

Women's Images Conference a 'Tremendous Success'

Ariane Rasmussen
Contributing Writer

"A tremendous success," are the best words to use when describing the March 12, "Women's Images: Inside and Out" full day conference. The conference gathered approximately 300 women at SHU for an unforgettable day of events despite the unpromising weather of that morning.

The conference was sponsored by The Spectrum, The I AM ME! Project, the Esteemed Woman Foundation, WomenWorks in Progress, and several other SHU organizations. It featured Emme, supermodel and host of E! Entertainment's Fashion Emergency, Aly Dunne, former Vogue cover model and body image expert, and Deborah Santana, author and COO of the new Santana Band as its keynote speakers.

Along with such esteemed speakers were also other authors who sold and autographed books at the end of the day such as Marilyn Graman, author of many books that have changed women's ways of living and seeing life such as, *There is No Prince: And Other Truths Your Mother Never Told You*.

In addition to such an incredible list of speakers, SHU's Mahogany Room was filled with tables belonging to various organizations displaying products that could be bought including jewelry, bath



Contributed Photos

Conference keynotes speakers (left to right) Vogue cover model Aly Dunne, author Deborah Santana, and supermodel Emme.

and body products, handbags, cooking supplies, and much more. A raffle also took place at the end of the day and gave one lucky lady a present – silver jewelry – to take home with her.

The food was free and included a delicious breakfast, lunch, and an afternoon snack in addition to small snacks offered throughout the day. There was even a massage room decorated in a garden theme to accommodate people throughout the day by appointments. A "goody bag" was also given to participants at the end of the day.

In addition to these small luxuries, the day's schedule also consisted of many workshops that occurred during different sessions throughout the day so that the women could choose which ones best suited their needs. The workshops included topics such as: To Be a Leader, I Am My Mother's Daughter, Rules for Surviving Relationships: Feeling God about Yourself through the Ups and Downs of Living and Loving, Jump Start Your Career and Achieve Your Dreams, Steps to an Organized Life, and many others.

Emme was the first keynote speaker to put on an incredibly touching speech as she spoke of her dreams of becoming a model and the obstacles she had to overcome in order to be one exactly the way she was – without having to lose any weight.

Through a lot of hard work and overcoming problems, Emme became the first full-body supermodel. She reminded women to listen to themselves above all others and to remember to not allow criti-

♦ See "Women's Images..." Page 3

Sibling's Weekend Promises Fun for All

Emily Grayson
Staff Reporter

An event that occurs every spring without fail is Sibling's Weekend at Sacred Heart. It is a chance for sisters and brothers to come see the place where their siblings spend most of the academic year.

This year Sibling's Weekend falls on Friday April 8 through Sunday April 10. This is an opportunity for younger siblings to come see the school and to get a better understanding what college life, as well as Sacred Heart life, is like.

During the weekend there will be many events that are planned that give the siblings a chance to participate. One of these events is a carnival on Saturday April 9, from 1-5 p.m. on the FLIK Patio/Lawn.

"As of now we have a huge carnival set up with inflatable [activities], caricatures and tattoo artists as well as the all time favorite carnival foods and activities. We get a lot of help and support from other clubs and organizations who come out and run activities either in accordance with their club or just to have some good fun with the little ones," stated Kelly Imhof, the event coordinator.

The carnival is a great event to get the children involved in as it has many interesting booths and events that are occurring.

Past Carnivals have included events such as limbo activities with bags of can-

dies as prizes. The Celtic Club used to have a booth with craft activities, coloring and painting. As well as in the past, a couple of different clubs have done events such as tossing a ball into a cup or bowl and winning a goldfish.

"It will probably be the most event-filled one yet. Our theme is 'Super Spectacular Sibling's Weekend,' coinciding with the weekend's film, *The Incredibles*," said Imhof.

The carnival is a great way to get different clubs involved in events and they are suggested to come and hold tables and events for the siblings. This is a way to fulfill a campus wide or co-sponsorship criteria for your club.

If a club decides to participate, they will need to be set up by 12:30-12:45 on the day of the carnival. If they want to participate and to plan to be part of the event, than they can e-mail Kelly Imhof at K-Imhof@sacredheart.edu.

This is an event that will give the children at Sibling's Weekend a chance to get out and participate in some interesting events. It also gives the students at Sacred Heart a chance to get out of their dorms for a while and participate in a school event. Not only that, it gives clubs and organizations the opportunity to participate in an event that is going to give their club more recognition, as well as take care of some requirements.

Project Beautification Begins

Kristen Lovering
Staff Reporter

A new idea is in the air to make this campus the best it can be. Leading this new and improved idea for our college campus is Christina Piazza, class of 2007 Senator.

Piazza is the committee chair for Buildings and Grounds, and her latest proposal is to beautify our campus. Starting in April, all departments, including students, will be asked to contribute their hands and unite for a day to revive campus life at Sacred Heart.

The plan is initiated by creating groups based on the response that is received in order to focus on different parts of the campus. Eventually, this plan will make the school seem more desirable from a person's viewpoint.

Some of the areas on campus that can be worked on are the areas in front of the entrance to Hawley Lounge and the hill leading up to Jefferson Hill. Jessica McCarthy, a sophomore from Brooklyn, said, "I just think people need to take care of the grounds better, we wouldn't need a beautification day if people just cleaned up a bit."

If anyone is interested in serving as

a committee chair for any department involved, in this matter, or know anyone who would like to please contact Christina Piazza as soon as possible.

Cristin Brady, a freshman from Westchester, said, "I don't really think



Contributed Photo/ CHRISTINA PIAZZA

Christina Piazza, class of 2007 Senator.

much needs to be done on campus, I always thought this was a really nice looking campus, it was one of the reasons why I chose to come to Sacred Heart," she added, "but I guess it couldn't hurt to fix a few things."

CAMPUS NEWS

Social Security: A Cause for Concern?

Kristen Lovering
Staff Reporter

According to the United States government, our Social Security program is starting to show some flaws. After the power-point presentation given by Phil Smith, the National Grassroots Director, at Sacred Heart, it was put into perspective. The problem is occurring for several reasons, one being that money that has been saved for our generation has been used, and we are now going into debt.

Another problem seems to be that American citizens are living longer, and also having fewer children. Consequently, there are fewer workers available to support Social Security.

Smith said, "By 2018, Social Security will not have enough to pay the senior citizens' benefits."

This growing problem puts our generation at risk for not having retirement funds waiting for us at the end of our careers. Even now, the retirement age has increased from 65 to 67, and it susceptible to change even further.

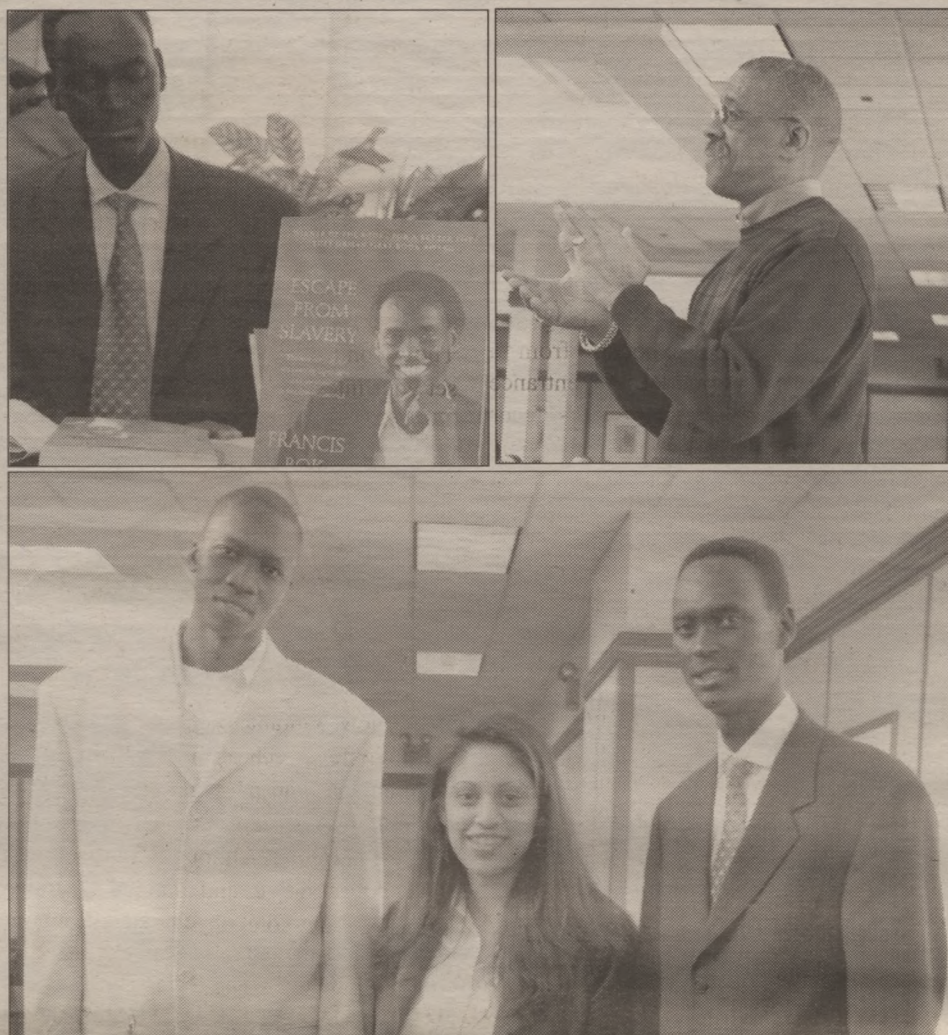
Ashley Cavallino, a freshman from Staten Island, NY said, "Considering this is an extremely big problem for our generation, I would like to know exactly what the government is planning to do about it, other than raising the retirement age."

The fear is that if our government doesn't create a plan for change, it will eventually change for us. If that was to happen, it could possibly result in something that could harm our economy.

Lisa Isoldi, a sophomore from Long Island, NY said, "It really isn't fair, I've been working since I was 16, and by the time I'm ready to retire, I won't be able to." She added, "Basically, they should have planned it better, so that everyone could get the same amount at the age of retirement."

Many students aren't even aware of this predicament. Kristin Balbi, a freshman from Westchester said, "I haven't really paid attention to this problem, I guess I just hope that things will be worked out by the time I get to that age."

Francis Bok Addresses Slavery



The Spectrum/ DANYA JIMENEZ

On March 2, Francis Bok, author of *Escape from Slavery*, spoke at Sacred Heart. Bok is a 25 year old from Sudan who was captured at the age of seven and enslaved during an Arab militia raid on his village. Bok was forced to live this life for a decade. In the years since his escape, Bok has spoken at numerous colleges and organizations, headed a panel on slavery at Harvard, and appeared in many newspapers and on radio and television shows. Bok is working to increase awareness and put an end to the slavery that he lived with for so many years. He is currently an associate at the American Anti-Slavery Group in Boston, and runs website, www.iAbolish.com. His speech was sponsored by SHU's International/Multicultural Center, the Office of Residential Life, the College of Arts and Sciences, the Political Science Department, The Hersher Institute of Applied Ethics and the Council of Churches of Greater Bridgeport.

Musharraf says Pakistani Forces Got Close to Capturing Bin Laden

Munir Ahmad
Associated Press

Pakistani security forces came close to capturing Osama bin Laden in an operation about eight to 10 months ago, but the terror mastermind eluded arrest and his trail has since gone cold, Pakistan's president said Tuesday.

Though President Gen. Pervez Musharraf did not say where the operation took place, the comment was the first official indication that bin Laden has recently been in Pakistan. Intelligence officials have said they believe he is hiding in the rugged mountains that straddle the border with Afghanistan.

"There was a time when the dragnet had closed and we thought we knew roughly the area where he possibly could be," Musharraf said in an interview with the British Broadcasting Corp. aired Tuesday.

"That was, I think, some time back ... maybe about eight to 10 months back," he said, adding: "But after that, this is such a game, this intelligence, that they escape. They can move and then you lose contact."

The comments confirmed Pakistani intelligence officials' claims that the trail of the world's most wanted man has gone cold. Senior officials close to the hunt have told The Associated Press they have received no information on his whereabouts for months and have no indication of any specific attack he is planning.

Musharraf and other Pakistani leaders say the silence is a sign they have

destroyed al-Qaida's network here.

In Washington, White House spokesman Scott McClellan said he did not have any information on Musharraf's disclosure. He said bin Laden "remains a high priority just like other al-Qaida leaders."

