

Reverend Al Sharpton Speaks at SHU

Ariane Rasmussen
Contributing Writer

Many of SHU students were skeptical about Reverend Al Sharpton being the main speaker for Black History Month on Feb. 1 addressing "Remedying Social Apathy." Yet, in a matter of words, this skepticism was turned into admiration and motivation for most of those who saw his "thought-provoking" and "action-initiating" speech.

Jackie Ford, (junior, Hicksville, NY) said, "It was not what I was expecting at all. It was extremely moving."

Perhaps, Ericka Ventura's (freshman, Middle Village, NY), initial thought best showed the change Sharpton ignited in students, "I had formulated an opinion about Al Sharpton based upon the opinions of my family which were of an opposition to him. I was pleasantly surprised by how much I actually agreed with the Reverend."

Using a sarcastic humor that greatly appealed to the audience, Sharpton covered a broad spectrum that ranged from motivating students into taking the initiative to make changes to education, health, and dealing with the crisis we are facing today.

Sharpton's opening statement best summarized it all, "I think there's never a more appropriate time in the history of this country to encourage young people to be involved than now. We're in the midst of a seemingly unending episode in Iraq, in the midst of a president taking a second term, and we are on the brink of the Democratic Party preparing itself for new leadership. But in the midst of all of these are issues

that are important to be discussed with young Americans and students – the need to be involved and the need to not live a wasted youth in a way that is apathetic when [young adults] are the ones who



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will have to live by the results of these policies."

The audience for such a renowned speaker varied from parents and faculty

members, to SHU students, high school students, and media-related attendees.

Margaret Graham, a senior at Sacred Heart Academy, said, "He definitely made me think a lot more about the reverse



The Spectrum/ DANYA JIMENEZ

in the ways that we should go about in making changes in our community by not being bystanders or perpetrators. He reminds us to take on large grounds, but take it in steps and to make minor changes before we try to make larger ones."

Another Sharpton trait that caught the eye is his honest interest in helping others. He took the time to answer many questions from the audience and to try to help people solve their problems in the best way possible.

Ventura said, "He is passionate and has his heart in the right place, but still is willing to hear the opinions of others."

When it comes to the highlight of the night, Vivian Eison from Bridgeport, said, "I thought that the most important moment was when he addressed what students can do and talked about the worst scenarios when there's nothing to say when you die because you haven't lived a life of productivity, or haven't given anything back. Don't just give lip service – make things happen."

Bobby Ramos, Radio Host at West Haven for Bottom Line, gave the perfect description of Al Sharpton, "This guy is honest, opinionated, courageous, and raw when he needs to be. Unlike most politicians, he has less game and is more real and that's why a lot of people find him confrontational. The one thing I would say to him is that if he is going to run for president he better get in a little bit of a better shape because a black man as a president will have to move a lot. He will have to be able to run, duck, and dodge. I don't think this country is ready for a black president yet, but if we do get one, he better be in shape."

Car Hits SHU Student

Jennifer Motisi
News Editor

Everyone has done it. Drivers misjudge the length of time of a yellow light. Pedestrians cross the street quickly, not noting how fast a car is driving past them. Luckily, most of the time, after some angry looks and choice words, an accident is avoided. But, last Wednesday, one SHU student wasn't so lucky.

A little before 8 a.m., Public Safety received a report that a pedestrian motor vehicle accident occurred near the front entrance to the University. Public Safety arrived at the scene and administered medical attention to the student until further help arrived.

In a statement issued by Jack Fernandez, Assistant Director of Public Safety, he stated, "The student pedestrian was walking through the driving lane when the accident occurred. 911 was called and the student was transported to the hospital with a lower back injury via ambulance. Fairfield police arrived on campus and investigated the accident."

While the student was left relatively unharmed, crossing the street is still a concern for some students.

Stephanie Boulay, a sophomore from Anchorage, AK, does see some dangers in crossing the street from North Hall. Boulay said, "I honestly see crossing the street from North Hall to the main academ-

ic building like a game of Frogger. You are constantly dodging cars even in the designated cross walk. The other main problem I see is that numerous North Hall residents have their parking decal to North Lot parking, therefore there should be a cross walk down by the intersection of Park and Old Town roads. Lights along the street would also be helpful especially seeing as numerous kids cross the street in the middle of the night when it's dark out."

For some North Hall residents, crossing the street isn't a problem. Kelly Nolan (sophomore, Nyack, NY) said, "It's perfectly safe as long as people don't run out in front of cars. It's pretty logical."

Lauren Black (sophomore, Attleboro, MA) agreed, stating, "I think the situation they have now is the best they can do. There really aren't any dangers as long as people look both ways before they cross the street! The only problem is that when it snows they don't shovel the sidewalks along Park Ave. or at least they do a very bad job at it."

In his statement, Fernandez said, "For the University community safety, we are encouraging everyone to utilize the crosswalks on campus. We also ask that everyone obeys the speed limit of 15 miles per hour and the traffic rules."

Hopefully more students will be careful when driving and crossing the street, and accidents like this can be prevented in the future.

Troops Respond to SHU Students

Diana Muniz
Staff Reporter

"It was really cool to hear back from them and hear what they are doing. I never thought something so small would be so meaningful to them, but they all were so thankful for the letters." These were the words used by Lyndsey Price (sophomore, Ocean Township, NJ) to describe the experience she encountered with American soldiers stationed in Iraq.

Lyndsey is one of 12 SHU students who cooperated with a National organization called the Asbury Park Rotary Club in New Jersey. This organization is made up of women and men from different businesses that do different services and good deeds, such as, Salvation Army, scholarships, and the Tsunami relief fund. Lyndsey's father, Tom Price, is a member of the organization along with a man by the name of John Everson. Everson has a son-in-law over in Baghdad; through him Price gave 12 SHU students the names of soldiers. These soldiers were either not supported by their families or had little or no family, and

would probably not be receiving anything over the holidays.

Price asked classmates living in her North Hall suite if they would write letters to the soldiers. They did, and since the beginning of January they have been receiving emails and written letters back. Along with letters, the girls sent a bag filled with goodies containing twizzlers, crystal light packs, soups, slim jims and different types of candy.



Contributed Photo/ LINDSEY PRICE
Craig with his night vision goggles, one of the soldiers who have kept communication with Sacred Heart students.

Most of the things said in the letters to the soldiers where things like, "Thinking about you over the holidays," "We appreciate everything you guys are doing for us," and "When are you coming home?"

One of the letters received by the students was of Sergeant Craig Mount of the 1st Squadron, 7th United States Cavalry; sent Friday, Jan. 14. Mount is from Houston, TX, and joined the army after

CAMPUS NEWS

SHU Professor Appointed 2005 Greene Lecturer Tsunami Efforts

Brad Holland
Staff Reporter

On April 1, Dr. Pam Levangie will represent Sacred Heart University as Springfield College's (Springfield, Mass) Greene Lecturer for 2005.

Levangie, a well-known and respected professor of physical therapy, was nominated and selected to present by the faculty of the Department of Physical Therapy at Springfield College. The position as Greene Lecturer is a very prestigious honor, and Julia Chevan, associate professor of Physical Therapy at Springfield College feels that Levangie is an excellent fit.

"Dr. Levangie was selected as a scholar with a record that includes published research, textbook publication and an important role in the APTA [American Physical Therapy Association] Section on Research," said Professor Chevan.

The lecturers are designed to act as both a forum for discussion and a way to trade knowledge and information in a formal setting. "The lectures have provided

students and faculty alike with different perspectives on the role of research and the researcher in physical therapy," said Chevan.

The Greene Lecture is an annual event sponsored by Springfield College. Each spring, the lecture series gives students and faculty a chance to hear a talk from a noted researcher in the field of Physical Therapy.

The format for Dr. Levangie's presentation is left primarily up to her. Each presenter is asked to "Tell his or her story" about the path to becoming a researcher, and discuss his or her current research plans, results, and intentions for dissemination. This informal structure allows for an uninhibited exchange of knowledge and information.

In addition to her lecture, Dr. Levangie will get together with Springfield College faculty or small student groups to further the cause of Physical Therapy. These meetings have traditionally been quiet, informal affairs where the presenter and the group share insights, discuss problems and talk about physical therapy: the relaxed nature of the meetings encourages discussion.

Mike Emery, chair of the Physical Therapy department at SHU, is excited about the Greene Lecture. "Dr. Levangie is indeed among great company in the profession in being selected for this lectureship. This is a real honor for her and for Sacred Heart University," he said. "The Springfield College Physical Therapy faculty is a very professional and congenial group."

More information on the Greene Lecture series (or physical therapy in general) can be gained from the American Physical Therapy Association's website at

www.Apta.org.

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The American Red Cross offered Omega Phi Kappa another challenge - to raise one thousand dollars to aid with the Tsunami.

Fraternity historian Sylvester Kaar (Hayward, CA), states, "We, as a fraternity, plan to take on the challenge presented by the Red Cross. We plan to execute the task of raising money for the Red Cross by working with other organizations on campus."

For those who, as put by Kaar, so "Gracefully donated money as they passed between the halls," there are no words to describe how much a little will contribute at the end and how thankful everyone is for the support.

Dean Walker describes Sacred Heart's community best, "It's wonderful that all the student-organizations at SHU are committed to doing service. They just do so much and I am really proud that they are able and willing to do it... There are all kinds of ways where students can be involved and reach out to those communities and just leave something lasting. I encourage them to continue to do what they are doing."

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CAMPUS NEWS

Early Major Declaration, Important Responses from Troops

Emily Grayson
Staff Reporter

A very important event that occurs every year at Sacred Heart is the Majors Fair and Declaration night. This year it will be held on Thursday, Feb. 10 from 5 to 7:30 p.m. in University Commons.

This year things have changed however as the Office of Academic Advisement has started to encourage freshmen to declare their majors during freshman year as opposed to the old way of declaring a major by the end of sophomore year.

"It is important to connect the freshmen from the beginning to their department," said Frances Collazo-Curtis, Director of Academic Advisement. The goal of getting the students to declare a major freshman year is to get them involved with the department for their major from the beginning so that they can have more information about it and can get their requirements done early on as well as learn about valuable internships.

Getting involved in the department of their major from the beginning, it will also help the freshman get acquainted with their advisor sooner rather than later. Dean Bozzone, the Assistant Dean to the College of Arts and Sciences stated, "We are trying to get the freshmen who are ready to declare earlier so they can get advice from

their major advisor from the beginning."

