

February 9, 2006
Volume 24 Issue 12

The SPECTRUM

SHU's News Source Since 1983
Sacred Heart University • Fairfield, Conn.

Phone: (203) 371-7966
www.sacredheartspectrum.com

Rat-race runs through Taft

Upperclassmen living with uninvited guests

Rachel Yarmosh
The Spectrum

In addition to the cold showers and lack of parking at Taft, the residents and students living there have also been given a complimentary gift with their rent—mice.

These both unexpected and uninvited visitors have been the source of numerous complaints over the past couple of years and students feel the problem is getting worse.

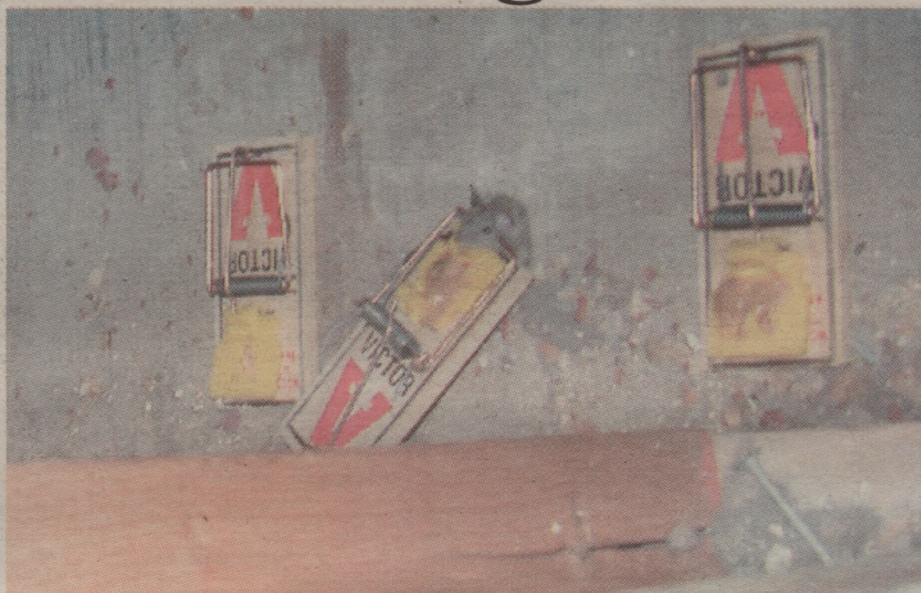
Nicole Guilbert, senior, Narragansett, R.I., lived at Taft as a junior. "We saw a mouse in our apartment last year run through the living room and the girls that live in that apartment now have seen one recently too. Also, last year the boys that lived upstairs had a squirrel come into their apartment."

However, residents living there now, still feel it is very much a problem.

Taft resident, Jessica DiBenedetto, junior, Bronx, N.Y., said, "Unfortunately, I have come in contact with one of the mice that lives in Taft. I was about to do the dishes and it ran across the counter. I almost died."

"It was the first time I've ever seen a mouse and it was not a nice experience at all. We have told the RA about it more than once and even called buildings and grounds and no one has done anything about it."

However, the security officer on duty feels that it is partly the students to blame. Officer Robert Johnston is the primary security officer on guard at the door from



Contributed Photo/ Jennifer Blake

A rat trying to get a little peanut butter lost its life in an epic battle with a trap.

8 a.m. to 4 p.m. at Taft and he says that much of the problem can be attributed to the food that students leave lying around during holidays and breaks.

"When the kids here go home, most of the time they leave food in there rooms. That attracts all kinds of animals looking for food, mostly mice and squirrels," said Officer Johnston. "It's like a picnic in here for them."

In defense of Buildings and Grounds, he said that the exterminators had been by four separate times in the last month to take care of the situation.

"They have done all kinds of things to take care of the problem. They have laid traps, baits, poisons both indoors and outdoors all along the premises," said Johnston.

Some students feel the problem began before they even moved in.

Ashley Coppola, junior, Holmdel, N.J., said, "The mice problem started this summer before we even moved into the building. When we were moving in we noticed droppings, but hoped that with having people back in the building they would choose somewhere else to live. I didn't notice anything till around winter-break time when we physically saw a mouse at dinner time one night. Then we started to notice the droppings."