"He is someone that has been on the run," McClellan said. "We are dismantling the al-Qaida network. We have made important progress, but the war on terrorism continues. And we will stay on the offensive and take the fight to the enemy so we don't have to fight them here at home."

Pakistan is a key ally of the United States in its war on terror. Its security forces have captured more than 700 terror suspects, including some key al-Qaida operative.

Musharraf's remarks came weeks after the U.S. government launched a series of television and radio ads in Pakistan trumpeting the \$25 million reward Washington is offering for any information leading to the capture of bin Laden.

Pakistani troops last year repeatedly attacked al-Qaida-linked militants in the country's northwestern tribal regions near Afghanistan.

Bin Laden was last scene in a video released just before the U.S. elections in November. The video was dropped off at the Islamabad office of the Arabic news channel Al-Jazeera, though there was no indication from the tape where Osama was when he recorded it.

In the 18-minute videotape, bin Laden threatened fresh attacks on the United States.

Binge Drinking Worries Officials

Continued from Page 5

bartender.

Kelby Inmon, a counselor at the Native American Resource Center in Trenton, in the northwestern part of the state, said the alcoholism rate seems higher for American Indians in North Dakota. But Wright said it's a problem off the state's four reservations as well.

"I don't think we can pin it on any one culture," Wright said. "Our results would indicate a problem with or without the reservations."

Inmon, who has been counseling alcoholics for 25 years, said some people try to medicate their feelings. "It comes down to people not having hope in life," he said. "Something at the core is missing."

Inmon earlier worked as an alcohol counselor in Oregon, where the binge-

drinking rate is well below the national average. He said alcohol use is more "culturally accepted" in North Dakota and many communities' social activities revolve around booze.

"A lot of these little rural towns have nothing - except for a bar," Inmon said.

First lady Mikey Hoeven has been leading a campaign to stop underage and binge drinking.

"It's a huge problem that unfortunately is not something that is new," Hoeven said. "There is no quick fix to this. I think there is cultural acceptance. It's not an easy problem."

The campaign, aimed at children, appears on television, billboards and in some class rooms.

"We want to hit the kids on the front end before they become addicted as adults," Hoeven said.

CAMPUS NEWS

Women's Images: Inside and Out Conference

Continued from Page 1

cism to stop us from reaching any of our goals.

With her energetic personality and sense of humor, Emme also emphasized the fact that, "we are beautiful exactly as we are right now."

The second keynote speaker was Aly Dunne whose entrance was nothing less than what would be expected from a former runway supermodel. An entrance that brought smiles to everyone's faces from seeing her easy-going and energetic character quickly move through the hallway leading to the front of the Mahogany Room to mark the beginning of another excellent speech.

Aly Dunne spoke of her experience of "eating everything" she had always wanted to after no longer being a Vogue cover model and how it affected her life once it made her gain quite a few pounds.

She commented, "It was when I ran to catch the subway and had to stop because I couldn't breathe that I realized I had to do something about it - it just wasn't healthy."

Dunne reinforced the importance of

being happy with yourself as well as how vital it is to be healthy. She now works with people to help them feel better about their self-image.

According to Dunne, there are seven tools of transformation that can help one's self-image inside and out. The first step is "Getting Real - being honest with yourself because you can't change or transform anything that you don't acknowledge." The second step is "Setting an Intention - set your intention and make it into a goal." The third step is "Making a Choice." The fourth step is "Changing how you think - using affirmations that you can visualize." The fifth step is "Getting Support - asking for help." The sixth step is "Doing the hard work - keeping motivated." The last goal is simply "Living the New You and reaching for new dreams."

Deborah Santana - author and COO of the new Santana Band - presented the last keynote speech of the day.

Santana read passages from her book *Space between the Stars: My Journey to an Open Heart*. Although Santana was more conservative and serious than the other two keynote speakers, her words nevertheless kept the audience captivated

at all times.

Santana spoke of the importance for her not to be known solely as Carlos Santana's wife, but to also be able to achieve her own personal goals. She went on to explain that this book was not written with the intention of ever being published, but rather her goal was to have her own memoir. However, writing it became a way of expressing her feelings at a time when she felt that she was much like the dark places between the stars (hence the title of her book).

"I am Carlos' wife, but I am first myself," stated Santana.

With powerful and yet sweet words, she reminded women of the importance of finding their "voices" and using them. Using three questions, she made every person sitting in the theatre confront themselves searching for answers, that for some, are still unknown as she asked, "Who are you in the core of your being? What do you love to do? How do you feel your greatest strength or what are you doing when you feel it?"

Using vivid imagery and beautiful, heartfelt words along with subtle comedy, Deborah Santana recounted a few of the

significant events in her life as she read from her book about a variety of things that ranged from her abusive relationship with Sly Stone, to stories of racial segregation told to her by her father, to her times with Carlos, her first writing workshop and much more, leaving anyone listening to her words curious about the remaining content of her book.

Santana stood there as a woman, wife, and mother and as a vivid reminder to all, as did the previous speakers, of strength, perseverance, courage, and the power of spiritual connection.

As it can be clearly seen and stated by Suzie Galler, Founder and President of the Esteemed Woman Foundation, "The conference was a success."

Nevertheless, we can't forget the woman who had the idea for it all and for actually making it happen with the help of many others - Dr. Debbie Danowski, Ph.D., Assistant Professor of English and Media Studies at SHU.

Thanks to the "Women's Images: Inside and Out" Conference, it is safe to assume that most of its participants have left SHU with a much greater and healthier sense of self-worth.



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CAMPUS NEWS

Courthouse Shooting Suspect Appears Before Magistrate

Bill Poovey
Associated Press

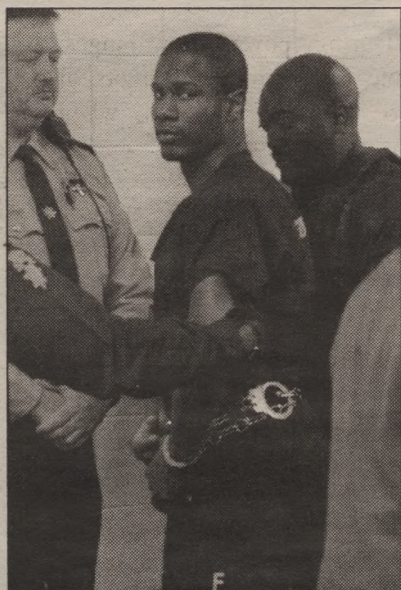
ATLANTA (AP) - Surrounded by 19 officers in a cinder-block jail room, the suspect in a rampage that left a judge and three others dead went before a magistrate Tuesday and was informed that authorities plan to charge him with murder.

Brian Nichols, his hands and ankles shackled, appeared before Cobb County Magistrate Judge Frank Cox on the same rape charge that he was on trial for Friday when he escaped from another courthouse. Nichols spoke only once at the hearing, when Cox asked him if he had any questions.

"Not at this time," he said.

Officers lined the walls of the room during Tuesday's hearing. Authorities said Nichols had been alone with a female deputy Friday when he stole her gun and then shot to death the judge presiding over his rape case and two others. He also is accused of killing a federal agent as he eluded police.

Cox was brought in to hear the case after all the judges in Fulton County recused themselves because of their relationships with Judge Rowland Barnes and the other victims.



AP Photo/ RIC FELD

Brian Nichols, the suspect in a crime spree that left a judge and three others dead, appears in court at the Fulton County Jail in Atlanta.

Assistant District Attorney Michele McCutcheon informed Cox that the state will pursue four charges of murder against him. Nichols was held without bond and no future court hearings were set.

Defense attorney Chris Adams told reporters after the hearing "this is a time of grief and mourning" for the courthouse community.

Officials declared a mistrial in Nichols' second rape trial Monday. His first trial was a mistrial as well.

The prosecutors in those trials said Nichols lashed out because he believed the jury was going to convict him in the second. If convicted, he faces a sentence of up to life in prison.

After being the focus of a 26-hour manhunt, the largest in Georgia history, Nichols was arrested Saturday morning at an apartment complex where he had taken a woman hostage, then let her go free after several hours.

Some residents are questioning how local law enforcement let an armed inmate elude their grasp for so long.

Security cameras had been rolling Friday morning as Nichols overpowered deputy Cynthia Hall as the 5-foot-tall officer escorted him to his rape trial. No one was monitoring the cameras.

Authorities said Nichols escaped the courthouse in a Metropolitan Atlanta Rapid Transit Authority train. They said he took the train north to a pricey neighborhood where he allegedly gunned down a

federal agent.

"I don't understand why they didn't have the MARTA staked out," said Maryanne Fry, a neighbor of slain immigration agent David Wilhelm. "I really wish they had."

As Nichols vanished from the courthouse, investigators focused on finding the car they believed he was in. Thirteen hours later, the car was found in the same parking garage where it was carjacked minutes after the shootings.

MARTA spokeswoman Jocelyn Baker said investigators are still reviewing surveillance videos for evidence that Nichols was on a commuter train.

The first indication that Nichols had taken the train came 13 hours after the shootings.

Officers received a report of a couple assaulted near the train station at Lenox Square in north Atlanta by a man matching Nichols' description. The man had brandished a gun and demanded money or a vehicle before striking one of them in the head with the gun and fleeing.

The attack was about half a half block from the home of Wilhelm, whose body was found early Saturday. His blue pickup truck, pistol and badge had been taken.

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

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BEYOND SHU

North Dakota Officials Combat Binge Drinking

James McPherson
Associated Press

Melissa Maeyer moved to North Dakota from the Washington, D.C.-area three years ago and quickly noticed one thing different about young adults around here: their relationship with booze.

She said young people in North Dakota consume much more liquor than their East Coast counterparts. And they seem to wear alcohol-related brushes with the law as badges of honor, she said.

"It's like a rite of passage," said Maeyer, 24, who works at two bars. "I have never heard so many people casually talking about how many drunken driving or minor consuming alcohol arrests they've had."

A recent study from the National Survey on Drug Use and Health seems to bear out her observation. It found more than 31 percent of North Dakotans age 12 and older said they had five or more drinks in one sitting during the month before the survey, done in 2002 and 2003. The national average for binge

drinking was 23 percent.

Binge use is defined as having five or more drinks on the same occasion at least once in the last 30 days.

Bartender Laura Thompson, who owns the Old Town Tavern in Mandan with her husband, Roger, chuckled at that definition. She said nearly everyone in the bar's weekly dart league would easily meet the criteria.

"Younger people come in just to get drunk. They do shots and they don't want to stop," said Thompson. "Older people come in to drink and socialize."

Don Wright, assistant director of the state Division of Mental Health and Substance Abuse Services, said studies have shown that North Dakotans have the "lowest perception of a problem" when it comes to drinking.

"Historically, the culture has been very accepting of alcohol," Wright said. "It's a generational thing."

State legislators are trying to crack down on "power hour" binges, blamed for the death of one Fargo-area college student last year and the near death of another on his 21st birthday in 2002.

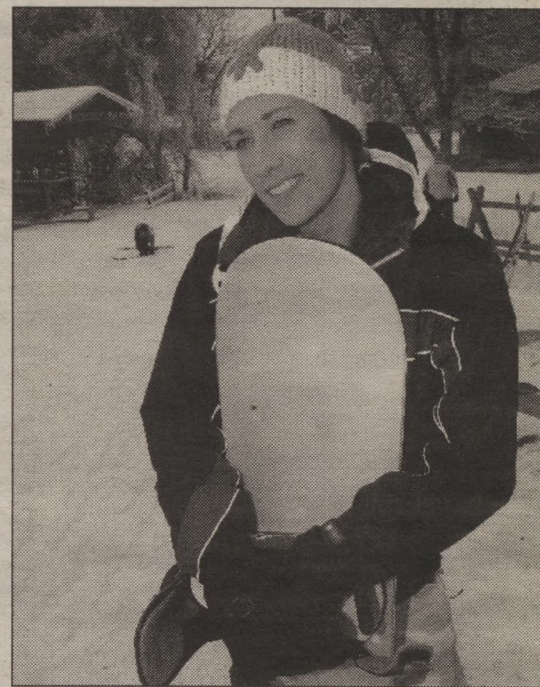
During "power hour" binges, people try to down 21 shots of booze between midnight, when they turn 21, and the 1 a.m. bar closing time. Legislators are considering a proposal to make customers wait until 8 a.m. on their 21st birthday to be legally served a drink.

In addition, Burleigh County Sheriff's Maj. Nick Severt said it's common in North Dakota for adults to allow their children to drink on holidays and on special occasions, like weddings.