At the Major Fair, there will be faculty members from every department present to answer questions and to help students with any concerns that they have about choosing a specific major. Representatives from the Career Development office will be there to help as well. This gives students a good opportunity to walk around and gather information about various majors.

There will be sheets available at the fair to declare a major as well as undecided forms that will be available to students who don't know what to declare. "We don't want students to feel pressured into making a decision, we just want to help facilitate them to make the decision earlier," Dean Bozzone said.

After the fair, there will be forms available in the Academic Advisement Office in SC 128 and students can stop by anytime. Also, in each department, there is a Department Liaison which is a new development this year. There is one person designated in each department that freshmen can go to so they can get a better idea of what that specific major is about.

"Having students declare early in their career is a great way for students to get involved with their major from the beginning and their freshman advisors can step back and focus more on general issues," declared Dean Bozzone.

Continued from Page 1

Sept. 11, leaving college early. Mount has plans on being a fulltime student in a year when he is done with his contract.

"There are times when it is very difficult to maintain the perspective of what we are doing, I question my actions on a daily basis but after ten and half months of combat a man can learn to live without as much second guessing of his actions. The only thing I can say about this place is that service members seem to do remarkable things under the worst conditions and for the most part find a way to make some peace with it," said Mount.

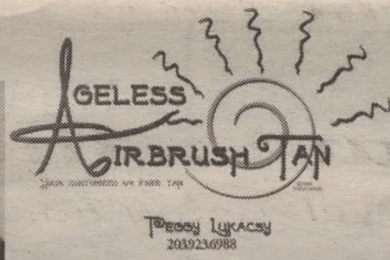
"It also brings to the light a very real feeling of the world around us, there are true dangers, there are real victories and defeats, the best laughs shared with friends and the most honest tears as well. Everything is amplified, emotions, senses, instinct and reactions. The world seems more alive and busier but it has the moments when it feels so peaceful and quiet, when you really notice that it's going to be a quiet night without gunfire or explosions and the only thing left to do is enjoy the peace. We all have anger and contempt for our enemies, but we also have pity and mercy for those who can't

help themselves," continued Mount.

The soldiers are thankful to the 12 students who dedicated their time and effort to support them.



Contributed Photo/ LINDSEY PRICE
(Above) Riding a christmas sleigh.
(Bottom) The group at the waiting room.



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CAMPUS NEWS

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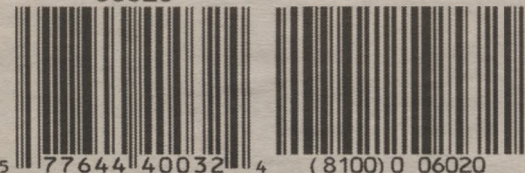
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Encounter of a Lifetime

Kayla O'Brien
Contributing Writer

This past weekend, a group of about 33 Sacred Heart students took a break from the chaos of typical college weekends to escape to the serenity of the Encounter with Christ retreat. The candidates met at school at 6:30 p.m. on Thursday evening, and arrived at the monastery by 8 p.m. to begin their experience of a lifetime.

"This weekend we stayed at the Spiritual Life Center in Monroe, which is a monastery," said retreat coordinator Kerin Fullam (junior, Sayville, NJ).

For 15 years, Sacred Heart students have been attending the weekend-long Encounter with Christ. Each year the students are notified through emails and at mass about the Encounter and everyone is eligible to participate. Applicants simply fill out an application and pay a fee of \$35 to help pay for the weekend's accommodations. This year, 20 students attended for the first time, accompanied by about 13 team members and members of Campus Ministry. "The retreat is a nice opportunity for students to get away from the craziness of their personal lives as well as school and other things," said senior Kathleen Conger (Seaford, NY), assistant coordinator.

"It is an opportunity for students of all religions to either establish a connection with God or strengthen one that already exists," said Fullam. During the course

of the weekend, students listened to talks from their peers, as well as faculty and staff members that they may come in contact with on campus. After a series of ice breakers and other bonding activities, the participants learned new ways of praying in addition to being taught new songs. Friday and Saturday were filled with talks, song sessions, meals, a penance service, mass, and free time as well.

"You meet amazing people and amazing friendships come out of the weekend where you were only strangers a few days before," said Conger.

Throughout each of the activities, "There was an emphasis on finding or connecting faith within your own personal life. However, if someone was uncomfortable with any of the activities, they were not forced to participate in any of them," said Conger.

During the weekend, "Your mind and ways of thinking are broadened immensely when you listen to the talks/testimonies and really reflect on your own personal life. Overall, the Encounter was another success...as it always is," said Conger.

"The Encounter can be summed up in one word – magic," said senior Bethany Buco (Warwick, RI). "Encounter has been by far one of the most rewarding experiences I have had in my four years at SHU. Words cannot even begin to describe the community that we built together this weekend."

SHU Reaches Out to Tsunami Victims

Ariane Rasmussen
Contributing Writer

At times when natural disasters occur, it is important to focus on how to help people smile a bit rather than on how to mourn tragedy. This is what the brothers of SHU's Omega Phi Kappa did.

Over a three-week span, they raised over \$400 to aid with the Tsunami Relief by setting up a table in front of FLIK from 11 a.m. to 4 p.m. where they asked students to donate to help those affected by the catastrophe.

On Feb. 3, a check was presented to Dean Walker, Dean of the College of Education and Health Professions and American Red Cross representative for SHU, by Omega Phi Kappa's President Greg Maurice (senior, Snellville, GA).

American Red Cross Director of Major Gifts, Patricia M. Scharr, CFRE, was in turn presented with the check by Dean Walker.

Scharr said, "100% of the funds raised will be forwarded on to the American Red Cross International Response Fund, with a specific designation for South Asia Earthquakes and Tsunami relief. That money will be used to provide food and

safe water, healthcare and disease prevention (for example measles vaccinations), immediate family supplies, mental health counseling, and disaster preparedness and prevention capacity building in the affected countries."

Thankfully, society's compassion is being displayed not only at Sacred Heart; Scharr added that "On Jan. 26, the International Federation of Red

Cross and Red Crescent Societies announced that the \$1.2 billion pledged by people across the globe is sufficient to meet the costs of the entire Red Cross and Red Crescent Tsunami Relief program. As of Feb. 3, our national organization has received

pledges of \$283.4 M of which \$205.1M has been received."

It is little by little that great goals are achieved as emphasized by Maurice, "Even though we did not raise a million dollars, what we raised will still make an impact. Step by step, the problem will be solved."

♦See "Tsunami Efforts," Page 2



The Spectrum/ ARIANE RASMUSSEN
Omega raised \$400 for Tsunami aid.

BEYOND SHU

Popular Diets Tout New 'Good Carb' Government Advice

Libby Quaid
Associated Press

WASHINGTON (AP) - Interested in following the government's new advice on what to eat? Advocates of the South Beach and Atkins diets want you to give their approaches a try, saying they're not all that different from the official recommendations.

However, both popular low-carb diets omit the government's top recommendation: Count calories.

Atkins and South Beach both insist that people eliminate most carbohydrates — pasta, bread, rice and even fruit — in the initial phases of their diets.

But that's just for the first two weeks. After that, it's all about choosing "good" carbohydrates: veggies, some fruits and whole grains. And that is what the new guidelines advise.

"I think the government really got it right this time," Arthur Agatston, the cardiologist who created the South Beach diet, said in an interview with The Associated Press.

"The public has been so confused, with the initial lowfat message, and the plain low-carb message," he said. "Now they really should be getting a single message of good carbs, good fats, lean protein and fiber."

A good-carb diet, not a low-carb one, is how Agatston describes South Beach.

People surfing the Atkins Web site will find a new article on how the program fits the dietary guidelines.

"The Atkins maintenance program, once people achieve their goal weight, is very consistent with the recommendations," said nutritionist Colette Heimowitz, vice president of education and research for Atkins Nutritionals.

Even in the strictest phase of Atkins, she said, some of the new government recommendations can apply. For example, in the first two weeks, people on Atkins are supposed to eat 4 cups of salad a day. The new government recommendation is 2 1/2 cups of vegetables each day.

The virtue of Atkins or South Beach, however, was not the message intended by those developing the government guidelines.

Their top recommendation for losing weight was to cut calories, advice you won't find in either diet plan.

"That's the No. 1 message, calories count, and then when you're counting calories, get the most nutrition for those calories you're consuming," said Eric Hentges, director of the Agriculture Department's Center for Nutrition Policy and Promotion. "I'd be cautious with the idea that there

would be some sort of endorsement. There will not be."

The guidelines are being used to update the Agriculture Department's familiar food guide pyramid, which is due out this spring.

The panel of scientists and doctors who developed the 41 recommendations in the guidelines took a neutral position on whether people should follow popular diets.

"I don't think there are enough long-term studies showing if there is any side effect to being on these diets long-term," said committee member Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "The bottom line is that calories are what really count."

Yet on the day the government unveiled the guidelines, the low-carb diets got an unexpected boost from departing Agriculture Secretary Ann Veneman, one of two Cabinet officials who oversaw creation of the new guidelines.

At a news conference, Veneman said people should look beyond the first two weeks of Atkins, South Beach and other diets at their plans for maintaining weight loss.

"They're very consistent in many ways with the dietary guidelines," she said. "Eat a lot of fruits and vegetables,

eat whole grains, keep fat low. And more and more, you see these very consistent messages coming also out of a lot of the popular diet programs."

Low-carbohydrate diets are notorious for those first two weeks, which are designed to curb food cravings by stabilizing blood sugar. They require eliminating food that many people say they can't live without: bread, pasta and rice and sugars like those in candy and alcohol and even fruit.

There are many differences in the two approaches, but in each, people are allowed to slowly add carbohydrates back into their diets.

Some think enthusiasm for the diets has peaked. Harry Balzer, who analyzes food trends for NPD Group, a marketing firm, said its surveys show that people who say they are on low-carb diets has dropped by more than half in the past year.

By far the most popular diet is "my own diet," Balzer said, adding that his research shows that about one in four Americans view themselves as being on a diet.

"People take bits and pieces of a diet and incorporate it into their lifestyle," he said. "Not everybody grabs an entire diet and says I'm going to change immediately forever."



