

SHU Students Charged in Laptop Scam

Jennifer Motisi
News Editor

Quick, easy money. That's what SHU students Eric Pawlowski and Michael Anagnostou must have been thinking when they falsely reported their school issued laptops stolen two months ago.

On Dec. 4, two SHU students reported their laptop computers stolen from their campus dorm room. Three days later, on Dec. 7, two more students claimed to have had their computers taken. In both cases Fairfield police were called to investigate.

Jack Fernandez, Assistant Director of Public Safety, released a statement regarding the incident.

In his statement, Fernandez said that on Dec. 14 he received a call from the Fairfield police about the stolen laptops.

Fernandez stated, "I received a phone call from the Fairfield Police Detective Division informing me that two laptops had been recovered, one from the Dec. 4 case and the other from the Dec. 7 case. The detective stated the two students from the Dec. 7 case falsely reported their laptops stolen with the intent of selling them."

An article in the Connecticut Post revealed that the laptops were found



The Spectrum/ DANYA JIMENEZ

Two Sacred Heart students falsely reported their laptops as stolen, but were soon caught thanks to the tracking software installed in every laptop.

using tracking software that Sacred Heart installs on every laptop before they are issued to students. This software is made by Absolute Software, a Canada based company.

According to the company's website, "The Absolute Recovery Team has relationships with more than 800 police departments, government security agen-

cies and private security firms throughout North America." The team "works closely with local law enforcement agencies to facilitate the recovery of lost or stolen computers."

SHU's InfoTech department could not be reached for comment on the software.

The Connecticut Post article explains

that Fairfield Police Detective John Bucherati used this software to track one computer to a house in Milford where Michael Anagnostou's brother Stephen, a University of Bridgeport student, lives.

Stephen alleged that Michael had sold him the laptop. A second laptop was still in Michael's possession.

Pawlowski's laptop wasn't as easy to find. Fernandez stated, "The third laptop was sold on e-Bay and was recovered by the detective later that week."

Police have since recovered all of the "stolen" laptops.

On Feb. 7, the Anagnostous and Pawlowski turned themselves in.

Anagnostou and Pawlowski were charged with third-degree larceny, conspiracy to commit third-degree larceny, and falsely reporting an incident.

The students were released on a written promise to appear in Bridgeport Superior Court on Feb. 16.

At Spectrum press time, the case was still pending.

World Famous Dancers Take Show to SHU

Brad Holland
Staff Reporter

At 2 p.m. Sunday, Feb. 13 in the Edgerton Center the Duquesne University Tamburitzans performed. Their the longest running live-stage show in the United States.

The show was well received before a strong house that included a crowd of Sacred Heart students, professionals and members of the local community. The somewhat ethnic nature of the performance brought patrons of many nationalities.

Kristen Dorachuk (Milford) attended the performance with her sisters, father, and son. Her Russian heritage was well represented over the course of the evening, which was her main reason for attending. "We wanted to bring my dad," she happily after the performance, "Because he came here from Russia as a child and we thought he would have fun. But I was surprised at how much I enjoyed the show as well." In all, the group performed 14 different song and dance numbers.

Another member of the audience

remarked while exiting the theater that it "Reminded him of the music from when he was a small boy." He could not be reached for further comment. In addition, the New York Times has hailed the revue as "A joyous explosion of youth and spir-



The Spectrum/ DANYA JIMENEZ

Tamburitzans are students from Duquesne University who travel around the country performing different ethnic dances.

ited dance and music."

To draw such a strong response from the public requires a strong commitment from each member of the troupe, though each performer is expected to excel in the classroom as well.

The Tamburitzans are comprised entirely of scholarship students at the University of Duquesne in Pittsburgh. They have existed as such since 1937, when they were a group of only 12. The troupe now employs 37 full time college students and perhaps some of the most talented young Americans, Canadians and Europeans in the world.

Between their classes, the group performs over 80 shows per season from coast to coast. Their schedule is as rigorous as any college sports program and it begins with a training camp style screening process. Applicants are whittled down through a series of interviews and try-outs before only the best are chosen to represent the troupe. The selection process is only the beginning.

Their shows themselves are also difficult and very challenging. On any given night, a member of the group may have to play the accordion, dance alone and with a partner, sing and act. The action onstage at times is frenzied, frantic movement directed by whistle blasts and other signals from vet-

♦See "Tamburitzans Entertain..." Page 2

Secret Service Agent Speaks to Students

Emily Grayson
Staff Reporter

On Thursday Feb. 10, Sacred Heart had a very interesting speaker come to school; Special Agent Kent McCarthy of the United States Secret Service. This program was a three hour lecture that was run by the Departments of History, Political Science and Criminal Justice and was arranged by Dr Rose, Chair of the Political Science department.

The lecture started out explaining what the secret service is really about.

"Not only are we about protecting the President," explained McCarthy, "But we also are involved in credit card fraud, counterfeit money, and internet fraud." Most people think the Secret Service is all about protecting the president, but in reality it is all about keeping the country safe as well as protecting the president.

Next the audience was presented with several video clips from movies such as "Rush Hour II," "Air Force One," and the one that McCarthy thought represented the idea of the secret service

♦See "Secret Service..." Page 2

CAMPUS NEWS

Tamburitzans Entertain SHU

Continued from Page 1

eran Tamburitzan performers, leaving little room for error.

Their movements and choreographs require a lot of practice, coaching and drill repetition. The troupe works on a demanding travel schedule, and the many costumes, instruments, props and sets require professionals for upkeep. Because of these factors, a lot of money is required to keep the Tamburitzans performing.

The group manages to support itself from a range of donations, foundations and contributions from both the school and other outside sources. But according to their website, much of their income is gate-driven. Tickets to the performance are \$25; \$20 for staff, students and seniors and \$10 for children.

A list of Tamburitzan shows and more information is available on their website at <http://www.tamburitzans.duq.edu/>.



The Spectrum/ MARK STANCZAK

Tamburitzan has been performing since 1937 through donations, foundations and other contributions.

Secret Service Shares Stories

Continued from Page 1

best, "In the Line of Fire."

"You have to be willing to take the ultimate sacrifice," McCarty said. "It doesn't matter what you're political beliefs, you have to be willing to take a bullet for the President."

McCarty told some very interesting stories about some of the jobs he worked on. He stated that for awhile he was working protecting Barbara Bush, the president's daughter, as a student at Yale University. While on assignment, he wore plain clothes and even a backpack to try to blend in with the other students and he even said he felt like no one noticed him. One day while he was walking around campus he had two guys behind him who were going on and on about how Chelsea Clinton went to Yale. They soon corrected themselves saying it was Barbara Bush. They continued to discuss the fact that secret service was everywhere all over campus and they were so noticeable. Meanwhile McCarty was walking right in front of them and they couldn't even tell. He

stated, "It was funny because they were talking about how obvious we look, and I'm right in front of them and they had no idea."

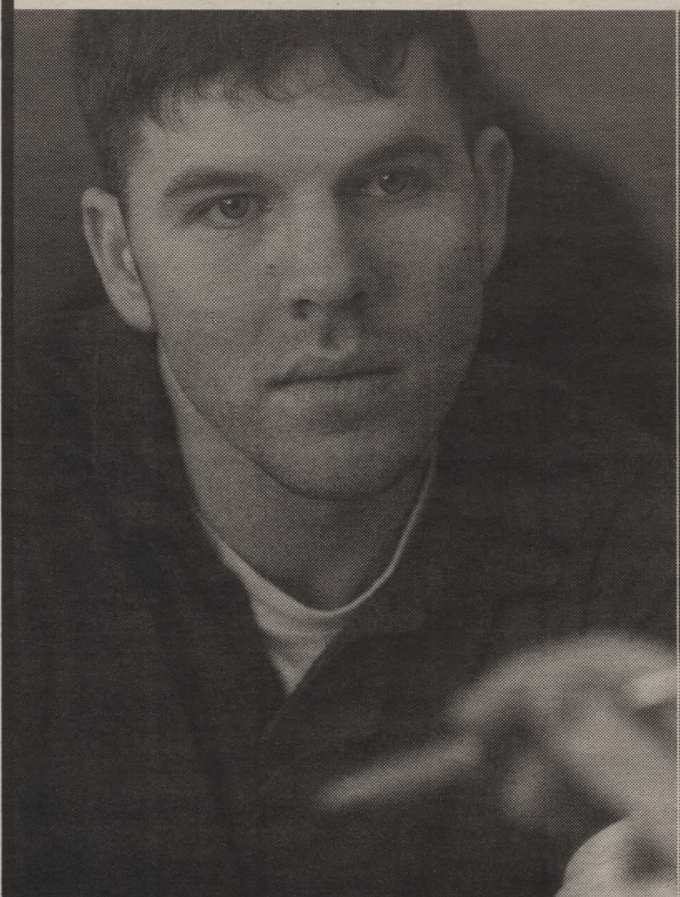
Some more cases that he discussed were some cases involving internet fraud as well as e-mail threats and other scams. An important case that was just finished was one where there bank website was entitled www.mybank.com. Using that website name, someone created a website called www.my-bank.com and sent out an e-mail trying to get people to fill in information about their credit card and bank information which the site creators would then steal. There were many other interesting stories that were told as well.

"Worthy of Trust and Confidence" is the motto of the United States Secret Service and a very good one at that. Special Agent Kent McCarthy was a very interesting man and he opened a lot of people's eyes to the world of the Secret Service. He also taught the group a lot about different aspects of the Secret Service that would many people had no idea about.

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Fairfield, Connecticut

CAMPUS NEWS

“Spongebob Squarepants:” Just a Silly Cartoon?

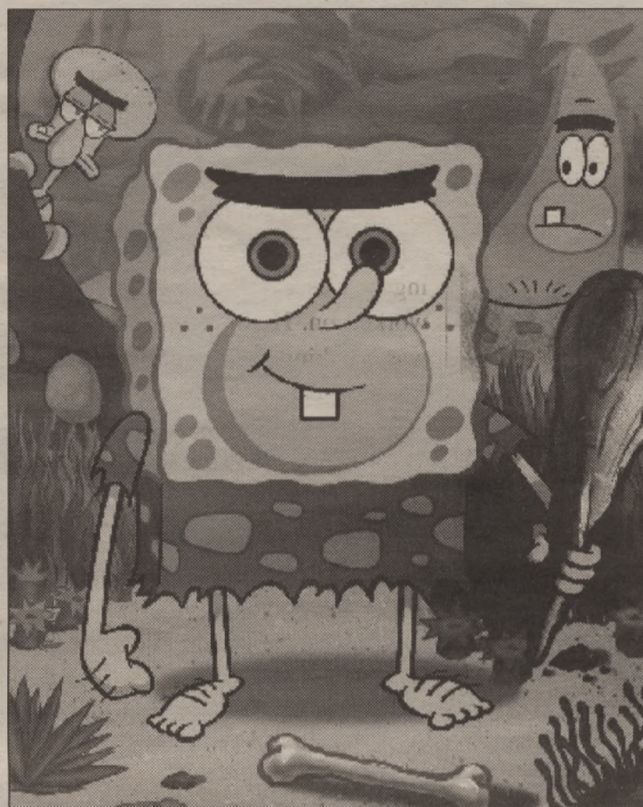
Juliana Rizzo
Staff Reporter

For years there has been debate and speculation that there is representation of homosexual ideas as well as secret sexual innuendos in many children's movies. This is particularly found in Disney movies such as *The Little Mermaid* and *Aladdin*, where there are supposed inappropriate hidden pictures on the movie cover and within the movie itself.

