

Student Car Stolen from Knights Of Columbus Lot

Brad Holland
Staff Reporter

"At around 3 a.m., I went downstairs to get something out of my car and as I was walking to my spot, I discovered my passenger window on the ground and my car gone."

Ray McKeon (Senior, Bronx, NY), of SHU men's bowling fame, recently met a setback in his quest for a National Title: he lost his balls.

"I must've missed the thief by a matter of minutes, because there were still wet tire tracks on the ground leading out of the driveway," said McKeon. "My car was found the next day with the headlights, tail lights, drivers, mirror and CD player stripped. Also, all my bowling equipment [about \$1,300 worth] as well as hockey equipment [another \$1000] was stolen."

On March 6, McKeon's car was stolen out of Park Royal's Knights of Columbus (KOS) lot. He parked his car early Sunday morning, near 1 a.m. His roommate passed the car, untouched, 45 minutes later. By 3 a.m. he learned the car had been stolen. He called the police.

The following day McKeon received an officer's call and went to retrieve his car. "I ended up having to pay 200 dollars just to get the car back: with no headlights, no tail lights...and all of my things gone," McKeon said. He towed it to Park Royal and then drove it to the Bronx to replace

the stolen parts.

"I was without a car for three weeks," he said, "but that wasn't even the worst of it. I sent letters and emails, with my

response from anybody," McKeon said, and shook his head. "Not one."

The car theft is the latest and most shocking incident of larceny in 2005.



The Spectrum/ DANYA JIMENEZ

On March 6, a car was stolen out of Park Royal's parking lot.

phone number, to many higher-ups in the University as well as Public Safety officers. I wanted to talk about the security here at Park Royal. I didn't get a single

The KOS lot has presented problems for students and public safety since early February. McKeon believes the solution lies in simple prevention: "I honestly feel

that the mere presence of a marked public safety vehicle in the lot at night would serve as a deterrent for any thief," he said. "I feel that we should be afforded the same protection as students living in Taft, who have a public safety truck parked adjacent to their building all night long, along with the students who live in Park Ridge who park in the JCC lot. I have seen a public safety truck parked there every time I pass that lot at night."

In the days following March 6, security was indeed increased in the KOS lot.

Officer Lisa Brown of Public Safety held a press conference with members of the Spectrum news team. She assured students that, "With the recent burglaries at park royal, we've made allowances for more surveillance there because student safety is paramount."

But Officer Brown reminds students that safety is everyone's business. "Be very safe, and be aware of your surroundings," she said. "You can call Public Safety after 7 p.m. until 7 a.m. to get a personal escort anywhere on campus. Otherwise, walk with a friend. Keep doors closed do not prop them open. Be unpredictable, change your routine - you may think nothing would ever happen but you never know."

She managed to address every question in the room before finishing. "We're simply full time working people doing our best for you," Brown said.

Students Encourage Eating Disorders

Diana Muniz
Staff Reporter

Charity bracelets have been leaping into the hands of Americans all over the nation - yellow for cancer, pink for breast cancer. But not all of these bracelets symbolize positive causes. Recently, girls dealing with eating disorders have begun wearing similar bracelets.

"It's a subculture that allows them a sense of connection, shows they belong somewhere," said Dr. Alexander Sackeyfio of the Beaumont Hospital Eating Disorders Program. "Beaded bracelets are now secret symbols of a deadly obsession. They're worn by young people suffering from eating disorders and other destructive behaviors. This deadly trend consists of teens turning to the Internet to support their views and thoughts. Teens are brandishing beaded bracelets for justification and even encouragement of their obsession."

Sackeyfio continued, "The Internet is full of Web sites, like blue dragonfly, which sells red bracelets for anorexia, purple for bulimia, and black-and-blue for self-mutilation. Many of the sites are started by people looking for reinforcement from other sufferers."

"These sites are not about recovery," said Lynn Greffe of the National Eating Disorders Association. "These sites are about reinforcement of an illness, saying 'let's be sick together.' When going

online, visitors feel "inspired" - pictures of wasted and withered women - and advice on how to lose even more weight.

"It's like a cult," said Greffe. "Gee, I'm anorexic and so are you and isn't that

not wearing the same kind. These bands were woven stitched with three beads in the middle."

Greeley continued, "I noticed some of the beads were different colors but I didn't pay much attention to it. A few weeks ago, someone sent me an e-mail about a website promoting anorexia and bulimia, I couldn't believe my eyes. The same bracelets on the three SHU girls were being sold for \$15 on the website. If being attractive means denying who you are physically, by starvation or even cut and pasting ones body, what's the point? It is a kind of suicide; girls are destroying their bodies, denying themselves of food and vitamins. What is left is a pile of bones that become weak and brittle."

Many girls are denying their right to life and freedom.

They live in a world of bondage, tortured by the concept of beauty. This concept becomes an obsession that holds them back from a life of happiness and joy. Life is short to deny oneself the right to truth, happiness and pleasure.

Also, an increasing number of young males are turning to anorexia to maintain certain body weight. Many guys are doing this to stay in shape, usually for some type



Contributed Photo

Websites, such as www.bluedragonfly.org, sell homemade eating disorder bracelets.

neat,' and in fact, isn't that sick?" It's a cult with indicative proud symbol worn proudly by those who doctors say desperately need help.

Dr. June-Ann Greeley, Assistant Professor of Religious Studies, stated, "I walked into FLIK about a month ago and began to talk to some of my students. My students were all wearing different color bands, also known as the Armstrong bracelets. Then I noticed three girls next to us, also wearing bands, but they were

"Fear No Body" Raises Awareness

Juliana Rizzo
Staff Reporter

During the month of March, Eating Disorder Awareness Month, Sacred Heart University made great effort to raise consciousness about dangers involved with eating disorders. Wrapping up the series of events, was a lecture called "Fear No Body," which took place on March 16.

This event was presented by the Park Ridge and Oakwood residential life staff in the lobby of East Hall. Contrary to a lecture, this event was quite involved. The staff put together a series of unique activities in order to answer questions about many myths about body image and eating disorders.

Upon arrival, all attending the event were given a slip of paper and a pencil. Once all of the guests were seated, they were asked to write down anything they think may be a misconception regarding body image or eating disorders that they were curious about, or thought may be a myth. After everyone had handed in their paper, there was a range of giggling as the staff read aloud some of the misconceptions about body image such as "All

CAMPUS NEWS

Public Safety Offers Important Tips

Kristen Lovering
Staff Reporter

Although some students may not realize the actual effort put forth by our public safety officials, it is important to remember that maintaining public safety is their mission.

Setting boundaries and rules help them to go on with their job of keeping the students at Sacred Heart University safe. Several tips given by Public Safety officers, are used to ensure the students of Sacred Heart University can be safe.

Remember the tips, such as, never to leave your identification cards, wallets, checkbooks, jewelry, cameras, and any other valuables in open view; and definitely, do not leave them unattended.

Do not prop open exterior doors, or leave offices or dorm rooms unattended. If your door room lock is broken, immediately report it to Public Safety for repair by the locksmith.

Always lock your doors and windows at night. Never compromise your safety and that of your belongings by leaving doors unlocked. If your access card is lost or stolen, have it replaced immediately at Public Safety.

It is also important to study the cam-

pus and neighborhood with respect to routes between your residence and class/activities; do this so you can utilize different routes and not make your routine predictable.

Please know where emergency phones are located on campus, and always report illegal or suspicious activities.

Fire safety is extremely important at Sacred Heart University. Be sure that before you leave campus for the day, turn off the power or unplug all appliances and other electronic equipment in our offices.

The offices of Public Safety also stress protecting your laptops. A simple way to do this is to always lock the door to your room even if you are just going to the bathroom.

Make sure that your roommate always locks the door as well. Thieves know that many students frequently prop open doors and entryways. If you leave your door open, you are providing a thief with an easy way to steal valuables like your laptop.

Although you may trust your roommate, your roommate's friends may not be as trustworthy. Keep your laptop hidden and locked in a closet or drawer or secured with a cable to your desktop.

Make sure you use the security cables that are provided to secure your laptop.

Never leave your laptop in open view in your car, and never leave your laptop unattended in a public place. Secure it to a desk at all times or locked in a drawer or lock box, even if it's just for a moment.

Be careful in the library. Take your laptop with you when you leave your work area or use a locking cable to secure it temporarily.

If you nap in public areas, keep your laptop under your like a pillow and put the strap over your shoulder. Carry your laptop in an inconspicuous case. A bag that is the size and shape of a laptop is a clue that there is a computer inside. Try to use a bag with extra padding that will protect it.

Officer Lisa Brown, said, "For personal protection, its important to be aware of your surroundings, to walk in groups, and to be unpredictable; don't let anyone know your schedule, and where you should be."

Report any all suspicious activity and persons to the department of Public Safety immediately. Numbers for public safety are, 203-371-7995, or ext. 7995, and also the emergency number is, 203-371-7911, or ext. 7911. If at any time you need help, public safety is one phone call away. Do not hesitate to call, its better safe then sorry!

Clubs and Organizations Briefs

Prologue will be having the last session for group portraits on Sat., April 16 starting at 11 a.m. The location will be announced at a later date.

For more news stories, including Associated Press articles, visit:

<http://spectrum.sacredheart.edu>
or
www.sacredheartspectrum.com

Corrections

And

Clarifications

2/24 Issue 16

The caption that accompanied the article, "What Up Funk Gives Funk-adelic Performance at Outpost" should have read Hubert Martin instead of Hubert Joyner.

3/3 Issue 17

The article entitled, "Dining Room Servers up a Feast for the Eyes" should read that the play was produced by the Department of English and Modern Foreign Languages not by the SHU Players as was reported in the review.

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Fridays, April 8 & 5

QUIZ KIDS DAY Clowns magic balloons.... More
Saturdays, April 9 & 16

FAMILY FUN DAY Sunday, April 10

GRAND PRIZE Giveaway - SONY HOME THEATER SYSTEM
Sunday, April 17

CAMPUS NEWS

"Fear No Body" Session a Success

Continued from Page 1

overweight people smell bad," and "All skinny people are anorexic." All of the misconceptions were read aloud, and the guests were asked to comment. It was presented similarly to a question and answer session. The misconceptions were cleared up by the staff and audience.

They discussed and explained that not all weight problems are due to laziness and not all people who look heavier or thinner have an eating disorder. There are other factors that effect such as metabolism speed, genetics, thyroid problems and even society is partially responsible.

The group discussed the fact that many individuals are labeled as "Fat and lazy" because as time changes, society's expectation of body types changes. We are now at a time period in which skinny is associated with beauty. However, just a few years ago, Marilyn Monroe was considered gorgeous, being a dress size 12, which some now consider to be overweight.

