

## Gas Leak Sends Students to Hospital

Ariane Rasmussen  
Contributing Writer

It's definitely not every day that students expect to be evacuated from their suite because of a gas leak. And yet, this is exactly what the eleven girls living in North Hall's building three in suite C101 had to deal with around ten o'clock on Tuesday night, Feb. 22.

Kristina Catanzaro (sophomore, Paramus, NJ), explained how it all started, "Around five o'clock on Tuesday, we started smelling gas, but we thought that maybe someone had just finished cooking something. It smelled like right after you finish cooking something. Some of us went to class and some of us went out and when we came back we smelled it again. At first we ignored it, but throughout the night it got heavier and heavier and around ten one of the girls called Public Safety."

Another resident of the suite, Johanna Wilson (sophomore, Brooklyn, NY) added, "My roommate

felt lightheaded and I felt very nauseous and that's when we called public safety and knew that something had to be wrong. Public Safety came and evacuated the whole building. They had us evacuate our suite for the night and put us in the empty suite upstairs, 202, for the night."

Catanzaro went on to explain, "Public

night and do tests in the morning. The next day my mom called Dean Wielk to find out what was going on and, at that point, it was decided that we would be permanently located upstairs because it would take six weeks to fix everything. It was worse than what they had expected and our whole unit had to be shut down. According

to what was told to my mom, it wasn't actual gas but some kind of a gas substance that leaked into our suite. It was not until about three or four on Wednesday that we found out we would really have to move."

The girls were not very happy about having to move out unexpectedly, especially after having to deal with consistent problems in their suite.

Lauren McAvoy, a sophomore from West Islip, NY, who is another one of the residents of the problematic suite said, "I think North Hall was built in a big rush and they didn't exactly do what they should've done to secure everything. We had so many problems in our suite downstairs. We consistently had to complain about our heat and hot water. In the begin-

♦See "Problems..." Page 2



The Spectrum/ MARK STANCZAK

North Hall resident, Johanna Wilson moving out to another suite after the gas leak sent two of her suitemates to the hospital.

Safety told us that there was a leak in a pipe and that they would try to fix it over-

## Three More Cars Vandalized

Brad Holland  
Staff Reporter

Under dark February skies, a crime wave washes over SHU. Six cars have been burglarized in three weeks. And victims are fed up with insurance, broken glass, and excuses.

Mike Vecchione, Keith Morrissey, and Colleen Mitrano have added their names to the list. In the past two weeks, each of their cars has been broken into. The crime wave that began at Park Ridge earlier this month has reached the Park Royal apartments. Students are hardly surprised and fed up with the lack of security.

The latest string of burglaries began last Tuesday, February 22. Vecchione (senior, West Islip, NY) parked his car in the Knights of Columbus parking lot beside the Park Royal lot at around 9:00 in the evening. At 10:00 he returned to find the window smashed. "I opened my driver side door, and saw glass everywhere," Vecchione said. "That's when I looked up and saw not only my window busted in, but also the car next to mine's window as well."

He had kept nothing of value in his car overnight. "I looked down in the center console and saw my change was

♦See "Three..." Page 3

## The Hype Over Adderall

Juliana Rizzo  
Staff Reporter

Libraries are packed, FLIK always seems to be out of coffee and everyone just looks completely drained. SHU is once again right in the middle of mid-term week, a very stressful time in the life of a typical college student. With so many exams crammed into one week, students end up sleep deprived and pretty much incapable of studying by the third day.

This is very frustrating when given the pressure that these tests account for at least 20% of many class grades. It has become evident that students are taking an approach other than the traditional - downing cups of coffee - to pulling all nighters. Adderall is a prescription drug administered largely to children, and some adults with ADD and ADHD. Its purpose is to help these patients with the inability to focus to calm down, improve their attention span, and decrease distractibility. This drug has become a craze at SHU and numerous other colleges and universities across the country and sales have boosted 30% to \$283 million per year.

Many students pop this pill or even

♦See "Students..." Page 3

## Sacred Hearts for Hope

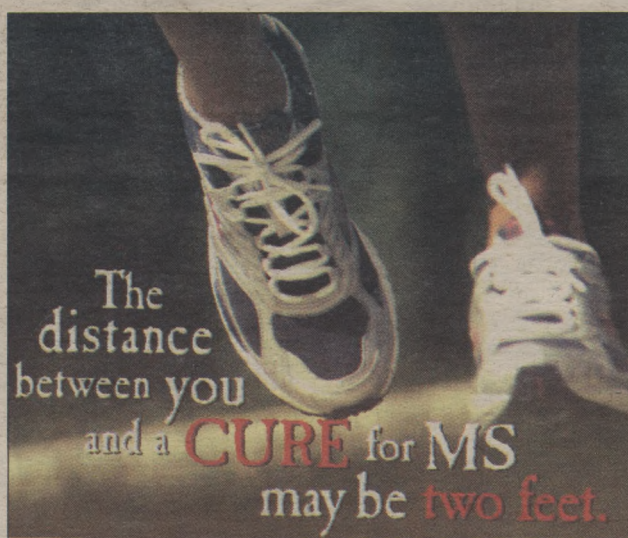
Diana Muniz  
Staff Reporter

Multiple Sclerosis, also known as MS, affects lives every moment of every year, and on every hour of every day. The Sacred Heart community is coming together this year to participate in the MS walk.

This chronic disease usually strikes adults in the prime of life between the ages of 20 and 50. It is a disease of the central nervous system affecting the brain and spinal cord. One new case comes out every hour. It comes and goes unpredictably, leaving those with MS to wonder, "Will I become paralyzed, blind or have trouble walking?" According to The National Multiple Sclerosis Society, approximately 400,000 Americans acknowledge having MS, and every week about 200 people are diagnosed. Worldwide, MS may affect 2.5 million individuals.

"I was told by doctors that they are not sure exactly why or how MS is caused and that it affects everyone differently. Whether its loss of vision, difficulty walk-

ing, depression, fatigue, just to name a few common symptoms, no one can predict how it will affect me. This was a very hard thing to hear and live with. Will this effect the way I perform my job? Will I not be



Contributed Photo/ NMMS.ORG

The Multiple Sclerosis walk will take place on April 10.

able to participate in physical activities that I always have before? What will I do if I lose my vision?" That is how Leo Katsetos, the associate head athletic trainer

at SHU, described his thoughts on having the disease.

"It's amazing how we all take things for granted until we run into something that puts things into perspective." Katsetos continued. "Not knowing what the future holds was a very scary thought to live with, but I decided that I wasn't going to wait for my ship to come in, instead I was going to swim out to my ship. 'I have no yesterdays, time took them away, tomorrow may not be, but I have today.'"

John Cotter (senior, Rye NY), the president of Student Athletic Training Organization (SATO), is working closely with Katsetos. Both have decided to get SATO involved with the MS Walk for the community service event. Their goal for the month of May is to get as many people involved and come together under one team to represent the Sacred Heart community as a whole.

"My goal as the team captain is to gather as many friends, family, co-workers or anyone else who wants to contribute

♦See "Hearts..." Page 3



# CAMPUS NEWS

## Building Problems Plague North Residents

Continued from Page 1

ning, we even had faulty electrical wiring that had to be taken out and checked and now we had the gas leak."

Catanzaro added, "I still feel safe in the dorms, but it's very annoying to me because no one helped us move out things. We had to do everything on our own. On top of that, we had heat and hot water on and off since the beginning of the first semester. Something was wrong with our boiler and it kept getting fixed and breaking again. The gas was just the last straw to just shutting everything down in our suite. I just think that the staff could make sure that they really do fix things. They told us that they fixed our boiler during winter break, but if they didn't we should've known about it because they made it seem like everything was fine and there were still problems with the water and heat. Public Safety was really good with coming for the gas incident. They evacuated everyone and did everything right, but I think that they could be more aware of things that could happen."

When it comes to whether or not such an incident was expected by the girls,

Wilson commented, "The way our luck has been going - it was just a matter of time before the whole thing fell apart."

On the other hand, when asked if she expected anything like this to happen to her, Catanzaro said, "No, I didn't think anything like this would happen to me. Part of me thought probably no internet for a little while which was true for a week when I moved in because everything was new and they had just finished it. But I didn't think no hot water, no heat, or anything with gas."

When it comes to how these students felt about the overall service and help they received from the SHU faculty during this incident there were mixed feelings as shown previously.

Wilson stated, "Our guy friends helped us move, but not Public Safety, which was a little upsetting. Public Safety was very good to us and made sure that everything that needed to be fixed was done within the next day, but the only thing is that they expected us to move our entire first semester and half of the second semester stuff out in a matter of a weekend to the upstairs suite. That was just a little crazy to me and to have to do it with only the help

of our friends."

McAvoy agreed with Catanzaro and Wilson and added, "I definitely think that the SHU faculty could've been more helpful. We had to move all of our stuff by ourselves, they could've had someone from Buildings and Grounds help us get everything out. Stuff is pretty heavy. All the furniture that was in this place was broken and beaten up. If you look at our refrigerator it's all dented. They had to come in and put locks on our doors. We have to tape our door shut because it's splintered in half where it closes. A lot of the stuff up here should've been fixed when the boys who moved out paid for it - which was estimated to have been \$6,000 worth of damage - and they didn't fix it because they didn't anticipate anything like this, but it should've been done right away. This suite is pretty banged up. I wouldn't say that it's worth \$800 per year."

Thankfully, in terms of health, a few of the girls felt nauseous but it seems that no one had long-term side effects from the incident. Two of the girls who had their suite right next to the gas leak, Jessica Alvarez and Courtney Pustay, had to be taken to the hospital by McAvoy but were

okay.

McAvoy expressed her frustration with all that has been going on. She said, "I think that we all deserve some type of money back from all the problems that we have had with the suite. I don't know if we are necessarily going to get it, but some of our parents have brought that up to the dean and the president of SHU."

Hopefully, something like this will serve to make faculty members and students more aware.

Catanzaro states, "I think students and the entire university should be aware that this happened, not because it was a bad thing but so that they can be aware that this could happen and be aware of the precautions to take. In terms of the staff, I think they should triple-check everything, not even just go back and look at things but test everything. I know that North Hall was completed and kids were already moving into it. I just think that they should've taken the time out, even during moving day, to check to make sure everything was working. Anything could've happened. Someone could've lit a fire or done something on the stove that caught the gas and it could've blown up on someone."

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# CAMPUS NEWS

## Three More Cars Vandalized

Continued from Page 1

gone. Nothing else was missing which was good, but my window was shattered."

Mitrano, a senior from Putnam Valley, NY, was also fortunate that nothing was taken. Her car was broken into and ransacked sometime between midnight and 9:00 pm Saturday morning. The potential thieves entered her car through a faulty rear passenger door.

She is relieved she left nothing inside the car. "They didn't steal anything but they rummaged through my stuff and left it a mess," said Mitrano. "I filed a report with public safety but that's it, because nothing was stolen."

These newest incidents continue a trend that began in the first weekend of February. In last week's Spectrum, readers learned about the plight of Kacy Lansing and Sarah Travis. Their cars were broken into on Geduldig Street near Park Ridge. Since that issue was printed, another victim came forward; sophomore Drew Sanders.

Sanders (Modesto, CA) fell victim to burglars on Super Bowl Sunday. He woke up Monday morning to find his speaker system and collection of over 200 CDs stolen. Sanders is currently attempting to recover his property through insurance, but he is worried the process "isn't going well. I'm trying, but

I doubt I'll get anything back."