"It's illegal and a problem, and we need to change our attitude here," Severt said. "Parents need to set examples for their kids. The sooner we expose kids to alcohol, the sooner some of them will be alcoholics."

Still, Severt points out that the state ranks as having one of the lowest crime rates in the nation.

"People are probably too drunk to fight," Thompson, the



AP Photo/ WILL KINCAID

Melissa Maeyer moved to Bismarck three years ago from the Washington, D.C., area. She said younger adults in North Dakota consume much more alcohol than their East Coast counterparts.

♦See "Binge Drinking..." Page 2



National and Global News

SAN FRANCISCO (AP) A judge ruled Monday that California's ban on gay marriage is unconstitutional, saying the state could no longer justify limiting marriage to a man and a woman. In the eagerly awaited opinion likely to be appealed to the state's highest court, San Francisco County Superior Court Judge Richard Kramer said that withholding marriage licenses from gays and lesbians is unconstitutional.

ATLANTA (AP) Legal maneuvers Monday cleared the way for accused Atlanta courthouse shooter Brian Nichols to face charges, while the Fulton County Courthouse reopened under heightened security in the wake of the slayings of a judge, deputy and court reporter three days earlier. Authorities said the rampage started Friday when Nichols overpowered a sheriff's deputy who was transporting Nichols for the resumption of his trial on rape and other charges. Officials declared a mistrial in Nichols' rape case Monday, and federal officials dropped a firearms charge that was used to keep him in custody while officials sorted out charging in the slayings.

BEIRUT, Lebanon (AP) Hundreds of thousands of demonstrators chanted

"Freedom, sovereignty, independence," and waved a sea of Lebanese flags in Beirut on Monday, the biggest anti-Syrian protest yet in the opposition's duel of street rallies with supporters of the Damascus-backed government. Crowds of Druse, Christians and Sunni Muslims flooded Martyrs' Square and spilled over into nearby streets - responding to an opposition call to turn out for the removal of Syrian troops from Lebanon.

SANTA MARIA, Calif. (AP) The boy who says Michael Jackson molested him acknowledged under cross-examination Monday that he told an administrator at his school that the pop star "didn't do anything to me." The teenager was asked about conversations he had with Jeffrey Alpert, the dean at John Burroughs Middle School in Los Angeles, where the boy had a history of acting up in class.

WASHINGTON (AP) Major League Baseball handed over a box of subpoenaed documents Monday to the House panel investigating steroids in the sport. The Government Reform Committee had given baseball a Monday deadline for producing information about its drug-testing program, including test results with the names of players removed.

Connecticut News

Susan Haigh
Associated Press

HARTFORD, Conn. (AP) - A key legislative committee voted Wednesday to abolish Connecticut's long-standing death penalty, as serial killer Michael Ross awaits execution.

The Democrat-controlled Judiciary Committee voted 24-15 to replace the punishment of death by lethal injection with life in prison without the possibility of parole. It marked the first time a bill ending the death penalty has survived a committee vote.

It is questionable whether there is enough support in the full General Assembly to pass the bill, but death penalty opponents hailed the Judiciary Committee's vote as an important step toward eventually ending capital punishment.

"We've never been able to get an abolition bill anywhere," said Kim Harrison, a lobbyist for the Connecticut Church of Christ since 1988.

A combination of new faces on the Judiciary Committee and frustration over long delays in Ross' scheduled execution raised prospects for the bill, which would commute the death sentences of those on death row to life in prison.

Ross, 45, who is on death row for killing four young women and girls in eastern Connecticut in the early 1980s,

has decided to forgo his remaining appeals and face his death sentence.

The killer came within hours on Jan. 29 of becoming the first person to be put to death in New England since 1960. The execution was postponed until May 11 so his mental competency could be examined.

Ross was mentioned often during the debate, which lasted more than 2 1/2 hours.

Opponents of the death penalty argued that sentencing the killer to life in prison without parole would be a tougher sentence than death. Capital punishment supporters said it would be unconscionable to commute Ross' sentence to life in prison because of the horrific nature of his crimes.

"We're going to commute his sentence? I don't want to be a party to that," said Sen. John Kissel, R-Enfield, the ranking Republican on the committee.

Legislators who oppose the death penalty offered many arguments for abolishing it, including the high cost of executing someone and the risk of possibly killing an innocent person.

"We can do something better, better than what it is that we have," said Rep. William Dyson, D-New Haven, who has been regularly protesting the death penalty in the Legislative Office Building since the legislative session began in January.

Perspectives

The Modern College Relationship

Alex Kantarelis
Contributing Writer

Aren't relationships fun? My friend has a girlfriend. Actually, I think he does, but I'm not entirely sure. I guess they're sort of "friends with benefits," or maybe they're "just hooking up." I don't really know. At what point two people become an actual couple? When would you say "Hey, look at them, they're boyfriend and girlfriend, aren't they cute?"

I always thought that there were two kinds of people, single people, and people in relationships. But I was so wrong. I realized something when I came to college. Having a boyfriend or girlfriend is illegal. You are not cool if you are actually in a relationship. You're completely cut off from the social scene.

I didn't figure all this out right away. It all started when I met a girl, and she seemed really cool. I was excited. I thought maybe she could become my girlfriend. Then I saw her with a guy one night. When I asked her about it, she said "Oh no, he's not my boyfriend, I'm just seeing him." Seeing him? What? What was she talking about?

There are so many different terms that I had to learn. Talking to. Dating. Seeing. Hooking up with. Going with. Going out with. Going steady. Together. Hanging out and occasionally making out depending on how drunk we are. Every day I'd hear a girl say, "Oh yes, me and William are talking." And I'd say, "Oh really, is he your boyfriend?" She'd respond with, "No no, we're just going together." Then, when I tried to put my slick moves on this girl, she

rejected me, and said that "William" would get mad. Strange that your non-boyfriend-guy-friend-hooking-up-with-partner who you talk to would get mad. You know, the way a boyfriend does.

This seemed a-okay. Being in a real relationship is bad, but "seeing someone" is fine. You're still cool, and part of the social scene. But all of these subcategories seem to have a certain order to them. Luckily for all of you, I've found all this out, and have carefully charted the cycle for your personal enjoyment.

So it starts with "talking to." This was the first term that totally blew my mind. I had no idea what it meant. I talk to people all the time. I talk to my mom, my professors, my roommates, random homeless people. I thought it meant just straight up talking to someone. But I was so wrong. It really means, chatting with online, while occasionally getting naked together. So "talking to" is the first step in the relationship process. But there really is no commitment when it's just "talking to."

Next comes "seeing," or the more nerve-racking term, "hooking up with," which cuts straight to the point. If a guy is "seeing" a girl, then he is hooking up with her frequently, but sometimes makes out with other girls when he can. This is when things start to get interesting. The two, who are "something along the lines of a couple," start text messaging back and forth. This is a sure sign of the next step, which is, drum-roll please, dating.

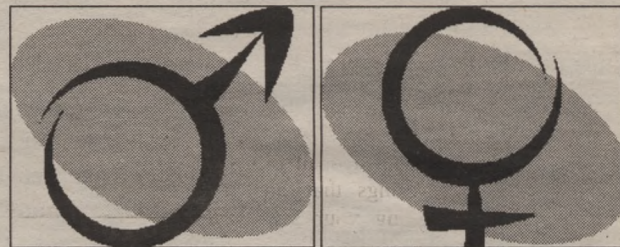
Now, I may be wrong, but I don't think anyone goes on dates anymore. It's one of those things that our parents did. Now everyone just goes to the bar. As far as pseudo-relationships go, you're dating if you always

go to the bar in the same car, constantly text message each other, sleep over each other's places every now and then, and of course, hang out together at the bar for most of the time. However, this is still not an "official" relationship. Both people say they're single, but neither of them act like they are. Neither person has the infamous anniversary in AIM profile yet, but they do put up sappy away messages up about each other. The best part about just dating someone is the fact that, if you happen to be home for the weekend, and you bump into

your very attractive ex from high school, you can still hook up with that person, and it's not cheating. What a great deal.

But life isn't that easy. The constant text messages start to become phone calls 10 times a day, with no topic whatsoever. It happens all the time, the phone rings and I hear this. "Hey, what are you doing... I just got out of class... Ok, I'll see you when I get back." Getting out of class isn't the only daily checkpoint. Every single time you eat, shower, go to sleep, take a nap, wake up, go to the store, leave your room in any way, watch TV, do homework, or sit by yourself looking at all the empty beer cans from last night, you have to call to check in. When you get to this point, you are officially "going out." You have an anniversary, and pictures of the two of you up in your dorm room. You tell your parents about your new boyfriend or girlfriend. You start talking in baby talk, and using nicknames like honey, sweetie, babe, baby, boo, snuggle-butt, and the absolute love of my life. Girls, you stop dressing

up, and always wear pajamas around, and Guys, you constantly ditch the other guys when they go out drinking so you can stay home, watch The Notebook, cuddle, and go to bed early. It's inevitable, but it always happens.



Contributed Photos

Many people constantly ask me what comes next. Well, that's simple. You and your "sweetie" get in a horrible fight over something ridiculous, like the ketchup, or who gets to use the toilet, and the two of you unfortunately break up. Away messages suddenly become dark and depressing, guys get very drunk, and throw themselves at every girl they see, and girls go out dancing.

Then, you meet someone new, and start talking! Uh oh, here comes the entire cycle again. Next time you see a guy and a girl together in the hallway, don't automatically assume that they are boyfriend/girlfriend. Keep in mind that they could very easily just be "good friends who occasionally hold hands, kiss, cuddle, and sleep in the same bed every night." No strings attached. But watch out, if you ever try to hit on one of these people, their significant other will always get mad. Even if you're just "talking."

The SPECTRUM

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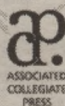
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2005 Student Art & Design Exhibition

The Art & Design Department wishes to cordially invite the entire Sacred Heart University community to attend the Opening Reception for the

2005 Student Art & Design Exhibition

Sunday, 20 March 2005, 1:00 – 3:30 pm

The Gallery of Contemporary Art



Contributed Illustration by Jason Roeder

The artwork "Jazz Musician" won second place award in the intermediate category.

Concerns On Dean's List

Dear Spectrum writers,

I was wondering if you could have someone look into the Dean's List. Sacred Heart prides itself on being a strong academic school, yet it fails to honor those students who work hard and earn good grades. Over the past year and a half I have tried to find out why nothing is done to honor those who make Dean's List and have received only voicemails and people telling me their office doesn't handle it. I am just confused as to how Sacred Heart can be a school which supports strong academics and yet fails to acknowledge those who do well.

Thank you for your consideration into this matter.

SHU Student

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

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He Said... She Said...

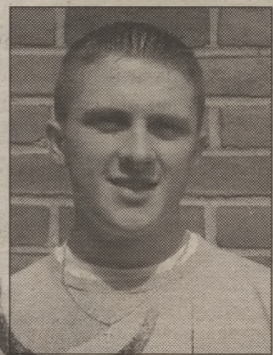
How long and how serious before parent introduction?

Robert Roy
"He Said" Columnist

Parent introductions are a big step in a relationship and cannot be taken lightly. This ritual has traditionally been the turning point from dating to a serious relationship. It is focused on in American pop culture as hundreds of movies have been based on it and all of the best and worst things that can happen when meeting your significant other's parents. Generally, both men and women view this as a serious stage in a relationship and the biggest question is how soon each of you should meet the other's parents.

The length of time before this takes place depends on the relationship and what you want it to mean to the other person. If you want to it to be meaningful and stand as the traditional "turning point" you should wait at least 2 months. This will show your girlfriend that you are serious and want this relationship to be special. When the first two months of your relationship have gone by and she is looking for a sign from you that is more meaningful than a mix CD, this will fit just fine. You will satisfy her need for you to demonstrate your dedication and feelings toward her.

If you wait too long to introduce her to your parents she will soon think that you are an orphan. This will be a sign to her that you do not care, aren't willing to



The Spectrum/DANYA JIMENEZ

commit and aren't trying hard enough at the relationship. You must time the introduction to your parents just right. She will give you signs, like asking questions about them, maybe she will even suggest meeting them. Guys, take the signs correctly and understand their meanings, if you want a long term relationship with this girl you do not want her thinking that you can't commit or aren't trying hard enough.