Generation after generation have had suspicions about different characters in the popular movies of their time.

Now, with the current *Spongebob Squarepants* craze by children and adults alike, there is controversy as to whether or not Spongebob is a homosexual character. Conservatives and Liberals are at complete odds over the idea.

Liberals and the Gay and Lesbian Alliance argue that this is a good thing for young American children to be exposed to. They feel that children should learn about all types of people and families regardless of sexuality early in life so that they know that being straight or gay



Contributed Photo/ KIDSFIRST.ORG

Spongebob Squarepants has come under recent controversy among liberals and conservatives.

is acceptable.

They feel that intertwining these ideas in cartoons is an efficient way to raise awareness.

Liberals and the Church rebut with the defense that this type of exposition of homosexuality is sneaky and brainwashes children into thinking that the gay lifestyle is okay, when many conservatives believe that it is not.

The conservatives say that teaching children to respect one another's preferences is good, however teaching homosexuality is unacceptable. They feel that such evidence of homosexuality is in violation to some religions and should not be advocated to the children of these

families in opposition.

There was always suspicion that Spongebob Squarepants and Patrick, his best friend in the show were allegedly depicted as more than just friends. However, there was never solid proof.

A recent Spongebob music video that was sent to 61,000 elementary schools was the real reason for this argument. The music video was said to demonstrate tolerance and diversity.

When released, two Christian activist groups attacked the video claiming that it exploited the characters using them as homosexual examples. This idea was not taken lightly by most. The video was then boycotted by some schools, parents and even made CNN news.

However when asked, most students agreed with the shows creator Stephen Hillenburg, that these characters are simple silly cartoons and are asexual.

“Spongebob and Patrick are supposed to be best friends. They are cartoon characters created for kids, they

♦See “Do Cartoons...” Page 4

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CAMPUS NEWS

Do Cartoons Influence Children?

Continued from Page 3

don't have a sexual orientation," said Paul Robertson, a freshman from Rye Brook, NY.

This is not the first time there has been theory of this secret influence in children's programming. In 1999 there was a scandal that the *Teletubbies* character Tinky Winky was homosexual due to the fact that he is the color purple and has the triangle symbol on top of his head.

Even before *Teletubbies* and the recent speculations, there has been suspicion that the relationship between Batman and Robin was a homosexual one. This argument has gone on for generations between the liberals and conservatives categorizing certain characters as homosexual and debating whether or not it is appropriate for these ideas to be revealed to children.

Those who share a liberal view argue that children should learn tolerance at a young age in order to instill the idea that people of all sexualities, races etc. are good people.

The conservative side will always argue that homosexuality should not be shown to children as equivalent to heterosexuality. The debate will not be settled as to these assumptions about the characters are accurate unless the characters in a cartoon comes forth outright admitting that they are gay.

Although a recent episode of *Buster the Bunny*, entitled "Postcards from Buster" was banned due to the fact that the episode is based on a trip to Vermont to visit the children of two lesbian couples, does not show hope that this such candor would be admitted, the liberals hope that someday it will be.

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College Dreams Dashed

Diana Muniz
Staff Reporter

Adults are increasingly urging young people to go to college. From 1990 to 2002, the percentage of high school sophomores aspiring to college increased 21 percentage points to 80%. New research shows a huge gap between aspirations and reality especially for poor and minority students.

High school dropout rates remain high and college rates low. "There is a real gap between the aspirations teenagers have and the reality of what happens to them," said Christopher Swanson of the Urban Institute.

Public schools are telling students, including low-income and underperforming students, that they need college degrees. Teens from the nation's wealthiest families are more than three times more likely to be in college two years after high school graduation than their low-income peers. 18-24 year olds from families in higher income groups are more likely to earn a bachelor's degree. That's why there are so many loans being taken out by teenagers because families can't afford and don't get sufficient financial help.

Many teenagers who want to make it to college and seek a bachelor's degree must do it on their own. Many of them graduate from school with out achieving and attaining a decent job and are stuck with loans, personal debts and other outstanding amounts to pay.

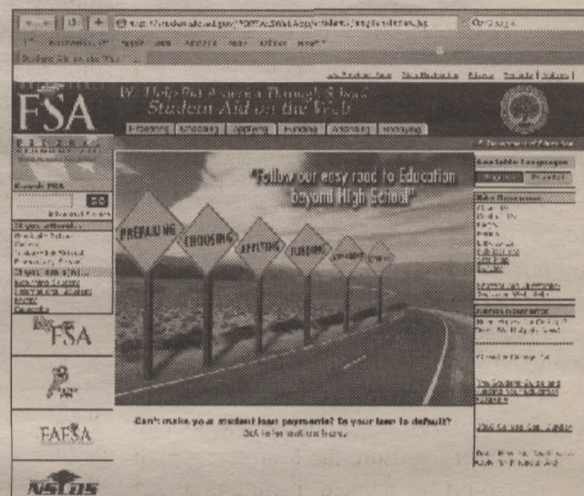
"I just couldn't pay off my loan. Between my car, phone, insurance and credit card bills, I just couldn't do it," said Justin Roszkowski, 23, (graduate, Greenwich.)

Others don't even make it into college because many are not receiving the help they desperately need.

Giano Valenzi, 23, a junior from Norwalk stated, "I didn't almost make it to college because it was too expensive,

but I was lucky too have my dad pay for a community college the first two years. I couldn't have gone to a better school even if I wanted to. Now, I'm forced to take a loan in my name because it was my choice to come to SHU, my parents could just not afford it."

Teenagers are becoming more and more discouraged from pursuing their goals and aspirations in school. Both Florida and New York saw large drops in



Captured Photo/ STUDENTAID.EDU.GOV

Studentaid.edu.gov is one of the many website that guide college students in the process of financial aid search.

the percentage of ninth-graders graduating from high school within four years. In Florida, it dropped 15%; in New York, 19%. Teenagers see that college is something that will be very hard to reach; even if students get to college, paying for it is a major concern especially for a low-income younger generation.

Students "college for all" expectations should not be snuffed out by reality. Many believe that the government needs to do a more efficient job in providing the necessary information and help for those who can't make it into college on their own. In providing more help by adding more programs, this could provide more opportunities for students coming from low-income families. Everyone deserves to have an equal opportunity to climb the ladder of success.

Freedom of Speech Questioned

Kristen Lovering
Staff Reporter

In the United States Constitution, citizens of America have the right to freedom of speech. There is a fine line between how you publicly express that right, and how the rest of the world may take it.

Alex Roperto, a freshman from South Hampton, says, "My right to freedom of speech is protected by the Constitution. If for any reason that I would need to exercise that right, I should not be concerned with how the media would portray me."

Ward Churchill, a University of

Colorado Boulder Professor and long-time American Indian Movement activist, recently made a speech on his views on the Sept. 11 terrorist attacks, which came under scrutiny when his views were twisted by the media and blown out of proportion. As a result, family members of people who died in the Sept. 11 incidents have been protesting his right to speak.

Freedom of speech is the right to express one's disapproval on a subject, and to include the desire to change it.

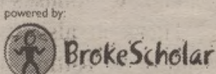
Victoria Di Paolo, a sophomore from Staten Island, said, "I am a person who speaks her mind, and I feel very strongly about my right to do so."

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BEYOND SHU

Embattled Colorado Professor Cleared to Speak at UW-Whitewater

JR Ross
Associated Press

MADISON, Wis. (AP) - A Colorado professor who once compared some World Trade Center victims to a Nazi war criminal will be allowed to speak at the University of Wisconsin-Whitewater next month, a decision the chancellor said was repugnant but necessary under First Amendment principles of free speech.

The decision Thursday sparked outrage among state lawmakers, who said they would ask the UW System president to intervene to block the speech by Ward Churchill.

UW-Whitewater Chancellor Jack Miller said in a statement he decided to honor an invitation for Churchill to speak at the campus 40 miles southeast of Madison despite the controversy over comments the University of Colorado professor made about the Sept. 11 attacks.

Miller laid out requirements he said must be met to ensure the March 1 speech would go off as planned, including assurances the university can guarantee the safety of the campus, visitors and Churchill.

While calling Churchill's comments "grossly inappropriate," Miller said it would be up to students, staff and others to judge the professor's comments.

"I have worked to make an informed decision, not the popular or politically expedient one," Miller said.

He also said in a statement no taxpayer money will be used to pay Churchill's honorarium or travel expenses.

Republican State Rep. Steve Nass began circulating a resolution Thursday to condemn Miller's decision that he hoped the full Legislature would vote on next week. Nass questioned why the university would allow someone to speak who had engaged in what he called anti-American hate speech.

"The bottom line is common sense has to prevail here," said Nass,

who graduated from Whitewater in 1978. "This is hate speech. The chancellor is saying it's OK to bring hate speech to the university so long as it does not cost the

university money."

Churchill came under fire after it became widely reported that an essay he wrote likened workers in the World Trade Center to "little Eichmanns," a reference to Adolf Eichmann, who ensured the smooth running of the Nazi system.

Churchill made the comparison in an essay written hours after the 2001 attacks and later revised for a book.

The ethnic studies professor said in Boulder, Colo., Tuesday that his essay referred to "technocrats" who participate in what he calls repressive American policies around the world.

The essay and follow-up book attracted little attention until Churchill was invited to speak last month at Hamilton College in Clinton, N.Y., which later canceled his talk out of security concerns. Other schools have canceled planned speeches by the professor because of similar worries.

Churchill, a longtime American Indian Movement activist, was invited to speak at the campus six months ago on the topic of racism and American Indians. He did not return a call The Associated Press left at the university Thursday or respond to an e-mail.



AP Photo/ JOSHUA LAWTON

University of Colorado student Aaron Heun listens to members of the CU College Republicans group call for the firing of UC professor Ward Churchill during a demonstration at the University Memorial Center on campus Tuesday, Feb. 1, 2005. Churchill, who provoked a furor when he compared victims of the World Trade Center terrorist attacks to Nazis, resigned as a department chairman on Monday but will retain his teaching job, the university said.

National and Global News

BEIRUT, Lebanon (AP) Rafik Hariri, a billionaire who helped rebuild his country after decades of war but resigned as prime minister last fall after a sharp dispute with Syria, was killed Monday in a massive bomb explosion that tore through his motorcade. At least nine other people were killed and 100 wounded in the blast. It raised immediate fears that Lebanon - largely peaceful since the 1990 end of its civil war - was headed toward a new and bloody chapter in its differences with Syria, which maintains about 15,000 troops in the country.

TEHRAN, Iran (AP) Fire broke out at a mosque in central Tehran during Monday evening prayers, killing at least 35 worshippers and injuring more than 200 others, state television reported. The fire at the Arg Mosque was sparked by an electrical malfunction, according to the report.