In each instance the victim called Public Safety. And though the officers handled the situations professionally,



Contributed Photo

**Three more cars have been vandalized in Campus Housing Parking lots.**

students remain frustrated. At Park Royal, where there is little Public Safety presence, students expect the crimes will get worse before they get better.

"You think with the recent incidents Public Safety would be doing more

to keep the students feeling safe and secure," Mitrano said. "I just do not understand why Public Safety goes and patrols Park Ridge and not Park Royal or the Knights of Columbus parking lot, especially when they know that SHU students park there."

Vecchione also sees a problem with the parking situation at Park Royal, though he blames the lack of spaces. "I just think the parking situation here isn't right," he says. "We have three people in an apartment and one spot. If they can't accommodate all three of us, then make a new parking lot, or at least have someone driving through."

The problem parking lot is an empty Knights of Columbus parking lot directly beside the Park Royal lot. For a flat rate per year, students are able to park in the lot just as they would use the Park Royal spaces, though most students park and don't pay. But the lack of security in that lot is obviously becoming an issue. "Now everyone is worried that their car is going to get broken into," Vecchione said.

Assistant director of public safety Jack Fernandez is aware of the problem and made the following comment: "We have increased patrols of the various areas and the cases are pending investigation."

## SHU CLUB Briefs

- Although yearbook photos were taken last Tuesday and Wednesday, Prologue Editor Olia Yelner encourages all clubs, organizations, and sports teams to submit group photos and photos from organization activities to the Prologue. Photos can be burned onto a CD and placed into the Prologue mailbox in Hawley lounge or emailed to: [Prologue@sacredheart.edu](mailto:Prologue@sacredheart.edu)

- Last weekend the sisters of Zeta Iota Lambda, as well as 20 other SHU students volunteered at the Connecticut Special Olympics on Powder Ridge Mountain. Participants included 16 sisters of Kappa Phi and Lambda Sigma Phi brother Rob Kirsch. Volunteers helped the athletes with their events as well as handed out awards to the winners. Kirsch not only helped with the events, but he also snowboarded with an athlete.

- To submit a club brief, send a brief email explaining the event or announcement to News Editor Jenn Motisi at [J-Motisi@sacredheart.edu](mailto:J-Motisi@sacredheart.edu) by the Sunday before you would like to see it in The Spectrum.

## Hearts for Hope

Continued from Page 1

on Sunday April 10 and participate in the MS Walk. Our team goal is to raise \$10,000 and the money raised will contribute solely to fund cutting edge research into the cause and cure of Multiple Sclerosis," said Katsetos.

The MS Society has made it really easy to register for the Walk the websites as well as donate on line. To register for the MS Walk go to [www.msswct.org](http://www.msswct.org). Click on MS Walk, go to "How to participate" scroll down to Fairfield, 2005 MS Walk, click on registration, click submit under "Register for this event." Fill out the username and password and personal information. Under team information select "yes" and "I am joining an existing team," and enter code: CTPWSAC001 and submit. Follow directions on the following page and you will officially be a part of "Sacred Hearts for Hope" team. Contact Leo Katsetos at 203-396-8353 or e-mail [Katsetosl@sacredheart.edu](mailto:Katsetosl@sacredheart.edu) if you have any questions.

Cotter added, "We are asking everyone from Sacred Heart to sign up through our team or pledge through our team. I encourage everyone to come together under one team and represent the Sacred Heart community as a whole."

## Students Take Prescription Drugs to Stay Awake

Continued from Page 1

snort it for a cocaine-like effect, which they believe gives them super-human ability to focus for a long period of time. This helps them to study longer, which is especially handy during midterm time.

"I take Adderall to keep awake long enough to study and write papers," said an anonymous student.

Doctors and university health staff report that students come in and specifically ask for Adderall without warrant. Others even fake symptoms of ADHD in order to have it prescribed to them. If the student is unable to have it prescribed to them by a doctor, it seems that it is not very hard to find a person on campus who does have it prescribed and is willing to make a few extra bucks by selling it.

"It's only three to six dollars per pill and it is easily available," says another anonymous student.

Studies show that one quarter of college students have tried Adderall without

prescription. One fifth have abused it by sharing it or selling it. Many believe there are not bad effects of using Adderall from time to time to help them out during times of intense pressure. They are wrong. There are many immediate as well as long term effects of using this drug. Instantly when



The Spectrum/ DANYA JIMENEZ

**Studies show that one quarter of college students have tried Adderall without prescription.**

taking it the person slips into a state of mind that impairs them. This makes it difficult and dangerous to operate machinery

as well as vehicles. It slows the metabolism as well as the cardiovascular system and gastrointestinal functions. When abused in severe cases, it has caused Tourettes syndrome and Schizophrenia. Great dependence is also known to occur. Reliance on Adderall may cause fatigue and mental depression. Students have even reported that once they stop taking it, they crash into complete exhaustion because the brain and body have been wired for such a prolonged period of time.

In several cases, even when prescribed, Adderall causes more problems than it does help.

"I had to stop using it because when I was on it, I was not myself. I was like a zombie" says a prescribed user.

The effects of Adderall are scary and dangerous. They may even be fatal. The majority of students feel increased pressure during this time of the

year, but it is much more safe and practical to return to the conventional ways of staying up, by sipping a cup of coffee or tea.



# CAMPUS NEWS

## The Truth on Fresh

Diana Muniz  
Staff Reporter

Coffee has become one of the most popular drinks in the world. Many people agree that there is nothing better than a fresh cup of coffee to start the day, but how do they know if their coffee is actually fresh? Most people can't tell anymore because their used to drinking coffee from work, gas stations, even coffee stores.

Most coffee out there is stale. The good news is that stale coffee is drinkable if you have never truly had fresh coffee. The bad news is that once you have truly tried fresh coffee, you'll be hooked for life. There is a saying, "Once you taste the wine, you don't want to drink the water."

Coffee is nature's most flavorful drink, containing well over 900 flavor compounds. Back to the question, how do you know coffee is fresh? Simple test: If it tastes bitter or flat, then it is too late. Connoisseurs of coffee will tell you that it is a sweet drink.

A survey was done of SHU students. Eight out of ten students drink coffee in the morning as their number one source of boosting productivity before class or work.

Jen Petrocelli (senior, Smithtown,

Long Island) who works for the Starbucks Coffee Company says "Our school uses Starbucks coffee, it is one of the most popular and well-known coffees in the world. The school always has fresh coffee; you can see and smell the freshly made pot of House Blend or Verona being brewed."

Other students disagree and feel that Sacred Heart needs to be more attentive to the coffee and it is freshness. Doug Drenzek (sophomore, Orange, Connecticut) feels that the coffee at school sometimes isn't as fresh as it should be. "I don't really drink the coffee at school anymore; it tastes bitter and takes a lot of sugar to get where I like it."

Coffee is a great source of energy but if consumed heavily can cause addictiveness and unhealthiness. If drank in moderation, it can actually be beneficial. It can give a significant boost of energy. When tired, caffeine can help sharpen some intricate mental skills like recognizing words or manipulating numbers.

Recent news has stated that is not bad to ingest one or two cups of coffee a day. Though it is good for some things, coffee creates dependency and people may have problems if they want to withdraw. This means that if someone who usually drinks between one and three cups of coffee a

day suddenly stops drinking it, that person could develop headaches. Other drawbacks include anxiety, light depression and fatigue. A tip to avoid the jitters and withdrawal symptoms is to drink coffee in moderation. Another great way to avoid withdrawal symptoms is to switch to tea. Tea is a quick pick-me-up and is not as addictive and does not cause the same side effects as coffee.

Coffee is a complex and flavorful drink that manages to slip itself into the hands of millions everyday. Even though the taste, caustic and bitter, needs to be adopted, once you acquire it, you won't be able to go one morning without having your daily cup of coffee.

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## Snow Hits Northeast

Continued from Page 5

western North Carolina's mountainous Henderson County.

"It was our first time sledding and it was really fun," Michele Joplin said.

"This is sort of the winter we haven't been having," said Brad Moretz, general manager of Appalachian Ski Mountain in North Carolina. "March will exceed our expectations. This weekend we'll have good weather and good slope conditions."

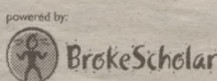
After a winter marked by stretches of uncommonly warm weather, a cold and wet pattern has established itself in the Northeast, said New Jersey state climatologist David Robinson. More precipitation is possible by the weekend, although it is likely to fall as rain, forecasters said.

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# BEYOND SHU

## Second Major Snowfall in Five Days Batters Northeast

Wayne Parry  
Associated Press

NEWARK, N.J. (AP) - The second snowstorm to hit the East Coast in less than a week tied up Tuesday morning commuter traffic, shut down hundreds of schools from North Carolina to Maine and canceled airline flights.

The storm dumped moderate to heavy snow along the coast and inland, with just over a foot in southeastern Massachusetts and parts of Maine.

Snow lingered across parts of the region Tuesday, with blustery wind in some areas, and many highways were slippery with packed snow or slush during the morning rush hour.

"It's horrible out there," Massachusetts State Trooper Jonathan Brown said Tuesday morning at Shelburne Falls, in the foothills of the Berkshires.

By Tuesday, Boston had received 78.1 inches of snow this season, compared with an average annual snowfall of

about 42 inches. The record is 107.6 inches, set in 1995-1996.

Along with highways, air travel also was affected by the storm.

Boston's Logan Airport had two runways open Tuesday morning but at least 53 inbound flights and 90 outbound flights had been canceled, airport spokesman Phil Orlandella said. A number of flights were canceled at Maine's Portland International Jetport.

In the New York metropolitan area, spokesman Steve Coleman said LaGuardia Airport was hardest hit with 56 departures and 28 arrivals canceled Tuesday, along with delays up to an hour on other flights. Kennedy Airport reported minimal delays and a handful of cancellations, and airlines at Newark called off 24 departures and 28 arrivals. The three airports had



AP Photo/ DAVE MAY

Amy Lyons, left, and her daughter Madison, 4, right, and friend Cate Bauer, 4, walk back to their car after shopping for groceries during this week's snow storm.

canceled hundreds of flights during the height of the storm Monday.

Hundreds of businesses and schools closed for the day Tuesday in Maine, and state government workers in Augusta were told to stay home. Downtown Portland seemed like a ghost town because a parking ban in effect until noon left streets deserted.

The combination of wind, wet snow and ice also caused power outages. The utility NStar said about 3,800 customers were blacked out in eastern Massachusetts. Nearly 12,000 homes and businesses went dark in North Carolina but more than half were back in service Tuesday, utility officials said. Others without power in scattered areas from West Virginia to Maine.

The storm was a big change of pace for Sean and Michele Joplin and their two children, who recently moved from South Carolina to

◆See "Snow Hits..." Page 4



## National and Global News

LOS ANGELES (AP) Clint Eastwood, Hilary Swank and Jamie Foxx weren't the only winners at the Academy Awards. Preliminary indications are it was a strong ratings performer for ABC. The Oscars' 30.1 rating in Nielsen Media Research's 56 top markets was a slight 1 percent improvement over last year's comparable number, and the highest-rated Academy Awards in the metered markets since 2000. The rating is an estimate that nearly 33 million households were tuned in.

