

The Real World Comes to SHU

Kristen Lovering
Staff Reporter

Everyone has heard of one of the most popular rated reality television show, *The Real World*, and every season, thousands of people try-out to become one of the legendary "characters."

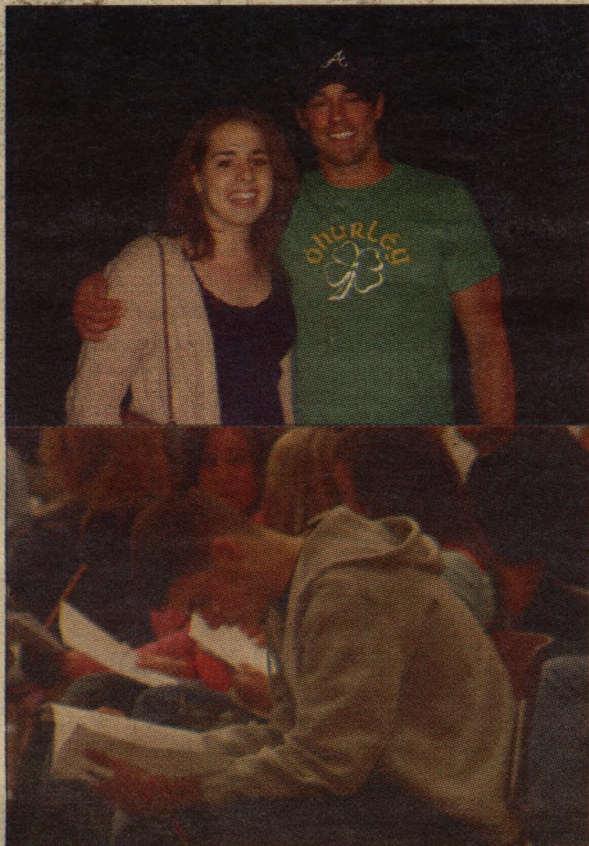
Sacred Heart offered the chance of a lifetime by hosting an open call audition to become involved in reality television. Students waiting to audition came dressed to impress ranging from girls in skirts and high heeled shoes, to guys wearing ties and collared shirts.

They were given a questionnaire to fill out, and a number which would entitle them to a 60 second audition, and, if the casting agents consented, the person would then obtain a second interview.

David Wallack, the casting agent for *The Real World*, addressed the audience at the beginning of the presentation. He discussed the public type of life style reality show cast members need to be aware of that they will endure. "It can be extremely intruding," Wallack warned, and his advice to prospect cast members, "Be you!"

After the initial speech, Wallack then introduced the guest speaker, Ace from *The Real World*, Paris season. Ace walked out casually wearing a pair of jeans and a green t-shirt, (which he later revealed to be his favorite color), and a baseball hat with the letter A on the top.

Jen Pasqua, a freshman from Stamford, said, "*The Real World*, is one of my favorite shows, it was great to see one of the cast



Contributed Photo/ COURTNEY GOTSHALL
(TOP) Courtney Gotshall and Ace from *The Real World* Paris. (BOTTOM) A student filling out the application during the casting call.

members up close!"

Ace began his presentation with telling the crowd about himself pre- *Real World*. He discussed his time at Georgia Southern University, his participation in his fraternity, his family, friends, ex-girlfriends and

career accomplishments.

Following his discussion, he had a question and answer session, where he roused the audience to ask any type of question they wanted, including the dirt from behind the scenes on *The Real World*, or even a similar show with past cast members, titled *Real World/Road Rules Challenge*.

Questions ranged from what his favorite color was to his dating status. Another popular topic was the outcome of publicized hook-ups between cast members, including the ones he participated in.

However, essential questions (for potential reality cast members) such as what he regretted most, and his thoughts on his portrayal were also asked. His responses were short and sweet, and also very comical.

After several questions, the presentation came to an end, and Ace was polite enough to engage with the audience with a meet and greet. Students waited on line to introduce themselves, and even have their pictures taken with him.

When asked for a quote, Ace quoted his hero Ferris Bueller, "Life moves pretty fast, if you don't stop and look around for a while, you could miss it."

Host of *Democracy Now!* Speaks at SHU

Diana Muniz
Staff Reporter

One of America's leading broadcast journalists, Amy Goodman held a discussion on Wednesday, April 20, in the University Commons.

Goodman is the host of award-winning, independent, daily radio/TV news show *Democracy Now!*, a news program airing on over 300 television and radio stations in North America.

The show presents a diversity of voices not often heard on other U.S. media including independent and international journalists, ordinary people affected by government policy, grassroots leaders and independent analysts.

Goodman is the author of the national best-seller, *The Exception to the Rule: Exposing Oily Politicians* (written with her brother, David Goodman), and the director of the documentary, *Massacre: The Story of East Timor*, which won numerous awards.

Much of her discussion was directed towards the war, and the way media manipulates information given to the people living in America.

"I really do think if we were given one week and saw the truth about war, war would be eradicated," were the words Goodman used in her opening speech.

She went on to talk about many different issues: war, scandals, democracy, media's manipulation of the truth, universal standard of justice and the responsibility a journalist has to expose the truth.



The Spectrum/MARK STANCZAK
Amy Goodman, host of *Democracy Now!* spoke in the University Commons last Wednesday.

"That is our job as journalists, go to where the silence and say something to bear witness," Goodman said.

"We, represent two things, the sword-providing military weapons and the shield-

the people of America. Whether we are journalists, filmmakers, taxi cab drivers, doctors, lawyers, activists, we have a decision to make of every hour of every day; whether we want to represent the sword or the shield," were Goodman's last words.

Sid Gottlieb, professor of Media Studies and Digital Culture, as well as a speaker at the event shared his thoughts.

"I was very happy with the turnout and with the response," Gottlieb said. "On the hottest and nicest day of the year so far, hardly anyone in the large audience left the room or seemed distracted. Everyone seemed interested to hear what Amy Goodman had to say about what we are not getting in our news coverage these days, and about the many important voices we are often not allowed to hear on the news."

"All week I had been describing Amy Goodman to my classes as one of the best of the non-mainstream journalists. After hearing her talk, I think I would modify that to say that more than most journalists for convention-

Students Arrested for Assault

Brad Holland
Staff Reporter

Just before 2 a.m. on Sunday, April 10 at Sacred Heart's Angelo Roncalli (East) Hall, Public Safety was called to investigate a disturbance between a man and a woman. Bridgeport police also responded.

Details of the case, however, are closed pending the court's decision. Witnesses from the scene refused to comment.

The male student now faces third degree assault charges.

"I can tell you the basics, but I can't tell you how it all went down," said a Bridgeport police sergeant, who chose to remain anonymous. "You'll have to wait until he's finished with court before the report gets released."

The student was arrested and charged, posted bail and faces an upcoming court date. As for disciplinary action within the University, Dean Larry Wielk said "It is not my policy to comment on any of our judicial procedures except to those individuals involved."

In an unrelated incident, two other SHU students were charged with assault on Sunday after allegedly attacking another man in a campus dorm. According to the Connecticut Post, Bridgeport Police were called to Sacred Heart at 3:42 a.m. after an argument over a woman broke out. The Post reports that Daniel V. Leblanc has been charged with third-degree assault and third-degree breach of peace, and Timothy Massimiano has been charged with second-degree assault and second-degree breach of peace. The victim was treated and released from St. Vincent's Hospital.

Sacred Heart's disciplinary action in these cases remains confidential, but students should be aware of wellness resources here on campus. The University has strong counseling services and programs in place to support victims of any kind of violence.

Mary Jo Mason is the Assistant Dean of Wellness and Director of Counseling at Sacred Heart. It's her job to help students through crisis.

"We provide individual counseling for students who have been victims of violence," Mason said. "If an assault occurs after office hours, there is someone on call. Public Safety or the Residence Hall Director would make the contact."

The strongest defense against future incidents, Mason says, can come from

CAMPUS NEWS

Goodman Speaks at SHU

Continued from Page 1

al media outlets, she in fact speaks to and represents the mainstream audience."

Gottlieb added, "I was particularly struck by her low-key but obviously deeply-felt and passionate approach to often controversial topics."

In Goodman's book, *The Exception to the Rule*, she exposes the lies, corruption, and crimes of the power elite. Her goal is "to go where the silence is, to give voice to the silenced majority. Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it's the only thing that ever has." This book informs and empowers people to act on that principle.

"We felt the need to capture *Democracy Now!* in a book format, for those people who do not watch the show on TV. Your

always reading about what happens in other people's neighborhoods; this book starts from the ground, up. Stories and events about people in our own neighborhoods," said co-writer David Goodman.

"Amy Goodman and *Democracy Now!* represent what journalism should be: beholden to the interests of people, not power and profit. Her work is invaluable," said Arundhati Roy, Author of *The God of Small Things* and *War*.

To subscribe to Goodman's free daily email

news digest and media action alert; for local stations and air times or to listen/watch online visit www.democracynow.org

To get connected and collaborate with other local *Democracy Now!* supporters, email: outreach@democracynow.org.



The Spectrum/MARK STANCZAK

Goodman speaks to students and faculty.

35 Students to be Honored at Awards

Juliana Rizzo
Staff Reporter

On May 12 at 2 p.m. in the Mahogany Room, 35 exceptional students will be honored with the Passion for Learning Award. These students are Federico Arias, Brendan Bailey, Jonathan Bassi, Jennifer Blake, Aisling Clancy, Christopher Crutchfield, Alan DelFavero, Kimberly A. Dolberg, Meghan Duckworth, Christine Dzubinsky, Dawn Foss, Ortal Gefen, Liza Gennari, Michael Haynes, Kaitlin Herrmann, Nick Kelly, Erin Kennerly, Nichole Kieltyka, David Kipperman, Alessandro Lopes, Emily Lupica, Stacey Lyons, Susan Mastrianna, Timothy McCloud, Timothy McCranor, Rebecca Millet, Marie Muskus, Michael Muszynski, Rebecca Nieneyer, Magalis Sandoval, Gregory Tharp, Daniel Thomas, Brian Thorne, Adam Tornabene, and Rachel Yarmosh.

The Passion for Learning Award was created by students for students. This award is to recognize those who display a great amount of enthusiasm and effort in their academic life. These students show extreme interest in their field, go above and beyond requirements, challenge professors and motivate others to get involved as well.

They must clearly exhibit the will to

learn. In addition to their classroom performance, those awarded must maintain a gpa of 3.0 or higher. The nominees are chosen by professors at the university and are based on all of these factors.

Students, parents, professors, department heads and many others gathered together to commemorate the distinction given to these students at the ceremony. Student Senator, Danae Kline will begin the service with an introduction followed by remarks by Thomas Forget, Vice President of Academic Affairs, Student Senator Michael Hougasain along with Dr. Brian Stiltner, Assistant Professor and Director of Religious. The ceremony will end with a brief reception.

This year's "Passion for Learning" ceremony was organized by a student committee which included Student Government Members, Assistant Vice President of Academic Affairs, Eilene Bertsch and Assistant Dean of the College of Arts and Sciences, Michael Bozzone.