National and Global News

WASHINGTON (AP) President Bush proposed a \$2.57 trillion budget Monday that would erase scores of programs and slice Medicaid, disabled housing and many more but still worsen federal deficits by \$42 billion over the next five years. In one of the most austere presidential budgets in years — one that faces precarious prospects in Congress — Bush would give nine of the 15 Cabinet-level departments less money in 2006 than they are getting this year. Overall, he would cut non-security domestic spending — excluding automatically paid benefits like Medicare — by nearly 1 percent next year. Bush said it was the first such reduction proposed by the White House since President Reagan's day.

SHARM EL-SHEIK, Egypt (AP) Israeli and Palestinian leaders said they will declare a formal end to more than four years of fighting during a summit Tuesday in this Egyptian resort — a breakthrough in Mideast peacemaking that comes after both sides also accepted invitations to meet separately with President Bush at the White House. The cease-fire deal, finalized during last-minute preparations Monday on the eve of the summit, was the clearest indication yet of momentum following Yasser Arafat's death, the election of a new Palestinian leader and a

signal from the White House that it plans a renewed push for peace.

CAMBRIDGE, Mass. (AP) Defrocked priest Paul Shanley, the most notorious figure in the sex scandal that rocked the Boston Archdiocese, was convicted Monday of repeatedly raping and fondling a boy at his Roman Catholic church during the 1980s. The conviction on all four charges gives prosecutors an important victory in their effort to bring pedophile priests to justice for decades of abuse at parishes around the country.

BAGHDAD, Iraq (AP) A Kurdish ticket pulled into second place ahead of U.S.-backed Prime Minister Ayad Allawi's candidates in Iraq's national election after votes were released Monday from the Kurdish self-governing area of the north. Insurgents struck Iraq's security forces with suicide bombs and mortar fire, killing more than 30 people. First election returns from the Sunni heartland confirmed on Monday that many Sunnis stayed away from ballot box, leaving the field to Shiite and Kurdish candidates. A Shiite-dominated ticket backed by the Shiite clergy leads among the 111 candidate lists, with a final tally of last week's election for a 275-member National Assembly expected by week's end.

Connecticut News

Cara Rubinsky
Associated Press

He's a blue-eyed ex-convict, a baby-faced junkie with the face of a teenager. She's a tall blonde with the high cheekbones of a supermodel but a similarly checkered pedigree.

Blamed in a string of robberies that left three people dead, Christopher DiMeo and girlfriend Nicole Pearce cornered Friday in a seedy motel room on the Atlantic City casino strip — appeared in court Monday, agreeing not to fight authorities who want them in a pair of fatal holdups in Connecticut and New York.

Standing before Superior Court Judge Albert Garofolo in separate proceedings held one after the other, the two 23-year-olds were a study in contrast: Pearce nervous and distraught, shaking her head from side to side as she was escorted into court, then appearing to wipe tears from the corners of her eyes; DiMeo appearing stoic but attentive as charges against him were read.

The two, who entered no pleas and face no charges in New Jersey, will be returned to Nassau County, N.Y., on Tuesday, where they are suspected in a \$100,000 robbery in Glen Head, N.Y., in which jeweler Thomas Renison was shot to death.

Pearce is charged with murder and burglary in that heist. DiMeo, who was arraigned as a fugitive and sought for a parole violation, will be charged with murder in the Dec. 21 slaying of Renison, according to Detective Sgt. Herbert Daub of the Nassau County Police Department.

DiMeo is also suspected of killing a husband and wife, Timothy and Kimberly Ann Donnelly, in their Fairfield, Conn., jewelry store in a similar robbery last Wednesday.

DiMeo and Pearce are being held without bail pending their return to New York, authorities said.

Fairfield police expect to charge DiMeo and his girlfriend with the Fairfield crime by the end of the week, said Sgt. Ed Greene.

On Sunday, police in Nassau County, N.Y., arrested DiMeo's mother, Maryann Taylor-Casey, 40, of Hicksville, N.Y., on murder and robbery charges in the Renison case. She allegedly acted as the getaway driver.

Although close to \$300,000 was reported taken in the four jewelry store robberies, the suspects netted far less, authorities said.

"In the world of drug addicts the jewelry does not maintain its value. They probably got rid of it for whatever they could get just to get more drugs," Farrell said.

Nearly 190 miles away from the New Jersey courtroom where DiMeo and Pearce appeared Monday, mourners remembered the Donnellys at their funeral at St. Augustine Cathedral in Bridgeport, Conn.

"Like everyone, I'm shocked," Bridgeport Roman Catholic Bishop William Lori told reporters. "It's hard to understand what motivates someone to murder a perfectly innocent couple, and yet God has given us freedom to use it for good or evil. That happens all the time in our world, people misuse their freedom."

Perspectives

Valentine's Day is Here ...for Better or for Worse

Alison James
Contributing Writer

Like all the holidays, Valentine's Day has become a commercial event with stores pushing everything from heart-shaped chocolate to red and pink socks. But as annoying as it might be to walk into a mall the day after New Year's only to find Cupid and his arrows pointing directly at you, all of the holidays give us a chance to do something a little different with our lives - they break up the monotony and allow us to reflect.

Think about the routine nature of what we do every day. The weeks seem to blend together. At times, a day is more memorable when something bad happens: a difficult test, a bad breakup, an embarrassing moment. The holidays give us a chance to remember the people and events of our lives in a positive way and allow us to forget the negatives.

If you dread Feb. 14th because you don't have that special someone in your life, remember this: It might seem as if everybody around you is in love, as if birds are flying overhead in twos and even the nerd in your lecture has a girlfriend, but the reality is that most people go it alone, with friends, on Valentine's Day and you can too.

Don't lose sight of what this holiday



is supposed to be about -- love, celebration, and all those cheesy but important things we push aside because we're so busy. Take time to enjoy the day in a unique way, and make it one to remember.

* Send everyone you care about a card - your mother, your father, your annoying sister, or a friend from high school you have lost touch with.

* Take time to remember what you did on all the Valentine's Days past, and take stock in how far you've come

instead of thinking about how much further you have to go.

* Plan a party with friends and leave the significant others behind for the day. They'll probably be thankful you took the pressure off them.

* Take the opportunity to show yourself a little affection. Sleep in, eat junk food, pretend you're sick and skip the stuff you hate.

* Have a little fun. Stick that ex's photo on a pink piñata at the party and give it a swing. He'll never know.

And just remember, for every person you look at and think "She's got it made this Valentine's Day with that hot boyfriend," there's someone looking at you thinking the same thing. That's because you DO have it made. Take time to remember all of the reasons why your life is amazing this Feb. 14th. Love yourself a little, baby!

Alison James is the author of the hit breakup survival guide entitled "I Used to Miss Him...But My Aim is Improving." Her new book is entitled "The 10 Women You'll Be Before You're 35" and hits bookstores in April 2005. You can find out more about Alison and her work by visiting <http://www.improveyouraim.com>.

Controversy On Death Penalty

Juliana Rizzo made a good point, within her article's title "Should the Death Penalty be Restored in Connecticut," published on Feb. 3, 2005.

The death penalty was restored many years ago in Connecticut, but only execution makes it real. So, Ms. Rizzo's point is well made. Absent execution, a death sentence is a life sentence - the sentence rejected by the jury in Michael Ross' case.

I believe that Ross is a totally self absorbed serial rapist/murderer, that was either never going to go forward with his execution - he can stop it at any time - or he would allow the execution, based upon his weariness of death row.

I believe that Ross has no compassion for either his victims or their survivors. Ross is only about one thing...Ross.

I hope I am wrong.

I agree with Bishop Lori that we should carefully consider the death penalty. Many of us believe that it is a just punishment. 81% of thoughtful Connecticut citizens agree that Ross' execution should not be stopped.

We also know that we are safer with the death penalty. First, none disagrees that living murderers are more of a threat than are executed murderers. Secondly, there is not one negative consequence that doesn't act as a deterrent to some. The death penalty is not an exception - seven recent studies all find for a deterrent value of the death penalty.

So, Ms. Rizzo, you will be safer with Ross executed.

Respectfully submitted,
Dudley Sharp, Death Penalty Expert.

The SPECTRUM

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Photographer's Pick



The Spectrum/ DANYA JIMENEZ
Expired parking meters in Danbury, CT.

"Standing O" for those who participated

Dear Editor:

Bravo, Kudos and a "Standing O" for all those who had a hand in the opening night ceremony which launched Black History month. From the anthem to the poetry to the honoring of "Pop" to the Reverend Al Sharpton's presentation to the articulate responses of students during the Q and A... the evening was wonderful. To those who missed it... you really missed it!

Thanks to all who helped provide the experience.

Sincerely,

M.S. Calabrese, Ph. D.

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.

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

Office Phone: 203-371-7963
Advertising Line: 203-371-7828
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He Said... She Said...

Valentine's Day...

Just How Important is it?

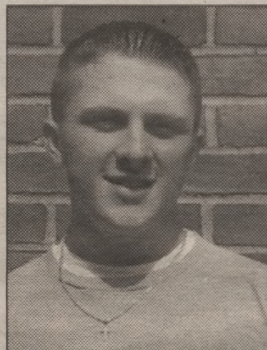
Robert Roy
"He Said" Columnist

Valentines Day means different things to different couples and its significance will vary with each relationship. There are only two arguments I have against Valentines Day.

First, the day has become overly commercialized and could be called the Hallmark holiday. Jewelry, perfume and chocolates have become the focus of the holiday while love and romance have lost their importance. Couples need to remember that it is not about gifts and presents; it is about the celebration of love.

Secondly, if a couple is in love and devoted to each other then they should not need a designated day to be sweet and romantic. A successful relationship takes work and effort from both sides. Each person should be putting in this kind of effort on a regular basis not just on an annual holiday.

However, if she wants Valentines Day to be a big deal, then it has to be a big deal, because lets face it, a happy girlfriend will make a happy relationship. She deserves it for all the great things she has done for you. This is an opportunity to show



The Spectrum/DANYA JIMENEZ

her how much you care and how much she means to you.

Furthermore, it is an opportunity to celebrate your relationship. Year round a couple puts in countless hours working at and fortifying their relationship and this a day to celebrate that success. Both people deserve this celebration because maintaining a successful relationship is hard work.