SANTA MARIA, Calif. (AP) A prosecutor laid out the child molestation and conspiracy case against Michael Jackson on Monday, telling jurors the singer exploited a 13-year-old boy and exposed him to "strange sexual behavior" and that an employee told the child his mother could be killed. In his opening statement, District Attorney Thomas Sneddon also said that Jackson showed the boy adult material on the Internet from the first time he stayed at Neverland in 2000, when the boy was 10 years old.

NEWARK, N.J. (AP) The second snowstorm to hit the East Coast in less than a week tied up Tuesday morning commuter traffic, shut down hundreds

of schools from North Carolina to Maine and canceled airline flights. The storm dumped moderate to heavy snow along the coast and inland, with just over a foot in southeastern Massachusetts and parts of Maine.

HILLAH, Iraq (AP) A suicide car bomber blasted a crowd of police and national guard recruits Monday as they gathered for physicals outside a medical clinic south of Baghdad, killing at least 115 people and wounding 132 - the single deadliest attack in the two-year insurgency. Torn limbs and other body parts littered the street outside the clinic in Hillah, a predominantly Shiite area about 60 miles south of Baghdad.

BEIRUT, Lebanon (AP) With shouts of "Syria out!", more than 25,000 flag-waving protesters massed outside Parliament on Monday in a dramatic display of defiance that forced the resignation of Lebanon's prime minister and Cabinet two weeks after the assassination of an opposition leader. Cheering broke out among the demonstrators in Martyrs' Square when they heard Prime Minister Omar Karami's announcement on loudspeakers that the government was stepping down.

## Connecticut News

Associated Press

HARTFORD, Conn. (AP) - A gay rights group that was criticized for opposing civil unions in its effort to get state lawmakers to legalize same-sex marriage has softened its hard-line stance.

Love Makes a Family has e-mailed its members, saying it will not lobby against civil unions but will continue to press for same-sex marriage.

"Clearly the civil union bill has momentum," Anne Stanback, president of Love Makes a Family, said Monday. "We are not going to be working to kill this bill, but we will keep talking to legislators about our hope that they will stand up and speak up for marriage."

The civil unions proposal, which would give gay and lesbian couples many of the same rights as married couples, was endorsed last week by the legislature's Judiciary Committee. Connecticut would become one of only a few states to legally recognize same-sex couples, if the bill is approved by the House and Senate and signed by Gov. M. Jodi Rell.

Stanback and other gay and lesbian activists called civil unions "separate and unequal" during a legislative hearing. They also worried that debate over same-sex marriage would end if civil unions were approved.

Love Makes a Family's stance against civil unions drew criticism from the gay and lesbian community and from some of its legislative allies. The

group's continued opposition to civil unions would have put it in an awkward position of lobbying against a plan that would greatly expand gay and lesbian rights.

Stanback amended her view on Monday. She said she still believes civil unions are inherently unequal, but she no longer views them as a political dead end.

"Would we have liked to get marriage this session and not have a temporary stop over with civil unions? Yes," she said. "But to have a whole group of new legislative leaders who have taken this on as their own struggle is encouraging."

The Judiciary Committee's co-chairmen praised Love Makes a Family for its change of heart.

"All-or-nothing strategies are always a bad idea," said Rep. Michael Lawlor, D-East Haven. "This is the right way to go."

The other co-chairman, Sen. Andrew McDonald, D-Stamford, said he also was pleased the group gave up its effort against civil unions.

"I'm gratified that the leadership of LMF is going to be a more active participant in the next stage of our legislative efforts," McDonald said.

Those efforts are expected to face opposition from groups such as the Connecticut Catholic Conference and the Family Institute of Connecticut.

Rell has expressed support for the general idea of expanding the rights of gay couples, but has not weighed in on the bill's specifics.



# Perspectives

## Frustartion After The Career Fair

Patrick Scalisi  
Arts & Entertainment Editor

Dear Members of the Sacred Heart  
Office of Career Development:

I would just like to express my utter and complete dissatisfaction with last Wednesday's Career Fair. In the weeks leading up to the fair, the event had been hyped beyond belief, with emails coming in on an average of once a week and seniors being constantly prompted to make sure that their resumes had been submitted for approval through the Office of Career Development. Like many in the graduating class of 2005, I performed the necessary tasks, ironed my suit, and made my way to the Pitt Center at 11:00 a.m.

However, what I found once I arrived there was not only disappointing but also nearly useless. There were only four employers representing my major (English) and only one (COX Radio) who was actually offering paid positions instead of academic internships. In fact,

most of the employers at the fair centered around the business or insurance fields.

Last I checked, Sacred Heart was a liberal arts college and not a business-specific university. In fact, business majors, according to the Sacred Heart University Registrar's Office, only account for 19-25% of the university population. Why, then, did the majority of employers that attended the fair cater to this small percentage of students?

Now, I don't want people to misinterpret what I'm saying to mean that those students enrolled in the College of Business should not have the opportunity to find a post-graduation career. On the contrary, I would have rather seen a wider variety of employers at the fair who appealed more fully to the different courses of study that the university offers. There were less than six employers scouting for students enrolled in the Media Studies program and even fewer for those currently in Sacred Heart's different science programs. Even the university's most popular course of study, Psychology, was ill represented.

There are a wide variety of willing (and by willing, I mean currently hiring) employers in this section of Connecticut—General Electric, the Connecticut Post, ESPN, St. Vincent's Hospital—that were not present at the fair. Next year, when I have graduated and hopefully found a job through my own energies, I hope the Office of Career Development will take a more active role in drawing a more diverse employment base to the Career Fair. Though I understand we are located in the insurance capital of the country, not everyone who attends Sacred Heart has a burning desire to begin a life-long career with Allstate (also not present at the fair).

Dear Editor:

I've never been accused of being very religious. However, I find myself constantly praying that America will soon come to its senses. That good, decent people will ultimately overcome the scum that is invading our country within. America is under attack by some of its own people, by them class action lawyers, the ACLU or just your run of the mill whacko liberals. Michael Savage has referred to these people as The Enemy Within, (a great book if you have a chance to read it) and Ward Churchill is a great example of what he is talking about.

This despicable excuse for a human being had the nerve to compare the victims of 9/11 to Nazi war criminals, and is actually being praised for it by some; as well as being invited to speak at the UW-Whitewater as "The Spectrum" pointed out last week. It is an absolute disgrace that this sub human, this man with fake degrees from 3rd rate schools, this fake

Native American, is allowed to spread his message of hate. Yes, fake Native American. A man who flashes around an AIM (American Indian Movement) card that was given as an honorarium by an Oklahoman tribe that was giving a card out to anyone who wanted it. This disgrace to higher education should be fired, tried for treason against America and kicked out of this great country.

I know there are those who share my frustration. All I can say is that we need to keep spreading the truth and fighting those who destroy this country. Those who cheer for the deaths of innocent American civilians and mourn the loss of terrorists. Those who call for the beheadings of American soldiers by sub-human trash overseas. Let these people know that you love America, and that they can feel free to leave anytime.

Let's take America back.  
Brian Gardner

## To Whom I Missed

Lauro Cabrera  
Contributing Writer

Today, yesterday and the day before, I saw the sunlight announcing a new day. For an instant, I opened the curtains of time and my mind opened the memories; just like the flashes of sunlight came through the window, so vivid, so bright, and strong. These memories vitalize my edged energies and lost hopes, so another day can pass by, until my eyes may see your figure coming into my

Yesterday, I opened again the toy box where jealously, I keep your favorite toys. One after another I dusted them out, and with the dust, I dusted out many accumulated memories. I saw again your infant portraits, then my tears helped me to wipe off and renew many old episodes of your childhood.

The toys are ready and cleaned waiting for you, in case you want to play again. Son, maybe I have never told you how much I love you, that many hours outside the house, and many nights of sacrifice were because I wanted to give you the best, that's way I was always busy.

You were growing and growing and you are now grown up. I was busy, occupied and I missed that, probably I didn't hug you very often but you knew that you were the air to my life.

Now, my hair has turned grayish and the many years have marked my face with hundreds of wrinkles but my heart is still full of love. In the kitchen there is a candle always burning that means that I am always waiting for you, I will be there waiting to hear your anecdotes, to celebrate your triumphs and share your pains. Please don't wait until the darkness of death falls over me, please come back before the night spreads its blackness over my life because then, it will be too late. God gave me the most precious gift of the world, He sent you to me so I could care for you until the end of eternity. That's how I love you and always will love you. Also, you may understand that my love is nothing compared with God's love.

Come back soon.  
Mom.

### The SPECTRUM

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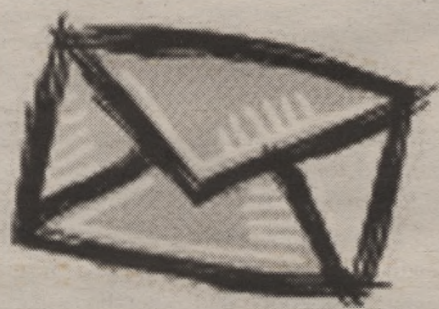


The editorial pages are an open forum. Letters to the editor are encouraged and are due by Monday at noon for consideration for each Thursday's issue. All submissions are subject to editing for spelling, punctuation and length. The Spectrum does not assume copyright for any published material. We are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

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house, maybe taller, you could be robust and handsome or just the way you have been.

When you left, part of my life left with you, the most precious part of my body, you. I wanted to stop you, to keep you by my side. At that moment, I preferred not to have given birth so you could stay in my womb forever and I could have protected you, just like those nine months, I still remember your diminutive movements. I could feel your tiny little body moving by yourself. Then you were born. Today you have grown, and you are not that kid who used to bounce on my knees or spread baby food all over your head. You have grown up, and you have left to explore the world.



# He Said... She Said... Spring Break... Without Your Boyfriend/Girlfriend

Robert Roy  
"He Said" Columnist

Spring break with your girlfriend is much less complicated than without her. When the couple is together spring break provides a time to relax and have fun together. Spring break will create many "hopeful" memories for the couple.

Many couples think they can handle spring break separately. However, it isn't a great idea to put yourself in a situation where you can hurt the person you love. If you are going to go on spring break without your significant other, you are going to have to be extremely responsible and constantly put yourself in his or her shoes.

Success with separate spring breaks depends on the maturity of the relationship, many couples can handle this situation and many more cannot. If both people in the relationship are comfortable with the situation and appropriate ground rules are set in place then have fun and go on spring break without your girlfriend. This does raise one question however. If your relationship is this great, and you think that you can go on spring break with out your girlfriend, then you are already wrong. If your relationship is this remarkable wouldn't you want to spend more time with your girlfriend rather than getting away from



The Spectrum/DANYA JIMENEZ

her? This is just something to think about...

Spring break without your girlfriend is a complex issue which creates many concerns. The biggest issue is cheating. There are 5000 beautiful, single people on a beach with very few clothes in sunny Cancun; the alcohol has been flowing since noon and the last thing on your mind is your girlfriend. This has the potential to be disastrous, when you wake up the next morning with someone you do not know.

I do not recommend that you go away, to party central spring break without your girlfriend. Go away together and spend the break partying and having fun. Do not attempt to go on spring break without your girlfriend; this is only going to be a fight, as it is not a giant secret that spring break is for singles.

