

Cars Vandalized at Park Ridge

Diana Muniz
Staff Reporter

Vandalism usually dominates lower class neighborhoods, but this was not the case that Kacy Lansing and Sarah Travis found themselves in when their cars were broken into this past month at SHU.

On Friday, Feb. 4, the Public Safety Dispatch Center received information that a vehicle was vandalized on Geduldig Street in Bridgeport. Geduldig Street is where Park Ridge townhouses are located, and is a popular area for student parking.

A Public Safety Officer was dispatched to investigate. The officer arrived on the scene and spoke with the student complainant. The student was Kacy Lansing, a senior from Naugatuck, CT who stated, "My car was parked outside of townhouse two; I noticed that the small window behind the passenger side window was smashed in. They stole a 35mm camera, a new pair of men's pants and a CD holder with probably 20 CDs or so."

Lansing, who is a senior RA at North hall, entered her car to go home around 3 a.m. Before getting to the light at Park Avenue she felt as if her window was open, and when looking back she realized her window was missing. She added, "I tried calling Bridgeport police but they wouldn't come because 'there was no suspect.' Although I was upset, Public Safety did a great job—they were there within a few minutes and helped me tape up my window afterwards."

As the officer was investigating this case, he found a second vehicle with the passenger side window broken. The owner of that vehicle was Sarah Travis, a senior from Verplanck, NY. She alleged that nothing was missing from her vehicle. Travis

said, "I got a phone call around 3:30 in the morning of Friday, Feb. 4 from Public Safety. They left a message on my machine saying that someone had broken into my car, which was parked on Geduldig Street. When I arrived at the scene, the front passenger side window was broken. The glove compartment was open, and the case for my radio face was out on the passenger seat."

"Public Safety helped me put a plastic

was fixed. After making the appointment, I asked Public Safety if I could have a temporary sticker to park my car in the JCC. I was told my options were either: buy a sticker for North Lot and leave the car there, or buy a \$100 sticker for the JCC lot for the rest of the semester."

Travis continued, "Public Safety did not handle this aspect of the situation reasonably. All I wanted to do was park my car in a lot where an officer was stationed



Photo Illustration/ DANYA JIMENEZ

Cars have been broken into on Geduldig Street where Parkridge Townhouses are located.

bag on my window, followed me to campus to park my car, and gave me a ride back to Park Ridge. They had told me that I could leave the car there until the window

all night for a couple of days, since my car had no window, but they told me that

♦See "Students' Cars..." Page 2

Staeger Urges Students to Never Give Up

Juliana Rizzo
Staff Reporter

On Feb. 17, William H. Staeger, executive producer of ESPN original entertainment, visited SHU for a very positive lecture about his career path. His lecture was encouraging, as he spoke about the obstacles he has had to overcome in order to rise to the position he is in today.

In the University Commons assembly room, Staeger spoke intensely to the crowd of students, many of which were media studies majors who may be the executive producers of tomorrow. However, becoming executive producer at ESPN did not happen over night for Staeger. Many years of hard work at 11 different media related careers, schooling and working his way up from the bottom up is what brought him to the level of success that he is at today.

Staeger began his professional life much like many other confused college students. He studied liberal arts in college and simply chose an occupation that sounded interesting to him. At the time his interest was stock broking. It was not long until he realized that working on

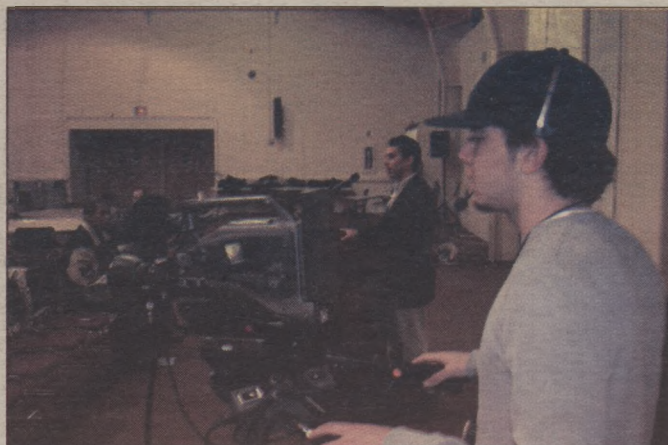
Wall Street was not for him and that the entertainment business was the way to go. There is no better place to pursue such a

to be the next Spike Lee," said Staeger.

Once out of film school his goal was to make an independent film. This was much harder for him than expected as he wrote two scripts which faced much criticism and rejection. These setbacks only pushed Staeger to strive further as he ambitiously revised, rewrote and retried. He worked at exciting jobs with movie stars such as Mel Gibson walking around the office on a daily basis. However, he was not permitted much input at first. The longer and harder he worked, the more input he was permitted

in movie scripts and was later promoted to story developer. The more he worked, the more influence he was able to have in

♦See "ESPN..." Page 4



Contributed Photo/ GREG GOLDA

TV production class under the direction of Greg Golda shooting one of the occasional speaking events hosted by the MSDC department.

career as California, where he attended film school at USC.

"I got serious and learned everything about filming and directing. I then wanted

Laptop Tracking Devices Cause Both Concern and Comfort

Brad Holland
Staff Reporter

The Sacred Heart students who tried to profit by stealing their laptops learned hard lessons about the tracking software installed on their computers. And the lessons they learned are raising eyebrows all over campus.

When two SHU students reported their laptops stolen on Dec. 7 of 2004, it took the Fairfield police only one week to discover the true nature of the theft. The students were attempting to steal their own computers. But the officers involved credit Canadian based Absolute Software for the quick recovery of the stolen property.

Absolute Software is a security company that specializes in deterring theft and recovering stolen PCs through the use of sophisticated tracking programs. How sophisticated? The software is able to provide detailed reports on any computer with a functioning internet connection.

According to their website, "ComputraceComplete lets you efficiently monitor who is using your computers, what hardware and software changes they make, and where your laptops are." Sacred Heart purchased a contract from Absolute Software instead of paying for customary insurance, which was no longer meeting its needs.

Mike Trimble runs the IT department at SHU. He believes the switch was in the best interest of everyone involved. "In the past we used insurance as a means of protecting the University's investment in laptops," Trimble said. "Until recently that worked well, however over the last two years we saw our insurance rates rise rather dramatically. We simply had to find a better way to protect our and our student's assets."

Trimble attributes the rise in insurance costs to an increase in the number of claims filed by SHU. With smaller and smaller laptops issued by the University, it was becoming too easy to walk out with a laptop in a backpack, between a stack of papers, or underneath a jacket. Computrace is seen as a better, cheaper alternative to insurance. In addition, Computrace will pay for the computer if it is not recovered within 30 days.

The bottom line, however, is that the preventative nature of Computrace makes it far more effective than simple insurance. After all, an ounce of prevention is worth a pound of cure.

"Our overall goal is to prevent laptop loss and we believe that if someone is aware of the protective nature of Computrace, they are less likely to take a chance stealing one," Trimble said. So far, the arrangement seems to be working well for the University.

♦See "Tracking..." Page 2

CAMPUS NEWS

Tracking Software on Student Laptops

Continued from Page 1

But how do the students who use the laptops feel about having tracking software on their computers? Zach Dehm, a freshman from Trumbull, CT, doesn't like the idea. "I didn't even know it was on there," Dehm said. "I don't want software on my computer that lets people spy on me."

His fears are representative of many students here at SHU, but the company has a very respectable reputation and Trimble believes the software is safe. "The notion that Big Brother is watching is somewhat misleading, since there is no one here doing that," he said. "The tracking of an asset only occurs when we say one is missing."

Other students feel good that the long arm of the law can help to return a stolen laptop almost immediately. Joanna Errera, a junior from Rockville Centre, NY, sees the benefit in SHU's security measures. "If the school wants to put that in there, I don't mind at all," Errera said. "I mean, I'm not doing anything illegal, so if it helps to return something stolen from me then I'm all for it."

More information is available at the company's website at www.computrace.com, or at the school's IT department.

Students Plan for Spring Break

Kristen Lovering
Staff Reporter

It's that time of year again; time to take a break from schoolwork and to get the first taste of the upcoming summer. Yes, it's spring break!

Students everywhere decide to get creative, pick the next hot spot of the year to go to, and release the stresses of school. Anywhere from a beach to the mountains, the simple thought of getting away is what gets students through the long, dragging weeks of school.

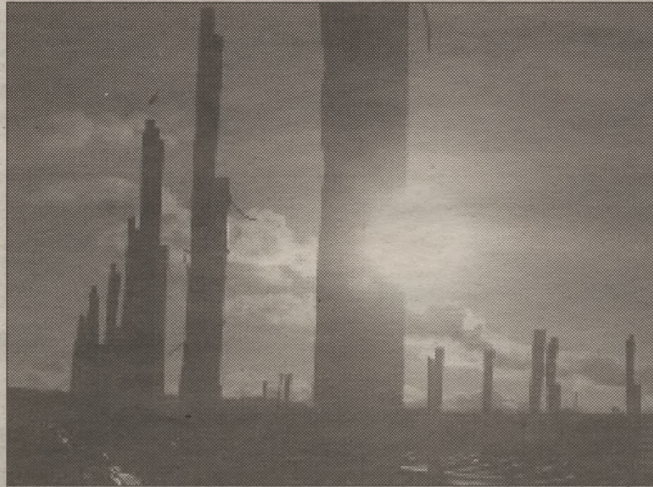
This year it seems that the beaches are the most desired places to go. The hot sun is a nice escape away from all of this cold snowy weather. A popular place this semester certainly is Acapulco, Mexico.

Nicole Ferro, a sophomore from Staten Island, NY, and her friends at school are taking full advantage of their long awaited vacation and all going to Acapulco this coming March.

Ferro said, "Spring Break is one of the best points throughout a school year, I can't wait to go to Mexico with my friends and do nothing but relax." Ferro added,

"The whole trip came out to \$1,050, and I am sure that it will be worth every penny."

These spring breakers booked their trip through a small travel agency in Staten Island, but, not to worry, there are many opportunities to book a vacation right here



The sunset at Puerto Vallarta, Mexico, one of the various beaches in Mexico where SHU students are spending Spring Break.

The Spectrum/ DANYA JIMENEZ

in CT. Student travel companies such as Sun Splash Tours offer a variety of packages, sure to make your vacation is the best it can be.

However, don't be discouraged if you have no plans for this approaching vacation. Relaxing at home can be just as refreshing!

Corrections And Clarifications

2/17, Issue number 15

The front page photo for "World Famous Dancers Take Show to SHU" was incorrectly credited to Danya Jimenez. Mark Stanczak should have been credited for the photo.

2/17, Issue number 15

A sentence in the first paragraph of the front page article for "World Famous Dancers Take Show to SHU," should have read: "Theirs is the longest running live stage show in the United States," not "Their live running stage show in the United States."

2/17, Issue number 15

A sentence in the third paragraph of the front page article for "World Famous Dancers Take Show to SHU," should have read: "'We wanted to bring my dad,' she happily recalled after the performance," not "'We wanted to bring my dad,' she happily after the performance."

2/03, Issue number 13

The back page photo for "Women's Hockey Pad Starts with Big Win" was incorrectly credited to Danya Jimenez. Travis Flynn should have been credited for the photo.

1/27, Issue number 12

The last sentence of the front page article, "Students Attend Presidential Inauguration" was cut off. On page 5 where it was continued it should read that the students also got the opportunity to be on *Hardball* with Chris Matthews.

European Views on Foreign Policy Discussed

Continued from Page 5

and democracy can't be reconciled. I don't think that is true. The only way to destroy the Muslim that is bad is to embrace the peaceful Muslims."