Lastly, don't try to hard to force her to meet your parents. Don't invite her to a big family gathering three days into the relationship as she will feel uncomfortable and out of place. Also, listen to her signs when you suggest meeting your parents, if she shows distaste toward the idea she isn't ready. Don't go behind her back and set up the date to surprise her. This will push her away as you will be undermining her needs and wants.

Athena Soriero
"She Said" Columnist

The parent introduction is something that varies from person to person. Some people (usually girls) like having their family meet the person they're dating before it gets to serious to make sure they approve and to almost get a second opinion. In other cases people will stall and make excuses for not having introduced the person they're seeing to the parental units either out of fear their parents will be an embarrassment or because they already know that they aren't going to like the person they're currently with. Either way a parent introduction means serious business or potential for seriousness.

For some people having their parents dislike the person they're dating makes that person all the more appealing. Some people love to go against their parent's wishes, in that scenario whether you can win them over or not is irrelevant. In other cases if the parents aren't big fans of you there will be an immediate falling out and any chance of a relationship will immediately be terminated.

Depending on the type of person you are, being brought home to meet "mom and dad" can either be a blessing or one of the most nightmarish things ever. If you are shy, bipolar, obnoxious, ignorant, or a terribly picky eater this event will be one of the single biggest challenges in every relationship



The Spectrum/DANYA JIMENEZ

you enter. Getting parent approval usually means you're in, and if you really get them to like you through all your complimentary butt kiss on the verge of flirting efforts, they may end up liking you more than their child does. In that case you have achieved the ultimate state of acceptance putting you in an untouchable place where you can do no wrong. This ensures that if the relationship does get serious any argument or fight along the way will be blamed on their child leaving you infallible.

For future reference if you have no intention of dating a person stay far away from parent introduction and if mention of such a thing arises either avoid it or take it as your cue to end it. Otherwise, if you want to continue talking or seeing somebody prepare yourself for that visit home by probing for information about what their parents like, to ensure no slip-ups



The end of the year is right around the corner, and the Passion for Learning Committee is asking the faculty and staff to participate in the search to acknowledge students who have a true passion for learning. The Passion for Learning award ceremony was first established last year in hopes that professors would help several members of the Student Senate to acknowledge their peers who really go above and beyond to develop their minds and indulge in the knowledge that can be absorbed in college. Both the students who participated and the faculty/staff at the university were pleased with the results and have been looking forward to its second year. The committee has written the following letter and hopes that as many faculty and staff members as possible will participate.

Dear Faculty and Staff,

"What makes a strong student? A high GPA? Attendance? Seeking further knowledge than that learned in class? Or, is a strong student one who effectively balances all of the above?"

We are writing you on behalf of the "passion for learning" committee, which is planning and developing an exciting year-end celebration to honor students who have demonstrated a quality, which is above and beyond the quest for a high GPA. Our committee is comprised of dedicated faculty and staff members as well as Student Government members.

Our intent is to recognize and congratulate students on the basis of all academic achievements combined with outstanding contributions in the classroom. We are here to honor and acknowledge those who show the passion and desire to develop themselves intellectually.

Nominations should be based upon the following criteria:

- * Nominees should demonstrate scholarly worth and value, as well as exemplify strong leadership.
- * Nominees motivate fellow students and inspire them to achieve.
- * Nominees contain a sense of curiosity above and beyond the stated course requirements.
- * Nominees exude a sense of enthusiasm about the course.
- * The nominee will consider all students with a GPA of 3.0 or higher.

All nominations must be sent directly to Eilene Bertsch no later than Friday, April 1 at 3:00 p.m. We ask that each faculty member submit no more than 3 nominees.

The date for the ceremony is Wednesday, April 27 at 2:00 p.m. in the Mahogany Room. Both nominators and nominees will be cordially invited to attend.

Sincerely,
Passion for Learning Committee

- The article is contributed by
Erin Maurer

Come voice your opinion at a Senate Meeting!
Wednesdays at 10:30 p.m. in the Faculty Lounge

SHU *Voices*



"A 15 page paper."

Sword Shaw
Cresskill, NJ ~ Senior

What are you doing for St. Patrick's Day?



"Celebrating!!!"

Jessica Hartley
Westerly, RI ~ Freshman



"Interning all day at Griffin Hospital in Cardiac Rehab."

Dan Parella
Franklin Square, NY ~ Senior

The **CARTOON** of the week

Poker's not just a game of luck. You have to be skilled in order to successfully read the faces of your opponents.



3/17/05

Players will often try to conceal their facial expressions with visors so that others cannot tell what cards they hold in their hand



Of course there are those who prefer to go beyond such simple measures...



The Spectrum Cartoonist/ ALYSSA FERDINANDO

—Arts & Entertainment—

King of Reggae

LATE BOB MARLEY CELEBRATES 60TH ANNIVERSARY

Katrina Brown
Staff Reporter

This year marks the 60th birthday of reggae legend Bob Marley. Not only was he known and remembered as a musical icon, but he was also an advocate for peace and even somewhat of a spiritualist.

Marley died at the early age of 36 in 1981 of brain cancer. Although his life was cut short, he did manage to be one of the most important musicians of all time. He helped sway the rise of Jamaican music, from ska to contemporary reggae. Two of his most well-known songs are, "No Women No Cry" and "I Shot the Sheriff." In addition, reggae historian Roger Steffens told The National Geographic News last month that "Marley is still responsible for 50 percent of all reggae music sold in the United States."

Marley also helped make popular a religion known as Rastafarianism, which believed that a new king would have the power of God and rise out of Africa. Marley acted as a missionary for the religion, placing it in the global spotlight, and both his actions and lyrics urged brotherhood and peace for all mankind. Marley said that his songs came from Ja (the Rastafarian name for God) and he was awarded the United Nations Peace Medal in 1978 for his commitment to social causes.

Many places around the world chose to honor Marley's 60th birthday, the biggest of which occurred in Africa. Since



Contributed Photo

Though Bob Marley died in 1981, his music remains popular to this day. Marley would have celebrated his 60th birthday on February 6 of this year.

Marley's birthday was on Feb 6, Addis Ababa, Ethiopia hosted a month-long celebration to honor him. Since Marley was so dedicated to bringing together the people of Africa, the Bob Marley Foundation and Rita Marley Foundation titled the celebration "Africa Unite".

There are, of course, those who disliked Marley for his religious sacraments or his notorious use of marijuana, but there are also those who, if they didn't adore him in general, respected him musically. Recently, the New York Times called Marley the, "most influential musician of the second half of the twentieth century."

When SHU students were asked how they felt about Bob Marley, they also had positive things to say. Sophomore Lauren Baglivi of Merrick, NY said, "I'm not a huge fan, but I feel he's had a big influence on people of all ages because my parents listened to him and I grew up listening to him."

Sophomore Drew Deleault of Manchester, NH said, "I think [the celebrations] are amazing, and well-deserved because [Marley] was an unbelievable man. He changed music and united a country, and is still uniting people world wide through his music today."

Whether people listen to him, like him, or even know who he was, Marley is without debate somewhat of an icon. It has been 25 years since his death, and Marley's music is still being listened to, still influencing people and still being talked about even to this day.

'Be Cool' Retains Street Cred

Adam Kagdis
Staff Writer

What do you get when you cross musicians, legendary actors, wrestlers, and most of the cast of "Pulp Fiction"? A lesson on how to be cool in the music industry.

"Be Cool" features many stars including John Travolta, Uma Thurman, Vince Vaughn, Cedric the Entertainer, Harvey Keitel and The Rock.

Travolta reprises the role of Chili Palmer from the 1995 movie "Get Shorty." In "Be Cool," Chili tries to take his job as an assassin from the movie business to the music industry.

When one of Chili's friends is killed during lunch one day, he wants to get his foot in the door. He visits Edie (Uma Thurman) who is the dead man's wife, and tries to entice her into becoming his partner at the new record label.

The first artist that Chili and Edie attempt to promote is Linda D. Moon (Christina Milian). She is a young rising star that needs to break away from her wannabe gangsta manager, Raji (Vince Vaughn), who is uninterested in her and only wants to get more street credit.

Chili has to deal with Raji, his gay bodyguard (The Rock) and his persuasive gangster music producer (Cedric the

Entertainer) in order to promote his label, get Linda a hit, and stay alive. As the story progresses, each character tries to learn to "be cool."

Travolta and Thurman attempt to recreate the passion they had during "Pulp Fiction" but looked as if they were trying too hard. Vaughn and The Rock, on the other hand, demonstrate dynamic acting abilities with their two characters. Vaughn is lost in a world filled with trends and he wants to be black only because of the street credit. He plays a hilarious role and teaches the audience exactly what not to do when trying to mimic another culture.

The Rock, on the other hand, shows the audience a side never seen before. His flamboyant character is less of a bodyguard and more of a dreamer. He wants to be a star, but is getting nowhere fast while hanging around with Raji.

"Be Cool" is a great sequel to "Get Shorty" and even recreated some of the magic of "Pulp Fiction." The actors play their roles perfectly and made sure the crowd kept laughing.



AP Photo/ MGM Pictures/ RON PHILLIPS

Didn't we do this same scene in "Pulp Fiction?" Chili (Travolta) and Edie (Thurman) hit the dance floor in "Be Cool," the sequel to the 1995 film "Get Shorty."

MOVIE REVIEW



"Be Cool" (PG-13, 118 Minutes)
Starring: John Travolta, Uma Thurman

ENTERTAINMENT BRIEFS

Campus News

- "GOLF: The Musical" will be performed on Friday, March 18 in the Edgerton Center for the Performing Arts. The show will be held from 8 - 10 p.m. For tickets call (203) 374-2777.

- The 2005 Student Art & Design Exhibition will hold an opening reception on Sunday, March 20 from 1 - 3:30 pm. The Exhibition will be open to any student from March 20 - April 17.

National News

- George Lucas announced that the final Star Wars epic may be losing a significant amount of its younger viewers. The film received a PG-13 rating, unlike the previous five, which only had PG ratings.

- The Connecticut legislature dismissed a bill which would have made movie theater owners display two start times for each movie. The first time would be when the previews start and the second time would be when the actual movie begins.

- "ER," the second-longest running primetime show has just been contracted for another two years. "The Contender" was hoping for "ER's" successful time slot.

- Compiled by Jacque Boothby

Kasabian Gets Lost on These Shores

Jacque Boothby
Staff Reporter

Kasabian, a British rock band, has just released their first CD in the U.S. Their music is comprised of many different styles including jazz, techno and rock.

Even with the funky beats, Kasabian's self-titled album went gold in the UK just two weeks after its debut. The band's first single, entitled "Clubfoot," has already hit the top 30 on modern rock hits and their video can be seen on MTV2.

Kasabian came up with the name for their band after Charles Manson's get-away driver, Linda Kasabian. In Armenian the word means "butcher." Kasabian is made up of four members, Tom Meighan (vocals), Sergio Pizzorno (lead guitar, keyboards), Chris Edwards (bass) and Christopher Karloff (guitar, keyboards).

This is not the first hit for the group; they have had nine other top-10 singles. Their first single, "Clubfoot," can be described as "an angry, snarling, hyperactive sound clash of distorted baggy, subtle electronica and terrorized beats that, when fused, creates the kind of rush you get after drinking four cans of Red Bull early in the morning." Even Maxim called the hit "superb."

"Clubfoot" is the only "superb" song on the CD. Maybe it is because Kasabian was created in a small hidden city, but according to the band's biography they say that they aren't making music to be famous. Instead their reason is because "they need to, because it's etched somewhere deep in their souls."

Singer Meighan said, "It's the only

thing I could do. There's nothing else I ever wanted. Nothing. This is what I've wanted to do ever since I was four. This is why I'm here."

Although the group claims they are not doing this for the fame, they still call themselves the best band in Britain.

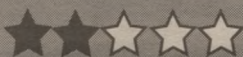
However, Kasabian's studio probably won't be featured on "MTV Cribs" anytime soon. The band practices and lives in an old textile mill in Rutland, England where they rent out two rooms. One room is for sleeping and the other room has been created into a studio packed with synthesizers from different eras and various styles of guitar and percussion.

When the group isn't recording they're busy writing upcoming songs about love and violence because they believe those are the two "strongest human emotions."

The band feels very strongly on their beliefs and Americans. Tom Meighan says, "I'm sick of [American] three-minute, skuzzy garage rock s***." One would think that for such a creative writer, Meighan could have come up with something a little more intelligent to say.

Now that Kasabian has taken over the UK, they're making their way to the States. However, it is highly doubtful that their fame in America will match that of the UK's. Their music is fresh and different, so it may be something to check out.