The group also discussed the media's role in body image and obesity. Nowadays, children are encouraged to sit idle in front of the television and playing video games more than ever. This does not allow the amount of exercise needed to maintain a healthy body. Fast food has also

become a hot commodity as it is constantly advertised on television and marketed to children in kid meals with toy prizes. The fact that America has recently been accommodating overweight people was also brought to the attention of the group. Airlines have been putting larger seats in their aircrafts and fast food services feature super size meals with unruly portions of food. Due to business and the need for money by these companies, the morally right choice has become unimportant. The group debated for quite a few minutes about whether or not America is simply making excuses for the overweight and contributing to the rate of obesity or if they are being accommodating because the reality of the fact is that there are many overweight individuals that need a larger seat, or would like to order a meal with a greater portion.

"Fear No Body" rose very intriguing points about body image and brought to the attention of the group that there are many misconceptions about body weight. The staff did a thorough job of deciphering the truths from the fallacies and explaining the different factors that contribute to body weight and image. The staff at SHU, as well as the students and organizations made a great effort in raising awareness about eating disorders and body image during the month of March.

Eating Disorders a Problem at SHU

Continued from Page 1

of sport.

It is a disease, and a disease has no

to admit they suffer from eating disorders.

Part of this reason may come from the fear of seeking support for a "female problem." Men can and do suffer from Anorexia, Bulimia and Compulsive Overeating.

The pressure of weight restrictions in certain sports is encouraging eating disorders among athletic men as well. These sports include wrestling, gymnastics, swimming, horse racing, running, rowing, and bodybuilding.

Many of the underlying issues that contribute to an eating disorder including low self-esteem, depression, feeling of loss of control, abuse, identity concerns, inability to cope with emotions and family communication problems, are the same for both men and women.

There are many programs and websites that help deal with this problem.

By logging onto <http://www.anad.org> or <http://www.troubledwith.com> one can get help and advice to overcome anorexia and bulimia, as well as other related problems.

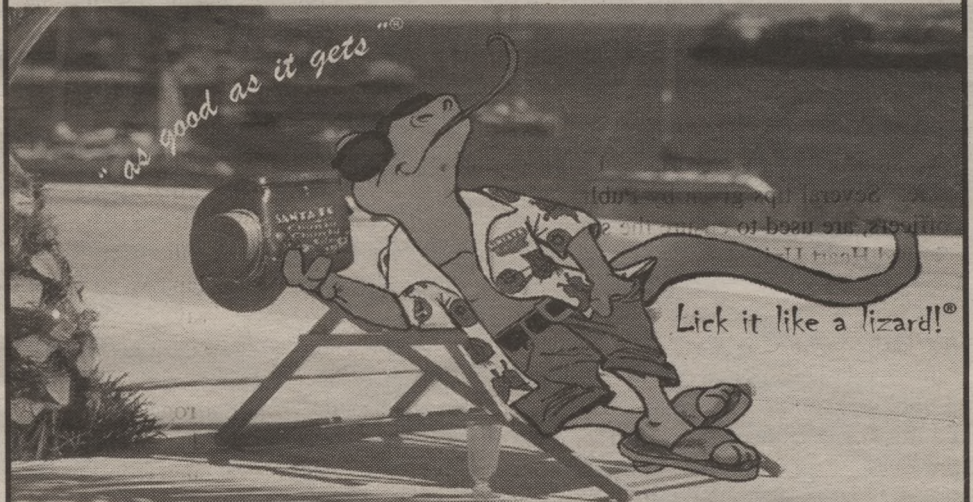
Don't wait until the problem creeps up on one. Stop it before it develops into a life-long set back, hindering those things that are truly important and valuable in one's life.

"A few weeks ago, someone sent me an e-mail about a website promoting anorexia and bulimia, I couldn't believe my eyes. The same bracelets on the three SHU girls were being sold for \$15 on the website."

- Dr. Greeley. Assistant Professor of Religious Studies

gender, it picks on men and women the same. Just as women once rarely acknowledged their alcoholism, men are unwilling

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CAMPUS NEWS

Thousands Mourn Pope's Death in Rome

Continued from Page 5

remain standing. Young children, even infants, were unusually well behaved.

All the time, as the line inched forward, it grew longer and longer; out of St. Peter's Square, stretching out of sight down the Via Della Conciliazione. Police said close to midnight it was two miles long - and many people wide.

Up to 2 million pilgrims are expected in Rome to pay their final respects this week.

Since the pope's death Saturday, the square has been transformed into an outdoor shrine of thousands of candles, farewell letters and notes scribbled on train tickets and tissues fused in puddles of melting candle wax. The scene was reminiscent of the impromptu tributes that swelled in Paris and London after the 1997 car crash that killed Princess Diana.

"Yesterday there was almost nothing here, and now look at it," said Catherine Pech, who drove 12 hours from Switzerland with her husband and daughter to mourn the pope.

Hours before the body was moved to the basilica, the College of Cardinals - meeting in tradition-bound secrecy - set

Friday as the date for the funeral in the first of a series of gatherings preceding their secret vote this month to elect a new pope.

It was not clear if they discussed other issues. Chief Vatican spokesman Joaquin Navarro-Valls said there were 65 cardinals attending, while the remaining cardinals were heading to Rome.

Navarro-Valls said John Paul would "almost surely" be buried in the tomb where Pope John XXIII lay before he was brought up onto the main floor of the basilica. John XXIII was moved after his 2000 beatification because so many pilgrims wanted to visit his tomb, and the grotto is in a cramped underground space.

In London, Buckingham Palace announced that Prince Charles postponed his wedding until Saturday so that he could attend the 10 a.m. (4 a.m. EDT) funeral. In Guyana, the 34-nation Organization of American States postponed an election for a new chief.

Cuban President Fidel Castro announced three days of national mourning beginning Sunday, and Hungary will hold a national day of mourning on Friday. But in Ireland, an overwhelmingly Catholic nation, Irish Prime Minister

Bertie Ahern stirred arguments by refusing to do the same.

There had been speculation that the pope might have left orders to be buried in his native Poland, but Navarro-Valls said John Paul "did not show any such wish."

Poles have hoped the heart of the pope - the first non-Italian pontiff in 455 years - might be placed in Wawel Cathedral in Krakow, where Polish saints and royalty are buried. Asked if this was ruled out by burial in St. Peter's, Navarro-Valls did not directly reply, saying he was merely transmitting information on decisions the cardinals made Monday.

Navarro-Valls made no mention of a date for the papal election, or conclave, implying that no such decision had been made. By church law, the conclave must take place within two weeks of the burial.

Archbishop Josef Clemens, secretary of the Vatican office for lay people and a former aide to top Vatican Cardinal Joseph Ratzinger, said not all the cardinal electors had arrived in time for Monday's first session. Asked about the atmosphere among the cardinals, he said: "Sad, but hopeful."

TOPOFF 3 Drill

Continued from Page 5

because of contamination.

But participants said such glitches only added to the chaotic feel that made the drill seem like a real emergency.

Rep. Christopher Cox, R-Calif., chairman of the House Homeland Security Committee, toured the mock attack site in New London on Monday afternoon and was headed for New Jersey later in the evening.

"One of the things that really struck me is how hard everyone has to work for an exercise," Cox said. "It's every bit as much work as if it were real. The level of commitment from the first-responders is extraordinary," Cox said. "I don't think we will know for several weeks, indeed months, exactly how well we did and where the problems are, but I can tell you immediately that the personal commitment of every single one of the first responders that I have observed and talked to is through the roof. I have no doubt they're doing everything they can do."

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BEYOND SHU

Pilgrims Pack St. Peter's Basilica in Rome

William J. Kole
Associated Press

VATICAN CITY (AP) - Falling silent, whispering the rosary and clasping their hands, tens of thousands of pilgrims paid their final respects to Pope John Paul II on Monday after his body was carried on a crimson platform to St. Peter's Basilica.

Incense wafted through the church where he will be laid to rest Friday in an ancient grotto holding the remains of popes through the ages, immediately after a funeral to be attended under heavy security by President Bush, British Prime Minister Tony Blair, French President Jacques Chirac, U.N. Secretary-General Kofi Annan and dozens of other world leaders.

There was no stopping for a lingering view, a motionless moment of reflection. Many wept as they walked past the bier. Some collapsed against the wall outside after leaving the basilica, designed by Bramante and Michelangelo and dedicated in 1626.

People who had never had an audience with the pope felt as if they had lost a dear one. "Every time I saw him



AP Photo/ JASPER JUINEN

A faithful holding a photo of the Pope waits in St. Peter's Square, as thousands lined up to say a personal farewell to the late pontiff.

(on television) he told me something, he gave me a message," said Silvia Sandon, 23, a student in Rome, after viewing the body. "Now, I just saw him."

"His face was suffering," said Sister Emma, a 76-year-old Italian nun. "I felt a sense of sadness, even though I know he's in heaven."

On John Paul's feet were a pair of the simple brown leather shoes he favored during his 26-year pontificate and wore on many of his trips to more than 120 countries - a poignant reminder of the legacy left by history's most-traveled pope.

The crowd cheerfully chanted and clapped hands on the street leading to St. Peter's Square as it moved slowly toward the basilica. As soon it entered the square, people fell silent as if they were

entering a sacred place. Their glimpse of the pope's remains was quick at best, as police whispered "Hurry up."

But some still managed to snap photographs with cell phones as they passed John Paul's body, clad in a scarlet velvet robe, his head crowned with a white bishop's miter and a staff topped with a crucifix tucked under his left arm.

"I would like to tell him how much I love him," said Lorenzo Cardone, 9, waiting in line with his parents.

Earlier, as priests chanted the Litany of the Saints, 12 white-gloved pallbearers flanked by Swiss Guards in red-plumed helmets gingerly marched the body from the Vatican's Apostolic Palace, where it had lain in state for prelates and dignitaries, to the basilica.

Chicago Cardinal Francis George said the cardinals prayed for about one hour before the procession and that the pope looked "at peace, but a man who had suffered."

Outside, the mourners stood in line hour after hour, starting when the sun's heat blazed off the Vatican's old stones, and into the late night chill. Pilgrims older than the late pope struggled to

♦See "Thousands Mourn..." Page 4



National and Global News

WASHINGTON (AP) Most Americans - Catholics and non-Catholics alike - want the next pope to allow priests to marry and women to join the priesthood, a major break from church rules and the judgment of Pope John Paul II, according to an Associated Press poll. The charismatic pontiff was held in high regard by a majority of Americans and most Catholics, with many suggesting that John Paul will be remembered as one of the greatest popes. For many, the man who led the church for 26 years is the only pope they know.