Boekestijn stated, "Americans truly believe in morality and in exporting democracy to the rest of the world and in an international mission. Europeans, on the other hand, view these things cynically."

He added, "I've never met a single Dutch student who when asked if they could envision a situation where they would willingly die for their country, he/she would say 'yes.' Sacrifice for the greater is much closer to the American culture than to the European."

Boekestijn further compared the European and American views that so greatly influence the way their feelings differ on the same issues. He said, "America is a very religious country. Europe has gone almost completely secular...It's a very different situation from America, which means that if Bush talks about his personal relationship with God, people in Europe are very much cynical about that - that's unacceptable for Europeans...If you talk to the most famous Dutch theology professor, he will say that everything you say about

God comes out of our own mouth. I think that in the US, many more people tend to think that morality comes from a higher source, and therefore, morality is much more vibrant here and people tend to talk about things in moral terms. In Europeans are pretty cynic about this point."

Professor Boekestijn also had the opportunity to go to Iraq and participate in some operations and patrols during the night with the Dutch soldiers in a relatively peaceful province called Al Mutana and shared pictures and a movie from it. These can be seen on his website at <http://www.let.uu.nl/~arend-jan.boekestijn/personal/peace%20keeping/irak2004/irak2004.htm>

James Accuosti (junior, Watertown) said, "The best part for me was the video he showed us at the end of his lecture revealing real footage of his trip to Iraq -- I find it difficult to picture such activronment and they are going to export terrorism, something must be done."

Accuosti added, "Interestingly, I had some of his descriptions of Europe and the US reversed. Some of the descriptions of European attitudes I had thought the U.S. had."

When it comes to how much students were able to take home with them,

Katherine Brindisi (freshman, Cedar Grove, NJ) stated, "His lecture definitely helped me better understand the events that are occurring today."

At the end of the lecture, Boekestijn answered questions from the audience that were mainly concerned with "healing the rift" in American and Foreign Relations.

Boekestijn's answer to where does he see American and Foreign Relations going was, "It all depends on what is going to happen in Iraq and we still don't know what will be the exact outcome of this election. I was surprised by the relative success of the elections, but still we don't know. It can still all go wrong, and if it does, then you have another rogue state and the Europeans will say 'I told you so. You shouldn't have done it' and then there's no incentive for them to do anything to heal the rift. But on the other hand, Europe is so cynical but doesn't do much itself. You can criticize Americans all you want but at least they do something...The real question is what can we do? Nation building is extremely difficult and it can be better done by the people themselves, but if they don't do it and they find themselves in a lethal and almost suicidal environment and they are going to export terrorism, something must be done."

Students' Cars Vandalized at Park Ridge

Continued from Page 1

I would have to pay for a completely new parking sticker, which is was absolutely ridiculous. Buying a North Lot sticker is a hassle because I would have to take the shuttle to campus in order to get my car, and I refuse to pay \$100 to park in a lot where cars have been broken into numerous times before. It was a stressful situation worrying about my car which could easily be broken into again. While I feel that Public Safety handled all aspects of the situation well, I feel that this aspect they were of no help."

Even though vandalism has struck SHU before, future procedures and actions will be implemented so students do not feel neglected when an incident like this one occurs. "In an effort to prevent the vandalism to vehicles I have increased the contract security hours and have increased Public Safety patrols on Geduldig Street, Park Ridge and JCC," said Jack Fernandez, Assistant Director of Public Safety.

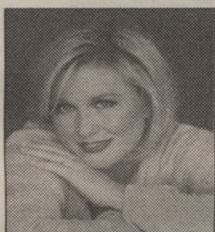
CAMPUS NEWS

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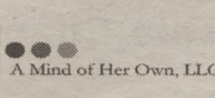
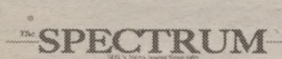
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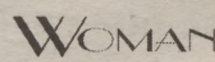
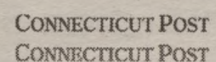
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CAMPUS NEWS

Spectrum Website Sees Huge Growth

Brad Holland
Staff Reporter

The Sacred Heart Spectrum's website was launched on Sept. 20, 2004, and recently the site was syndicated on the College Publisher network along with 300 other University papers. Since then, traffic has exploded.

Bill Silvestri, a senior from East Greenwich, RI is the Web Editor for the Spectrum. Silvestri updates the site weekly by uploading stories and ads from each issue. He is excited with the amount of interest the site has generated.

"It started off we were getting 500 hits per week, which amounted to about 10,000 for the fall semester," Silvestri said. "But since our syndication we're getting twice or even three times that." He went on to say that the counter for January has already reached the 10,000 hit mark, matching the amount of hits from all of last semester. And not only Sacred Heart students are logging on. The rest of the nation is taking notice.

"We recently had a man from California ask for permission to reprint one of our articles," Silvestri said. In all,

the website has received requests for 400 copies of Spectrum articles to be reprinted in newsletters outside of the University community. Credit for these stories is given to "The Spectrum" and to the writers.

Each Thursday morning the site is updated, but the Spectrum's site operates with no budget whatsoever. Silvestri and sophomore Stephen J. Conoscenti, who aids Silvestri in "coordinating web activities," update the site for University credit on their own time.

The Spectrum can be found at <http://www.sacredheartspectrum.com/>.

Person needed for after-school child care Monday-Friday for 12 year-old boy in Weston. Responsibilities include general supervision, making sure homework is done, and driving him to after-school activities. Must have clean driving record. May include room and board, if needed. Call 222-9121.

Senior Mystery Trip Revealed

Emily Grayson
Staff Reporter

Every year the senior class has an event that occurs; the senior mystery trip. This year, the class of 2005 loaded buses outside of Public Safety and were taken to a secret bar that only a select few people knew about.

When they arrived, they soon learned that they were going to be spending a crazy night at a bar called Hula Hanks in

this is a main event that the senior class can partake in before senior week and then commencement.

This is a very important time because it is giving students in the senior class the opportunity to spend time with their friends as well as get to know more of their classmates before their time at Sacred Heart are over.

In terms of how much the seniors enjoyed the trip? General consensus stated that a good time was had by all.

Guy Savage (Senior, Taunton, MA) "It was a crazy time. Personally, I spent \$120, and having a lot of fun. This was definitely a preview of how crazy senior week is going to be."

Most agreed that this is a great start to the end of senior year and a good precursor to senior week at the end of the year.

"Luckily, I think that the trip went very smoothly and from what I could see everyone was having a great time, which was the main goal," said Senior Class President Danielle Bachini (Senior,



Contributed Photo/ JESSICA FORTIN

Seniors Maria Aiello, Steve Acciardo and Matt Braley enjoying Senior mystery trip at Hula Hanks in Stamford.

Stamford. You could feel the excitement in the air as the students hurried to the bus and prepared for a long, fun night of drinking and spending time with each other.

"I expected it to be some place in Stamford but I really didn't know where, and I was so excited that it was Hula Hanks because it's just a great bar," said Maureen Daley (senior, Washingtonville, NY)

This is a monumental time in a student's senior year as everything starts to wind down and lead directly to graduation. Aside from senior pub nights each month,

Freeding Hills, MA).

"I had a great time. I love the bar that was chosen, so I was happy to find out that it was at Hula Hanks. Everyone really enjoyed themselves and I was so happy that I was there too," stated Meaghan Mullane (Senior, Wantagh, NY)

After an adventure like this the seniors are looking forward to an amazing close to senior year before graduation as time is going by at an extremely fast pace.

ESPN Comes To SHU

Continued from Page 1

movie scripts and was later promoted to story developer.

"I first had to be the lowest chain on the totem pole before getting to where I wanted to be," said Staeger.

Through all of the trials and tribulation, he never lost sight of his objective to write. Over a period of seven years he wrote a novel. Once again, Staeger hit a bump in the road when his novel faced much censure. In spite of this, he did not give up and continued to strive. He later got himself a book deal and his novel will be published in summer of 2005.

Currently, Staeger writes scripted and unscripted drama for ESPN which has

447 networks, where he has been for four years. It took him much hard work attain the success that he does today.

The lesson that he preached in the lecture is very insightful to college students who may find themselves confused when trying to choose a profession or frustrated when facing adversity.

"Listening to Mr. Staeger was very helpful being that we are college students who must now choose a career. Seeing the success that he has obtained in his life is motivating to many of us who find ourselves in a hard place and feel stuck," said Christie Briganti, a sophomore from Rye Brook NY.

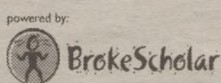
Staeger is living proof that hard work and persistence is the key to the top.

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BEYOND SHU

Utrecht Professor Discusses U.S. Foreign Policy

Ariane Rasmussen
Contributing Writer

Soon after the unforgettable tragedy of 9/11, the U.S. could look around at a world filled with many allies that were ready to take on any terrorists. Yet only a few years later, we find that the U.S. is practically hated throughout much of the world. What exactly went wrong?

On Feb. 8, Professor Arend-Jan Boekestijn from the University of Utrecht in the Netherlands presented a special lecture on "European Perspectives on U.S. Foreign Policy." Boekestijn lectures on Modern European integration and international relations in the nineteenth and twentieth centuries and is also an advisor to the Dutch Ministry of Defense. In this lecture, Boekestijn attempted to explain and clarify many of our doubts on this topic.

Boekestijn opened his lecture by saying, "We all know how dangerous, how difficult, and how strangled transatlantic relations have become. In Europe, people are extremely worried about what the Americans are doing. And the other way around, the Americans are also worried about what others are doing. So it only seems worthwhile to try to present some

sort of analysis to what is really going on."

His sense of humor took flight as soon as the lecture began as he made a few points clear about the difference between him and the typical European.

"I am a very strange guy. In a way, one could argue that I am not the most ideal guy to talk about this topic because I feel much closer to America and its culture than the typical European in this lecture. I was one of the very few European lecturers that was reluctantly supporting the war in Iraq. One of the reasons being that I was quite happy to get rid of Saddam Hussein, especially because the French, the German, and the Russian were undermining what he could do. Because there were so few scholars who were willing to say something positively about the American point of view, I was out on TV and the radio and became kind of a media celebrity. Not because I was so good, but because they couldn't find anybody else with my points of view," commented Boekestijn.

Boekestijn went on to present his analysis on the topic. The American reasons for going into Iraq include Hussein being a source of instability to the Middle East and a collector of weapons. WMD rogue

states, in turn, equal globalized terrorism. The Americans also linked Hussein to Al Qaida. The access to oil also played its part in the matter, but mainly, the American Perspective included the extreme need to reform the Middle East since it exported terrorism.

According to Boekestijn, the problems that went along with such perspectives were not a few. Iraq's case is very complex. Furthermore, Hussein might've been deterred if the French and Russians could've been stopped from helping Hussein in the first place. There was also no true link between Hussein and Al Qaida, and thus, linking him to the war on terror became very complicated. There were also no weapons of mass destruction to be found to further complicate matters although there was every reason to believe that there would be WMD when looking at Hussein's history.

The European perspectives varied greatly from the American views on the necessity to go into Iraq. They viewed the United States as extremely stubborn and reluctant to work with the rest of them. Boekestijn explained that they knew that the USA wouldn't take 'no' for an answer from the UN and would attack Iraq any-

way. The U.S. was also not abiding by Article 51 of the United Nations Charter that stated that unilateral attack is only allowed in self-defense, not prevention. The UN also argued that giving the U.S. the right to launch preventive war would not be a good principle since for international relations because Russia and China could want to do the same.