"When we came back from break that's when things got really bad," said Coppola. "One girl found a mouse in her bed, others were finding them in cabi-

Continued On Page 2...

Vintage Bush

Arianne Rasmussen
The Spectrum

Vintage Bush, is what most of the President's Jan. 31 State of the Union address consisted of with some exceptions.

As with previous addresses, the message evoked mixed feelings from an extremely divided country in regards to Bush's future plans regarding both foreign and domestic affairs.

Most of the speech was spent emphasizing the country's need to stay away from isolationism by continuing to promote democracy in foreign places.

Alternatives to oil dependence, Iran's nuclear development, the terrorist surveillance program, social security, healthcare, education, tax cuts and the country's deficit made up the smaller remaining portion of the speech and the Katrina catastrophe was mentioned only in passing.

"This time, there certainly seemed to have more emphasis on alternative sources of fuel. He also had a more forceful statement about nuclear development in Iran, but other than that, the war on terror, the theme of leadership and of never backing down until the mission is over - that's vintage Bush. I felt that it was consistent with previous State of the Union deliveries - like a continuation," said Dr. Gary Rose, Republican, professor and chair of the Department of Government and Politics.

"Bush still covers the same things he always has and still stays away from things that will hurt him. The guy has no way out of some of the issues. You can't address a negative subject with a positive spin so he stays away from them," said sophomore Adam Rua of Bridgeport, Independent, when considering Bush's brief mention of the Katrina disaster.

"Katrina and the needs of the people of New Orleans and Louisiana and the Gulf Coast as a whole, they were really almost nonexistent for the most part in the speech. He did not mention it enough which is unfortunate. Katrina was a national catastrophe and it should've been addressed in more depth and I can imagine that the people who have been dislocated as a result of that have felt forgotten to some extent," said Dr. Rose.

Yet, despite the consistency of themes and the lack of addressing some issues, Rua and sophomore Afrim Mustafa of Bridgeport believe that this was one of Bush's best speeches.

"Looking back at his other state of the union addresses, I thought that the 2006 was his best, but then again, his speech writers couldn't afford anything less considering the fact that his ratings are at their lowest," said Mustafa, Democrat.

Continued On Page 3...

Put a bounce back in your step

Maria Gomez
The Spectrum

This past Saturday students were invited to the Third Annual Life Legacy and Leadership Conference held by the Department of Student Life.

The well-known author, trainer and educator Nancy Hunter Denney and the nationally recognized "High-Tech Motivator" Marlon Christopher Smith presented were the keynote speakers entertaining the audience.

Nancy Hunter, who started her own speaking business in 1993, and worked with higher education student issues, is considered an inspirational speaker. She tried to encourage that sense of commitment and responsibility in others, in this case to SHU students.

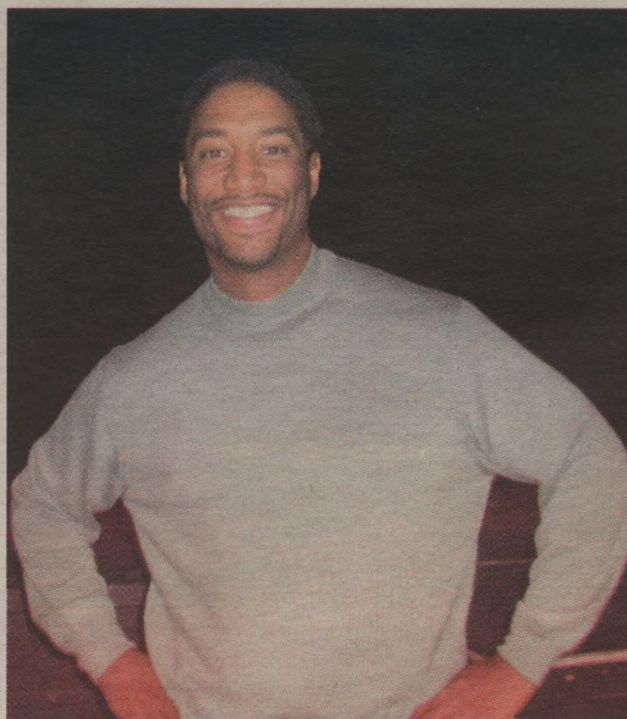
She portrayed her philosophy and her lessons on life and leadership to the students and how to put it into operation with a special capacity of gaining everybody's attention.