HILLSIDE, N.J. (AP) The biggest anti-terrorism drill ever held in the United States got under way Monday with a mock biological attack in New Jersey and a simulated chemical-weapons explosion in Connecticut.

BAGHDAD, Iraq (AP) Prisoners at Iraq's largest detention facility protested the transfer of several detainees deemed "unruly" by authorities, throwing rocks and setting tents on fire in a disturbance that injured four guards and 12 detainees, the military said Monday. Friday's protest was the first of at least three violent incidents at Iraqi prisons during the past four days, with the latest occurring Monday at the notorious Abu Ghraib facility. A

suicide bomber driving a tractor blew himself up outside the prison, wounding four civilians.

WASHINGTON (AP) The Supreme Court gave bankrupt Americans another layer of financial protection Monday, ruling that creditors cannot seize their Individual Retirement Accounts. The unanimous decision shields a nest egg relied upon by millions of people. The justices said IRAs should join pensions, 401(k)s, Social Security and other benefits tied to age, illness or disability that are afforded protection under federal bankruptcy law.

VATICAN CITY (AP) Falling silent, whispering the rosary and clasping their hands, tens of thousands of pilgrims paid their final respects to Pope John Paul II on Monday after his body was carried on a crimson platform to St. Peter's Basilica. Incense wafted through the church where he will be laid to rest Friday in an ancient grotto holding the remains of popes through the ages, immediately after a funeral to be attended under heavy security by President Bush, British Prime Minister Tony Blair, French President Jacques Chirac, U.N. Secretary-General Kofi Annan and dozens of other world leaders.

Matt Apuzzo
Associated Press

Gov. M. Jodi Rell met with her top commissioners Monday after officials triggered a simulated terrorist attack in New London as part of the nation's largest-ever terrorism drill.

Shortly before 1:30 p.m., federal officials staged a mock chemical weapons explosion on the New London waterfront, prompting homeland security officials to open an emergency command post at the state Armory.

The "TOPOFF 3" drill, a test of the international homeland security response system, was expected to last most of the week and involve public safety officials from local fire departments up to the U.S. Department of Homeland Security.

The drill in Connecticut followed an early-morning simulated attack in New Jersey, in which a biological agent was supposedly released.

Connecticut homeland security officials planned to survey the simulated damage in New London, where buses were overturned and volunteers played victims exposed to chemical attacks.

Rell participated in a conference call with U.S. Homeland Security Secretary Michael Chertoff, declared a state of emergency and raised the state's threat level to orange.

Her commissioners huddled in a glass conference room dubbed "the fish bowl" as top aides shuttled updates in

and out of the room. Representatives from all state agencies worked the phones as a virtual news broadcast kept officials update.

As part of the drill, Rell briefed volunteers posing as reporters at a press conference. She explained an explosion had released a chemical into the air and urged residents to stay inside and close their windows.

"Please understand that we are in control," she said.

After the first few hours, officials said the drill was proceeding as planned.

"Information seems to be flowing up very well, and we're getting that information to the governor. And we're passing information down to the first responders," said James Thomas, commissioner of the Department of Emergency Management and Homeland Security. "It definitely feels real. I'm impressed with the way everyone is doing."

Though the drill felt real, there were some indications it was just a simulation. As Rell entered the briefing room about 2:30, an aide said to her, "This is the fake press."

Then, shortly before 3 p.m., victims started showing up at Hartford hospitals, even though that would have been too soon for them to arrive. Rell had said ambulances weren't entering the scene

♦See "TOPOFF 3 Drill" Page 4

Perspectives

Relationships That Money Can't Buy

Elizabete Ribeiro
Contributing Writer

What is the real meaning in life that keeps the human being going during the everyday journey? Most of us mistakenly believe money is the answer to our problems in life, sometimes we truly count on money to find happiness. We learn to work hard to provide a good education for our children or to have the ultimate car in the garage, so sometimes we can slap our friends' or families faces just to show how much power of money we have. I have had good experiences in life since I came to live in the United States. These experiences have taught me to give importance to the people and simplest unforgettable moments in my life, which money can't buy.

Most of my married friends that have come to live in the United States used to have excellent marriages and very well structured families; despite life styles of poverty today all of my friends are divorced. What intrigues me is that these people have succeeded in life. Today their lifestyles provide them with much greater benefits than life back in Brazil. However, now their beliefs are different.

I have a friend who had a very successful psychology career for over twenty years back in Brazil; yet it was there that she divorced her first husband. When she came here, she met her second husband who she used to say was her real

true love. Her professional success came here too, as it had in Brazil. She opened a small, but very cozy psychology clinic in Bridgeport. Her life was so busy that she did not have enough time for her family. They achieved the lifestyle they wanted: a new car, an exuberance house and lots of friends. However; she and her husband were drifting apart.

One day, my friend and I were having lunch together, when she told me she was thinking about divorcing her second husband. At the very moment she said that, she felt a very strong pain in her stomach that made her reach for a seat.

One week later, my friend called. She was very nervous, almost crying, because she had gone to the doctor to find out what that pain was that she had felt. The doctor said if he didn't call her back, it would be because there was nothing wrong with her. But he did call her back, and she was very scared, because her mother had died of uterine cancer.

Her husband could not get out of work to take her to the hospital. I went to her house to take her to the hospital,

so she could find out what the doctor had to say. All the way to the hospital, she explained to me that no amount of money could have saved her mother's life. By the time her mother's disease had been discovered, it was too late, and she was scared that the same thing could happen to her.



When we arrived, she didn't want to go into the hospital, but we finally went in anyway. She was shaking from head to toe, trying not to cry, but she

could not help the tears. The doctor explained to her that she had the same disease as her mother. Moreover, he had good news: the cancer was in the beginning stages and was curable, but the best treatment would be to remove her uterus. Afterwards, her treatment would be painful, but she would be fine.

Today, a year after her surgery, she is still recovering. She and her husband are not thinking about getting divorced anymore. She says that she can't have any more children, but despite that fact, her husband remains by her side. He loves her child from her first marriage, as if he were his own. My friend put everything in her life on hold, but not her family anymore.

Society has to be extremely down to earth when the topic is money; I believe that money can seriously damage relationships that people have, because nowadays we seem to give a greater priority to how much we have in our pockets than to our resembling. To me money and successful careers are great rewards for our hard work to achieve and succeed in life. Still, none of this would have any meaning in my life if I didn't have a person to talk to about my accomplishments at the end of the day, a person to be beside me when I am sick. My husband and I feel more strongly bonded together than ever before, and this is what keeps us going.

The SPECTRUM

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Inexpensive Meal For College Students' Budget

Danielle Holton
Contributing Writer

Money... We all want it yet none of us has much of it right now. This article will tell you how to make the most of what you do have. As we've all learned being a college student, it's hard to come by money if you don't have work-study, and even if you do, money goes fast. Whether it's going out to eat, going out to the clubs, or going to the mall, the

green just never seems to last for long. Here's one way to get some extra cash in your pocket. We all love FLIK, but let's face it, we miss home cooking, so why not take advantage of that. Go to Stop & Shop and get the following ingredients, make an inexpensive, home cooked dinner for your hall and sell plates for \$5. Post flyers around the dorms announcing your dinner and have people email you if they're interested so you know how many to plan on. You should always plan for a few more than the responses you get because people will smell the food and want to join in on the fun. Try this out once and you'll be begged for seconds!

Cornbread:

- Nonstick vegetable cooking spray
- 1 (11-ounce) can Mexicorn
- 1 egg
- 1 (8 1/2-ounce) package corn muffin mix

Chili:

- 10 ounces lean ground turkey (or beef), crumbled
- 1 tablespoon all-purpose flour
- 1 tablespoon olive oil
- 1 (28-ounce) can whole tomatoes
- 2 (14 1/2-ounce) can spicy black beans
- 1/4 cup tomato paste

Cornbread:

Preheat oven to 400 degrees F.

Spray a baking pan with nonstick spray. Drain all but 2 tablespoons liquid from Mexicorn. Place reserved 2 tablespoons liquid in a bowl. Add egg to liquid and whisk to blend. Stir in Mexicorn. Add corn muffin mix and stir until just combined. Transfer mixture to prepared pan. Bake until a toothpick inserted into center comes out clean, about 20 minutes.

Chili:

Meanwhile, in a large re-sealable bag, toss turkey with flour until flour is absorbed into meat. Heat oil in a pot over medium heat. Add turkey and cook until browned, about 5 minutes. Crush the canned tomatoes by hand and add tomatoes and liquid. Add beans and tomato paste. Simmer over medium-low heat until chili is slightly thick, about 8 minutes. Spice as desired.

He Said... She Said...

How do you know if you are "whipped" by your girlfriend or boyfriend?

Robert Roy
"He Said" Columnist

Many relationships are dominated by one side, while the other is "whipped," here are TEN signs you are whipped by you girlfriend.

1. You are whipped when you are afraid to go out with your friends because you girlfriend gets to jealous.

2. You are whipped when you have to ask permission to do anything.

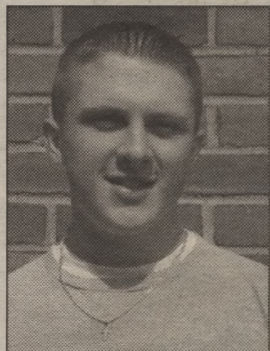
3. You are whipped when your girlfriend calls just to make sure you are where you say you are.

4. You are whipped when you have to call and check in with your girlfriend.

5. You are whipped when you have no choice on what you and your girlfriend do. She asks what you want but she is actually lying and doesn't care what you want.

6. You are whipped when you have to be friends with her friends but she will not be in the same room with your friends.

7. You are whipped when every fight ends with you



The Spectrum/DANYA JIMENEZ

apologizing, even when she messed up.

8. You are whipped when you aren't allowed to pick the movies you watch, and chick flicks dominate your movie selection.

9. You are whipped when you are not allowed to have a bad day, and she takes all of her anger out on you.

10. You are whipped when you give into everything your girlfriend says and do not ever think for yourself.

To avoid this just be open and honest with your girlfriend about your feelings. However, if it gets to this point she probably is not going to ever change and will continue to try and dominate the relationship.

Athena Soriero
"She Said" Columnist

Realizing that you have been whipped and clipped to a very short leash by your boyfriend or girlfriend can sometimes be hard because you've been trained by them to think you're doing things for them because you want to or if they're experienced "whippers" they may have you fooled into believing that you are in control when in fact they really are the one who runs the show. In any case if you're having difficulties figuring out if you've been hooked up to a retractable leash or not here are a few ways you can tell:

1. You define breakfast in bed as--making a trip out in the rain after a long night to buy eggs, pancake mix, milk, butter, calling from the store to ask if they'd rather have toast or a bagel then rushing back to make a custom ordered breakfast.