MUSIC REVIEW



Kasabian, *Kasabian*
(2005, BMG)



Contributed Photo/ JILL FURMANOVSKY

The band Kasabian are huge celebrities in their native UK but may not find the same widespread following here in American. Nonetheless, their music does appeal to a certain cult

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Mary Black Brings A Bit of Ireland to SHU

Colleen Mitrano
Features Editor

On March 6, Irish music legend Mary Black performed at the Edgerton Center for the Performing Arts, proving why her career has spanned over 20 years.

After releasing her first album in 1983 (which is ranked as one of the best Irish albums of the 1980's), Black saw even more success with seven platinum solo albums which were released over the past two decades. To hopefully continue her success, Black returned to the studio with her band this past February to record songs for a new album, which she hopes to release by the end of this year. If released, it will be her first studio album in six years.

Besides her enormous success with album sales, Black's fantastic vocals have landed her over a dozen awards and is a five-time recipient of the Irish Recorded Music Awards (IRMA) Best Female Artist award. Black has earned the respect of both her fans and other distinguished musicians; she has performed with such artists as Emmy Lou Harris, Mary Chapin Carpenter, and Van Morrison.

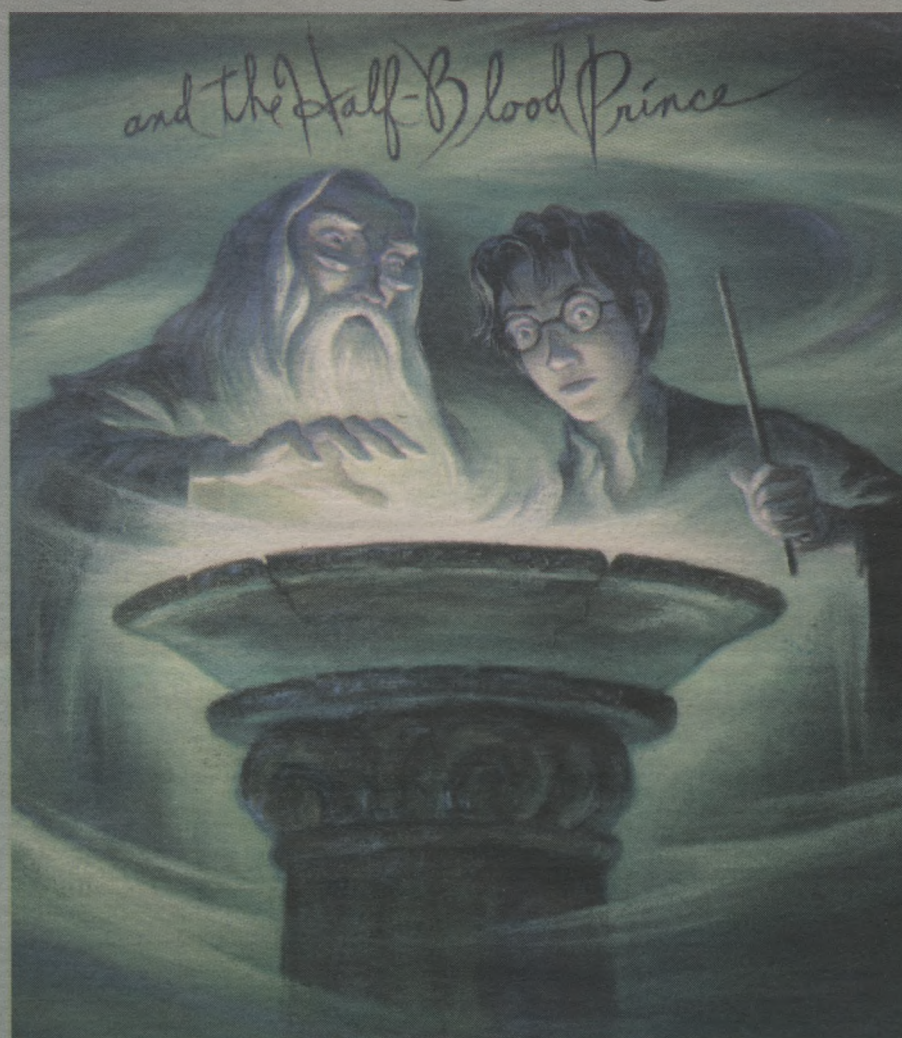
Black's live shows around the world have been well-received by both critics and fans over the years and her show at Sacred Heart was no different. From the

time she came on stage to the time she ended the show more than two hours later, the crowd was entertained. Her vibrant stage presence allowed her to keep the audience captivated throughout the many songs she sang, exemplifying her 20 years of performance experience. Black showed off her beautifully rich and powerful voice singing every song live, unlike many of the younger artists who have become famous in the last few years.

Black performed many of her greatest hits such as "Carolina Rua," "Ellis Island," "Katie," "Only a Woman's Heart," and "The Moon and St. Christopher." She also sang a song with up and coming Irish solo artist, 19-year-old Danny O'Reilly who coincidentally opened for her. O'Reilly showed a lot of promise for a great career in the future with a young, sweet and charismatic stage presence.

Overall Black's show at Sacred Heart proved to be very successful and amusing. Black and her band put on a performance that prompted the audience to sing along to almost every song. Not only did the show meet fan expectations, but they even got more of a treat when she came out for two encores before finally ending the show. During this concert, Black showed why some performers are around for decades while others are in and out of the spotlight in less than a year.

Making Magic



AP Photo/ CHRIS O'MEARA

Harry Potter fans rejoice! On Tuesday, March 8, the cover art for the newest Harry Potter novel, "Harry Potter and the Half Blood Prince," was unveiled. The American version of the book will feature artwork by Potter artist Mary GrandPre, who has illustrated J.K. Rowling's previous five books. The highly-anticipated novel will be published on July 16.

Features

CREATIVE CORNER

Leech

Ariane Rasmussen
Contributing Writer

Take it all,
every drop of my blood.
Take it all,
every inch of my soul.
Take it all,
every second worth of
hope.
Take it all,
every whispered word of
love.
Take it all,
every painful tear.
Take it all,
every meaningful smile.
Take it all away,
but with every succulent
taste of me
remember that you need
me.
Remember that you can
take it all away
but you'll still always be
just another manipulative
leech.
You'll always be just
another one of me
and another one of every-
one - just another leech
in society.

St. Patrick's Day: Not All Shamrocks and Leprechauns

Jennilyn DeSisto
Staff Reporter

For some, today is a day to sport green attire, drink plenty, and receive the luck of the Irish. However, like every holiday there are good stories and misconceptions behind it.

The most famous story associated with St. Patrick, the patron Saint of Ireland is the renowned account of his banishing all the snakes from Ireland. St. Patrick, is one of most widely known figures in Christianity, however little is known about his life.

St. Patrick was born in Britain to wealthy parents near the end of the fourth century. At the age of sixteen, Patrick was taken prisoner by Irish raiders. He was held captive for six years before escaping back to Britain after hearing what he believed to be the voice of God after his escape, Patrick experienced a second revelation of an angel telling him to return to Ireland as a missionary.

Soon after, Patrick began religious training, a course of study that lasted more than fifteen years.

St. Patrick's Day is celebrated on the anniversary of his death in the fifth century, March 17. The Irish have observed this day as a religious holiday for thousands of years.

The first St. Patrick's Day parade took place in the United States, where Irish soldiers serving in the English military marched through New York City on March 17, 1762.

Today, St. Patrick's Day is celebrated in the United States, Canada, and Australia. St. Patrick's Day has also been celebrated in other locations far from Ireland, including Japan, Singapore, and Russia.

also known as the shamrock, has long-held a place in Irish culture.

It is assumed that St. Patrick used the shamrock to illustrate the Christian idea of the trinity. However, the first written indication of this didn't appear until almost a thousand years after Patrick's death.

Eventually the shamrock, which was also called the seamroy by the Celts, went from a symbol of the rebirth of spring to a symbol of emerging Irish nationalism.

As the English began to seize Irish land and make laws against Irish customs, many people began to wear the shamrock as a symbol of their pride and their discontentment with English rule.

The jolly, friendly leprechaun is an American invention, but evolved into a recognizable symbol of both St. Patrick's Day and Ireland in general.

However, Leprechauns had nothing to do with St. Patrick or the celebration of St. Patrick's Day until 1959. Walt Disney released a film called "Darby O'Gill & the Little People", which introduced America to a very different idea of leprechauns rather than the bad tempered tiny men of Irish folklore.

Saint Patrick's Day has a lot more to offer than most think. It is a day to recognize Irish heritage.

Take this time to celebrate everything Irish, even if you're not Irish yourself! Happy Saint Patrick's Day!



AP Photo/ MARK A. GENITO

Melanie Weimer of Scottsdale, Pa., dresses as a leprechaun while marching in the St. Patricks Day Parade in downtown Pittsburgh, Pa.

"I think of parties, green, clovers, and drinking, when I hear Saint Patrick's Day," Sarah Decker, junior, Wappingers Falls NY.

Not only does the holiday bring to mind the idea of green, drinking, and good fortune; the list also includes shamrocks and leprechauns. A three-leafed clover,

Taking a Look at Easter...

Colleen Mitrano
Features Editor

Easter is a holiday that most often people associate bunnies, pastel colors, candy, and interesting bonnets worn by women and children. However for many the Easter tradition means so much more than all of this.

Easter is a religious holiday that celebrates the resurrection of Christ in the Western Church (including Catholics, Protestants, and Anglicans). It falls on the first Sunday after the first full moon, which appears on or after the spring equinox (March 21). Following this timeline Easter could fall between March 21 and April 25 each year.

Although today this holiday seems to follow a schedule, Easter was not always like this. It wasn't until 325 A.D., under the rule of emperor Constantine, that the observance of Easter was set after the first full moon following the equinox. Before this time, early Christian churches observed Easter at various dates during the spring. This occurred because of the Jewish festival of Passover, which was observed at the same time of year.

Based on scripture the Christian's reasoned that the resurrection of Christ followed a full moon that took place on or after the spring equinox. Since no one in ancient times ever denied that the Resurrection took place on a Sunday, the early Christians eventually began to observe Easter (which they still called Passover) according to the schedule still used today.

The Easter holiday also has roots in pagan traditions that existed before the rise of Christianity. Historians have traced the origin of the word "Easter" to the Scandinavian word "Ostra" and the Germanic "Ostern," or "Eastre." Both derivations represent the names of mythological goddesses of spring and fertility. Festivals to honor these goddesses were held on or near the vernal equinox. Modern symbols of Easter, such as rabbits and eggs, can both be traced back to pagan traditions surrounding these fertility festivals.

Although many think of the Easter bunny as a joke, the idea of this did not originate through commercialization. Although the rabbit is a major symbol used in advertising the Easter holiday, it has

been a symbol of springtime long before the rise of Christianity. Pagans celebrated the festival of Easter, a goddess of the dawn associated with springtime and off-spring. Her earthly symbol was the rabbit, the most fertile animal known to man, and a symbol of new life.

Historians believe that the legend of the Easter Bunny originated in Germany before surfacing in the new world in the seventeenth century. Children believed that the Easter Bunny would leave them a nest of colored eggs if they were good. Boys made nests for their eggs out of their caps, and girls used their bonnets. This custom later evolved into the use of baskets to hold eggs left by the Easter Bunny.

Similarly, the significance of the egg can be traced to pagan traditions. For centuries, the egg has been a symbol of fertility and rebirth for many cultures. Long before Christianity was introduced, eggs were painted bright colors to celebrate the sunlight of spring.

Therefore if you go to celebrate Easter on March 27, just remember that it is not all about pretty colors and chocolate, you can learn so much more from this culturally rich celebration.

An Event to Remember

Courtney Pustay
Staff Reporter

Be there or be square. Sacred Heart University will be holding an event to remember. If you like poetry, then this is an event that you definitely do not want to miss.

Join the Sacred Heart community as it comes together in hopes of helping others.

On March 19, SHU's very own Habitat for Humanity will be hosting a poetry slam. Whether you are familiar with poetry or not, you are encouraged to come down and spend some time with the crowd.

A poetry slam is a form of competitive art. In a way it puts emphasis on both writing and performance. It encourages the performers to focus on what they say, but more importantly, how they say it.

The content of the poetry can involve anything pertaining to heartfelt love, comic routines, confession pieces, overcoming a fear, horrid experiences

etc...

The difference between regular poetry and "slam" poetry is simple. Slam poetry, unlike regular poetry is considered to be more in your face material.