The Passion to Learn Award is truly an honor to receive. Those who exuberate enthusiasm for learning and take on an active role in the classroom are acknowledged and appreciated as well. For it is students such as these who keep discussion in the classroom running and make classes interesting for all students taking part.

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CAMPUS NEWS

Steroids

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ephedra.

"Unfortunately we can't test athletes institutionally for steroids because it's too expensive," says Julie Alexander, Head athletic coach trainer at Sacred Heart.

So, how are coaches keeping aware of the possibility that their students are using steroids?

"We are very aware of all our athletes," says Paul Gorham, head coach of Sacred Heart football. "We talk to them about it to them and watch to see if there are any drastic changes in amounts of weight being lifted," added Gorham.

"You hear about it once in a while, but you never see it," says Michael Hohn, assistant athletic trainer, Sacred Heart. "In the past two years that I've worked here, nobody has tested positive," adds Kohn.

"In the past four years of being an athlete, I've only seen one case of steroid use on the team," says a former football player for Sacred Heart.

It appears that athletes are getting the proper education to stay away from the dangerous substance. Steroid use is an issue at colleges everywhere, and should be talked about more than just to the athletes.

Bio Student Wins Award

Emily Grayson
Staff Reporter

Many students receive great awards here at Sacred Heart and a lot of them go unrecognized.

Recently Todd Jenson, a junior who is biology major, won the award for the best presentation in his subject group at the 59th Eastern Colleges Science Conference on Saturday April 9.

There were several different categories present at this competition including, Biology, Chemistry, Biochemistry, Psychology and Physics to list a few.

Jenson competed at this very prestigious competition and his presentation was entitled, "The Role of Gene HS8A in Development of Dictyostelium Discoideum."

The ECSC judges were very impressed with both the professional quality of Jenson's project, as well as his confidence when we delivered his presentation and the amount of effort that he put into the research of his presentation.

At this competition, two students presented Platform presentations which include a 15 minute PowerPoint oral presentation.

Christos Dimos and Jenson were the two picked to complete this portion of the presentation.

"Upon attending the awards ceremony that evening, I was awarded outstanding Platform presentation in the category of Cellular and Developmental Biology," Jenson said.

The competition contained a total of about 300 participants from 20 institutions all around the northeast.

From Sacred Heart itself, a total of thirteen students gave poster or oral presentations at the competition.

On conclusion of the competition, Jenson stated, "There were a lot of excellent presentations, and I was very surprised that I won this award, but after all the hard work the last two semesters it was an excellent payoff for not only myself but for Christos Dimos, who helped work on my project with me."

Corrections

And

Clarifications

4/21 Issue 21

Last week's news article, "Greek Week Begins," had some incorrect information. The Student Events Team (SET) as well as members of Greek Life have collaborated to create the "Best of Both Worlds." This has replaced the usual "Spring Week" and "Greek Weekend." This information was incorrect in last week's Spectrum.

College

Continued from Page 5

Stanford, he said, "is such a known quality. It's so familiar. It's completely in my back yard." But he likes Princeton's undergraduate focus, and the idea of a new setting.

"It's very exciting because for perhaps the first time, you're deciding what slant you want to incorporate into your own personality," he said. "Do I want to be the person with the laid-back Stanford slant, or the life-of-the-mind, Gothic, Princeton slant?"

He's confident either will suit him.

"It's a great comfort personally to realize that you can't go wrong, that the schools accepted you because they see you thriving there," he said.

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CAMPUS NEWS

Students Charged with Assault

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broth... of the victims who stand up to be heard. "In the past we had a group called A.L.I.V.E. for females who were survivors of date rape, sexual assault, or any kind of abuse. Unfortunately, no students came forward for that group this year."

However, many programs are still in place to help members of the University community. Local institutions are also available.

"A community resource is the Center for Women and Families," said Mason. "They also provide counseling and if a person is a victim of domestic violence and has no safe place to stay, this organization will help with that."

Wellness services on campus are contained within the little red building on top of the hill across from East Hall.

The Secret Juice: Looks Can be Deceiving

Francesca Bonaiuto
Staff Reporter

Steroid use is something that everybody seems to know is out there, but nobody ever seems to talk about. It is a secret; it is something people talk about on the "down-low."

However, since the steroid scandal a few months ago with major league baseball player, Barry Bonds, awareness of the use of steroids has been extremely heightened. Bonds admitted to using steroids, provided by his athletic trainer, that would help him perform better on the field.

"Steroids have been an issue in professional sports since the 70's," says Paul Gorham, Head Coach of the Sacred Heart Football team. "I don't understand why the media has made such a hype of it now," added Gorham.

It seems as women are struggling to fit the quota of being leaner, guys are struggling to fit the quota to being "big and in charge."

A growing concern amongst guys is a condition known as muscle dysmorphia, a behavioral syndrome, in which, guys have a distorted image of being small and a continuous desire to look more and more muscular.

"There is a lot of pressure from your

friends and students you see at the gym to be in shape and well built," says Daniel Parella, senior, from Franklin Square, NY.

Guys looking to increase their muscle mass, reduce their body fat, and perform athletically with more strength and endurance in the least amount of time are turning to steroids. Just like diet pills, Steroids is a fast and easy way to get "buff" in no time.

"Being a physical therapy major and spending a lot of time at the gym, you can tell who does steroids and who doesn't just by observing them," added Parella.

Steroids are synthetic versions of the primary male sex hormone, testosterone. The drug's anabolic or "muscle-building" effects help the body retain protein, a necessary building block for the growth of muscles, bones, and skin. The androgenic or "masculinizing" effects cause the development of a deep voice, facial and body hair, muscle mass, and aggressiveness.

"You got to know somebody who knows somebody who knows somebody, to get steroids," says an anonymous source.

The major side effects from abusing anabolic steroids can include liver tumors and cancer, jaundice (yellowish pigmentation of skin, tissues, and body fluids), fluid retention, high blood pressure, increases in LDL (bad cholesterol), and decreases in

HDL (good cholesterol).

Other side effects include kidney tumors, severe acne, and trembling. In addition, there are some gender-specific side effects for males: shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts, increased risk for prostate cancer.

Sacred Heart University Athletics takes steroid use very seriously, or do they?

The Athletics program follows NCAA policies to test athletes for drugs. Once a year, NCAA comes and tests the football team and two other random teams.

According to the University's drug testing policy, if an athlete tests positive, education and counseling will be provided as chastisement. Parents and coaches are not made aware, but student gets re-tested in two weeks. The second offense, the athlete is suspended from play for 30 days. Their coach and parents are notified, and they receive further counseling and education. On the third offense, the athlete is suspended for one calendar year, Head coach and parents are notified, and they receive further counseling.

However, the drug tests only examine the use of cocaine, heroine, marijuana, and

See "Steroids" Page 3

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SHU Habitat For Humanity Campus Chapter Wins State Award



Contributed Photo/Phyllis Machledt

On April 21, at the prestigious annual CT Department of Higher Education Community Service Awards Ceremony, the SHU Habitat for Humanity Campus Chapter received one of three awards in the state for exceptional community service in the "student group" category. SHU Habitat received a plaque and \$500 for a donation to Habitat. Other SHU groups and individuals recognized for their outstanding contributions to the community were: UMOJA, Zeta Iota Lambda. Mike Hougasian, Mike Mosher, Megan Wood, Professor Donna Bowers

BEYOND SHU

College Choice Comes Down to Staying Close or Getting Away

Justin Pope
Associated Press

Stanford is close to home in California, more laid back and seems to offer more of the programs Aman Kumar wants to pursue. But Princeton offers an idyllic campus and would show him a different part of the world.

Acceptance letters in hand, thousands of high school students are wrestling this week with final college decisions, due Sunday. Academics, financial aid and even athletics will tip the balance for many. But many, like Kumar, also are struggling with a question they can no longer postpone: Do I want to go away to school, or stay close to friends and family?

Stanford "is the perfect profile match," says Kumar, who was born in Stanford's hospital and lives in Saratoga, Calif., just a few minutes drive from the Palo Alto campus. "But at the same time, you wonder if it's going to be more of the same, if you're going to become complacent. People say the college where you will grow the most will serve you best."

Many students, looking forward to independence, are eager to get away. But taking the plunge can be intimidating.

"I've never been away from home," said Megan Kunz, a senior at Edina High School in suburban Minneapolis who is

choosing between nearby College of Saint Benedict, and DePauw University, about 600 miles away in Indiana. She's leaning toward DePauw but worries about "not being able to just drive home on the weekend when I feel like I need a break."

For other students, like Lino Ochoa, escape is part of the appeal. A senior at The College Preparatory School in Oakland, Calif., Ochoa says he's looking to get out of his drugs-and-violence-plagued neighborhood. He wants to be a commercial pilot and hopes to attend Embry-Riddle Aeronautical University in Prescott, Ariz., though if his financial aid offer isn't increased he could still end up at the University of California, Berkeley, just up the road.

"I see moving to a place like Prescott, which is a pretty small city, as a way to kind of escape this environment," he said. "I really see it as an opportunity to better myself."

About one-quarter of students at four-year colleges attend school outside their home state, about the same as a decade ago, according to Department of Education figures.

College counselors say their advice on the dilemma depends on the student, but many urge their students to consider a different part of the country if they can.

"With some kids I tell them, 'It's sometimes exciting to go away for school

because you can always come back home,'" said Bill Hicks, a guidance counselor at Edina High School.

Besides, in an era of discount airlines and cheap cell-phone minutes, faraway schools may not feel as distant as they used to. Travis Crow, counselor at Southwest Christian School in Ft. Worth, Texas, says he would like to see more of his students consider schools farther from home. Most stay in Texas or adjacent states.

Still, for all sorts of reasons, even students with options farther afield decide to stay nearby.

Students "have that feeling of grandeur: 'I've got to get away and the only good schools are schools outside of my area,'" Hicks said. But "by May 1, when those decisions have to be made, those things change a lot. That's when you see the kid come in and say, 'Uh oh, four months from now I'm going to be going to college-literally across the United States.'"

Students often are nervous about a new climate, or being too far from family and friends.

"There are kids who have younger siblings that they're very attached to, and they kind of want to watch them grow up," said Helen Harper, Kumar's counselor at Crystal Springs Uplands School, in Hillsborough, Calif.

And, of course, money often plays a

role.

"We expect to see this large group of kids ... say, 'I want to get out of Nebraska,'" said Margaret Oakeson, a counselor at Lincoln High School there. "But once they get the hard dollar figures and realize they'll be leaving home for the first time, they're not sure they want to do it."

At Stanton College Prep, a public magnet school in Jacksonville, Fla., counselor Bob Turba said half the students want to leave the area for college, but only a quarter of those who want to can afford it - and those who stay in state do fine. He worries students are getting a message they're missing out if they don't "see the world" in college.

"It's a myth propagated in the media and among some college counselors that you're giving up something by staying close to home," Turba said.

Indeed, staying local may be a good long-term investment. Saving money on undergraduate tuition can make graduate school more affordable, Turba noted, and students planning to work in their home area may benefit from local contacts.

Kumar traveled east last week to take one last look at Princeton before making up his mind. Sitting on a park bench in Boston, where he had stopped on a personal matter, he laid out his thinking.