BAGHDAD, Iraq (AP) Talks on who would get what in Iraq's newly elected National Assembly were under way even before the final results came in, but the clergy-backed Shiites, whose winning margin was less than what they expected, may now have to compromise more than anticipated. With barely 50 percent of the final vote in the 275-member National

Assembly, the United Iraqi Alliance will not have control over the assembly, leading to speculation it may soon form a coalition with the independence-minded Kurds who won 26 percent of the vote. A two-thirds majority is needed to control the legislature.

KALMUNAI, Sri Lanka (AP) DNA test results confirm that a baby boy rescued from tsunami debris in Sri Lanka and dubbed "Baby 81" belongs to the couple who launched a wrenching court battle for his custody, a court announced Monday. The finding ended weeks of uncertainty and drama surrounding the infant, who became a symbol of families torn apart by the Dec. 26 tsunami, and set the stage for a reunion Wednesday with his parents Jenita and Murugupillai Jeyarajah.

NEW YORK (AP) Verizon Communications Inc. is acquiring MCI Corp. for \$6.75 billion, a swift response to the acquisition of AT&T Corp. by SBC Communications Inc. and the third big telephone industry merger in two months. The agreement announced Monday, scuttling a competing bid for MCI by Qwest Communications International Inc., will result in about 7,000 job cuts from the combined Verizon-MCI work force of about 250,000 employees.

Connecticut News

Associated Press

HARTFORD, Conn. (AP) - The Connecticut National Guard, facing a large enlistment shortage, is planning a cable television show, a magazine for young people and more recruiters as part of a new plan to boost its ranks.

The strategy also includes more recruiting visits to high schools and efforts to entice soldiers leaving active duty to remain.

The Guard plans to double the current 32-person recruiting force and open three district offices for recruiting instead of running the operation out of the Hartford headquarters, said Maj. Gen. William A. Cugno, adjutant general of the Connecticut Guard.

"I've got to get down to the community level," Cugno said. "I need to be in more schools for more time. There are 50,000 high-schoolers in Connecticut, and we need to make sure they know who we are."

The Connecticut Guard has 4,200 authorized positions for the Army National Guard and the Air National Guard, but is more than 1,000 people short of being at full strength. It has also fallen short of recruitment goals in recent months.

The plans include giving people who are leaving active duty, and those who left the service as many as 20 years ago, signing bonuses to come back.

There is also a plan to improve retention by setting up a system to get

word out earlier to units that will deploy and to give them information on where they will go and how long they will be gone. One of the most common complaints about the Guard has been that it gives incomplete, last-minute alerts to soldiers who will be sent to duty.

"Predictability is by far the most important component in retention," Cugno said.

Cugno said other states' guards are also having trouble recruiting. He said Minnesota is the only state guard to meet its recruiting goals recently.

The bulk of the Connecticut recruiting campaign will be aimed at students.

In that strategy, a magazine will be distributed in high schools, and a cable access show will feature some of the training and missions of Guard units that young people might find exciting.

Cugno said he is prepared to promise fresh recruits that they won't be sent overseas for at least a year. That contingency, he said, should allay some fears, particularly among parents.

"It takes a year just to get them through the training I need them to have," he said.

Part of the problem, as Cugno and many others see it, is that active duty soldiers have rotated through Iraq and Afghanistan on six-month tours and then have seen their Guard counterparts there for a year or more.

Since the Sept. 11, 2001 terrorist attacks, 2,960 Connecticut Guard soldiers have fought in the war on terror, he said.

Perspectives

Instant Messenger And its Impending World Domination

Alex Kantarelis
Contributing Writer

We live in an interesting world. It seems that nobody can handle a little mystery here and there. We have cell phones, pagers, the Internet, email, and this little thing called instant messenger. If you don't know what it is, you're just not up to par with the world around us.

In the beginning, instant messenger was a chatting service. A great invention if you ask me. Someone probably thought to himself, "Y'know, email takes way too long to send, and phone calls still involve talking. I wish there was a way to send emails that get there right away." Sounds like the perfect blend of being social and antisocial at the same time. Well, it seemed like a good idea, and instant messenger was born. So people started chatting away. Boys talking to girls. Girls talking to girls. Boys talking to boys pretending to be girls. Girls talking to 45-year-old guys who still live with their parents. And it all didn't matter, that was the beauty of it. You could be anyone online. Sometimes I chat with some people who think I'm a professional bowler from Oregon. It's amazing what they'll believe if you just tell them online.

But that wasn't enough, the online world needed its own language. LOL: Laugh out loud. It has officially replaced laughter in the online world. TTYL: Talk to you later. Not bad, it's simple, and gets the point across. BRB: Be Right Back. Again, it's simple, and it gets straight to the point. JK: just kidding. This one gets people out of jams all the time. "Y'know babe, that skirt you wore today really made your butt look fat." Then comes the "uh-oh" moment, followed quickly with "JK,"

and you're all set. But that was only the beginning. The instant messenger service was only starting to take over our lives.

Next came the profile. The good people who invented the instant message service decided to add a little bit of flavor to their already bland appearance. And boy was that interesting. Again, it started in a very simple way. The profile was your space to write whatever you want. People would say, "Hi, I'm 17 year old boy from Kentucky, I have dark hair, and I'm about 6 feet tall, send me a message." That was harmless. But as time went on, the profile became the place for people to cry about themselves. Song lyrics started going up, and they'd be all dark, and in italics. Always in italics. It was supposed to make us all sorry for them or something. Listen, if you're sad that you got dumped by that cute boy in your Social Studies class, please shut up. You'd be doing us a big favor if you just left your profile completely blank. But that wasn't enough, next came the anniversaries. Oh boy, am I glad those are in there. I guess if you have a significant other, it's absolutely critical to put your anniversary in your profile. And the greatest part about it is, nobody cares! Besides, the real reason you put that in there it's so that crazy ex of yours will read it and get jealous.

But then came my personal favorite part of the online world, the away message. As the Internet became bigger and bigger, people suddenly could be online all day. The away message was what allowed everyone to stay online when they weren't around their computer. Or maybe when they didn't feel like talking in the first place. But now there is no "offline" anymore. You're either online, or away. One or the other, there's no other option. The away message, much like the profile, started out very simply. People would write "I'm away from my computer right now." Well, I'm sure you can assume what came next. That just wasn't creative enough, so people

had to start changing everything around. A bunch of different away messages started poking through. "Call the cell." That was the first to rear its ugly head. I would never call someone because I read that in their away message. If they were so intent on talking, maybe they just shouldn't be away in the first place, or maybe they should put in the extra little bit of effort, and use their phone, and their free minutes to call me instead. That makes a lot more sense in my opinion. But that's not all. Then came sad quotes from songs and poems. Just like the profile, suddenly everyone was horribly depressed, and they wanted to make sure we all knew that. Boys don't cry! So stop that! And girls, you're not Emily Dickinson. So please, that's enough of the cryptic quotes.

The other thing that instant messenger does, is it allows everyone to always know where you are. That's when "the big list" made its appearance. People felt the urge to tell us absolutely everything they were planning on doing that day. "Shower, then work, then walking the dog down the street and possibly picking up his poop if he does it in the neighbors lawn again, then going to the liquor store to take care of my nasty alcohol habit, then drinking that alcohol till I either puke or pass out, at which point I'll do laundry, homework, dinner, and finally bed assuming all of this goes to my plan." Here's a better idea, don't go online. If you're obviously not planning on being near the computer for many hours, just don't do it at all.

But there is another kind of person who bothers me in the online world, and sadly, that's everyone. Absolutely everyone online, drives me insane! Everyone

has a buddy list full of people they talk to. These buddy lists can even be into the hundreds. That's right, hundreds of people can be on your buddy list, and you can talk to anyone of them at any time. So what's the problem here? I'll tell you. The problem is nobody actually talks to everyone on their buddy list. They just stalk them all. I know all about that girl I dated in high school. Her, and her new boyfriend, and his doggie, and his mom who has cancer in



Contributed Photo

her lymph nodes. All of this, and I haven't said a word to her in 5 years. Amazing isn't it? Actually, that's very scary. I know I'm being hypocritical here, but it worries me to think what kind of stalkers I have. Hopefully nobody really messed up, like a 45-year-old guy who still lives with his parents. That would just be weird.

The online world has really changed the way everything works. It's amazing that nobody uses the phone anymore. Boys and girls don't go on dates; they go on chat rooms instead. Instant messenger is quickly approaching total world domination. If the Internet went down tomorrow, nobody would know what to do with themselves. People might go as far as, dare I say, being social. That would be a stretch. But lets not get crazy here. The bottom line is, the Internet has made everyone anti-social. But don't blame me, blame instant messenger.

The SPECTRUM

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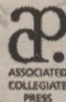
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How Objective was the Article On Al Sharpton?

Dear Editor,

I read the Sharpton article and felt that it is a very biased view point. It also fails to mention specifically what topics he addressed, and lacks any quotes by Sharpton himself. It would be nice in future articles to also obtain other view points from those who possibly don't share the writer's views. In general this article should have been more objective, so that those of us who were not able to attend have a clearer understanding of what was covered. It was said in the article that Al Sharpton was "willing to hear the opinions of others," but no mention of what those opinions might be. I just wanted to provide some feed back for improving future reporting. Objectiveness should not be second to political correctness or fear of criticism. It has also been brought to my attention that some found the quote about a black president having to dodge and duck if he wants to get into office as racist and uncalled for. Though I have said that political correctness should not be a form of repression, blatant racism should not be tolerated.

Thanks,

Will

Misunderstanding?

Dear Will,

I welcome any comments that can help me grow as a writer. However, I would like to point out the items that I believe were misunderstood.

First, unfortunately, it was not until after I submitted my article that I heard a negative comment on the speech. Also, since Sharpton's speech was videotaped by Channel 12 and covered by the surrounding papers, I believed that the angle I took on the story would be the best in order to keep information from being repetitive.

In regards to the quote by Bobby Ramos, I believe that it was misunderstood. By no means was it meant to be racist. Please keep in mind that Bobby Ramos is a radio personality that can be considered a comedian and is African American himself.

In the future, I will try to be more objective and informative. I also apologize to anyone who might have been offended by anything in my article.

Thanks,
Ariane Rasmussen

The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

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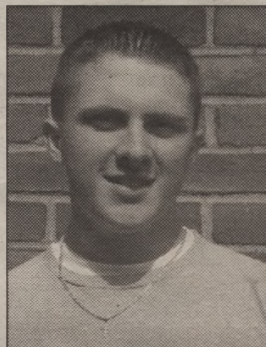
He Said... She Said... Cheating... Should a Cheater be Forgiven?

Robert Roy
"He Said" Columnist

Cheating is the destruction of many relationships. Poor choices in judgment, on a night which you will regret can destroy even the most solid of relationships. It destroys everything that the couple has built over the span of their relationship. After the indiscretion has occurred the couple must either split or start over and rebuild the relationship.

There is no worse way to absolutely disrespect your girlfriend or boyfriend. This shows a complete lack of responsibility and value and there is no excuse for cheating. Alcohol is not an excuse, because if you were as committed as you say you are then you would have never put yourself in a situation where that could happen. There is no rationalization for these actions. Every action considered to be cheating is equally wrong.