Athena Soriero  
"She Said" Columnist

To begin, not everybody has the leisure of being able to go on a cruise to visit some obscure, Caribbean island with a group of friends for spring break. In that case whether you have a boyfriend or girlfriend really doesn't make any difference because you aren't going anywhere. So, consider yourself one of those lucky and privileged individuals who had both the funds and friends to plan a successful spring break. One that didn't fall through and whose significant other was okay with you flying solo with a group of single friends to a tropical paradise. A place where you will be sun bathing in a tiny string bikini, frequenting all the local bars, wearing hardly any clothes the entire time, and surrounded by groups of other single spring breakers. In that case your boyfriend/girlfriend either trusts you A LOT, wants you gone so they can have a spring fling of their own over break, or really doesn't care the least bit about you or your relationship.

Chances are that you are most likely not going to get the nod of approval after running your booze cruise plans by your significant other. Even if you've made plans with your roommate to visit with her grandparents in a retirement facility in Boca Raton, FL... chances are



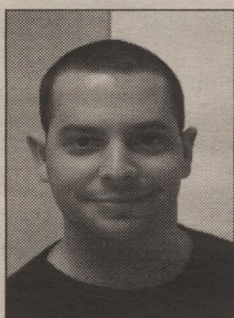
The Spectrum/DANYA JIMENEZ

when your beau hears the words "spring break" and "Florida" in the same sentence they will stop listening to you. Then they'll begin picturing you involved in an MTV spring break competition hosted by Girls Gone Wild, being taped by WILD ON, and begin to panic. Letting your boyfriend or girlfriend spring break without you is not an easy task, especially when they're going away leaving you in the freezing cold anxiously awaiting their return, hoping they've survived the temptations of their tropical trip.

Either way going on spring break without the "loved one" is a great chance to just have fun and take a break without having to think of anybody but yourself. Your girlfriend or boyfriend may not be around forever but the great stories and memories of a once in a lifetime crazy spring break trip with a group of friends will.



## What are you doing for Spring Break?



"Going to Sunny San Diego to see my friends."

Chris Turuta

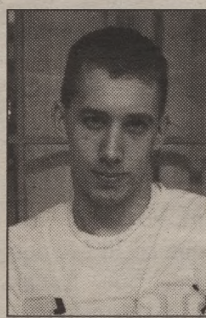
Selden, NY ~ Grad Student



"Going to Cabo San Lucas!"

Rachael "Bean" Savarese

New Providence, NJ ~ Senior



"Going on a leadership conference then going snowboarding."

Josh Sedlock

Naugatuck ~ Junior

## The **CARTOON** of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO



Student Senate would like to congratulate Justin Gage for being inducted as the new 2006 Senator. This is the last appointed Senator that the Class of 2006 will be making, resulting in a complete Senate once again. Dave Macala, Student Government President was present at the meeting on Wednesday and swore Gage into office.

The FLIK Committee, lead by Class of 2008 Senator, Janelle Watson, met with the links from FLIK in their first forum. In this meeting, issues were addressed that had been brought to Watson through both e-mail responses and general conversation. One of the issues that is being brought to the committee is the hours of operation for Holy Grounds Coffeehouse. Students living in North Hall would prefer that the coffeehouse open earlier, making it accessible for a breakfast "pit stop" for the walk to class. Watson reported that several similar issues have already been addressed by the committee. However, FLIK doesn't currently have the staff to support the hours students would like. They have been doing hiring and will be working on extending the hours, and keeping a full staff during busy times.

The Academics Committee has been working with their links on expanding upon recognition for students who make the Dean's List. Currently, Sacred Heart University requires students to achieve a 3.6 GPA in order to attain Dean's List status; unfortunately, no formal recognition is made for the students. Occasionally students receive a postcard home; however being that this is such a great achievement, Danae Kline, Class of 2005 Senator, feels the need to pursue this further. Although there are too many students who make the Dean's List to have a formal banquet for them, perhaps an alteration in the acknowledgement would be rewarding.

The Public Safety Committee, Lead by Senators Shannon Hines and Justin Schiavone, reported that our Public Safety officers are cracking down on parking violations. Actions being taken include, but are not limited to tickets and boots left on cars. If a car gets booted, the owner only has a limited amount of time before the car is towed. Because there have been so many complaints about not enough parking on campus, officers have been forced to crack down.

On March 15, the Constitutional Review Committee will be presenting the new and improved Student Government Constitution to the Senate. The committee has been working together to improve this document for the benefit of all students, and with the approval of the Senate, it will be on its way to taking effect in the future.

- 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**



# —Arts & Entertainment—

## ‘Million Dollar’ Oscar

Patrick Scalisi  
Arts & Entertainment Editor

**Sunday, Feb. 27: 7:59 p.m.** Well, the Academy chose a great week to hold the Oscars. It's midterm time at SHU and I am *tired*. But this is also my last year covering the awards for "The Spectrum" so I want to savor every last minute. Chris Rock is hosting this year, a welcome change from Billy Crystal's used-up routine. Of course, Rock also gets to host the five-second delay that the networks are putting into effect—for the FCC's sake, we don't want any potty words to slip through.

**8:01 p.m.** Hillary Swank's heinous gown recalls the SNL parody where her impersonator, Jimmy Fallon, proclaims "I'm a girl you know...!"

**8:10 p.m.** Hey, it's Virginia Madsen! Isn't that the chick that got naked in "Candyman"? I'm not sure the FCC should have let me see that one.

**8:14 p.m.** Billy Bush couldn't be more annoying if he tried. Though I'd love to see Orlando Bloom slug him, it would be much more entertaining if Kirsten Dunst decked him instead. Maybe I'll nap during the rest of the red carpet...

**8:34 p.m.** Chris Rock wakes me up by cursing for the first time. This, of course, is quickly followed by the first racial joke. Censors start your engines!

**8:39 p.m.** The list of people who are going to jump Chris Rock backstage grows longer by the moment: Tobey Maguire, Michael Moore, Jesus Christ.

**8:45 p.m.** "The Aviator" wins the first Oscar of the night. Since when do the nominees appear on stage? Were the art direction nominees too poor to afford seats?

**8:49 p.m.** Morgan Freeman finally wins his Oscar. I don't know who looks happier: Freeman or "Shawshank Redemption" costar Tim Robbins.

**8:54 p.m.** Robin Williams presents the award for Best Animated Feature. Apple stock jumps two points when "The Incredibles" wins.

**9:01 p.m.** So I guess only the major categories get to use the stage this year. How terrible would it be to actually say you won an Oscar but didn't get to go onstage? First, an African American host and how this travesty. What's next? Singing in French?

**9:03 p.m.** Beyoncé sings the first Best Song nominee in French.

**9:15 p.m.** Scarlet Johansen recounts how she hosted the tech awards presentation ceremony. All of the nominees were like, "Wow, there's actually a chick here."

**9:16 p.m.** An under-the-weather

Pierce Brosnan gets stood up by a CGI version of "The Incredibles" Edna "E" Mode. He should whip out some Q gadget and show her who's boss.

**9:19 p.m.** Add Tim Robbins and Whoopi Goldberg to the list of people who are going to jump Chris Rock backstage. By the way, Cate Blanchette wins the Best Supporting Actress award. Could "The Aviator" be primed for a sweep?

**9:26 p.m.** Johnny Carson is honored by past hosts of the Oscars. We'll miss you Johnny.

**9:30 p.m.** Since the award for Best Documentary is presented onstage, the fat guy who made "Supersize Me" didn't even need to walk from his seat.

**9:33 p.m.** "The Aviator" wins its third Oscar of the night. Maybe Martin Scorsese will actually win this year since there are no expatriate pedophiles nominated in the Best Director category who can't actually step foot in the country to claim their statuette.

**9:41 p.m.** Adam Sandler and Chris Rock deliver some of the best schlock of the night when Catherine Zeta-Jones "stands up" Sandler at the presentation podium. "Sideways" wins for Best Adapted Screenplay.

**9:51 p.m.** Al Pacino presents the Honorary Oscar to Sidney Lumet. I don't know how deserving the man responsible for "Family Business" is of an Honorary Oscar but I guess those indie films he made in the 70's—"Dog Day Afternoon," "Network," "Serpico"—kind of make up for it.

**10:08 p.m.** Is Beyoncé going to sing all the best song nominees tonight?

**10:21 p.m.** Oh, man. Penelope Cruz and Salma Hayek present an award together. Talk about typecasting. "Ray," however, finally gets some love when it wins Best Sound Mixing.

**10:39 p.m.** Does the Academy automatically reserve a nomination spot for composer John Williams each year in the Best Original Score category? It's a shame he didn't win but I suppose it's good to share every once and a while.

**10:48 p.m.** Yo-Yo Ma serenades audiences to the annual In Memoriam presentation. Everyone from Ronald Regan to Rodney Dangerfield to Marlon Brando is given their proper due.

**10:58 p.m.** Is this the Oscars or the Grammys? Puff Daddy presenting an award; Santana, performing with Antonio Banderas; and Beyoncé performs her third (and hopefully final) song of the night.

**11:02 p.m.** Jorge Drexler sings his entire acceptance speech for Best Song.

**11:03 p.m.** A possibly drunk Sean



Illustration by Kelly Johnson

Though "The Aviator" came away with five wins for the night, "Million Dollar Baby" scored big in all the major categories, including Best Picture and Best Director. All of the Best Picture nominees, though, earned at least one award.

Penn makes a snide remark about Chris Rock. Good thing you remembered to dress yourself tonight, Sean.

**11:06 p.m.** Hillary Swank beats out Annette Bening *again* for Best Actress. Warren Beatty is going to make some heads roll after the ceremony.

**11:20 p.m.** With only three awards left, the Oscars might actually end close to schedule this year.

**11:25 p.m.** Jamie Foxx wins Best Actor. I think Chris Rock stuffed the ballot box (just kidding—Foxx totally deserved the award!). He does, however, screw up the network by giving a five-minute long acceptance speech.

**11:32 p.m.** We couldn't get through an Academy Awards ceremony without Julia Roberts, huh? The situation isn't improved much when Martin Scorsese

is passed over for the award again. Clint Eastwood wins Best Director for "Million Dollar Baby."

**11:38 p.m.** "The Aviator" proves it doesn't have the wings to make it to the finish line and "Million Dollar Baby" wins Best Picture.

**11:41 p.m.** At only 11 minutes over schedule, the 77th Annual Oscars comes to close. Perhaps the most streamlined ceremony in years, Chris Rock gives a shout-out to Brooklyn at the end and I still have enough time to finish up and get a good night's sleep. As is custom, I'd like to give a thank-you speech of my own. It has been a pleasure to cover the Oscars for "The Spectrum" for the past three years and I know that next year's team will continue the tradition in earnest. Thank you and good night!

### Looking For Even More Entertainment News?

Visit the online edition of "The Spectrum" for exclusive Arts & Entertainment content including:

- Jacque Boothby's take on the controversial gay marriage episode of "The Simpsons"
- Katrina Brown's eulogy to late actress Sandra Dee
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AP Photo/DAVID JAMES



# 'Dining Room' Serves Up A Feast for the Eyes

Jenna Gray  
Staff Reporter

Twelve students. Fifty roles. Eighteen scenes, all of which revolve around a dining room table. If this sounds like a disaster, you're not alone. However, the cast of the SHU Player's production of "The Dining Room" undoubtedly disproved this assertion with their amazing performance this past weekend.

"The Dining Room," written by A.R. Gurney, takes place in one simple setting: a dining room in the late-1930s to the present day. The play explores the different dynamics of conversations that take place in one's dining room. The content of the script and the execution by the cast made this seemingly boring tale comical and emotional. In fact, Gurney was quoted in 1982 saying, "I soon found myself writing this strange play which kept wanting to take place in a dining room."