Overall, couples should celebrate their love and show their feelings year round not just on a holiday. Commercialization of the holiday should be avoided and remember that the focus should be your significant other not the gifts. Show you girlfriend or boyfriend that you love them and build strong bonds year round and on Valentines Day.

Athena Soriero
"She Said" Columnist

Valentines Day is a day that can easily be claimed to have been invented by Hallmark. Or, as the average male would agree, by the very needy, greedy female race. Valentines Day used to mean eating cupcakes with pink frosting and heart shaped sprinkles on them while sifting through the little box on your desk filled with Power Ranger and Aladdin valentines with heart shaped lollipops attached from your class mates. It also might have meant getting the classic Russell's Stover chocolate heart from your parents. It wasn't until after puberty hit that we realized cute, sweet, innocent little cupid had transformed into a demonic baby. What was once a chocolaty sweet tart heart message filled day that we all once loved has transformed into a day that is no longer sweet but very bitter.

If you're a girl the only way V-Day causes bitterness is if you're single and surrounded entirely by couples or you've just broke up with your cheating boyfriend. To a guy V-Day means frantically looking to sell books and FLIK dollars to fund...the fifty dollar bouquet of long stem roses you had delivered to the girlfriend(which will die in a week), along with a



The Spectrum/DANYA JIMENEZ

twenty dollar box of Godiva truffles (which she won't eat), attached to a teddy bear (she'll throw out), as well as a gift and card filled with a corny love letter (you copied out of another card) to give her at the expensive restaurant you have to take her. Or perhaps out of both laziness and lack of funds you've strategically planned a break up on the 13th (with intentions of a makeup on the 15th). In any case there are plenty of reasons why Feb 14th is despised by many.

However, this shouldn't be the case. Valentines Day is not a day reserved strictly for lovers. It's a day of love. It's a day to let everybody know how much you love them. Take the time to give flowers, candy, and tiny little cards to friends, family, co-workers, FLIK employees, and the wonderful women who clean your dorm... they deserve to know you love them!



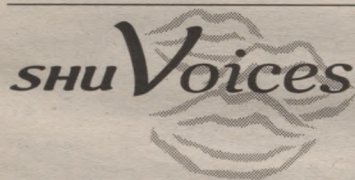
Wednesday, Feb. 2, 2005, the Senate welcomed a new class of 2006 Senator. Athena Soriero was sworn into the Student Government Senate by Dave Macala, Student Government President. The class of 2006 will also be appointing a new member to the position of Senator and will be sworn into Student Government in the near future.

As it is a known characteristic of the end of the academic year, amendments are flowing to the Senate. A hot topic in both Senate and Executive Board is the new proposition to have set meeting times for both of these governing bodies. Executive Board has proposed an amendment to arrange this to happen in the coming semesters. This amendment if passed will be added to the Student Government Constitution. The amendment is as follows:

"The Student Government Executive Board will meet weekly on Tuesdays at 9:30 a.m. The Student Government Senate will meet weekly on Tuesdays at 7:40 p.m. Should a graduating senior of the Executive Board of the Senate not be able to attend their respective meeting due to a required class needed for graduation, alternate arrangements may be made with the SG advisor. A twenty-four (24) hour notice must be given in a case when a special meeting is called. Only one meeting can be called to order within a 24 hour period."

This new amendment must be passed three times total in the Senate before it will become an amendment. Once it is passed for the last time it will take effect in the following semester, in this case being the fall of 2005. This new amendment will allow students to know what time their meeting will be before they run for the position and will make it so that the President of Student Government and the Vice President of Senate will not have to squeeze in a meeting time at inconvenient and ineffective hours. The Senate currently meets at 7 a.m. on Wednesdays, which prevents many guests from attending. Senate also tried meeting at 10:10 p.m. on Wednesdays, which also did not work out very well. Due to the addition of new Senators, The Vice President of Senate will be scheduling another new meeting time, being the third one this semester. With the new amendment these problems will no longer exist except in the case of a senior year student with possibly conflicting schedules. If/when this amendment is passed, it will ameliorate many future problems and create ease for incoming Senators.

- The article is contributed by:
Erin Maurer.

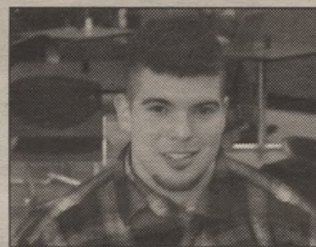


What was your worst Valentine's Day ever?



"I ended up going out with 8 girls who all they did was complain about not having boyfriends."

Robert Trenske
Naugatuck, CT



"I was the only kid in class who didn't get a Valentine."

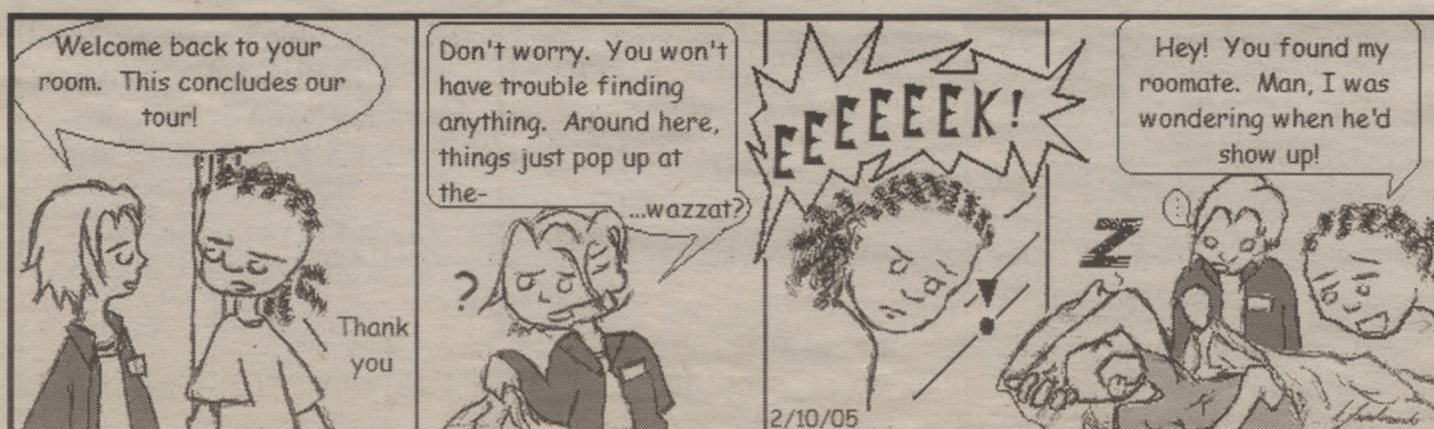
Bryan Cocco
North Hampton, MA ~ Freshman



"Every single one of them."

Susan Gabriele
Glen Cove, NY ~ Junior

The CARTOON of the week



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—

Hip-Hop, Dance Collide at Benefit Concert

Adam Kagdis
Staff Reporter



The Spectrum/ DANYA JIMENEZ

Anthem works their magic onstage by blending various genres of music.

On Wednesday, Feb. 2, a powerful dynamic and energetic benefit concert was held at the Sacred Heart University Edgerton Center to alleviate the harsh living conditions of the citizens of Haiti.

Haiti Lumiere De Demain presented a mixture of Hip Hop, Island Music, and Dance in an embracing environment for students to enjoy. Founded in Bridgeport as a non-profit educational organization to help the Haitian community's literacy rate, Haiti Lumiere De Demain also focuses on improving the educational facilities and quality of education in the rural and underprivileged areas of Haiti. In order to inspire the Sacred Heart community to help their cause, they put on a great show that had audience members clapping and dancing in their seats.

"The situation in Haiti is grim. Families are trying to live off of 380 dollars a year," said singer-songwriter host Drew Barnes.

Anthem, The Westhill High School Lady Vikes Drill Team, Nervous System, and E-Uneek each had their chance to wow the crowd. All came prepared to introduce the students to something new.

The whole crowd was "In tune with the sound of Anthem."

The lead singer's voice was a perfect compliment to the energetic island sound. They played two original songs and covered songs from artists Sean Paul, The Black Eyed Peas, and Sierra.

"Although the songs sounded familiar, Anthem brought their own personality to the stage," said Jonny Walker, a junior from Fairfield who was at the show "to see some interesting up-and-coming musicians."

The second act was just as powerful as Anthem but not as old. The Westhill Lady Vikes Drill Team stomped their way across the stage with the crowd cheering the whole time. Coached by Claudia Obas, the team timed every movement perfectly and looked like professionals in front of the encouraging crowd.

The most dynamic act, though, was Nervous System. Polarity Plus, Sol Storm, and Eclipse form the Bridgeport-based trio who talked about common problems faced by people today, including women's rights and the role of government. The group was fast-paced, original and raw and they got the crowd involved with catchy lyrics that had the audience singing as the next and final act prepared himself on stage.

E-Uneek is best known for his work as a disc jockey on HOT 97 in New York. He is also a strong believer that Haiti can help themselves get out of their deteriorating educational situation. At the show,



The Spectrum/ DANYA JIMENEZ

UMOJA members cheer on their favorite acts at the Haiti Lumiere De Demain benefit concert held at the Edgerton Center last Wednesday.

E-Uneek attempted to create a new sound that blends Haitian culture and language.

The main focus of the benefit concert was to help the citizens of Haiti live healthier lives and to improve their standard of living. A perfect conclusion for the show came from Barnes who said, "Without education we are not going anywhere. I have the ability to read and write, therefore I control my own destiny."

Open Mic Affords Students Five Minutes of Fame

Jacque Boothby
Staff Reporter

On Thursday, Feb. 3, Professor Greg Golda's TV Production I class hosted "Open Mic Night" in which any Sacred Heart student could perform their talent on the air. The acts, which ranged from comedy to acoustic stylings, were aired on Sacred Heart University's Channel 3.