See "College," Page 3



National and Global News

CRAWFORD, Texas (AP) President Bush prodded Saudi Arabia's Crown Prince Abdullah on Monday to help curb skyrocketing oil prices, and the White House expressed hope that the kingdom's plans would ease U.S. gasoline prices that have shot above \$2.20 a gallon.

AMAGASAKI, Japan (AP) The death toll jumped to 71 Tuesday as crews pulled more victims from the wreckage of Japan's deadliest rail crash in decades. Investigators focused on whether excessive speed or the driver's inexperience caused the train to derail and slam into a building. The seven-car commuter train carrying 580 passengers left the rails Monday morning near Amagasaki, a suburb of Osaka about 250 miles west of Tokyo. It hit an automobile and then a nine-story apartment complex. More than 440 people were injured.

BAGHDAD, Iraq (AP) Sunni Muslim politicians dropped their demand Monday to include former members of Saddam Hussein's party in Iraq's new Cabinet in a bid to get more ministries. The Sunni minority is believed to be the backbone of the insurgency and many blame the impasse in forming a new government for a resurgence in violence. The development comes as Secretary of State Condoleezza Rice, joined by other top

U.S. officials, is trying to persuade politicians from the Shiite majority and their Kurdish allies to wrap up negotiations to form a new government.

WASHINGTON (AP) In private talks with Majority Leader Bill Frist, the Senate's top Democrat has indicated a willingness to allow confirmation of two of President Bush's seven controversial appeals court nominees, but only as part of a broader compromise requiring Republicans to abandon threats to ban judicial filibusters, officials said Monday. At the same time he floats the possibility of clearing two nominees to the 6th Circuit Court of Appeals for approval, officials said. Sen. Harry Reid, D-Nev., wants a third appointee to the same circuit to be replaced by an alternative who is preferred by Michigan's two Democratic senators.

WARRENTON, Ga. (AP) Two toddlers who were reported missing from their home over the weekend were found dead in an algae-covered sewage pond a few hundred yards away Monday after a two-day search. The cause of death was not immediately disclosed, and Georgia Bureau of Investigation spokesman John Bankhead said it was not known whether the youngsters were the victims of foul play. Autopsies were planned.

Connecticut News

Matt Apuzzo
Associated Press

Southern Connecticut State University barred a student from a poetry class after his professor said a poem he submitted contained veiled threats to sexually assault her and her 3-year-old daughter.

The student, Edward Bolles, said his poem entitled "Professor White," was meant to be a satirical piece about globalization. In it, a Mexican student named Juan has a sexual encounter with the daughter of his white professor.

Bolles' professor, Kelly Ritter, found the poem "disturbing," according to an April 8 campus police report, and said she believed the poem was a threat. University officials prohibited Bolles, who is Mexican, from attending his poetry class while he was investigated.

Bolles, a 36-year-old married father of two, said he and Ritter have had political disagreements in class. Bolles, a conservative, said he has disagreed with some of the liberal political themes in Ritter's poetry selections.

The same is true of the Bolles' poetic character, who pledges to "turn the tables" on his professor and has a tryst with her college-age daughter. While Bolles acknowledges that Ritter inspired the poem, he said it was not a threat and said he did not know she had a daughter.

"I think she flatters herself," Bolles said Monday. "This poem is about a lot

more than a cranky teacher. It's about anti-globalization."

Ritter, 36, did not return telephone messages seeking comment.

Bolles said the poem's interracial affair symbolizes white America's feeling that Mexicans are corrupting their culture. The encounter is not violent, and the professor's daughter brings Juan home to meet her disapproving mother.

The poem ends with the professor trying to get Juan kicked out of school by calling one of his poems racist.

Bolles began publicly protesting the university's decision Monday, wearing a "Save Professor White" shirt and handing out fliers on campus. After that protest began Bolles received a hand-delivered, one-sentence letter from the administration:

"As a result of the investigation, I wish to inform you that no formal disciplinary charges will be filed on behalf of the university and you are permitted to return to your English 202, Section 1, course, Introduction to Poetry," Christopher Piscitelli, director of judicial affairs, wrote.

In her police report, Ritter asked the university to require Bolles to get a psychiatric evaluation. The school did not require that, Dilger said.

Bolles is set to return to class Wednesday, though he doesn't know how he will be received. He said he would not apologize and is concerned with how he will make up the two weeks of missed classes.

Perspectives

Some Words for Those Who Are Left

Dear Administrators,

As I sat outside on the ledge of the general chemistry lab, I could not help to think that my time at Sacred Heart University was coming to an end. I sat there like most days in the afternoon thinking of all the efforts and guidance that Professors such as Dr. Snetsinger, Dr. Habboush, Dr. Alkhateib, Dr. Farber and even the unappreciated adjunct faculty of this school like Dr. Flemming and Dr. Glans have given me. I expanded this thought on those outside of the chemistry department...people like Dr. Grady... Dr. Moliterno...Dr. Ventimiglia and their efforts to educate me. Their efforts and their guidance has made me the person that I am today; whether a knowledgeable chemist going to graduate school or a competent individual well rounded in most areas, I owe it all to them. But the single person that kept coming into my mind was Dr. Babu George...his love for the department, chemistry, the integrity of the school, and most importantly his students prompted a single question in mind...How can a man work so hard, give everything that he had, and yet barely make a dent when it came to the current situation of this school?

Same situation you ask? Let me start by saying this...the labs of the chemistry department are as archaic as the ruins of Athens. And the focus of this piece is not to cry foul on behalf of a student from the chemistry department but more to open the eyes of those that are starting out now because after my four years here, I am angered at the fact that our facilities are falling apart...I'm angered at the fact that

faculty are not being compensated for their efforts. My heart breaks to see that the apathetical attitude of the student-body has reached a level where they do not even notice that these very things that I mention are hurting their very own education because so much more can come out of this institution. But my source of frustration is directed at one source and one source only...not the faculty...not the broken cabinets in the lab...not the students...but at those who command this very institution...You!...the administrators! The hypocrisy that stems out of some you and your ears it is just oozing out because your insides have been corrupted by it... your very souls, your very hearts, and your very minds. You dare to use the Catholic faith as a backdrop to cover your wrong doings...the Pope would be rolling over on his grave if he knew what was being done in the name of Catholicism...and I will not charge all of you who are part of this group I know that all of you are not guilty...but those of you who are guilty of this charge, you know who you are...and this is your indictment.

So let me begin by asking questions...I will start with the question that will branch out into sub-questions that I bring to this indictment today...where's the money? I was recently told by a fellow student that Sacred Heart University has just enrolled the biggest class ever. I do not know whether this is true or not but from the trend over the last three years, it seems like there is merit to this comment. East Hall now occupies two, if not more floors with freshmen students...if we are enrolling so many students, why has there been no change over the past three years? But in order to understand what I am referring to, come with me and let us observe the details that go unnoticed...First, let me stem into faculty pay because these people have families too. I mean, I can only imagine the salaries of some of you administrators. But I can rest assured that the work that you are engaged in is not more important than the work being implemented by the faculty, both full time and adjunct because they are the core of this institution...so don't pat yourselves on

the back. I will not begin quoting numbers out of my lack of knowledge but I can bet that every professor will agree with me that they are underpaid and some of their jobs made impossible by megalomaniacal deans...and what about unions? Who represents the professors in this school when it comes to healthcare matters and salary? The faculty senate? Whoever represents the faculty is sure not doing a good job...and every professor in this institution will agree that some body of representation is needed...such as a union. But of course, those who do not agree are in bed with the accused and will always defend their piece of the pie because it is oh so good! Second, what is going on with these facilities? I can understand that some departments have these outstanding facilities (such as the biology department) but what has happened with some of these other departments such as chemistry. Let me give those of you who do not live in the chemistry department a glimpse of what I am referring to so you can understand. When I enrolled as a freshman, the chemistry labs were in bad shape; broken drawers, antiquated facilities from who knows when, and overcrowded laboratories that is a hazard onto itself. I am now leaving for graduate school and the situation is the same if not worse. I lower my head in shame every time campus tours come by our labs because I have seen high schools with better facilities. During my visits to other Universities for graduate school admissions, I was astonished when I was introduced to the labs that I will be teaching in next fall. Obviously we cannot compare schools like the University of Michigan or the University of Arizona's chemistry labs with the "second largest Catholic University in New England," but answer me this: What makes the chemistry department any different than the biology department? What makes the Philosophy department any different than the nursing department? What makes the music department any different than the physical therapy department? Is it enrollment? Because if the excuse of student enrollment is selected as the wall that you choose to shield yourselves with then I have one thing to say...you have failed me...you have failed us...and you have failed on the mission to make Sacred Heart worth the name that it has...shame on all of you! Because the people that you ultimately hurt are those that make this school stand on its two feet...the students...those of you

guilty of this fact have failed us all.

And if you choose to reply, please do...prove to me that you have not failed us because right now, those of you who participate in this great scheme are standing naked in front of all of us. Publish all records of what the University is doing with the money. What do you have to hide? Your grotesquely insane salaries? It makes no sense...and I do not care what excuse you can put forth because your words are only as good as your proof. If you can prove to me that the current course that you are taking with the university is just and correct, I will make sure to publicly apologize for my ranting and raving...but for some reason, I feel as if that day will never come.

And to the students I say this...I have only begun to touch the tip of the iceberg with this letter but I hope that those of you who still have time left in this institution begin to question...because that is how it all started with me. Question all that is happening because if the numbers are crunched into a calculator, I'm sure that the elaborate accounting will make Arthur Andersen LLP look like a credit union. With this being said, I will leave you students with words of wisdom because those who know me understand what I have been through with life...appreciate those that make your education possible. Not just your peers but those unnoticed souls that travel the hallways...the cleaning staff...the school staff...the kitchen staff...the guards that maintain your safety, and most importantly your educators. They are the ones that are responsible for providing you with the tools to survive out in the real world, where "too hard" or "this paper is stupid" will only get you a swift exit to the unemployment line. You all have a responsibility to educate yourselves and take it seriously because the uncertainty of our future is too great to gamble with. But just remember that your futures are affected by the time that you all spend here...and as I highlighted in this letter, it seems that your futures are not being given the opportunity to flourish under the current conditions.

Regards,
Diogenes Placencia

P.S. If I don't graduate this year, you will all know why...because a voice refused to be silenced...this one is for you Dr. George.

The SPECTRUM

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

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Pat Scalisi A&E Editor

Working for "The Spectrum" has perhaps been one of the most gratifying experiences of my college career and I find that passing the mantle of responsibility to the next generation of Spectrum staff is even harder than I thought. While it's true that I no longer have to sacrifice my Sunday nights to editing articles or rush to finish my layout on Monday before attending class, I will also no longer have the opportunity to work with the people that I have come to call friends.

I've always tried to live by the words of Billy Joel, who once said, "The good old days weren't always good and tomorrow ain't as bad as it seems." While I cannot

dispute that the future is indeed bright, I must also concede that the last two years were highenjoyable as well. Whether listening to Nadia butcher American slang that she still doesn't understand (and then laughing about it together), remembering how Nick took a picture with a giant catfish painted like a cow in Nashville, listening to Kelly's diatribes about how great Long Island is (the jury's still out), or a thousand other memories than I can't recount here, I can once again quote Joel in saying "I've loved these days."