It doesn't matter what the cheater did as sleeping with someone else is just as disrespectful as simply kissing



The Spectrum/DANYA JIMENEZ

someone else. Both actions can destroy a relationship and break someone's heart. Either one can be forgiven or not that simply depends on the person who is hurt.

Forgiving cheaters depends upon the relationship. Many couples can get past it and move on while others let it destroy the relationship. It takes a huge person with an amazing heart to forgive a cheater and if someone is able to forgive then they deserve all the credit in the world. If a cheater is given a second chance he or she needs to understand the great gift they have been given, rebuild their relationship and never make the same mistake ever again.

Athena Soriero
"She Said" Columnist

Cheating is something that we've all experienced whether we be the cheater, the cheated on, or a confidant covering up the unfaithful tracks of our friends. Cheating is one of those things that continually lingers in the back of every bf/gf's mind. It not only ruins relationships but also leaves people devastated unable to trust others. However sneaky these scandalous individuals think they're being we all know eventually the game they're running will blow up in their face.

The thing about cheating is that realistically; based on your personal definition of cheating you can be a guy that makes out with six girls at the bar or a girl who has a secret relationship with another guy, and still honestly tell your bf/gf that you haven't cheated. There are all sorts of loopholes and pseudo rules people make to get around the fact that they are a cheater.

Your outlook, past experiences, and rules on cheating should all be covered at the very start of a relationship. Perhaps you'll find out that you're both incapable of being faithful. Knowing this you can have an open relationship that will allow you both to engage in activities outside your relationship without having to lie



The Spectrum/DANYA JIMENEZ

or deal with feelings of guilt.

But all in all the best policy on cheating is not to do it. If you're looking to hook up with other people chances are you really shouldn't be in a relationship in the first place. In a good relationship other guys/girls don't matter and you'll only want to be with your bf/gf, completely eliminating the option to cheat. It also means having complete trust in your bf/gf, so much that if they decided to hang out with a hot girl in their room with the door shut for a few hours after having a couple cocktails the thought of them cheating wouldn't even cross your mind. If you feel the urge to cheat not only should stop to think about your morals/values but most importantly rethink your feelings for the person you're involved with. Chances are they probably aren't real.

SHU SENATE REPORT

Christina Piazza of the Building and Grounds Committee is working on a "Beautification Day," which will happen sometime this April. As of right now she is still in the planning stages, however, not only is she including the Student Government and Senate members, but she is in the process of invited members from Admissions, Administration, and many more departments around campus. Piazza's intent is to use this day to unite the Sacred Heart University community while improving the condition of the campus. She plans to plant flowers and plants all over the campus in general. Specific locations include along the path to Jefferson Hill, around the residence halls, and in North Lot. As was done last year, she hopes to plant "SHU" in red and white flowers. The University Cabinet members will be invited because the committee thinks uniting faculty, staff and students will make for a more unified and meaningful day.

Dates for the Senate Forum and the Link Breakfast have been discussed by the Senate. During the week of March 14th-18th, the Senate Forum will take place and between the dates of April 18th-22nd, the Link Breakfast will take place. The Link Breakfast will also follow the Installation dinner, the meeting in which new Student Government members are sworn into office and others are wished farewell. Awards are given out at this time and each class President says a few words. This year the Link Breakfast will take place after this dinner so in addition to bonding the faculty and administration, the old and new Senators can get to know each other and help one another get acquainted with the Links.

A new amendment was brought to the Senate discussion on Wednesday Feb. 9. This amendment was brought forth accompanied by a letter to the Senate explaining the changes encompassed in the new written addition. The new amendment is to make a more specific guideline for the roles that must be performed by the incoming Student Government President. During the weeks following the Installation Dinner and the weeks prior to the start of classes, this amendment clears up what he or she must plan with the SG Advisor. This amendment was passed for the first time. Last week an amendment was presented to the Senate by the Executive Board regarding scheduled meeting times for both the Senate and Executive Board. This amendment was passed for the second time.

The article is contributed by:
Erin Maurer

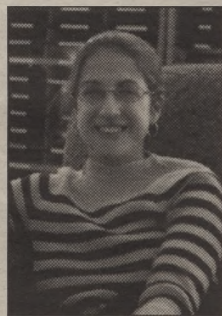
SHU Voices

What is your secret Spring Break diet strategy?



"I just try to eat less."

Queenie Chang
Hong Kong ~ Sophomore



"Run a mile!"

Jolie Cominsky
Fairfield ~ Sophomore



"Chew gum and drink lots of water."

Janice Silva
West Haven ~ Sophomore

The CARTOON of the week



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The Spectrum Cartoonist/ ALYSSA FERDINANDO

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opinion at a
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Wednesdays at
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—Arts & Entertainment—

Censorship Rife During Super Bowl

Adam Kagdis
Staff Reporter

Super Bowl XXXIX commercials not only made Sacred Heart students feel uncomfortable, but they also lacked all aspects of entertainment and were about as bland as a FLIK patty with nothing on it.

"The Super Bowl was finally better than the commercials," said Kristin Ferreira, a sophomore from Cranston, RI.

This year's Super Bowl was barely controversial. After the Janet Jackson incident during the halftime show of 2004, the censors were out in full force.

While many viewers participate in watching the game for itself, countless others are in it for the mere satisfaction of laughing at the commercials. Normally, advertisements are irritating because they interrupt the game, but during the Super Bowl, the game itself sometimes takes the back seat. Some viewers have no idea what is going on during the game and watch the Super Bowl merely for the halftime show and the commercials.

This year, a thirty-second commercial during the game cost \$2.4 million and usually represent some of the best ideas in advertising. The commercials are normally entertaining, but this year many Sacred



AP Photo/ HO/Anheuser Busch

SHU students were less than enthralled with this year's Super Bowl ads. Though many were worth a chuckle—such as this Bud Light ad featuring Cedric the Entertainer surrounded by beautiful women—many were disappointing.

Heart students were disappointed.

"The commercials were not even that funny; they were all about subliminal messages and made sure not to offend anyone," said junior Oliver Kranichfeld from Rye, NY. "I liked one or two of them but the rest were no good."

Although some of the traditional characters seen on game day were missing—such as the infamous Budweiser Frogs—celebrities such as P. Diddy and Carson Daly made occasional appearances.

"Today's society is so worried about what other people think," said Matt Looney

a junior from Maywood, NJ, regarding the celebrity-touted products.

In fact, the only commercial that was even close to controversial was an ad for GoDaddy.com. During the commercial, a scantily-clad woman testifies before a court room about the purpose of registering a domain name when she experiences a "wardrobe malfunction." In response, one of the elder jurors nearly goes into cardiac arrest.

That's it.

Even FedEx tried to conduct a "study" of what makes a good commercial. Their ten pointers said that in order to woo the crowd, the commercial must consist of a celebrity, an animal who can dance and talk, a cute kid, an attractive woman (or two), a groin kick, a product message (optional), a famous pop song and a bonus ending. Although it was funny, the commercial was superficial and the company's attempt to attract customers simply ended in their copying ideas from other commercials.

Overall, the commercials were not the highpoint of this year's Super Bowl; in fact, the game just may have been the best part. So for all those die-hard sport fans it was a happy, super Sunday game. But for everyone else the daylong escapade that is the Super Bowl probably could have been better spent.

SHU FORCE Primes for Exciting Semester

Jenna Gray
Staff Reporter

SHU FORCE—Fusion of Rhythm, Creativity, and Energy—is one campus group that has much more to offer than just an outlet for dancing. Since its inception, SHU FORCE has successfully combined the diverse interests of its members all in order to share their love of dance with other students here at Sacred Heart

SHU FORCE was founded as an outlet for students to enjoy the many different areas in the art of dance. In contrast to the Sacred Heart University Dance Team and the Ballroom Dance Club, SHU FORCE has its own unique characteristics.

"We're an ensemble group that dances in a theater rather than an athletic setting," explained president Samantha Couture, a senior from Durham. As such, SHU FORCE incorporates many different styles of dance ranging from traditional tap, jazz, and ballet to hip hop and even Irish step dancing.

SHU FORCE's members are almost as diverse as the different dance styles that the group encompasses. FORCE consists of 36 members, all with different backgrounds, and represents all of the academic years at Sacred Heart.

According to Couture, most of the members have danced throughout their lives in dance studios and schools. She does point out, though, that some of the members did not have dance training before joining the group. On average, FORCE members practice for about seven



The Spectrum/ DANYA JIMENEZ

SHU FORCE has been an integral part of the Sacred Heart performance community since its inception. The dance troupe is currently working on a fundraiser for cystic fibrosis and practicing for their end-of-the-year recital.

hours each week where they learn routines and rehearse for upcoming performances. Most importantly, they prepare for their annual end-of-the-year recital.

FORCE recently held tryouts for students interested in joining the group. Couture reported that the tryouts went "very well" and that the group took on three new members. In the announcement for auditions, a special note was made that FORCE was in search of "A few good men." When asked about this, Couture explained that their group was first set up as a coed activity and, since all of the current members are girls, they wanted to make it clear that auditions were open to

male students as well.

SHU FORCE is currently preparing for their recital in April. In addition, they plan to attend a clinic in New York and to organize a fundraiser for cystic fibrosis. Last year the group raised \$1,000 for the cause and this year their goal is \$2,000.

This driven group of dancers is sure to bring some exciting entertainment for the Sacred Heart community this upcoming spring. Be sure to keep a look out for announcements regarding their appearances and performances.

If you are looking to get involved with SHU FORCE, contact Couture at scouture@sacredheart.edu. Auditions are

ENTERTAINMENT BRIEFS

National News

• On Sunday, Feb. 13, the 47 Annual Grammy awards were held in L.A. Here is a short list of the night's winners:

ALBUM OF THE YEAR: *Genius Loves Company*, Ray Charles

RECORD OF THE YEAR: *Here We Go Again*, Ray Charles/Norah Jones

SONG OF THE YEAR: "Daughters," John Mayer

COUNTRY ALBUM: *Van Lear Rose*, Loretta Lynn

RAP ALBUM: *The College Dropout*, Kanye West

R&B ALBUM: *The Diary of Alicia Keys*, Alicia Keys

ROCK ALBUM: *American Idiot*, Green Day

BEST NEW ARTIST: Maroon 5

For a full list of winners visit www.grammy.com

- Compiled by Patrick Scalisi

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Seasoned Emotions Spring From 'The Notebook'

Jacque Boothby
Staff Writer

"The Notebook" is a heart-twisting tale of an ongoing love between a young girl, Allie Hamilton, and the man of her dreams, Noah Calhoun. The movie blends a whirlwind of emotions that range from excitement to sadness.

The film begins with an older man reading to an older woman who is suffering from Alzheimer's. Viewers soon find out that the old man is Noah (Ryan Gosling/James Garner) and that the woman is his wife Allie (Rachel McAdams/Gena Rowlands). Allie has written "The Notebook," which is the story of how she and Noah fell in love, and has asked Noah to read it to her every day once the Alzheimer's has progressed to the stage where she cannot recall her past.

When Allie and Noah were young, they met over the summer and quickly fell in love. As autumn approached, though, Allie was forced to move away and her relationship with Noah came to a tragic end. Deciding that a drastic course of action was necessary, Noah decided to write to Allie everyday for a year but never received a response.