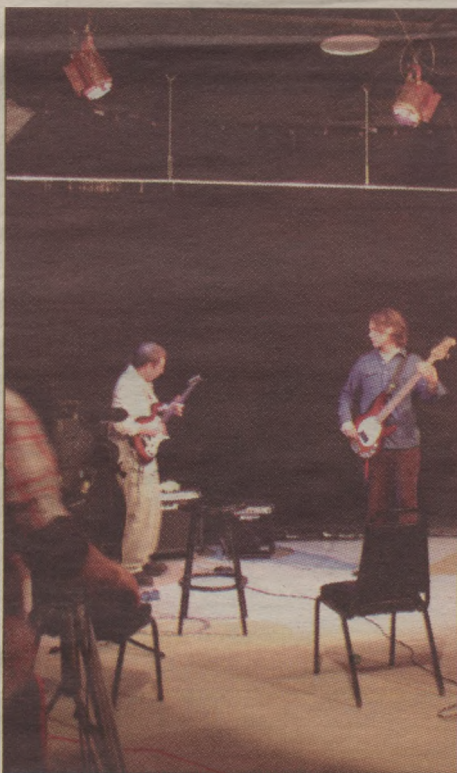
Besides Professor Golda the entire show was run by students. They controlled everything from the lighting to the camera work.

The first act, a stand-up comedy routine, was performed by senior Alex Kantarelis who was prepping back stage by drinking a Full Throttle energy drink and going over his jokes with his close friends. Seeing as how the show was going to be aired live, it made the atmosphere a little tense and nerve-racking for the performers.

The stage was set. The TV Production class opted for a plain black backdrop, which gave a very dramatic effect, and the only other props were a microphone for the entertainer and several chairs for the audience.

The "studio audience" went crazy as Kantarelis made his entrance onstage. When asked what kind of material he would be using for his comedy show Kantarelis replied, "All kinds of totally random things—everything from my parents to Destiny's Child."

Kantarelis is relatively new to stand-up, seeing as how he began only a semester ago for one of his media studies classes



The Spectrum/ JACQUE BOOTHBY

Silvestri and Lindgren practice their acoustic stylings before the camera.

at school. His first love is music. Over winter break, his band Youth Attack went on tour all along the east coast.

"I don't get nervous when I'm playing in my band, but for some reason I'm so nervous right now," said Kantarelis, who hails from Worcester, MA,

While Kantarelis's act proved hard to follow, William Silvestri and Eric Lindgren were equally liked by the crowd. However, instead of comedy, Silvestri and



The Spectrum/ JACQUE BOOTHBY

Studio audience looking with excitement.

Lindgren graced the audience with an acoustic performance of "Sneakin' Sally through the Alley."

"The way I look at it, a lot has already been done in the music world so I try to come up with new things," said Silvestri. "It's kind of like jumping off a cliff and not knowing if your going to land or not. But even if you don't land you can experience things that you never

would have before."

Silvestri and Lindgren met this year in the Sacred Heart Jazz Ensemble. Both have been playing the guitar for about eight years and can play various styles of music. They frequently get together and "jam" so that they can try to think up new, fresh ideas for the guitar scene.

With the creative energies of Kantarelis, Silvestri, and Lindgren, "Open Mic Night" proved to be an uproarious and entertaining success.

Be sure to look for other great projects from the students of TV Production I as the semester continues.

A spirited and fun-loving babysitter needed, ideally with a background in child education or child development, or, lots of younger siblings.

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LEGAL ADVERTISEMENT

'Boogeyman' Scares Up Fear at Box Office

Jenna Gray
Staff Reporter

Remember when you would lay awake at night because of "noises" in the closet? As a child did you ever think twice about hanging your feet off the edge of the bed? If you ever feared what was out there in the dark of night, the new film "Boogeyman" is sure to be worth a scare. From the opening scene until the credits are rolled, "Boogeyman" has audiences grasping onto the arms of their chairs.

The movie opens with Tim (Barry Watson) as a young boy. He is lying awake in bed, taking notice of every noise and movement in his dark room. Like many other children, he has heard stories of the infamous Boogeyman. This night, however, he is convinced the Boogeyman is lurking around the room. His father comes in to check all the possible "boogeyman hide-outs," such as under the bed and behind the curtains. After opening the closet door, though, Tim's father is sucked into the dark abyss, never to be heard from again.

After the terrifying first scene, audiences are thrown 15 years into the future. Tim is now a grown man who is still obvi-



AP Photo/Screen Gems/KIRSTY GRIFFEN

Tim (Barry Watson), emotionally traumatized by memories of terrible things he experienced in his bedroom as a little boy, tries to face his fears of a mysterious being that could merely be a figment of his imagination in "Boogeyman."

ously struggling with the trauma from his childhood. He continues to be haunted with thoughts of the boogeyman.

When his mother dies, Tim has to return to his hometown for her funeral. He decides to return to his childhood home to face the fears that taunted him as a child. Once again, he is convinced the boogey-

man is present in the darkness of the old house and attempts to confront the fears that are seemingly taking over his life.

Tim now has his own terrifying encounter with the supposed Boogeyman and is certain he is real. He is sent fleeing from the home but the Boogeyman haunts him where ever he goes. The creature shows

no mercy and takes Tim's loved ones one by one. Tim realizes that in order to stop the abductions of his family and friends, he will have to undertake an impossible task: seeking out the Boogeyman, to put an end to the creature's killing spree.

"Boogeyman's" storyline does not exactly make it the edge-of-your-seat suspense film that audiences may be used to. It also doesn't pack in the typical gore associated with the horror genre. However, "Boogeyman" doesn't need blood in order to be good. Rather, it preys upon the audience's very own childhood fears of things that go bump in the night.

"Boogeyman" is packed with genuinely spooky moments that will have you jumping out of your seat. For those who don't scare too easily, it may be better to save "Boogeyman" for a lazy night rental; but if you get freaked by noises in the dark or shadows at night, grab a friend and see this new thriller.

MOVIE REVIEW



"Boogeyman" (PG-13, 86 Minutes)

Starring: Barry Watson, Lucy Lawless

Gellar's 'The Grudge' Offers Guaranteed Goosebumps

Katrina Brown
Staff Reporter

Most scary movies today offer some sort of social agenda or at least a resolved ending, like in "The Sixth Sense" where an agonized soul is persuaded to move on to the after life. The only thing "The Grudge" offers is an immediate need for a night light.

"The Grudge," an American remake by its original director, Takashi Shimizu, is a mental horror movie. It's the kind of film that affects the viewer unconsciously. Along with dealing with inner fears we may have, the film also brings up the morbid question of what might happen to your soul if you died in a less than peaceful fashion.

At the center of the story is exchange student Karen (Sarah Michelle Gellar), who is studying social work in Japan and living with her boyfriend Doug (Jason Behr). Karen innocently agrees to cover for a nurse who didn't show up for work and is asked to look after an elderly American woman, Emma (Grace Zabriskie), who is deep in a catatonic state.

With the appearance of a mysterious young boy (Yuya Ozeki) at Emma's house, everything starts to get crazy. Through flashbacks, we see the old woman's son and daughter have all had a run-in with the mysterious boy and his ghostly mother (Takako Fuji).

The house in which most of "The Grudge" takes place takes on a role in the movie. On the outside, the house is plain but menacing while the interior features a maze of dark rooms and winding hallways that provides more than enough chances for the viewer to have bad dreams.

The visual world that Shimizu creates,

from the style to the pace, is exact and efficient. Each camera move is interesting and unpredictable, making the movie very exciting to watch because the audience never has any time to breathe.

Amid the greatest parts of this movie, there are some minor set backs. There is, for instance, the lack of character development, the need for sense and/or logic, and lastly the shameless and obvious ending that provides an opening for sequels. However, even with these faults, "The Grudge" still manages to be more intelligent and frightening than most scary movies today.

The "Grudge" DVD, which was released last Tuesday, offers several special features, such as a commentary track with co-producer Sam Raimi, his brother Ted Raimi, Sarah Michelle Gellar, and others. There is also a five-part documentary that focuses on different parts of the film's production and a special entitled "Under the Skin" that takes a closer look at the neurological and medical idea of fear.

As he did with the original film, "Ju-on," Shimizu places something scary into every scene. Out of nowhere, things pop into the frame, fade into view and make eerie sounds, all of which keeps the audience stuck in the now. Definitely rent "The Grudge," but make sure you watch it twice because the first time you're going to be too scared to keep your eyes open!

MOVIE REVIEW



"The Grudge" (PG-13, 96 Minutes)

Starring: Sarah Michelle Gellar, Jason Behr

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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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Features

CREATIVE CORNER

"Converging Memories"

Colleen Mitrano
Features Editor

Images crash into one another through my mind.

Everything becomes so congested I can barely tell one thing from another.

Happy memories, sad, memories, memories I want to forget all converge at once.

Without control they just materialize, I cannot comprehend it.

A flash of me dancing with a tiara on, entertaining my mother and her sisters.

They always smiled at me as if I were the best dancer in the world.

A child learning to ride a bike, taking off for the first time on her own.

A giant feeling of happiness rushes through my head.

A million presents stacked under a tree, Christmas was always a special time.

Everyone is joyful, when their family is together.

A flash of an ambulance, paramedics run into my house.

They now no longer smile, they are silent and cold.

A hospital room, doctors and nurses crowd around.

A giant feeling of sadness rushes through my head.

A million people appear to be crowded in a room; wakes are always an emotional time.

Everyone is melancholic, when someone in their family dies.

Life goes by so fast; half the time no one really grasps all that happens.

All you have are these images, flashes of time that supposedly represent who you are.

Impressions of things that once were, created to show incidents that happened in the past.

Yet, these memories are really the only thing you have to prove you even existed.

Is Valentine's Day Still Sacred in our Hearts?

Francesca Bonaiuto
Staff Reporter

Flowers are being delivered, cards and chocolates are being exchanged, and couples are showing public displays of affection in the hallways of Sacred Heart. It appears to be the perfect winter day to celebrate love... or is it?

Valentine's Day comes around every year on Feb. 14. While some people cannot wait to celebrate the holiday with their special someone, others cringe at the thought of having to be reminded that they are single. So this becomes the big question, which is better? Having a date or celebrating it solo?

"It's easier to have a valentine," says Albert Fera, senior, Providence, RI. "People should go out and find somebody compatible because it is a day to be able to go out and have a fun time. It's lonely to sit alone on Valentine's Day," Fera added.

"If there is someone special in your life than it is better to be with them on Valentine's Day... It is sad to be single," says Kimberly Keating, senior, Valhalla, NY.

So why is it that the words, "alone" and "single" seem to have a negative connotation on Valentine's Day? If you are single, you should not let a couple-driven culture define your choice as something wrong. Is it possible to celebrate your singleness on Valentine's Day?

