

Maureen Howard remembers the place she came from



Travis Flynn/The Spectrum

Award winning author, and Bridgeport native, Maureen Howard, spoke to students about the role of "place" and history in her works.

Ashley Winseck
The Spectrum

With a true passion for her words, author Maureen Howard shared excerpts from her novel "Natural History" with members of the University community, as she described the role of 'place' and history in her works.

"History set me down in Bridgeport, Conn. at the beginning of the depression. It, to me, remains a fascinating city, because it is my city," said Howard.

Howard is the author of nine novels as well as many essays and memoirs. She has also applied her talent to the introductions to works by Edith Wharton and Virginia Woolf.

Along with "Natural History", her nov-

els, "Grace Abounding", and "Expensive Habits" became nominated for the PEN/Faulkner Award. In 1978, her book "Facts of Life," was given the National Book Critics Circle Award for Non-Fiction, and in 1997 she was presented with the Award in Fiction from the American Academy of Arts and Letters.

Howard was also awarded the 24th John Dos Passos Prize for Literature this year. In addition to her novels, she also teaches at Columbia University.

Professor Michelle Loris had the honor of introducing Howard, describing her work as, "stories that are eloquent and lyrical."

The importance of going back to your roots, to your original "place," served as

the basis of Howard's speech. She told the audience that one of her main interests has been reinventing the place she came from, Bridgeport, in terms of both her stories and her characters.

"The past is not an easy trip, nor is history," said Howard, "[but] I have been obsessed with where history has set me down and the idea that writer's need to figure that out."

"From above, start with the privileged few..." said Howard; reading from her novel "Natural History." Howard shared how she attempted to map the city of Bridgeport.

She uses place as the basis for developing her characters, as well as her stories.

"When I think about the ability to get where you want to be as a writer, I feel there are people who have been unbelievably brave," said Howard.

She did not claim that she herself had ever been so brave, but she did attribute credit to another author. Howard said that Herman Melville had had the most influence on her as a writer.

"He wrote the book he wanted to write," said Howard, referring to Melville's "Moby Dick".

Although Howard may not have claimed that she was so brave a writer as Melville, others disagree.

"In all her stories, she is unafraid," said Loris during her introduction.

Students were excited to be in attendance of the University's guest on Thursday night.

"It's a lot different than just guessing and analyzing what the author was probably thinking. I also found it inspirational that she can capture the beauty of places," said Jaime Congilose, junior, Toms River, N.J.

The city of Bridgeport has been a focal point of Howard's works because that was her original "place" in history. However, her newest project is centered on her current place in history.

Howard lives in New York City, across from Central Park. Her new work will focus on the Park and its particular place in history.

"The history of our lives and putting it together interests me," said Howard as she described all the stories that Central Park has to tell.

According to Howard, writing is about facing up to who we are and where we came from.

"There are never enough stories," said Howard. The job of the writer is to go back to their "place" and find them.

Is your car safe?

Chris Faber
The Spectrum

Four car break-ins in three weeks have students and Public Safety very concerned.

The first incident occurred in the early morning hours on Nov. 18, at Taft Commons, in front of Taft Avenue.

"I went out to my car around 11:30 a.m. on Friday and noticed that my right side passenger window was smashed; broken pieces of glass were everywhere around and inside the car," said Jaclyn Hull, junior, Seymour.

Hull, who parked her car upon returning home at 2 a.m., said that a Central High student told her the window was broken when he walked passed at 6 a.m. that morning on his way to school. That means that the vehicle was broken into during the hours that Public Safety was on duty.

"I think that it could have been an oversight by public safety," said Hull.

Continued On Page 3...

The Merrit parkedway

Danielle Holton
The Spectrum

There are three things you're guaranteed to have to deal with in life: death, taxes, and traffic.

Since Jan. 2001 there has been construction on the Sikorsky Bridge in Shelton. The construction is replacing the 60 year-old metal bridge. It will have six lanes, a full shoulder capacity and a new addition of a bike lane.

"I think its ridiculous that I have to sit in 20 minutes of traffic to get to school so that they can build a bike lane. Who's going to ride their bike on the highway?" said Kelly Edgar, senior, Milford.

"Americans will put up with just about anything, provided it doesn't block traffic," once said Dan Rathers, television newscaster.

This is one location that is known for its traffic, partially due to the construction and to the merge from I-95 to Route 15.

"I dread leaving my house because I know I'm going to have to deal with it. I definitely think the people that need to learn how to merge are a big part of the traffic," said Vin Wynne, senior, Shelton.

The construction on the bridge has forced a two-lane shift that is also a contributing factor to the increased breaking on the bridge.

The construction was estimated to

Continued On Page 2...

2005: An eventful year in review

Take a look back at a few major events of 2005 on page three.

News

Instant Messenger virus attacks laptops

Nina Blair Wales
The Spectrum

America Online's Instant Messenger service (AIM), the leading program created for instant, easy access between friends online, is also creating instantly difficult problems.

AIM has become an important means of communication and the dreaded virus is causing great frustration among users.

With just one quick click, the AIM user can be affected by a malicious virus and unknowingly sends the virus to other users on their buddy list.

"You have to delete your AIM completely from your computer," said Kristi Migne, a first year graduate student from Bellmore, N.Y.,

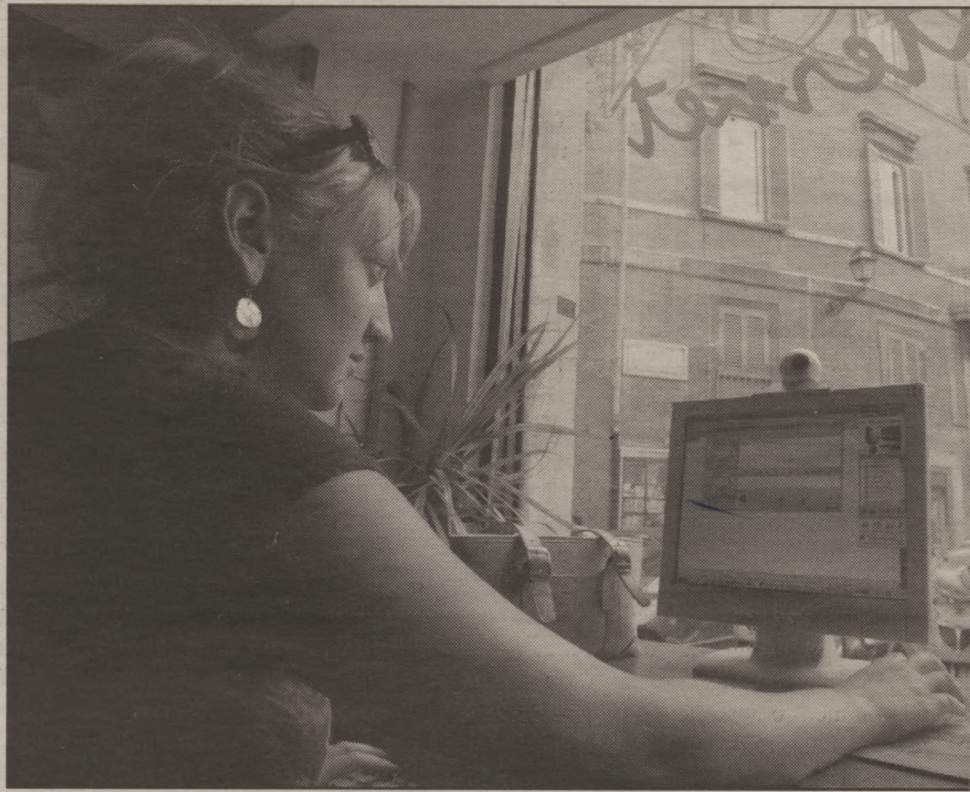
"It crashed my hard-drive and it was horrible. I lost all of my pictures, everything."

This type of virus or worm is referred to as Oscarbot or Opanki.worm.

The first reported case of this virus was in April 2005 and it has continued to flourish; damaging systems despite efforts by virus scan clients, like McAfee and Norton.

The virus generates an automated Instant Message that sends mass-Instant Messages to the users entire buddy list through a hyperlink to a file download or a website.

Common Instant Message viruses include "hey check out this," and "this is hilarious," or "lol this looks just like you



AP Photo/ Pier Paolo Cito

This user friendly program can easily turn your computer into a virus ridden machine.

followed by a hyperlink.

After an unsuspecting AIM user clicks the virus hyperlink, the virus steals stored passwords and usernames.

New virus variants and new viruses are constantly being released so it is often difficult to avoid this type of pesky invader.

The Information Technology Department is always efficient in notifying students and faculty about new AIM and email viruses.

This past weekend the department released an email about a new Christmas Greeting Card virus.

Similar to the Oscarbot, the Christmas

Greeting Card virus prompts the user to click a hyperlink to view a greeting card.

Instead of receiving seasonal cheer, the user receives an unwanted holiday present.

The best precaution to avoid losing your data is backing up files before the hard drive crashes.

Be skeptical of hyperlinks sent via AIM, even if they are coming from close buddies. Inquire with your friend before clicking.

If your computer is infected, websites have been developed to combat a virus's tyrannical reign on your computer.

Unfortunately, even after a virus is removed, spy-ware will probably remain on your system.

Spy-ware records and monitors sites a user visits and returns their computer usage to the author of the virus software.

The appearance of erratic error messages, Internet Explorer end-program prompts, and overall sluggish computer performance may be symptoms of a virus.

See page 11 for more computer related concerns.

Additional information and help on regaining control of your computer can be found at:

<http://www.jayloden.com/VirusClean.htm>

Conn. rush-hour traffic creeps on 95, Merrit



The Spectrum/ Elyse Harrell

These signs should read; traffic, more traffic straight ahead.

...Continued from Page 1

be completed in Dec. 2005 but has been pushed back to the middle or end of 2006.

Students commuting from Milford and beyond are likely to get the brunt of this traffic, both in the morning rush to work and the evening rush home when it's at its worst.

There is also construction-causing traffic that is triggering problems for students that commute from N.Y.

The Merritt Parkway Interchange Project at exit 40, effects commuters to and from N.Y.

side is at a stand still. When I'm south-bound around noon time I'm sitting there for 45 minutes tapping my fingers on the steering wheel," said Christina Piazza, junior, Wilton.

This involves the reconstruction of exit 40 at Main Ave., in Norwalk.

"This is supposed to improve the geometry of the on and off ramps and improve traffic operations on Main Ave.," said Paula Sakofs, communications manager for MetroPool.

"It sucks when you just need to get somewhere but you can't get to that place because there is always traffic on the Merritt right around Norwalk. That is the worst spot driving home and I try to avoid it," said Chris Williams, junior, New Rochelle, N.Y.

For students that may be commuting for winter intersession classes, Sakofs said there is a winter shutdown period on this project.

"[This means] there won't be any lane closures on the Merritt resulting from construction during this time," said Sakofs.

There are many places where lane closures and traffic problems can be found before you get on the road.

MetroPool.com is a website that tells the day, time and location of where lanes will be closed; work will be done, as well as alternate routes.

Local radio stations usually also provide traffic reports hourly, such as: 95.7, 101.3, 99.9, 93.7, and 104.1.

While traffic is inevitable, especially during rush hour and construction, there are ways to find out where and when there will be excess back up and ways to find alternate routes.