2. Your friends bought you a new colored leash for Christmas.

3. You know exactly the way your bf/gf likes their clothes folded and hung after you finish doing their laundry.

4. You spend more time doing their homework and papers than your own.



The Spectrum/DANYA JIMENEZ

5. You've arranged your class schedule to better fit their needs.

6. You've given up vices and favorite past times to please them such as drinking, chewing, smoking etc.

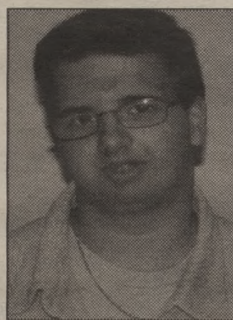
7. You have a abnormally large muscles in your hands and forearms from the amount of back and foot massages you've given.

8. In order for you guys to hang out at your place you need to go pick them up and bring them back even though they have both a car and a license.

9. The only time you go out with friends (if you have any left) is when you need to kill some time while you waiting for tyour bf/gf.

10. Your bf/gf is the proud owner of a shirt that reads, "I RUN SHOW".

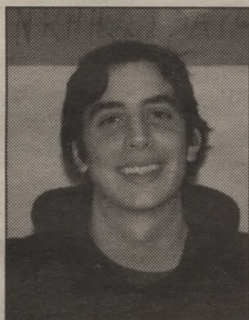
shuVoices What are you anticipating most this month?



"Spring!"

Marc Boyer

Quebec, Canada ~ Freshman



"Greek Week."

Jon Bassi

Branford ~ Junior

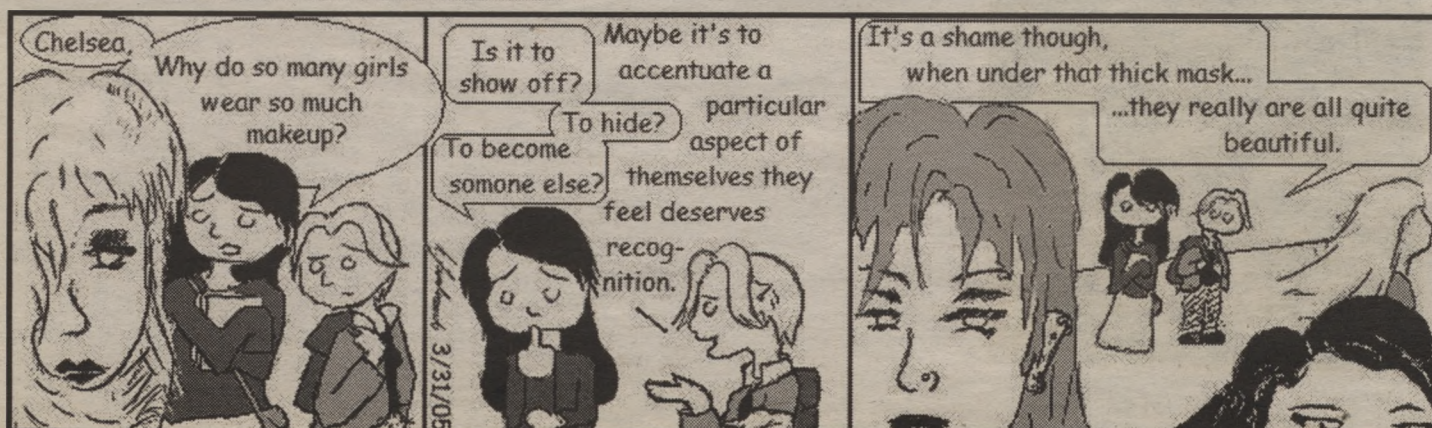


"Sun, warm weather... flip flops!"

Cara Franze

Westchester, NY ~ Junior

The CARTOON of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO



Student Senate met on March 16 to discuss the Constitutional Review. The Constitution Review Committee, comprised of three Senators, three Executive Board members and one Judicial Board member, has been working all semester to revise and update the Student Government Constitution. Being the end of this committee's review, the new document came before Senate for discussion and approval. The finalizing process involved the Vice President of Senate reading the completed work, totaling nearly twenty pages to the Senate members. With minor modifications and additions, the Senate passed the document for the first time (with changes).

Since then, the Senate has met and passed the document for the second time. With one more approval from the Senate and one from the Executive Board, the Constitution will be set for next year's Student Government members. The Senate thanks everyone who put time and effort into making this an efficient process. As stated in the Constitution, the document is reviewed by the committee every two years, so this revised document will be printed and distributed for use in 2006 and 2007, at which time it will go through the same updating and revision process.

Senate has nominated Senators who it felt met the qualifications to be Senator of the year. These members of Senate acknowledged as possible candidates for the award are chosen because they exemplify characteristics that are above and beyond the other members. Although every member of Senate has a role they must follow and a job they must attend to, it takes a strong leader to go past these expectations and soar into the success of the unknown. The votes were taken in and the winner will be announced at the Campus Life Leadership Awards.

Nominations were also cast for the Unsung Hero Award, an award given to a Senator who has done a lot for the Senate, but more often than not they are the "behind-the-scenes" effort. They are not often recognized for their efforts, but do their share of responsibilities and much more. This award, along with several others, will be announced at the Student Government Installation Ceremony on April 24. This ceremony will take place over dinner and will be the end of the current office term. At this time all Student Government members will gather together to welcome and swear in new members, and to say the goodbyes and farewells to graduating seniors.

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**

—Arts & Entertainment—

Student Artists Converge on SHU Gallery

Johanna Prentki
Staff Reporter

All year long, the Sacred Heart University Art Gallery has boasted some impressive exhibitions from outside artisans. This month, though, the gallery is displaying artwork by SHU students specifically selected by outside critics. From March 20 to April 15, the student art exhibition will showcase art work from some of the university's most promising art students.

Art Club Advisor and Art Professor Jack DeGaffenreid organized the selection of art work. There were 200 entries that were considered for awards and placement into the exhibition. Four outside jurors were then chosen to evaluate and narrow down pieces for the showcase. The jurors chose about 60 pieces for recognition.

"The exhibit is juried by outside jurors from the community of graphic designers, illustrators and fine artists," said gallery curator Sophia Gevas. "The Department of Art and Design makes all the arrangements from gathering the works in one room, to selecting the jurors and informing the Gallery of their decisions." Gevas has curated all of the exhibitions this year and was especially excited to be featuring student art work.

"This exhibition is based on fine art, commercial art and studio art," said DeGaffenreid. "It is a very eclectic mix



The Spectrum/ MARK STANCZAK
Amanda Bettis poses with her "Life's Little Lessons Cocktail Book" which won first place in the advanced art judging at the student art exhibit.

of design and artwork with conventional painting and drawing as well."

All of the entered pieces were placed in three categories: foundation, intermediate and advanced. Outside nonaffiliated judges were chosen to evaluate the art to avoid conflict of interest with students and to maintain a completely objective stance.

The artwork on display varies from charcoal drawings to graphic design pieces to watercolor and oil painting to photography, among others.

AJ Seagraves received first place in the foundation category for his ink drawing "Rod." Martin Kolwicz received first place in the intermediate category for his watercolor "My Son." And Amanda Bettis received the first place award in the advanced category for her "Life's Little Lessons Cocktail Book." A number of other students were recognized as well with placements and honorable mentions.

"The student art exhibit was such a great opportunity for art students," said Bettis. "We all put so much effort and creativity into our work. It's an honor to see it on display in the gallery."

The gallery will be featuring the student art exhibit until April 15. Come see what your fellow classmates and friends have been hard at work on during this past academic year. The gallery is open Monday through Thursdays from 12 p.m. to 5 p.m. and on Sundays from 12 p.m. to 4 p.m.

Sick Ticket Ready for the Big Time

Katrina Brown
Staff Reporter

There is undoubtedly a lot of talent within the SHU campus, whether in athletics, arts, or education. Some of this talent is always in the spotlight while others go unnoticed. This is the case for SHU Class of 2002 graduate and current Audio/Visual Media Services Coordinator, Keith Zdrojowy. What may or may not be known to the SHU campus is that Zdrojowy is a bass guitar player for his band, Sick Ticket.

When it comes to music, Zdrojowy is extremely experienced and versatile. He has trained on the violin, flute, clarinet and trombone, and in high school added the bass guitar to his ever-growing resume.

"As a junior in high school I bought a bass guitar for my birthday and then shortly after I joined the high school jazz band," he said.

In his senior year of high school, Zdrojowy and three friends started a band known as The Eccentrix. The group, however, only lasted two years. After the split, Zdrojowy took a break from music, only to rekindle his passion after college with the birth of his current band Sick Ticket.

Through a friend-of-a-friend occurrence in 2002, Sick Ticket came to be born. Zdrojowy joined vocalist Ryan Healey, guitarist Dave Novak and drummer Chris Thompson while attending an audition for a new band and the group had almost instant chemistry. As for how the band got

its name, Zdrojowy said, "It means absolutely nothing. We were trying to come up with a name for the band for months. Our practices are held in a car dealership garage and one day a guy who worked there walked in and suggested the name. We hadn't thought of anything yet so we took it."

In regards to the type of music Sick Ticket plays, Zdrojowy added, "If you had to put us into some sort of category, I would say we fit into the early '90s alternative feel, with bands like Smashing Pumpkins and Weezer." Each member of the band has their own musical influences but a mutual taste which is highlighted in their music.

Sick Ticket has been working on their album for the past year, recording it them-

selves at Novak's hand-built recording studio, Toast Works (www.toastworks.com). Currently, the band is aiming for a release date sometime in early May.

For information about upcoming tour dates, information about the band and its members, and for music samples, visit www.sickticket.com. The band is also available on MySpace.com.



Contributed Photo
Sick Ticket horses around before their performance at the Hat City Ale House.

Campus Art



Through Student Eyes

Dozens of paintings adorn the hallways of Sacred Heart University, but few are given more than a cursory glance. For the students who pass these works every day, it would be impossible not to ponder their origins and significance. This weekly column, which will run exclusively in the online edition of *The Spectrum*, will share the research done by Dr. Anne Bolin's AR 101 students with the goal of providing the SHU community a better appreciation and understanding of the art work that they have come to know so well.

This week, we explore Paul Brach's "Red Remuda," the large-scale landscape painting that can be found between the Mahogany Room and Flik.

America Transfixed With Celebrity Trials

Jenna Gray
Staff Reporter

How exciting is it to hear about celebrities on trial? Verdicts have just been reached on a few majorly publicized court cases and our news coverage just can't seem to get enough of it.