Good luck to next year's editors. You have some big shoes to fill and some heavy tasks to shoulder but I have no doubt that you can handle it. Keep the spirit alive and, most importantly, keep writing.

'Last Words'

He Said... She Said...

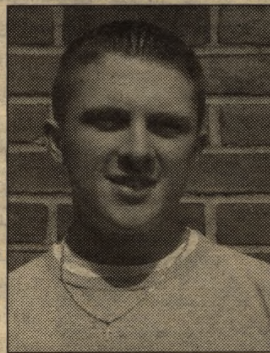
College Romances: Can They Survive the Summer?

Robert Roy
"He Said" Columnist

The school year has flown by and soon enough it will be summer. Over the past eight months you have created many lasting relationships and may have found that special someone. You see them everyday and are with them every night, now you begin to realize that you live in upstate New York and she lives five hours away in New Jersey. Can your relationship last throughout the summer?

Yes, you can make your relationship last, however it will depend on a few significant factors. First and foremost there is commitment and trust. How committed is your relationship and how much do you trust your significant other. If you cannot trust your boyfriend or girlfriend to be able to be apart for a few months then how will you ever trust him or her for the rest of your life? Nevertheless, if you have a committed relationship and you both can last through the summer then that is a great testament to both of you.

The distance and infrequency of seeing each other is what will make the summer difficult. If both people can agree to share the driving responsibility it will help to make the distance easier. Also, both need to show their maturity and adjust



The Spectrum/DANYA JIMENEZ

to not seeing each other every day. These are too key factors to surviving the summer; focus on traveling and adjusting to change will improve the chances of your relationship to endure.

Lastly, avoid high school flings or past boyfriends and girlfriends. The infrequency of seeing each other will make both people restless. The best way to deter cheating is to avoid any situation that makes it possible. If you must hang-out with someone like that as a friend do it in a group to avoid tension. Avoiding the situation is the best way to ensure fidelity. Throughout the summer put yourself in the other person's shoes. Avoid situations that will increase the chances of unfaithfulness. Lastly, find a way to spend time with your significant other and your relationship will survive the summer.

Athena Soriero
"She Said" Columnist

With the end of the year rapidly approaching college couples face that three month pause/still deemed summer vacation. For most people this is extremely time consuming, expensive, and frustrating; and if the trust isn't there it will lead to a break up.

For some college couples this may not be the case, some are lucky enough to get to spend the summer with their bf/gf or have met somebody at school that lives near by (if you're from New York chances are strong, to quite strong). In this case summer vacation is no threat and means spending quality down time together in a stress free element.

Though, for most the average college love connection will experience some type of anxiety from the coming of summer vacation. Should we end it? Should we take a break? Should we have an open relationship? Should I have a webcam installed in your room? Should I quit my summer job to make time to keep watch by pseudo stalking you? Where do I get a second job to pay for the insane phone bill and travel expenses for frequent visits?

However, some couples may be at the point where they've spent way too much time together and are beginning to irritate each other. In this case a little time and space apart may be exactly what the relation-



The Spectrum/DANYA JIMENEZ

ship needs to keep it going. Then there's the poser pair, that pretend to be really upset about leaving their bf/gf and on the last day of school will let a tear drop, confess their love, and tell them they miss them already, and will call everyday. This usually means that one, if not both of these people really is thinking how much they can't wait to go back home and pretend their single, hit the beach, and call old high school hook ups for a good time. Then there's the conjoined couple who need each other to do just about everything and never leave one another's side. Chances are they've already coordinated their summers so that their jobs, family, or friends will not interfere with continual visitations to be with each other.

Any which way good luck with trying to keep a relationship from drowning in the sea of summer and all the temptations that go with it.

The Break-Up Note

Kelly Ryan
Perspectives Editor

Dear Sacred Heart University,

Four years have come and gone faster than I ever imagined. I know I will remember you though, throughout the rest of the journey of my life. Saying goodbye to you is probably one of the hardest things I have had to do. I don't want to move on from you, but my time is up here. I promise never to forget any of the memories you have provided me with.

I know I haven't always acted great toward you. I've complained more about

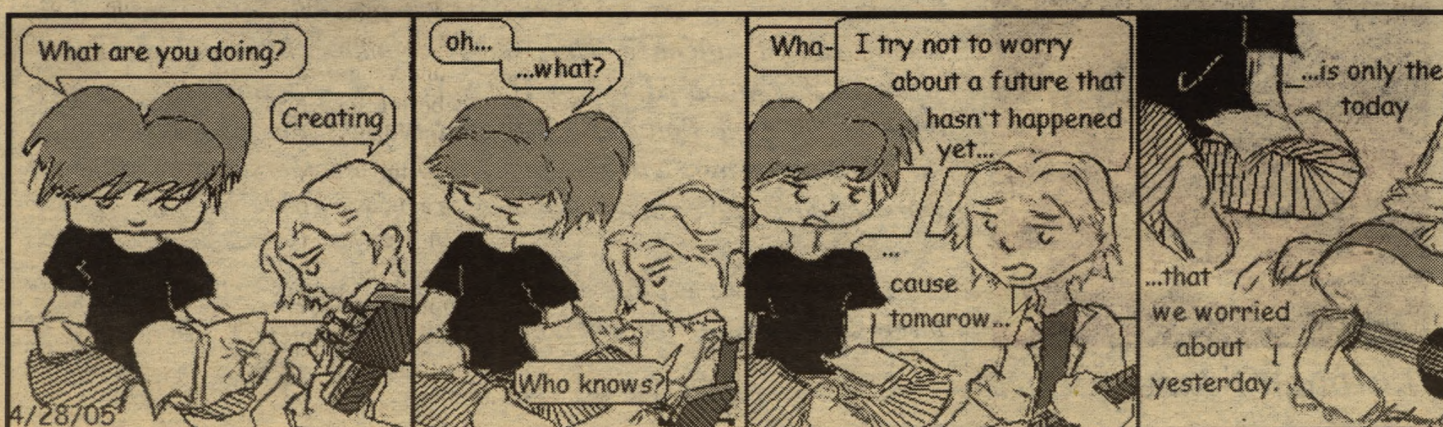
FLIK everytime I've eaten there. I've parked illegally more times than legally (but only because the parking situation sucks, so don't blame me for that...sorry), and remember that time I pulled that all-nighter in the media lab? Well I never told you but I ended up sleeping through my class the next morning and I got a zero on the quiz I was supposed take. I'm sorry if I haven't been the "model student," I just want you to know that I wouldn't change a single thing in the past four years. I've grown up and learned so much from you. I'm also sorry for all the times I've drank too much in the freshman dorms. I know you hate when students do that.

Through everything though Sacred Heart, you have been good for me. You've made me into a more mature, responsible person and my parents can't thank you enough for that. When I move on into the real world, I promise to take all the valuable lessons I've learned here, with me. If I could stay a little longer, trust me I would. It's just for the best that I go like this, it's just a part of moving on, but I really hope we can still be good friends. I'll come back and visit.

Sincerely with Love,

Kelly Ryan

The **CARTOON** of the week



The Spectrum Cartoonist/ ALYSSA FERDINANDO

My Dear friend Hemingway

What I have found the most fascinating in the United States is not the buildings of Manhattan or its wealth. It is not the diversity of the food or the fineness of the girls. It is a book that once you read it, will give you enough courage to build many buildings and earn much money. It is a book written with heart and courage; a book you can eat, drink, and smell. It is a book that speaks to you, listens to you, and touches the deepest part of your soul. This book is a mixture of fear and courage, the union of man and nature, of sea and the sky, the struggle of belief and despair. The book is "The Old Man and the Sea" by Ernest Hemingway. This is the story of a fisherman who one day decided to go far away in the sea for an adventure. One sentence summarizes the book: "A man can be destroyed, but not defeated." Why do I love this book so much? Every single word in it is a grain of a pearl that keeps the whole entity connected, fluent, and harmonic. There is a motion among the lines that takes you from the beginning to the end with an envy of non-stop-reading. It makes you feel like you are on a boat in the sea with your body floating on the waves. This book teaches you how to fight in defeat and in death. It teaches you to keep fighting for your honor when you lost your strength, your moral; and to fight again and again even if the battle is useless. This book came from the sea to announce the gospel of courage and simplicity; how to live with what you have, how to overcome your fear, how to love an enemy, how to prevent the fall. Once you have read this book, you will stay away from mediocrity, popularity, and avarice. Also, you will become more solitaire, solemn, and quiet like the lake in a moonlit night. You will seek for happiness, simplicity, and equilibrium. This book is inside of me, has become my drink, my meal, and my rest. It has become so familiar, like a part of me. In my dream, I see the lines, the words, as if an angel is paying attention to me. This book has changed my life by giving me strength, patience, and wisdom. This book has a soul, and it is more alive than the banks of Wall Street and the great falls of Niagara. This book makes me feel like a bird in the sky, that needs no passport, no visa, no ticket. I see an Old Man, who could be a grandfather, an uncle, a dear friend or teacher, who sacrifices himself to overcome all the fear of the world. I hear his voice stronger than a lion's roar. I follow his steps certain like a baobab in the storm. I know Hemingway's old man who lived many years before I was born. I know him so well that I called him my father, and I really mean it. I love the man by loving his book, and he comes in my dream with so many ideas that suddenly I realize why somebody put us in this world of fear, war, and extreme danger. The reason is that we are here to fight, to risk, to lose, and to win. We are here to share, to love, to forgive, and to surprise. We are here to give birth, healthy birth. We are here to create, to use our imagination. We are here to sleep. There are other books that I do love, but this book is the only one that feeds my soul, by spreading the odor of eternity and the calm of simplicity. This book keeps my body in balance, and commands my nerves. It keeps me away from the degradation of the spirit, and saves me every time I read it. What I shared in this book is as sweet as the setting sun spreading its rays between the branches of a fir. This is a feeling of innocence, courage, and a strong sensation of love. This is the feeling of time between falling in love and love. This book is my life. It is my earth, my sky, and my eternity. It is my Sea.

Raymond Edwins
International student from Haiti

—Arts & Entertainment—

Harry and the Potters Cast Spell on SHU

Jenna Gray
Staff Reporter

The Holy Grounds Café hosted a wizard rock party last Thursday. The main attraction: the comical performance of Harry and the Potters.

"I'd never seen anything like it before, they were hysterical," said Cintrece Brown, a freshman from Milford. "It was definitely an experience."

Before the "wizards" took the stage, "The Dana Disaster Revolution" opened with a ballad to Macaulay Culkin. Dana, a sophomore, was nothing short of hilarious and the tap dancing put her performance over the top. Dana's routine was energetic and amusing and set a humorous tone for the night.

The DeGeorge brothers then took the café by storm. Joe, played the keyboard as the part of "Harry Year 4" and his brother Paul, who played the guitar, was "Harry Year 7."