**Do you have an issue you want The Spectrum to cover?
Do you have any exciting news coming up in your club, dorms, or jobs?
Are there any changes that we can make to our paper to help represent the
Sacred Heart community better?**

If so, please Contact News Editor Adam Kagdis: Kagdisj@sacredheart.edu

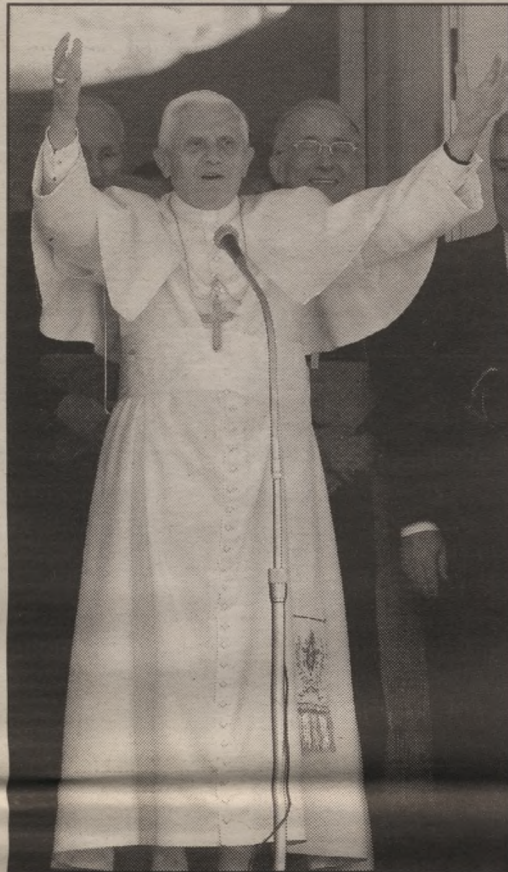
2005: An eventful year in review

Chris Faber
The Spectrum

From the Michael Jackson Trial to Hurricane Katrina and the death of Pope John Paul II, 2005 is a year that won't soon be forgotten.

As this year draws to an end students take a look back at what they remembered as the biggest moments of 2005.

On April 2, 2005, one of the most influential men of our time, Pope John Paul II died. He touched many lives, and will never be forgotten.



AP Photo/ Maurizio Brambatti/ Pool

Pope Benedict XVI gives the world a warm welcoming.

"The death of Pope John Paul II was really upsetting, he was the only Pope in our lifetime. He was a remarkable leader and an inspiration, not just to Catholics, but to everyone," said Aisling Clancy, senior, Rego Park, N.Y.

"One of the most controversial issues this year was the life and death of Terri Schiavo. After 15 years in an 'advanced vegetative state,' due to severe brain damage, Schiavo's husband decided he wanted to remove her feeding tube and let her pass on.

"It was amazing to see our entire nation showing concern for this woman's life," said Christine Kaplan, junior, Cranston, R.I. "People who didn't even know her were fighting for her life."

Despite the efforts of her family and countless others, her feeding tube was not reinserted and Schiavo died March 31.

Lance Armstrong, the poster boy for survival stories, won his seventh Tour de France this year. He is the first man to ever do so.

"I don't think enough can be said about how amazing Lance Armstrong is," said Kurt McLoud, senior, Plymouth, N.H. "I mean to come back from nearly dying of cancer and win, not just one, but seven Tours de France [championships], that's just incredible."

In 1996, Armstrong was diagnosed with testicular cancer that had spread to his lungs and brain. After making a complete recovery, Armstrong went on to win consecutive Tour de France



AP Photo/ Rob Carr

Hurricane Katrina was one of the most poignant events of this year.

titles from 1999-2005.

This year also saw some of the highest gas prices of all time. \$3 a gallon was a regular sight this fall at local gas stations, and driver's wallets took a hit.

"I couldn't believe the gas prices this year," said Dave Lind, senior, Livingston, N.J. "I never thought it would get as bad as it did this summer, and then it got even worse in the fall."

One of the causes for high gas prices this year was an extremely bad hurricane season.

"The biggest event I remember from this year is Hurricane Katrina," said David Farrell, sophomore, River Dell, N.J. "It was sad to see so many people lose their homes."

Hurricane Katrina struck the Gulf Coast in late August of this year. The results were devastating. It became the most destructive and costly natural disaster the United States has ever seen.

The trial of pop star Michael Jackson

was all over the news this year. Jackson was indicted on ten separate counts, including four for molestation of a minor, and four for administering alcohol in order to enable child molestation.

"I remember seeing the Michael Jackson trial on T.V.," said Michael Correia, senior, Fairlawn, N.J. "Whether you thought he was innocent or guilty most people couldn't stop watching."

On June 13, after a four-month long trial Jackson was found not guilty on all ten counts.

"Even though there were a lot of bad things that happened this year, I think that we can take something good out of most of them," said McLoud. "All in all I'd say 2005 was a good year."

Theft, main focus for Public Safety

...Continued from Page 1

"My car was parked right in front of where the public safety officer sits through the night until 6 a.m."

Hull said she is upset about her car, but she says she is more concerned with her own safety, and other Taft residents' as well.

"If my car cannot be safe when it is parked in the neighborhood that Sacred Heart designated for upperclassman housing, then how are students supposed to be safe living in such a neighborhood?" said Hull.

Another break-in occurred just ten days later at the same location. Kristin Ferreira, a Taft resident, awoke to the sound of her car alarm at 7 a.m. on Nov. 28.

"My heart sank because I knew it was my alarm," said Ferreira, junior, Cranston, R.I.

Ferreira ran outside to find her passenger side window smashed and her \$600 car stereo missing, along with several Compact Discs.

The following night, Nov. 29 two

more break-ins occurred in the small section of North lot located near the Jefferson Street exit.

One of the victims, Dario Melendez, a Spectrum reporter, had his \$900 sound system stolen from his car, along with some cash that was in the glove compartment. Melendez was awakened at 2:30 a.m. when Public Safety arrived at his Jefferson Hill apartment to inform him of the break in.

"I'm very upset," said Melendez, sophomore, Boca Raton, F.L. "I received about \$500 in parking tickets for parking in the J-Hill lot, but when I park in North lot, where I'm supposed to be, my car gets broken in to."

All of the students feel that there needs to be some kind of change in the security of the parking areas.

"There are officers patrolling all the lots as often as possible," said Jack Fernandez, Director of Public Safety. "In this case, the officer had patrolled the lot, checked the vehicles and found no damages. The officer attended to other duties, then returned and patrolled the same area again and found the break-ins."

Fernandez says that since these inci-

dents have occurred, Public Safety has increased the amount of patrols in North Lot, and assigned more officers to patrol the off campus residential facilities.

"We pay over \$30,000 a year to go

here," said Melendez. "The last thing I want think about is the security of my car. I lock it and from that point I expect the school to provide the rest."



The Spectrum/ Elyse Harrell

Taft has been the scene of two car break-ins in the past few weeks.

Ron Miller speaks to Center for Catholic Jewish Understanding

Shanna L. Rasmussen
The Spectrum

The Center for Christian Jewish Understanding (CCJU) hosted speaker Ron Miller at the Pitt Center boardroom on Friday.

About 30 people, including students and faculty, attended the discussion about Miller's book.

"I was surprised at the turnout for a Friday," said Michael Smith, senior, Canton, Mass.

The CCJU, established in 1992, is a division of Sacred Heart that works to create "understanding and harmony between religions," according to Sacred Heart's web site.

Ron Miller, a professor at Lake Forest College near Chicago, is the co-author with Laura Bernstein of the book "Healing the Jewish-Christian Rift: Growing Beyond Our Wounded History".

He discussed his background for the book in his lecture.

Miller is also a co-founder of an organization called "Common Ground" that, like CCJU, encourages inter-religious understanding.

"Dialogue is really what I'm all about," said Miller.

Miller believes that in order for problems, especially in religion, to be solved people, everyone must understand how the problems came to be, and in order to accept them, people must have dialogue.

"Hans Ucko said, 'There will be no

peace among the nations of the world until there is peace among the religions of the world and there will be no peace among the religions of the world until there is dialogue among the religions of the world and there will be no dialogue among the religions of the world until there is correct understanding," said Miller.

"Dialogues take a willingness to listen – and a willingness to be open to change," said Karen Scialabba, Coordinator of Programs and Publications for CCJU, in an e-mail interview.

Miller explained that there is a rift, not only between Jews and Christians, but also between Muslims and Jews, as well as between Muslims and Christians.

He hopes books about the other rifts will be written by his colleagues.

"Maybe someday we'll have three volumes," said Miller.

Miller explained that dialogue between religions has a lot to do with deep listening. Deep listening is hard to do.

He was impacted by a response he received from a Jewish colleague who read one of his translations of a Christian religious text.

He planned to use her opinion in his book and he found that she was very hurt by the hate she felt the Christians had towards the Jews in the text.

"She felt and heard a level of anti-Jewishness that sometimes as Christians we don't hear," said Miller.

Miller believes it is very important to be able to hear opinions from different sides no matter what the topic.

"[In dialogue] you have to have the ability to hear from the other side whether it's men talking to women, blacks talking to whites, [or] gays talking to straights," said Miller.

"No matter what kind of dialogue you're talking about there is this business of hearing from

the other side."

As a child, Miller always thought of Jews as being sad people because of the impressions he got in religious readings.



AP Photo/ Boris Grdanoski



AP Photo/ Emilio Morenatti

You have to be informed about different things before you can start to understand them.

Winter Intersession

Monday, December 26, 2005 - Thursday, January 5, 2006

These courses are open to both Part Time and Full Time students, as well as visiting students from other colleges.

Registration for Winter Intersession will be available online beginning November 4 and in person beginning November 9, 2005.

Day Classes: 9:00am—1:15pm

Evening Classes: 5:45pm—10:00pm

Courses Offered:

BI 026	Connecticut Winter Wildlife Fee \$120 - (Jan. 3-6, 10-13)	Day	MU 102	History of Jazz	Day
CH 020	Drugs & Their Implications	OL	PH 101	Intro-Problems of Philosophy	OL
CS 100	Introduction to Info. Technology	OL	PH 101	Intro-Problems of Philosophy	Eve
EN 101	Approaches to Literature Pre: EN 011	Eve	PO 121	Introduction to American Government	OL
EN 329	19th Century American Poetry: Romantic & Sentimental Pre: EN 122 & EN 132 or Dept. Perm.	OL	PS 213	Abnormal Psychology in Film	Day
EN 376	Freelance Writing: Writing for Magazines	OL	PS 295	Health Psychology Pre: PS 101	Eve
HI 101	Civilizations	OL	RS 101	Introduction to Study of Religion	OL
HS 301/501	Spirituality in Health Care	Day	RS 289	Religion, War and Peace	OL
MS 101	Introduction to Media Studies	OL	RS 299	Pilgrimage in World Religions: Journey to the Sacred Center	Eve

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Perspectives

The Spectrum received these editorials that are personal opinions of the contributing writers.

Half-Truths told by evolutionist

Steve Bierfeldt
Contributing Writer

On Wednesday, Nov. 30 Sacred Heart University hosted Dr. Kenneth Miller, a professor from Yale University. The title of Dr. Miller's speech was "Why Darwin Still Matters." Dr. Miller incorrectly taught the theory of evolution as established fact and he condemned the idea that students should be taught it was "still a theory." Dr. Miller also attempted to make the theory of evolution coincide with those who hold a belief in God. As soon as he became apparent however, behind his statistics, facts and figures, Dr. Miller told only half the story to his audience. A number of things about Charles Darwin did not fit in with Dr. Miller's agenda, and therefore he chose not to mention them.