On March 16, a jury acquitted actor Robert Blake of murdering his wife, a stunning verdict in a case that played out much like most of his tough guy films. This is just another consistent outcome for celebrities on trial in our "honorable" court system.

Blake was charged with shooting his 44-year-old wife Bonnie Lee Bakley in their car outside an Italian restaurant on May 4, 2001. The jury of seven men and five women delivered the verdict on their ninth day of deliberations, following a trial which included two Hollywood stuntmen who pointed the finger at Blake saying he tried to get them to kill off his wife.

The 71-year-old star dropped his head, trembled with emotion, and let out several deep breaths after the verdict was read. When asked by reporters why they let Blake off, a juror said the prosecution "couldn't put the gun in his hands" and "they could never connect all the links in the chain." He agreed that Blake's alibi was shady.

The same day that Blake's verdict was announced another big court case came to a close. A California judge sentenced Scott Peterson to death for killing his pregnant wife, Laci, and their unborn son.

For months the case kept our nation captivated but this past Nov. a jury convicted Peterson of first- and second-degree murder. The sentence of death was recommended a month later.

Numerous family members and friends of Laci testified at the recent sentencing trial. Everyone seemed to be in agreement that Scott murdered his wife and unborn baby in a

When taking these court cases into consideration, the question that has to be asked is what role the media is playing in our interpretations of the trials.

selfish attempt to end a lifestyle he no longer wanted. San Mateo Superior Court Judge, Alfred A. Delucchi, called the Christmas Eve 2002 murders "cruel, uncaring, heartless and callous," and supported a jury's recommendation for the death penalty.

Recently, one of the biggest trials in the news has been the Michael Jackson case. Jackson is accused of molesting a 13-year-old boy early in 2003, giving him alcohol and conspiring to hold his family captive.

The media frenzy started back in Nov.

2003 when Jackson surrendered to the Santa Barbara County Sheriff's Department. He was booked on child molestation charges and released on \$3 million bail. Formal charges were filed Dec. 18.

In April 2004, a grand jury indicted Jackson on four counts of child molestation, four counts of administering an intoxicating agent, one count of attempted child molestation and one count of conspiracy to commit child abduction, false imprisonment and extortion.

On Feb. 28, 2005, jury selections began as did the opening arguments from both sides.

Jackson's only breaks from the rigorous court schedule thus far have been for medical reasons, including the flu and a back injury that made him late for court twice.

More recently there has been major turning point in Jackson's case. Judge Rodney S. Melville issued a ruling which allows jurors to hear evidence about five past allegations that the singer molested children. If convicted on all 10 counts, Jackson faces upward of 20 years in prison.

When taking these three court cases into consideration, the question that has to be asked is what role the media is playing in our interpretations of the trials. Why is the public so drawn to these news stories and what impact if any they have on our lives? Regardless of whatever conclusions you may come to the fact remains that celebrity run-ins with the law will always flood the news and we will watch.

High profile celebrity cases

A look at some high-profile celebrity justice cases around the country.



Tough-guy actor **Robert Blake** was acquitted Wednesday in the shooting death of his wife four years ago.



Pop star **Michael Jackson** is on trial, accused of molesting a 13-year-old boy at the singer's Neverland ranch.



Hip-hop diva **Lil' Kim** is on trial on charges of perjury, obstruction of justice and conspiracy, stemming from a shootout.



Scott Peterson became a celebrity during an investigation and murder trial for slaying his pregnant wife and her fetus.



Rock 'n' roll producer **Phil Spector** will stand trial for allegedly murdering a B-movie actress at his mansion.



Martha Stewart, convicted of conspiracy and making false statements, is in home confinement at her New York estate.

AP

'GOLF: The Musical' on Par With Audiences

Jacque Boothby
Staff Reporter

Why put on a show about golf?

"Lots and lots of ball jokes," explained the writers of "GOLF: The Musical," which graced the Edgerton Center stage on Friday, March 18.

The Off-Broadway show that centers on "Songs and comic skits about the fun and frustration of golf" has played nearly 200 shows since the musical premiered on Oct. 8, 2003. Director Eric Krebs described the play as "A four-piece with a pianist and 18 songs." Four-piece describes the number of actors/actresses in the musical, which is, coincidentally, the same number of players for a casual game of golf. The 18 songs, too, relate to the 18 holes in a golf game.

The actors and actresses had extremely strong voices with wide ranges of pitch. The humorous lyrics, many of which were a play on words, were equally enjoyable. For instance, one song, "My Husband Is Playing A Round," used golf as a metaphor to describe how a husband was cheating on his wife with the sport.

While the songs were witty and

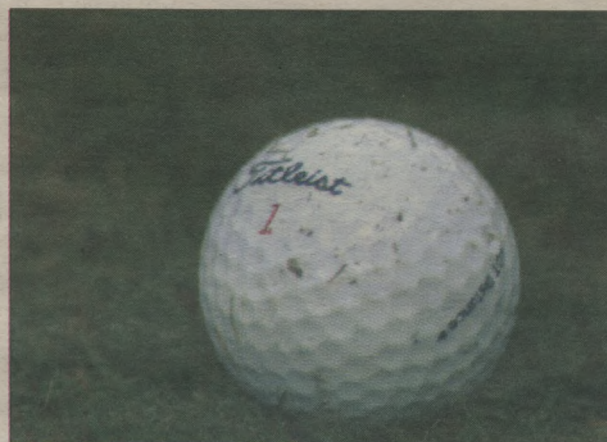
amusing, the jokes were what made the audience fall out of their seats.

"I was sweating more than Michael Jackson at a cub scout meeting," said one of the actors when he was describing his anxiety about putting on the 18th hole. That was only one out of the many jokes that made the audience burst into laughter leaving them teary eyed. Plus, with excessive amounts of argyle, knickers and polos the costumes really added to the performance.

With sold-out shows around the country, the musical has now increased the size of their venues to 300 plus seats. Krebs said, "We will tour, off and on, for years, I hope, as well as license the show to local presenters so they can do their own productions." Krebs is hoping to hand this show over to some one else so that he can begin his next project. His next idea

is to develop a "Patriotic Gospel show called A Pure Gospel America: all gospels, no religion, all American classics." His only hope is that his newest brainchild will be as equally successful as "GOLF"

With such talented actors and actresses and a hysterical script "GOLF: The Musical" is definitely worth seeing.



Contributed Photo

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Travis Flynn
Staff Reporter

Punctuate

Student's wheezing cough
Punctuated the sentence
Better than comma

For Life

Prisoner's escape
Punctuated the sentence
Execution vital

Sign

Village idiot
Punctuated the street sign
Do not; park on street!

Afterlife

For a moment the rocking
Chair still rocks

Proof

Love inspires faith,
Faith generates conviction,
Conviction suppresses fear,
Courage reveals truth,
Truth tests love,
And love never fails.

Spring Fever: Have You Caught It?

Julie Chouinard
Staff Reporter

The wind whips as students rush into the main academic building cheeks flushed with that same look on their faces that says, "Are we done yet?"

With spring creeping in these past few days, spring fever is starting to infect Sacred Heart University.

"I'd much rather spend time on the beach or shopping, anything but sitting in class on a nice day or doing homework," says senior Jessica Fortin from Pawtucket, RI, "And it started that first day of nice weather this semester."

Centuries ago, a springtime illness would infect the public rendering them weak with joint swelling, loose teeth, and slower healing when wounded. The disease, nicknamed "Spring Fever" was far worse than the laziness that accompanies the end of winter for the public today. In fact, it was scurvy.

Back then scurvy, the often-fatal disease brought on by a lack of vitamin C, would occur in the spring season after a long winter when fresh fruits and vegetables were rare.

Although few suffer from scurvy today, they do suffer from a type of rest-

lessness that many students at SHU appear to have caught already.

Though students' motivation to do

noticed certain changes among the students: A defiance of still-cold breezes by the wearing of thin jackets or no jackets at all, and going without socks, or wearing flips instead of shoes. Also clothing with brighter hues. The conversations are about spring parties, spring sports, Red Sox and Yankees, getting tickets, moving out and moving on, summer plans, next year at SHU or next year at work. Less note taking, and a lot more gazing out the windows!"

But students are not the only ones feeling the spring bug. Professors and Sacred Heart faculty alike are just as restless.

"Oh, yes, we get spring fever also," says Dr. Greeley, "So much so that last week, I went to the florist section of

the Stop and Shop and just walked around the flowers and plants, just to see the colors and lovely blossoms. And this morning I heard the robins singing, and it was a brand new day!"

It seems the key to overcoming spring fever is balance. Make compromises, prioritize, and reward yourself after achieving one of your goals.

"The cure?" asks Fortin, "I guess just have fun when you can."

Though the disease can be powerful, students should not let it undermine all of the hard work that has been done this year. Keep those chins up and remember: spring fever is no longer fatal.



AP Photo/ Sidney Daily

anything remotely involved with school is all but gone, it is also the time of year when the work piles up quickly. It is the last lap of this long distance race called a college school year and it can be grueling.

"I would think it's much worse for seniors," says Ian Mason, a junior from Chappaqua, NY, "Everyone is daydreaming of graduation, summer, and what they'll be doing."

And don't think that professors are blind to those students who have succumbed to spring fever.

"Students really have spring fever this year," says Dr. Greeley, Professor of Religious Studies here at SHU, "Apart from the usual spaciousness, I have also

SHU Students Respond to Death of Catholic Hero

Jennilyn DeSisto
Staff Reporter

Pope John Paul II passed away Saturday of septic shock and cardio-circulatory collapse leaving millions heartbroken.

John Paul II, born Karol Joseph Wojtyla, led the Roman Catholic Church for 26 years and helped topple communism in Europe.

He spoke eight different languages and became the most traveled Pope in history. He was 58 when elected the first non-Italian pope in 455 years.

Along with the rest of the world, Sacred Heart mourned the death of John Paul II by holding a memorial on Monday in the University Commons. Many SHU students also responded to the passing of the Pope.

"It was tragic. He did great things for the church, and promoted peace by visiting more nations than any other pope. He was very open and receptive to people, and upheld the moral teachings of the church," Chris Nazzaro a junior from Trumbull.

While his passing saddened students some felt less of a connection to him.

"I think it is sad that he died, but I am going to say a prayer for him and continue on with my life because he has not made an extreme impact on me," Diana Smith, junior, Elmont NY.

In 1981 the Pope was shot during an assassination attempt but recovered. Two years later he met with the man who shot him and gave his forgiveness. Even after his death the Pope continues to inspire people.

Lauren Williams, a junior from Monroe said, "His death inspired me to learn more about his life. I knew nothing about the process of becoming the Pope or what happens after he dies."