"It's actually a really good night to go out with your single friends because all the guys out are single too," says Julie Lucarelli, senior, West Long Branch, NJ.

There is no need to look around sadly at the couples celebrating love, because



AP Photo/ KATHY WILLENS

Heart shaped Valentine's Day chocolates and white chocolate sweets labeled and decorated with love bugs, are gifts people will receive on the holiday.

the ratio of singles out there beats the number of couples by a lot.

Daniel Rich, a senior, from Bethpage, NY, actually gets excited about Valentine's Day. "It gives me a chance to pick up girls in a moment of lust," said Rich.

One of the other arguments that surround Valentine's Day is the pressure and stress it brings. Sometimes it seems that the day makes more people unhappy than happy. Romance should not be mandatory.

The day puts a lot of stress on a couple, and it raises these thoughts: "Is she going to like the restaurant I take her to?" "What present should I get him if we've

only been going out for two months?" "Should I get one or two dozen roses?"

"It's just another day. I'd rather chill with my friends," says Robert Ciaffaglione a senior, from Yonkers, NY. "It's less stressful and cheaper," he added.

So what is the general consensus? If you have a date for Valentine's Day, great! It is good to have a day to remind yourselves of love and affection.

If you are one of the many that remain not struck by cupid's arrow, fret not! Reward yourself for being single. Even though you are single, you are not alone. Get together with the people that do love you such as friends and family.

The Custodial Staff of SHU: Are Worth So Much!

Julie Chouinard
Staff Reporter

Grit and grime from the melting snow, papers on the floors, deflated balloons that once held flyers for student events, and used tissues from cold stricken students and faculty. This is evidence that it is 11 p.m. in the main academic building.

Then at 8 a.m. the next morning—clean floors, orderly classrooms, empty trashcans, and the smell of lemon cleaning products permeate through the air. How did Sacred Heart go from a germ-infested mess to a pristine learning facility? Three words: overnight custodial staff.

The overnight staff works from 11 p.m. until 7:30 a.m. the next morning.

Though this may seem like an arduous shift, custodian Jimmie simply smiles and says, "You got to do what you got to do."

For many custodians, the overnight shift is the second job they have been

"I don't know what the custodians are making now, but I know they deserve more."

Troy Tufano
-Junior, Milford

to today. With their paychecks worth far less than the work they do, most of the staff balance a second job along with their family obligations.

"I'm the floor man, you see," says Jimmie, "and that's a full time job!"

Troy Tufano, a junior from Milford, is very concerned about the treatment of the custodial staff.

"They do so much for us," says Tufano, "they should be treated with more respect."

This concerned student has attended meetings and written letters about these important people in our Sacred Heart

community. Unfortunately, he is afraid these requests have fallen upon deaf ears.

"I don't know what the custodians are making now," says Tufano, "but I know they deserve more."

Top 10 things to remember for the Spring Semester . . .

No. 3 Start your research paper

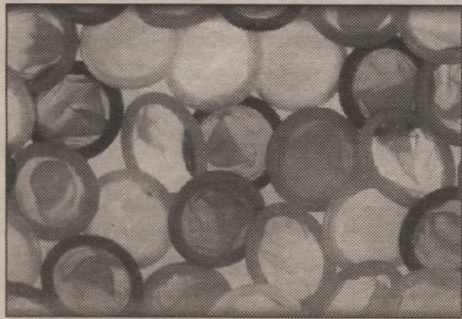
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A public service message from the
Ryan-Matura Library

How Aware are Student's of STDs?

Courtney Putsay
Staff Reporter



Contributed Photo

The use of a condom is a safe method, however, certain STDs such as HPV, and genital warts can be transmitted by skin to skin contact, making it still possible to transmit or receive the virus.

After being told that two-thirds of all STDs occur among people 25 years of age or younger, students at Sacred Heart University could not believe what they had heard.

Most students were in disbelief while others became easily flustered. "I don't understand any of this, its college, who cares", was the remark of a senior from Massachusetts who wished not to be named.

Students sometimes not to appear to take themselves seriously. It seems as though they are in denial when it comes to the possibility of obtaining an STD. Sexually Transmitted Diseases (STDs), were called venereal diseases at one time.

Today, they are among the most common infectious diseases in the United States.

"That's scary, I don't think ill ever consider sex again", replied an anonymous freshman from South Hall. Sexually transmitted diseases have hit universities hard within the past decade according to many physicians. College students are one of the largest groups responsible for this uprising.

Recent polls have proven that one out of every three college students will develop some sort of STD by the time they are twenty five.

"Students need to take on responsibility and take more pride in their bodies. If they don't do the right things such as get tested every once in awhile, a surprise could be around the corner," said Lauren MacAvoy a sophomore from Long Island, N.Y.

Recent polls have proven one out of every three college students will develop some sort of STD by the time they are 25.

STD's such as Chlamydia, Gonorrhea, Genital Herpes, and Genital Warts are the most common ones on college campuses. The most common of all STD's is HPV [Human Papilloma Virus].

Many students believe that the only way to have safe sex is by using a condom. This is a safe method, however, certain STDs such as HPV, and genital warts can be transmitted by skin to skin contact in general, making it still possible to transmit or receive the virus. Sometimes, genital warts aren't even noticeable.

Most of these STD's go unnoticed. It is important to get tested once in awhile if you're sexually active. Why wait until the last minute? Negligence is not the key. The smart students aren't afraid of finding out.

Places such as Planned Parenthood will do a safe, confidential routine checkup for STDs every few months. Some clinics will actually do it for free as long as you have a copy of your birth certificate and a form of ID. If you suspect anything, or just want to know, then it would be a good idea to make an appointment.

The majority of college students don't even realize how serious STD's have become. Just remember to be safe and cautious of the decisions you are making.

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Airbrush Tanning:

Look Like You had Fun in the Sun!

Jennilyn Desisto
Staff Reporter

Spring break is less than a month away, and while some Sacred Heart students will be baking in the tropical sun others will be stuck in the cold. But there is still hope for those who are destination-less.

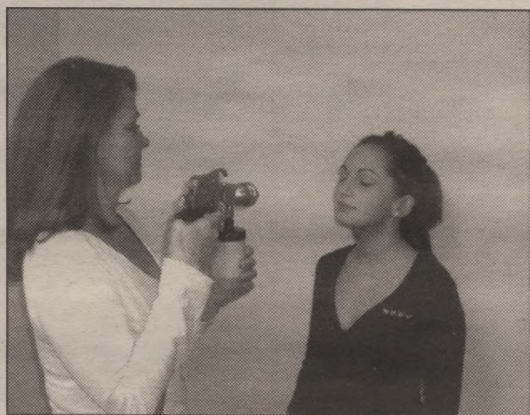
The good news is those who were trapped in chilly weather can look like they just returned from Cancun thanks to a popular new trend; airbrush tanning. People all over are trading in sun bathing and tanning beds for this new fad that seems to be popping up everywhere.

Airbrush tanning is applied with a machine that looks like an air compressor with a hose attached to it. After a specific tanning solution is picked out it is sprayed on. The color comes out as a fine mist spray, which helps to create a flawless tan. The tan usually lasts up to ten days.

What makes this craze so appealing is the fact that anyone can have it done without having to worry about the damage the sun or tanning beds can cause. People who are unable to tan for

health reasons, such as skin poisoning, are able to have a sun kissed glow as a result of airbrush tanning.

Health concerns aside, airbrush tan-



Contributed Photo

People who are unable to tan for health reason, such as skin poisoning, are able to have a sun kissed glow as a result of airbrush tanning.

ning can be looked as more convenient to some. Those who don't have time to go tanning can easily achieve a natural looking tan in less than an hour.

Even if you don't plan on hitting the beach over the break you can still have the tan you have always wanted and no one will have to know where you really went this spring break.

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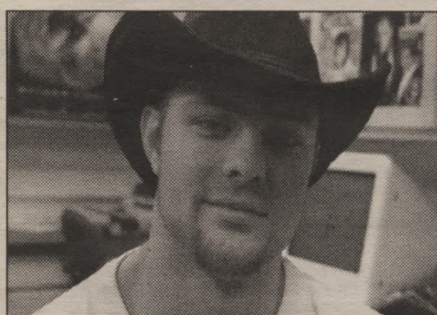
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BEYOND SHU

DYNASTY IT IS!



Bryan Fogle
Sports Columnist

In an era with a salary cap and free agency meant to stop things such as dynasties, the New England Patriots along with their 24-21 victory in Sunday's Super Bowl XXXIX (again 39 for those of you who are not versed in your Roman numerals), can now officially be declared a dynasty.

In beating the Philadelphia Eagles, the Patriots have won three of the last four Super Bowls, each time defeating a different opponent. In Super Bowl XXXVI (36) in 2002 the Patriots defeated the St. Louis Rams and in Super Bowl XXXVIII (38) in 2004 the Patriots defeated the Carolina Panthers. I will throw a bunch of numbers and random facts out there to further prove why they are a dynasty, as if it really needs.

First off, might as well start with the head coach and team in general. Bill Belichick now has a career post-season record of 10-1, while being 9-0 with the Patriots. Since a 31-0 week one loss last season to the Buffalo Bills, the Patriots have lost only two games, both of which coming this season; week eight they

lost 34-20 at Pittsburgh and in week 15 they lost 29-28 in Miami. Overall in this stretch, they have won 32 of their last 34 games.

In the divisional round of the playoffs against Peyton Manning and the Indianapolis Colts, the stingy Pats defense neutralized the number one offense in the league, holding them to three points, their lowest point total in a game in over two seasons. The Colts averaged just over 32 points per game in the regular season, but could only muster a lone field goal.

In the AFC championship game, Belichick and defensive coordinator Romeo Crennel came up with yet another new scheme, this time to silence offensive rookie of the year Ben Roethlisberger. It worked just like clockwork, as he did not command a good drive until the fourth quarter when the Steelers were in an urgent stage to score. Needless to say, the Patriots won rather easily, 41-27 as Tom Brady picked apart the Steeler defense that was at the top of the league.

Speaking of Brady, the man is all of 27, and he has three Super Bowl rings to his credit. This makes him the youngest quarterback in NFL history to start three Super Bowls and is 9-0 in post-season starts. Finally, with this victory against Donovan McNabb, Brady joins Joe Montana as the only two quarterbacks to defeat three first round drafted quarterbacks in the same playoff year.