Dr. Miller misled the audience about Darwin's Book. He continually cited how important Darwin's book, "The Origin of Species," was. Conveniently enough, he did not mention the entire title. Contrary to popular belief, its full title is, "On the Origin of Species by Means of Natural Selection," or "The Preservation of Favored Races in the Struggle for Life." Favored Races? Is it possible that Darwin, who so many (including Dr. Miller) claims to be a revolutionary genius, felt that certain races were better than others? The answer is a definitive, "Yes."

Charles Darwin was a racist. Dr. Miller failed to mention an interesting bit of information about, "the father of evolution." Charles Darwin, this alleged "man of science," was a full fledged racist. While not widely taught, it is an established fact that Darwin did not view all "modern humans" as equals. He felt that white Europeans, such as

himself were much more advanced than those with dark skin. This is clearly stated in his own writings:

"At some future period the civilized races of man will almost certainly exterminate and replace the savage races throughout the world. At the same time the anthropomorphous apes... will no doubt be exterminated. The break between man in a more civilized state, as we may hope, even than the Caucasian, and some ape as low as baboon, instead of as now between the [African]... and the gorilla." Exterminate? No wonder the belief in evolution has led to such things as Nazism and ethnic genocide. Could it be Dr. Miller failed to mention these facts because he did not want his audience to know the truth about Charlie Darwin?

Not even Darwin himself believed in his silly theory. Darwin himself expressed many doubts about his own conclusion, admitting that they were very hard to accept.

He said, "Nothing at first can appear more difficult to believe than that the more complex organisms and instinct should have been perfected... by the accumulation of innumerable slight variations. And to think that the eye could evolve by natural selection seems, I freely confess, absurd in the highest possible degree."

We see the unproven and "absurd" theory of evolution simply can not coincide with one's faith. There is absolutely nothing Godly about the racist beliefs of Charles Darwin. People like Dr. Miller should present their listeners with the complete facts, and not merely pick and choose what they want their audience to be tricked into believing.

A personal account of a life-changing decision

Fr. Jorge M. Randle, IVE
Contributing Writer

Let's stop this grief. Unfortunately, abortion is a topic that many have complacently accepted because it is legal. However, just because something is legal does not mean that it is moral and right. Abortion not only kills a baby, it destroys the spiritual and emotional being of the mother as well.

As a man and a priest, I will never fully understand the impact that abortion has on a woman who procures one. It is only in hearing from those who suffer from post-abortion pain that one can get a glimpse of the confusion, guilt, and grief that a woman endures before and after the decision to abort. I hope that in sharing with you parts of a testimony from a post-abortive woman, that you will have compassion toward those suffering with its aftermath.

"I was 18 and dating a man my parents strongly disapproved of [...]. I realized I was pregnant when the smells from chemistry class kept making me sick. A friend convinced me to go to her doctor in town. He diagnosed a pregnancy immediately. He never once said anything about keeping the baby, but gave me a card from the local abortuary [...].

"I had heard some things about abortion, and I knew it was probably wrong. So that whole week, I talked with friends and teachers, looking for advice. One female teacher in particular advised me to have it done. She told me that she had had several abortions, that it was "nothing", and that I didn't need this trouble in my life [...].

"When the time came, my boyfriend and some friends from school

went with me."

"I was led to a room with a whole group of girls, just like me, waiting to have their babies killed. No one talked. No one looked at anyone else. They called our names, one by one. I was very scared [...]. With the counselor, I mostly cried. But she just agreed with every-one I had talked to. Yes, this is a bad time to have a child. Yes, you're too young. Yes, having a child costs a lot of money. Yes, it would be so hard for you to raise a child on your own. Yes, this is the best thing to do."

"Waiting to have my name called, I tried to convince myself of these things. I just wanted the whole thing to be over with. Finally they called me in and put me on a table [...]."

"My abortion was about ten years ago. To me, it's like a bad, bad nightmare, deep in the past, best forgotten. I still haven't told anyone in my present life about the abortion. I can't. I know that they would see me differently, and I couldn't stand that."

"I've had one child since then, and I'm pregnant again. These children are my joy, and my forgiveness from God. My little boy is so, so precious and wonderful. If I had only known how sweet and wonderful a baby is, I never would have done it. Not in two million years [...]."

Like this woman, there are millions. Clearly what was seen as a solution to a problem only created more unforeseeable problems. Numerous women are suffering silently with the pain, shame, and regret of their "legal" decision. Let's continue to pray for an end to abortion so that both child and mother can be saved.

The SPECTRUM

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Start next semester off with a
clear mind!

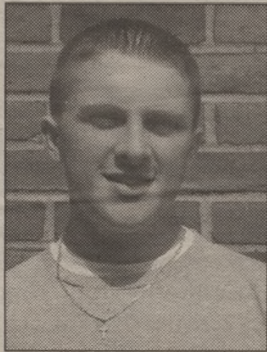
He Said... She Said...

Do opposites attract or do birds of a feather flock together?

Robert Roy
"He Said" Columnist

As long as there have been love stories there has been tales of women who are attracted to rough, wild guys who in the end hurt them and break their hearts. This has gone hand in hand with the idea of the nice guy finishing last. Well to all you nice guys out there, there is hope for our kind.

In the short run, opposites will attract, but it will never amount to anything significant. Ultimately, the differences in values, morals, life long goals and personalities will crash and the relationship will be terminated. I think that this is one of the reasons for the ridiculously high divorce rate in the United States. Think about this, in the past century, our society has dramatically shifted from a slow paced, religion oriented culture to a fast paced culture shaped around technology, media and entertainment. This



pace has filtered into our relationships as more couples are rushing into marriage out of desperation or convenience only to find out their spouse is completely different than they believed. This is where the divorces based on irreconcilable differences occur. Many married couples are similar. Personalities may not be identical but values, morals, goals and so on will either be very similar or exactly the same. A couple will never last if their relationship is not based on a firm foundation of basic beliefs. In the long run of successful relationships similar persons will attract.

Rachelle Murphy
"She Said" Columnist

As one walks down the halls here at SHU, you notice all the different types of couples. Some you can't believe are together, some seem perfect together, and still others seem too alike (almost like brother and sister). Do birds of a feather flock together or do opposites attract?

What are the best kinds of couplings? Would you want to be exactly like the person you are dating, would you rather share only some interests, or would you rather date a person totally different from you? If you date a person like yourself you won't really learn anything new and you probably won't change or grow in any way. If you date a person who is kind of similar to you, and you both maintain some differences, you will learn more about yourself. You will also be more likely to



grow and change as a person. If you date someone completely different (your opposite), then you will probably learn a lot about yourself and other things that you haven't experienced.

I find the best couplings are people who have some similarities and some differences. This way, both people can keep their own identity and independence while being in a couple. Just follow your heart, and you will make the right decision.



The Student Senate had a very lovely meeting with Dean Wielk last week. Many of the questions they had accumulated this year were answered, and still other things, which were not questions were shared by Dean Wielk in hopes to enlighten the student body. As covered in last week's issue, the topics of this meeting were the One-Card System, parking, housing, and programming space. All issues were discussed and with the information that Student Senate received, they will hopefully be able to make better use of their time.

Many new plans were shared about the future of the One-Card System. Additional uses will first include the ability to do laundry loads with the swipe of the Student ID Card. Although nothing is set in stone, the plans are to increase the price of housing for residence halls on campus to be able to offset the cost of laundry being done. The cost of housing would increase approximately fifty dollars and would include seventy-five loads of laundry, wash or dry.

In addition to laundry, this One-Card System will also be adding the convenience of food purchases as well. This advancement will be added in years to come, but when it is put into place, will be able to purchase off-campus items, including McDonald's and Subway. The system which this will all run on is very complex and will require time to set up and get running. Amounts for students on these cards will be based on the amount of money a student would choose to have in his or her Flexible Spending Account (FSA).

When the One-Card system was first being experimented with, it was set up to profit for Universities across the nation. Now, this item, previously a luxury, is now one of the many technological advancements becoming standard for college life.

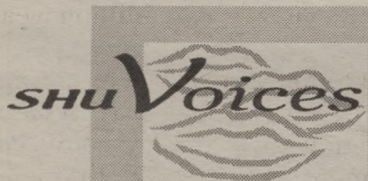
Because the University is expanding at such an incredible rate, many students question the availability of off-campus housing in the future. The increasing number of freshmen is overflowing into what used to be primarily sophomore housing. Because this is very important to student life on campus, this was also one of the hot topics in this Senate meeting.

One of the possible solutions brought up in the meeting was purchasing one of the off-campus facilities in the future. The option of the University being able to acquire any adjacent property space in the immediate future does not look very promising, so looking into the other options is very important. The town of Bridgeport is very strict with not allowing the University to expand any more into the neighboring property lots.

Although nothing can be set in stone at this point, Senate is working with the administration to keep information available for students. Finding the best solution to meet the needs of students and staff is the goal of the operation! Keep posted next semester for more information.

- Contributed by Erin Maurer.

**Come voice your
opinion at a Senate
Meeting!**



What is the best Christmas gift you have ever gotten?



"When I was 8 I got this My Size Barbie that I really liked."

Margarita Landelius

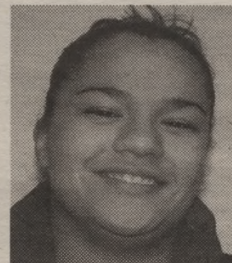
New Haven ~Sophomore



"A Nintendo 64 when I was in the eighth grade."

Sean Connington

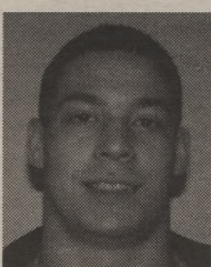
Yonkers, N.Y. ~ Sophomore



"When I was 11 I got a new pair of Jordans."

Tatiana Garcia

New York, N.Y. ~Sophomore



"I got a Super Nintendo when I was young."

Kyle Maher

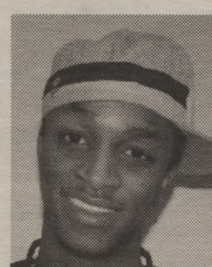
Red Bank, N.J. ~Freshman



"My diamond ring from my boyfriend."

Lisa Matarazzo

Nutley, N.J. ~Senior



"My first bike."

Arie Dixon

Beacon, N.Y. ~Sophomore

—Arts & Entertainment—

Freestyle club breaks loose for their debut

Jaclyn Hull
The Spectrum

Talented rappers and dancers were able to show off their passion for rap expression and dance moves at an event brought to the Outpost by the Freestyle Club on Tuesday, Nov. 15.

The event started with an introduction by MC and club producer, Richard Deecken, who then turned the spotlight over to SHU's own DJ Tristan Levy, who kept the music spinning throughout the night.

This is the first major event that the Freestyle Club has put on this year.

"Our club's goal is to offer venues for SHU students to display their freestyle skills. We've already hosted our first event, a rap battle and dance-off, which over two hundred students attended. It was a huge success and we've already begun planning more events," said Deecken, sophomore, Trumbull.

There are about six original members in the Freestyle Club who are working on scheduling weekly meetings.

The event began with a dance-off; two female students got down on the dance floor in competition against one another, as a few male students showcased their break-dancing talents. The winners were voted by audience applause.

After a few technical difficulties, the mic was handed over to the rap contestants, who freestyled against each other in series of two on two battles. One of the remaining four contestants was senior, Oliver Kranichfeld, who also is a staff reporter for the Spectrum.