Furthermore, Bush failed to be diplomatic. He failed to consult, explain, and cajole. As a result, they believed in that "if you break it, you own it" meaning that if Bush entered Iraq, the U.S. would have to deal with it all on its own. They also saw that there was no logical link between Hussein and Al Qaida. Some European experts had doubts about the WMD. In addition, many experts felt that democracy can't be exported.

Boekestijn explained, "Europeans feel very cynical about the idea that the U.S. believes that since it is the oldest democracy in the world, it is better than the rest and its democracy worth being exported. In fact, many diplomats felt that democracy can't be exported, especially no to Muslim countries. They said that Islam

♦See "European..." page 2



National and Global News

BRUSSELS, Belgium (AP) President Bush scolded Russia for backsliding on democracy Monday and urged Mideast allies to take difficult steps for peace, appealing for Europe's help in both troubled areas to "set history on a hopeful course." Bush opened his discussions with a gesture of reconciliation toward disgruntled allies, hosting an elegant dinner for French President Jacques Chirac, the harshest critic of the U.S. invasion of Iraq.

JERUSALEM (AP) Palestinians gave a jubilant welcome to 500 prisoners freed Monday by Israel as part of a truce, but many complained that uprising leaders were not among those released. Hamas militants appeared unmasked in a West Bank city, their leader shouting that there can be no peace "as long as there is a single prisoner in Israeli jails." Suhail Abu Madala, 35, spent four years in prison and had three more years to serve when he was set free Monday.

LOS ANGELES (AP) Mudslides trapped people in their homes Monday and forced others to flee as Southern California was soaked by yet another of the powerful storms that have pounded the region this winter. At least three

deaths were blamed on the weather and part of the area's commuter rail service was halted.

SEOUL, South Korea (AP) North Korean leader Kim Jong Il told a visiting Chinese envoy that his government will return to six-party nuclear disarmament talks if the United States shows "sincerity," the communist state's official news agency said Tuesday. The announcement - the latest in more than two years of conflicting statements over North Korea's nuclear program - came less than two weeks after Kim flouted Washington and its allies by claiming that it had nuclear weapons and would boycott the talks.

BEIRUT, Lebanon (AP) Tens of thousands marched Monday in the biggest anti-Syrian protest in Lebanese history amid signals that Syria will soon withdraw its troops from parts of the country. President Bush renewed demands for Syrian forces to leave Lebanon immediately. The protest marked one week since the Feb. 14 death of Rafik Hariri and began at the bomb-scarred site of the former prime minister's assassination, which turned many Lebanese against Syria and increased international pressure on Damascus to extract its army from Lebanon.

Connecticut News

Associated Press

Former student sues UConn officials over riot hearings

A former University of Connecticut student is suing a school administrator over the way the college held a disciplinary hearing in response to rioting after the men's basketball championship win last April.

John Latino, of Franklin, Mass., was one of 15 people suspended for their alleged roles in the rioting. Latino, in a federal lawsuit against UConn's vice president of student affairs, John Saddlemire, says the hearing process was misleading and violated rules in the student handbook.

The lawsuit also questions the impartiality of the hearing officer and claims Latino's constitutional right to due process was violated.

"We're claiming the hearing was a farce," said Hartford lawyer Jon Schoenhorn, who is representing Latino. "The only thing missing was a live mar-supial."

The hearing procedures are "unconstitutionally vague and deprived the plaintiff of due process of law," according to the lawsuit filed earlier this month.

Saddlemire declined to talk about the case, citing the university's policy

against commenting on pending litigation.

Latino was arrested on April 6 on charges of first-degree riot, breach of peace and interfering with a police officer. UConn police accused Latino of refusing to comply with orders given by officers who were trying to disperse a crowd that was rioting and flipping over cars at an off-campus apartment complex.

Latino later pleaded to reduced charges and was given a suspended sentence.

UConn conducted 40 separate disciplinary hearings in connection with two nights of rioting when the men's and women's basketball teams won national championships. The hearings resulted in one expulsion, 15 suspensions and 20 students put on probation. Two other students received warnings, one was reprimanded and one was deemed not responsible.

Latino was suspended following a hearing on April 29.

In his lawsuit, Latino maintains that he was just trying to see if his car was being damaged when police yelled at him to leave the area. He claims he tried to leave, but an officer grabbed him from behind and forced him to the ground. Two other officers jumped on his back and pounded his head into the pavement, the lawsuit says.

Maj. Ronald Blicher, a spokesman for UConn police, has said officers used appropriate force when arresting Latino.

Perspectives

The Science of Walking Through SHU's Hallways

Alex Kantarelis
Contributing Writer

I realized not too long ago that our school isn't the biggest place in the world. We have one major hallway, where practically every class is. But that's not the only thing I've recently noticed. I also noticed the strange things that happen between people in the hallway.

It all starts with people you know. You're walking down, probably on the way to your class, and you see one of your good friends. Maybe it's one of the guys who live just upstairs from you, and you hang out all the time. So it's really nothing *that* crazy. But nonetheless, you see this "dude" walking in the hallway, so you stop, you say hi, you ask what they're doing later tonight. You know the drill. It's really not that awkward, it's something you do practically every day.

But that's only the beginning. Just minutes later, you're walking through the hallway, and you see one of those people you've only met one time. You know who they are, but you don't even remember their name. You both make eye contact, so you have no choice but to say, "Hey, what's up." It's one of those things that you just do by impulse, and you don't even know why. "Hey, what's up?" It's practically second nature by now. Then you just walk away. And that's it.

Those people have become the ones you know just because you see them in the hallway, and you say hi. They are nothing more than hallway friends. You would never hang out with them, or call them up

late at night. The lifespan of this kind of friends is uncertain. Nobody knows the actual time that you can stop saying hi, but you know that date is inevitably coming. You will walk through the hallway, see the person you once said "Hey, what's up" to, and just plain ignore them, and it won't matter.

The next hallway incident that bothers me is when you see someone at the absolute other end of the hallway. It always happens exactly the same way. The person you know is as far as possible, yet there is no one else in the hallway. And that's when you make eye contact. When this happens to me, I immediately begin to panic. I worry about when the proper time to say something is. There are several options. You can quickly turn into the first room you see, and pretend that's where you were going. But that doesn't always work. You can wait until the two of you are finally right next to each other to finally say hi. But that comes with a very long awkward silent walk. The third, and final option is to act like a total fool, and just start yelling things to this person all the way at the other end of the hallway. "HEY MARTIN, HOW ARE YOU DOING? I'M GOOD, HOW'S YOUR DAD, DOES HE STILL HAVE THAT DISEASE?" That's how I do it. I start right away, and just keep on talking until it's weird.

Now as awkward as that is, it's not the worst thing that can happen. Saying hi to your friends isn't so bad, and neither is saying hi to people you only "kind of" know. Have you ever accidentally said hi to someone you thought you knew, but it turned out to be a total stranger? What

exactly do you do in that situation? You can't just say, "Oh, I'm sorry, I thought you were someone I 'kind of' knew." That would be incredibly uncomfortable. You have to just play along, and pretend you knew exactly who that person is, then just briskly walk away.

But greeting people in the hallway isn't the only thing about the hallway that bothers me. Have you ever walked through the hallway, and a total stranger is directly in front of you. You both walk practically straight into each other. Then you pause, and attempt to walk around each other. But for some reason, the exact same thing always happens. Both of you go left, and bump into each other again. Then you both go right, and bump into each other again. Then you try to go left again, and you guessed it, straight into the stranger again. Why does this happen? Why is it, that no matter what, I always go the same direction as the other person? This is without a doubt, the most annoying aspect of walking through the hallway, and it seems to happen a lot more than it should.

Well, with all the complaining I've done today, you might be asking yourself, "Hey, does this crazy guy have any solutions to all these problems?" And my answer to that is, not really. The only solution I've come up with is pretending to be on my cell phone so that people think I can't say hi. It works amazingly well. It's been working for me for years. That, and just not going to class in general. If you skip class, you don't have to walk through the hallways, and you don't have to see anyone. It's the best of both worlds!

Dear Editor:

Let me begin by saying I do not intend to offend anyone. I am merely writing as a concerned tuition-paying student.

I heard an estimate once that of every dollar we spend on tuition, only seven cents of that dollar is spent on academics. I have no idea just how accurate this figure is but I'm assuming it holds some truth here at Sacred Heart.

We have a beautiful campus and no doubt a large portion of our tuition goes to Buildings and Grounds. And our technology department is second to none and obviously well funded. But I fear another large portion of our tuition dollars goes to Athletics.

I support SHU athletics and I was an athlete, playing tennis all through high school and I have a great respect for our athletes here. However, I would be very interested in the amount that this school gives for athletic scholarships in comparison to academic scholarships. Hearing so many students brag about their free tuition for playing a sport well, I have to suspect the athletic scholarships outweigh the academics.

Sitting in the Pitt Center, you can watch your tuition money walk by. Not only the students themselves who are receiving a cheaper or even free ride, but also on their clothing. Do athletes receive new uniforms every season? And how many warm up suits do they actually need? In a day, you can see SHU athletes in red, white, and black shorts, sweatpants, t-shirts, windbreakers, sweatshirts, long sleeve shirts, and even headbands. They are everywhere. Walking down the halls, sitting in front of you in class, and more appropriately lifting weights in the gym. Perhaps some of the SHU gear has been purchased in our bookstore by spirited students, but for those "free" SHU warm up suits that athletes wear I ask you: are they truly necessary? Wouldn't you rather see the amazing professors we have here receive a pay increase? Or an updated library? Because I sure would. When did universities become more concerned with their sports division and having an undefeated season than their sole purpose of existence: to educate!

To whomever decides where our tuition dollars go: I beg you to re-evaluate Sacred Heart's department breakdown. To the athletes: Keep up the good work, but maybe next season you could get by with just one warm up suit or even, dare I say, just wash and wear the ones from last season? And to those who agree with me: Let's do something about it!

Respectfully,
Julie Chouinard

SHU Habitat Goes To North Carolina

Laura Ives
Contributing Writer

On March 5, several members from Sacred Heart University's Habitat for Humanity will be departing on a journey to Wilmington, North Carolina. This will be the third year in a row SHU has left the Bridgeport area to help others in need of decent housing. In the past, the dreaded twelve-hour drive was overshadowed by the warm hospitality shown upon our arrival. We are usually greeted and shown our living quarters; a house where the show "Dawson's Creek" was formerly filmed. We are provided meals throughout the week and fend for ourselves the rest of the time.

Over the course of five days we will help erect the walls and roof of a future Habitat home. We start with a concrete base and a plywood floor and work our way up from there. We build every wall, door, and window frame and apply plywood to the exterior of the house. We help lift the trusses onto the roof and then add plywood and a layer of tarpaper. We all work together, sometimes even with the homeowner, to accomplish as much as we can.

We always leave North Carolina with a greater appreciation for the world around us. We not only build a house, but we build memories and friendships that will last forever. No one truly can understand the feeling of satisfaction until they have donated their time to help others in need. This experience will be better than any tropical island vacation any of us could have gone on for spring break.

1064 Committee Invites Students

To the Editor,

I'm writing to inform the Students of Sacred Heart University of a unique spiritual opportunity that will begin on Sunday Feb. 27th at 9:00pm. 1064 will be held in the University Chapel and we will come together to share in our collective spiritual journey.

1064 is a group for people searching for their own strength and spirit. We claim no official religious affiliation, but rather are inclusive of all people who wish to discuss their own stories of struggle and triumph. The community is meant to serve as a place for anyone to feel comfortable, a place of warmth and support.

So if you have questions about your spirituality, if you don't feel like you have a place to be yourself, maybe this group is for you... give us a shot, we're nice...