One thing that had been a customary in the previous two Super Bowl years, Brady winning the MVP, did not happen this season. Well, his performance resulted directly in the winner being Pats wide receiver Deion Branch. Branch

caught 11 Brady passes, a Super Bowl record, for a nice total of 133 yards.

Brady yet again put up an effort that could have been MVP quality, going 23 for 33 with 236 yards passing and two touchdowns. Also having an MVP worthy game was Teddy Bruschi, who had seven tackles, a sack, and an interception.

The final Patriot that definitely could have won the award is Rodney Harrison. Harrison had seven tackles, a sack, and two interceptions. Harrison also shut the mouth of Eagle wide receiver and self declared "people's champ" Freddie Mitchell. McNabb threw more complete passes to Harrison than he did to Mitchell. The problem is, Harrison is a Patriot.

The one negative in this game as far as the Patriots are concerned is that this game was the last that the triumvirate of coaching masterminds, Belichick, Crennel, and offensive coordinator Charlie Weiss will coach together as Patriots. Weiss has accepted the head-coaching job for Notre Dame and Crennel has agreed in principle to be the head coach of Cleveland Browns.

I think that whomever the Patriots sign as their new offensive and defensive coordinators will fit in just perfectly. Bill Belichick, who is arguably the best coach in NFL history right up with the ranks of Vince Lombardi, Tom Landry, and Joe Gibbs, will be able to mold his new coordinators into the Patriot style, and the team will move on from there.

Lost in all of the hype over the victory for the Pats was the fact that Eagles' wide receiver Terrell Owens played, after weeks of people arguing and claiming he will play, then he wont play, then he will

play. Eventually the speculation was that he would play simply as a decoy and see very few passes thrown in his direction.

As it turns out, he was the first option for McNabb. Owens caught nine balls for 122 yards. The only player that caught more passes and had more yards than Owens did was the game's MVP, Deion Branch.

Now that I look back at all I have written and practically preached about, it looks like I would be a Patriots fan doesn't it? The answer is still no, not at all. I will forever be a fan of the Giants, whether they are horrible or not. I have come to accept the fact that they probably will not be winning a Super Bowl for a long time, not as long as the Eagles are in the NFC, and the Patriots are a franchise in general.

I hate when I have to suck it up and admit that a team from Boston is superior to a team from New York, but in this case, the Patriots are far superior to any football team in America. I will even argue that the Patriots are far superior to any other team in American sports, simply for what they do together as a team. The team really does not have any individuals such as like a Randy Moss. A player like Moss would simply not fit in on the Patriots.

Well, I have babbled on enough and now that there is no more football, I can actually write these things earlier than the day I have to turn them in by. Look for some more baseball articles coming up, as pitches and catchers report to their training camps in less than a week. Baseball season is looking mighty fine right now and I am excited that it is in the near future.

Pioneer Schedule

Friday, February 11

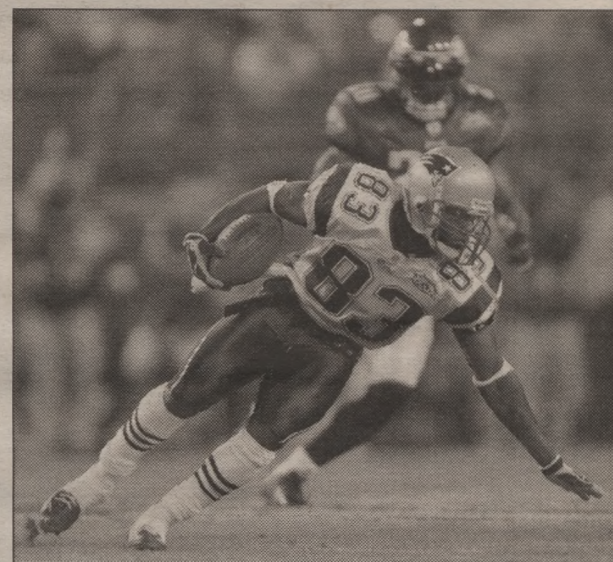
Wrestling	at Harvard	Boston, MA	6:00 PM
Women's Ice Hockey	at Hamilton	Clinton, NY	7:00 PM
Men's Ice Hockey	at Holy Cross	Worcester, MA	7:30 PM
Men's Basketball	at CCSU	New Britain, CT	8:00 PM

Saturday, February 12

Wrestling	at Brown	Providence, RI	11:00 AM
Wrestling	at Columbia	Providence, RI	11:00 AM
Women's Bowling	vs EIBC Meet 3	Milford, CT	12:00 PM
Men's Lacrosse	vs Albany Scrimmage	Fairfield, CT	1:00 PM
Men's Ice Hockey	vs Alumni	Milford, CT	2:00 PM
Women's Basketball	at CCSU	New Britain, CT	2:00 PM
Women's Ice Hockey	at Hamilton	Clinton, NY	3:00 PM
Men's Ice Hockey	vs AIC	Milford, CT	5:00 PM
Men's Track	at NEC Championship	Landover, MD	TBA
Women's Track	at NEC Championship	Landover, MD	TBA

Sunday, February 13

Women's Lacrosse	at Fairfield Frost Tourn	Fairfield, CT	12:00 PM
Women's Track	at NEC Championship	Landover, MD	TBA
Men's Track	at NEC Championship	Landover, MD	TBA



AP Photo/ DAVID J. PHILLIP
Super Bowl MVP Deion Branch made 11 catches.

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

BEYOND SHU

Winning Next Year is Only Goal for Patriots

David Goldberg
AP Sports Writer

Deion Branch needed just five little words to explain why the New England Patriots have won three of the last four Super Bowls.

Asked Monday if he had any thoughts of leaving the team when he becomes a restricted free agent, the Super Bowl MVP replied: "My home is in Foxboro."

Then, referring to team owner Robert Kraft, Branch added: "I'm proud of the family that Mr. Kraft has built."

An emphasis on winning over money is what drives the Patriots to success in an era when free agency and the salary cap force major turnover at most teams each season.

Next season's Patriots certainly will be different than this season's. The biggest losses are not players but coaches: Offensive coordinator Charlie Weis is the new head coach at Notre Dame, and defensive coordinator Romeo Crennel accepted the Cleveland Browns' head coaching job immediately after Sunday night's game.

Crennel's move, which gives the NFL a record six black head coaches, was hardly a secret. As the Patriots' 24-21 win over Philadelphia was ending, coach Bill Belichick put his arms around his two

top aides in a gesture of affection and appreciation.

They will be hard to replace.

"Romeo and Charlie have done a great job. A lot of the success we've had should go to them," Belichick said Monday. "I've been with them both a long time. I go back to 1981 with Romeo and I'll miss both of them a lot."

The Patriots might, too.

Next season, they will be seeking to become the first team to win three straight Super Bowls and the first to win four in five seasons.

The San Francisco 49ers came closest to three NFL titles in a row, winning the 1989 and 1990 Super Bowls, then losing the next NFC championship game on a last-second field goal by the New York Giants' Matt Bahr.

That New York team, which went on to beat Buffalo in the 1991 Super Bowl, had a coaching staff headed by Bill Parcells and including Belichick, Crennel and Weis, along with future NFL head coaches Tom Coughlin, Al Groh and Ray Handley. Two of the players on that team are also coaches and are reportedly on Crennel's wish list for his staff with the Browns: Pepper Johnson, New England's defensive line coach, and Maurice Carthon, the offensive coordinator in Dallas under Parcells.

Belichick's first order of business, therefore, is rebuilding his coaching staff, although he will take at least a week off, traveling to California for the AT&T Pebble Beach National Pro-Am.

Most of the core players, however, should be back, although some are getting up there in age, notably linebacker Willie McGinest and safety Rodney Harrison, both of whom have played major roles in the team's success. Harrison, who had two interceptions in Sunday's game, will turn 33 next December, when McGinest will turn 34.

One member of the Patriots unlikely to return is cornerback Ty Law, who missed the second half of the season with a broken foot after quarreling with the team over his contract in training camp.

And while Belichick indicated that the team will spend the next few weeks renegotiating contracts for salary-cap purposes, Law's deal is unlikely to be among them. With rookie Randall Gay and second-year player Asante Samuel at cornerback, the Patriots obviously did well without him; after Eugene Wilson left the Super Bowl just before halftime with an arm injury, they played the second half with Harrison as the only regular starter in the secondary.

That's how the Patriots work they always find someone to fill in without

losing a step.

Branch, who had 133 yards in receptions and tied a Super Bowl record with 11 catches, was the game's MVP, but it could have been any one of a number of players: Harrison; linebacker Tedy Bruschi; or Mike Vrabel, who played linebacker, defensive end, had a sack and also caught a touchdown pass for the second Super Bowl in a row.

Or, of course, it could have been quarterback Tom Brady, the MVP in the Patriots' first two Super Bowl victories, who played his usual steady game.

"Every time we play, it's a total effort from everyone," said Branch, an emerging star who had a 60-yard touchdown catch and a 23-yard TD run in the AFC title game in Pittsburgh. "It's a total organizational effort from the top down."

Some of the top of the organization will be missing with Weis and Crennel gone. Belichick said that he had been too busy working on the Super Bowl to start considering replacements, although it's a sure bet he has some in mind.

Then he brushed off all the talk about a dynasty.

"Every year is a new year," he said. "We start at the bottom with the other 31 teams."

That philosophy is one reason New England tends to wind up at the top.

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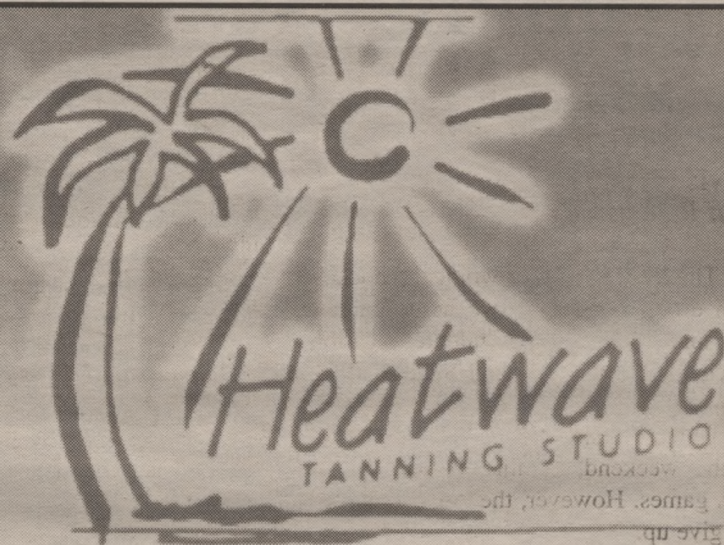
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CAMPUS SPORTS

SHU Drops Two Despite Strong Effort

Travis Flynn
Staff Reporter

The Sacred Heart women's hockey team dropped its final two home games, 5-1 and 4-2, to the talented Union Dutchwomen Saturday and Sunday afternoon at the Milford Ice Pavilion.