The traditions and practices of the Pope are unique. The Cardinal Chamberlain officially determines the Pope's death by gently tapping the late Pope's head three times with a silver hammer and calling his birth name three times. The body then lies in state for a number of days before being interred in the crypt of a leading church or cathedral. A nine-day period of mourning follows.

Upon the death of a pope, his Fisherman's ring is destroyed. It is made of gold, with a depiction of St. Peter fishing and the name of the reigning pope around it. The pieces are used to make a new ring for the newly elected Pope. The Interregnum is the period of time when there isn't a pope until a new one is elected. The day of death is counted as the first day of vacancy.

The conclave is when the cardinals have to gather together to vote for a new pope. The conclave must begin on or

before the first day of vacancy.

Three phrases make up the voting process; pre-scrutiny, scrutiny, after scrutiny the ballots are checked, counted, burned, and the new pope is chosen.

Pope John Paul II will continue to inspire people all over the world. He has made an impact on history and will always be remembered. Many websites including www.catholic.org have set up a John Paul II fund for those who wish to donate.

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

No. 7 Don't Panic, Focus.

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Friday 8:30 am - 6:00 pm
Saturday 9:00 am - 5:00 pm
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A public service message from the
Ryan-Matura Library

Is MYSPACE For Internet Dating?

Courtney Pustay
Staff Reporter

Believe it or not, internet dating has become quite the craze amongst college students.

Certain websites such as EHarmony.com and Match.com were designed as a dating service. Unlike EHarmony.com and Match.com, MYSPACE.com was originally designed as a way to network with others from all over the world.

MYSPACE allows members to open free accounts and communicate 24 hours a day. Although it's not a dating service, many college students have been using it as one.

"A bunch of my friends have been using MYSPACE to meet other people. I think it's a great way to find someone if you're busy all the time. My two best friends met both their boyfriends on it. Even though it's not supposed to be a dating service, it seems like one," said Ali Dooley, a sophomore from Providence College.

This website gives people the ability to create a homepage, post pictures, and build a list of friends and post bulletins or private messages. It is completely free and only requires an e-mail address to join.

"MYSPACE is great, but it has its downfalls. I use it to keep in touch with my friends from other schools. So many people that I know actually use it as a dating service even though it wasn't designed as one. Personally, I think that it's addicting and somewhat annoying," said Jessica Alvarez, a sophomore, Nanuet, NY.

Unfortunately one has to ask: what about the negatives aspects? What about scam artists, and predators? They too

have access to this website. Any situation involving the exchange of personal information can be an opportunity for someone to take full advantage of you or someone you know.

In most cases, these websites offer safety tips and direct policies. Anyone that decides to use the service should read them before they create an account. One should remember to use good judgment when it comes to what you're willing to share and to whom you are willing to exchange information with.

Does this mean that you should not look for someone online? Absolutely not. Everyone has their own preferences and ways of doing things. Just keep in mind that there is a danger factor.

Try to give out as little information as possible. If you're looking to meet someone you'll probably want to get to know them before you actually arrange a date. That's fine; there are ways to be personal without being too personal.

What qualifies as being too personal? Information such as addresses or phone numbers are a big deal. The web allows anyone to look up an area code and find out what particular city or town that phone call came from.

Think about it. Once someone knows what town you are from, what your name is, it's pretty easy to find your home address as well. It's scary but true. This occurs more often than you think.

Sometimes the best thing to do is go with your gut instinct. If you feel that you are getting to know someone that's trustworthy and worthwhile then good for you. When you decide to meet, play it safe, like go with friends to a place that is sure to have plenty of other people.



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Spring Forward with Daylight Savings

Francesca Bonaiuto
Staff Reporter

From the first Sunday in April up until the last Sunday in Oct., Daylight Saving Time (DST) affects millions of people around America.

"An extra yawn one morning in the springtime, an extra snooze one night in the autumn is all that we ask in return for dazzling gifts. We borrow an hour one night in April; we pay it back with golden interest five months later," said Winston Churchill in *Seize the Daylight: The Curious and Contentious Story of Daylight Saving Time*, a book by Dr. David Prerau.

As Sacred Heart students spring forward, most students switch their clocks without ever understanding where the idea came from and without ever realizing how DST affects the nation.

"I have no clue why we have a daylight saving time," says Michelle Bassi, senior, Fairfield.

"I have no idea why we have daylight savings, but I love it because it means that we have longer days with the sun and summer is just around the corner," says Kevin Garvey, senior, Stamford.

Daylight Saving Time is great when students look out of the window at 7p.m. and it is still light out, but there are many reasons why DST was introduced and

unfortunately students are not aware there is just a uniform movement to change clocks and adjust.

"I just change the clock forward because that's what it says to do on the calendar," said Andy Gould, a Junior from Weymouth, MA.

The American law by which we turn our clock forward in the spring and back in the fall is known as the Uniform Time Act of 1966. The law does not require that anyone observe Daylight Saving Time; all the law says is that if we are going to observe Daylight Saving Time, it must be done uniformly.

The law created Daylight Saving Time to begin on the last Sunday of April and to end on the last Sunday of Oct.

The law was amended in 1986 to begin Daylight Saving Time on the first Sunday in April. President Ronald Reagan amended the law in 1986, in order to conserve energy during the month of April. Adding the month of April is estimated to save about 300,000 barrels of oil each year according to the Department of Transportation.

According to consumption figures from 1974 to 1975, researchers discovered that Daylight Saving Time saved about 10,000 barrels of oil each day or 300,000 barrels of oil for the month of April.

Daylight Saving Time was also found to save lives and prevent traffic injuries.

The Department of Transportation estimated that 50 lives were saved and about 2,000 injuries were prevented in studies from 1974 to 1975. The department also estimated that \$28 million was saved in traffic accident costs.

While there is the perception that we have longer days in the summer, there are still only 24 hours in a day. People

become accustomed to the misperception of the daylight gained during the spring and summer months. However, the Daylight Saving Time was not instilled as a law because of wanting extra sun, but for economical reasons. Americans benefit by having extra sun time, and a little extra money in their pocket that they saved by conserving energy.

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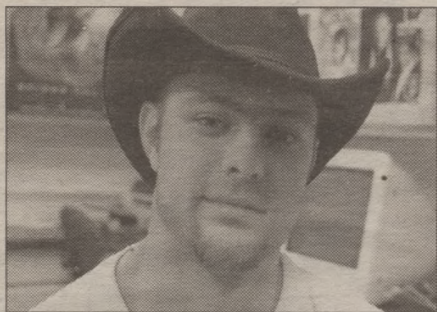
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BEYOND SHU

The 'Age Limit' Factor In The NBA



Bryan Fogle
Sports Columnist

So when I got this assignment this week to write about an age "limit" of players in the NBA, the first thing that clicked into my mind was a maximum age of all players in the league.

I wondered why it would really matter how old a player was as long as they personally could handle the strenuous nature of the game of basketball.

If you look outside of basketball and venture into the world of the NFL, one of the most well conditioned athletes in the league is 40-plus year old Jerry Rice.

He still, even as one of the oldest players in the league, has one of the most rigorous in-season and off-season workout regiments and is in quite possibly the best shape of any athlete in the four major sports.

Beyond that, I don't believe there should be an age minimum in the NBA. As much as I think it is a good idea to have something such as the NFL has where you need to be three years out of high school before entering the NFL draft, I think it wouldn't work in the NBA.

The youngest players in the league are the ones making the largest impact. To see this, look no further than Cleveland and LeBron James. This kid has more money than I will see in my life... and he isn't even 20.

I highly doubt you will find any other 20 year old in the business world (counting professional sports as a business as they really are), who has the power to basically run his organization.

In the Cavalier organization basically what LeBron says, goes. The one difference is that, he backs up his power by showing it with his play on the court. In my eyes, he is the most complete player in the NBA, and he is only 20, which

means he has much more development left. I am scared to see how good he will get.

Beyond James, who is another one of the NBA's best players? The answer to that is Carmelo Anthony. If it weren't for James, Anthony would have been last years Rookie of the Year, no questions asked. You can even look back in the past few years at the number of players who either came right out of high school or right after their freshman year of college.

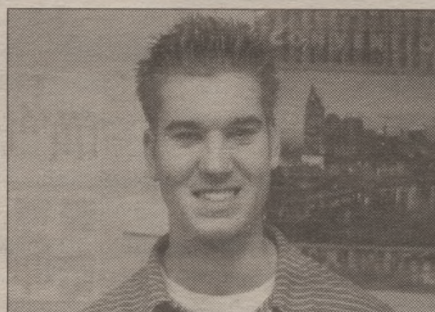
Kevin Garnett and Kobe Bryant, two players who got no closer to college than the McDonald's All-American game are now dominant players. Kobe rules the Lakers. If it wasn't for Garnett, the Timberwolves would be nowhere near where they are today.

Both players are MVP quality, and neither has sat through even one day of college. One last player you can look at that came into the NBA without a day of college is the Washington Wizards' Kwami Brown. The only difference between Brown and all the other players I have mentioned is that he has not made a real impact for his team, everyone else is a dominant force and the leader of his respective team.

Even though having an age minimum for the NBA would mean that the players would be older and more mature in their playing of the game, the difference between the college game and the pro game is still enormous.

If a player coming out of high school finds that he is ready to make the jump to the pros, may God bless him. Yes, there is no doubt that playing college basketball helps prepare you for life after college, but it can also shorten their professional career.

The final factor is circumstances. You have no idea the situations that some of the players making the high school jump to the NBA go through. I know in a lot of the cases, money is a true matter. Obviously when you join the NBA, you will have some money. I have always liked watching ESPN and seeing players who only want to go pro so they can support their family and give back to their parents all that they have been given throughout their lives.



Brian Fitzsimmons
Sports Columnist

As the playoff picture in the NBA becomes clearer and clearer, the teams who will be left out turn their attention to what will be their most crucial event in June, which is the NBA draft.

Like every year, the college All-Americans will be under scrutiny and it's always a strong possibility that the nation's Player of the Year will be favored as the top overall pick. What is intriguing about the past few drafts is that college hoop's elite athlete isn't guaranteed to be the first to shake David Stern's hand.

In past recent years, a controversy has risen as the NBA universe has witnessed hundreds of players enter the draft immediately following receiving their high school diploma. Should this growing discrepancy be permitted?

In the past four years, three high school seniors were taken first overall. The first was Kwame Brown to the Wizards in 2001, followed by LeBron James to the Cavaliers in 2003, and Dwight Howard to the Magic in 2004.

In 2002, Yao Ming, a 7'6" China native was selected, making it five years ago since a NCAA Player of the Year was taken. That player was Kenyon Martin who spent several successful years with the New Jersey Nets and is now helping the Denver Nuggets with their playoff push.