"I learned of the rap battle contest through my friends, but I also saw numerous signs throughout the school. If I was here for another year, I'd definitely be interested in joining the club to refresh my old skills," said Kranichfeld, Rye, N.Y.

The walls of Flik were lined with students watching; there wasn't an empty seat in the house.

"I was amazed by the turnout at our event. I was expecting only 20 people to show up, and over ten times that came to the battle," said Deecken.

The battle became more competitive as the contestants were being eliminated, but it only made the crowd yell louder.

"It was very exhilarating being in front of a crowd like that, and I've rarely ever freestyled in front of a crowd that big. It definitely gets your adrenaline going, for better or worse," said Kranichfeld.

The rap battles ended with champion Arie Dixon, a sophomore who has been rapping since the fourth grade. He was awarded a cash prize for coming in first



Contributed Photo/ Chris Larsen

One of the many talented rappers showcasing his skills on the mic.

place split with Richard Hua, who came in first place in the dance competition.

Dixon has rapped at some local bars in the area and in his free time, he has put together his own rap group.

"Me and my boy, Ela, are in a group called Physha, and we're talking to some

people and working on some things with it right now," said Dixon, sophomore, Beacon, N.Y.

As the Freestyle Club continues, so will their events as they will begin to become more established in the SHU community.

Nice gifts, naughty prices, what's hot for 2006

Matt Libassi
The Spectrum



AP Photo/ Richard Drew

Blackberries are on many people's wish lists this Christmas.

'Tis the season of love, friendship, overeating, and some disappointing gifts. Straying from that fake smile is hard, but with the right idea any gift could be golden for him and her.

Dad definitely doesn't want another tie. And mom definitely doesn't want another candle, so what to do? This season some hot gift ideas include the Xbox 360, iPods, Juicy Couture accessories, and the Motorola Razr phone.

One of the biggest sellers for Him is Microsoft's Xbox 360. Bad news for Santa's sleigh, thanks to three separate 3.2GHz core processors and a custom ATI graphics processor, the Xbox gaming experience is bigger and badder than any predecessor. The 360 is hi-def ready,

has a 20GB hard drive, with the ability to connect 4 wireless controllers.

"I'm not a Microsoft fan, but the way this machine is set up, I would love it if Santa gave me that under my tree," said Brian McCarthy, sophomore, Shoreham, N.Y.

Some other great guy gadgets include the Atari Flashback. Recreating the fan favorite Atari 2600, the Flashback boasts over 40 original titles including pong, asteroids, and millipede and to top it all off some retro arcade games never home released make a break through.

Last year was a popular year for poker, as is 2005. Poker, Texas Hold'em to be more specific, has both boys and men alike. So what's a great gift? How about you go all in on the next bet a buy. It's a brand new chip and poker set, available basically anywhere also like the 300 piece poker chip set from Sharper Image.

Or for those virtual gamers: World Series Poker, the game of the pros, for PS2, PSP, GameCube and Xbox can sure satisfy that betting desire.

We've got Him, but what about for Her? Juicy is hot this year, so how about some Juicy Couture accessories to help make any outfit stand out. From plush bowling bags, to bright colored purses, Juicy is sure to make any girl say "thank you."

Sarah Maver, freshman, Fairfield said, "I am not a Juicy person, but give me the gift and I would love to return it and get something I really want- like some new Converse."

For the technologically savvy gal, how about the Motorola Razr V3 cell

phone. Made with aircraft aluminum, the Razr sports Bluetooth capability and a 2.2 inch color screen. And with the availability with just about every service, the Razr leaves women wanting no less.

Want to cuddle up and watch something on the TV? Nothing can beat a nice episode of the "Gilmore Girls" from the new box set, including all 5 seasons in one. Feeling a little naughty, "Sex and the City" has a box set of it's own with seasons 1-6 included.

Oprah even gave her own gift suggestions including the Ugg Australian Uptown boot, the soft suede upper is mid-calf height with a lace up front shaft with contrast stitching, fleece seam accents, and rawhide laces.

Lynne Principio, freshman, Ardsley, N.Y., said, "This year for Christmas I hope I get a digital camera. That way, I'll be able to look back at all the fun times I've had with my friends and it will be easier to send and share pictures."

And of course, the number one wish on everyone list; the new iPod video. Smaller than all the other Apple iPods, jam-packed with more features including the ability to watch over 150 hours of podcast, TV shows, and music videos on the 2.5 color inch display, allowing you to also listen to audio books and view photo slideshows. You have the option of a 30 or 60 GB hard drive and the color in white or black.

Of course it doesn't matter what you get this holiday season, but it sure does help when you get something cool. Happy Shopping.

Top 10 Gifts for Guys

- 1) iPod Video
- 2) Xbox 360
- 3) Blackberry 7105t
- 4) Atari Flashback
- 5) Sony Cyber Shot DSC-W7
- 6) Poker Set/ World Series Poker (vg)
- 7) Arrested Development Season 2
- 8) Gamepod Chair
- 9) Personalized Golf Balls
- 10) Dirty Harry Collection

Top Ten Gifts for Girls

- 1) iPod Nano
- 2) Motorola Razr V3
- 3) Juicy Couture
- 4) Ugg Australian Uptown Boots
- 5) "Sex and the City" Box Set
- 6) "Gilmore Girls" Box Set
- 7) Coach accessories
- 8) Amazing Grace Products by Philosophy
- 9) Kashmere robe
- 10) "Lovely" perfume by Sarah Jessica Parker

Where to be when the clock strikes 12

Gina Saccaro
The Spectrum

New Year's Eve is just around the corner, which means SHU students are starting to make their plans on what to do for the night's festivities.

Students are bringing in 2006 in a variety of different ways. From going on a small vacation, to being with family and friends; there are always fun and exciting options for bringing in the New Year.

New Year's can be a family oriented event as well as an exciting party with friends. Some students opt to combine both, by staying in and having dinner and a celebration with their families and afterwards going out to enjoy the night with friends.

"I'm with my family until midnight, and have been since I was younger. So I am going to stick with that tradition and ring in the New Year with my family and then meet up with my friends to let the night really begin," said Jenine Kleeman sophomore, Manalapan, N.J.

Another fun and popular idea for New Year's is having a get-together at a restaurant or house with some close friends. You can enjoy good food or appetizers while waiting for the ball the drop, as well as a champagne toast with your friends.



AP Photo/ Nikolas Giakouidis

Fireworks are a fun way to usher in the New Year.

"I'm most likely going to go to a friend's house from back home," said Roger Von Urff, sophomore, Dix Hills, N.Y.

A different idea for bringing in the New Year is going on a small road trip or vacation with your friends. It's always fun to go somewhere new and exciting.

There are various inexpensive places for students to go such as Canada, Atlantic City, or the Pocono's.

"Since I am of age now, me and my girls are going to have a good time in Atlantic City, hoping to become millionaires by New Year's Day," said Johane Joas, senior, Everett, Mass.

Students also have the opportunity of crossing the border into Canada to see how other countries bring in the New Year. Montreal is one of the most popular places for young people to party.

"One option I have this year and what I would love to do, is go with my best friends from home up to Canada for a few nights. It would be a different and fun new way to bring in 2006," said Nicole Engel, junior, East Quogue, N.Y.

Of course going into New York City to see the ball drop is the most traditional way of celebrating Jan. 1. The crowded streets of New York on New Year's Eve are an exciting and interesting experience students should take advantage of.

New York City also has other things young people can do. You can party at a club, or get a hotel room for you and your friends and relax with the view of the city right outside your window.

"I think this New Year's Eve I'm going to go into New York City and buy a table at a club. My friends did it on Thanksgiving Eve and had a lot of fun," said Kristina Seligson, sophomore, Franklin Square, N.Y.

No matter what SHU students end up doing this New Year's, just remember to be safe and have a happy New Year.

The hottest sport gets chilly in "First Descent"

Joel Roch
The Spectrum

"First Descent" tells the story of how the sport of snowboarding came to be the highly popular sport that we know today.

Throughout the past few years we have begun to see a growing interest in the histories of sports such as skateboarding, surfing, and now snowboarding. This is no surprise due to the ever-growing "extreme" sports industry that has swept the world.

These films tend to follow the same formula and systematically tell the story of their respective sports by showing interviews along with home video footage and photographs. Where *First Descent* differs from these other movies is that it documents the travels of five individuals as they attempt to snowboard some of the last untouched mountains on earth.

The riders are a who's who of professional and past snowboarders. The list includes Shaun White, who is considered the best freestyle snowboarder in the world, Hannah Teter, and Terje Haakonsen who is also considered one of the best in the world. Also on the trip are Shawn Farmer and Nick Perata who are two of snowboarding's earliest pioneers.

The film chronologically tells the story of snowboarding's history and uses biographical segments on each

of the five riders followed in the film.

The only problem with the film is that it seems to take itself too seriously. At one point there is talk about

riders.

One aspect of the film, which came as a surprise, was what each rider expected from the journey to Alaska. For some this was their first experience with riding anything even close to the size of the mountains in Alaska, for others this was another chance to ski untouched lands.

One such story is that of Shaun White. White has won several Winter X-Games gold medals and is considered by most to be the best freestyle snowboarder. When it comes to big mountain riding however, White did not feel as confident. He explained how this was a learning experience for him and it was a chance to try something new in a sport that he thought he had mastered.

The sequences that show the riders carve down the sides of the mountain are breathtaking. At the end of the film the most skilled of the boarders,

Terje Haakonsen, is filmed taking the first run on a mountain face, which is 7,000 feet tall.

While clocking in at an hour and fifty minutes may be a little bit much for those just interested in seeing some spectacular snowboarding footage the time and money spent are well worth it.



AP Photo/ Jeff Christensen

Hannah Teter and Shaun White, two of the stars in "First Descent."

how snowboarding reignited interest in alpine sports and single handedly saved the ski industry. While snowboarding has certainly helped the industry, it is hard to say that it actually saved it.

The film also includes interviews with many of those within the snowboarding community who helped it to take off in the early years along with those who are currently helping to continue the legacy of the early

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Features

Feelings of greed leave some wanting more

Theresa Vosilla
The Spectrum

The holiday season is the time of year to give and it is also the time of year when consumers spend the most money. Ironically, more often than not, people are more inclined to become selfish.

Could it be that greed is overpowering the desire to give? We all may have a little bit of the Grinch inside of us.

It sometimes seems that people lose sight of what the holiday season is all about. Not many people become overly obsessed with gifts and the hype of shopping.

Could it be that people have forgotten what really matters and what the true essence of the holiday season is all about?

"Yes, I do believe that greed has taken over the act of giving this Christmas season. The malls and other shop venues seem so greedy, there were Christmas decorations and advertisements out before Halloween this year," said Lauren Feeny, junior, Goshen, N.Y.

Many other students also view the holiday season as a time of greed.

"I definitely think greed has taken over. People are more focused on getting gifts and money than helping people. It's really sad there are people all over the world with nothing and we have so much, people don't even think about it," said Joseph Gangemi, junior, Staten Island, N.Y.

For those students who want to rid some greed out of this season, there are several local charities where



AP Photo/Rick Bowmer

Has greed really taken over the holiday spirit?

students can give back during the holidays. Campus Ministry is a great place to check out some charitable events.

This holiday season students can sponsor a family. There is a list supplied in Campus Ministry with families of different sizes and needs. Students can sponsor these families by supplying them with food, clothing and other needs.

This is a great way of giving back to those in need and also getting your friends involved.

Shelter for the Homeless, Inc. is located in Stamford, within walking distance of the Stamford train station.