Their music is inspired by the popular Harry Potters series by author J.K. Rowling. If Harry Potter were to be a rock musician this is probably what he would sound like. All the lyrics related to the Harry Potter series and the music had a



The Spectrum / MARK STANCZAK

The duo known as Harry and the Potters jam out during their show at the Holy Grounds Café in North Hall last Thursday.

punk rock edge. It wasn't just their unique sound or lyrics that made them great entertainment, but also their hysterical portrayal of Harry Potter as a wizard rocker.

Both brothers wore gray sweaters with white collared shirts, maroon ties, and the infamous Harry Potter glasses. They often

referred to themselves as wizards and didn't once break character throughout the gig.

Just listening and watching the antics of their first tune, you could easily see the duo was going to put on quite a show. During several songs the brothers broke

out, dancing on chairs and tables. They performed for an audience of about 20 Sacred Heart students. Their energy was contagious and they soon had audience members on their feet, dancing along.

Some of the songs they played included "My Teacher is a Werewolf," "Godfather Part 2," and "The Missing Arm of Viktor Krum." One song titled "S.P.E.W." involved a lot of audience participation. The brothers ran from person to person in the audience asking them to scream "SPEW" into the microphone. It wouldn't make a top hit on the charts but it was most definitely entertaining.

"They engaged the crowd very well. I really enjoyed it," said Meghan Ballback, a freshman from Saunderstown, RI.

The crowd laughed and cheered the duo on throughout the night and everyone seemed to have a great time. Harry and the Potters proved to be quite entertaining and good for a laugh. The band's unique style, creative songs, and contagious energy went over well with its Sacred Heart audience. Most fans would have to agree the DeGeorge brothers' wizard rock would make Harry Potter himself proud.

Shakespeare Slams into Holy Grounds

Katherine Ariano
Contributing Reporter

Amid the grinding of coffee beans and Tuesday-night chatter, four brave thespians took to a makeshift thrust stage in the Holy Grounds Café for SHU's first ever Shakespeare soliloquy competition.

"The idea came to me in October," said senior Victoria Pezzulo who organized the event. She added that she had competed in tournaments of this nature in high school.

The actors chose their selections based on their favorite Shakespearean plays. The first was freshman Sam Bolles who performed "the dagger" piece from the third act of "Macbeth." Sophomore Lindsay Halle, in the character of Benedick, followed Sam with an excerpt from the second act of "Much Ado About Nothing."

Of course, Hamlet made an appearance, but as freshman Matt Libassi, who presented a selection from the first act of the play. Finally, staff member Genevieve Kennenly preformed Lady Macbeth's "unsex me" soliloquy from the first act of the so-called "Scottish Play."

The English Department trio of Dr. Calabrese, Dr. Young and Dr. Staples judged the event.

"I salute you all," Calabrese said, "we need more of this" at Sacred Heart.

It was agreed among all participants and spectators that this competition should become a tradition at Sacred Heart. Dr. Staples noted that, although the surroundings were a bit boisterous, the performers were acting in an "Elizabethan context with lots of activity and lots of noise."

The night was dramatic, entertaining and just down right fun. In the end, Lindsay Halle was deemed winner and



The Spectrum / VICTORIA PEZZULO

Students competed in the first-ever Shakespeare Soliloquy contest at the Holy Grounds.

received a gift certificate to the English major's playground, Borders. In a moment of encouragement, Pezzulo thanked the group and said: "I really wanted this to happen, and I'm happy that it did, so, next year make it fly."

So start looking for that perfect soliloquy now, fellow thespians, the next competition may be here before you know it!

Farewell From FORCE

Jacque Boothby
Staff Reporter

It was farewell for SHU FORCE last Thursday night as the dance ensemble put on their last performance of the year.

The opening piece began with a ballerina in a pink tutu being dragged onto stage. She performed a short solo to a hard rock song, when all of a sudden the members of FORCE entered the stage in army pants and black tank tops.

The dancers looked like army men with their quick, precise movements that combined dance and gymnastics. The way that this piece progressed from slow to fast paced left the crowd yelling and screaming for more.

After the opening routine, the show took a turn to Celtic dancer, Beth McFadden. Many of the members of the audience had never seen a Celtic dance before and McFadden certainly set the bar high.

The girls of FORCE convinced the

crowd that they could dance to any kind of music. Then, the dancers came out with huge orange flowers in their hair while the audience waited impatiently to see what was next. Suddenly, salsa music began to play, which definitely spiced up the show. However, the Spanish dancing didn't last long before the hip-hop song, "Culo," began blaring from the speakers.

Finally, senior Brittany Hoole, came on stage with a few other dancers to perform "Save a Horse, Ride a Cowboy." The girls used toy horses and cowboy hats to add pizzazz to the piece.

Not only were the dancers unbelievable, but the costumes only added to their performance. They really conveyed each type of music through their clothing, which in the world of dance is extremely important.

These girls are certainly talented and telling by the success of the show and the amount of people there to see them, SHU students can only hope for a performance this sensational next year.

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 Ann Chernow's "Artists and Models," the large-scale painting located across from the registrar's office.

Spring Heats Up With Summer Movie Preview

Alex Kantarelis
Contributing Reporter

With finals on the brink and the lazy days of summer just around the corner, what better way to keep yourself occupied than by checking out a movie? With plenty of potential blockbusters on the way, this summer is already shaping up to be a great one for theatergoers.

"STAR WARS EPISODE III: REVENGE OF THE SITH." RELEASE DATE: MAY 19

No summer movie preview list would be complete without the most anticipated film of the year. The newest, and final film of the Star Wars series, Episode III is the prequel that takes place right before 1979's "A New Hope." Fans will finally see how Anakin Skywalker transforms from a good Jedi to the malevolent Darth Vader. The trailer doesn't give away too much, but one thing's for sure: writer/director George Lucas is set to amaze his fans.

"BATMAN BEGINS." RELEASE DATE: JUNE 17

For anyone who enjoyed George Clooney's performance in "Batman and Robin," this movie is not for you. Director Christopher Nolan has assembled a completely new all-star cast, featuring Christian Bale in a nipple-less Batsuit and everyone from Michael Caine to Morgan Freeman to Liam Neeson filling out the supporting cast. As a prequel, "Batman Begins" will tell the story of Bruce Wayne from the day his parents were killed through



AP Photo / LUCASFILM LTD., ILM

A now-bearded Obi-Wan Kenobi (Ewan McGregor) battles more of those pesky droids with future Darth Vader, Anakin Skywalker (Hayden Christensen), in "Star Wars: Episode III Revenge of the Sith." The film will kick off the summer movie season when it premieres on May 19.

his training. Expect this movie to be dark and full of plot twists; fans of the first two "Batman" flicks will enjoy this one.

"WAR OF THE WORLDS." RELEASE DATE: JUNE 29

Steven Spielberg steps up to make an updated version of the H.G. Wells classic. Fans have been waiting for years for this movie and who better to direct it than Spielberg, who reunites with Tom Cruise. The two first worked together in 2002's "Minority Report." Expect this to be another special effects extravaganza, with a great story to back it up.

"CHARLIE AND THE CHOCOLATE FACTORY." RELEASE DATE: JULY 15

Tim Burton puts his own spin on the classic story we all grew up with. Charlie Bucket wins a trip to Willy Wonka's Chocolate Factory, along with 4 other bizarre kids. But don't be fooled. Burton insists that this is not a remake of the 1971 film, starring Gene Wilder. Instead, it's Burton's own adaptation of Roald Dahl's book. Plus Johnny Depp tackles the role of Willy Wonka.

So there you have it; a simple list of movies that are definitely worth check-

ing out but there are several other movies worth mentioning. "The Brothers Grimm," starring Matt Damon and directed by Terry Gilliam ("Fear and Loathing in Las Vegas") already has Oscar buzz around it; the remake of "The Pink Panther," has Steve Martin looking younger than ever; and "Mr. and Mrs. Smith" brings together Brad Pitt with Angelina Jolie in what is perhaps the most attractive duo in history.

So if you get bored this summer, and need to get out of the house, check one of these movies out. You'll be glad you did.

SHU Graduate Sings a Sweet Tune

Johanna Prentki
Staff Reporter

It's always comforting to know that graduates of your university have encountered a certain degree of success. Christine Yandell, a 1991 SHU graduate, is one such person.

Yandell is the member of a duo called Sweet Bird. Along with her partner, Steve Waite, the duo combines folk, pop, rock, and country to create a unique sound and a soothing mood.

The two co-founded the group in 2001 and is signed under the independent record label, Broad Band records. Yandell and Waite released their first album *Free Spirit Reflection* in 2003 and will release their second in mid-May called *Soul Fire*.

Yandell was born in Bridgeport and raised in Fairfield. She graduated from Sacred Heart University in 1991 with a Bachelors degree in graphic design. She now owns her own company called Turtle Dove design where she works as a visual designer.

Yandell's voice has been described as "sweet and pure as honey" and *Soul Fire* has a soothing but upbeat tempo. Combined with Waite's guitar accompaniment, the two work extremely well together. Hopefully, Yandell's voice will become even more identifiable in the future.

With the release of their second album, Sweet Bird should become more



Contributed Photo

Yandell, left, and Waite make up the duo known as Sweet Bird. Yandell graduated from SHU in 1991.

well-known and recognizable. The album will feature nine original tunes plus two cover songs.

With any luck, Yandell's success will inspire other Sacred Heart students to reach for their goals and achieve as much as possible.

Soul Fire will be available for purchase on www.cdbaby.com. To learn more about Sweet Bird, concert appearances, and their music log onto www.broadbandrecords.com.

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MEDIA ARTS EXHIBITION

@ Sacred Heart University



The Media Arts Exhibition, is hosted by the Department of Media Studies and Digital Culture and the Media Students Association of Sacred Heart University.

The MAX features the best works from students enrolled in the Media Studies and Technology Studies programs. Not just your average film festival; radio, movie, television and photography productions are on display along with projects from students in advertising, screenwriting and critical writing.

Join us afterwards for the Shuie Awards ceremony.

5 pm, April 30th, Edgerton Theatre

5151 Park Avenue, Sacred Heart University

Special Guest Appearance by Nick Kelly!

Features

CREATIVE CORNER

Travis Flynn
Staff Reporter

Polly wah na craher?

My nephew mumbles too much,
So we got him a parrot
For his birthday.

HC 213

Missing the first ten
Minutes of your class,
Isn't that punishment
enough?

Six Days

Running to stand still,
To revel without a cause,
Must be Friday night

Why?

Your level head is
The key to solve my riddle.
It fits, but won't turn.

Farsighted

You would search the world
For me, yet you never thought
To look in my eyes

For more poetry and
articles please go to
the website:

spectrum.sacredheart.edu

Julie Chouinard
Staff Reporter

While the Catholic world is consumed with celebrating the new pope, Saturday at sundown Jews all over the world began celebrating Passover.

Passover is the eight-day observance commemorating the freedom and exodus of the Israelites from Egypt during the reign of the Pharaoh Ramses II.

"Of all the Jewish holidays, Pesach (Passover) is the one most commonly observed, even by otherwise non-observant Jews," says Dr. David Coppola, Associate Executive Director for the Center for Christian-Jewish Understanding at Sacred Heart University.