There is nothing monotone about this form of poetry. Emotions run high, wild and free. The performers are supposed to make you, the audience, feel a certain way through their actions as well as words.

You will never know what a performer has in store, until you're actually there. Part of the excitement of a poetry slam involves not knowing details before hand. It's better to expect the unexpected; the suspense of slam poetry is what draws the audience in.

Performers such as SHU FORCE, Omega, Delta, and a professional story teller will be there. The list of performers doesn't stop here. Numerous amounts of other performers will attend as well.

Every performer has something different to offer. The wide range of talent will keep you occupied and thirsty for

more.

"This event is designed to raise money for The Youth United of Bridgeport," said Laura Ives, a student within the SHU community.

The Youth United of Bridgeport has been working extremely hard in order to build a house. As an organization, they have already raised somewhere around seventy thousand dollars. There is just one problem-

Unfortunately, the children of this organization are under the age of 18. Therefore they will not be allowed to take part in any of the building.

"The building process will start this spring," said Ives.

Luckily, SHU's Habitat for Humanity Program has decided to reach out a hand and complete the actual building process. Together, both organizations will pull this project through and help those who are in need.

This event will take place on campus, within the Mahogany room. It will run from 8:00 p.m. to 11:00 p.m. FLIK will be catering the food. As far as

admission goes, students will have to pay \$3 and adults will pay \$5. You too can help out by showing your support. Tell your friends about this event and come on down for the fun. You will not be disappointed.

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

No. 6 Return your books to the library

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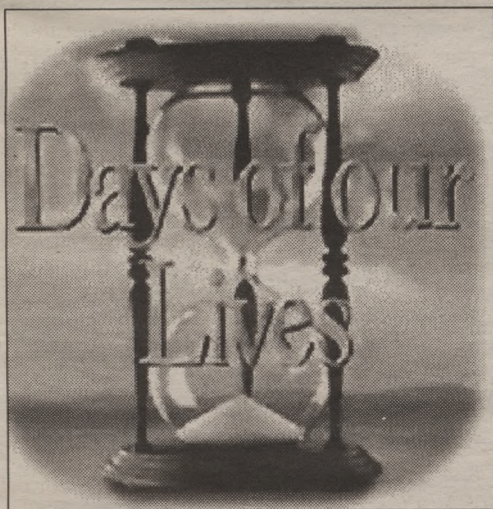
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Like Sands Through the Hour Glass, So are the Days of Our Lives...

Julie Chouinard
Staff Reporter



Contributed Photo

No matter how hard some may try, there is no escape from the fact that daytime soap operas are one of the most popular genres on television today.

"I do not watch soap operas. It seems like they are all just a bunch of people who sleep with each other or cheat on each other and to me that is not appealing," says a recent Sacred Heart graduate, "I'd rather read a good book than listen to other people's drama on soap operas."

This seems to be the opinion of most intellectuals. Or rather, intellectuals who have never taken the time to tune in to these soaps. Out of the ten college students interviewed for this article, almost all of them were non-viewers with strong opinions: daytime soap operas are trash.

However, one Sacred Heart professor was more than willing to comment on soap operas. Any student who has

taken one of Dr. Jim Castonguay's classes already knows his love for soaps.

"I first began watching soaps in the late 1970s and early 1980s," says Castonguay, "I don't think one can underestimate the power of serial or open-ended narratives."

These open-ended narratives were originally presented in the form of radio programs during the early 1930s. Originally soap manufacturing companies like Proctor and Gamble sponsored these programs (hence the reference to 'soap') with the intention of selling their soap powder to the average housewife.

The programs continue to play a valuable role in the lives of women and especially mothers. Another Sacred Heart professor, Dr. Louise Spence, explains this in her forthcoming book entitled *Watching Daytime Soap Operas*. Though Spence was unable to comment, information about her book is available through Wesleyan University Press and will be released in July of this year.

The assumption that all soap fans are female and unemployed remains today. But not all loyal soap viewers are stay-at-home moms and housewives.

Though Castonguay began watching because his mother, a public school teacher, would have the ABC soaps on after school, he continued watching for himself and later got several of his college friends, some male, hooked on the shows.

"Soap operas are popular for lots of reasons, and it is usually people who don't watch them who are quick

to dismiss soaps on elitist grounds that denigrate the shows and their viewers at the same time. Those people don't get it," said Castonguay, "In reality, soap fans are among the smartest, creative, and engaging viewers out there, and they often don't take their shows or themselves as seriously as the dismissive stereotypes suggest."

Studies by M.J. Matelski in the early 1980s revealed that viewers are more educated than had previously been thought. In addition, the age and gender of the soap opera audience is also more diverse than most assumed. Though the majority is still women aged 18 and above, the study found that more men

and teenagers were being drawn to the genre.

"I am also a big baseball fan and have come to realize that much of the pleasure I get from watching the Red Sox for 160 plus games a year is the same as soaps," says Castonguay, "Although baseball is unscripted, there are a lot of ups and downs and twists and turns throughout the season, which is also played on an almost daily basis like soaps."

These twists and turns that soaps provide daily will continue to attract viewers and will no doubt allow the genre another successful 75-year run.

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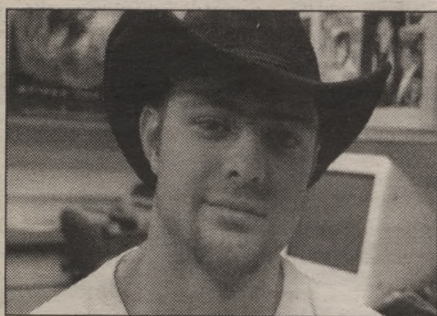
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BEYOND SHU

NCAA Tournament Preview and Predictions



Bryan Fogle
Sports Columnist

Chicago Regional

Isn't it convenient that Illinois gets the number one seed in this region? Not only do they get to be in the Chicago region and basically play the first two rounds at home, but their first round game is against Farleigh Dickinson, the automatic bid for winning the conference tournament for our beloved NEC.

To me, this region is arguably the weakest of the four. The only challenges for Illinois will be Oklahoma State or Arizona, with my odds weighing on an Arizona and Illinois regional final. A big sorry goes out from me to Boston College.

The Eagles had a very good season, but there is no way they will come out of the top half of the region when that half contains Illinois. Not trying to sound like a broken record already, but Illinois should walk to the regional final where they will play Arizona.

I know that Arizona has Salim Stoudamire is a great player and quite possibly the best three-point shooting threat in the country next to J.J. Redick, but the Illini as a team are far superior to the Wildcats as a team, and that is what it ends up boiling down to during tournament time. Prediction: Illinois

Albuquerque Regional

Can someone please fill me in as to why Washington got the number one seed? By far the weakest of the four number one seeds, the Huskies will not make it out of this region. I know that the best game that this region will have will be the second round match-up between number four Louisville and number five Georgia Tech. I feel whoever wins that game will win the top of the bracket and play in the elite eight against either Gonzaga or Wake Forest. I know that Gonzaga has never fared well when they have received a high seed (they are the three in the region this year), but to me they are much better than a three seed. I look for Gonzaga to beat Wake and play the winner of the Louisville/Georgia Tech game. Prediction: Gonzaga

Syracuse Regional

By far the strongest of the four regions, this region contains North Carolina, UCONN, Kansas, and Florida. I don't understand why the Tar Heels get to play the winner of the play-in game, as that honor should go to Illinois. That is a gift of a first round game. North Carolina as a one seed will have a tough game against number four Florida in the sweet 16. Whoever ends up winning that game will take on UConn in the elite eight,

as they will pull out a close one against Kansas. I feel as though the best match-up for the good of both the game and the fans will be North Carolina against UConn.

That game will be a toss-up but North Carolina should come out on top by no more than a handful of points. Any game that has any of these four teams playing against any other of the four teams will be won by no more than five points, as these top four seeds are the strongest of any top four in any region. Prediction: North Carolina

Austin Regional

The Austin region contains the team that I believe is winning the National Championship... the Duke University Blue Devils. In a region that contains teams like Syracuse, Oklahoma, and Kentucky, I feel as though Duke will end up coming even closer together as a team and winning the region.

Coming off yet another ACC championship, Duke has begun this post-season in the same manner that it normally does, on the right foot. The one thing that is against Duke is that their bench is very short. In a normal game, Coach K will only run through seven or eight players at most and relies entirely on the likes of Redick, Sheldon Williams, and Daniel Ewing.

As has been proven throughout this season, relying on these players is all well and good and in the end, they always end up coming out on top. They are by far the best big game team in the country and as long as Redick stays hot, there should be no stopping the Blue Devils in the tournament. Prediction: Duke

Tournament Snubs

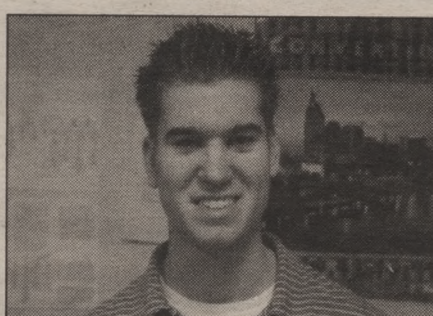
Two key teams that got left out of the field of 64 are the University of Maryland Terrapins and the University of Notre Dame Fighting Irish. In a sense it is unfortunate that Maryland didn't make it in simply because they had two huge wins against Duke, including one at Duke in front of the Cameron Crazies.

They did however suffer two key losses to North Carolina, and one to Wake Forest. The killer for the Terps was their 7-9 record in the ACC. What killed the hopes of the Fighting Irish were two key conference losses to Syracuse, and one to UCONN.

Both of these teams had decent seasons, but with the way the cookie crumbles, there was just no room for them inside the field of 64. Both teams should look to play well in the NIT for a little more post-season basketball.

Recap

Coming out of the Chicago Region is Illinois where they will take on Gonzaga, (who will win the Albuquerque Region) in the Final Four. Illinois will win by nine, 84-75. North Carolina will win the Syracuse Region where they will take on the winner of the Austin Region, the Duke University Blue Devils. Duke will prevail in a close game and will take on Illinois in the championship. Duke will then win the championship over Illinois 73-71 in a well-played game.



Brian Fitzsimmons
Sports Columnist

They don't call it March Madness for nothing. While spring training approaches its climax and fans are beginning to see the NBA as tedious because the playoffs are so far down the road, 64 college campuses are primed to engage in the ultimate event that triggers fan frenzy like nothing else.

The most intriguing aspect of the NCAA tournament lies in the possibility of anything happening. Though highly unlikely, a low seed could knock off a powerhouse favorite, which would be devastating to fans that participate in bracket pools.

Question marks are everywhere, but the key is eliminate the squads who have too many. Who does? Who has what it takes? Did you pick the right teams in your bracket? The answers lie here.

Chicago Regional

This bracket is very interesting because of its question marks. Illinois went through most of the season as the only undefeated team in the country, once Boston College finally lost. As the top seed, they are set up as a possible candidate for the first number one team to fall. It rarely happens, but it's the big dance. You never know.

The Fighting Illini are led by point guard and player of the year candidate, Dee Brown. With a supporting cast around him and the top seed, Illinois has to be the favorite. The Eagles of BC were neck and neck with the number one team in the land for most of the year, but tailed off towards the end, raising questions about their team and their authenticity as a serious contender in the tournament.

Arizona has played well all year and was led mostly by guard Salim Stoudamire. For quite some time before Selection Sunday, they were pointed out as a possible number one seed, but it obviously didn't work out that way. This team could make some noise, because any team with talent and coaching similar to Lute Olsen's may open some eyes.

Albuquerque Regional

This bracket is loaded with talent and it may prove to be the most exciting one to follow throughout the month of March. It is loaded with future NBA talent thanks to the "oohs" and "ahhs" brought to us by Georgia Tech's Jarret Jack, Louisville's Taquan Dean, and the Deacon Demon's Chris Paul. Paul has just finished serving a suspension, so look for him to come out of the gate

with a vengeance.

Wake Forest and Georgia Tech are probably the most talented teams, although the Washington Huskies, who defeated our Pioneers earlier in the year, are the top seed. Louisville is also a dark horse to go far in this division and is it just me, or does Gonzaga always manage to become the Cinderella story?

Syracuse Regional

Down in Chapel Hill, the fans that live for the baby blue will be quite happy since the Tar Heels will overcome teams such as Kansas, UConn and Florida. Sean May, Rashad McCants and Raymond Felton are all top 5 players in the country at their respective positions and that will assist their efforts in attempting to be standing for the final dance.