Though this issue hasn't been addressed until recently, having players enter the league after attending their senior proms isn't something new. Shawn Kemp, a very successful forward who helped the Seattle Supersonics enjoy many playoff runs, broke the seal, and allowed other athletes to see forgoing college eligibility as acceptable.

Today, superstars such as Kobe Bryant, Kevin Garnett and Jermaine O'Neal excel on the hardwood, and teenage superstars feel they can match or exceed their accomplishments.

Several players have sadly fallen into this pit of deception such as Jonathan Bender, Tyson Chandler and Eddy Curry. What do these names have in common? They all were top five ranked players in their senior high school class, and all three struggle to put up respectable numbers night in and night out in the NBA.

In the 2004 NBA draft, high school players taken have not been impressive except for Dwight Howard's solid play. Not to knock him, but his numbers are tainted because he is forced to play due to the Magic's pathetic front-line.

Sebastian Telfair, a guard from New York who is playing for the Trailblazers, hasn't seen sufficient minutes, and if he decided to stay in school, he could have helped Louisville march right into the Final Four.

Shaun Livingston, a lanky and athletic guard selected by the Clippers, suffered an injury that kept him out all season, which proved that some teenagers can't physically handle a rigorous 82 game season.

Creating an age limit to become eligible for the NBA draft would save a lot of young athletes from making a decision that would forever change their lives. It is safer and smarter to go to school and earn a degree to fall back on in case basketball doesn't pan out they way they think it will.

Maybe this idea will cross the mind of the NBA commissioner and league officials, but will they actually come through with it? Not if high profile high school athletes come into the league, land lucrative Nike contracts and become familiar faces on *Sportscenter's* highlight reel.

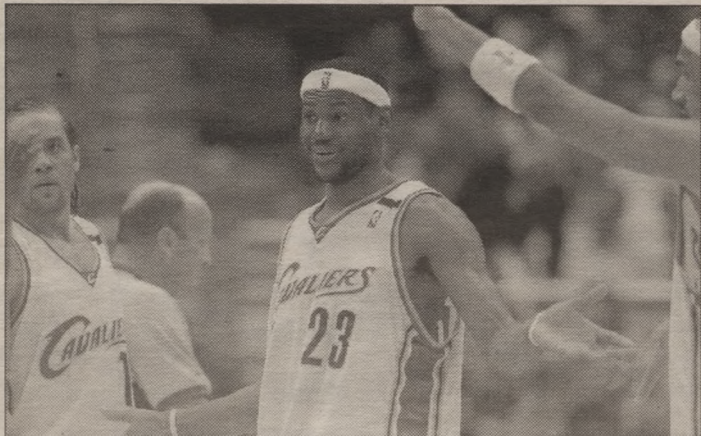
Sure, LeBron James may have saved the game and given fans someone to call the "next Jordan", but is he really that much of a savior if the high school draft entrees rate skyrockets? If money becomes the shadows of teenage athletes, then why would the NBA ban them?

Not to blame King James or any other phenomenal player that never stepped foot on a college campus, but the NBA must not allow this because not every high school athlete is James or Garnett. They are simply teenagers who are way over their head, incapable of making life choices, and incredibly gifted at the game of basketball. They are also boys who should go to college, develop their game and learn life lessons.

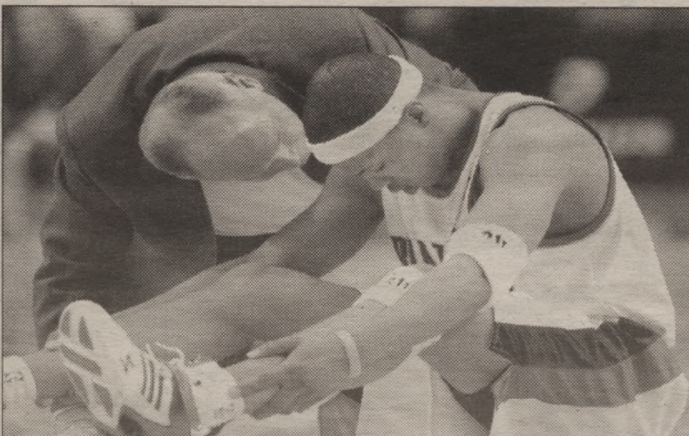
But then again, the NBA is not smart. It is simply a greedy organization that promotes the possibility of youngsters putting their futures and lives at risk.

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



AP Photo/MARK DUNCAN



AP Photo/RICK BOWMER

Lebron James, left, had no trouble adjusting to the NBA while Sebastian Telfair's growing pains are more obvious.

BEYOND SHU

NCAA Tournament Improves Draft Positions

Steve Conoscenti
Staff Reporter

To some college basketball players, having a good game in the NCAA tournament means more than just getting their team to the next round.

One of the most talked about – and most endorsed – athletes in professional sports never went to college and currently isn't even of age to purchase alcohol. Of course, that would be LeBron James.

That's the way things go today in the NBA draft. One strong season either in high school, college, or even overseas, and a player's chances at becoming an NBA player rise drastically.

For example, the last time a college player was drafted with the first pick in the NBA draft was 2000 (Kenyon Martin, Cincinnati). Since then, three high school seniors and one foreigner have been chosen at the top spot.

2005 may be the first year since the start of the new millennium that a college player will be chosen with the first pick. His strong performance throughout the season and especially in the tournament, carrying his sixth-seeded Utah Utes to the Sweet Sixteen, may help his chances.

If you watch ESPN at all, you've seen his name on the Bottomline scroller after every Utah game, usually with double digit numbers following the words "points" and "rebounds."

This of course is Andrew Bogut, the seven-foot sophomore from Melbourne, Australia. Many sites that specialize in the NBA draft, such as NBAdraft.net, foresee Andrew Bogut as going first in the draft without question.

His tournament performance may have solidified his case.

He recorded double-doubles in all three of the tournament games the Utes played this year and missed a triple-double by only three assists against Oklahoma in the second game of the tournament. Bogut helped the Utes upset two opponents before getting eliminated in the Sweet Sixteen by the Kentucky Wildcats.

His averages for the tournament was 18 points per game, 11.3 rebounds per game, and played all 40 minutes of all three games. His season averages were 20.4 points per game and 12.2 points per game, averages that make most NBA teams drool.

As if that weren't enough for Bogut's resume, he was recently named ESPN's 2005 College Basketball Player of the Year and won the 2005 Naismith Trophy. The Naismith Trophy is an award given to the best player in college basketball by the Atlanta Tipoff Club.

Another sophomore who has declared for the NBA draft is Brooklyn's own Chris Taft, a 6'10" power forward/center from Pittsburgh.

Taft's numbers won't blow you away

(13.3 points per game, 7.5 rebounds per game) but Draft experts say he has massive amounts of potential. Experts also call him a down-low threat, both offensively and defensively.

After his freshman season at Pittsburgh he was already in the school record books: 15th in total blocks (60). This is why many analysts say he is a game-changer with or without the ball.

Some analysts say that he may be a liability in the NBA because he has yet to put up big numbers in big games. However, Taft put up 13 points and 12 rebounds during his short stay in the NCAA tournament.

ESPN Insider's Chad Ford says if he can follow up his solid tournament performance with some great individual workouts, Taft's stock will rise.

To add to the group of declared sophomores, Wake Forest point guard Chris Paul thinks he is ready for the NBA.

Paul averaged 15.5 points and 6.5 assists this season with the Demon Deacons and averaged 21 points, seven assists and six rebounds in two games in the NCAA tournament. Perhaps the most impressive stat is his six rebounds a game because Paul is only 5'11".

Experts say his size may hinder his NBA performance but whatever he lacks in height, he makes up for in hustle, heart, and athleticism. They say with one year of training, he will be ready to be a starting NBA point guard.

Probably getting one of the biggest ovations this summer at the Theatre in Madison Square Garden will be the local boy, Charlie Villanueva, who declared for the draft after his sophomore season at Uconn.

Villanueva averaged 19 points and 9.5 rebounds per game in the tournament before being eliminated by North Carolina State in the second round. On the season, Villanueva averaged a little over 13 points and eight rebounds per game.

His only knock is that he seems a bit laid back at times which leads to scoring in bunches, then going cold when he is needed.

"Villanueva is talented enough to be a lottery pick but he slacks off a lot on defense and has character issues," said Johnny Martorano (sophomore, Bronx, NY).

"He'll be very good in the pros but teams will still be hesitant because of the negatives which will keep him from being a top 5 pick."

Most analysts and fans agree: this season was just the beginning stages of unleashing all of his potential. Once that potential is unleashed, he will be unstoppable. But some wonder, will that potential ever be unleashed?

Certainly though, a player's tournament performance can have effects on his draft placement, whether for better or for worse.

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CAMPUS SPORTS

SHU Intramural Champs Compete in Boston

Corie Caccese
Contributing Writer

Intramural is hot this season! The intramural basketball champions of 2005, The Saga Continues and The Queens of Heart represented Sacred Heart University at the second annual Boston University Regional Invitational.

The Saga Continues had an exciting run with a record of 2-1 and made it to playoffs. The boys held their own but were defeated in their last game.

The Queens of Heart were 1-2 with an unbelievable come back for a win in overtime. It was an exciting game. Unfortunately this win did not get The Queens to the playoffs, but fun was had by all!

Some upcoming events for intramurals are Dodge ball Tournament, World Cup Soccer, Tennis and Wiffleball Tournament. Wiffleball finals are going on now and Sacred Heart will be sending either Team Wood or Goodfella's to Fenway Park for a tournament hosted by Coca-Cola.

For further information please contact Corie caccese @396-8118 or Naiara Azpiri @396-8119.



Contributed Photo

The Saga Continues and The Queens of Heart in Boston.

Armstrong Retiring

Elyse Harrell
Staff Reporter

Lance Armstrong, a name that is synonymous with the Tour de France, has overcome many obstacles in his life. After winning 6 straight tours in row, this year may be his last on the tour.

In 1996, just after being ranked the number 1 cyclist in the world, he was diagnosed with advanced testicular cancer. In the years that followed he was put through rigorous treatment, and survived despite the fifty-fifty chance for recovery.

This opened up Armstrong's mind and new goals were set. Particularly in 1999, he set out to complete the Tour de France, the year before he tried and failed to even finish the course. In 1999 however he completed and won the Tour.

This win set the path for 5 more consecutive wins on the tour in and so much more. In a span of six years he accomplished much more than the average cancer survivor. He has been awarded with just about every sports honor, and he has become a beacon of hope for millions.