Sincerely,
The 1064 committee

The SPECTRUM

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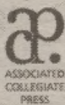
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The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not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

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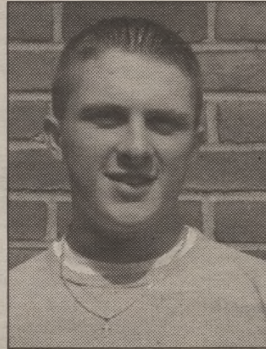
He Said... She Said...

Dieting: How Much is Too Much?

Robert Roy
"He Said" Columnist

The dieting craze hit America in the mid 90's and has stretched into the new millennium. Atkins, South Beach, Weight Watchers are all very popular diets and there are also popular workouts like Pilates and Tae Bo. According to National Eating Disorders Association; "Americans spend more than \$40 billion dollars a year on dieting and diet-related products. That's roughly equivalent to the amount the U.S. Federal Government spends on education each year. It is estimated that 40-50% of American women are trying to lose weight at any point in time. One recent study revealed that 91% of women on a college campus had dieted. 22% dieted "often" or "always." (www.nationaleatingdisorders.org) Dieting is a major trend throughout the United States and many people do not diet properly.

People go to great lengths to lose weight and change their bodies, and this is perfectly healthy, however many people go too far and can destroy their lives. Anorexia, bulimia and other eating disorders can arise from unhealthy body images



The Spectrum/DANYA JIMENEZ

and unhealthy dieting. These diseases are often driven by underlying reasons other than diets however; unhealthy dieting can lead to these problems. Any dieting that becomes unhealthy is too much. Those who wish to diet should consult a professional dietitian or doctor before starting any type of diet and your diet should be monitored by the professional to ensure proper application.

Overall, dieting can be very dangerous and when you diet you do not want to jeopardize your health. Dieting and exercising to be healthy is encouraged but, do not diet to the point where it becomes unhealthy. Consult a physician before starting a diet and work with him or her to find one that is right for you.

Athena Soriero
"She Said" Columnist

Being health conscious and taking care of your body is something that everybody should do. But there comes a point where a healthy awareness turns into a compulsive obsession. Unless you're overweight there is no reason why you should near starve yourself in attempts to count calories. There is nothing worse than looking at a person who's intentionally gotten themselves down to a weight where they look like a starving child from a third world country. Oh wait there is, watching this person eat a box of tic tac's for lunch.

Guys who doesn't eat is extremely unattractive, and we're not talking about the guys who don't eat out of laziness or lack of funds we're talking about the guys that keep a religious count of calorie, carb, and fat consumption. Men are supposed to eat like men. Of course a nice physique is always a big plus, but only if it's done in a healthy way. But some guys just take it a step to far. If a guy goes to the bar and orders a rum and diet to save himself from the excess calories and carbs of beer he's gone to far. If his girlfriend eats more in one sitting than he does



The Spectrum/DANYA JIMENEZ

all day. If he goes to the gym more than once a day. If water, hydroxy cut, half a protein bar, and gum is what he considers a full meal. If he will only eat a burger if it has no cheese or bun and extra pickles in place of fries, he's gone overboard.

No matter how nice of a body a guy has as a result of crazy diet patterns and pills the fact that he eats less than a 10 year old girl cancels out the appeal of his rock hard body. A guy who refuses a nice big man meal or skips desert because of his fear of fat is pathetic. We all know how annoying it is when you're with a girl who doesn't eat and orders a side salad as her main course at a restaurant, now imagine that skinny little girl being a gym going tough guy with washboard abs and perky pecs ordering the salad... with dressing on the side.



And once again, State of the University Address (SOTUA) returns to the Senate discussion table. This week, Ray Mencio, VP for Finance Board, and Michael "Hoogz" Hougasian, Class of 2005 Senator, brought an amendment to the Constitution to the table. However, rather than trying to change the requirements of SOTUA, this is the letter they wrote:

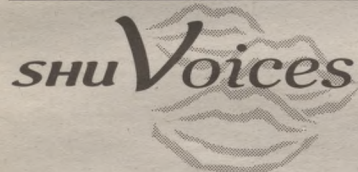
"Dear Senators,

We feel that it is in the best interest of Student Government and the entire student body to eliminate the State of the University Address from our Constitution. We are both in agreement that it has far outlived its intended purpose. The most obvious reason would be a decline in the student audience throughout the years. At its first appearance the theater was full. The past several years, those in attendance have diminished and with that the only students that attend are Student Government members, whom are required to be there. Also in attendance are faculty members and the Student Life staff with an overall audience of less than 150 people. This is a disgrace and embarrassment to all the cabinet members and SG members who took time out to plan an important event. This lack of interest hurts all sides involved in this spectacle. We both believe in the idea and spirit of 'SOTUA' as it is a necessary vehicle for student to voice their opinions and grievances to the administrators of the University. However, in its current state of implementation, this intended purpose of 'SOTUA' has not reached its full potential. We are proposing that we put together a committee of students, faculty, and professors that will meet in April 2005 to discuss an alternative to SOTUA. We hope that this alternative can have a positive impact and it will draw more students than the past three years of SOTUA."

This proposition requires the elimination of a section in the Student Government constitution that requires the Executive Board to put together a "SOTUA" every year. The amendment may have gone through earlier this year, but both Senate and Executive Board didn't want to change the Constitution just to escape the duties of the event. Instead, this method brought to the table suggests that before the end of the year, a committee will decide a different way to address the situation and decide for next year what will be the most appropriate thing to do. This elimination passed in Senate for the first time on Wednesday.

- The article is contributed by
Erin Maurer

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



What are you doing in preparation for mid-terms?



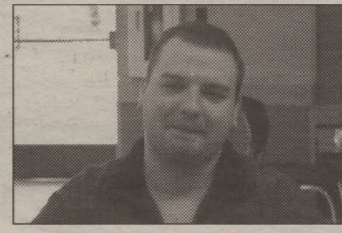
"I don't have any midterms."

Chris Dunn
Stamford ~ Senior



"Studying...alot."

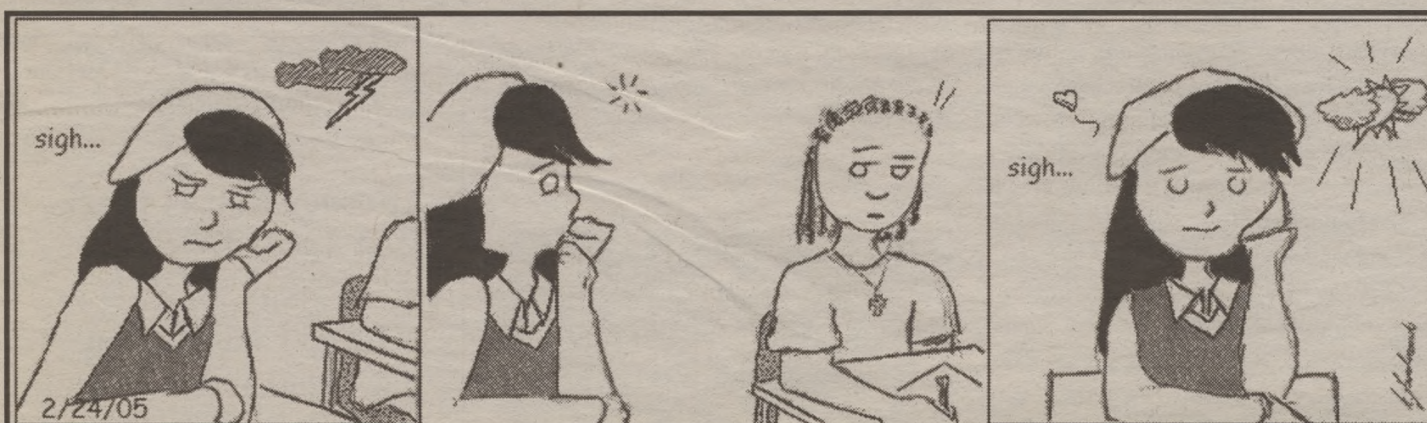
Joseph Pinter
Oakdale, NY ~ Junior



"I'm not preparing for midterms."

Derek Krysiak
Prospect ~ Freshman

The **CARTOON** of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO

—Arts & Entertainment—

What Up Funk gives Funk-adelic Performance at Outpost

Jacque Boothby
Staff Reporter

Upbeat and lively funk music filled the air of FLIK on Thursday night, when the band What Up Funk came to perform at the Outpost.

What Up Funk is comprised of seven musicians: three guitarist, two drummers, one keyboardist and one saxophonist. With such a variety of instruments the band can put together beats and tones that are very unusual.

While the music of the band is "funk with a bit of old school" says Kevin Franklin, the group's founder and guitarist, it also seems to encompass some bohemian flare. Their music is very captivating and reminds people of lying on the beautiful beach of a tropical island.

Joseph Bartolotta, a sophomore from Long Valley, NJ said "I was walking by and the melodic music just drew me in!" Bartolotta usually does not come to the Outpost, but the music from the band could not keep him away last Wednesday night.

When asked how the band was established Franklin said "It was just a project I put together." That "project" has certainly



The Spectrum/ NICK KELLY

What Up Funk jams out during their performance at the Outpost last Wednesday night. The band consists of seven musicians--one of whom is SHU's very own Hubert Joyner--and has released two albums, available through the band's website.

come a long way seeing as how the band has since released two CDs and is currently enjoying national recognition.

The band's debut CD is entitled *As Funky as You Wanna Be* and was a huge success in the Tri-State area. Their second CD, *Sofunkful (the music will release you)*, was released on October 30, 2003.

What Up Funk has been together for

about 11 years. Since the beginning, the band has played all over New York and Connecticut. Recently the band performed at Fairfield University, where they had a very successful turnout. What Up Funk has also played at a variety of major clubs, some of which include Toad's Place of New Haven, LeBar Bat of New York City, Mohegan Sun Casino, and a few out-

door festivals such as New York City South Street Seaport and Norwalk's Oyster Festival.

One reason for the band's vast amount of success could be the lyrics to their songs. Most of the words are so positive and upbeat that everyone wants to listen to them. All night the only thing you could see from the audience was bobbing heads and tapping feet; it looked like everyone just wanted to get up and dance.

"They're really jammin' up there," said Tessa Cleveland, a sophomore from Lyndell, PA. Cleveland heard about the band through school e-mails and decided that they sounded interesting enough to check out.

The stage looked amazing. The lights were bright and colorful, the band was really getting into it and the music tied it all together. The audience had such a positive response to What Up

Funk and they are welcome back to Sacred Heart anytime.

For more information on What Up Funk's CDs and performance dates, visit the band's website at www.whatupfunk.com.

STAND Gets Lost in Translation

Jenna Gray
Staff Reporter

Buffalo News describes STAND as "Strong, passionate and deeply melodic rock with shades of drama of the Smiths and tunefulness of Coldplay run through a decidedly guitar-heavy meat grinder." Don't worry if you can't get a feel for what STAND sounds like from that statement; its difficult to figure out what STAND is even after listening to their entire new album, *Transmissions*.

The band consists of four members who formed STAND in the late 90's in Dublin, Ireland. They started out writing music and playing local gigs throughout Ireland and Europe. There, they became a big deal on the Irish music scene and built a loyal fan base.

STAND then came to America and again began playing in clubs in the New York area. They extended their gigs to the local college circuit and have been playing about 5 to 6 times a week.

The band has self-released a series of singles and albums since their debut in 1999. The latest, *Transmissions*, is set to be released this spring. The band has been very busy the past four years recording, writing and touring.