Over the years, both lovers choose to move on. Allie goes off to college to work as a wartime nurse and begins a relationship with a wounded soldier named Lon. Eventually Lon proposes to Allie and she accepts. Allie is extremely happy, but at the same time wishes that it were Noah



AP Photo/ NEW LINE CINEMAS

Noah and Allie reclaim their love for one another in this now-famous shot from "The Notebook." The tear-jerker romance was released on DVD last Tuesday.

she were marrying.

In a strange twist, Allie once again comes into contact with Noah. When she unexpectedly appears at his house, the two begin to sort through their confusion and need to decide the future of their respective relationships.

A box of tissues is definitely necessary while watching "The Notebook," as the film chronicles what two people are willing to go through for true love. "The Notebook" takes the audience from smiles to tears in a matter of seconds, which is not an easy task for any writer or director to accomplish in a movie.

"The Notebook" DVD features 12

deleted scenes that help to clear up some questions that are not answered in the main film. There are also several commentaries as well as a discussion with Nicholas Sparks, the author who wrote the book on which the film is based.

When you do not feel like going out, "The Notebook" is great movie to rent and watch with friends or family.

MOVIE REVIEW



"The Notebook" (PG-13, 123 Minutes)
Starring: Ryan Gosling, Rachel McAdams

AGS Disbands

Patrick Scalisi
Arts & Entertainment Editor

In a bizarre twist that could only occur in the music world, the band AGS has decided to step down. The two-man group, which consists of Rok Strongo (né Brian Gardner) and Heinz Schlitzvelvet (né Alex Kantarelis), played its first—and only—show at Sacred Heart University last Thursday night.

"We've sold out every major stadium in the world twice over," said Strongo. "We have nothing left to prove."

Strongo, who could be found playing Madden 2005 on his jewel-encrusted PS2 days after the announcement, expressed his plans to enjoy retirement while occasionally making press appearances to promote AGS's only public performance.

Schlitzvelvet, on the other hand, has other plans for the future.

"Stepping down felt like the best option," he said. "I've accomplished so much, but now I feel I can focus on my other passions such as acting and semi-professional golf."

Though AGS performed only one show, the band's influence is expected to last an eternity.

"AGS is simply fantastic," said senior Crystal Cassetori from Jessup, PA who attended the show. "Their showmanship and pure disrespect for authority both amazed and appalled me."

'Shark Tale' Proves See-Worthy

Johanna Prentki
Staff Reporter

Valentines Day season means that theatres and video stores are filled with romantic comedies, dramatic love stories and, basically, a lot of mush. If something on the complete opposite end of the spectrum is what your looking for, then the recently released "Shark Tale" DVD may just be what you need.

"Shark Tale" is a computer-animated feature. It was produced by Dreamworks—the same studio as "Shrek"—so the animation style may seem familiar. The movie takes place in the ocean on a reef where sharks are a huge threat and the reef resembles a bustling city. When Oscar (Will Smith) forms an unlikely friendship with Lenny (Jack Black), a vegetarian great white shark, they embark on a series of adventures and misadventures that introduce them to some interesting characters along the way.

Oscar is a tongue scraper at a Whale Wash and Lenny's father, Don Lino (Robert Dinero), is a mob boss. The story shows how these very two different sea creatures have one common problem: they can't seem to find their place. Oscar, a fast-talking fish, always wants to be on top and will do and say anything on his rise to fame. Lenny, on the other hand, is a modest and a closet vegetarian who befriends fish rather than eats them like the rest of his family.

The film sends a positive message to younger kids about being yourself while having a funny and upbeat mood that really anyone can relate to.

"Shark Tale" boasts some pretty big name stars. Angelina Jolie, Martin Scorsese, Renee Zellweger, and Ziggy Marley all voice aquatic characters and really add to the plot. These celebrities also add to the high energy of the movie.

The "Shark Tale" DVD, too, has its own plethora of special features. Audiences can view bloopers from the movie and go on a tour of the underwater reef. The DVD also features a spotlight on the music of the film.

Besides the heavy cast of famous voices used in the movie, the soundtrack is nothing less than star studded as well. In the music feature, viewers can sample some of the songs used in the movie. Christina Aguilera, Mary J Blige, Missy Elliot, Sean Paul, D12, Ludacris plus many more all perform and add to the wide array of music on the soundtrack.

While the trend of computer-animated films is at an all time high right now, "Shark Tale" may be a refreshing change to the "in the box" films that are on video store shelves. "Shark Tale" certainly provides a rental fee worthy escape.



Photo courtesy of Dreamworks

MOVIE REVIEW



"Shark Tale" (PG, 90 Minutes)
Starring: Will Smith, Angelina Jolie, Renee Zellweger, Robert De Niro

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Features

CREATIVE CORNER

Broken Hearted

Courtney Pustay
Staff Reporter

Two worlds untied
yet together as
one

Teary eyed from
the burning
sun.

What doesn't kill you
makes you
stronger.

For me -

It only makes
the pain of this
run longer.

Hurt by things that
aren't for sure
I still wait here
at your door.

Distant and ignored.

I've tried to remain
calm
and indifferent
all day.

Yet I know these
words aren't
what I should say...

UMOJA Celebrates Black History!

Julie Chouinard
Staff Reporter



The Spectrum/ MARK STANCZAK
UMOJA members worked very hard to bring Al
Sharpton to SHU as part of the Black History month cel-
ebration.

UMOJA, one of our multicultural organizations on campus, has been hard at work celebrating Black History Month. With events designed to educate the Sacred Heart community on African American history, achievements, and culture.

Though at first glance the club's name may appear to be an acronym, the word 'umoja' actually means 'unity' in Swahili. The club has capitalized the name to distinguish it from the original word.

In honor of Black History month

UMOJA has already sponsored several events including the highly successful speaker, Reverend Al Sharpton. Although Sharpton's speech was worth mentioning, but the presentation on influential African American's that came before was just as noteworthy. The students' performance of the Black National Anthem as well as the other African American spirituals was particularly stirring.

"I thought it was nice to get that background before [Sharpton's] speech," says Lisa Moreno recent SHU graduate from Wallingford who attended the event, "and the poetry and singing was nice too."

UMOJA has been hard at work planning more events for this month. President Taneisha Cantave explains that Black History Jeopardy, Reggae Parties, and Community Service Projects including Phyllis Machledt's Read Alouds are already on the agenda.

Also scheduled for this month is Shades of Poetry, a poetry slam night in Holy Grounds Café on Feb. 23 as well as

Gospel Fest on Feb. 18 in the Edgerton Theater"

"This event is expected to be bigger and better than last year," says Cantave a sophomore from Suffern, NY, "We have invited choirs and praise dancers from Bridgeport, Fairfield and the Sacred Heart community to perform."

UMOJA's dedication to educating the Sacred Heart community is evident especially during this Black History Month. Their hard work has delivered interesting speakers and entertaining events the first half of this month. Surely, the events to come will be just as successful.

Sushi is Back

Returning to the Pioneer Food court this week. Flik would like to thank everyone for their patience.



The New Haven Orchestra Puts A New Spin On The Oscars

Jennilyn Desisto
Staff Reporter

*The New Haven
Symphony Orchestra
are doing their part to
celebrate the Oscars...*

With the Oscars right around the corner the New Haven Symphony Orchestra are doing their part in adding to the Oscar buzz.

The New Haven Symphony Orchestra, conducted by music director Jung-Ho Pak, will be performing popular soundtracks from numerous Oscar worthy films. Pak is internationally recognized and is described as a conductor who "radiates enthusiasm" by the New York Times. He is currently in his sixth season as music director for the New Haven Symphony Orchestra.

Pak looks forward to this performance. "The NHSO presents an unforgettable celebration of Hollywood's biggest blockbusters of today and yesterday."

Not only will the NHSO perform songs from "Shrek," "Harry Potter," "Lord of the Rings," and "Ray." But

they will also pay tribute to "Star Trek," "Pink Panther," "Mulan," "The Great Escape," and others. What adds to this extraordinary performance is that actual movie footage will be shown with some of the songs being performed.

The program will be performed at the historic Shubert Theater on Friday,

Feb. 25, at 7:30 pm. The NHSO will repeat this performance at the Shelton Intermediate School on Sunday, Feb. 27, at 3:00 pm.

You can purchase tickets for both performances at the Shubert Theater, located at 247 College Street, New Haven or by calling (203) 562-5666.

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The Big "D" Bomb: You've Been Dumped!

Courtney Pustay
Staff Reporter

School, pressure, grades; Who needs this stress? Just when you think you have everything figured out the big bomb is dropped. You have been officially dumped.

Have you ever been dumped? The feeling of being dumped can be compared to the same feeling as dry-swallowing a pill or a ruptured stomach.

At times, you may find your mind bouncing around like a Mexican jumping bean in class. Or maybe you tend to check your ex boyfriend or girlfriend's AIM profile every 2.5 seconds. If you find yourself in these positions, then congratulations- you are human.

"You can't put being dumped into words. You question everything about the relationship and wonder what you did wrong, even if you didn't do anything wrong. The only way to get over being dumped is to give it time," said Tim Finnegan, a college student from Huntington, NY.

Being dumped isn't fun, but why punish yourself? If you're the type that tends to dwell only on the negative aspects of starting over then stop! Stop right now! Take a deep breath and count to 10.

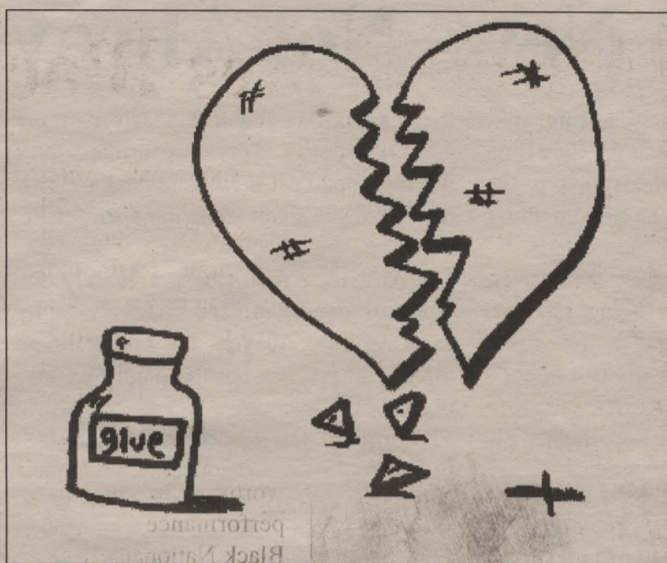


Photo Illustration/ DANYA JIMENEZ

In order to be happy with someone else, you first must be happy with yourself.

Some people say in order to be happy with someone else, first, you must be happy with yourself. Having a boyfriend or girlfriend doesn't make you any stronger.

"I don't like being dumped. No one does. I tend to go through stages. First I feel upset or angry. Then I let the other person know that life goes on without him. Most of the support I search for comes from friends, and family. Just remember it's important to keep busy

and the healing of a broken heart takes time," said Kristina Catanzaro, a sophomore from Paramus, NJ.

People always wonder how do you overcome this? Can you overcome this? It can be possible by focusing your attention elsewhere.

