yankees during their World Series run, brings his well-needed post-season experience to the Yankee staff.

The Yankees also acquired hard-throwing righty Felix Rodriguez from the Phillies for utility outfielder Kenny Lofton.

The Red Sox may have lost perennial all-star and eventual hall-of-famer Pedro Martinez, but they did acquire or re-sign many known pitchers to replace him.

First off, former Astro Wade Miller. Miller, a hard throwing right-hander, was 7-7 with an ERA of 3.35 to go along with 74 strikeouts in 2004. Next, another hard throwing righty from the Cubs, Matt Clement.

Clement did not necessarily have a great 2004 record wise, posting a mark of 9-13, but he did have a decent ERA at 3.86 and did strikeout 190 batters. John Halama, a 32 year-old reliever and spot starter for the Devil Rays posted a record of 7-6 with an ERA of 4.70 and 59 strikeouts.

In a move that in all honesty confused me, David Wells signed a two-year contract with the Sox. Wells, a known Red Sox hater throughout his career brings his big lefty looping curveball to the Boston rotation coming off a 12-8 season with the Padres while striking out 101 batters and a decent ERA of 3.73.

The Sox also acquired relief pitcher Matt Mantei from the Diamondbacks. Mantei was 0-3 while only appearing in 12 games in 2004, with an ERA of over 11 and 13 total strikeouts. These numbers do not accurately portray Mantei's ability. In his nine-year career, Mantei has an ERA of 3.86 to go along with 93 saves and 374 strikeouts. Mantei is a very hard throwing closer who will possibly end up being the right-handed set up man for closer Keith Foulke.

Finally, Boston resigned righty start-

er Bronson Arroyo to a one-year contract. Arroyo has playoff experience both out of the bullpen and starting when he has been called upon.

Finally, the good old New York Mets. Their off-season have put more of a focus on getting more offense. However, in acquiring the before-mentioned Pedro Martinez, I think they made out well in the hurling category as well.

I really don't need to go into further detail about the specifications of Pedro, other than he will definitely bring a needed spark to the Met rotation. Even though the past season saw Martinez lose some velocity off his fastball, he still has ridiculous control and a slider that, when thrown in the right location and right count, is pretty much a given whiff. For the Red Sox in 2004 Martinez was 16-9 with an ERA of 3.90 and still notched 227 strikeouts.

The Mets also re-signed starters Kris Benson and Victor Zambrano to contract extensions; Benson gets an additional three years with the option for a fourth year while Zambrano gets one more year.

The Mets definitely do have a strong starting rotation this season with Pedro at the top, followed by Benson, Zambrano, future hall-of-famer Tom Glavine, and Steve Trachsel.

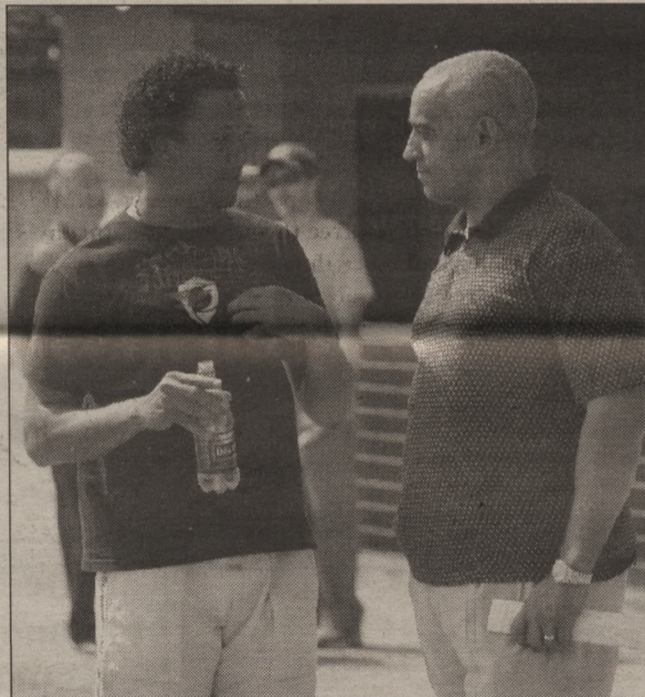
The Mets also signed Korean pitcher Dae-Sung Koo. Apparently he has good stuff, or so says WFAN's Joe Benigno. I was unable to find any statistics from Koo's career in Korea but I worship Joe Benigno, and if he says Koo is good, I'll just agree with him.

After next week's Super Bowl 39 recap, I will return in two weeks with the offensive and defensive acquisitions for the three teams. For those of you who complain that I am so pro-Yankee, notice not once in this did I say that the Yankees had the best off-season getting pitchers.

The one stat I gave about Randy Johnson being the top signing of the winter was directly quoted from a website and also the ESPN website and many analysts views on ESPN, FOX Sports, and on WFAN. In all honesty, all three teams fared equally as well really in their signings.