STAND is definitely not your typical Billboard charts rock band but they may be a bit more adaptive in the Irish music circuit than here in the U.S. Their sound



Contributed Photo/ ROB HANN

While STAND has certainly made an impression overseas in their native Ireland, the band may not be as palpable to American audiences.

is not something most American rock listeners would be used to. While this could be good for those really into underground music, STAND would probably not be a great choice for the average listener.

Their album *Transmissions* is unique to say the least. Most of the tracks are mellow with a few harder rock ones thrown in. The album has a dark mood but the lyrics don't quite fit the same description. This is probably due mostly to the drab sound of the lead singer's voice.

For audiences attuned to a mellow kind of music, then STAND may be the perfect choice; but for those into a more mainstream, upbeat tune, then stay away from *Transmissions*. The band may prove

to be entertaining live, but listening to their album in a pair of headphones could put you right to sleep.

Still curious about STAND? Visit www.standland.com for updated information on the band's performances and history. There are also picture galleries along with streaming media.

MUSIC REVIEW



STAND, *Transmissions*
(2005, New World Music)

ENTERTAINMENT BRIEFS

Campus News

- On Thursday, Feb. 24, Student Life will host the Think Fast Game Show in the Mahogany Room. The fun begins at 10:10 p.m.
- The first student production of the year, "The Dining Room," will be performed at the Edgerton Center from Feb. 25 -27. Tickets for the show are free with a SHU student ID.

National News

- Former Spice Girl Victoria "Posh Spice" Beckham gave birth to her third child on Monday. The baby, named Cruz Beckham, joins two brothers Brooklyn and Romeo.
- It was announced on Monday that this year's Oscar ceremony will feature a five-minute delay as a safety precaution to host Chris Rock's sometimes profane sense of humor.

- Compiled by Patrick Scalisi

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Student Directors Ready for Spotlight

Johanna Prentki
Staff Reporter

This spring, students at Sacred Heart University will get a taste of what some of their peers have been working on for the past few months. In April the SHU Players will perform a series of three one-act plays, each of which will be directed by a separate student director.

The unique thing about these three directors is that each has a different course of study here at the University and each of their plays will showcase their perspective talents.

Directing one of the plays is Matthew Libassi, a freshman from Shoreham, NY. Libassi is a Media Studies major and "Sure Thing," by David Ives, will be his directorial debut at SHU. During high school, Libassi directed a rendition of Agatha Christie's "The Mouse Trap."

"Sure Thing" stars freshmen Sam Bolles who performed earlier this year in the SHU Player performance, "The Man Who Came to Dinner." The play also stars

Katie Duratti, a freshman, who will be making her debut on the Edgerton Center stage.

Libassi is very excited about making his SHU directorial debut. "I couldn't be happier to be directing. I love being on stage as well as off, and this gives me a second chance to explore directing. I wanted to direct a larger show, but being a freshman I wanted to set my grounds this year and leave room to grow for future productions."

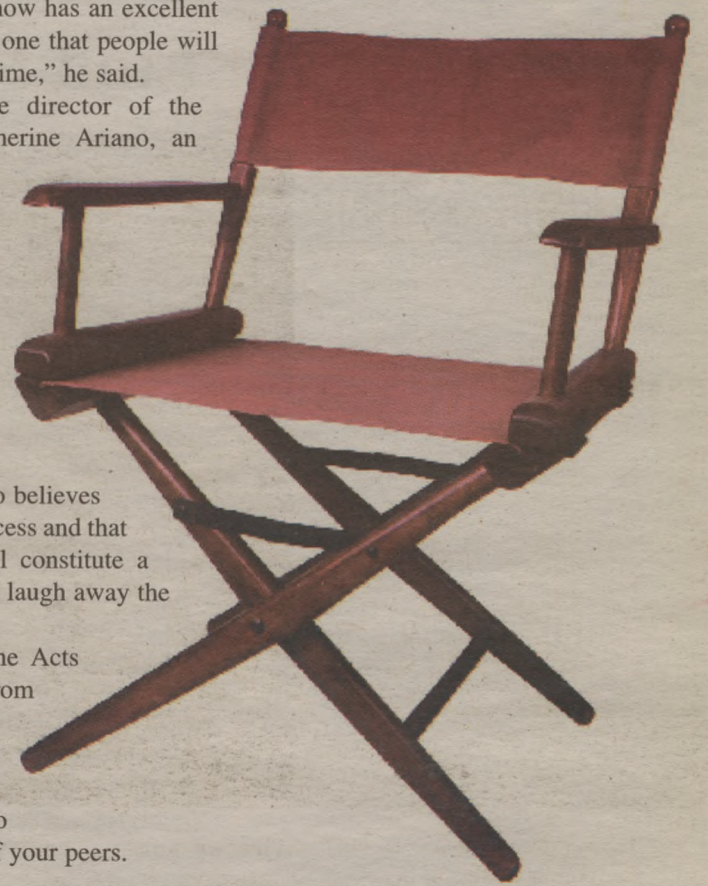
The second student director is Mike Johnson, a junior from Oceanside NY. Johnson, a double major in Political Science and Business Management, is directing "Black Comedy," written by British playwright Peter Shafer. The show is about a party that goes terribly wrong when the fuse box in the apartment breaks down. Although the lights in the story are off, audiences will be able to see the actors groping their way around the apartment "in the dark." The play stars senior Alex Kantarelis and freshman Holly Finneran.

This is the second performance that Johnson has directed during his time at

Sacred Heart. "The show has an excellent cast and is sure to be one that people will remember for a long time," he said.

The only female director of the group is senior Katherine Ariano, an English major from Rockland County, NY. Ariano will be directing "The Philadelphian," written by David Ives. Her play will feature senior Dan Hooks and freshmen Justin Schavione and Megan Bagley. Ariano believes the night will be a success and that the performances will constitute a fun night to come and laugh away the worries of school.

The Night of One Acts is scheduled to run from April 7 - 9. This is will be a great entertainment opportunity as well as a chance to check out the talent of your peers.



Aspiring Senior Tackles Filmmaking

Katrina Brown
Staff Reporter

Making films takes a lot of time and effort, and some people don't have the willpower to do it. However, this is not the case for ambitious SHU senior Matt Harrak of Wolcott. He is currently in the process of shooting a real movie, entitled "Summer Stint."

Harrak is not making his film as part of a media studies project, but instead for the sole love of making movies. "I always liked writing, and coming up with ideas," he said during a recent interview. "I like looking at everything and trying to take bits and pieces and put them together."

Harrak has been directing high school musicals for six years and was hired to continue directing even after graduation. He has also made short films for his video production class, including a four-minute horror film and a group movie which showed at the Spring 2004 MSX.

His new film, "Summer Stint," is about "four young guys who are friends and are all pretty much different with unique characteristics. One summer they each meet a girl, either exactly like them or a direct opposite. It's about what they go through trying to start a relationship."

So far, Harrak has kept the cast and crew both small and simple. There are about 12 people working on the film, most of whom are simultaneously acting and helping with crew. The cast and crew are "basically all my friends from home, who I've worked with on musicals and other things," said Harrak. The only SHU students involved are seniors Patrick Scalisi and Alex Kantarelis.

Like most directors, Harrak has several influences that urged him to pursue directing. One of the most important is Steven Soderbergh, who directed such films as "Full Frontal" and "Ocean's Eleven."

It took Harrak a year to finish writing the "Summer Stint" script and the film would have been finished if it weren't for major setbacks this past summer. He and



Contributed Photo/ CHRISTINE BARTOLUCCI
Harrak, a SHU senior, frames up his shot during shooting for his independent film "Summer Stint."

his crew started filming last year but had to scrap everything when Harrak became sick and couldn't leave his bed for three months. Fortunately, Harrak was able to resume shooting again this past month.

When "Summer Stint" is finished, Harrak hopes to send it on to film festivals, including those located in Greenwich. In addition, Harrak already has ideas for his next project. He says his next script is even better than "Summer Stint" and he hopes to sell it upon completion.

When asked where he sees his career in 10 years, Harrak said, "ideally, just probably making movies. Realistically, if I can get jobs doing crew work I'll be happy."

For further information on Harrak's filming, check out his site at <http://www.freewebs.com/questinc/>. Here you can find a production journal describing his progress and shooting schedule. There are also behind-the-scenes photos, plot and character synopsis, music guides, a guest-book, and a chance to make donations.

Looking For Even More Entertainment News?

Be sure to visit the online edition of "The Spectrum" for exclusive Arts & Entertainment content.

Go to www.sacredheartspectrum.com

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Thursday, March 3rd, 2005

3:30pm - 6:00pm

Cronin Auditorium

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Features

CREATIVE CORNER

"If I Had You"

Joe Finis
Contributing Writer

I wouldn't be lonely
If I had you.

You'd be my one and
only
If I had you.

You would be so glad
If I had you.

You would never be sad
If I had you.

I would treat you right
If I had you.

I would love you every
night
If I had you.

I would sing you a song
If I had you

You would never be
wrong
If I had you.

I would make all your
dreams come true
If I had you.

I'd always know what
to do
If I had you.

I would be lucky
If I had you.

But I don't.

Find Relaxation Through Inner Spirituality

Francesca Bonaiuto
Staff Reporter

"I am so stressed out," seems to be one of the most popular sayings heard around campus. Whether you are a freshman or a graduating senior, you cannot seem to escape the never-ending college anxieties. Stress is the price you pay for being a college student.

Stress is impossible to eliminate because it is a simple fact of life, but there are ways to manage it.

Pilates, Yoga, and meditation have seen great responses among college students as a way to de-stress oneself from the everyday college demands.

"It's important for SHU students to engage in spirituality practices such as Pilates because it helps with stress and relaxation," says ToniAnn Callen, senior, Carmel, NY. "I do it once a week and it allows me to clear my mind of my daily stresses and get a good workout at the same time," adds Callen.

"It's weird but I feel very calm after doing Pilates," says Kim Picone, senior, Manhasset, NY. "It is definitely stress relieving."

Inner-spirituality practices allow for one to focus on their mind, body, and spirit. It forces people to block out all the other thoughts of what they need to do for

the day and take time to focus on nothing but a deep breath.

The benefit of inner-spirituality prac-

tices besides strength and flexibility is mental clarity. The ultimate goal of yoga, Pilates, and meditation is to find inward focus and connect with oneself.

"Pilates zones me out," says Kathleen Elder, senior, Hopkinton, M.A. "It's different than any other workout because it forces you to focus on the little movements you have to do and the breathing. I've never felt anything like it," adds Elder.

Stephan Bodian, author of *Meditation For Dummies*, states in her book, "Meditation teaches you to stay focused on the present, even while turbulent thoughts and emotions swirl through your head. Meditation can alter the areas in the brain that determine day-to-day emotional range."

While some college students resort to anti-anxiety medications, drinking, or nothing at all to de-stress themselves, meditation and inner-spirituality practices seems to be the healthy trend of choice to engage in.

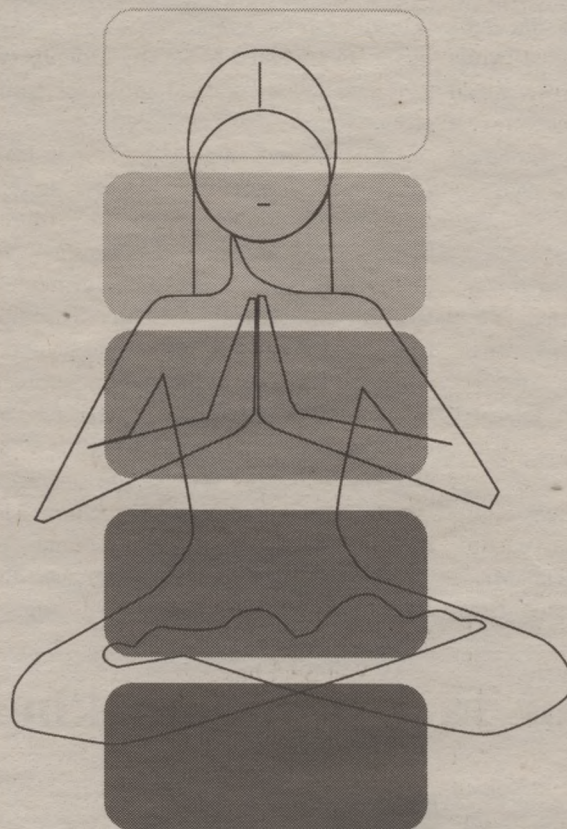


Photo Illustration/ RODRIGO JIMENEZ

Think Before You Pack For Spring Break...