"Can You Zing it?" was her theme throughout her speech. According to

Hunter, "Zing! Is about influencing others to make the world a better place while "maximizing" your potential for a more successful, happier and more productive life."

"No more complaining that you were once again passed up, passed by, overlooked, undervalued, or 'screwed over'. No more settling. No more self-defeating language, victim mentality, or boredom. It's time for a kick in the seat of your pants, a jolt between the ears, and for you to put a bounce back in your step," Hunter says.

Later, Marlon Smith, who received a Bachelor of Science Degree from the University of Virginia



The Spectrum/ Maria Gomez

Smith was one of the motivational speakers at the convention.

Continued On Page 2...

News

Cell Ban

The Associated Press

Think you won't get caught driving around with your hand-held cell phone?

Think again.

In the first three months of the new law that targets motorists who don't use hands-free sets, police around the state have written more than 2,400 tickets. The hot spot has been Bridgeport. Police there have handed out 289 citations, the most in the state.

"We take the enforcement of the cell phone law very seriously," Bridgeport Police Sgt. John Losak said. "Our officers see too many accidents resulting from distracted drivers, so the law was very welcome. I hope people think twice about driving through the city while talking on a cell phone."

Under the law, drivers who are at least 18 years old can use cell phones, but only with hands-free devices such as headsets. The law, which took effect Oct. 1, completely bans the use of cell phones by drivers under 18.

The state Judicial Branch said overall police issued 2,413 citations from Oct. 1 to Jan. 1. Behind Bridgeport, the second most tickets were issued in Woodbridge police (211) followed by Greenwich (163) and Fairfield (151).

State police spokesman Sgt. J. Paul Vance said troopers are enforcing the law but are not being overzealous. There is still a "breaking-in" period under the new law.

"If we observe a blatant violation, that is one thing, but we also want to give people a chance to learn about the law," Vance said.

Police can write \$100 tickets for violations. Motorists can avoid the fine by buying hands-free equipment within 30 days after being ticketed and showing the receipt to state prosecutors.

In its December 2005 report, the National Highway Traffic Safety Administration said about 10 percent of the people on the road during the day are using cell phones, up from 8 percent in 2004. Six percent of those drivers were holding phones to their ears, up 5 percent from the previous year.

Currently, hand-held phones are banned in Connecticut, New York, New Jersey and the District of Columbia.

Stratford Police Spokesman Capt. Harvey Maxwell said he had early doubts about the ban but has changed his mind. "It got to where I couldn't go by a car where I didn't see someone on the cell phone. After seeing people roll through stop signs because they were on the phone I became a big supporter of the law," Maxwell said.

The law's chief sponsor, state Rep. Richard Roy said he's also pleased that he sees fewer drivers using hand-held phones. He said he's now seeing more hands-free devices.

"I'm looking probably more than other people at what is out there," Roy said. "Some people say it is their right to use and I respond that right ends 6 inches from my bumper."

Roy expects even more compliance after the state Department of Transportation erects signs at the borders notifying out-of-state motorists of the ban.

Rat-race runs through Taft

...Continued from Page 1

nets and draws. That's when enough was enough and we had our parents call. The next day traps and poisons were put in the whole building. As of now the sightings are getting less but we still see signs of them around."

Another student living at Taft also had an unpleasant experience with a mouse.

Jenna Coccia, junior, Johnston, R.I., said "I saw one twice. I almost died. I was on my laptop in our living room and it ran across our floor and then about an hour later it ran back to a heater closet we have in the living room."

"We contacted B&G and we put down traps on our own because it took them 3 days to lay down poison. I stayed somewhere else for over a week because I was afraid I'd see a mouse again," said

Coccia.

However, despite numerous mice sightings, a couple of students have said Buildings and Grounds are doing everything within their power to rid mice from Taft once and for all.

Katrina Torres, junior, East Hartford, said "We had a major mouse problem in our apartment. There were droppings all around our apartment, even on my roommate's desk. My boyfriend and I actually hunted down the mouse and found out they were coming through our water heaters in our closet. I had my parents call Buildings and Grounds to complain. Mike Austin, a manager of Building and Grounds was helpful. He sent an exterminator over within an hour to check out the problem. I knew that the problem was serious when other people in Taft came back after winter

break to find mice actually in their pillow cases and droppings on their bed. I feel that it is unsanitary to be living in these conditions especially since housing costs so much."