They provide emergency overnight shelter and meals for homeless men 18 years of age and older, as well as support services for both men and women who are homeless or at risk of becoming homeless, and a transitional housing facility there goal is to help clients to become self-sufficient.

Students can donate their time and services there. More information and contact information is provided on the shelter's website.

Another charity is Operation Fuel which provides emergency energy assistance to elderly, disabled and low-income working families who are facing financial crisis and are not eligible for government benefits.

You can support Operation Fuel by signing up for the automatic Pledge a Dollar Program. It adds exactly \$1.00 each month to your energy utility bill and 100% of your donation will be used for emergency energy assistance and the utility company will match a percentage. There is more information about the program on their website, <http://www.operationfuel.org>.

"I always like to help the less fortunate, especially around the holiday season. I think a lot of people; especially a lot of students, with their hectic lives lose sight of the meaning of the season. There are so many people who would appreciate anything from someone, their worried about eating not about getting the new X-Box or digital camera," said Melissa Morales, senior, Quillota, Chile.

Test positive for good health this year

Dallas Kalmar
The Spectrum

It's natural to dislike the idea of testing, whether academic or physical; no one wants to hear bad news. However, being fearful of the unknown may prove problematic in the future.

Once you choose to accept the inevitable, deciding which health exam you may need is the next step.

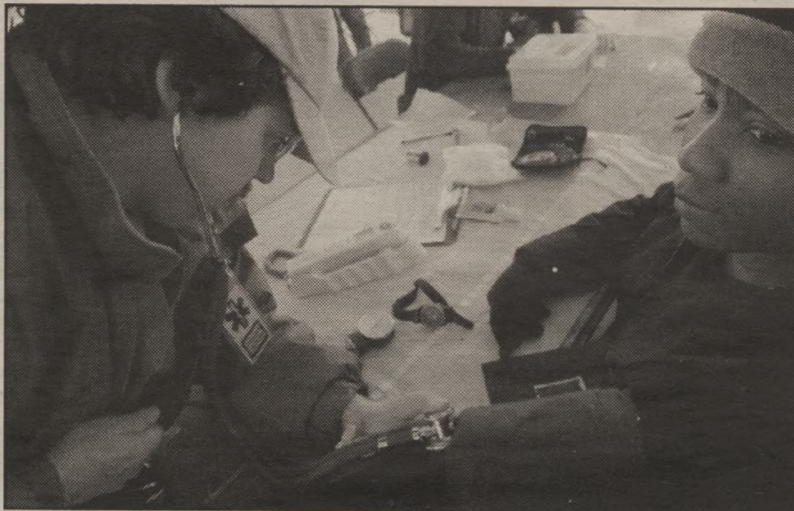
Many tests are age-sensitive, but several are beneficial at any age. If you have health insurance, diagnostic testing can be both affordable and ultimately life saving.

While many young adults exude a sort of immortality, they may be the most susceptible to certain ailments as a result of their ignorance. Writing off strange symptoms as "growing pains" could cost you valuable time.

"I never gave sun-tanning much thought until I noticed the spot on my thigh, which had been there as long as I can remember. But it started changing. I went to have it removed, and the dermatologist confirmed I had malignant melanoma, stage 4. I had no symptoms," said Olivia Walzak, senior, Fairfield.

Heredity plays a major part in the way one's health is determined, and should be considered when visiting your primary care physician (PCP).

"I recently had testing done for cancer, both cervical and skin. I am considered high risk for both due to my family history, and the fact that I tend to sun-worship, so having regular check-ups have become a standard part of my life," said Kristen Lewis, senior, Trumbull.



AP Photo/ Nam Y. Huh

An apple a day doesn't always keep the doctor away.

One disease for which testing is often overlooked is diabetes. According to the American Diabetes Association, there are 18.2 million Americans with diabetes, and nearly one third of them don't even know they have it. Aside from heart and kidney disease, long term effects of diabetes can result in nerve damage, hearing loss, gluten intolerance and blindness to name a few.

Fortunately, there are two simple tests your doctor can use to determine whether you have pre-diabetes. The fasting plasma glucose test requires fasting the night before and a blood sample, and the oral glucose tolerance test requires a urine sample. Both test are quick, telling physicians how your body metabolizes glucose, and keeps you aware of the next step to take

towards healthy living.

Thyroid dysfunction is another quiet culprit often gone unnoticed, that can start as early as your teens and twenties. According to figures from the Thyroid Foundation of America, Inc., approximately 14 million people in the United States suffer some type of thyroid dysfunction, while more than nine million of these people don't even realize they're sick.

Are you one of them? Perhaps, but you can know for sure by asking your doctor for a thyroid stimulating hormone test.

Another hereditary ailment, hypothyroidism, includes symptoms of lethargy, brittle hair and nails, constipation, weight gain, and difficulty sleeping, to name a few. Hyperthyroidism can show some opposite symptoms

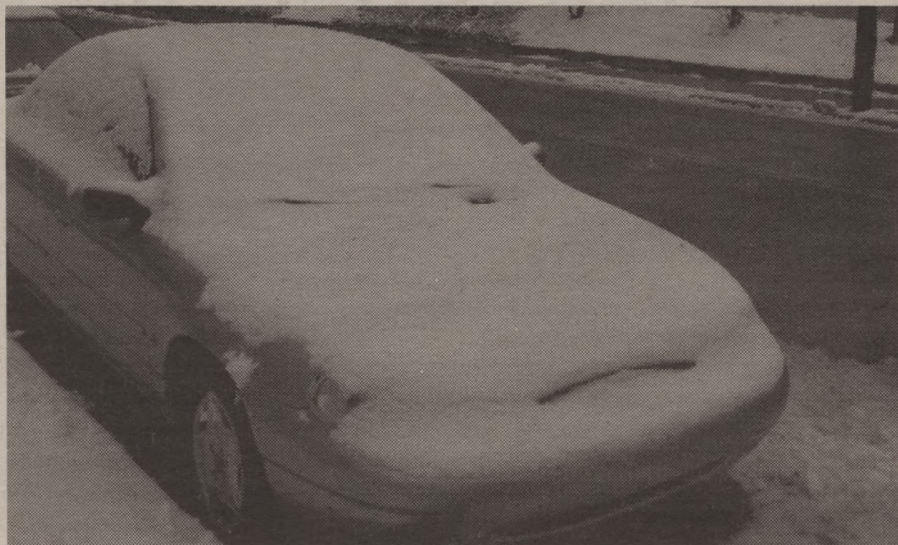
A less life-threatening and anxiety-provoking test is the one for vision. Straining to see is not worth the wait.

"I noticed three years ago that my eyesight was going and I didn't hesitate to make an appointment to see the eye doctor. My eyes have been getting worse, so I find myself going more often," said Lauren Black, junior, Attleboro, Mass.

The right diagnostics can save you time, money and energy the sooner you catch the problem. That does not mean, however, you should go to the doctor at the slightest sign of a sniffle. Use good judgment, or your PCP may diagnose you with nothing short of hypochondriac-ism.

Northeast's headed to a winter wonderland

Ariane Rasmussen
The Spectrum



The Spectrum/ Ariane Rasmussen

Winter hasn't officially begun yet and already cars are covered in snow.

Getting those heavy winter clothes out of the attic didn't seem so appealing before, but with the constant weather changes right now, it's difficult to avoid that.

Even those who dislike amusement can't help being taken on the rollercoaster ride the East Coast has been a part of for the past few months, including hurricane threats and extreme temperature changes.

"The east is on tap for a crazy ride, with the temperatures and weather initially leading into the winter season seeming

mild, but the bulk of the winter will turn out to be unusually cold, with plenty of snow especially in the northern sections," reveals Sandi Duncan, Philom, Managing Editor of the Farmers' Almanac. SHU students are amongst the many that have been affected by the weather changes. It has been especially difficult for those who live on campus and have no cars to deal with the weather.

"It's been jumping from high to low. It's inconvenient for us and now it's getting way too cold," said Manuel Santiago, freshman, South Hadley, Mass. Despite

many people's frustrations regarding the weather, there are still those who haven't really been bothered by it.

"I don't really mind it, I love the cold weather," said Ashley Bos, freshman, Long Island, N.Y.

Everyone has to cope with the weather, but the big question is, "What is causing such extreme changes and where is it going in the near future?"

According to Dr. Mel Goldstein, the renowned Chief Meteorologist of WTNH-TV (News Channel 8) who has been predicting the weather in Conn. for about 30 years, it is natural for areas to go through extreme changes within periods of time.

"I don't think years go by without extreme weather results. In terms of hurricane intensity and frequency, this year, we had more hurricanes than ever before and the most severe ones in the Atlantic Basin. It's not unheard of that we go through these changes with periods of many natural disasters," said Dr. Goldstein. "During the late forties up until the early seventies, there was a 25-year period of very active storms. From 1970 to 1995, it was relatively quiet and now we are in the middle of an active cycle. We're only ten years within this cycle so we can expect that the hurricanes will be around for a while. The more hurricanes that occur, the greater the chance that we'll experience them." Dr. Goldstein said that the main cause of strong storms is the cycle of storm waters that appear in the oceans. When there are strong currents in the ocean that are warm, it leads to hurricanes.

Despite the fact that people talk of a global warming, Dr. Goldstein says that our local weather "marches to a different drum making it difficult to predict."

Dr. Joel Block, professor of astronomy accounts for his own experience with global warming.

"Over the last 20 years, it's been a warming planet. For a long period of time, I used to teach glaciers in Switzerland. We noticed throughout the years that the ice has been melting back further and further when observed at the same time of the year in the Grendavale Valley. This had led me to believe this is a warming planet. The warming waters fuel the weather patterns."

Dr. Goldstein explains that they are due to the North Atlantic Oscillation. When you have high pressure over Greenland, you tend to get snowy seasons in this area and when you have low pressure, you tend to get mild winters.

"The fact that we have a lot of snow one year and not much the next year is just nature. In the last three seasons, we had more snow than normal locally. The winter patterns are not as clearly defined as the summer patterns are but we seem to be headed for another snowy and cold winter. Nobody can really predict what causes the oscillations," said Dr. Goldstein.

Bundle up because the winter has only just begun and we are still in for a cold and snowy seasons with many more hurricanes in the years ahead.

Computers Beware: Flu is not the only virus of concern this season

Victoria Licata
The Spectrum

Spam, websites, music programs, and other activities of the Internet, leave cyberspace users at a risk of catching a computer virus. Hackers are the pros at attacking personal files.

Windows users and Linux users were at a great risk years ago when computer hacking was on the rise. PC's such as Dell have a higher risk of obtaining a virus than Macintosh computers.

"Mac's usually don't have a problem," said Tom Bathe, an employee at IT, junior, White Plains, N.Y.

Mac's are usually very reliable and can detect viruses before they reach any great threat to your computer. The change in attack methods of these hackers has modified in order to affect Pc's.

The new form of cyber-attacks can be through pictures and an MP3 file that may contain critical information off the web. Sending a friend an instant message that says cute picture may in fact be a virus, or a form of spy-ware.

Hackers find flaws in anti-virus programs and Internet programs which enable them to find information about user's PC's and other information. This is due to the lack of users that protect their computers with anti-virus software from the beginning.

The computers provided for students and professors at SHU, such as Mac's, Dell's, and IBM's are protected by anti-

virus software that came installed with the laptops. Some of the software programs are Spy Bot, Microsoft anti-spy-ware and Trend Micro.