Courtney Pustay
Staff Reporter

It's the season of wild nights, excessive fun, and sometimes - disturbing behavior.

Believe it or not, Spring break is almost here.

For students that means no more work, classes, projects or assignments. This brings on the quote of "Thank God!" Everyone deserves a chance to kick back and relax.

Sacred Heart students are looking forward to their vacation. Some are planning to getaway with buddies while others just want to stay home and unwind.

"My Spring break involves nothing but sleep, I can't wait," said Meghan Pelletier, a sophomore from Windham, NH.

Whether you're anticipating sand in between your toes and endless nights of partying or just memorable nights at home with friends, be smart and stay safe.

Binge drinking, sex and drug use are some of the biggest concerns during this time. Spring break is known for horrible tragedies such as date rape, drug overdosing, and alcohol poisoning and automobile accidents.

Nobody said you have to be a saint, but make sure you know your limits.

Spring break doesn't necessarily mean going out and partying in a foreign country or on a sandy beach till the crack of dawn. However, for those of you that plan on something like this - start taking notes.

The sad thing is Spring break hot spots like Cancun, Mexico and Amsterdam,

Germany promote this irresponsible behavior. They offer deals to college students for nine hundred dollars a person. This would include all air fare, hotel, food and unlimited drinks.

"Spring break means vacation with my friends," said Johanna Wilson, sophomore from Brooklyn, NY.

No matter where you go or what you decide to do it's always important to have a plan. Poor planning leads to unintended events with negative consequences. This is where safety plays a huge role.

Think back, way back. How many times have you heard someone tell you to be careful or stay out of trouble?

You can still have the time of your life on spring break without acting in a detrimental manner. For example, if you plan on going away with friends, you know that in most cases there will be under age drinking, sketchy strangers, and probably drugs all over. It's important to layout some kind of guidelines. If you're traveling with a group of people make sure everyone is able to contact one another in case of an emergency.

"Stay in large groups and pair up. Never put your drink down. If you do, get a new one immediately. Also, make sure that everyone in your group has a fully charged cell phone," said Wilson.

What happens if you get into trouble? "It's hard not to get involved with something illegal while you are on Spring Break.

Depending upon where you go, the laws change. This is attractive to a college student who wants to party. At the same

time it's confusing. Many countries, like Mexico have laws that are different from America.

Keep in mind that you don't know all the laws. Some people get into trouble when they least expect it because of their stupidity.

"Getting locked up in jail could really put a damper on the whole vacation. That is not the way I'd want to remember spring break," said Alison Dooley, a sophomore at Providence College.

Right now you probably don't want to focus on the harmful potential of your spring break but at least consider your actions before you do something damaging to yourself or someone else.

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Attention: Spring Fashion Has Arrived!

Courtney Pustay
Staff Reporter

Spring is around the corner which means one thing ladies; it is almost time to break out those cute tanks and adorable skirts.

It is a good idea to start saving your pennies now. The latest styles and trends have already hit malls nationwide. From bolds to the classic denim, whether you are a size 0 or 16, there are plenty of options.

This spring's hottest color is green. "Any shade of green will do. As far as fashion goes for this spring, bold colors, backless sequined tops, rhinestone belts, ribbon belts and denim are all in. Layering is out. So are neutral colors," said Erica F., a sales representative at Wet Seal located in Trumbull.

So what about prices? A college budget is sometimes hard to work with. "I work in a mall on Long Island. Recently there have been many sales within stores such as, Express, Forever 21, Wet Seal and J.Crew. There's something for everyone. Many people have different tastes. If you're trendy like me and on a college budget, I suggest Wet Seal and Forever 21. However, if you're more laid back I suggest Abercrombie and Fitch or J. Crew," said Carissa Iruelli, a college student from NYIT.



Contributed Photo

Jump into spring with the latest style and trends.

Sacred Heart students can find the latest trends right here in Trumbull. There stores within the Trumbull mall that are packed with juicy spring ideas.

Wet Seal has a great selection. "I'm into the Capri cut pants, and bright colors such as blue and violet," said Theresa Larkin, a freshman from Eastchester, NY.

Whether you're some who loves the color pink or someone who loves the

color blue, Wet Seal has everything a girl's heart could desire. On one side of the store, you can find casual items, while the other side contains dressy attire. It's hard to walk around in there without getting dizzy due to the fact that there are so many colors and so many options.

The hottest thing on the market is Capri-like pants called Gauchos. These pants cost \$29.50. You can find

them at Wet Seal. They have a unique appearance. The material is very light and airy. Celebrities such as Jessica Simpson and Misha Barton have already been spotted in them.

Start searching for that perfect spring look. Don't hide from the cold. Save up that cash and get ready for a whole new you. Do something different this spring; try on something you could never see yourself in. You may surprise yourself.

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

No. 5 Do your laundry

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The Start of Lent: Why do people Celebrate this Tradition?

Jennilyn DeSisto
Staff Reporter



The number 40 is connected with many biblical events, but especially with the 40 days Jesus spent in the wilderness preparing for his ministry by facing temptations that could lead him to abandon his mission.

Penitential prayer, fasting, and almsgiving have traditionally marked Lent. Some churches today still observe a rigid schedule of fasting on certain days during Lent, especially the

The Pope gives a child ashes at the Vatican on Ash Wednesday, which is the beginning of the Lent Season.

February 9, Ash Wednesday, marked the beginning of the Lent season. The season of Lent begins on Ash Wednesday and spans 40 weekdays and culminates during Holy Week.

Holy Week includes Holy Thursday, Good Friday, and ends the Saturday before Easter. Originally, Lent was the time of preparation for those who were to be baptized. It was a time of concentrated study, prayer and the celebration of the Resurrection of the Lord on Easter Sunday.

Today, Lent is marked by a time of prayer and preparation to celebrate Easter.

giving up of meat, alcohol, and other types of food. Lent is widely associated with "giving something up for Lent: "I gave up swearing for Lent." Or, "I gave up junk food for Lent."

Other traditions do not place such a big emphasis on fasting, but concentrate on charitable deeds, including helping those in need with food and clothing, or giving money to charities.

These days, those who celebrate the season of Lent use this period of time for self-examination, and repentance.

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BEYOND SHU

Canseco Burning Bridges and Selling Books

Bryan Fogle
Sports Columnist

Jose Canseco's recently released book pointing fingers at baseball players who have "used steroids" proves one thing; this man really is the world's largest has-been scumbag. Canseco, who is not smart enough to even write his name on a birthday card, writes and gets published quite possibly the most controversial book in the history of sports.

In this book he talks about certain players and their steroid use. Maybe Mark McGwire did use some form of workout supplement; that is old news. I highly doubt that he would let Canseco inject him in his rear end with anything, none-the-less a steroid substance.

What is the point of trying to bring down the careers of players like Rafael Palmeiro and Ivan Rodriguez? These two players would be the least of the league's worries for steroid abuse. The worst performance-enhancing substance Palmeiro ever put into his body was Viagra, and that will not be helping his performance on the baseball field.

Also, with Ivan Rodriguez, this man is an absolute athletic specimen. The man has a cannon for an arm and is up near the top of the list for greatest defensive catchers of all time. Canseco has nothing to lose by putting out this book and accusing people of things. His career is over and all he is trying to do is bring down some of the best players he has every played with. I really hope that this book doesn't sell at all and when it doesn't, I hope the accused players sue him for everything he has in his miserable life..

When it comes down to other base-

ball players and steroid abuse, I think I can do this, so I will. As a Yankee fan, I fully understand that Jason Giambi admitted to steroids. The one thing I don't understand, why are we still scrutinizing and accusing him of more things then he did? He went in front of a grand jury, and admitted his wrongs.

Everyone needs to give up already and go out and harass Barry Bonds. He is another scumbag who wouldn't come anywhere near 700 homeruns if it weren't for the juice. Don't get me wrong people as he is a great one. You still have to make the contact to hit a homerun. That aspect is undeniable. Still, some of the balls he has hit would not go out if it weren't for the added power from the juice.

Every player in the majors, can hit a bomb. A Barry Bonds bomb just happens to go farther. What the juice has done has taken balls that would normally be warning track distance, and put them 10 rows deep into the stands. Major League Baseball should put a nice asterisk next to any records he sets, including one next to not only the 73 in a season, but 700, and then should he break the record, whatever number that ends up as.

I know I might be straying from the objective of agreeing or disagreeing with the Canseco book. The answer is, I entirely disagree with this book. Like I said, Canseco is a total waste of life and all he is doing is trying to bring down other people not only as athletes, but also as humans. This book just shows that Canseco is a horrible human being and will do anything to make a buck. I hope the league looks at this book and admonishes him like they did with Pete Rose, thereby banning him from the game forever.

Brian Fitzsimmons
Contributing Writer

It's a safe bet that Jose Canseco's new book will not make Oprah's book club list, but it sure was lucrative during its first week out on retail bookshelves. People are intrigued by the mere curiosity that often shadows confessions concerning the darker side of sports in the form of a book. That is the reason why Juiced was a top seller on Amazon.com before its official release. The loss of innocence is evident since media thrives on information that is rapidly tarnishing the image of the game, such as the steroid issues. Widely acclaimed writing should be regarding great players and commendable events that helped shape what the game of baseball is today.

Unfortunately, it's all about money. To an athlete, cashing a big check is very tempting and using a needle doesn't have consequences when dollar signs maliciously blind him. Canseco possibly embellished just to sell books. That statement seems very accurate if you watched the interview on 60 Minutes, where he constantly contradicted himself.

Before the start of the 2004 season, there was some speculation that steroids were present because of the noticeable inhuman muscle mass by some selected players. New York Yankees first baseman Jason Giambi reported

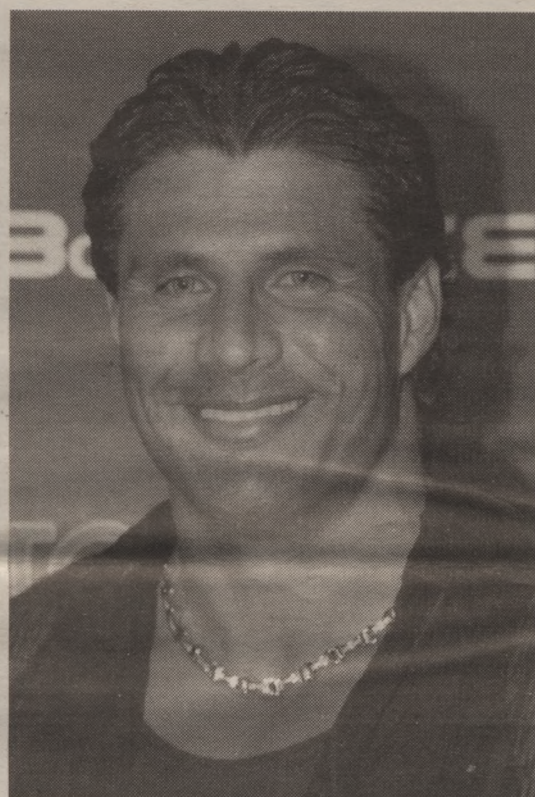
to spring training twenty-five pounds lighter than his playing weight the previous season, and was questioned by media. Following his outrageous excuse of that he 'cut down on eating twinkies', he suffered from an unknown virus, which caused him to miss most of the season. Some sports analysts suggested he was experiencing withdrawal from performance enhancers.