"He is a role model, he stands for something that he believes in firmly," said Kelly McGovern (sophomore, Cranford, NJ) "He is a better role model than a baseball player. For example, he donates his own money to a start and continue to fund cause that a lot of people are affected by and can really benefit from."

Armstrong also founded the Lance Armstrong Foundation (LAF), whose main purpose is to provide useful information that people need to battle cancer.

The well known slogan of the LAF is 'Livestrong'. The foundation has raised and donated well over 9 million dollars toward cancer survivorship and testicular cancer research, and more than 40 million people wear the Livestrong wristbands in support of people living with cancer.

"I wear the wristband because it supports a worthy cause," said Jennifer Blake (sophomore, Rocky Point, NY).

"I wear it because it helps support the people who suffer from cancer, and I think it is much more than just a fashion statement," said Dana Rinaldi (sophomore, Miller Place, NY).

There is talk of this year being Armstrong's last Tour de France. Many people have different views on this.

"I think he will do another one," said Rinaldi, "Why stop now? He has come so far in his career."

"I think it will be his last," said McGovern, "He is getting older now, and a body can only take so much. I think he has other plans, he made the Tour de France as popular as it is today, so I think he could make other races popular as well, but he missed out on those other races because he was always training for the Tour de France."

He is an icon for athletes across the globe. His name is a symbol of overcoming obstacles that in some people's eyes are impossible. He brings a new hope for thousands of cancer patients, bike riders and everyday people.

If this is his last year riding on the Tour de France, he has not left empty handed. His legacy will be difficult to out shine.

Pioneer Schedule

Friday, April 8

Men's Tennis	vs St Francis NY	Fairfield, CT	3:00 PM
Women's Lacrosse	vs Wagner	Fairfield, CT	4:00 PM
Men's Volleyball	at New Haven	New Haven, CT	7:00 PM
Women's Golf	at Mount Saint Mary	Frederick, MD	All Day

Saturday, April 9

Baseball	vs SFNY	Bridgeport, CT	2:00 PM
Women's Track	at UConn Invitational	Storrs, CT	10:00 AM
Men's Tennis	vs FDU	Fairfield, CT	12:00 PM
Men's Track	at UConn Invitational	Storrs, CT	1:00 PM
Men's Lacrosse	vs Drexel	Fairfield, CT	1:00 PM
Men's Volleyball	at NJ Tech	Newark, NJ	2:00 PM
Women's Equestrian	at Zone 3 Champ	Briarwood, NJ	All Day

Sunday, April 10

Women's Tennis	vs Hartford	Fairfield, CT	12:00 PM
Women's Golf	at Hartford	West Hart, CT	All Day



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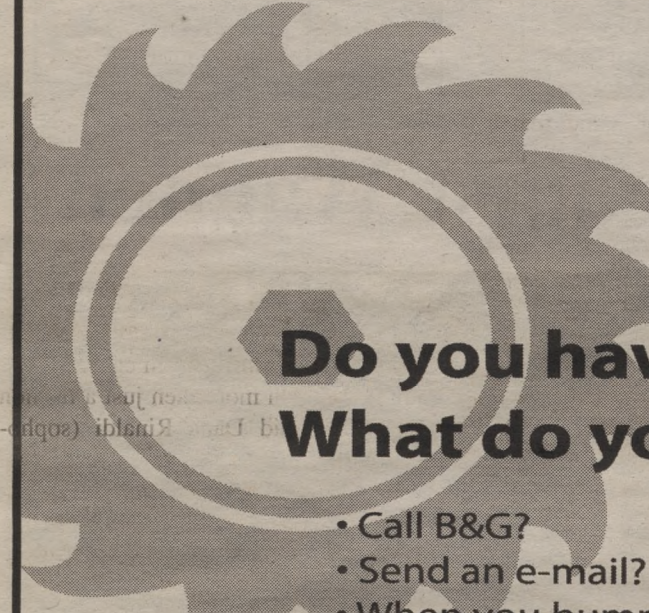
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SPORTS

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Campus Sports
Lance Armstrong retiring after
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Women's Tennis Dominant Against Wagner

Travis Flynn
Staff Reporter

The Sacred Heart women's tennis team defeated Wagner College 7-0 Saturday at home after losing 5-2 at Long Island University Friday, expanding their record to 5-4 for the spring season.

"Overall I think the team is really playing well right now," said Katelyn Kittredge, a senior from Medfield, MA. "Lissa (Von Brecht) has won four straight singles matches at number four, beating URI, PC, LIU, and Wagner. Pam (Pillo) and Lauren (Galatie) have been playing extraordinarily well at number one and number two."

A competition consists of seven points with six coming from the singles matches and the tiebreaker going to the team that wins the best two out of three double matches.

Each of the six highest ranked players from the two teams faces off against a corresponding opponent of the same rank. Each team has three doubles that compete

to decide the seventh point.

Galatie, a junior from Monroe, and Pillo, a sophomore from Shelton, fought to win the top doubles match eight games to four.

Kittredge and Von Brecht, a junior from Cumberland Foreside, ME, dominated their doubles match, winning eight games to zero.

Jessica Schnell, a freshman from Schenectady, NY, and Darcy Shoop, a junior from Rocky Hill, improved their personal records by winning singles matches. Kittredge, Von Brecht, Galatie, and Pillo also recorded singles wins.

Each player took control of her match as the team combined to win 60 of the 65 singles games Saturday, holding every Wagner opponent to under three games.

Kittredge and Von Brecht picked up the lone match victories Friday against LIU as the Pioneers disappointingly lost 5-2.

"It was a great warm-up match [for the NEC tournament] in a few weeks and we are all confident that we will beat them



The Spectrum/ TRAVIS FLYNN

Kristina Frassanito positions herself for a forehand. Frassanito, Schnell and Britany Price form the trio of freshmen for SHU.

come tournament time, considering they are seeded two and we are three," said Kittredge.

The singles loss by Galatie was her first of the spring. The two-time Prince/NEC Tennis Player of the Week is now 8-1.

Pillo is also 8-1 for the spring, dropping her first match to LIU's Veronica Apostu-Efremov, a native of Romania.

Pillo delivered a timely victory Wednesday against Providence College, despite dangerous distractions, to clinch the 4-3 victory for Sacred Heart.

The Providence College tennis courts are situated behind the softball field, and PC's softball team was competing against Harvard at the time.

"Our points were occasionally interrupted by foul balls," said Pillo.

"Basically, we were on and we wanted to win and it was a great victory for the team," said Kittredge.

The team is young and improving; Kittredge is the lone senior. There are three juniors, one sophomore, and three freshmen currently on the team.

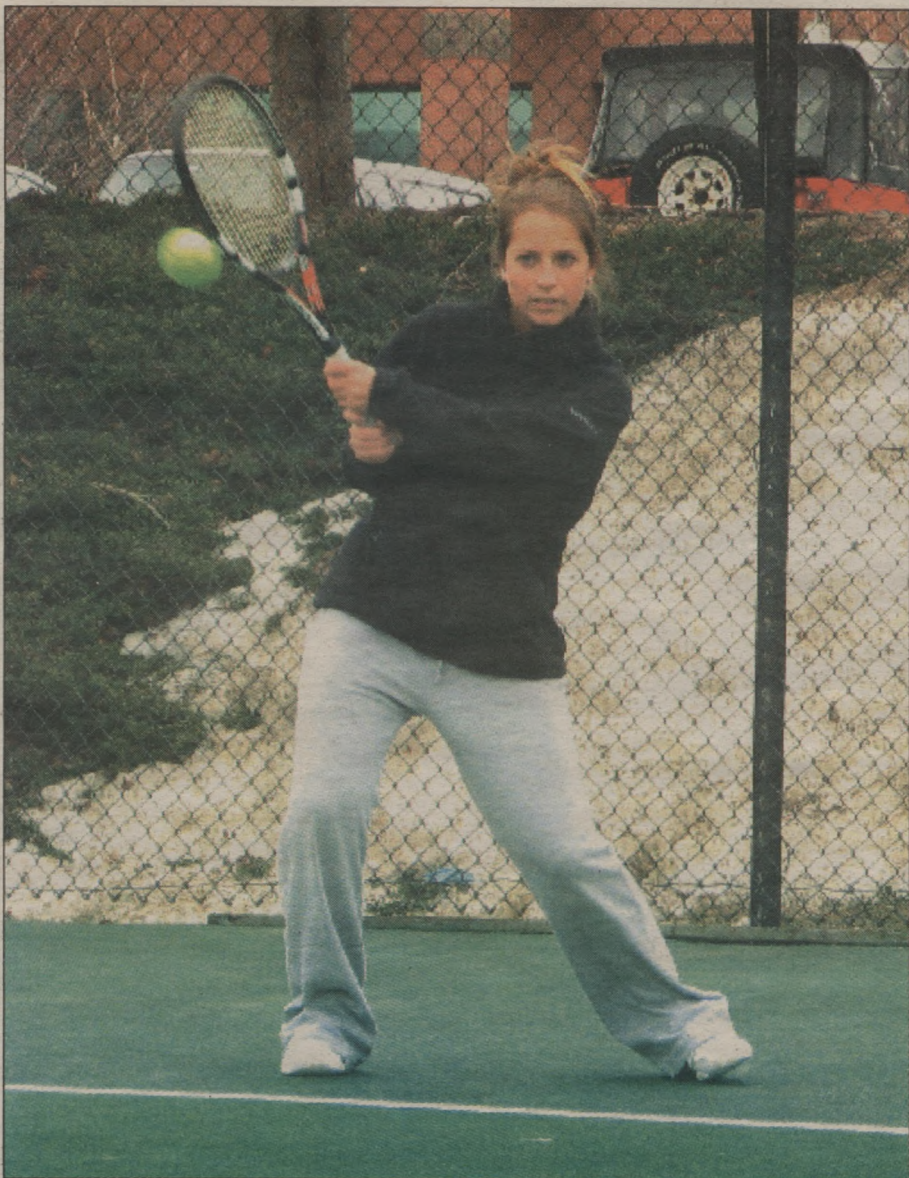
"Jess (Schnell) is definitely [the] most improved [player]. She is a freshman playing two doubles and five singles. She's working hard and is very deserving of her position," said Pillo.

Schnell and Shoop are 4-1 in number two doubles play this spring.

The women's tennis team will host University of Hartford on Sunday and Stony Brook University on Wednesday.

The NEC championships will take

place Saturday, April 22 and Sunday, April 23 in West Windsor, NJ.



The Spectrum/ TRAVIS FLYNN

Jessica Schnell concentrates on the ball, sending a backhand over the net.



The Spectrum/ TRAVIS FLYNN

Lauren Galatie practices her serve for the weekend's matchups.