These programs help detect major viruses that can affect the function of your computers. In addition to the anti-virus programs listed, Ad-aware can help detect and remove viruses as well.

Ad-aware software runs through all the drives on your computer and checks for spam, viruses and other malicious items that may have been downloaded onto your computer without your knowledge.

Ad-aware will not get rid of the viruses but can tell you where the information came from, which can help you to realize what websites not to enter again. You can quarantine the items, but should still get the computer checked out.

Numerous pop-ups are a sign of spam or viruses. Pop-ups, very slow downloading and unusual activities happening to your desktop are signs that you should get the computer looked at.

"Bear Share, certain poker games, Kazaa, and other music share programs contain viruses," said Bathe.

Many music share programs and illegal programs will have viruses contained in them. They will cause pop-ups, unwanted website access, slow moving downloads and other problems within the computer.

The best way to prevent these hackers and viruses is to stay away from programs

and websites that may not seem legal, such as music programs. If a message comes up that there may be something wrong with the page than do not enter it.

Attachments in e-mail are also ways that hackers or other bad information can be introduced to your computer. Before an attachment is opened a message will usually pop up asking if the attachment is safe just as a warning.

AOL Instant Messenger (AIM) users may have come across the virus that goes around through instant messages. It looks like a friend is sending you something nice,

you than click on it and the virus sends itself to everyone on your buddy list.

Once it is sent to everyone on your buddy list than they are at risk of obtaining the virus as well. This is why checking with the person who sent it to you should be enforced before opening unknown information.

Going on the web and finding quick fixes to AIM viruses can cure viruses such as this one. They can usually be fixed with running those programs, but if not going to IT or calling your computer supporter can help.

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Fitzsimmons Files:

Grizzlies Roar

Cono's Corner:

Clippers Clipping

Page 13

Top 3 Performances

for Sacred Heart

Athletics this week.

Page 14

Can you stay in shape

over the break? If they

make you stay, maybe...

Page 14

Men's Hockey plays

home game tonight, at

7:00 at the Milford Ice

Pavillion. Trapp, Smith

earn weekly honors.

Back Page

Spectrum Sports

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Pioneers 'Frye' Black Knights

SHU follows up heartbreaking loss to #8 BC with win vs. Army

Dario Melendez
The Spectrum

Coming off a four game losing streak, men's basketball greeted the visiting Army Black Knights with a potent offensive attack and a solid defensive performance Monday as it picked up a 76-62 victory.

Center Kibwe Trim posted his second straight double-double, recording a game-high 25 points and snatching 10 rebounds, leading the Pioneers to their second win of the season.

"We were very solid on defense," Trim, a junior from San Juan, Trinidad, said. "And offensively, we got on a hot streak in the second half and never cooled off."

After trailing by as many as 10 points in the first half, the Pioneers were able to rally to within one point of the Black Knights, going into halftime down 25-24. But it was the consistent and mistake-free play of the Pioneers in the second half, plus 8-0 and 11-0 runs, which, ultimately, clinched the win.

Guard Jarrid Frye was able to contribute 22 points, 18 in the second half alone, and two assists. But it was Tavio Hobson, a junior guard from Seattle, Wash., who led



The Spectrum/Travis Flynn

Against Army, Frye had 22 points (18 in the second half). He finished with 8 versus BC.

the Pioneers' attack, recording eight points and three steals while running the offensive unit smoothly and effectively.

"I'm always looking for the easy kick out to my [teammates]," Hobson said. "And Trim made my job a lot easier with his dominating performance in the post. But tonight's win was a total team effort; everyone played well."

Twenty-fifth year head coach Dave Bike was pleased with his team's overall performance but not the least satisfied with its early play.

"We were finally able to get on track offensively in the second half," Bike said. "It's hard to even get back into a game when you only score 24 points in the first half, but we played very well defensively and when we took the court in the second half we just got into a rhythm."

The victory over Army was made even sweeter due to the fact that it not only capped a four game losing streak, but it came right after a heart-breaking loss to the #8 nationally ranked Boston College Eagles Saturday in Chestnut Hill, Mass.

"We've been playing decent basketball this season," Bike said. "Not only have we been in every game so far, we have been able to learn from our flaws and build upon them."

The loss to Boston College was a tough one—the team played an outstanding game."

Trim led the Pioneers with 16 points and 10 rebounds, recording the team's first double-double of the season.

Hobson, a former Boston College Eagle, put forth his best career performance, posting 14 points and 6 assists.

Luke Granato, a red shirt freshman guard, also founded himself in double figures, recording 12 points.

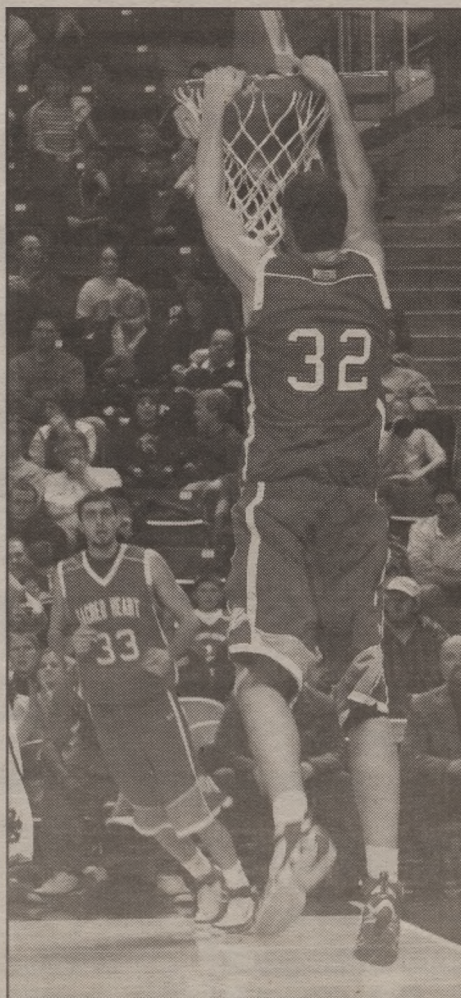
But the team's effort was

not enough to stop the high flying Eagle offense.

"We were in the game until the very end," Hobson said. "But they (Boston College) were able to hold on to the lead and pull away from us in the end."

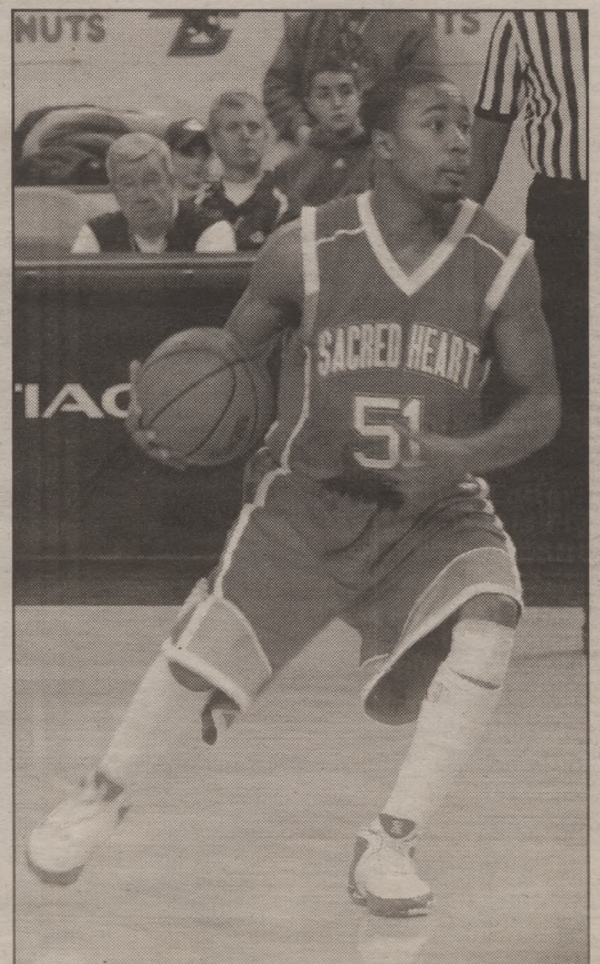
The team will travel to Loretto, Penn. Saturday to face the Red Flash of St. Francis University.

"This is a big conference game for us," Trim said. "It's going to take a total team effort to bring home the victory, but I have no doubt in my mind that we are capable of beating the Red Flash."



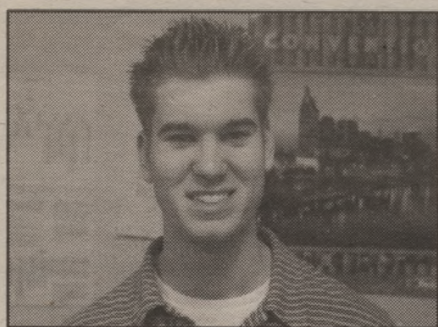
The Spectrum/Travis Flynn

Liam Potter stretches for 2 against BC.



The Spectrum/Travis Flynn

Tavio Hobson prepares to attack versus Boston College. He transferred from BC to Sacred Heart.



THE FITZSIMMONS FILES with Brian Fitzsimmons

Grizzlies roaring in Western Conference

Do any of you remember when the Grizzlies were a sorry expansion franchise that called Vancouver their home? That there was a time when Bryant "Big Country" Reeves was their star player? Oh, no, it was much worse.

It was a team that drafted star guard Steve Francis out of Maryland with the second pick in the 1999 NBA Draft, and he pouted and displayed a stoic face as if to wish he didn't even enter the draft.

He later demanded a trade, and was sent packing to Houston. Shareef Abdur-Rahim and Mike Bibby were cursed by having to lead this perennial cellar dweller for years. Lottery picks every June and less and less fans attending the games labeled it as a lost cause.

Now that the team changed cities, owners, coaches, players and uniforms, the only bad thing about the Grizzlies is that the Spurs are keeping them from having the best record in the Western Conference in 2005.

After Jerry West took over as the active owner and general manager of the team when the players dragged their luggage to Memphis, there have been significant acquisitions that have created a positive timeline of year-by-year improvement.

When they pried Pau Gasol on draft day from the Atlanta Hawks, it solidified a low post presence that would assist them in containing dominant big men in the Western Conference.

Mike Bibby was traded to the Sacramento Kings for Jason Williams, and though he didn't work out, as he was traded to the Heat this past off season, he

provided a true point guard presence and helped young stars, such as Mike Miller, Shane Battier and Gasol, get the ball and learn to create their own shots.

Today, they find themselves at 12-5, good for second in the West. They have held opponents to a league best 85.5 points per game, and as we all know, defense is what gets teams deep into the playoffs. That's right, I'm talking NBA playoffs in December, but when June rolls around, I won't sound so ridiculous.

Sure, a 12-5 record through seventeen games is impressive, but what really shines is their 7-2 record in their conference. The only team that has a better in-conference record is the Spurs, with a 7-1 mark. Normally, teams that play well in their own conference and tally a .500 record in their division come out with a solid record and a decent playoff spot. So far, this team seems to be for real.

The Los Angeles Clippers may have taken the trophy of most improved team this season thus far, but the Grizzlies are something else. They are the only team in the NBA who has six player averaging ten or more points per game.

Damon Stoudamire has taken over the point guard duties, and has done a spectacular job. He's been so good that his play may resurrect his career, much of which has been spent in the Portland Trail Blazer dog house. He has averaged 12 points, five assists and is shooting an impressive .92 percent from the charity stripe.