We've all experienced many family gatherings around a feast of food but only Gurney would be bold enough to write an



"The Dining Room," which takes place entirely in one setting, was performed at Sacred Heart University this past weekend. It was the first SHU Players performance of the semester.

entire play concerning the drama at the dining room table. His daring play proved to be quite entertaining.

The cast of "The Dining Room" was equally as impressive. Including a cast of regulars under the direction of E. Kyle Minor, the actors played roles that ranged from bratty children to wise grandparents, to household servants.

To be able to perform so many different roles in one play is an accomplishment all its own. These actors not only achieved the task of taking on multiple personalities but executed these roles magnificently.

Helen Dunk, a sophomore member of the cast from Westfield, MA said, "I love working with the SHU Players and with Kyle, the director. There are so many talented people in this cast and we all worked together well. I love when the plays come together."

This play was a delight to watch due to the obvious hard work put into the production. It also proved that simple ideas and stories can turn out to be exciting masterpieces.

## Art, Science Embrace at SHU Art Gallery

Johanna Prentki  
Staff Reporter

Usually art and science are placed in two separate categories. Every so often, though, this unlikely match makes a successful collaboration. Such is the case with Wet Lab which is described as the new nexus between art and science.

The Sacred Heart University Art Gallery welcomed this new and unique exhibit this month that featured artists whose focus is to combine and create works using art and science.

The exhibit's featured artists are all past or present board members of Wet Lab, an organization of artists and scientists that come together and discuss science and art. The founder of Wet Lab is also one of the featured artists in the exhibition, Ariel Ruiz I Atalaba.

"Wet Lab is a new and independent forum for the interaction and exchange of ideas between members of the scientific and artistic communities with an emphasis on biological sciences," she said.

This past Sunday, the Gallery walls boasted some impressive and detailed works. All of the artwork has some sort of scientific basis to it. The exhibit was curated by Robyn Donohue and Sophia Gevas. Donohue chose the works for the exhibition.

"There was no apparent theme when choosing the artwork," she said. "I just knew that it was all going to be artwork from Wet Lab board members. It was a collaboration of what the artists wanted

to showcase."

The exhibition featured works that made you think as well as pleased the eye. Mark Kessell, a former physician, deputy director of Wet Lab and full time artist had four works in the show. His featured art included prints of blind children that capture different elements of the condition.

"I'm trying to question blindness, just because someone looks or appears blind doesn't mean they are," he said. "Who are we to say who is or isn't blind?"

Justine Cooper's featured art was unlike any others at the exhibition. Cooper used microscopes and samples from the human body to make films that have been set to music to express her scientific and artistic fusion.

"A lot of my work uses imaging technology from medicine or science," she said. Cooper has taught masters programs in Sydney, Australia and been a guest lecturer at various universities across the country.

Another artist, Dan Estabrook, used salt print and watercolor techniques to create a series of prints that came together to play off one another. He has been a recipient of several fellowships including a new Visual Artist's Fellowship.

Both the curators and artists involved in the exhibit were interested in educating others about the fusion of art and science and about how they don't have to be two separate categories.

"Our collaboration in creating this unique exhibit developed as a result of a series of discussion centering on the interplay, similarity and difference of scientific and artistic inquiry," said Donohue.

Sacred Heart's Gallery was more than thrilled to house these works for the month. If you did not get a chance to see the featured pieces then be sure to check out [www.wetlab.org](http://www.wetlab.org) where some of the artwork in the exhibit can be found and alternative information about



Mark Kessell poses next to his artwork at the SHU Art Gallery Wet Lab exhibit. The goal of Wet Lab is to bridge the traditional gap between art and science.

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CNN-TV News Anchor

**Soledad O'Brien**

Tuesday, March 8  
7:15 p.m.

Betty R. Tipton Room,  
Student Center

Soledad O'Brien is co-anchor of CNN's popular *American Morning* program. She was on CNN's select team sent to cover the Indian Ocean tsunami in December 2004. She was the only broadcast journalist to accompany First Lady Laura Bush to Moscow in fall 2003. Prior to joining CNN, O'Brien held various positions in the NBC news organization. She has received the Hispanic Achievement Award in Communications and was named to the "Top 100 Irish Americans" list by *Irish American* magazine in 1998.

Tickets: Call Margie Oviatt at (860) 465-4693; email [tickets@sacredheart.edu](mailto:tickets@sacredheart.edu). Tickets are free to Eastern students, faculty, and staff; \$10 for the public.



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# Features

## CREATIVE CORNER

### No Escape

Ariane Rasmusen  
Contributing Writer

The night envelops him like a cloak

hiding from others countless fears

He walks the lonely streets with no set direction

no where to go, no one to care, no one to trust

Nothing but his own mind accompanies him through this journey

Where does it start and where does it end?

Not even he can distinguish the first from the last

and the last from the first

There are too many of them

They are about too many things, too many places,

too many people, and too many problems

No dark cloak can help him escape

No alternatives exist

No direction can take him far enough

There's no way out because "him" is "you"

and "you" are "him" and "they" will never leave you alone

For there's no escaping one's own mind filled with thoughts and fears.

## Pitt Center-Finally Restored

Francesca Bonaiuto  
Staff Reporter

New Year resolutions and Spring Break goals to lose weight and get in shape have been stunted due to the lack of machine maintenance and over-crowdedness at the William H. Pitt Center.

"Going to the gym was my New Year's resolution, but I was unmotivated when I would go to the gym and see all these machines out of order," says Keri Bohlen, sophomore, Centerport, NY.

"Out of order" was the constant sign students, faculty, and other gym users saw on many of the fitness machines. As of two weeks ago there were only select machines available.

Eight of the 12 treadmills were either out of order or had dents in the belt that were causing students to get severe shin splits, and/or knee and ankle injuries.

"I already have a bad knee and the treadmills were causing my knee to hurt even more on top of added stress to my ankles," said Stephanie Bessery, a senior from Burlington, VT. "These are issues that the Pitt staff should be concerned about," adds Bessery.

Three of the seven stair masters were also out of order and many free weights were missing from the gym.

5058 people swiped into the gym last week alone according to the Pitt Center computers. That is a lot of people that use the gym that cannot get a good workout due to the shortage of machines available.

"Every time I went to the gym, no matter what time it was, I had to wait for machines for 20 minutes because it was so crowded," said Alaina Ciaramacoli, senior,



The Spectrum/ KELLY RYAN

**Lack of machine maintenance and over-crowdedness posed problems for the Pitt Center users.**

Hopkinton, MA.

"I was so tired of how crowded the gym always was and how I could never get on a machine that I paid for a gym membership to Fitness Edge," said Christine Dziubinsky, a senior from Oakland, NJ.

Lack of machine maintenance and over-crowdedness posed problems for athletes as well.

"It is really annoying when you are an athlete and you need to use the machines and can't," said JoAnn Montesarchio, a senior from Cortlandt Manor, NY. "Due to the weather conditions we have to remain indoors and use the gym's equipment. It's hard when there's only like two machines working and it's always packed. If something is going to be done then the school should look into making a separate athlete's weight room because it is really an inconvenience to many of the athletes," adds

Montesarchio.

On Mar. 22, the fitness machines were serviced and restored. The question that many have been wondering is why the Pitt Center staff took so long to get the gym back in order when there were so many complaints and requests to do so the past couple months.

"We too are very upset about the maintenance situation for the gym" says Gary

Reho, Director, William H. Pitt Center. "Unfortunately we don't have a say over maintenance. With the frequent people coming in every single day, the machines are being over-used and abused. The sand from the outside gets caught in machines and ruins them. The service parts take time to come in and be restored. We try our best, however, to keep the social center of the university together and running well," Reho adds.

Reho and Dean Wilkes are presently working on a leasing program to renew machines every three years. Hopefully, this plan will take stress off the machines and offer less abuse. Reho would also ideally like to see another student center built.

The Pitt Center is trying their best to accommodate the healthy lifestyles of college students, faculty, and outside users.

## How Do You Know What Major is for You?

Courtney Pustay  
Staff Reporter

Deciding upon a major can be mind boggling. Where do you start? What do you do? How do you know this is what you really want? Students at Sacred Heart are wondering the same questions.

If you're a freshman, before you know it, you will be asked to declare a major. This is a stressful time for students who are unsure of what they want to pursue as a career.

"I originally wanted to do interior design, but it's not offered at most liberal arts schools. Graphic design is very similar to it and there are a lot of job opportunities in graphic design," said Katelyn Miller, a sophomore from Swampscott, MA.

Whether you're the type that can't decide due to the fact that there are too many options or the type that can't decide due to the fact that you feel as though there are not any don't fret. Try to focus on what you do best. At times, you may feel like you are lost but if you sit down and plan things out with a professional, you may surprise yourself.

"When I arrived at Sacred Heart, I wasn't sure right away. I was considering Political Science or History. Later on, I decided to major in both. I've always had an interest in politics and government and a love for history. After re-thinking things, I realized it was a no-brainer. Political

science and History are both my passions. My advice to freshman would be to follow your heart and stick with the things you're good at," said Jeff Barrett, a sophomore from Wolcott.

Sacred Heart can help you. Career Development offers assistance to all students. They can help you focus by narrowing your options, test you to show possible fields and skills, help you attain internships and guide you into the work force.

If you're a freshman in desperate need of help when it comes to deciding upon a major, then the perfect person to contact at Career Development would be Patricia Klauser.

Career Development offers a Major and Career Decision Program called "Major in Success." The purpose of the program is to help you learn more about yourself. Not only will you have the chance to learn about yourself, but you will also be able to look at career opportunities that suit you best.

The "Major in Success" program offers two particular tests. Both are designed to help you as a student. The first test is the Strong Interest Inventory. The second test is the Myers Briggs Personality Type Indicator.

At Sacred Heart, according to Career Development, choosing a compatible major and career is all about getting accurate information. The tests that are given to help students organize their thoughts

and ideas.

"They do not provide THE answer to your major/career question. However, assessments can give you and your counselor information that maybe helpful in making an informed decision about a major or career," Office of Career Development at Sacred Heart.

Don't fall behind; schedule an appointment with Career Development today. Start planning your future. It's up to you to decide.



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# How Important is Makeup?

Jennilyn Desisto  
Staff Reporter

Women across the United States spend \$45 billion on cosmetics each year. With so many different types of makeup it's easy to see how.

There are hundreds of cosmetic brands selling different products to enhance a woman's beauty. Go to any cosmetic counter at a department store and listen to the laundry list of products sales associates recommend in order to look your best; foundation, blush, mascara, lipstick, and eyeliner, are just the beginning.

There are usually multiple products for specific parts of the face, ranging from \$8 to \$20 in price. \$45 billion a year can make a person wonder why women spend some much time and money on makeup.

"I think women get trapped into wearing makeup. They start wearing it when they are young and as they get older they think they can't look pretty without it, which usually isn't the case at all," said Claire DeSisto, graduate student, Trumbull.

So the question is: how important is makeup to Sacred Heart students?

"It's not that important. I don't have to have makeup on in order to leave my house. If anything the only thing I'll throw in my purse is my favorite Clinique lipstick," said Jessica McCormick, senior, Holbrook, MA.

Not all SHU students share McCormick's sentiments.

"You couldn't pay me to leave my house without any makeup on. I would



The Spectrum/ DANYA JIMENEZ

**Eyeshadow, blush, lipstick, and mascara are accessories that many girls cannot leave the house without.**

be so embarrassed," said a junior who wished to remain anonymous.