The good news is you will have more time to focus on yourself. Set goals and high standards. Self re-evaluation is a good idea. It helps you put things into perspective.

If you're lucky, you may find out things about yourself that you never knew before. "When I was dumped by my boyfriend of 2 years, I was devastated. After a few weeks, I looked at it as a gift. I had a complete change of heart. I was able to see things clearer than ever. My whole life changed. I stopped smoking and joined many school organizations. My relationships with my friends improved as well. I had more

time to myself. I felt like a burden was lifted off of my shoulders. I was finally stress-free and happy with myself as an individual," said Nicole O'Grady, a college student from Amherst, MA.

Put away the crates of ice cream and chin up! If you've been dumped, don't sulk. By sulking, you're only letting the other person get the best of you.

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

No. 4 Eat your vegetables

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A public service message from the
Ryan-Matura Library

Tanning Beds: Not so Bad After All

Francesca Bonaiuto
Staff Reporter

Health Update: new evidence is showing that sun exposure is necessary in order to promote good health.

After years of being warned about the perils of exposing skin to UV rays, the tanning industry is taking large steps to invest funds into research.

"Sun is crucial to your overall physical and mental well-being," says Dr. Michael F. Holick, author of *The UV Advantage*, and professor of Medicine, Dermatology, physiology, and biophysics at Boston University Medical Center. Holick is responsible for the breakthrough evidence that sun exposure produces Vitamin D necessary for healthy body function.

According to Holick's book, "Sunlight is as natural for human health as are food, water, oxygen, and physical activity. Healthy, moderate sun exposure establishes and maintains the appropriate 25-vitamin D levels in your blood and may help prevent a variety of diseases, including cancer, stroke, heart attack, high blood pressure, and autoimmune-related conditions such as Type 1 diabetes and multiple sclerosis."

People have instinctively understood the relationship between sunshine and good health for a long time.

"Tanning relaxes me and allows me to clear my head. It's the only 20 minutes of the day that nobody can bother me," says

Brynn Kushner, senior, Staten Island, NY. "I feel better about myself after I tan," Kushner added.

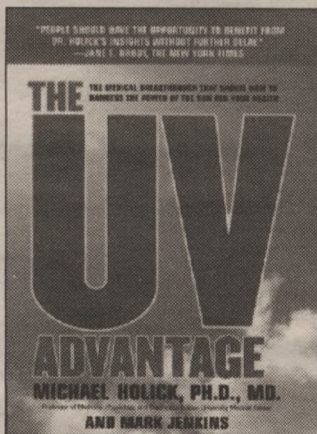
It says in Holick's book that "Sun exposure provides a natural high by stimulating the release of 'feel good' substances in your body, such as serotonin, dopamine, and beta endorphins. Sunshine also suppresses hormones like melatonin, which make you feel sluggish and down."

"I feel good when I tan. I need that extra boost especially during the depressing winter months," says Christin Coyle, senior, Centerport, NY.

Holly Hart, co-owner of Heatwave Tanning Salon in Fairfield, stands behind Dr. Holick's research. "Finally there is evidence to show that there are good benefits to the tanning beds," Hart says.

She is very strict about allowing her customers to tan at a moderate exposure. "It's not just about making a profit, but about making sure that our customers are smart tanning by not burning," Hart added.

So when you are feeling "down" during the current winter months, alleviate by going into a tanning bed. Remember that overexposure is what causes the dermatologists to frighten you with skin cancer death statistics. So a few minutes of sun a day will keep the doctor away. If you are interested in reading further about the benefits of tanning, read "The UV Advantage," by Dr. Michael Holick.



Contributed Photo/AMAZON.COM
**Dr. Michael F. Holick's
new book on healthy tanning.**

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BEYOND SHU

Bettman Learns No News Not Alway Good News

Jim Litke
AP Sports Writer

It wasn't as if the NHL was having such a great season to begin with.

So there's that consolation if league boss Gary Bettman pulls the plug on this one, expected to happen Wednesday barring any last-minute settlement.

Think about it: If the commissioner hadn't come up with that nifty lockout maneuver when he did, and the season went ahead as usual, chances are the three biggest stories at this juncture would have all been public-relations disasters. They would have played out in courtrooms and offices instead of ice rinks, and dragged the attention of most casual fans along with them.

Those stories, in rough chronological order, would have been: Former St. Louis goon Mike Danton being sentenced last November to 7 1/2 years in prison for trying to have his agent killed; Vancouver thug Todd Bertuzzi petitioning Bettman last month for reinstatement after he viciously blindsided Colorado forward Steve Moore; and Atlanta's Dany Heatley being sentenced last week to three years' probation after pleading guilty to second-degree vehicular homicide in the death of teammate Dan Snyder.

That's the problem with the NHL.

Pro hockey can be exhilarating, but hasn't been for a while, and the only time it makes the front of the sports pages anymore is when someone or something goes terribly awry.

Now some people will argue that even bad press is better than being ignored, which is essentially where the pro game finds itself at the moment. But there's no convincing Bettman of that, probably because nearly all the press during his 12-year reign has been bad.

Bettman took the job pledging to put hockey on equal footing with the other major team sports, and he widened the NHL's footprint from 21 franchises to 30, made inroads into nontraditional hockey meccas like Arizona, Florida, Tennessee and Texas, grew revenues from \$400 million to almost \$2 billion, and brought big-time U.S. broadcasters into the league's TV fold.

But running with the big boys carries a steep price tag and all that expansion accomplished was to put more teams in a deeper financial hole. A league-sponsored report last February put losses from the previous season at \$273 million, and there are only two ways to get rid of a deficit like that; one is to bring in more money, the other is to cut costs.

Unfortunately, Bettman failed to get "cost certainty" the first time he locked

the players out and lost nearly half the 1994-95 season. This time around, he's willing to call off the whole deal and risk driving away even more fans to get his way.

Any idea that stupid is rarely the work of one man, and that's certainly the case here. Players are taking home three-quarters of what the teams are taking in — the average salary has grown to \$1.8 million last season from \$558,000 in Bettman's first season. And while their union has shown some willingness to compromise in the few bargaining sessions that have taken place, they're drawing the line at a salary cap.

The NFL and NBA have them in place, baseball still does not. Bettman and his owners have gone on record guaranteeing the players an annual income of \$1.3 million under their latest proposal — cap included. But as NBA star Latrell Sprewell said so plaintively earlier this season, players have families to feed, too. That's their rationale for letting this season slip away, and like Bettman, they're foolishly sticking to it.

Some of the resulting developments would be funny if they weren't so painful.

A nine-man group called the Atlanta Spirit bought the NHL Thrashers, the NBA Hawks and Philips Arena operating

rights last year, and part of its payback was supposed to come Sunday, with a chance to host hockey's All-Star game. Instead, with the arena dark, a member of the ownership group said he might go sit in the stands "and pretend like I'm watching a game."

"It's been a disappointment," Michael Gearon Jr., told his hometown newspaper, "we haven't seen a hockey game, really, since we became owners."

Neither, for that matter, has anyone else. By this point in previous negotiations between billionaires and millionaires, fans would have chosen sides, with the resulting public pressure forcing one or the other — or both — to make meaningful concessions. Instead, both sides have interpreted the fans' silence as an endorsement of their position.

Wait until they find out the real reasons things have been so quiet. The product is dull and expensive, it's vanishing in Canada, where fans still care deeply, and springing up in Sun Belt locales, where there are plenty of alternatives and fans could care less. Instead of admitting the mistakes of the past decade of expansion, Bettman is determined to get a collective bargaining agreement that justifies them. And the players are just as determined to call his bluff.

Pioneer Schedule

Friday, February 18

Men's Ice Hockey vs Holy Cross Milford, CT
7:00 PM

Women's Swimming at NECS Landover, MD All Day

Saturday, February 19

Men's Basketball vs LIU Fairfield, CT 2:00 PM

Women's Basketball vs Long Island Fairfield, CT 12:00 PM

Women's Fencing at NE Champs Cambridge, MA 8:00 AM

Men's Lacrosse at Harvard Scrim Cambridge, MA 1:00 PM

Women's Ice Hockey at RPI Troy, NY 3:00 PM

Wrestling at Rider Lawrenceville, NJ 5:30

PM

Men's Ice Hockey at AIC Springfield, MA 7:00 PM

Men's Fencing at NE Champs Cambridge, MA All Day

Women's Bowling at ECAC Champ East Brunswick, NJ 1:00 pm

Women's Swimming at NECS Landover, MD All Day

Sunday, February 20

Women's Tennis at St Peters Jersey City, NJ 12:00 PM

Men's Tennis at St Peters Jersey City, NJ 12:00 PM

Men's Fencing at NJIT Newark, NJ 1:00 PM

Men's Volleyball at Harvard Boston, MA 1:00 PM

Women's Fencing at NJIT Newark, NJ 1:00 PM

Women's Ice Hockey at Salve Regina Newport, RI 2:00 PM

Men's Track at USATF Champ Boston, MA TBA

Women's Track at USATF Champ Boston, MA TBA

Women's Bowling at ECAC Champ East Brunswick, NY 1:00 pm

Sport Official Assaults

Hartford, CT
Associated Press

With attacks on sport officials making the news, state lawmakers are considering a bill that would make it a felony to assault referees.

"It's a growing problem at games," said Rep. David Labriola, R-Naugatuck, who proposed the legislation. "I'm told by coaches that sports officials are increasingly the target of people's anger. I want to nip this in the bud by increasing the penalties."

Labriola wants to increase the maximum jail time for assaulting a sports official from the current six months to one year. His plan would make sports officials a protected class of citizens, joining others including pregnant women and the elderly.

The law would apply to anyone convicted of assaulting officials at amateur or professional athletic events.

A similar law proposed by Sen. David Capiello, R-Danbury, died in the legislature several years ago.

"I remember hearing of one coach being followed back to his car after the game by an angry parent and physically attacked," said Capiello, who is supporting Labriola's efforts. "You got parents getting violent with sports officials. It's not a rare occurrence."

Labriola proposed the bill at the urging of Bruce Brenia, a Waterbury lawyer who has refereed youth football games for 30 years.

"We've had referees chased to cars," said Brenia, a member of the Western Connecticut Football Officials Association. "It's a serious situation. More than half the states in the nation have some sort of enhanced penalty for attacks on officials at sporting events. At our board meetings, we've brought up the need for such a law here."

Rep. Paul Davis, D-Orange, is co-sponsoring the bill, saying the number of threats and violent incidents committed against sports officials is increasing.

"I remember one swim meet where police literally had to restrain a mother from coming out of the stands onto the deck of the pool," he said. "Officiating baseball umpires are really out in the open, especially when they walk to their cars after the games."

In December, the owner of the Danbury Trashers minor league hockey team, accused of hitting a linesman after a game, was fined an undisclosed amount for leaving the owner's box.

The United Hockey League said it could not prove that the owner, Richard Brosal, hit linesman James Harper, who was suspended for five games for getting into a shouting match with Brosal the led up to the scuffle.

BEYOND SHU

Delivery Canceled as Karl Malone Retires

Pat Conroy
Staff Reporter

Karl Malone announced his retirement Sunday in Utah, the same place that picked him 13th in the 1985 draft.