Eddie Jones has filled in as the starting shooting guard, and his 13.2 points and 1.8 steals per contest has been a nice bonus since he has always been touted as a great defender and team leader.

Potent role players have helped the offense run very well, but the emergence of Gasol's play has made this squad click. He has been very good for the duration of his young career, but has always been put below players such as Kevin Garnett and Tim Duncan. Maybe he still isn't at their level, but he is moving towards that ferociously. His 18.9 points, 8.8 rebounds and 2.3 blocks per night will easily earn him his first all-star appearance.

The days of this organization being a joke are long gone, and it can now enjoy being a contender thanks to its owner. Jerry West is a genius, but it doesn't take one to realize this team will be a force for the rest of the season.



CONO'S CORNER with Steve Conoscenti

Clippers Clipping along nicely

When you think of basketball in the city of Los Angeles, what comes to mind? Most people probably think of Kobe Bryant right off the bat. Some might have had visions of Phil Jackson on the sidelines. Others might have had an image of Shaq, Kobe and Phil holding up a championship trophy. I bet no one was thinking about Corey Maggette, Elton Brand or Sam Cassell...

It's time to shift gears. As of right now, Los Angeles is no longer the Lakers' town. The Clippers, as strange as it seems, have taken over the reigns of the top team in Los Angeles. I know what you're thinking, and don't feel alone—I still don't believe it either. The bottom line is Los Angeles has what it takes to be one of the top teams in the NBA: a legitimate low-post threat, solid veteran help, good shooters and finally a coach who knows what he's doing.

Before we get to the current Clippers coach, Mike Dunleavy Sr., we have to look at the coaches the Clippers have had to endure since they were last a .500 team. Dennis Johnson, Alvin Gentry, Jim Todd, Chris Ford, Bill Fitch, and Bob Weiss were the past six coaches the Clippers had. No coach was able to lead them to a .500 record. When was the last time a coach was able to succeed with the Clippers? It was the 1992-1993 season and the Clippers finished 41-41, an even .500 under, guess who, Larry Brown.

Now it's 2005-2006. Mike Dunleavy Sr. has led the Clippers to an amazing start and they show no signs of slowing down. They have a near-perfect home record, a perfect division record and a perfect conference record. They have been holding opponents to an average of fewer than 95 points per game while scoring an average of 100 points per game. They have already beaten teams like the much-improved Warriors, the

red-hot Cavaliers and their brothers the Lakers. Why all of a sudden are the Clippers a contender?

If there has been one solid consistent player that the Clippers have had for the past couple of years, it's been Elton Brand. Right now, Brand is putting up MVP numbers. He is scoring 24 points while also pulling down 10.5 boards a night in addition to blocking 2.5 shots. All this is impressive considering he's also only turning the ball over twice a game and averages just under three fouls per game. His dynamic performance—his solid defense, unstoppable post play and rebounding ability—is the number one reason for the Clippers success this season.

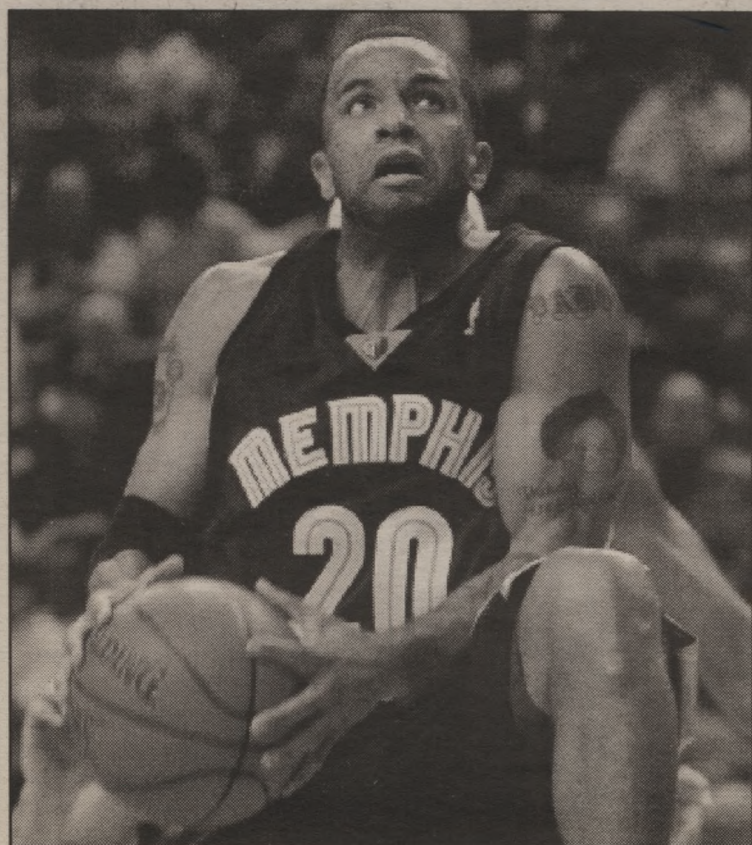
Elton Brand is getting help from another Clipper that has been on the team for a few years, Corey Maggette. Maggette is also putting up over 20 points per night. Anytime you have two members of your starting lineup scoring 20 points or more a night, you're probably going to end up successful. Not only is he scoring, but he's doing it in fashion. He's shooting 48 percent from the field, which is enough for 12th in the league in that department.

Elton Brand and Corey Maggette aren't exactly what you would call young players, but they aren't grizzled veterans either. Both of them are getting guidance as well as great production from two NBA veterans: Cuttino Mobley and Sam Cassell. Both are adding about 15 points a game and five rebounds per game. Cassell is also dishing out seven assists per game.

NBA teams always try to stockpile talent, and for good reason, but young talent is nothing without guidance from players who have experienced it all, from high to low.

Not to be forgotten are the role players who are doing their part in helping the Clippers with their early season success. Starting center Chris Kaman won't blow you away, but he's quietly doing his job, helping Brand on the boards while blocking about two shots per game. Rookie Daniel Ewing, out of Duke, is playing solidly off the bench, as is Quinton Ross and Chris Wilcox.

The Clippers haven't had an easy schedule to start the season, and for another month it doesn't get any easier. So far they haven't had too much trouble knocking off teams that are viable playoff contenders. They'll have to keep up their good play to keep their own viability high and all signs are pointing to positive results. So Kobe, Phil, take a hike. This city has a new team.



AP Photo/Aaron Harris

Damon Stoudamire, point guard for the Grizzlies, has done his part to transform both the team and expectations for its season. The Grizzlies are second in the Western Conference with a record of 12-5.



AP Photo/Kevork Djansezian

Richard Tran from California celebrates a half-court shot that won him a car at the LA Clippers game on Dec. 5. Clippers fans have had much more to cheer about this year.

Sports

Panella's three points sink St. Anselm, but BU Terriers take a bite out of SHU

Kris Singhaviroj
Staff Reporter

The women's ice hockey team lost 7-2 to the Boston University Terriers Sunday at Boston's Walter Brown Arena after defeating Saint Anselm 4-2 Friday at the Milford Ice Pavilion.

The exhibition game between the Pioneers and the Terriers drew 216 fans, who were treated to tightly contested first two periods.

In the first period, the Terriers took a quick lead over the Pioneers, scoring a goal in the first 39 seconds and adding a second goal just before the ten-minute mark.

Sacred Heart answered the Terrier's offensive assault when forward Kateline McLaughlin, a native of Hingham, Mass., scored a Pioneer power play goal, bringing the score to 2-1. Forwards Gina Arone and Michelle Panella picked up the assists.

The Terriers regained their two-goal lead when Erin Seman scored at 18:57 of the first period.

Forward Sarah Turbert scored early in the second period to bring SHU to within one goal, but the Terriers scored one late in the second, and three more in the third, to secure the win.



The Spectrum/Travis Flynn

Panella scored and added two assists to hand St. Anselm its first loss of the season.

Forward Sarah Hickman recorded the assist.

With the loss, the team falls to 4-8-2 on the season.

Friday night, the Pioneers handed St. Anselm its first loss of the season when they scored the first four goals en route to a 4-2 win at the Milford Ice Pavilion.

Panella had a three point night while

Arnone contributed with a goal and an assist against a St. Anselm team that was 6-0 on the season.

Goaltender Stephanie Boulay stopped 24 of 26 shots to pick up the win.

After spending much of the first period in their defensive zone, the Pioneers lit up the scoreboard first when defenseman Kristina Feltz's shot from the right point found space between the legs of Hawks goalie Andre Berlin with seven seconds remaining.

The Pioneers carried the momentum into the second period, when Panella, Arnone, and freshman forward Alexis Dedousis each scored in the opening nine minutes. It was Dedousis' first goal as a Pioneer.

Turbert (14-10), Panella (13-12), and Hickman (5-4) provided Sacred Heart with an edge in faceoffs.

Defenseman Jane Auxier, Feltz, Arnone, Panella, and McLaughlin each finished the game at plus-three.

Arnone scored her team-leading 10th goal of the season for the Pioneers.

So far, the team has pulled off wins against Robert Morris, Neumann, Hamilton, and Saint Anselm.

Its next home game is scheduled for Jan. 13 versus Holy Cross.



The Spectrum/Travis Flynn

Freshman Alexis Dedousis, in addition to having one of the better names in women's college ice hockey, has already scored her first collegiate goal.

WRESTLING

...Continued From Page 16

"As a team we could have [done] better," Sands, a native of Newburgh, N.Y., said. "But overall everyone looked good, and we were right there with the competition throughout the day."

The team realizes that a large section of the team is young and will go through a learning process as the season progresses.

"Our team, in the overall scheme of things, is still young," Sands said. "We are mostly made up of sophomores, freshmen, and a pool of ineligibles. But our coaches keep us constantly hungry [and help us to] pull deep within ourselves and remain strong."

The United States Military Academy did very well for itself, reaching the finals in the 133-pound class, and winning the 184 and 197-pound divisions. The United States Naval Academy (two victories), Michigan State (one), Hofstra (one), and Penn State all had great performances, with wrestlers placing high among their respective weight classes.

Zarrinpour continues to make his mark. The recent Enterprise Athlete of the Week's only loss of the season came Sunday to Payam, the #9 nationally ranked wrestler in the heavyweight division, whose career is beginning to take off.

With the season still young, the Pioneers are looking ahead with a great deal of optimism.

"Our team is very young and is in the building process," Stuart of Niskayuna, N.Y. said. "Looking in the near future we should have a couple of guys go to the NCAA tournament, and in the next couple of years we can grow and improve substantially."

What is in store for future opponents through the course of the season? Ames might have an answer.

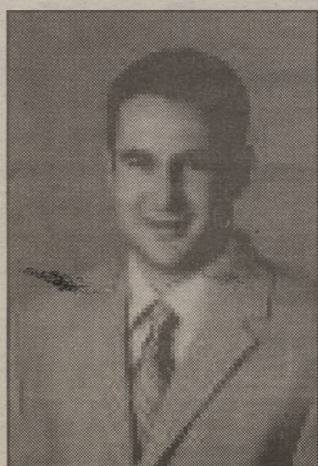
"We want for other teams to see us on their schedule, and be worried of what comes their way," he said.

The Pioneers have every right to feel confident, following a relatively successful tournament Sunday. As the dust settles on the next wrestling mat when the Pioneers face off, perhaps one or more will go home a champion.

The Pioneers' next challenge is at the USM Ted Reese Invitational in Portland, Maine on Saturday. It will run all day.