Joining the list of players who possibly cheated their way to achieve the next level of stardom were: Bret Boone, Juan Gonzalez, Barry Bonds, Sammy Sosa and Mark McGwire. Boone, who has always been a reliable second baseman, randomly gained obvious strength and then proceeded to hit an uncharacteristic amount of homeruns. Those offensive contributions made him eligible for the American league MVP ballot in 2003. Is it a coincidence this outbreak season and gained muscle came during his contract year? I don't think so.

The most upsetting names on this list are Sosa, McGwire and Bonds. It's sad to see that the men who gave America the ride of their life, while chasing Roger Maris' home run record during the 1998 season, were assisted by an impure way of increasing their talent.

Steroid issues also question the authenticity of the new home run record. Once again, it traces back to money. Any kind of record or accomplishment results in publicity, which in turn goes right into the player's pockets.

Canseco is just adding more fuel to the fire and it will eventually catch up to him. What used to be a negative speculation that didn't conflict with the entertainment branch of baseball is now a fiasco that is swiftly becoming the face of America's pastime. With more names thrown out in the pool of possible cheaters, any form of offensive accomplishment will be followed with questions regarding their professional ethics linking



AP Photo/ DANNY MOLOSHOK

Jose has a best-selling book to smile about, but it has cost him more than a few friends.

to cheating instead of cheers filled with admiration.

Even though Commissioner Bud Selig and league officials agreed on a tougher illegal substance ban, it isn't strict enough to inflict fear in all the cheaters for them to stop injecting themselves. Some players will get off the juice, and will rebuild themselves into honest athletes who earn their paycheck and respect through hard work and dedication, not needles and lies.

It's a shame this controversy, which could have been avoided to begin with, is consuming baseball's fan base and its turning their heads from getting excited for spring training to engaging in reacting negatively at accused players.

Steroids have already shown they are detrimental to the identity of baseball, and until the dirt, such as Canseco's book, is finished being dug up, baseball is incapable of cleaning its already soiled name. Are these accusations true? No one knows for sure, and that's why they're still referred to as speculations. Does money talk? You better believe it.

Pioneer Schedule

Friday, February 25

Men's Ice Hockey	at Quinnipiac	Northford, CT	7:00 PM
Men's Volleyball	vs Rivier	Fairfield, CT	7:00 PM
Women's Swimming	at ECACS	Pittsburgh, PA	All Day
Men's Track	at New England	Boston, MA	TBA
Women's Track	at New England	Boston, MA	TBA

Saturday, February 26

Men's Volleyball	at New Paltz	New Paltz, NY	10:00 AM
Men's Lacrosse	at Colgate	Hamilton, NY	1:00 PM
Baseball	at Virginia Commonwealth	Richmond, VA	1:00 PM
Women's Basketball	vs Robert Morris	Fairfield, CT	2:00 PM
Men's Tennis	vs Holy Cross	Milford, CT	4:00 PM
Women's Tennis	vs Holy Cross	Milford, CT	4:00 PM
Men's Ice Hockey	vs Quinnipiac	Milford, CT	5:00 PM
Men's Basketball	at Robert Morris	Moon Twp., PA	7:00 pm
Women's Bowling	at Bayside Classic	Perry Hall, MD	All Day
Women's Swimming	at ECACS	Pittsburgh, PA	All Day
Men's Track	at New England	Boston, MA	TBA
Women's Track	at New England	Boston, MA	TBA

Sunday, February 27

Baseball	at Virginia Commonwealth	Richmond, VA	1:00 PM
Women's Lacrosse	vs Vermont	Fairfield, CT	1:00 PM
Women's Bowling	at Bayside Classic	Perry Hall, MD	All Day
Women's Equestrian	at Yale Show	Westbrook, CT	All Day
Women's Swimming	at ECACS	Pittsburgh, PA	All Day

BEYOND SHU

All Bets Off According to Bettman

Pat Conroy
Staff Reporter

It's not going to happen this year.

League commissioner Gary Bettman cancelled the NHL season Wednesday, marking the first time in history that an entire season has not been played in North America. There have been lock-outs and strikes in every sport throughout the years, but every time, owners and players found a compromise.

Although many thought the season could be saved, talks between the two sides did not go very well. The owners offered a salary cap at \$42 million, which was turned down. The players union offered a proposal of a \$49 million dollar salary cap, and many thought that the few million dollars was enough for the two sides to work out a compromise. This was not the case however, and now players, fans, and coaches are left with a void that was once filled by hockey.

Talks resumed over the weekend, with NHL legends Wayne Gretzky and Mario Lemieux attending to try to move things along. Gretzky is now a managing partner for the Phoenix Coyotes, while Lemieux is a player-owner for the Pittsburgh Penguins. Bettman and Bob Goodenow, who is the players' association executive director, did not attend the

meeting. Although there were no new offers set on the table at the meeting, things seemed to move in a positive direction.

"The talks were cordial and informative, but revealed that there remain significant differences that need to be discussed and resolved by the parties," NHL chief legal officer Bill Daly told the associated press after the conclusion of the meeting.

Gretzky told reporters, "Everyone seems to be working very hard together."

The loss of the NHL season has had several different reactions throughout the country. In a poll conducted by ESPN immediately following the announcement, 69% of people did not care that the season was cancelled. This goes against a poll taken earlier by ESPN.com, in which 71 percent of people cared that the hockey season was cancelled. With there being such a difference of opinion, it is tough to say what people think.

"I am very disappointed that the players and owners couldn't come to an agreement. The hockey fans are the ones who are suffering the most. I feel that because there is so much young talent in the NHL today, the league will be back next year. Players like Mark Messier, Trevor Linden, and Joe Sakic

can afford to not play, but young guys like Ilya Kovalchuk, Rick DiPietro, and Marion Gaborik cannot. The NHL will be back," said Rob Wauters, a senior from Rockville Center, NY.

because fans are looking for their hockey fix. Many of the NHL players have joined AHL teams or other leagues across the world just so they can make some kind of money to support themselves and families.

There are two AHL teams in the area that are both offering great ticket prices and excellent hockey, the Hartford Wolf pack and the Bridgeport Sound Tigers

Not everyone around campus cares about the season not being played.

"I don't care about hockey all that much," said Mike Peshler, a senior from Hopkinton, MA.

"I think by canceling the season, it made a non-popular U.S. sport closer to oblivion. I have yet to find one person I know that cares that there is no hockey on TV. It makes watching Sportscenter so much better," said Joe Gagliardi, a senior and native of Eastchester, NY.

With there being such a mixed reaction from sports fans, it is going to be interesting to see what happens in the future. All that anyone can do is wait until the beginning of the 2005-06 season to see if the NHL players will lace up their skates once again, or if they will hang in the locker room for another season.

"I have yet to find on person I know that cares that there is no hockey on TV. It makes watching Sportscenter so much better."

-Joe Gagliardi

Senior J.J. Russo (Ringwood, NJ) had similar feelings. "I believe that it's silly to cancel the season over only a six million dollar spread in the salary cap per team. The AHL has exploded due to the NHL season getting cancelled. For the same price of nosebleed seats at an NHL game, you can get a seat right on the glass for the same price. Plus, they pretty much encourage fighting, which is a big fan draw".

The AHL has seen a dramatic increase in ticket sales this year, mainly

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CAMPUS SPORTS

AND1 Don't Let SHU Fans Down

Steve Conoscenti
Staff Reporter

The crowd in attendance knew what kind of night it was going to be when the And1 Streetballers chose to test out the backboards rather than run customary lay-up drills before Sunday's Celebrity Basketball Game at the Pitt Center.

While the Sacred Heart All-Stars ran their lay-up and jump shooting drills on one end of the court, the And1 Streetballers chose to work on their alley-oop throwing technique and their lightning quick handling.

After both teams warmed up, announcer Mark Edwards introduced both squads to the filled-to-the-brim Pitt Center. Receiving some of the biggest pops was Sacred Heart's high-flying Prez Palmer. Then it was time to introduce the stars of the show, the Streetballers.

Most of the And1 team members have been on the ESPN Original Entertainment show "Streetball" so fans knew what they were in for.

John Harvey, better known on the court as "High Octane" is a native of the Bronx. Harvey is what team And1 likes to call their big man, even though he is only 6'5". By the way he flies above the rim, it's easy to see that he is bigger than his body gives him credit for.

Another Bronx native, Shane Woney, who is better known as "Shane the

Dribbling Machine," also played for the And1 Streetballers.

Perhaps the star of the show was Philip Champion, who goes by the name of "Hot Sauce." The crowd went crazy when announcer Edwards introduced him, but things haven't always been so glorious for Champion.

While living in Brooklyn, Champion was put in jail for a misdemeanor, but Edwards, his friend at the time, got him out of jail and moved him to Atlanta, where he earned the name "Hot Sauce."

It was game time and much to everyone's surprise, the Sacred Heart All-Stars scored the first seven points of the game, which left most of the crowd in shock. But it wasn't long before the Streetballers started their high-flying routine.

Less than four minutes into the game, High Octane threw down his first of many dunks, bringing the crowd to its feet. Then it was time for Hot Sauce to show his stuff.

Early in the first half, Hot Sauce used his speedy dribbling skills and amazing quickness to leave one defender back at the three-point line. While the crowd oh'd and ah'd, Hot Sauce went in for an easy lay-up. This became a regularity throughout the rest of the half.

Despite the Streetballer's amazing moves and dunks, they were only up by two points at the end of the first half, 28-26. One reason for the Sacred Heart

All-Stars early success was Derek Krysiak (freshman, Prospect).

"You would think there would be nervousness with family and friends around, but I just fed off of them being there and played my best," said Krysiak.

"Just hearing that crowd takes away any nervousness."

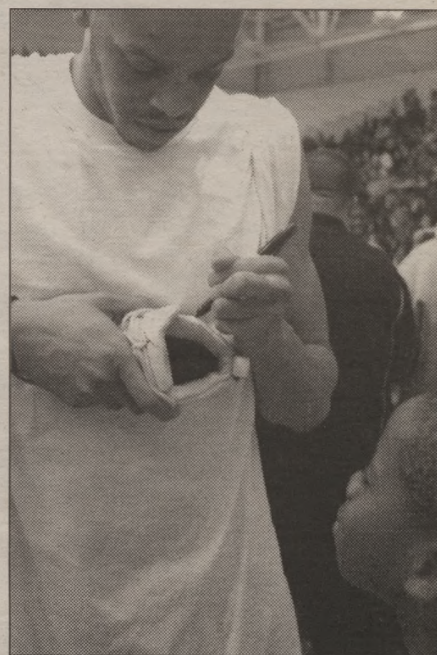
While the Central High School Drill Team waited to perform their routine for the halftime show, much attention was focused on the Streetballer's bench. Fans ran up to the players with pens in hand begging for autographs.

One female fan was so happy to finally meet one of her favorites, Hot Sauce, that she began to cry and could barely take her picture.

Early in the second half, team And1 made a run and at one point were up by 7 points. With 12:53 remaining, Streetballer I'll B Right Back threw a between-the-legs alley oop to High Octane, which left the crowd and his defender in awe.