Pesach is a time of family gatherings and lavish meals called Seders.

"With its special foods, songs, and customs, the Seder is the focal point of the Passover celebration," says Coppola.

Before the Seder, Jewish families remove chametz or leaven from their homes. Chametz includes anything made from the five major grains- wheat, rye, barley, oats and spelt.

This commemorates the fact that the Jews fleeing Egypt were in a hurry and could not wait for their bread to rise. Symbolically, it is also a way of removing the pride and arrogance or "puffiness" from the soul.

Only after the home is completely cleaned of any traces of chametz can the Seder begin.

The Seder is the most important

L'CHAYIM! To Life! The Celebration Of Passover



AP Photo/ ODED BALILTY

Jewish children watch as an Orthodox man prepares a special Matza, a traditional handmade Passover unleavened bread.

event during the Passover celebration. Special silverware and dishware are used and only foods that are "Kosher for Passover" are allowed on the Seder table. A special plate of five foods that remind Jews of the struggle of the Israelites adorns the table.

This plate, the Seder plate, contains Haroseth, Parsley dipped in salt water, Roasted egg, Shank Bone, and Bitter herbs. These represent the mortar used to assemble the Pharaoh's bricks, the tears of the Jewish slaves, a symbol of spring, the sacrificial lamb offering, and the bitter affliction of slavery.

Three pieces of matzoh are placed in the center of the Seder table as well. The middle matzoh is broken in half before the meal begins. One half is placed back on the table while the other half, the

Afikomen is hidden in the house. The children later hunt this piece and the child who finds the Afikomen receives a special prize. Much like the Easter egg hunts in the Christian faith.

Like the food, the wine is also symbolic. Four glasses of wine sit on the Seder table to represent the four stages of the exodus- freedom, deliverance, redemption, and release. A fifth glass is an offering for the Prophet Elijah.

As far as a Passover celebration at SHU, Coppola says it would be unlikely.

"It is more of a family celebration. Some Christian churches celebrate Christian Seders as a way to focus on their Jewish roots and liturgical traditions," says Coppola, "But Passover is really a time of family gatherings for the Jewish people."

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

No. 10
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It's Just Plain Embarrassing!

Jennilyn DeSisto
Staff Reporter

As the school year comes to end, it's only right to take a look back and reflect on what has happened over the course of eight months.

Yes, Sacred Heart has hosted an array of events, including: a dedication ceremony and a successful woman's image conference. But how was the year for the people who make up the university, the students?

Chances are every student at Sacred Heart dealt with the ups and downs of college. The new people you meet, parties, making deans list on one hand. "All nighters", the professors who seemed to make no sense at all, and getting none of the classes you wanted on the other.

Everyone has experienced these in one way or another. Another thing that every student can relate to is the most embarrassing moment.

So as we reflect on this past school year, why not reflect on SHU student's most embarrassing moment of the 2004-2005 school year.

"My most embarrassing moment at school this year was one Saturday morning my friends and I were walking down the hill to go to FLIK for breakfast. There was a huge tour group at the top of the hill, so my friends and I walked in the road to go around them. After we passed them

we went to get back on the curb and as I stepped up my foot slipped and I totally fell in front of the entire tour group. It was quite embarrassing," Diana Smith, junior, Elmont, NY.



Contributed Illustration

Some of people's most embarrassing moments are when they fall in front of others.

Losing ones balance seemed to be everyone's problem at some time or another.

"It was raining, not pouring and the people in the car were letting me go before they drove past on the cross walk. I was

trying to hurry and I lost my flip flop in the cross walk. I had to go back and retrieve while the people in the car just stared at me. I could feel myself getting red," Lauren Williams, junior, Monroe.

were a bunch of people outside too that saw everything. But luckily I didn't fall down completely," Kristin Lewis, junior, Trumbull.

No matter how long you have been going to a certain school there is always a hint of first day jitters. No one wants to be late for the first day of classes, or worse go to the wrong class.

"My first psychology class of this semester I walked into the wrong room. I saw all the way in the front and looked around me and noticed that I was the only boy in the class. The professor gave me a funny look, but I didn't think anything of it. Then I noticed that everyone had a different book than me. As the professor started to take attendance I interrupted to ask her name. After she told me I realized I was in the wrong class. I was sitting on of those child/infant development classes, so I left. Not to mention it was one of those class rooms with the railing so when I was leaving I had to turn around and face the class to get out. It was so embarrassing," Chris Nazzaro, junior, Trumbull.

We have all experienced our fair share of embarrassing moments, whether it was sitting in the wrong class, getting caught barefoot in the rain, or taking a nasty spill. However, keep in mind that you will probably look back at and laugh, even though for the mere second while it was happening you wanted to die.

Thinking of Summer!

Courtney Pustay
Staff Reporter

Believe it or not, this semester is coming to an end.

Never mind the papers, projects and finals, summer is around the corner and that means one thing, relaxation for all!

Whether you're looking forward to the warm weather, blue skies, or sand in between your toes, summer has something in store for everyone, even if you plan on working a lot.

Summer is something that Sacred Heart students are anticipating.

Currently, students are searching for the perfect summer job and planning endless nights of fun with close friends.

"Every summer I go back to my old job. For the past few years I've been working as a dock master at this marina in my town. It's actually my third year there. I love being out on the water. Working there isn't going to be anything like school work, it should be relaxing. Plus it's right by my house. In a way, it's extremely convenient especially if I'm running late," said Matthew De Rosa, a sophomore from Northport, NY.

"I can't wait until the summer. I'm very stressed out between papers and finals. I'll be in Italy studying abroad. I've been looking forward to this for awhile. It's something different, and interesting. Taking classes in a different country should be an experience. Aside from the actual work, I can't wait to sight-see. I'm a history major so I think enjoy spending my time there," said Mariel Palombo, a sophomore from Yorktown, NY.

"I love surfing, when I think of the summer, I automatically think of surf-

ing. Most college students that I know go to work, then party like crazy at night. Going to work in the summer is fun though. I'm a lifeguard. I just sit on the beach all day and get a tan. It's amazing. I can't complain. Most of my friends have the same job or do something outside. I think by being outside in the sun, you're more likely to enjoy your job. That's why working in the summer isn't so bad." Eileen Transki, a junior from Hofstra University.

"Well, I work at a florist in the summer so you could imagine what it's like to be cooped up in a tiny little place. Hopefully I will be going to the beach more. Last summer I went once. However, working there does have some advantages. For instance, I don't have to work past 5 p.m. I'm lucky, because then I can go out at night with my friends. When I do go out at night, I usually go to some club or bar. Then only problem is waking up the next day for work at 8 a.m.," said Carissa Iruelli, a sophomore from NYIT.

It seems as though most students have some sort of job for the summer. Some are more lucky than others when it comes to where they get to work or how many hours they have to work.

Just because you have to work during the summer doesn't mean you can't have fun.

"The people I meet at work are usually the ones I hangout with for the summer. It's great going to work and meeting new people. That's one of the main things I look forward to this summer," said Transki.

Sometimes going to work is just part of the fun.

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Retired Chairman and CEO, GE
Bestselling author of *Winning*

Hosted by Dr. Anthony J. Cernera, President, Sacred Heart University

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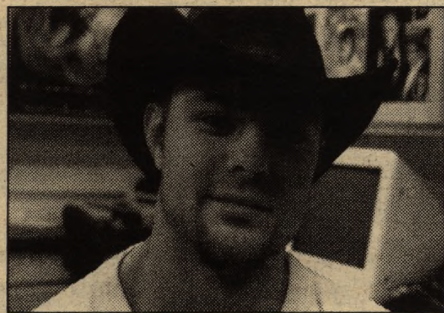


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BEYOND SHU

All Good Things Must End



Bryan Fogle
Sports Columnist

Well folks, it is now the end of April and that means one thing for a Sacred Heart University senior... the time has come. Four years of work, sweat, and endless hours in the Media Studies editing lab all have boiled down to these final two plus weeks. Since I am the world's largest slacker and I have done no work all semester, this column will be my last horrah. As for fun work that needs to be done before I get that little piece of paper on May 15. As I write this, I can feel my laptop beginning to cringe in pain while knowing how much work it is going to get in the next five to seven days.

I think a fitting way to conclude my reign as columnist would be to simply just review and put a cap on all the events that have happened in the world of sports since September 2004.

First off, it hurts me to talk about it but yes, I did predict that the Yankees would win last year's World Series, and no, we all know that didn't happen. The Boston Red Sox ended their 86-year drought and defeated the St. Louis Cardinals to win the World Series. In doing so, they put the "Curse of the Bambino" finally to death and have further solidified themselves as a powerhouse in Major League Baseball. Congrats to the Red Sox and all of their loyal fans here at Sacred Heart, you guys deserve to celebrate.

As if the Sox winning the World Series wasn't enough for New England, the Patriots continued to just own the National Football League. There is no denying that the Patriots are by far the best team in the league and have the arguably the best coach in NFL history in Bill Belichick. Even though they lost both coordinators in Romeo Crennell and Charlie Weiss, I am sure they will still own at least the AFC and come the playoffs, I have no doubt that Belichick will work his magic and Tom Brady will win another Super Bowl and the Super Bowl MVP.

Well there was no NHL, so that opened up hockey fans to two different types of hockey... minor leagues and college hockey. The Bridgeport Sound Tigers this season broke attendance records with well over 200,000 fans. Unfortunately they did not make the American Hockey League playoffs, but they did set a team record for wins

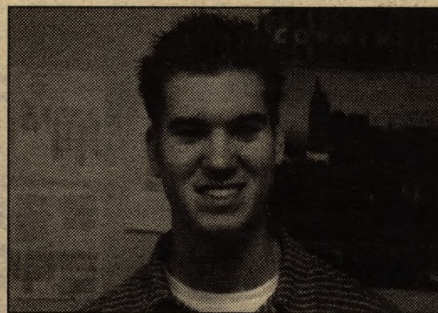
on home ice. The only problem is they basically won nothing away from the friendly confines of the Arena at Harbor Yard. As for college hockey, despite an absolutely horrible referee and a goal judge who deserves to have his head shot off by a canon, the SHU hockey team still had a fairly decent season and as always will come out next year ready to play and make their way to the top of Atlantic Hockey.

Let's see what else happened, the USC Trojans won their second college football national championship in as many years and the Tar Heels of North Carolina won their first national championship in many years and Roy Williams fulfilled a dream and coached his alma mater to a championship.

My final sports words here have to deal with the faithful fans of New York sports. The Yankees have started out a little on the slow end of things but not to worry, through 19 games last season, the Bombers had the identical record as they have this season (8-11) and still ended up winning 100-plus games. The Mets have a bright new look and a new manager and right now have a better record than their cross-town rivals and I hope they have a great season. The Knicks are just unhealthily awful... moving on. The Giants and the Jets, I beg of both of these teams do have good seasons and I especially want Eli Manning and Chad Pennington to come out and just simply put the proverbial sock in the mouths of all the critics and sports writers in the New York area.