Austin Regional

This division contains loaded talent as well, and what makes it so special can be attributed mostly to the Duke Blue Devils. JJ Redick and Daniel Ewing are two very solid guards and they both can take over a game by dominating from the outside. Duke can also pound it down low since Shavlik Randolph and Shelden Williams are in the top of their position.

The ACC champions are ready to take on the country in their quest to win it all, but one thing is stopping them. Their only weakness is their depth.

Coach K rarely plays more than seven or eight players, so if anyone gets in foul trouble, the Blue Devils could easily be knocked out. Syracuse, Oklahoma and Kentucky are possible teams to come out of this bracket, but the best team will win, and that is North Carolina's nemesis.

Recap

Just like any other year, the tournament is loaded with talent, contains exciting possible Cinderella squads, and question marks. The key to winning a pool or figuring out who will be the best dancer in 2005 is to see who has the least amount of question marks.

It's a given that not all number one seeds will come out, but you can count on the North Carolina Tar Heels will be wearing their dancing shoes.

They have the most talented "big three", and probably one of the most athletic and contributing benches in the country and Roy Williams will be glad to win a national championship with someone other than Kansas. So, to answer the big question; the entire college basketball universe will bow to the Tar Heels.

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

Big East Throw Six into the Madness

Pat Conroy
Staff Reporter

It's March again, a time for Saint Patrick's Day, better weather, and most importantly, the NCAA men's basketball tournament.

The selection committee had a difficult time this year, with around 70 teams winning over 20 games. The brackets are very strong, with possibilities for quality games lined up throughout the bracket.

Duke gained another one seed after a great season that many thought was going to be a rebuilding year for the Blue Devils. North Carolina and powerhouse Illinois both were given top seeding along with Washington, who many analysts were surprised to see.

"I think Duke isn't as strong as they were in past years, but I think they are going to take the chip. I also think they did a great job of making the brackets. There are a lot of tough matchups in the opening rounds," said senior Joe Gagliardi (East Chester, NY).

The Big East has made a strong showing in this year's tournament, sending six teams to March Madness. Connecticut was given a #2 seed, facing #15 Central Florida in their first game in the Syracuse bracket. #4 Syracuse opens their run in the Austin bracket against #13 Vermont,

who is making their third appearance in a row. Boston College also is a #4 seed, playing Ivy League champs Penn. Villanova faces New Mexico in their first round game and Pittsburgh faces a tough Pacific team. West Virginia rounds out the group with a game against Creighton.

"There are a lot of tough matchups in the opening rounds."

Joe Gagliardi

The Big-12 conference also has six teams going to the tournament. The Big Ten, ACC and SEC are sending five teams each.

The Syracuse bracket has UNC playing the winner of the opening round game between Oakland and Alabama A&M.

"The Syracuse bracket looks the toughest. I think Washington is going to be the first #1 seed out. I think UNC has a good shot of winning it all," said senior Keith Mitchell (Garden City, NY).

Duke faces Delaware State in the Austin bracket while Stanford plays

Mississippi State in the #8 and #9 seed game.

Utah, led by a great center and rebounding game, plays a good shooting team UTEP. Many thought that #3 Oklahoma would be seeded higher plays Niagara. Another interstate game is being played when Kentucky and Eastern Kentucky play.

Sacred Heart opponent and Northeast Conference champion Fairleigh-Dickenson has the difficult task of playing Dee Brown and Illinois, who have a single-loss, which came in their last game of the year. LSU was paired with UAB, who had a five game winning streak late in the year. Arizona will play Utah State and Southern Illinois will play St. Mary's.

"Illinois I think has the easiest run. If they are going to lose it's going to be an upset by Arizona," said Kevin O'Sullivan, a senior from Downingtown, PA.

Illinois' toughest game would not come until the Elite Eight, when they could possibly face off against Boston College, who has been struggling as of late.

Georgia Tech, who has threats all around the court, plays George Washington. Conference USA champion Louisville faces Louisiana-Lafayette and UCLA must face a good Texas Tech team, who is coached by Bobby Knight.

Gonzaga could have an easy game against Winthrop, along with Wake Forest, who plays Chattanooga.

There could be some very good games in the second round of play. If Washington wins, then they will face the winner of the Pacific/Pittsburgh game. Pacific has had an unbelievable year and Pittsburgh has succeeded through a tough Big East schedule.

Boston College has fallen apart in the past couple of weeks, and if they win their opener, they will most likely face Alabama, which is no easy task. If Alabama were to lose, then Illinois' toughest competition would be out of their road to the Final Four.

Duke and Syracuse could meet in the Final Four, but Michigan State is a strong competitor and could give the Orangemen a difficult game. Vermont is also a tough game for Syracuse, featuring Taylor Coppenrath, who just a year ago came back from a broken hand to play a big part in the Catamounts conference final win.

If Kentucky and Duke make it to the Elite Eight, it could mean a great game between the two. Connecticut and Kansas could meet in the third round of their bracket if they win their way through. They are both fast paced teams who run the court very well and they both have the ability to explode on offense.

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CAMPUS SPORTS

Championship Week Ends With Few Surprises

Steve Conoscenti
Staff Reporter

The month of March is to college basketball fans as October is to baseball fans: pure heaven. Last week's conference championship tournaments started the action.

The Syracuse Orange took home their first Big East championship since 1992 when they beat the West Virginia Mountaineers 68-59 in the final game of the tournament last Friday.

Hakim Warrick had 20 points and 13 rebounds, his third double-double in three games, for the Orange, who are seeded fourth in the NCAA tournament. Warrick, the conference player of the year, was selected the tournament MVP.

One would think that after winning the Big East tournament the nets would no longer be hanging from the rims at Madison Square Garden, right? Wrong.

"This was a great tournament win for us, especially for our seniors, to be able to win this thing was a tremendous accomplishment," Syracuse coach Jim Boeheim told the press after the game.

Then why no celebration?

"I don't know," he said. "Maybe it's unfortunate, but my mind-set has probably

changed and maybe it shouldn't but it has. In my mind-set the only thing that matters is next week."

Other action from the Big East included the top seeded Boston College being upset by the runner-up West Virginia Mountaineers. The 11th seeded Rutgers Scarlet Knights also did some upsetting themselves by taking out Notre Dame in the first round. The 2004 national champion Uconn Huskies were almost upset in the first round by the Georgetown Hoyas before losing in the semifinals to Syracuse.

In the Atlantic Coast Conference (ACC), the Duke Blue Devils cut down the nets and came home with their 15th conference championship, tying North Carolina for the most in league history.

Tournament MVP J.J. Redick scored 26 points, Shelden Williams chipped in 16 points and 13 rebounds, and despite only one field goal in the last 11 minutes of the game, Duke beat the Georgia Tech Yellowjackets 69-64.

"I'm so proud of my team. Not just for this game, but for the whole season," Duke coach Mike Krzyzewski said in his post-game press conference.

Georgia Tech upset their way to the championship game by first beating

Virginia Tech and then beating the top seeded North Carolina.

"I think we can take pride in this," Georgia Tech junior guard Jarrett Jack said after the game. "We showed we won't back down from anyone, no matter who it is."

Duke earned a number one seed in the NCAA tournament, along with fellow ACC member North Carolina.

The Illinois Fighting Illini, another number one seed in the NCAA tournament, walked away with the Big Ten title and a school record 32nd win as they held off Wisconsin 54-43 in the championship game.

The score was evidence that the team that played better defense would come out winners. Both teams struggled from the field; in fact, they shot 26% on 14-54 field goals the entire game. James Augustine and Roger Powell helped each other inside as the Illini doubled whoever had the ball.

While the team was celebrating their title win and cutting down the nets, James Augustine was thinking about how hungry he was. Little did he know, he was voted the MVP of the entire Big Ten tournament.

"I was just over there talking to Nick [Smith] about what was going to be for

dinner," Augustine said after the game.

"He gave me a hard time and I had to give a speech. I had no idea. I was surprised with it."

In the Pac-10, Washington had fought two hard battles to get to the championship game, while their opponents, Arizona, blew out two teams and sailed to the championship game.

Washington gave Arizona a big wake up call and upset them in the championship game for their first Pac-10 title in school history, 81-72.

"It feels great," Washington's Nate Robinson said. "We're proud of the whole University of Washington because we did it for them."

Other conference champions include Florida (SEC), Gonzaga (West Coast), UTEP (WAC), Fairleigh-Dickinson (Northeast), Penn (Ivy League), George Washington (Atlantic 10) and Oklahoma State (Big 12). All conference champions earn automatic bids in the NCAA tournament.

Championship week was just the beginning of a month of excited in NCAA basketball. If it is any indication of what will take place in the NCAA tournament, then college basketball fans are in for a treat.

Bowling For SHU

Brad Holland
Staff Reporter

Ray McKeon (Senior, Bronx, NY) dropped three straight championship matches during his high school years. When his Westchester Community college team looked like more of the same, he decided it was time to start winning. So he transferred to SHU.

"We were like the Buffalo Bills of NYC bowling," McKeon said of his high school years playing in NYC tournaments. "We had good rollers, but we could never get over the hump."

When he graduated, he enrolled in Westchester and bowled for their men's team. But after his sophomore year, tired of mediocrity, he and fellow bowler Tony Federici (senior, Greenwich) transferred to Sacred Heart in the fall of 2004.

They joined a relatively young Pioneer team that reached its pinnacle at 18th in the nation. That team was pleased with the season and even had its share of dramatic victories.

McKeon recalled the story of a championship versus Morehead College: "Morehead needed only 4 pins to take the match. Their final bowler stepped up, and couldn't get all 4 - he got 3. Their bench was stunned. But we still needed a strike from our final bowler to win. Our anchor, Gary Tutoli, stepped up and knocked the pins flat. Before he celebrated, he turned to their team and announced, 'Stolen!' We had won by one." McKeon laughed here: "There was some chatter on the message

boards on collegebowling.com after that one, you can bet."

But that was last year.

This year, young players have matured and the team is bristling. McKeon believes SHU will make some noise at Rockford, Illinois at the 2005 National Finals. He has good reason for confidence, considering his team's performances in recent tournaments.

On Jan. 29 and 30, 2005, Sacred Heart University competed in the Brunswick Coca-Cola Open in Las Vegas, Nevada. Strong fields and intense play mark the tournament, a "Major" event in college bowling.

"We bowled with some of the top schools in college bowling and held our own without anyone on the team bowling to their full potential. So we enjoyed the trip anyway... we left Vegas with the knowledge that we can compete with any of the top teams in the country," said McKeon.

The men's team was disappointed with its finish at 13 of 35 but they left Vegas rededicated to Nationals.

The following weekend, Feb. 6, SHU men's bowling won the Blue and Orange Classic in Norwalk. Federici took home Singles and All Events titles with a 225.5 average. Teammate David Kipperman knocked down three fewer pins was runner up with a 225.3 average. The bowlers were obviously pleased with the finish.

Currently, SHU is cleaning up the last few tournaments of the year and gearing up for the big dance. With so much at

stake and very little separating each school at any giventournament, the men's team will rely heavily on anchor Federici, a standout with an "outside" chance at All-

American, who has chosen the right time to get hot.

"We're gunning for the big boys in the Midwest," McKeon said.

Pioneer Schedule

Friday, March 18

Women's Fencing	at NCAA Champ	Houston, TX	9:00 AM
Men's Tennis	vs St Francis NY	Fairfield, CT	3:00 PM
Wrestling	at NCAA Tournament		All Day
Men's Fencing	at NCAA Champ	Houston, TX	All Day

Saturday, March 19

Baseball	at Yale	New Haven, CT	12:00 PM
Softball	vs BU	Fairfield, CT	1:00 PM
Women's Fencing	at NCAA Champ	Houston, TX	9:00 AM
Women's Lacrosse	at UNH	Durham, NH	12:00 PM
Men's Lacrosse	at Dartmouth	Hanover, NH	3:00 PM
Wrestling	at NCAA Tourn		All Day
Men's Fencing	at NCAA Champ	Houston, TX	All Day

Sunday, March 20

Baseball	vs Yale	Bridgeport, CT	12:00 PM
Women's Fencing	at NCAA Champ	Houston, TX	9:00 AM
Women's Equestrian	at Molloy	Melville, NY	All Day
Men's Fencing	at NCAA Champ	Houston, TX	All Day

CAMPUS SPORTS

O'Brien, Larson Lead Atlantic in Goals, Shots

Continued From Page 16

Lambert, QC.

Chmiel finished third in points by a defenseman, with 17. He also finished

third in assists by a defenseman, with 14.