The move was so amazing that Shane the Dribbling Machine had to escort the defender out of the gym, as if to say, you're done for the night.

With just a minute left, Sacred Heart had come back to tie the game at 61. Their run was capped off by a slam from PJ Eannotti, the first dunk for the SHU All-Stars all night. However, on And1's last possession, I'll B Right Back worked some more of his magic and drove down the lane



The Spectrum/ DANYA JIMENEZ

for an easy lay-up.

The Streetballers came away with the victory, 63-61, but there wasn't one person in attendance that cared what the score was that night. They had seen an amazing show and entertaining show.

"Who was your favorite?" one fan said to his younger brother.

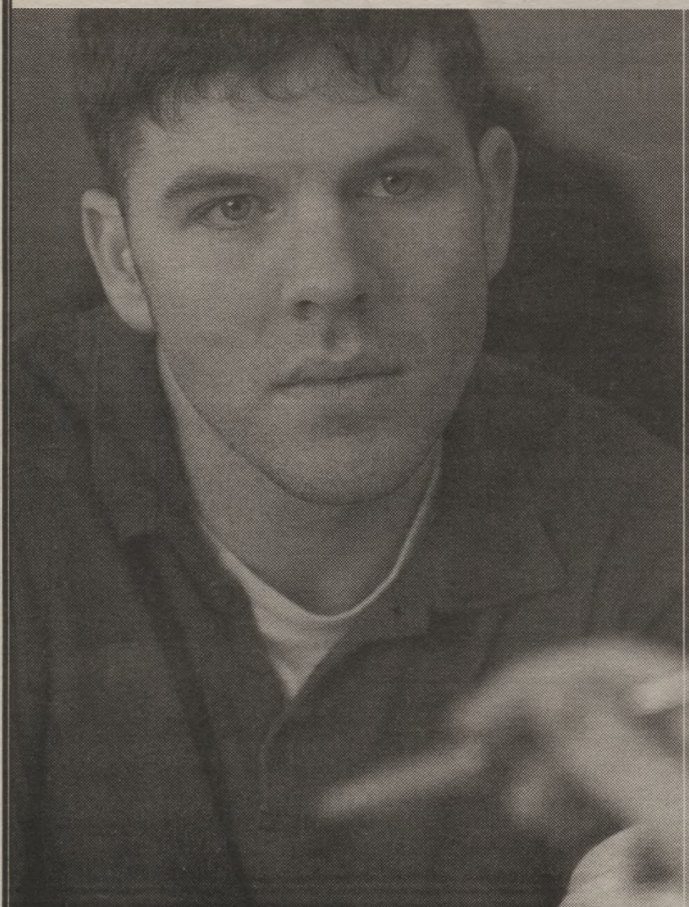
"Hot Sauce was crazy. How does he do that stuff?" his brother replied.

That's one question that the fans in attendance had been asking themselves all night long.

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CAMPUS SPORTS

SHU 'LaPointe' Leader in the Atlantic

Travis Flynn
Staff Reporter

The Sacred Heart men's hockey team received a spirited three minute standing ovation at the Milford Ice Pavilion Friday night after defeating Atlantic Hockey rival Holy Cross 2-1.

"The fans were absolutely unbelievable tonight and have been very supportive all season," said forward Barclay Folk (senior, Wesbank, BC). "The louder and more encouraging they get, the more determined I get to throw a bone-crushing body check or score a big goal."

"The support has been phenomenal and we definitely feed off the energy the crowd brings to each game," said goaltender Kevin Lapointe (senior, Quebec City, QC).

Attendance exceeded 480 at the Pioneer's home game for the first time since a 5-2 win over Quinnipiac in November.

"The MIP was packed and the fans really added to the intensity of the game," said forward Patrick Sullivan (senior, Mullica Hill, NJ).

With the victory, SHU captured sole possession of first place in the Atlantic Hockey Conference. They have maintained it, despite losing to American International College 4-1 Saturday.

Sacred Heart remains nearly unbeatable at home, extending its record to 10-1-1 this season. The single loss came to Holy Cross, a 3-2 overtime stunner in early January.

Lapointe was awarded the first star Friday night, steering aside 30 of the 31 Holy Cross shots, including one from a breakaway opportunity in the third period.

"I just want to keep my team in the game as I have confidence in my teammates, knowing they'll score a few and take control," said Lapointe.

The Pioneers began to seize control midway through the first period, scoring on its first power play of the night.

Defenseman Scott Marchesi (freshman, South Portland, ME) passed the puck along the left boards to forward Rocco Molinaro (junior, Dearborn, MI).

Molinaro slid the puck across the left circle to senior captain Garrett Larson (Rycroft, AB), who sent a scorching one-timer over the blocker of Holy Cross goaltender Tony Quesada.

Holy Cross answered back in the final second of the period as a shot from the right wing ricocheted off a Sacred Heart skater, shifting the trajectory of the puck from left to right post before Lapointe could react.

Sacred Heart scored on its second power play, in the thirteenth minute of the second period, to regain the lead 2-1. Folk redirected a slapshot from defenseman Bernard Chmiel (Pittsburgh, PA) just under the crossbar.

"I tried going to the net when I saw Big Bern wind up for that howitzer of his," said Folk. "I closed my eyes and tried to

get a stick on it, and fortunately for us it found its way in."

After a ten minute stretch of fierce hitting with no penalties called, Larson was assessed a minor penalty for hooking with 2:10 remaining in the third period.

The Crusaders pulled its goaltender for a six on four advantage, but SHU's penalty killing unit remained poised, diving to block shots and clear the zone until time expired.

"We practice for situations like that, and when they do happen, the guys know their roles and it's just a matter of taking control and executing," said Lapointe.

Sacred Heart dominated special teams, scoring twice in 3:41 with the man advantage while killing off 8:28 of Crusader power play without allowing a goal.

"It's always nice to get the power play clicking heading into the playoffs, as it gives us another element of confidence that opposing teams will have to be ready for," said Folk.

A power play late in the second period produced the lone SHU goal Saturday at American International College.

Forward Andrew Billingham (junior, Fort Collins, CO) deflected a shot from the point by Alexandre Parent (freshman, Broisbriand, QC), cutting the lead to 3-1 before AIC added a fourth midway through the third period.

The Pioneers have scored at least one power play goal in each of the last seven games.

The loss to AIC leaves Holy Cross, Canisius, and Quinnipiac all within striking distance of Sacred Heart going into the final weekend.

"There is no more room for error from now on," said goaltender Jason Smith (sophomore, St. Lambert, QC).

Sacred Heart will finish the regular season with back-to-back games against Quinnipiac University Friday, Feb. 25 in Northford and Saturday, Feb. 26 at the Milford Ice Pavilion. Two wins will assure SHU home ice advantage throughout the Atlantic Hockey playoffs.

"We all know that we missed some crucial points against AIC, but we are still in the driver's seat if we win out, and I know we have the guys to do it on our team," said Billingham.



The Spectrum/ TRAVIS FLYNN

Goaltender Kevin Lapointe saved 30 of 31 shots in a 2-1 victory on Friday that put Sacred Heart on top in the Atlantic Hockey standings. They currently have a 13-6 record with 27 points, one ahead of Holy Cross.

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SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Beyond SHU

Jose Canseco book doesn't have mixed reviews (page 12)

Beyond SHU

NHL Hockey Has Fans Asking Who Cares? (page 13)

Campus Sports

AND1 Streetballers Comes to SHU and light it up (page 14)

Campus Sports

LaPointe leads Men's Hockey to 2-1 victory (page 15)

SHU Spirit, Pioneer Pride Packs the Pitt

Elyse Harrell
Staff Reporter

After a loss to St. Francis last Thursday, the Sacred Heart women's basketball team bounced back and defeated Long Island University 65-28, placing Sacred Heart one step closer to the top of the NEC.

"We just didn't play our best basketball on Thursday" said head coach Ed Swanson. It was a game that marked the end of a 19 game NEC winning streak for Sacred Heart. The team had not lost a home game since 2003.

The usual cheer and spirit was present on Saturday, the cheerleaders, the band and the dance team were all there to root on their home team, in addition it was also "Pack the Pitt," a day when all the students are encouraged to come and watch the game. This match against the Blackbirds was also televised live on Metro TV.

Sacred Heart took the lead early and maintained it through most of the game. They were only behind once in the beginning minutes. The first shot was a 3 pointer by Nicolle Rubino (junior, Port Jefferson Station, NY). Rubino earned her second double double of this season, shooting thirteen points and grabbing ten rebounds.

Jasmine Walker (sophomore, Amityville, NY) took a spill and limped off the court, it kept her out of the game for a short time, but with in five minutes of game time she was back in action.

A shot by senior Colleen White (Richboro, PA) advanced Sacred Hearts lead even further and with less than 5 minutes left to play in the first half the score was 31-10. The Pioneers only let the Blackbirds hit one shot in the remainder of

the half leaving the score at 35-12.

A series of lay up shots first by Allie Bagnell (senior, Newtown, PA), then a turnover and another lay up by Colleen Duggan (senior, Newington) followed by one more by Lisa Morey (freshman, Hopewell Junction, NY) increased the Sacred Heart lead 56-20.

"I thought today we really put everything together, the energy, the execution, and they played well, we bounced back from a tough game," said Swanson.

Strong defensive play resulted in a tie of a Division I record for least points scored against them. Sacred Hearts scored 32 of their 65 points after turnovers.

However, it was not to be out shadowed by its offense, which clearly held on to a substantial lead most of the game.

"The energy was definitely their today," said Rubino.

Long Island was no match for the Pioneers tight defense despite their effort.

A three pointer by freshman Mikara Cimmino (Hampden, MA) was the final Pioneer basket of the game, leaving Sacred Heart with a 37-point lead.

This game leaves Sacred Heart one win away from the top spot in the NEC.

"What we need now is some time off," said Swanson, "We don't play again until next Saturday, so we'll take 2 days off and try and get healthy again and then get back and work on our preparation for Robert Morris."

They will play Robert Morris next Saturday on Feb. 26 at 2 p.m. in the Pitt Center.

The Spectrum/ MARK STANCZAK



Joe Sanginario
Staff Reporter

As head coach Dave Bike entered his office after a winning performance Saturday afternoon, he looked calm. He exhaled, he sat, he relaxed, most of all, he looked relieved. What can a coach say to a 3-20 team at the end of a long season to motivate a passionate performance like the one just witnessed?

After all, Long Island University was playing for home court advantage, trying to earn a few more points in the standings and climb the ladder to the top of the playoff seedings.

It was hard to find a reason for the last place team in the NEC, a team stuck in a pitch-black basement amidst the dust, without a flicker of light or a tunnel leading the way out, to even want to show up. It wasn't for the fans, for they were scarce in numbers from the start.

In truth, if it weren't for the band, you

would have been able to hear a mouse fart. That still didn't bother them. It wasn't for a league championship; they were out of that picture long ago. Maybe it was for the cheerleaders, who smile when they're winning, and continue to smile even after they lose. Maybe it was for themselves, their team, and their coach of 27 years.

Whatever their reasons were, this young Sacred Heart team came out with a passion to succeed on Saturday, regardless of their record. They played to win, because in any sport, winning has the ability to cleanse the wounds, to heal the pain and eliminate the frustration. It makes you forget about losing and gives you a hunger to compete.

They somehow found a reason on Saturday, and at the end of a 77-74 victory, they showed that there are certain qualities more important than winning and losing. They showed that a refusal to quit and a will to excel through effort regardless of the odds that lay in front of you is as good enough a reason as any, to want to win. So when coach Bike asked his players before the game, what they would be playing for, they simply replied with "respect." Well gentlemen, you earned it.