Union outshot Sacred Heart 104-50 on the weekend, dominating portions of both games. However, the Pioneers never did give up.

"There certainly wasn't a lack of effort," said Sarah Turbert (junior, forward, Norwalk). "And when we combine that effort with smarter play and more tenacity around the net, we are more likely to produce."

Much of the time, SHU appeared content with shooting from the perimeter and hoping for a miscue by the Dutchwomen goalie. That gamble did not pay off as Union remained solid defensively, allowing only three goals on the weekend.

Stephanie Boulay (sophomore, goalie, Anchorage, AK) kept SHU in the game early on Saturday, making several key saves in the opening period.

Union nearly scored shorthanded after a defensive zone giveaway. A Dutchwomen forward corralled the loose puck and headed towards the goal, one-on-one with Boulay.

Boulay waited for the forward to commit, then flashed out the glove to keep the game level at 0-0.

During the same power play, Sacred Heart gave up the puck once more. This time Jessica Felt (junior, forward, Killingworth) came to the rescue, preventing a second shorthanded breakaway.

"When I saw the girl get a cross ice pass, I realized there was no one back to take her," Felt said. "So I sprinted back and reached out my stick and was able to poke the puck hard enough for her to lose control."

Union regained control of the game with twenty seconds remaining in the first period. After a series of offensive zone face-offs, all three Dutchwomen forwards drove hard to the net and managed to jam the puck into the goal.

"We were winning some [face-offs]," said Felt. "But a lot of times the puck would get caught up in the center's skates and no one was there to get it out."

Sacred Heart produced a few quality scoring opportunities in the second stanza, helping to take some of the pressure off of Boulay and the defensemen.

SHU's most promising chance came

play and a few who were fresh," said Turbert. "They capitalized on a bad bounce off the boards and slipped one in."

The Dutchwomen added to their lead three minutes into the third period, as a Union forward took advantage of a defensive zone giveaway, sidestepping two Pioneer skaters before stick handling around Boulay and tucking the puck into the open net.



The Spectrum/ TRAVIS FLYNN

Stephanie Boulay faced 100 shots over the weekend, including a glove save on a 2-0 breakaway during the first period Saturday afternoon.

midway through the period as Michelle Panella (sophomore, forward, Morganville, NJ) escaped her check behind the net, slipping a clever pass toward Shannon Murphy (freshman, forward, South Boston, MA). The pass did not quite connect with Murphy, who drove to the top of the crease, looking to surprise the goalie with a one-time deflection.

Union scored in the last minute of the second period to extend the lead to 2-0.

"We had a mixed line out, with some people who were still on from the power

Devon Gaslin (freshman, defenseman, Augusta, ME) nearly replied one minute later, after she found space in the offensive zone along the left boards. Maneuvering towards the face-off dot, Gaslin released a quick wrist shot that clinked off the crossbar before the Dutchwomen goalie could react.

Gaslin's dazzling neutral zone rushes created much of the offense for SHU in Saturday's contest.

"I enjoy playing with Devon on defense because of the way she is able to

rush the puck with ease and confidence. I feel as though she knows the right time to do so," said Nicole Farrelly (junior, defenseman, Windsor).

Union scored twice in the middle of the third period to mount a commanding 5-0 lead. Sarah Perry (freshman, goalie, Sudbury, MA) finished the game between the pipes, making the most of her opportunity, saving all four shots, including an impressive post-to-post left pad save.

"To Sarah's credit, she came in cold and made some really nice saves," said Turbert.

The strong play of Perry appeared to revitalize Sacred Heart. Garnering the momentum, SHU finally broke through with just under two minutes remaining in the third period, after Farrelly gathered the puck in the offensive zone.

"At this point, we just wanted to keep getting shots on net, but I could not get the shot off quick enough and I had to send it to the corner where Panella was," said Farrelly.

Murphy and Panella collaborated in the corner to provide the Pioneers with much-needed momentum for Sunday's rematch as SHU reached the scoreboard first Sunday. It started with Panella receiving the puck from Murphy and beating the Union goalie glove side early in the second period.

The Dutchwomen answered with two goals of their own midway through the period, but a Turbert goal early in the third period reenergized Sacred Heart.

"[Sarah] was in perfect position to get the rebound," Felt said. "Devon shot it from the point and the goalie stopped it. Laura Falk (freshman, forward, Fairfax Station, VA) was there and got a piece of it, then Sarah was there to put it home."

Union scored two goals late in the game for the 4-2 victory. Boulay amassed 54 saves in a stellar performance, repeatedly making difficult saves through traffic.

SHU falls to 12-14-1 on the season. They have four road games remaining on the schedule including next week on Friday at 7 p.m. and Saturday at 2 p.m. against Hamilton College.



The Spectrum/ TRAVIS FLYNN

Jessica Felt (left) releases a slapshot from her left wing and Katelin McLaughlin takes on a Union defenseman. Each Sacred Heart forward struggled to create scoring chances against the stingy Union defense.

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Beyond SHU

Pats win makes them Dynasty for sports guy Bry (page 12)

Beyond SHU

Pioneer Schedule for the weekend (page 12)

Beyond SHU

Winning Next Year is Only Goal for Patriots (page 13)

Campus Sports

Women's Hockey falls to Union on consecutive nights (page 15)

African Americans Still Only Small Percent Of College Athletic Programs

Stephen Conoscenti
Staff Reporter

It started all the way back in 1946 with an African American man named Jackie Robinson becoming the first professional African American baseball player.

In 1898, almost 50 years prior to Jackie Robinson's entrance into Major League Baseball, African Americans were outlawed from professional baseball and were forced to create their own baseball league, along with their own basketball league. Then in 1946, Jackie Robinson drastically changed the world of sports.

After the Supreme Court ruled segregation illegal, more African Americans started playing bigger roles in the world of sports.

In 1957, Althea Gibson became the first African American to win the Wimbledon tennis championship. Charlie Sifford became the first black PGA tour member in 1960. In 1966 Bill Russell became the first African American head coach in the NBA. In 1971, Wayne Embry became the first black NBA general manager and Satchel Paige became the first Negro League player inducted into the baseball hall of fame. Art Shell became the first black NFL head coach in 1990.

African Americans play a large role in the world of professional sports, but their participation in collegiate sports seems to be less.

Today, only 31% of participants in Division I athletics programs are African American. Furthermore, only 29 African American athletic directors occupy the 835 NCAA positions.

In addition, only 20% of the management for collegiate sports are African American, meaning head coaches and assistant coaches. However, in Division I NCAA football, only three percent of coaches are African American.

How big of a role do African American athletes play in the Sacred Heart University athletics department?

According to Sacred Heart University Athletic Director Mike Guastelle, there are currently 745 athletes on campus and only 45 of them are African American, which equates to less than ten percent. In addition, only four members of all of the coaching staffs are African American.

In total, only seven percent of the 6,100 students at Sacred Heart are African American. It's apparent though that it does not bother the African American athletes on the Sacred Heart campus that they make up less than ten percent of all athletes at the school. In fact, most African American athletes say that the ethnic breakdown of

the school had no effect in their decision to attend Sacred Heart.

"The reason I chose Sacred Heart was because of their reputation of a great education and high graduation level for athletes," said Mary Rush, a 19-year-old sophomore from Waterbury who plays on the Sacred Heart University women's basketball team.

"Sacred Heart offered a full scholarship and it was a chance for me to further my education," said Joey Henley (Kent, WA), a sophomore on the Sacred Heart men's basketball team.

biggest contribution to sports because of the fact that he was the first African American to play professional anything," said Rush. "My idol while growing up was Michael Jordan. I think he propelled African Americans to another level."

Henley agrees with Rush. "I believe the biggest contribution to African American sports is Jackie Robinson breaking the color barrier," he said.

"Basketball players such as Dr. J, Spud Webb, all those players before my time that stood out to people is what makes sports for African Americans important

professional and collegiate sports, the percentage of black athletes on a collegiate level is significantly lower than at the professional level.

"At Sacred Heart there are about 16 varsity sports and there is more representation of white athletes than black athletes. But for professional sports like the NFL, basketball or whatever, there is a majority more African Americans. That's just the way it is for the pros, but for as far as college I think there is just more sports at the college level and it's not just those two sports," said Sylvester Kaar (senior,



Illustration/ MARTY KOLWICZ

Montage portraying pioneer African American athletes Arthur Ashe, Jackie Robinson, Ali, and Wilma Rudolph.

"I like that fact that it's in pretty close distance for my parents to come see me play. The school also has pretty good academic standings," said Jasmine Walker (Amityville, NY), another sophomore on the Sacred Heart women's basketball team.

It's obvious that no matter what sex, age, or hometown, education is the main goal amongst African American athletes on the Sacred Heart campus.

So what do Sacred Heart's African American athletes believe were the boundary breaking moments in African American athlete history?

"I think Jackie Robinson was the

because in a point in time, we were not allowed to play," said Walker, who idolized all athletes while growing up.

Many people will argue that in the sports world today, African Americans are the premiere athletes because of their dominance in most professional and collegiate sports.

"Lebron James is in the NBA and he graduated high school the same time I did and he is only 20 playing with grown men," said Walker. She also pointed out that Emmett Smith is the all-time leading rusher in the NFL.

Although African Americans have made strides in their involvement in pro-

Hayward, CA), a forward on the soccer team.

Some may argue that the reason for this is that a majority of African Americans don't have the same level of education as Caucasians, therefore a majority of African Americans would only be able to attend college through a full paid scholarship.

The involvement of African Americans in the world of professional and collegiate sports has progressed immensely since Jackie Robinson made history in 1946. There is no doubt that it will continue to progress for African Americans as well as for all other races.