Larson led the conference by 20 shots, amassing 114. He also led Sacred Heart with 17 assists in conference play.

Ryan Bremner, Patrick Sullivan, Barclay Folk, Noel Henck, Lapointe and Larson were honored on senior night, at the last Sacred Heart home game Feb. 26.

Bremner, a defenseman from Williams Lake, BC, played in 18 games this season and recorded three assists.

Sullivan, a forward from Mullica Hill, NJ, played in 14 games, registering six shots.

Folk, a forward from Wesbank, BC, played in 28 games, scoring four goals and adding seven assists.

Henck, a defenseman from Long Beach, NY, played in 33 games, picking up two assists as an alternate captain.

Lapointe, SHU's starting goaltender from Quebec City, QC, went 9-10-1 in conference play, recording a 2.99 goals against average and a .902 save percentage as an alternate captain.

Larson, a forward from Rycroft, AB, scored 10 goals, including two on the power play and one shorthanded. He

also registered 22 assists as the captain of the Pioneers.



The Spectrum/ TRAVIS FLYNN

Kalen Wright sets up for a slapshot on the power play.



The Spectrum/ TRAVIS FLYNN

Noel Henck dumps the puck in from the point.

SHU in Ireland

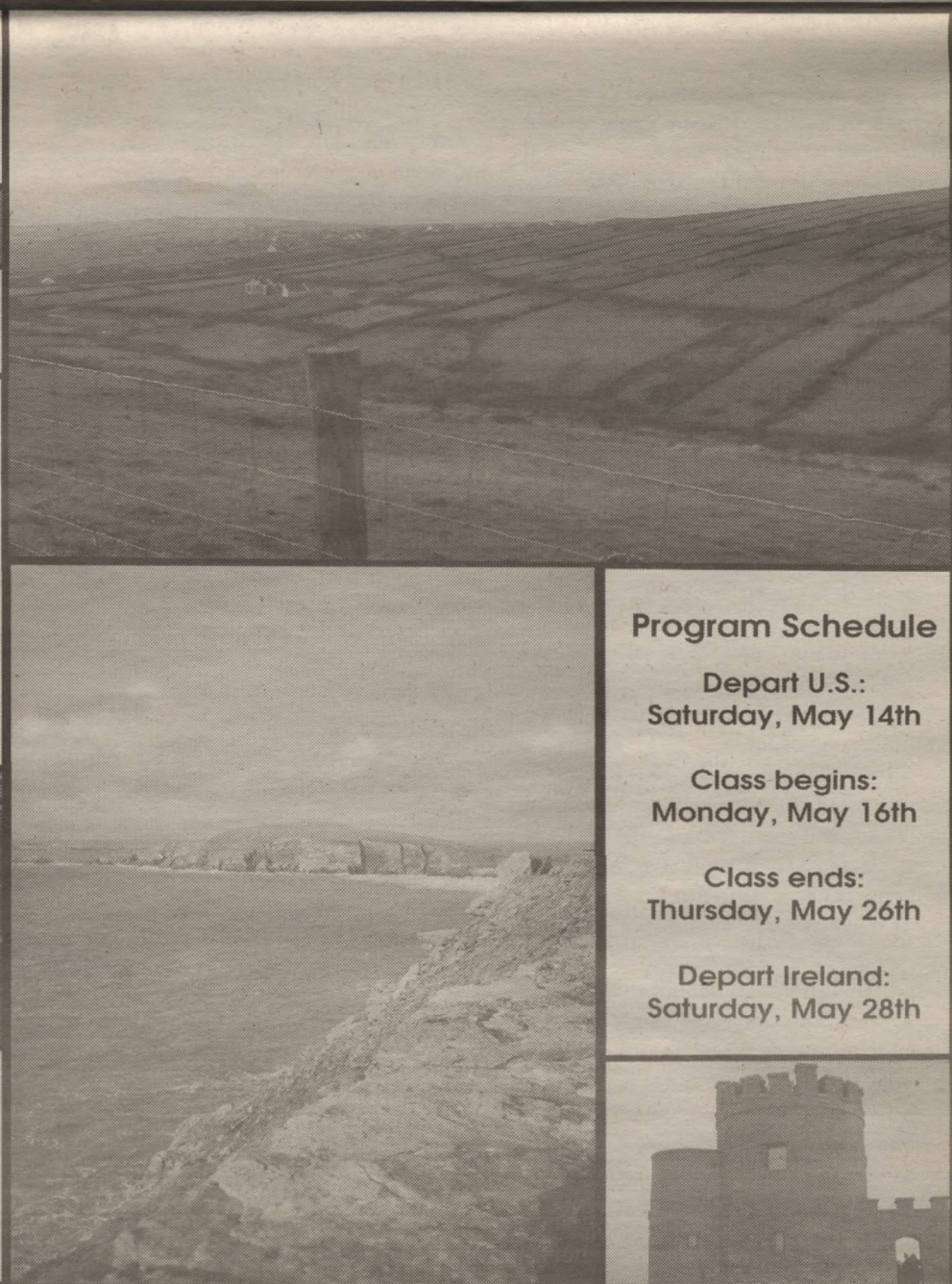
May Intersession 2005

Contemporary Irish-American Fiction
(3credits) Professor Michelle Loris

Contemporary Irish-American Fiction provides students with the opportunity to critically read, analyze and write about the fiction of Irish-American writers. The course will focus on the themes of family, politics, Catholicism, and Irish culture which are central to this fiction. Study of these literary works will be enhanced by additional study of Irish history and culture—including political and religious history, development of modern Irish culture, and history of immigration to America—thereby allowing students to obtain a fuller understanding of the Irish-American experience in contemporary America.



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Program Schedule

Depart U.S.:
Saturday, May 14th

Class begins:
Monday, May 16th

Class ends:
Thursday, May 26th

Depart Ireland:
Saturday, May 28th



Beyond SHU
The Sport Columnists Preview
the NCAA Tournament (page 12)

Beyond SHU
March Madness to Begin
(page 13)

Campus Sports
SHU Bowling Gearing up for the
Big Dance (page 14)

Campus Sports
Continuation on Men's Hockey
Playoff Loss (page 15)

Close Calls Determine Goals in SHU Loss

Travis Flynn
Staff Reporter

Controversy overshadowed a hard fought men's hockey game Saturday as Holy Cross defeated Sacred Heart 4-2 at the Hart Center in Worcester, knocking the Pioneers out of the Atlantic Hockey playoffs.

"The refs took the game away from us, I think, tonight, because we played a strong game as a group," said forward Pierre-Luc O'Brien, a sophomore from Nicolet, QC. "[Holy Cross] played well too, but they all know we deserved it more, as our goal was cancelled and theirs was allowed."

Down 3-2 midway through the second period, Bernie Chmiel fired a slapshot that breezed past the left shoulder of Tony Quesada. The puck crossed the goal line, hit the supporting hind crossbar, and quickly bounced away from the goal.

The Sacred Heart band started to play celebratory music, fans began to cheer, and players on both teams hesitated to resume playing, but neither the referee nor the goal judge decided that the puck had crossed the line.

"I am positive that the [puck] was in the back of the net. I don't know why it would have even been questioned," said Chmiel, a junior from Pittsburgh, PA.

Coincidentally, the referee's decisions

allowed Holy Cross's second and third goals to stand.

Holy Cross took a 2-1 lead in the first period as Andrew Weber jammed the puck out from under Kevin Lapointe's glove and into the net. Lapointe claimed he had covered the puck, but the referee ruled that Weber's stick made contact with the puck before it was covered.

With five minutes remaining in the second period, Holy Cross gained a 3-2 advantage when Matt Burke chipped a rebound past Lapointe. As the Crusaders celebrated, the Pioneers argued that a goal post was dislodged before the puck crossed the line, which should nullify the goal, according to college ice hockey rules. The referee decided that the puck crossed the line before the post relocated.

Garrett Larson and Chmiel scored timely goals for SHU, responding to opening stanza tallies by Weber. Rocco Molinaro, O'Brien, and Larson picked up the assists for the Pioneers.



The Spectrum/ TRAVIS FLYNN
Garrett Larson sets up for a faceoff.

The effort from the team on the ice and the support of the crowd in the stands were not enough to overcome the adversity of the close calls, but the team appreciated the many enthusiasts, who drove through snow to attend the game.

"I would like to thank the fans, and especially the band, that made the trip to Holy Cross. It really helped us out," said Chmiel. Larson, O'Brien, Parent, Andrew Billingham, and Rocco Molinaro led Pioneer forwards in scoring on the season, while Chmiel and Kalen Wright led the defensemen.

O'Brien led the conference with 12 power play goals in Atlantic Hockey regular season play. The next highest scorer recorded seven.

"This year I had some success on the power play because of my line mates. Rocco Molinaro is one of the best stick-handlers in the league and Garrett Larson is a pure sniper," said O'Brien.

O'Brien also tied for first in goals with 17 and finished first among forwards with 33 points.

"What makes Pierre-Luc such a scoring threat is that he never quits. Even in practice he'll keep on playing the puck and try to push it in until I either clear it or freeze it," said Sacred Heart goaltender Jason Smith, a sophomore from St.

See "O'Brien..." Page 15

Silver Star Skiing to Top of Resort List

Elyse Harrell
Staff Reporter

For all of those students not interested in the cliché spring break at a tropical location, Silver Star would be right up their alley.

Whistler, Killington, Mount Tremblant, Aspen, Hunter and Mountain Creek are all popular ski resorts located through out North America, but Silver Star is underrated and is coming through the ranking as one of the best.

Silver Star Mountain Ski Resort in British Columbia, Canada is growing in popularity and has one of the highest return rates. Even though it is a smaller mountain, it has a lot to offer.

It stands 6,280 feet at the summit and has over 2,725 ski-able acres, which equals around 105 different downhill runs.

It has both day and night skiing, although the night skiing is offered only Thursday through Saturday.

Silver Star has cross country skiing as well.

Silver Star offers family friendly skiing, snowboarding and other activities for beginners, as well as quite challenging courses for the more advanced skiers and

snowboarders.

For those skiers and snowboarders who like to test their skills, a terrain park including one half pipe is available, as well as a race site.

For beginners and those not as advanced, there are still a plethora of runs and activities available. There are two 'Magic Carpets,' which are simply large conveyer belts to bring novices up a short hill so they can work on learning the basics, as well as five or six easy runs from the top of the mountain.

They have three other chair lifts that take you to the top of the mountain, as well as two T-bars for shorter runs. A T-bar is just a bar placed under your lap that pulls you up the mountain. These are fairly outdated in this day and age and are rare to come across one.

For those parents with children who want to be free to ski or snowboard where they please, there is a day care center available during the day, as well as a snow school.

This snow school is not limited to just children and beginners, it is open to all levels of skiing and boarding abilities. The instructors are all very well qualified and really know how to pin point your weak-

nesses and help you work to fix them.

Silver Star has a sort of Jeckle and Hyde characteristic as the Vance Creek side of the mountain is very family friendly and offers a variety of runs. However and Putnam Creek side of the mountain is known for thrilling trails with some seriously steep slopes.

Silver Star has one of the best grooming equipment and team. They earned the privilege to groom the Downhill and Super G courses at the 2002 Salt Lake City Olympics.

For those who do not feel as though they need to take a lesson and are new to the mountain and do not know their way around there are complimentary guides available. These guides are volunteers that show people around the mountain and are quite helpful.

For those not interested skiing or boarding, there is still plenty to do, including snow tubing at Tube Town or outdoor ice skating which is on a frozen lake. A snowmobile tour though the forested trails of Silver Star is also available.

For a more romantic or easygoing day or evening there is a horse drawn carriage sleigh ride and a spa.

If the weather is not friendly there is

also an indoor rock climbing wall and a fitness center.

After all those activities that one could participate in Silver Star has fourteen places to eat. They range from cafeterias, to pubs, bars, lounges and it also offers two upscale restaurants for a more sophisticated dining experience.

There is a place for everybody everywhere, the bars and pubs are suitable to bring small children they also have pool tables and a foosball table for entertainment.

Every Monday all the available activities come together for a small fair. At the fair there are more opportunities to check out all that the mountain has to offer.

While at Silver Star there are places to purchase or rent new skis or snow boards. They also have a repair shop where they offer waxing and sharpening.

Silver Stars snow is all natural; they do not have artificial snow makers.

With all these different things available to experience one will rarely be left with out something to do. Silver Star is earning its place among the top ski resorts in North America.