Well, my the end of my space draws near so I would like to say a few thank you's and then I will officially turn the ship over to Brian Fitzsimmons, who has shown many signs of being able to take this column to new levels and continue the trend that was started last year by my good friend Hank Gargiulo.

Thank you to sports editor Nick "the fro" Kelly who put up with all of my crap and getting the vast majority of my columns about 10 seconds before his layout was due. A special thank you to all of the professors in the Media Studies department. I would not have been able to be where I am now in my knowledge of the media, movies, and production if it weren't for the help of Dr. Castonguay, Professor Greg Golda, Dr. Andrew Miller, Dr. Louise Spence, Dr. Sid Gottlieb, and finally Dr. Debbie Danowski. Dr. Danowski has put so much time and effort into making the Spectrum the paper it is today and I thank her for that. Finally, thank you to all of the friends and teammates I have had here at Sacred Heart. Everyone has made an impact in my life and I wish you all the best of luck in the rest of your lives and careers. May God Bless you all, best of luck to the class of 2005, thank you for playing along.



Brian Fitzsimmons
Sports Columnist

Baseball Report: Ryan Nemcek (Endwell, NY) stood on second base after cracking a double down the left field line against NEC opponent Farleigh Dickinson with a grin that signified he gives his full approval of the Sacred Heart baseball team's 11-3 conference record.

"Coming into this season, I knew we would be a solid contender," said the freshman shortstop, "but I didn't think being in sole possession of first place would be this exciting."

Exciting might be an understatement as an adjective to describe this squad that the NEC has come to fear. Jay Monti (Marlboro, NY) and Chris Aldrich (Medway, MA) make up arguably the best one-two punch of starting pitchers in the league by sporting a miniscule 1.85 E.R.A between them. Since the two have proved to be nearly un-hittable, facing them down the stretch could easily bury many teams in the parody loaded conference.

Nemcek, who is batting .293, partners up with senior second baseman, Curtis Lewsey (Greenwich), in becoming a forceful double play combo. Tony Diaz (Middletown, NY), Dan Garcia (Nanuet, NY), and Adam Farino (East Meadow, NY) make up a very productive outfield. Diaz has knocked in 12 runs as of April 24, and Garcia has 17 RBI's. Catcher and Designated hitter, Josh Enos (Paulsboro, NJ) leads the team in runs batted in with 18.

Timely hitting and the success of their hard throwing arms should carry this team deep into the NEC tournament. The Pioneer's next home game is on Saturday, May 7, at 10 a.m. against Long Island University.

Softball Report: It's good to know that the Pioneers can rely on Megan Spehar (Thousand Oaks, CA) and Melissa Mezzanotte (North Haven) for three more years following this promising campaign by the softball team.

The two freshmen sensations have played a big role in the SHU softball squad's step in the positive direction. Mezzanotte belted one homerun against Yale, and has played very good defense at shortstop. Spehar has shown she is ready to undertake the role as the ace, by boasting a 2.49 E.R.A and a team

leading six wins.

Bethany Lemanager threw a no-hitter against Yale on April 6, and by allowing only 10 walks in 49 innings, she has been very efficient.

The NEC tournament is reachable, so the solid rotation of Spehar, Lemanager, Chrissy DeMott (Levittown, NY), and Danielle Mellin (LaCanada, CA) must be sharp. Senior outfielder Tiffanie Cross-Monzo (Thousand Oaks, CA), the team's leading hitter with a .319 batting average, must continue to produce as well.

The Pioneer's next home game is on Sunday, May 1, at 2 p.m. against Central Connecticut State.

Men's Lacrosse Report: Senior Christian Lynch (Northport, NY) made the most of "Senior Day" at Campus Field on April 23 by scoring five goals in a loss to Villanova. The rebuilding program started the season off very well by sporting an impressive 4-1 record, but soon dropped seven games in a row. Junior Kiel Adams (Rome, NY) has played solid lacrosse all season long and as of April 24, he is leading the squad in goals, points, and is second in assists. The Pioneer Men's Lacrosse team wrapped up their season against Holy Cross at Campus Field on Wednesday, April 27.

Women's Lacrosse Report: The Pioneer's Women's Lacrosse team has been very consistent with their winning ways this spring by posting a very respectable 10-6 record. They have outscored their opponents 170-155 over the course of the season and won three games in a row twice. JoAnn Montesarchio (Cortlandt Manor, NY) and Brianna Bubeck (Bethlehem, NY) combined for a dominating 71 goals and 23 assists.

Men's Tennis Report: The Sacred Heart University Men's tennis team beat Farleigh Dickinson University in the NEC quarterfinal 4-0. They proceeded to lose on Saturday to the number two seeded Mount St. Mary's in West Windsor, NJ. With six freshmen, two sophomores, and two juniors returning next year, Coach Mike Guastelle and the rest of the Pioneer tennis team should have a lot to look forward to.

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

Jets Propped by Draft Day Success

Stephen Conoscenti
Staff Reporter

As any sports fan knows, this weekend the National Football League held their annual draft. Two days, seven rounds, and 255 players later, it came to an end.

Fans in the New England area either love or hate the Jets, long-time division rivals of the Patriots. The Jets added eight players to their roster last weekend and the Patriots added seven.

Neither team drafted any impact players, but both teams drafted players that will fill in the holes, which is what makes a team successful. The Patriots proved that last season and hope to prove it again this season.

Tom Brady wasn't the top rated quarterback in the NFL. He wasn't the second, third, fourth, or fifth either. Somehow his team still won the Superbowl. The Patriots are proof that you don't need a team of superstars to win the title.

Jets have played second fiddle to the Patriots for the past two seasons. The Jets started their draft early when they sent their

first round pick to the Oakland Raiders in exchange for tight end Doug Jolley and a second round pick last Wednesday.

The Jets needed to address two things in the draft: cornerback and tight end. This trade helped them address their weak tight end position.

"Doug is a player that we have targeted for over a year," said Jets GM Terry Bradway to the press.

"This is a guy we have liked for a long time and feel like he can add something to the tight end position, especially from a receiving standpoint."

Jolley, entering his fourth season, had just 27 receptions for 313 yards and two touchdowns last season because of being so low on the depth chart. In 47 career games, the 6-4, 250-pounder has 90 catches for 972 yards and five touchdowns.

The knock on Jolley is he can't block, although he begs to differ.

"I pride myself on being a complete tight end, meaning both receiving and as a blocker. When you join a team that has the NFL's leading rusher in Curtis Martin, a future Hall of Famer, you know you're going to be counted on to provide some blocking," said Jolley.

The Jets also addressed their cornerback needs when they drafted Justin Miller out of Clemson, who was originally projected to go in the first round, but slipped because of two arrests in the upcoming weeks before draft.

When the Jets drafted Miller, they filled one more position other than cornerback: kick and punt returner. With Santana Moss gone, the Jets were going to rely on WR Justin McCareins to return punts. Miller's value to the Jets may be on special teams rather than on defense.

The special teams also got a facelift when the Jets made Mike Nugent the second kicker in their 46-year draft history their selection. This was a surprise to many fans, but after Doug Brien's Pittsburgh debacle, is it really that much of a surprise?

The Jets received some criticism about some of their choices. One was defensive tackle Sione Pouha. The big strong, explosive player bench presses 475 pounds and squats 675 pounds and originally signed with Utah back in 1997, then left for an LDS church mission to Pittsburgh, Pa. from 1998-2000.

Pouha saw limited playing time at DE

in 2001 and then went on to play in 11 games in 2002. He moved to DT in 2003 and started nine games, finishing with 29 tackles, four-and-a-half tackles for loss and two sacks.

The Jets also received criticism for taking two safeties in the draft while failing to upgrade their aging offensive line. The two safeties they selected were Kerry Rhodes, whom they traded up for slots to select, and Andre Maddox, a physical player whom the Jets rated as the top special teams player in the draft.

The Jets also nabbed one running back, Cedric Houston, but isn't expected to make any noise considering he fell asleep during the draft, bringing new meaning to the term "sleeper".

New York also added two more to their receiving corp. by selecting tight end Joel Dreesen, who may serve as a long snapper, and wide receiver Harry Williams who claims he is a steal.

Still, only one thing matters: did they close the gap on the Patriots?

"We're going to find out in December," said Bradway.

Few Surprises in NFL Draft

Pat Conroy
Staff Reporter

The 2005 NFL draft started off a new year in a different way. Not only is it the beginning of the NFL preseason coverage, but it is also the beginning for three coaches.

Mike Nolan, Nick Saban, and Romeo Crennel all are first year coaches and all had to make their first big time decision, who to take with their first draft pick. These three coaches had to pick the player that is going to be the one to turn around their new team.

Nolan and the 49ers chose Alex Smith, the Utah quarterback who was expected to go number one. Barring injury, Smith will be under center when the season begins.

The Miami Dolphins immediately filled the void that Ricky Williams left when he retired last year by choosing Ronnie Brown, the powerful running back from Auburn. Brown was the number two running back to the fifth pick in the draft, Carnell "Cadillac" Williams.

Although Williams saw most of the snaps while they were at Auburn, many experts feel that Brown is better suited for the NFL. At six feet and 233 pounds, Brown is big enough to take a beating and has shown to be the best blocker out of the running backs in the draft.

The Cleveland Browns chose to go after the best available pick rather than their greatest need with the third pick in the draft. Romeo Crennel will add Michigan wide receiver Braylon Edwards. Edwards is a big receiver with big play capabilities. His highlight reel from Michigan is extensive enough, and he has the ability to succeed at the next level.

Texas running back Cedric Benson went fourth to the Chicago Bears. He is a so-so blocker, but he can line up in the slot and be a menace across the middle.

There were no major trades or surprising picks. There were two times that ears were raised, however. The first came when Aaron Rogers, the Cal quarterback who was projected as high as number one two weeks ago, was not called until the 24th pick. Rogers was chosen by the Green Bay Packers, where he will learn from, Brett Favre. Favre announced that he will return for another season, and once again will try to lead his team to the Super Bowl.

The other surprise of the first day came with the last pick of the night, when Maurice Clarett, the former Ohio State running back was picked by the Denver Broncos. Clarett didn't have great numbers in his tests for scouts, and many think he is not ready for the NFL.

The New England Patriots chose offensive lineman Logan Mankins from Fresno State. Joe Andruzzi is gone due to free agency, and the Patriots have many of their positions in place. Although Mankins played tackle in college, Belichick feels that he is versatile enough to switch to guard.

The New York Jets chose a kicker with their first pick, which was in the second round. Ohio State place kicker Mike Nugent is off to New York to try to solidify a special teams unit that has been shaky at best in the past few years.

The Giants also gave up their first round pick, and their first choice was cornerback Corey Webster from

Louisiana State. Webster will try to be the missing piece of a position that lacks depth, and could be the third corner in the system.

Dallas made use of their two first round picks, taking Demarcus Ware from Troy and Marcus Spears from Louisiana State. Both of these players are great defensive ends, with Ware having the ability to stand up and play the outside linebacker position. Bill Parcells filled many holes via free agency, and the addition of these two players as run stoppers further shows Dallas' want to win.