Maybe the Red Sox didn't necessarily get any big-name pitchers like a Randy Johnson or a Pedro Martinez, but they did get many proven veterans who know the major league game and will help the Red Sox defend their 2004 World Series title.

Would you like to make comments on what the sports columnist said? Would you like to suggest a topic or ask a question? Feel free to send an email to N-Kelly@sacredheart.edu



AP Photo/MIGUEL GOMEZ

Pedro Martinez, left, talks with GM Omar Minaya whom many Mets can thank for revamping their team.

Pioneer Schedule

Friday, February 4

Men's Ice Hockey	vs Connecticut	Milford, CT	7:00 PM
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Saturday, February 5

Women's Swimming	vs Providence	Bridgeport, CT	1:00 PM
Men's Volleyball	vs Stevens Tech	Fairfield, CT	2:00 PM
Women's Ice Hockey	vs Union	Milford, CT	2:00 PM
Women's Basketball	at Long Island	Brooklyn, NY	2:00 PM
Men's Basketball	at LIU	Brooklyn, NY	4:00 PM
Men's Ice Hockey	at Connecticut	Storrs, CT	7:00 PM
Men's Track	at Dartmouth Classic	Hanover, NH	TBA
Women's Track	at Dartmouth Classic	Hanover, NH	TBA

Sunday, February 6

Women's Ice Hockey	vs Union	Milford, CT	3:30 PM
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CAMPUS SPORTS

Shooting Woes Sink SHU's Chances

Pat Conroy
Staff Reporter

Wagner College held on to win a sloppy game over the Sacred Heart Men's basketball team Saturday at the Pitt Center, 54-43.

In a game that saw 53 fouls and 35 turnovers combined, neither team gave their best performance.

"This is probably the worst game I played ever," said junior Mike Parker (Windsor). Still, Parker's 13 points led the team and was the only double digit scoring for the struggling Pioneers.

Joey Henley (sophomore, Kent, WA) and the other usual suspects were virtually unheard of the entire game. Henley was held to zero points and just three rebounds while freshman Drew Shubik (Stoystown, PA) netted just six.

The first half was a slow one for both teams, with Sacred Heart taking close to 14 minutes to get their score into double digits. Neither team took advantage of the many loose balls nor open court chances, with only two fast break points scored the entire game.

The game stayed pretty even throughout the majority of the half, with a couple quick jumpers by Jarrid Frye (sophomore, Queens, NY) to put



The Spectrum/ DANYA JIMENEZ
Drew Shubik shoots a free throw during Saturday's loss. Wagner had more than double Sacred Heart's amount of free throw attempts.

the Pioneers behind by one with 13:30 left in the half.

Wagner extended their lead 17-7 over the next five minutes until Brice Brooks (freshman, Silverdale, WA) would hit a jumper to make it 17-9. The Pioneers would see the rest of their first half scoring on two free throws and a jump shot from Kibwe Trim (junior, San Juan, Trinidad).

The second half didn't get any better. Wagner came firing out of the locker room by opening the second half scoring with an alley-oop dunk. Sacred Heart kept it as close as five for the majority of the second half, but saw the gap widen to as much as 11.

The Sacred Heart rally didn't get going until there was just two minutes left when Eugene Pettway (fresh-

man, Bridgeport) banged a three pointer to pull it to 41-33.

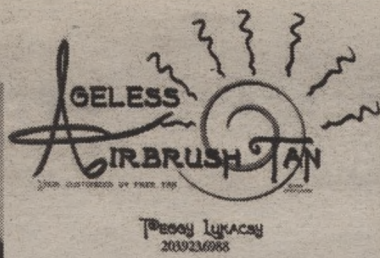
Parker would follow suit on the next trip down the court and then later add two free throws to make the score 47-38 with just under a minute to play.

Parker would add three more for the Pioneers when he took a Wagner rebound and drove down court. This would be the closest they would come however.

Being forced to foul to stretch the clock, Sacred Heart saw their best chance to pull the game to one possession when they missed the rebound on a Wagner free throw.

"Effort alone cannot win games. We just didn't finish offensively," said Bike. Both teams combining for a 27 percent field goal percentage and Sacred Heart was only out rebounded by four.

The Pioneers fell to 2-16 on the year and 1-8 in league play, but all is not lost for them. This attitude of finishing the season on a positive note has flowed through the rest of the locker room, and this team will definitely use this game as fuel to achieve that goal. They play next on Thursday in Hamden against Quinnipiac at 7 p.m. and in Brooklyn, NY on Saturday against Long Island University at 4 p.m.