Top Performers: three stars for Sacred Heart

Bear Trapp
Men's Ice Hockey



STATS:

3 goals
1 assist
2 GWG

Trapp scored 2 game winners over the past week as the Pioneers went 2-1

Kibwe Trim
Men's Basketball

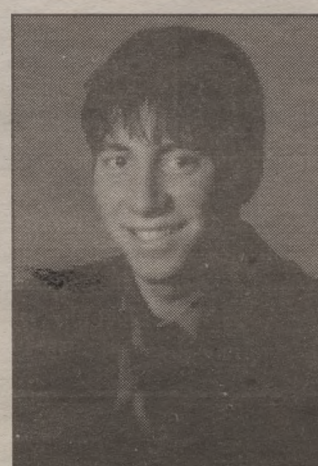


STATS:

10 rebounds
vs. BC
25 points
vs. Army

Trim continued his strong play this week against two difficult opponents

Jason Smith
Men's Ice Hockey



STATS:

90 saves on
96 shots
2-1 record

Smith earned himself another Atlantic Hockey goalie of the week with another impressive series of starts

Battle of the holiday bulge

Erica Rico
The Spectrum

The campus may be quiet when the semester ends on Dec. 17, but men's and women's basketball, men's and women's ice hockey, and wrestling athletes will be around for most of the break, keeping the University grounds somewhat alive.

At the same time, most of the other students will be home with their families enjoying the holidays, eating, drinking and relaxing.

Men's basketball will have a total of seven days off during the break. Then the team will prepare to travel for a game on Jan. 2 in Miami.

"I'm used to the short break, kind of; it's nothing new from what I've done every year," senior center Kibwe Trim of San Juan, Trinidad said.

Women's basketball also does not get much time off.

"We get six days off at most," junior point guard Kerri Burke of Saugus, Mass. said. "It is tough because, where I live, three hours away, it's hard to get home with all the time we spend with basketball, and it is pretty hard too because you just want to be home with your family and friends, but then you have to head back to school."

"For New Year's Eve we just hang out around here and hang low; we usually have a game on the 2nd so we have practice on New Year's Day," Burke said.

From Dec. 23 to 28, men's ice hockey will enjoy their holiday break. For many of the players their homes are far away in places like California, British Columbia,



Senior Jay Parent works out. Some SHU students stay on campus over the break to keep in shape. Others, depending on how you look at it, are not so lucky.

and other Canadian provinces. The travel leaves them even less time.

"I think the NCAA should not make any teams play during holidays, and stretch the season instead," junior goaltender Jason Smith of St. Lambert, Quebec said.

Women's ice hockey has the most time off of all the winter teams. They are allowed two weeks to go home during the winter intersession. Their gap between their Dec. 6 and their Jan. 10 games allows this to happen.

Another winter sports team that will be here for most of the break is wrestling. The men have eight days off, from Dec. 19 to Dec. 27.

Spring sport, track and field, will not be able to enjoy the entire four weeks away from school either. The team is due back two weeks before the break is over.

While winter sports teams spend most

of their time on campus or traveling during the winter break, many spring sports teams will be home hitting the gym and following workout programs that their coaches assign.

Both men's and women's lacrosse have workout programs that are required to be followed.

Men's lacrosse plays their first scrimmage of the season eight days after the season begins. So coming back from the break in shape is a necessity.

"The program is intense and consists of four days of lifting and three days of running," Head Coach Tom Mariano said.

"If a player doesn't perform the workout program then it will affect their opportunity to play in the scrimmage," Mariano added.

Baseball and softball also have certain fitness agendas to follow because their seasons will begin shortly after winter break.

Even football players, who just ended their season recently, are instructed a workout plan for the winter intersession.

"I follow the workout as close as I can, but the holidays are always a busy time for everyone and if I'm particularly busy and can't fit in a full workout one day, I'll try and fit in some kind of exercise, such as push-ups, sit-ups or a jog," sophomore Brian Goodman of New Rochelle, N.Y. said.

Missing holiday time, during which time most students are home with their families, is part of being a Division I athlete.

It is a sacrifice that the athletes must accept in order to play the sports that they love.

Cross country opens season, sweeps CTC

Women's and men's track teams took home titles from the Collegiate Track Conference Indoor Relay Carnival Sunday at Southern Connecticut State University.

Members helped the teams to conquer the respective 10-team fields.

The two teams combined to win seven events, finish second in 15 others, break nine school relay records, and set three individual school records. Winners and record-breakers include:

Jamie Kills
Mellissa Kostan
Brianna Hudak
Meghan Polis
Marsha Locke
Christine Yakubec
Jenna Pisani
Erin Kulasweski
Brooke Palmer
Kathleen Henry
Anne Duffy

Tyler Arnett
David Jones
Christos Dimos
Michael Paradis
Scott Diordano
Michael Barrett
Daniel Falanga
David Robbins
Robert Gill
Stephen Zito
Robert McDermott
Luis German

For a complete recap and results, see:
<http://sacredheartpioneers.collegesports.com/>

Martial arts club re-opened, ready for kicks

Kris Singhaviraj
The Spectrum

Reopening this semester, the Martial Arts Club has once again become available to students who are interested in any kind of martial arts.

Jose Villafuerte, a junior from Ruminahui, Ecuador, has reopened the Martial Arts Club, hoping to give it a better future than previous chapters.

"(When) I came here I had the illusion to continue with this tradition but I found that the club of martial arts of Sacred Heart University had closed its doors, so I decided to search for information of the old club and I found that Robert Novotny was the advisor," Villafuerte said.

"I talked to (Professor Novotny) and I gave the idea of starting the club again with the desire of representing the university in futures tournaments," Villafuerte said.

The Martial Arts Club started in the late nineties. Students had been running the club when Novotny approached the organization, asking if he could help.

"I happened upon it by chance and since I hadn't been practicing martial arts for a while [I] thought it was a great opportunity to get back into it. So I got in touch with the person who was running it

and asked if they needed a faculty advisor," Novotny said.

With the club starting out with an enthusiastic new member, Villafuerte is encouraging students with martial arts experience of any kind, or students with the desire to learn, to join the reopened club.

"The requirements to join the club are [that you] must be a student," Villafuerte said.

"Everybody's welcome, every level of experience, even beginners. However, we also need as many highly ranked practitioners as possible, because people are instrumental in keeping the club running," Novotny said.

Villafuerte's background experience and enthusiasm shows his passion of reopening the Martial Arts Club and trying to make it a better club than before.

"I have practiced martial arts for 14 years. I have a black belt, first dan in Tae kwon do," Villafuerte said. "Nowadays, I'm practicing Tae kwon do by myself and I just began with another martial art which is Aikido, and I have a green belt in this art."

Novotny also has a black belt in Tae kwon do.

With this re-opening of the Martial Arts Club, Villafuerte has the experience

to teach new recruits who are interested and have the desire to learn.

"I used to have a club of martial arts in Ecuador where I was the director and also the instructor. I have experience teaching children and adults, and the best memory that I have of working with them was that in the short time that we practiced, we won different tournaments in Ruminahui," Villafuerte said.

Anyone with any kind of experience in martial arts, or with the desire to learn martial arts, is encouraged to join the newly reopened Martial Arts Club.

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SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>

Knights halt winning streak, but hockey still rolling

Solid goaltending and a hot powerplay keep the Pioneers in the win column

Brad Holland
The Spectrum

With three wins in three games, and two against tough non-conference opponents, the Pioneers looked to bring some success back to their league play against the team that started their streak.

The Black Knights, however, were not about to go down easily.

Army defeated Sacred Heart 2-1 Sunday afternoon at West Point, effectively shutting down the Pioneer offense and halting their roll. The Pioneers managed only one goal in the game, after scoring 16 in their previous three.

"Our powerplay has been hot," defenseman Charles Veilleux, of Quebec City, QC, said, "and our first line has been real good. (Bear) Trapp has been a good fit with those guys. We just couldn't get things going against Army."

Luke Flicek scored and added an assist, and Corey Rudd had two assists for the Black Knights, who won for the second



The Spectrum / Travis Flynn

Members of the Pioneers talk strategy on the bench between plays.

time this season. Sacred Heart fell to 6-3-1 in league matchups, good for third place in the Atlantic Hockey League.

Sacred Heart is not satisfied with their third place standing.

"We are way better this season because most of the guys are taking the game very seriously and we are preparing adequately for games," said junior goaltender Jason Smith, who was named the Atlantic Hockey League goaltender of the week for the second time this season.

Smith played three games, had a record of 2-1 and stopped 90 of 96 shots. In RPI on Friday, he made 44 saves to lead his Pioneers to a 4-3 OT victory.

Smith feels the team is only going to get better, especially as the young players develop.

"We have a great recruiting class and all of them are capable of playing," he said.

In fact, one of the team's hottest players of late has been freshman forward Bear Trapp.

Trapp, from Regina, SK was named the Enterprise Rent-A-Car / Sacred Heart University Student Athlete of the Week for the week of Nov. 28 to Dec. 4.

This past week, Trapp had three goals and one assist, with two game-winning goals. His four total game winning goals

tie him for first in the nation for college hockey.

The team plays tonight versus the Connecticut Huskies.

"The games against UONN are very important because we are in a constant battle in our league with Holy Cross and Mercyhurst," said senior forward Chris Connerty, of Raynham, Mass. "It's a race from start to finish. We will definitely come out strong and play just like we have been playing so far and how we will be playing for the rest of the season."

Tickets are still available for the game, at the MIP, Exit 35 off I-95. Puck drops at 7p.m.



The Spectrum / Travis Flynn

Kibwe Trim throws one down versus nationally ranked #8 Boston College. See full page article on 12.

Zarrinpour continues early dominance

Oliver Kranichfeld
The Spectrum

More than 500 wrestlers competed in the Penn State Open this past Sunday, and when the dust finally settled on the mat, only 10 competitors walked away victorious.

Sacred Heart's most notable performance came from heavyweight standout Payam Zarrinpour, a junior from Shiraz, Iran. He was recently ranked #8 in the country in the 285-pound weight class.

Zarrinpour reached the finals, defeating five opponents in his division before being ousted by Tanner Garret of the United States Naval Academy in a highly anticipated showdown.

The field of talent was deep in the tournament, which included several nationally ranked teams, including #11 Cornell, #13 Penn State, #17 Michigan State, #19 Hofstra, #21 Navy and #23 Army.

Zarrinpour was hot off of his victories in the Cornell Body Bar Invitational and the Northeast Duals. He had pinned the #2 wrestler in the nation, and remained an unbeaten 8-0 coming into the Penn State Open.

"I'm proud of what this team has accomplished so far this year," senior Michael Ames of Billerica, Mass. said. "We have great senior leadership in the room and the younger guys keep improving every week."

"It's hard not to improve when your drill partner wants to get as much out of practice as you do," he said.

The Pioneers had a strong performance overall, especially considering the level of competition.

Junior Mike Arone, a Waltham, Mass. native from the 125-pound class, came up with a win; senior captain Kyle McCarthy of Duxbury, Mass. posted two wins in the 133-pound class.

Sophomores Matt Stuart and Chris Davis each had a win in the 141-pound class; sophomore Tom Sands pulled off a victory in the 149-pound class; Ames also recorded a win for the Pioneers.

Though no other wrestler made it as far as Zarrinpour, the team is happy with the results, and sees Sacred Heart's program as becoming a force to be reckoned with this season, as well as the seasons to come.

See WRESTLING...Page 14



The Spectrum / Travis Flynn

Mikara Cimmino blocks a shot against Yale University en route to a 74-51 victory Dec. 1.