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Pioneer Schedule

Friday, April 29

Softball	at Virginia	Charlottesville, VA	3:00 PM
Softball	at Virginia	Charlottesville, VA	5:00 PM
Men's Track	at Penn Relays	Philadelphia, PA	All Day
Women's Track	at Penn Relays	Philadelphia, PA	All Day

Saturday, April 30

Baseball	at Quinnipiac	Hamden, CT	12:00 PM
Softball	at MSM	Emmitsburgh, MD	1:00 PM
Men's Lacrosse	at Hartford	West Hartford, CT	7:00 PM
Women's Track	at Penn Relays	Philadelphia, PA	All Day
Men's Track	at Penn Relays	Philadelphia, PA	All Day

Sunday, May 1

Baseball	at Quinnipiac	Hamden, CT	12:00 PM
Women's Rowing	at NE Champ	Worcester, MA	8:00 AM
Men's Track	at Yale Invitational	New Haven, CT	10:00 AM
Women's Track	at Yale Invitational	New Haven, CT	10:00 AM

CAMPUS NEWS

Equestrian Team 3rd at National Championship

Elyse Harrell
Staff Reporter

The Women's Equestrian team traveled to Santa Fe, New Mexico for the Varsity Equestrian National Championship on April 15 and 16 and finished in third place.

The team improved its score eight points from the 2004 VENC, in which they also came in third place, which shows that the competition was strong.

"The other schools were definitely tough competition. We were the smallest school there, and we also traveled the farthest to get there. In fact, we received little recognition in the pre-tournament predictions despite placing 3rd there last year," said Katie Janczak (senior, Ballston Spa, NY), who shares the co-captain title with Emily Grayson (senior, Greenwich).

"Every year we go in and we're the underdogs, up against big Division I schools such as USC, UGA, OSU, etc. Their rosters and programs are far larger than ours, but we're a tough team to beat."

Sacred Heart came up against such colleges as Oklahoma State University, University of South Carolina, Texas A+M, and Kansas State, along with many others. Still these big colleges were not able to intimidate SHU.

"The ability level of the squad traveling

to this year's competition was outstanding," said coach Alysia Cantelmo.

The girls came out strong on Friday, gaining 11 points on the first day alone. They came out on day two with the same approach and determination.

"I had a difficult horse and had to adjust my ride accordingly. In the test we had to switch horses, and I made a couple of minor mistakes that I'm not happy with," said Janczak.

The judges order tests, which is a simple switching of horses, in order to guarantee a fair judging. Janczak overcame these tests and earned herself and the team its first blue ribbon in this competition.

"Going up against the big schools and huge programs, you worry that team members will get intimidated, but every year I'm even more impressed by the composure and determination put forth by the girls on this team," said Janczak.

"I felt very confident going into the weekend, both in myself individually, and in the team as a whole. I was fortunate enough to be returning to the competition for the third time, so I had experience on my side."

The team overcame some minor obstacles and strode through the competition with grace.

"The trip was really tiring for us. The distance, change in altitude and climate,

the long days. It was exhausting! I think any team trip brings people closer together, but it's always that much better when you can come home feeling like you really did something great," said Janczak.

Unfortunately the whole team could not make the trip to compete. Besides the co-captains were Lauren Pierce (sophomore, Southington), Catherine Coyle (sophomore, Centerport, NY), and Michelle LaSalandra (freshman, Stamford).

"Emily Grayson put in some of the best performances I've ever seen her have, and I was also very proud of the way sophomores Lauren Pierce and Catherine Coyle stepped up their game as well. We brought one freshman along, Michelle LaSalandra. She did a great job, and performed very well under pressure," Janczak.

At the end of the competition the team had collected a total of 27 points. This marks the highest point card for the team to date.

"All of the girls gave their absolute best performances. The team worked together to watch the horses they drew, analyzed and walked courses together and gave 110% when in the ring," said Cantelmo.

"We couldn't have asked for any better performances from the girls. They rode to the best of their abilities and in overcame some tough draws. The nice thing going into these shows is that other teams

often overlook us in pre-competition hype, as they don't ride against us all year. This gives our girls an opportunity to ride to the best of their abilities without much of the pressure that riders on other teams carry into this show."

"Even though there were only five of us competing, we were getting phone calls and good luck wishes from our teammates back in Connecticut. Their support really meant a lot to those of us who were competing."

"I think seeing the team stand up at the awards ceremony, for the second consecutive year, among some of the best equestrian teams in the country, in third place, was a memory that will stay with me for quite some time," said Cantelmo.

"Our seniors have had a great tenure with this team and this was a great way for them to close out their collegiate athletic careers. The resounding message from this trip was that the girls were proud to represent their school and show the big schools not to discount a little school from Fairfield."

This is one underestimated team, that is up and coming and if it keeps advancing at such a rate, within a few years could be at the top of the game. They are looking toward next season as a chance to improve. Janczak will close out the Equestrian Team's season at the IHSA National Horse Show May 4 to May 7.

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Lynch Goals Can't Stop 7th Consecutive Defeat

Travis Flynn
Staff Reporter

The Sacred Heart men's lacrosse team lost 15-9 to Villanova Saturday, dropping to 4-8 on the season, despite a strong senior day effort from Chris Lynch, who scored a career high five goals.

"Chris played extremely well," said Thomas Hind, a junior goalkeeper from Farmingdale, NY. "He's been playing great for us offensively when given the opportunity."

"[Chris] was making nice plays all game and was a leader on the field. It was a nice way for a senior to display his leadership on senior day," said Tony Tanzi, a freshman from Mahopac, NY.

With four goals in the first quarter and another four goals just from Lynch in the second half, the Sacred Heart Pioneers were not able to beat the Villanova Wildcats who dominated the second quarter, outscoring SHU 5-0.

Sacred Heart were unable to close the lead to within two goals in the second half.

"Over time Villanova made a few adjustments on defense. What we couldn't do well was stop the one-on-one defense in the midfield," said Kiel Adams, a junior

from Rome, NY.

"We had too many mental mistakes, which led to 'Nova going on runs that we couldn't come back from. We also could have finished the ball better, because I believe we outshot them, but we just weren't putting our shots away," said Lynch, a senior from Northport, NY.

The Pioneers outshot the Wildcats 39-36, but only 20 of their shots were on goal. Villanova scored on 60 percent of their 25

shots on goal.

Lynch opened the scoring for SHU at 9:22 of the first quarter to bring them to within one goal of the Wildcats.

"[The goal] was created by our team riding well and I just happened to be there when Villanova missed a pass, and I was able to pick up the ground ball and take it down the field for a one-on-one with the goalie," said Lynch.

The breakaway goal provided a spark



The Spectrum/ TRAVIS FLYNN

Tony Tanzi looks to create a scoring chance deep in the offensive zone

for the Pioneers, who scored three straight to pull even at 4-4 to end the first quarter. Peter Greco, Rory Morse, and Adams scored in the closing five minutes of the quarter while Kevin Walker and Matthew Robideau recorded assists.

The Wildcats countered in the second quarter, scoring a goal in each of the first three minutes and adding two more to mount a 9-4 lead to end the half.

"Villanova is a great team that's headed into the playoffs, and it's hard to match their level of play this late in the season," said Jeff Monaco, a senior from Carmel, NY.

"We've been struggling recently to play consistently. Regardless of the outcomes of the past few games, we always play hard and with a high level of intensity," said Monaco.

Sacred Heart have lost seven straight after winning four in a row, including a come from behind win against Fairfield University.

"We renewed our rivalry with Fairfield for the first time in a decade, and beating Fairfield was the biggest upset in Sacred Heart lacrosse history," said Monaco.

Sacred Heart will close out their season on the road versus the University of Hartford on Saturday at 7 p.m.

Dixon, SHU Run All Over NEC

Brian Fitzsimmons
Sports Columnist

Sacred Heart University's most prized track and field runner is shining as brightly as the nickel sized diamond earrings he wears.

Arman Dixon (Beacon, NY) or Arie as he goes by, is a freshman who has already shattered school records in the outdoor 200-meter dash twice, 400-meter dash, and the long jump. As for the indoor events, he has broken records for the 60-meter dash, 200-meter dash, and the long jump.

Arie is glad that he listened to his track coach's advice as a freshman in high school.

"I was a dedicated basketball player when I was younger, and since I was always the fastest kid on my team, my high school's track coach told me I should concentrate on running instead," said Dixon.

This jaw-dropping success hasn't come rather easy though. As a junior in high school, he struggled quite a bit and found himself playing catch-up in most races.

"I didn't have much discipline in my junior year either," said the lanky freshman, with a sheepish grin. "I learned that

in order to do well, I'd have to work hard and take a little more pride in what I was trying to do."

The drive to succeed led Dixon to train very hard in between his junior and senior year in high school, and it paid off quite a bit. With a combination of rigor-

"He is hands down the best athlete in this school and we wouldn't be where we are without him."
Mike Barrett

ous weight lifting programs and constant sprints, this diamond in the rough knew he controlled his own destiny.

"I wanted to make a name for myself," said Dixon. "So, I ran indoor track, where the races are a lot shorter, and it helped me develop a quicker first step and I later found myself coming out of the gate with a bang unlike the past."

Those workouts began to show when

he was invited to State meets, and eventually to Nationals. After thriving at those prestigious events, he became a coveted name for colleges, and Sacred Heart came knocking at his door.

The Pioneers track team has had a very successful season, and Dixon has contributed a great deal by displaying extraordinary talent in the 100-yard meter dash, 200-yard meter dash, 4x-100 relay, 4x-400 relay, long jump and occasionally the open 400-meter dash.

Dixon, who is the team's self proclaimed team jokester, has been named the Northeast Conference Athlete of the Week three times this season, and won MVP and Rookie of the NEC indoor championships. He has also been invited to compete with the best of the best in the NCAA junior nationals.

"He is hands down the best athlete in this school, and we wouldn't be where we are without him," said freshman teammate Mike Barrett (East Islip, NY).

Barrett, who was a participant in the sprint medley relay team that broke the school's record in the indoor relay, is a big fraction of the very efficient supporting cast, which includes Scott Giordano (Hamden), that makes the Pioneer track team such an exceptional squad.

"We are a special group this year

because we have improved from eighth place last year to fourth place this year," said Barrett. "We also have arguably the best sprinter and best thrower as well."

The Long Island native is referring to Dixon as the best sprinter, and junior Evan Lasher (Pleasant Valley, NY) as the best thrower. Gregg Curley (East Wareham, MA) serves as the team captain and participates as a decathlete. Alonzo Meek (Wayne, NJ), who is a sophomore hurdler, will prove to be a significant contributor when the NEC championships roll around.

If Dixon and the Pioneers keep up their pace, they have a legitimate shot at winning the events at the NEC outdoor championships, which will be held May 7 and 8 in Emmitsburg, MD.

However, inevitable obstacles stand in their way. Monmouth is the perennial powerhouse in Sacred Heart University's respected conference, but if there is anything this team has shown, it's that anything can happen when the will to win is present.

"Monmouth will be very tough," said Barrett. "But, if there's anyone to take them down, it's us."

With Arie Dixon as the newest Northeast conference household name, there is no reason to doubt that.