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CAMPUS SPORTS

Panella and Playmakers Begin New Streak

◆Continued from Page 16

"Unfortunately we could not let all the distractions go this game and it hurt us, where normally we are good at tun-

ing those things out," said defenseman Nicole Farrelly (junior, Windsor).

"When we are in tight games, we have a tendency to try and win through individual efforts," said Turbert. "We

need to keep in mind our systems and play together."

Despite scoring only one goal, SHU's Michelle Panella (sophomore, forward, Morganville, NJ), Katelin McLaughlin

(freshman, forward, Hinham, MA), Turbert, and Felt created many scoring chances as the Pioneers amassed 26 shots.

"I think both Sarah Turbert and Jessica Felt played extremely hard today," said Farrelly. "They were big play makers this game."

The loss to Colby snapped SHU's nine game home winning streak, but the Pioneers still believe they have momentum going into the end of the season and are 6-3 in the New Year.

Since the beginning of Jan., Panella leads the team with 13 goals, while Gaslin and Turbert have dished out seven assists each.

"Since we returned from break the season has been going very well and this is just a bump in the road," said Turbert. "I think we will overcome this loss and finish out the season very strong."

Sacred Heart will play against Union College in their final two home games this weekend on Saturday, Feb. 5 at 2 p.m. and Sunday, Feb. 6 at 3:30 p.m.



The Spectrum/ TRAVIS FLYNN

Jessica Felt (left) and Nicole Farrelly.

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CAMPUS SPORTS

SHU Women Continue Wagner's Suffering

Elyse Harrell
Staff Reporter

After a long trip on the road, and an agonizing defeat to St. Francis, the Sacred Heart Women's basketball team returned home and pulled out an amazing win against Wagner College, defeating them 78-56.

"Our energy just wasn't where we wanted it to be" at St. Francis, "[but today] the energy was there," said head coach Ed Swanson.

This win for Sacred Heart was crucial to their standing in the Northeastern Conference. Currently placed in second, every game makes a difference. Wagner has still yet to win a game this season, and even though they came out strong and held a lead at the beginning of the game, they were no match for the Pioneers.

The game started off rocky last Saturday, with Wagner pulling to an early lead within the first five minutes. A shot from junior Nicolle Rubino (Port Jefferson Station, NY) tied up the score at 11-11. Wagner once again took the lead, and then a three pointer courtesy of Rubino tied the score up once more for SHU at 17-17, with eight minutes left to play on the first half.

It was apparent that towards the end of the first half Sacred Heart had found momentum. Senior Allie Bagnell (Newtown, PA) made a steal and a break-away play down the court increasing the Sacred Heart lead to 21-17. Then back-to-back turnovers returned the possession to Sacred Heart.

Followed by another steal by sophomore Amanda Pape (Stamford) left the score 29-20 with a little under five minutes remaining in the half and led 37-26 at half time.

"Our defense gets us going, always" said Rubino. This was clear as the Pioneers stepped their game up even more in the second half. They came out strong and kept the lead for the remainder of the game.



The Spectrum/ ELYSE HARRELL
Kerri Burke pushes the ball up the court during her five assist effort in 31 minutes of play on Saturday.

Sophomore Kerri Burke (Saugus, MA) stole the ball from Wagner, passed it to Pape for two points, and a foul shot increased the Pioneer lead to 11 points, making the score 40-29. Pape scored 19 points and was right behind Rubino, who

had 20 and was the high scorer of the game.

With a little more than 13 minutes left in the game senior Colleen White (Richboro, PA) blocked a shot in the key, just one of many excellent defensive plays made in this game. Sacred Heart advanced their score 51-42 with 11:05 left to play.

As the game was winding down it was apparent that both teams were getting tired, after a couple of back-to-back foul shots. The game picked up with a play that started with Rubino, passed to sophomore Jasmine Walker (Amityville, NY), to White for the shot.

A rebound and basket by Mikara Cimmino (freshman, Hampden, MA) advanced the score 74-53 with only 2 minutes left. Finally with 30 seconds left on the clock Lisa Moray (freshman, Hopewell Junction, NY) hit a three pointer and set in stone the Sacred Heart victory.

"I wasn't looking forward to this game...as a coach you just don't know if you have done enough to prepare them," said Swanson. It was clear that they were ready for this game and they will play next on Saturday in Brooklyn, NY against Long Island at 2 p.m.

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SPORTS

The Spectrum

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Beyond SHU

Bryan Recaps Off-Season Baseball Signings with the Big 3 (page 12)

Beyond SHU

Continuation of Women's Hockey (page 13)

Campus Sports

Pioneer Schedule for Weekend (page 14)

Campus Sports

Women's Basketball stomps Wagner by 22 points (page 15)

Payam I am! Pin Brings SHU Wrestling Pin!