"I need to have makeup on when I leave my house but I don't need to carry it all with me everywhere I go," said an anonymous senior, from Norwalk.

If the purpose of make up is to enhance beauty, is there such thing as too much make up.

"I think so, and often times it looks worse than no makeup at all," said DeSisto.

However, it is not only the females who have opinions on makeup, males do also.

John Ferrara, a senior from Bronx, New York, said, "There is such a thing as

too much makeup. No girl should have to peel her face off in the morning."

"Girls should just avoid that and go natural," said James Martin, senior, Bronx, NY.

While some Sacred Heart students can take partial responsibility for that \$45 billion figure others aren't too concerned with the latest shade of lipstick or blush.

The question of the importance of makeup is completely up to the individuals themselves. While some can't leave home without it, others aren't afraid to go natural.

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# Job Search: Preparation is Key

Julie Chouinard  
Staff Reporter

Do not mention May to a senior these days. Yes, it will be a month of celebration the completion of college, a degree, an end to early classes and all-nighters. But it also means another thing the pressure to find a job is on.

"I think there is a lot of pressure on seniors to get a job or go to grad school because that is the next obvious step in our lives," said Jennifer Paquette, a senior from Wethersfield, "Either join the real world, or keep going to school, or do both."

Seniors these days seem to be preoccupied with perfecting résumés, going on interviews, mailing out grad school applications, or simply ignoring the fact that they should be doing these things. Mary Jane Miller from Sacred Heart's Career Development Office offers up some advice for those just getting started.

"Get an eRecruiting account; just email CareerDev@sacredheart.edu," says Miller, "and set up a meeting with your contact in Career Development. Every major is assigned a contact person. We'll review your résumé and help you to get started on the job search."

Statistically, SHU students have been successful in securing a job and/or attending grad school within six months of

graduation. But what if students are still not sure of just which field they would like to pursue?

"After graduation, I'm going to California, to do what? No idea," says senior Guy Savage from Taunton, MA.

Miller from Career Development says that that is the real question exactly what is the right job?

"Most college students stay in their first job for an average of only one year, which means they may not be making well-educated decisions about which employer to join," says Miller, "Internships are important because they help students to clarify the function and setting that is right for them."

And indeed SHU students are taking advantage of internships and the Career Development Office. However, no matter how prepared students are, that pressure still seems unbearable.

"I think the pressure is extremely intense. You just spend four years of your life training to be something and then suddenly you're out in the real world and you either swim or sink," says Brenna Kelleher, a senior from Derby.

"I don't think it is Sacred Heart that is putting the pressure on us. I think it's the friends and other students that have jobs lined up already," adds Savage, "They're golden and you're still searching."

No matter what, it seems seniors will

be feeling the pressure to go to grad school or secure a job. For now, Career Development can offer seniors these several steps for success.


Start networking. Eighty percent of jobs are found through networking. Also, students need to accept that the job search process will unfortunately come with many rejections. Prepared students should

constantly plan their next application, next contact, and next phone call.

Preparation seems to be a keyword for Miller. She says that students who start early and prepare relentlessly for interviews are the ones who will stand out in the crowd.

Miller's final step for success "Just do not give up!"

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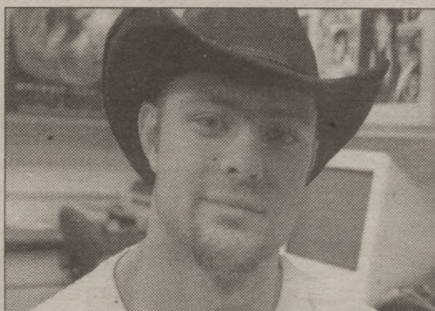
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# BEYOND SHU

## Pitching key to unlocking AL and NL



Bryan Fogle  
*Sports Columnist*

Well folks, it is unfortunate for the Orioles that they play in the same division as the Yankees and Red Sox because this year, the Orioles have one good team. With the acquisition of Sammy Sosa to an already decent lineup of Javy Lopez, Miguel Tejada and Rafael Palmiero, they will put some serious runs on the board this season. These four past or present all-stars or hall-of-famers still might be enough to score more than their pitching let ups.

Unfortunately I cannot avoid the fact that the Sox are the reigning World Series Champions. Curt Schilling will be coming off surgery, but I am sure he will be back to his dominant form. Their offense will be ridiculous as always, and will probably put up over eight runs per game. With Manny Ramirez, Johnny Damon, and David Ortiz still in the lineup, it leaves plenty to be scared of for other American League teams and they should be the wildcard.

Naturally, I am biased and will predict that the Yankees are going to win the division, the American League, and then the World Series. With the off-season acquisitions of Randy Johnson, Carl Pavano, Jaret Wright, and Tony Womack, they will be the missing pieces the Yankees were looking for last season. Look for Derek Jeter, Alex Rodriguez, Jorge Posada, Bernie Williams, Gary Sheffield, and Hideki Matsui to rip the American League apart. Finally, the best closer in baseball, Mariano Rivera will continue to save over 40 games and it will be a wash.

Well, since I unfortunately could care less about the Devil Rays, they will not make a run at the division any time soon. They are a very young team with a lot of upcoming talent with Rocco Baldeli and Carl Crawford. They really have no veteran leadership and it will be another cellar finish for the Rays and Lou Piniella.

Now that the Toronto Blue Jays have gotten rid of their all-star and best player of the past handful of seasons in Carlos Delgado, their fans will suffer more than normal. Normally you can block out the Blue Jays horrible play by watching the Maple Leafs march to the Stanley Cup playoffs... not this time.

The Chicago White Sox have Freddy Garcia, and no one else anymore. AJ Pierzynski is an all-star caliber player along with Frank Thomas, who is now approximately 195 years old, make a

one-two punch that can beat a little league tee-ball team.

A team full of young talent, the Indians look promising this year. Travis Haffner will look to continue his offensive output from last season and the pitching staff will be lead by ex-Brave and Phillie Kevin Millwood, who will let them contend with the Twins for the Central title

Pudge is back for a second season with the Tigers and he now has Magglio Ordonez to help him put up some offense. Ordonez was added to the roster via free agency and his impact should be felt rather quickly. With a solid core of young and hard-throwing pitchers like Jeremy Bonderman, the Tigers will even further improve and become more competitive. This is one team who will really look to shock people.

For the sake of veterans like Mike Sweeney, I wish the Kansas City Royals would have a good season, but I highly doubt it will happen.

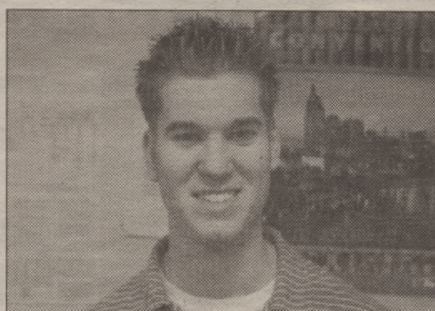
The Twins get better every season and should win the Central again. They are an excellent team and as long as Torii Hunter is on the team, the Twins will go far. With two very solid pitchers in Brad Radke and Johan Santana, the pitching staff has a base to grow off of. Young superstar Joe Mauer will be back and healthy for a full season and he can handle the pitching staff very well.

Yet another team that is like a bad case of hemorrhoids that just doesn't go away, the Angels will have another decent season. In a division that really doesn't have any standout teams, the Angels will almost for sure play well. With the Molina brothers behind the plate, Vladimir Guerrero in the outfield, and flamethrower Francisco Rodriguez, they will be a very good team

Now that the Godhead of pitchers in Tim Hudson, Mark Mulder, and Barry Zito is down to just Zito, there goes the pitching staff. Their solid infield is anchored by Eric Chavez and AL rookie of the year Bobby Crosby. Their defense will be solid, but the pitching will be awful.

Ichiro and his record setting base hits are back for another go around this season in Seattle. This time though, he has some insurance behind him and will get the Mariners out of the basement. The infield in front of Ichiro is on paper one of the best in the league and adding Richie Sexson and Adrian Beltre should put them first in the West.

The Rangers are young and still developing as a group with Mark Teixeira, Alfonso Soriano, Michael Young, and Hank Blalock. They combined last season to collectively hit over .270 with 120 homeruns and around 400 RBIs. Along with outfielders Kevin Mench and Laynce Nix this team has a very promising season ahead and can see them doing better than my prediction for them to finish third.



Brian Fitzsimmons  
*Sports Columnist*

The simple phrase, spring training has begun is like music to the ears of any fan that loves America's pastime. Players have started to work off that excessive off season weight and train for opening day with one goal in mind; bring back a World Series to their respective city. Yes, 2005 will be a unique campaign because the new trend is strong pitching. Homeruns are out, getting outs are in. Chicks dig strikeouts in 2005, and mark my words, clutch pitching will also bring home a National league pennant.

Since the Atlanta Braves have won twelve straight National League East championships, what the heck, why not make it thirteen? Atlanta is the only sure thing in this very balanced, yet unpredictable division because though they lack the talent to out-hit their opponents, possessing the strongest pitching staff from top to bottom in the league compensates nicely. Newly acquired Tim Hudson is always a lock for serviceable starts and this year he is a candidate to win twenty games. John Smoltz, a former Cy Young award winner, returns to the rotation after closing for four years. Another key off-season transaction that will assist them in their quest for a pennant is closer Dan Kolb, who saved 39 games for the Brewers in 2004.

Down in Florida, a group filled with young talent awaits their chance to return to the World Series after their 2003 win over the Yankees. Josh Beckett and A.J. Burnett will pace their pitching. Heavy hitters Miguel Cabrera, Carlos Delgado and Mike Lowell will anchor their lineup, which is very speedy thanks to the wheels on Juan Pierre, who has swiped 110 bags the over past two seasons. The Marlins are very balanced and will be extremely dangerous.

The Philadelphia Phillies are an interesting bunch. They can go one of two ways this season. Their juggernaut lineup carries them to first place, or injuries bury them and the very shaky pitching puts the nail in the coffin. Bobby Abreu, a five-tool right fielder, is forced to produce all year and heavy hitters such as Pat Burrell and Jim Thome must avoid injuries.

The most active team this winter, the New York Mets, will display significant improvement but Carlos Beltran, Pedro Martinez and company are a year away.

One positive aspect of the Washington Nationals is they will draw more of a fan base than Montreal.

The windy city boasts the best starting rotation in baseball, and with the solid lineup, the Cubs are primed to break the curse of the goat. Kerry Wood,

Mark Prior, and Carlos Zambrano will all have fifteen or more wins, and post well over 200 strikeouts each. Now that the Sammy Sosa era is over, Nomar Garciaparra and Derrek Lee will need to hack.

Suffering a World Series sweep to Boston nudged the Cardinals to acquire all-star pitcher, Mark Mulder. Albert Pujols, Scott Rolen and Jim Edmonds combined for 122 homeruns last season, so we know the runs will be plentiful. Now with an improved rotation, the wins will be too. Chris Carpenter and Matt Morris must be able to make at least 25 starts each in order to make Mulder's arrival significant. If the former 20 game winner is accompanied by a bunch of injured pitchers, what good is St. Louis? This team is banking health and continual production from the Edgar Renteria-less lineup.

The Pirates have a very gifted young rotation led by Oliver Perez, so hitting the .500 marks will be an accessible goal. Houston will miss Beltran dearly, and with a depleted rotation, it will be a long year in the Lone Star state. Milwaukee and Cincinnati have bright spots, but don't have the talent to compete this season.