Malone spent almost his entire career with the Jazz, excluding last season in which he played for the Los Angeles Lakers. Throughout his 19-year career, Malone made it into the record books in several different categories. Malone finished his career with 36,928 points, which is second only to Kareem Abdul-Jabbar.

The Mailman, as he was known, was very reliable throughout his career, finishing second all time in minutes played, with 54,852. He finished fourth all time in games played, finding his way onto the court 1,476 times. Along with being second on the all time points list, Malone grabbed 14,968 rebounds, making him sixth all time.

"Even though I left here for a year, I grew here a Jazz man. If I am fortunate enough to go to the Hall of Fame, I will go a Jazz man," Malone told reporters at his retirement press conference held at the Delta Center.

Malone never hid his feelings from the public at all even in his final press release. "When I said I retired from basketball playing, I have retired. You will not see me play again. That is a promise,"

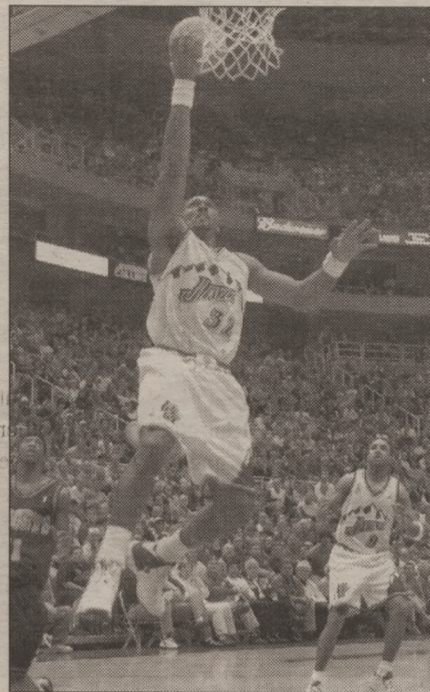
according to ESPN.com. "There will be no unbelievable comebacks. Seen that, don't like that, won't do that."

Malone's number 32 will be retired a year after his longtime teammate and friend, John Stockton, has his number hung from the Delta Center rafters in November. The two were well known for their success using the pick and roll, making it a major part of their offense and helping Stockton lead the league in career assists.

For many years, the guard/forward combination fueled the Jazz team, leading them to appearances in the 1997 and 1998 NBA Finals. Both times they lost to the a Chicago Bulls team led by Michael Jordan, whose multiple returns to the NBA from retirement likely sparked Malone's comments against comebacks. Malone made a third finals appearance last year in his only season with the Lakers, but fell short against Ben Wallace and the Detroit Pistons.

Despite never winning an NBA title, Malone had many other great accomplishments throughout his career. He won two gold medals, the first as a member of the 1992 Barcelona "Dream Team," and the other coming four years later at the 1996 Olympic games.

According to the Associated Press, Malone was close to retiring last summer, but decided until his knee was fully recovered from surgery to make a deci-



AP Photo/ DOUGLAS C. PIZAC

Malone never failed to deliver in Utah during his Hall of Fame career.

sion.

Malone, still looking in playing shape, made it clear that mentally he was not prepared for another shot at the elusive title.

"I look at basketball as 100 percent physically and 100 percent mentally. And if I can't bring you 200 percent from me, I can't bring you anything," said Malone

ESPN analyst Marc Stein noted that Malone decided to turn down a potential return to the league with the San Antonio Spurs. Other interested teams included the Miami Heat, Minnesota Timberwolves, and defending champion Detroit Pistons.

With this list of possible cities that Malone could have returned to, it is clear to many that a championship ring was something Malone was looking for. Malone also addressed this issue at the press conference.

"I wanted a championship, I'm not going to lie to you. That was my ultimate goal, but it was a team goal. That wasn't an individual goal," said Malone

Fans throughout the school voiced their opinions about the retirement.

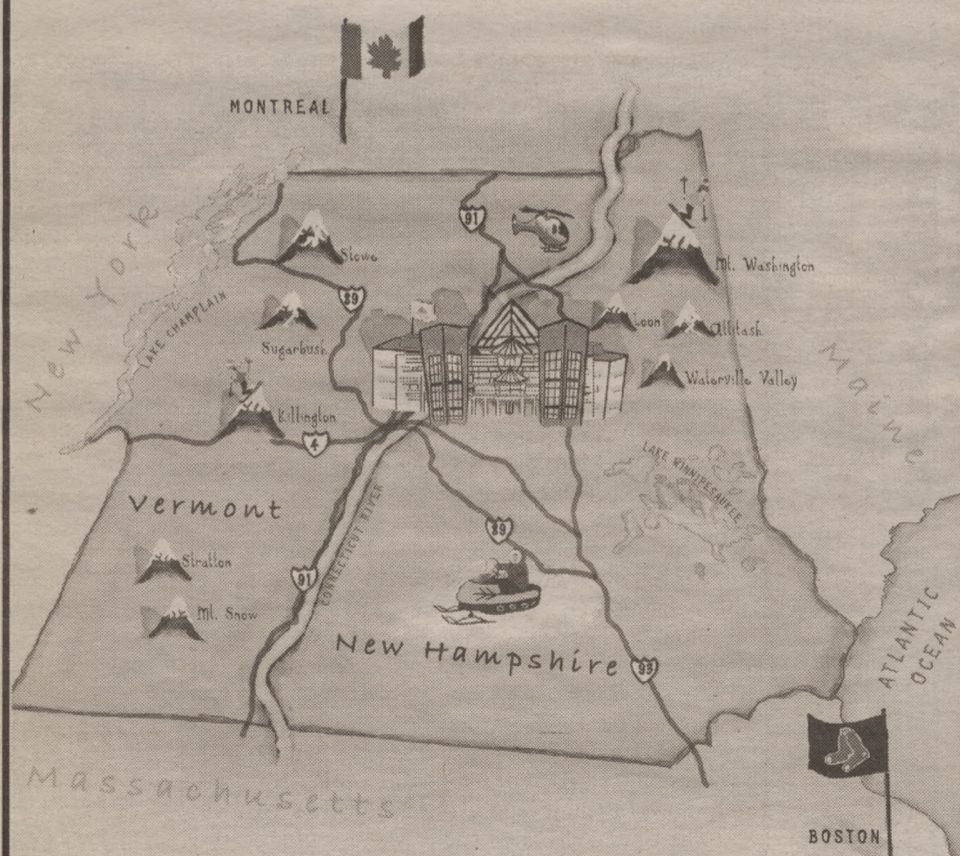
"I think it is good that he retired. He was old and it was his time to leave," said Anthony Griffin, a senior from Cranston, RI.

"It's a good thing that he is done, he had a great career. No one wants to go out like Patrick Ewing," said senior John Ferrara (Riverdale, NY).

"He was garbage. He was the Mailman, but he wasn't that good," said Anthony Monaco (junior, Seaford, NY).

No matter what your opinion is on the Mailman, Karl Malone has left his mark on the NBA and the record books. Fans in Utah and around the country will miss his presence on the court.

Middle of Nowhere?

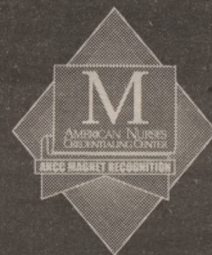


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BEYOND SHU

Stolen Thunder and Boston's Role Reversal

Brian Fitzsimmons
Contributing Writer

In the dramatic 2003 American League championship series between the Boston Red Sox and the New York Yankees, Aaron Boone sent a homerun that cleared the left field fence off a dejected Tim Wakefield, which ended the seven game set allowing the Bronx bombers to advance to the fall classic. New York fans cheered relentlessly at the Red Sox as they added another chapter to their century-long story entitled, "We Were This Close."

That may have been true, but that chapter was also the conclusion to the tale of sadness featuring the boys from Beantown. Last season, Boston was crowned world champions for the first time in 86 years. Theoretically, Yankee fans cheered for the end of their reign that night when Babe Ruth made his last spiritual appearance. How's *that* for irony?

Last season was quite extraordinary. Books were written, the media made out like bandits and *SportsCenter* had something to talk about for months. The Red Sox ended the curse bestowed upon them, which was devastating to the franchise and to its fans.

That curse not only set the organization free and enabled them to enter spring training with hope, but also severed the barrier and twisted the standings for what area is best for a loyal die-hard fan.

Many can think back and visualize the Yankee glory days of the late 90's. The Jim Leyritz homerun, Tino Martinez and Scott Brosius' teamwork, Derek Jeter's playmaking, and David Wells and David Cone's perfect games will be forever etched in a New Yorker's heart. It's funny how that can be forgotten with one ground-ball to Keith Foulke and a soft underhand flip to Doug Mientkiewicz.

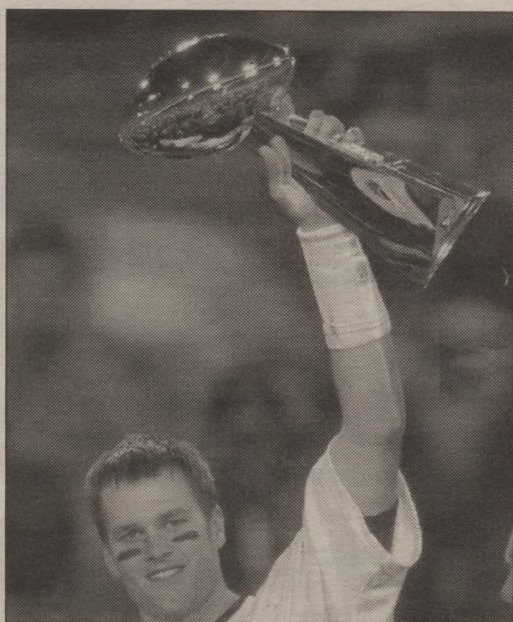
Entering this season, though losing Pedro Martinez, Sox fans have a lot to look forward to. Boston general manager, Theo Epstein, has scored in the winter once again and added pitchers Wade Miller, Matt Clement and shortstop Edgar Renteria, who is another offensive weapon in an already potent lineup.

"I like to root for the underdog," said freshman Annie Tomasz (Hopkinton, MA), "When the Red Sox win, I feel very loyal."

The Yankees will field a very powerful team, but the pitching staff, though revamped, is still questionable and the negative press surrounding Jason Giambi involving steroid issues could be a distraction all year.

"The Yankees always had the hitting," said freshmen Rob Lucas (Clifton, NJ), "They went out and addressed their pitching needs. They signed Carl Pavano, Randy Johnson, and Jaret Wright. I'm not worried about this year."

Was last year the start of a favorable



AP Photo/CARLOS OSORIO

Tom Brady has led the Patriots to three Super Bowls in the past 4 seasons while Jason Giambi has not lived up to expectations during his tenure with the Yankees as they have gone 4 years without a World Series championship.

pattern for the Red Sox? Maybe, but we'll begin to find out for sure on opening day, where the two juggernauts of the American League square off.

If the Red Sox currently occupying the throne of the baseball world isn't enough to convince you that New England sports teams have stolen the thunder from New York, then turning to the Patriots will.

Winning three out of the past four Super Bowls is a big contribution to what makes the model-like smile of quarterback Tom Brady shine. It wasn't too long ago when the New York Giants were led by Kerry Collins to the Super Bowl only to lose to the Baltimore Ravens.