Joe Sanginario
Staff Reporter

That arm. That massive arm. Payam Zarrinpour (sophomore, Shiraz, Iran) needed a pin, and he got it. The clock read 1:11 when that arm was raised by the official, and with it came a stunning 22-21 come from behind victory to lift the Sacred Heart University Pioneers over American University.

"Payam needed a pin. He got it, which is nice because it's tough to get pins in college," said Sacred Heart Head coach Andy Seras.

Zarrinpour, the sophomore heavyweight, pinned Adam Montgomery in the closing round of a non-conference battle with American University on Friday night at the Pitt Center.

The pin was impressive, seeing that Sacred Heart trailed entering the final match. From the start Zarrinpour was determined, manhandling his opponent, who was a clear underdog, and in the

end producing the pin that would give his team a victory.

In the early goings Sacred Heart capitalized on American Universities shortened staff by scoring forfeits in the

and Chris Stout of American. It ended in a major decision for Fendryk who wrestled aggressively to get the win.

Sacred Heart could not overcome the third best wrestler in the country in

sion over Pioneers Andrew Silber (freshman, Scotch Plains, NY) for American University at the 174 pound weight class and Tyler Flatt followed with a decision over Sacred Hearts Dan Keefe (senior, Salem, NH).

Josh Glenn recorded a pin for American University over Pioneers Declan Josephson (Sophomore, Port Chester, NY) before Zarrinpour took matters into his own hands for the final bout.

"It was a good win for us, we were struggling the last couple of matches. Army handled us pretty well last match and even though the score was 22-21 it was nice to get a come from behind win," said Seras.

Sacred Heart improves to 5-8 overall with the win and will play next at Harvard on Friday Feb. 11 at 6 p.m.



The Spectrum/ DANYA JIMENEZ

Two forfeits and Jesse Fendryk's major decision opened the door for Payam to steal a big win for SHU.

125 and 141 pound weight classes. Tom Kniezewski then struck first for American with a decision over Sacred Heart's Tony Hayes (freshman, Danbury).

Sacred Heart countered with a hard fought battle between Jesse Fendryk (sophomore, Greene, NY) of Sacred Heart

Muzaffar Abdurakhamanov who scored a tech fall against Pioneers Sherwood Fendryk (sophomore, Greene, NY). Abdurakhamanov's record improves to an impressive 17-1 overall in individual match play.

Daniel Waters scored a major deci-

Women's Hockey Pad Starts with Big Win

Travis Flynn
Staff Reporter

The Sacred Heart women's hockey team recovered from a disappointing defeat on Friday to devour Massachusetts 6-0 on Saturday afternoon at the Milford Ice Pavilion.

"We came out to play our game and took complete control," said SHU goaltender Stephanie Boulay (sophomore, Anchorage, AK). "We dominated the entire time."

The barrage of goals included a high-light reel end-to-end rush by Jessica Felt (junior, forward, Killingworth) that produced Sarah Turbert's (junior, forward, Norwalk) second goal of the day.

"Jessica took the puck down the right side and made an incredible pass to Sarah, who was speeding into the zone stick back, ready, and fired one home low stick side on the UMass goalie," said Boulay.

Sarah Perry (freshman, Sudbury, MA) recorded the shutout, stopping everything that came her way.

The victory was vital to SHU's morale after an anticlimactic loss Friday to the Colby College Mules.

The stars were aligned Friday afternoon for the visiting Mules when outside



The Spectrum/ DANYA JIMENEZ

Michelle Panella battles for control of the puck in front of the opponents net. She leads the team with 13 goals since the beginning of January.

distractions frustrated SHU. A pre-game ambulance visit, late referees, and a broken stick drew the Pioneers' attention away from their main objective.

Sacred Heart started the first period on their heels, trapped in their zone for the opening two minutes, forcing Boulay to

make two difficult saves.

SHU recovered from their sluggish start and struck first thanks to a far-post slap shot from Felt.

"When I saw Devon Gaslin (freshman, Augusta, ME) shoot, I was ready to go in for the rebound, but then it deflected

off their player," said Felt. "I knew the power play was winding down, so I just got a quick shot off."

Colby answered back in the waning minute of the first period. Their star forward Heather Devito had time to receive and let go an uncontested snapshot from the slot after all six Pioneers collapsed deep into their zone.

Boulay was solid between the pipes and made 13 of her 28 saves in a wild second period.

"As a goaltender, it is always difficult to maintain focus in a game that is back and forth so much," said Boulay. "However, that is part of the challenge of the position and I choose to thrive on that and use it to my best advantage."

The teams remained deadlocked at 1-1 until a late power play goal gave Colby the advantage.

The Mules crashed the goal and Felt was assessed a questionable penalty amidst the traffic in front. Devito found a hole in the slot on the resulting power play and released a scorching one-timer.

Colby added another goal in the final minute of their 3-1 victory.

♦See "Panella..." Page 14