The San Diego Padres have risen from the cellar and are back to their winning ways that took them to the 1998 fall classic. Jake Peavy, 2004's E.R.A. leader, is a Cy Young candidate and will help other young hurlers contribute. The back of their bullpen, led by Trevor Hoffman and Akinori Otsuka, may be the best in baseball.

San Francisco is lucky that this is the major league's worst division because they will participate in the wild card race by default. Barry Bonds will be on the MVP ballot as usual, but there is not much around him. The starting pitching talent is something to be desired, although young arms such as Jesse Foppert will light up the gun. Armando Bentinez was signed to close out games since Robb Nen's career is all but over. But what arms will become the bridge to the ninth inning where Benitez can work his magic.

The basement consists of the pathetic Dodgers, Diamondbacks and Rockies. Todd Helton, Luis Gonzalez and Eric Gagne will be all-stars, but those are the only stimulating aspects of these three clubs combined.

If sturdy pitching is the key to unlock this year's National league pennant, then the Cubs, Braves, Padres and Marlins are the strongest suitors to do so. It will be an exhilarating finish in September, but let's first enjoy the upcoming warm weather and the hoopla of spring training.

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



# BEYOND SHU

## Heat, Spurs Valevictorians of NBA's First Half

Brian Fitzsimmons  
Sports Columnist

The first half of the 2004-2005 NBA campaign brought out the best in what the world's finest athletes can offer. High flying dunks by Kobe Bryant, jaw-dropping post work by superstar Kevin Garnett, and consistent highlight reel appearances by the NBA's newest poster boy LeBron James, gave the only winter sport of '05 a lot of electricity.

The lockout of the National Hockey League resulted in higher ratings for professional basketball, but the stocks of some sleeper teams are what really skyrocketed.

A lot of squads have achieved unexpected success, thus making the standings much more unpredictable and stimulating to follow. At the All-Star break, every franchise's perspective will be seeing the glass as half full or half empty, but either scenario will create an exhilarating finish. Let this mid-season report card guide your predictions for the much anticipated second half.

**Miami Heat (A):** As expected, the signing of the game's most dominant player, Shaquille O'Neal, has made Miami a threat in the Eastern Conference. In a rather height-challenged league, sporting a true inside presence will automatically improve your team. Second year guard Wade is averaging 23.5 points and 7.3 assists per contest and could be the front-runner for the "most improved player award." Putting up 102.2 points per game collectively as a team will make the Heat an automatic force to run away with the East.

**Washington Wizards (B+):** One of the uttermost surprises of the season has been the achievement of this organization. Occupying second place in the Southeast division, they have been riding the tremendous play by arguably the best backcourt in the NBA, Gilbert Arenas and Larry Hughes. Eddie Jordan's troops could contend in the playoffs.

**Orlando Magic (B-):** Steve Francis, another player who changed addresses this past off-season, has made this club respectable despite giving up over 100 points per game.

**Charlotte Bobcats (D-):** The expansion 'Cats draw a better attendance than the Hornets did during their stay in Charlotte, but "rookie of the year" frontrunner Emeka Okafor is their only bright spot.

**Atlanta Hawks (F):** With not much talent here, their only hope is to score big during the NBA draft lottery in June.

**Detroit Pistons (B+):** The reigning champions started out slow, but played their best game heading into the mid-way mark. Look for more consistent play from a possible Eastern Conference champion in the second half.

**Cleveland Cavaliers (B+):** Throwing in talented specialists around superstar James has made the Cavs a serious contender to dethrone the Pistons.

**Chicago Bulls (B):** The young and re-vamped Bulls have given the franchise

a reason to think Michael Jordan isn't the only way they could ever win.

**Indiana Pacers (C+):** This is the biggest disappointment of the season, thanks to the brawl that caused Jermaine O'Neal and Stephen Jackson to miss significant time, and ended Ron Artest's season.

**Milwaukee Bucks (C-):** Michael Redd, their only legitimate player is not enough, so this team could hit rock bottom by the season's end.

**Boston Celtics (B):** Sitting on top of the pathetic Atlantic division is where Paul Pierce and company find themselves at the break. But are they playoff material?

**Philadelphia 76ers (B):** Allen Iverson doesn't need such broad shoulders to carry this team anymore, now that Chris Webber is a new key ingredient. Philly is a prime contender to quietly become the beast of the east.

**New Jersey Nets (I):** In the beginning of the season, it seemed they were destined to lead the lottery, but now with newly acquired Vince Carter and a healthy Jason Kidd, who knows what we'll see from this team in the second half.

**Toronto Raptors (D):** This team is a mess. Their best player, Rafer Alston, doesn't see eye to eye with coach Sam Mitchell, and Chris Bosh is not strong enough to guard the likes of Ben Wallace or O'Neal.

**New York Knicks (D-):** Jamal Crawford's long time absence didn't help matters, but this club needs to find someone to elevate their play to respectability.

**San Antonio Spurs (A+):** Going into the second half, they have to be called the favorites. San Antonio has lost only once at home and have held opponents to scoring only 86.4 points against them. Tim Duncan and Manu Ginobili will march right into the playoffs with lofty expectations.

**Dallas Mavericks (B+):** Led by scoring machine Dirk Nowitzki, this team could outscore anyone but just like the past few seasons, the question remains, can they play tough enough defense to win the wild West? We'll soon find out.

**Houston Rockets (B-):** One of the hottest teams going into the All-star break has gems in Tracy McGrady and 7'6" Yao Ming. Anything could happen with the NBA's leading rebounding team.

**Memphis Grizzlies (B):** Memphis has been through a lot so far. Coach Hubie Brown resigned due to health reasons and leading scorer Pau Gasol went down with an ankle injury. The role players must produce until Gasol returns in mid-March.

**New Orleans Hornets (F):** This team has the privilege to say, "At least we're better than the Hawks." Yikes.

**Phoenix Suns (A):** Scoring 110.2 points per contest is remarkable and so was the Sun's first half of the season. Point guard Steve Nash could be on

the MVP ballot and it was only a matter of time before Amare Stoudamire broke out. If this team can play defense, this is perhaps the most dangerous squad in the NBA.

**Sacramento Kings (B+):** Losing Chris Webber makes them weaker and giving up 100.2 points per game won't crown these Kings.

**Los Angeles Lakers (B):** It appeared as if this club was fine without Shaq until Bryant suffered an ankle sprain. Though they find themselves vacating the final playoff spot in the West, a late Minnesota hot streak could bury them.

**Los Angeles Clippers (C+):** For quite a while, they opened a lot of eyes with their new winning ways led by Elton Brand and Corey Maggette. They headed into the All-star break losing seven games in a row. Those are the Clippers we all know.

**Golden State Warriors (D):** Jason Richardson has a poorer supporting cast than Ben Affleck did with *Gigli*.

**Seattle Supersonics (B+):** The biggest surprise of the year has put together an impressive 35-15 record at the break. As I stated in the *USA Today* last week, Nate McMillan deserves the "coach of the year award" because he has successfully discovered how to make role players such as Luke Ridnour and Vladmir Radmanovic execute properly and complement stars Ray Allen and Rashard Lewis. This team will play well down

the stretch and enter the playoffs with confidence.

**Minnesota Timberwolves (C+):** Garnett has to be frustrated with the disappointing play of his underachieving team.

**Denver Nuggets (C+):** Wasn't this the team that was much improved, and supposed to make serious noise in the playoffs? Guess not.

**Portland TrailBlazers (C+):** The NBA's bad boys couldn't hold it together to create a win streak of longevity, but with talented players, they still have potential.

**Utah Jazz (D+):** If anyone came into the season and had high expectations because of off-season transactions, it was the Jazz. Andrei Kirilenko has been hurt all season and Carlos Boozer has showed he is not a savior.

The first half of the season has come and gone but the excitement has just begun. Seats will still be occupied by infatuated viewers, and those same NBA loyalists will continue to debate over who will will the East or the Wild, Wild West. Again, this is just a report card based on half the year. If your team didn't make the grade, not to worry. We saw unexpected surprises the first half. Why not the second? If the talented all-star's first half accomplishments are any indication of what is to come, then basketball fans, we are in for quite a treat.

### Pioneer Schedule

#### Friday, March 4

Men's Ice Hockey	at Mercyhurst	Erie, PA	7:30 PM
Wrestling	at CAA Tournament	Boston, MA	All Day
Women's Track	at ECAC/IC4A	Boston, MA	TBA
Men's Track	at ECAC/IC4A	Boston, MA	TBA

#### Saturday, March 5

Women's Fencing	at NCAA Regionals	New York, NY	8:00 AM
Women's Bowling	at Holiday Classic	Bessemer, AL	11:00 AM
Men's Vball	vs NJ Tech	Fairfield, CT	2:00 PM
Men's Ice Hockey	at Mercyhurst	Erie, PA	7:30 PM
Wrestling	at CAA Tournament	Boston, MA	All Day
Cheerleading	at CSA Festival	Uncasville, CT	All Day
Men's Fencing	at NCAA Regionals	New York, NY	All Day
Men's Track	at ECAC/IC4A	Boston, MA	TBA
Women's Track	at ECAC/IC4A	Boston, MA	TBA
Women's Basketball	at NEC Conf Tourn	TBA	TBA

#### Sunday, March 6

Baseball	at IPFW	Bradenton, FL	10:00 AM
Women's Bowling	at Holiday Classic	Bessemer, AL	11:00 AM
Women's Lacrosse	vs LeMoyne	Fairfield, CT	12:00 PM
Softball	at Holy Cross	Oscola, FL	4:10 PM
Softball	at St Peters	Oscola, FL	6:00 PM
Men's Lacrosse	at Fairfield	Boca Raton, FL	7:30 PM
Men's Track	at ECAC/IC4A	Boston, MA	TBA
Women's Track	at ECAC/IC4A	Boston, MA	TBA



# BEYOND SHU

## Trade Deadline Shakes up NBA

Steve Conoscenti  
Staff Reporter

The action that took place last Thursday at the NBA trading deadline left most fans on the east coast in a deadline daze, for better or for worse.

Nearly half of the teams in the NBA's Eastern Conference, seven to be exact, completed one trade or more by the trading deadline. Three of the five teams in the Atlantic Division also completed trades that could change the outlook on their season.

Perhaps making the most noise on deadline day was the Philadelphia 76ers. The Sixers completed a deal that sent three of their most-used forwards, Corliss Williamson, Kenny Thomas, and Brian Skinner to the Sacramento Kings in exchange for five-time all-star power forward Chris Webber. In addition to Webber, the Sixers also acquired Matt Barnes and Michael Bradley.

In a weak Atlantic Division in which the Sixers are among the leaders, this is a trade that could put them over the top. Now, with Chris Webber at Allen Iverson's side the Sixers may finally be able to emerge as the top team in the Atlantic Division and

secure a spot in the postseason.

"I think, the way we play, it will allow our young guys to develop more, because now you've got a big guy who can make passes and hit the jump shot," said Sixers General Manager Billy King on Sixers.com.

Ironically, Webber's first game as a Sixer came last Saturday against his old team, the Kings, in which he missed the game winning shot.

The Sixers weren't done there. About an hour before the deadline, the Sixers completed another trade involving former all stars. They sent Glenn "Big Dog" Robinson, who has been in the "dog" house all season, to the New Orleans Hornets in exchange for Jamal Mashburn and Rodney Rogers.