"They aren't the same team that went to the Super Bowl," said Brad Trangucci (Westchester, NY). "In a couple years, Eli Manning will lead a winner, but for now it'll continue to hurt seeing the Patriots win year in and year out."

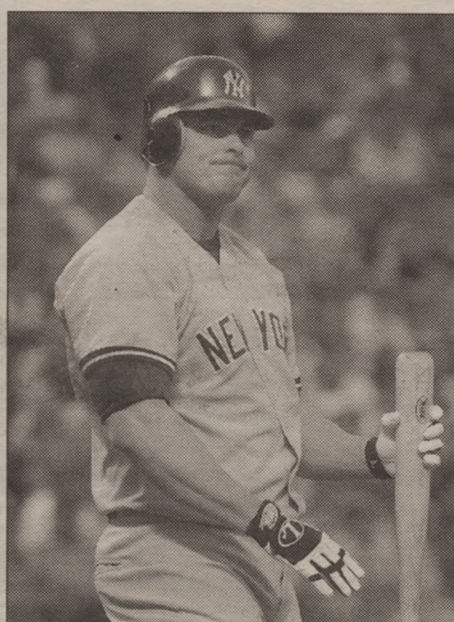
Ever since then, the Patriots have put together squads that dominate with defense and strike quickly with an offense led by All-Pro Brady. The running game was a force for the first time during this journey of successful years thanks to the legs of Corey Dillon.

With the same ferocious defense, the same win-first quarterback and the first 1,600 yard rusher the franchise has seen since Curtis Martin, the Pat's exemplified what a dynasty should play like.

"They're tough", said freshman Matt Rigoli (Parsippany, NJ). "Every time out, they're favored to win and what's scary is that next year, they're fielding virtually the same squad."

The returning winners should do nothing short of what they have done the past four years, which is to show the world who owns football. That's right New England.

The Boston Celtics, who possess the most NBA championships in their history, are currently holding down first place



AP Photo/TONY GUTIERREZ

in the Atlantic Division so implying that basketball no longer has a pulse in New England is simply false. A core consisting of superstar Paul Pierce surrounded by solid role players seems to be a winning

formula for coach Doc Rivers.

Though it's only a week before the all-star break, boasting the third overall seed in their respective conference is quite an achievement. When the current NBA standings are mentioned, New York Knicks fans sigh with grief because their atrocious record has still yet to be explained.

The current last place team only has to look back to 1999 when they were Eastern Conference champions in the lockout-shortened season when they lost to the eventual champion, San Antonio Spurs. It will take a lot of smart financial moves by the front office and a miracle by coaches to turn this around for the buried Knicks. Do you think Stephon Marbury wishes he was still a Phoenix Sun?

The sports world altered its face when the New England area took it by storm this past year. Based on a pattern set by the Patriots, the Sox and Celtics could possibly have a lot to look forward to this year. Go ahead, Boston. You are the greatest place to live in for sports, so make those cheers slice the skin of the has-been New Yorkers. As if they weren't loud enough already.

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BEYOND SHU

Steroid Deniers Now Saying "No Way, Jose"

Steve Conoscenti
Staff Reporter

Jose Canseco, known as "The Bad Boy of Baseball" during his 16-year career has stirred up much controversy recently because of his new book titled *Juiced*. In it he comes clean about his own use of anabolic steroids and human growth hormones, while outing some of the other top players in Major League Baseball.

A week prior to its release, the book was already making noise and was a best seller even before it came out on Monday. The release date was moved up so it could be released one day after Canseco's interview with Mike Wallace on 60 Minutes.

In Canseco's first interview discussing his controversial book with Wallace, he tells all. In the interview that took place Feb. 13, he admits to putting players in contact with ways to acquire steroids and educating them on how to use them while even doubting his ability to have become a major leaguer without them.

Canseco then goes on to say that he has used steroids with at least five other Major League Baseball players, and at the top of his list is former teammate Mark McGwire, who is best known for shatter-



AP Photo/ RIC FRANCIS

Jose Canseco's book may point fingers, but it may be hard to deny all he claims.

ing the home run record in 1998.

"Mark and I weren't really in a sense of buddy buddies," said Canseco in the 60 Minutes interview. "We were more

acquaintances than actually anything else. But there are certain subjects that we could talk about, like obviously steroids and so forth."

Canseco recalls his experiences with McGwire while laughing. He claims that after batting practices or before games they would duck into a stall, load up their syringes, and inject each other in the "gluteus maximus," better known as "the butt muscle" to the players who would inject.

"An athlete may prepare his needle and may ask another athlete to inject him quickly. And that's the way it works," Canseco told Wallace.

In a statement to 60 Minutes, McGwire said:

"Once and for all, I did not use steroids nor any illegal substance. I feel sorry to see someone turn to such drastic measures to accomplish a personal agenda at the expense of so many. The relationship that these allegations portray couldn't be further from the truth. Most concerning to me is the negative effect that sensationalizing steroids will have on impressionable youngsters who dream of one day becoming professional athletes."

McGwire also joked by saying that Canseco's book would top the fiction best

seller's list.

Both McGwire and Canseco played under manager Tony La Russa in Oakland. Wallace asks La Russa about the validity of Canseco's claims regarding his and McGwire's use of steroids while playing in Oakland.

"I don't think there's any doubt that it's a fabrication," said La Russa. "First of all, I think he's in dire straits and needs money. I think secondly, I think there's a healthy case of envy and jealousy."

Other players Canseco included in his book as players he's used steroids with are former Ranger teammates Rafael Palmeiro, Juan Gonzalez and Ivan Rodriguez. He even went as far as to put Jason Giambi in the title of one of his book's chapters: "The Most Obvious Juicer in the Game."

All of these players have denied ever using steroids. Giambi has issued public denials, but none of them, said Mike Wallace, would let 60 Minutes interview them on camera.

Some believe that Canseco may be doing the game of baseball justice by writing this book; others believe that he is just going to add to the steroid controversy. One thing is for sure, Canseco has made MLB commissioner Bud Selig's job that much harder.

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SHU's Fencing: A Truly Unique Experience

Travis Flynn
Staff Reporter

After a full month of planning, the Sacred Heart men's and women's fencing teams were eager to take the floor on Feb. 7 for their largest home meet of the year.

"The thrill of facing an opponent one-on-one is hard to beat," said Charles Thompson (freshman, Long Valley, NJ), who's weapon of choice is the épée.

Sacred Heart's fencers began to take interest in the distinctive sport at a variety of ages and for many different reasons.

"I broke my thumb at wrestling practice and needed a sport to keep me in shape for lacrosse in the spring," said Mathew Laudicina (freshman, Selden, NY), a sabre specialist.

"I always had a fascination with the sport," said Kris Singhaviraj (sophomore, Fairfield), who uses the foil. "And in my freshman year of high school, I knew some friends who were joining, so I decided to give it a shot."

Other members of the teams, such as men's captain Adam Constantine (junior, Queens, NY), started practicing at a very early age.

"I started in what is called the Peter Westbrook Foundation," said Constantine, an épée fencer. "I just wandered into the club one day with my mom when I was seven."

All of SHU's fencers specialize in one of three weapons (or events): foil, épée, and sabre.

The blade used by foil fencers is nearly three feet long and weighs less than one pound. A point is scored by thrusting the tip of the blade into the target area of the opponent, which covers the body like a tank top, but also includes the groin area.

Épée fencers use a larger hand guard, which contributes to make their blade substantially heavier than the foil. The blade is also much stiffer than the foil and a point is earned by thrusting the tip of the épée against any part of the body.

The blade used by sabre fencers is

similar to that of foil fencers, except that it is designed to cut, or slash, as well as to thrust. The target area extends from the curve of the hips upward, including the arms.

All three weapons use an elaborate electronic system to indicate whose blade makes contact with the opponent's target area first. After each point, the fencers reset their positions and start again. This process continues until one competitor reaches victory at five points.

The competitors are limited to three minutes on a narrow 6 by 40 foot strip of floor, which is called a piste according to Thompson.

The intensity within the 240 square feet involves both physical and mental aspects, according to foil specialist Lucas Bernacki (sophomore, Pittsburg, PA).

"Because of the physical and mental capacities required fencing is often referred to as 'physical chess,'" said Bernacki.

This basic concept was reiterated by other members throughout the meet, such as Constantine and

a good sense of timing," Constantine said. "Being able to time each step and every blade movement of your opponent can give you a large advantage."

Fencing also takes a substantial amount of courage, according to sabre specialist David Berkwitz (junior, Trumbull).

"It takes a lot of guts to hit a guy in the face with a sword when they have a sword too," said Berkwitz.

Even though Sacred Heart's fencers adapt to defeat particular opponents, many of them have favorite attacks that they use more often than others.

"My favorite fencing

move is a faint, or fake, to the head and a belly cut," said Elisabeth Mordecai (sophomore, Bethany), who uses the sabre. "You that you are to attack the when your

fake going head, and opponent

said Thompson. "We usually run laps and stretch, and then we do footwork for as much as 45 minutes."

Months of physical and mental preparation helped both Sacred Heart's men's and women's teams to defeat rival New Jersey Institute of Technology 17-10 and 13-11, respectively.

Christie Zeleznik (Junior, Long Valley, NJ) delivered a memorable comeback in the final women's sabre contest.

"I had lost the previous two bouts and I was down on the last one 2-4," said Zeleznik. "I came back with three one-light touches and won 5-4."

Jacob Archambault (freshman, Woonsocket, RI) enjoyed early success with the sabre after learning to fence one week prior to the tournament.

"I really liked seeing a new fencer, Jake, get his first win in his first tournament," said Thompson.

Another highlight of the morning was Nicole Juba's (junior, Cheshire) performance, winning four of five épée bouts.

Bernacki was cheered on by exuberant fans with their chests painted 'L,' 'U,' 'C,' and 'I'.

"I was happy to have my friends at my side to celebrate the victory over NJIT," said Bernacki.

The fencing teams are currently searching for new members.

"We are a growing team and are looking for new people to join because a large percentage of the team will be graduating in 2006," said Constantine. "We are willing to teach anyone who wants to join."

Archambault and épée specialist Earl Gendron (junior, Quinebaug) offered practical reasons to join.

"Fencing is the only sport where you're legally allowed

to possess a weapon on campus," said Archambault. "The sport used to be used as a means of settling disputes among nobility. How cool is that?"

"It is a great sport, a great group of people, and you get to stab people," said Gendron.

The fencing team will close their season with the NEC Championships Saturday, Feb. 19 at MIT.

lifts the blade to block, you switch into a quick slice across the stomach."

"I like to attack towards someone's outside," Thompson said. "And then when they move their blade outside to defend it, I quickly move inside, hopefully before they realize what I'm doing."

Conditioning for the fencing teams is similar to that of the mainstream sports at SHU.

"We have practice five days a week,"



Nicole Juba (upper left) stares down an opponent en route to winning four of her five matches in the tournament. Michael Coppola (upper right) gets ready for battle. Lucas Bernacki prepares for his foil bout as three enthusiastic fans look on. Adam Constantine sizes up his opponent during his épée bout.



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