Another surprising move came minutes before deadline when the Boston Celtics dealt nine-time all star Gary Payton to his 5<sup>th</sup> team in the past three seasons. The Celtics were tied with the Sixers for the top spot in the Atlantic when they shipped him along with Michael Stewart, veteran Tom Gugliotta and a future first round pick in exchange for Antoine Walker, who was drafted by and starred for the Celtics for seven seasons.

Antoine Walker was an all star during

his first stint with the Celtics and helped them get to the playoffs along side Paul Pierce, who he will be paired up with again this time around. In his first game back as a Celtic, wearing the number 88 this time around, Walker chipped in 24 points and 10 rebounds as the Celtics beat the Jazz 109-102.

"We are excited to have Antoine back and I know he is excited to be back. We made the move because we felt the time and price was right as we make our playoff push. We have some youth and athleticism and are at a place when we can use some veteran experience and he provides that," said Celtics general manager Danny Ainge in a statement released the night of the trade.

The Celtics also acquired a 2007 first-round pick from the Cleveland Cavaliers in exchange for guard/forward Jiri Welsch.

General Manager Isiah Thomas and his New York Knicks, who are currently in last place in the Atlantic, of course couldn't let the trading deadline pass without completing at least one trade. The Knicks made two moves, acquiring Malik Rose from the San Antonio Spurs and Maurice Taylor from the Houston Rockets, along with two future first-round picks.

Thomas has taken much criticism

for these moves because he traded away Knicks starting center Nazr Mohammed along with expiring contracts such as Vin Baker, Jamison Brewer, and Moochie Norris. Thomas's Knicks already has the league's highest payroll and made it even higher, while trading away the team's best improving big man.

"Sure, I've won two championships in San Antonio -- but that's in the past," said Rose in an interview before his first game as a Knick.

With three of the five teams in the Atlantic, including the two top teams, receiving facelifts it's almost as if from here on out is a whole new season.

"Chris Webber being on the Sixers definitely changes the outlook of the Atlantic," said John Martorano (sophomore, Bronx, NY). "With the addition of C-Webb and Allen Iverson's incredible play this season it shouldn't be a surprise that the 76ers will be the Atlantic Division champions."

The Atlantic Division depended on trades in order for a winner to emerge earlier than the last day of the season and now it's harder than ever to find the clear-cut winner.

## SHU's Band

Elyse Harrell  
Staff Reporter

The Sacred Heart University band brings an undeniable feeling of excitement, and spirit into to each game they play for, a spirit that gets the crowd, coaches and players psyched.

It is comprised of about 50 members, and seven instrument sections, which include flutes, clarinets, saxophones, trumpets, trombones, low brass, and percussion. The band is lead by Keith Johnston and Chuck Bennedum.

The band plays for both women and men's basketball and also men's ice hockey, where their presence is always greatly appreciated. Its schedule ranges from one to six games per week. In the regular season its schedule depends on when the teams have home games.

During playoff season it is a little different, as the band does not get to go home and enjoy a leisurely spring break. Instead they spend their spring break following the teams around. No matter where they travel to, they follow them. That is dedication in its purest form.

"The first question I ask our game management people on game day is if the band will be playing today. They definitely add a great atmosphere to the game which I believe enhances our home court advantage. The rhythm that they perform with really gets the team pumped-up to play," said women's basketball head coach Ed Swanson. "I think they are great."

"At basketball games the 'Hey' song, is a crowd favorite, because the cheerlead-

ers and dance team help out," said band member Jennifer Blake (sophomore, Rocky Point, NY).

"'Hey Baby' usu-ally gets the crowd going at hockey games though," said another band member Lindsay Halle (sophomore, Storrs). As a band 'Hey Baby' is their favorite song "because we get to sing in it!" said Halle.

The band plays for much more than just the Sacred Heart sport teams. Just this past October they traveled to New York City to play in the Halloween parade in Greenwich Village. They also marched in the Stanford Thanksgiving Day parade, and even a Verizon Commercial. Even though they were all quite long days, they were all definitely an amazing experience for the band.

In retrospect, as much fun as all the parades and the commercial were, "My favorite moment was at an ice hockey game. They were playing Holy Cross, and there was just so much energy in the rink, and after the game the head coach Shaun Hannah, came up to us [the band] and thanked us," said Blake.

"Having the SHU Band in the building creates a college hockey atmosphere in the Milford Ice Pavilion which gives our players a charge and enhances the experience for our fans. The SHU spirit they bring to the rink every night is contagious," said Hannah, "When they are there it is like having a seventh player on the ice!"

"The greatest part is just knowing you're appreciated and noticed," said Blake. The band has certainly established a good name for itself, and they are definitely receiving both notice and are being highly appreciated by all spectators.

## NFL Combine

Pat Conroy  
Staff Reporter

Who said football was over?

The NFL off-season hit one of its first major parts over the weekend, with the annual NFL combine being held. This is where the top college football players show their talents to the NFL scouts. This is one of the last chances for players to show scouts that they deserve to be drafted and earn a living doing what they love. Players are tested in several different areas, including the 40-yard dash and vertical jump, to get an overall look at a player both physically and athletically.

The draft status of a player can change dramatically depending on how well a player performs in their workout. There were many players to look for as always this year, including Cedric Benson from Texas and Mike Williams from USC.

Mike Williams might have had his draft status crumble. After telling reporters that he would "bet the farm" that he would have a good 40-yard dash, looked sluggish when his turn came. According to ESPN.com, he ran unofficial times of 4.59 and 4.61 seconds. With times like these for a receiver, especially after promising to run under a 4.5, Clayton definitely injured his chances of being chosen in the top 10 of the upcoming draft.

Former Ohio State running back Maurice Clarett was the main topic of discussion last year after causing an uprise trying to become eligible for the

draft. This year he faltered in one of his final chances to show that he has what it takes to play in the NFL when he ran times of 4.72 and 4.82. Although looking in much better shape than a year ago, his times are well below standard for the league. The combine only gives official times for the five fastest players.

"That's bad. That's not fast. Depending on his strength, he might not get picked in the first couple rounds," said senior Adam Tornabene (Syracuse, NY).

Many players had strong showings at the combine, including West Virginia cornerback and return man Adam Jones. "Pac Man" is only 5'10", but is one of the most aggressive corners in this year's draft. He his very quick and does a good job of tackling in the open field. With Jones' ability to stay with people in the open field, he is definitely one of the higher touted players.

Arkansas quarterback Matt Jones gave an impressive showing, running 4.40 and 4.37, showed scouts that he has the speed to play wide receiver in the NFL. Many teams are looking at his size, 6'6", and weight, 242 pounds, on the outside of the field, for going one-on-one with smaller cornerbacks.

Quarterback Aaron Rogers, who played for Cal, is definitely going to be one of the top two quarterbacks picked. He ran a 4.7 at the combine, but most scouts are looking at what he has done on the field. He threw for 24 touchdowns and 2566 yards this past season, showing teams that he has what it takes to throw in the NFL.



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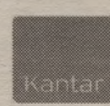
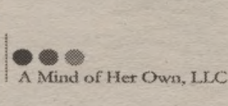
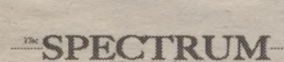
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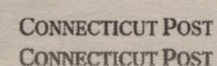
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# SPORTS

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## SHU Hockey Plunges in the Atlantic Standings

Travis Flynn  
Staff Reporter

The Sacred Heart men's hockey team made a statement in the third period of the 5-3 loss to Quinnipiac Saturday night: it has what it takes to overcome adversity.

"Quinnipiac may have had a physical size advantage, but we have guys like Rooster (Erik Roos) and Gster (Peter Giatrelis), who have watermelon-sized hearts and will do whatever it takes to be successful," said Barclay Folk, a senior forward from Wesbank, BC. "The comeback in the third showed a lot of character and determination."

Down 4-1 heading into the final period, SHU scored two goals in a 1:03 span, stealing the momentum from its cross-state rival.

"We all knew what we had to do and we knew that a comeback was possible if we wanted it bad enough," said Chris Connerty, a junior from Raynham, MA.

Forward Andrew Billinghamurst showed determination, hustling the puck deep into the offensive zone on several occasions. Goaltender Kevin Lapointe made several saves in the beginning of the period to keep Quinnipiac from a 5-1 lead.

"Everyone stepped up their play in the third. If only one guy stepped up, we

wouldn't have had such a good period," said goaltender Jason Smith, a sophomore from St. Lambert, QC.

Signs of revival were prevalent in the early stages of the period, but the Quinnipiac Bobcats seemed to be in control until Pierre-Luc O'Brien's power play goal at 14:12.

With a five-on-three advantage, defenseman Bernie Chmiel sent a cross-ice pass to Alexandre Parent, who was manning the other point. Parent found O'Brien, whose one-timer beat goaltender Jamie Holden blocker side.

Just after the remaining power play expired, Chmiel scored his second goal of the night to cut the lead to 4-3.

"I got pressured along the wall, so I quickly threw the puck down to Chris (Connerty)," said Folk. "Chris tipped it to Big Bernie (Chmiel), who used his deceiving speed to get himself in a scoring position. After that, Bernie placed a perfectly executed shot over Holden's shoulder."

The goal brought the entire SHU fan section to its feet. The crowd noise seemed to revitalize the Pioneers, who dominated the next four minutes.

Sacred Heart received a chance to tie the game when Quinnipiac defenseman Tom Watkins was called for interference less than one minute after Chmiel's goal.



The Spectrum/ TRAVIS FLYNN

Andrew Billinghamurst motions to his team mates, letting them know where to be in the neutral zone.

Seconds later, the opportunity vanished as Pioneer captain Garret Larson was assessed a roughing penalty for his attempt to free the puck from an opponent's skates along the boards.

The call baffled Larson, many team mates, and a slew of booing fans, but SHU regained composure and forced Holden to make a number of quality saves until his team could seal the victory via an empty net goal with 32 seconds remaining in the game.

Midway through the second period, a Chmiel slap shot opened the Pioneer scoring on the power play, with Larson and O'Brien picking up the assists.

The loss leaves Sacred Heart in second place of Atlantic Hockey, tied with Mercyhurst and Canisius at 27 points. Quinnipiac leads with 30 points; Holy Cross trails the pack with 26 points. Each team in the conference has two games remaining.

Sacred Heart will travel to Erie, PA to take on Mercyhurst Friday, March 4 and Saturday, March 5.

"Mercyhurst is a very good team and we will need to be at our best to beat them... From here on, we need to be firing on all cylinders every shift of every game

or the season may come to an end before we want it to," said Connerty.

One win will assure SHU home ice for the quarterfinal round of the Atlantic Hockey tournament.

If Sacred Heart wins its next three games, it may still host the Atlantic Hockey semifinals and final, providing Quinnipiac loses its remaining two regular season games or its quarterfinal match up.

Friday's 5-3 loss at Quinnipiac followed a similar scoring pattern; the Bobcats maintained a one goal lead through the end of the third period and added an insurance goal with six seconds left.

Nick Kerry, O'Brien, and Connerty scored the goals for SHU. Kalen Wright, Drew Sanders, and Peter Ferraro recorded assists.

The Pioneers never did have the lead during the weekend games, but the score was tied at four different junctures of the two games.

"It was a frustrating weekend overall, but we have to bounce back this week on the road and get some momentum going into the playoffs," said goaltender Kevin Lapointe, a senior from Quebec City, QC.



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Erik Roos slides over to delay the Quinnipiac transition up ice.