"I made flyers with building and grounds' number on it and slipped them under all the doors in Taft. I felt that if I got a lot of people to call maybe the situation would be resolved faster. After that the school sent over a different exterminator which set up newer traps. Since then I have not seen any mice, so I am happy," said Torres.

Bob Kassery, Residence Hall Manager for Buildings and Grounds said, "Prior to the Thanksgiving Break we had had the exterminator there for normal service because of some reported activity going on. The exterminator did a monthly report checking for anything from rodents to vermin and the report came back relatively clean. However, upon the students returning back from Winter break we had a few complaints."

"What happens is while the students are on break, the mice are uninhibited with no one in the building. When the temperature drops, the mice come in to escape cold and look for food," said Kassery.

"As soon as students came back and we got some calls and complaints, we called in a new exterminating company immediately. The new contractor has acted immediately to address the problem and since the activity has slowed down dramatically, to the point we've had only a couple sightings. We are confident we have the situation under control."

Hopefully, the mice will kindly "see" their way out, as students say they have long overstayed their welcome and it's time for them to go.



The Spectrum/ Elyse Harrell

Taft Commons looks pleasant from the outside, but the inside is a mouse trap.

Third Annual Life Legacy and Leadership Conference

...Continued from Page 1

and worked for two well-recognized companies such as IBM and Hewlett-Packard, is using his knowledge and training in the engineering field to expand pioneering multimedia appearances such as seminars and lectures. This is the reason why he is acknowledged as the "High-Tech Motivator."

As creator and president of Success By Choice, Inc., Smith spends most of his time helping people become conscious of their potential. He encourages, stimulates and entertains people around the world.

He has given speeches in forty-five states together with Alaska and in fifteen different countries such as South Africa, England or Japan.

Smith expressed that communication and connection with others are the keys to leadership and leadership is the key to unity. He pointed out that people could go from acquaintance to friendship through communication.

We must make a difference in order to be able to leave a legacy. Apparently,

people might seem not to have anything in common, but after one minute of communication people realize that there is always something shared.

"No matter what our differences are, let's communicate. Leadership is making a difference," Smith said.

"We should be serving leaders because everybody deserves an opportunity. It's important to do things for the goodness of the heart because leadership is about giving," Smith said.

"We all should have goals in life...it is something to look forward," said Tara Maroney, Student Union.

"What am I going to do to make a difference?" he asked.

Smith focused on taking action; people will never know what is going to happen until they do it.

The fears to take action, fear of rejection and/or fear of failure are some of the reasons why people do not take action. We have to learn how to manage fear, otherwise, we will regret it, he explained.

"Fears hold a lot of people back. What is the worst thing that can happen if I

don't take action?" What will it cost me if I don't take action?" he asked the audience. No matter what our future brings us, either good or bad, we should always go for it, he explained.

"Time is precious, past is gone, future is a mystery and present is a gift," Smith added.

"We have to focus and work smarter not harder," Smith affirmed. Managing our time and our short and long-term goals is the key to be a student leader.

Passion, motivation and focus are the fundamental means to leadership.

"Step outside the borders and let's be a role model," Smith finally stated.

Both presenters left a great impact on students who participated actively throughout the speeches. They knew how to get attached to their audience, they tried to encourage students to have goals in life and pursue them without fear to failure.

Doing whatever it takes to make our lives more constructive because we all have the potential to be leaders in this life.

Our generation will be the leaders of

The state of the union is “strong”

...Continued from Page 1

Many of the students didn't watch the State of the Union address whether it was due to SHU's demanding schedule, previous commitments, a lack of interest in politics, or a dislike for the President.

"I started to watch it, but it was a big lie as I knew it would be so I went to SHU idol instead," said Andrew Rowan, sophomore, Briarcliff Manor, N.Y.

When considering the President's strong remarks about Iran, Dr. Rose said, "Bush was not by any means declaring war on Iran, or even, at this point, threatening military action. But, I thought that the speech took us a step closer to putting Iran in the spotlight as far as some types of penalties are concerned and I'm sure they were listening. This time, if there's any action taken on Iran, I strongly suspect it would be multilateral – involving several countries as opposed to just the United States."

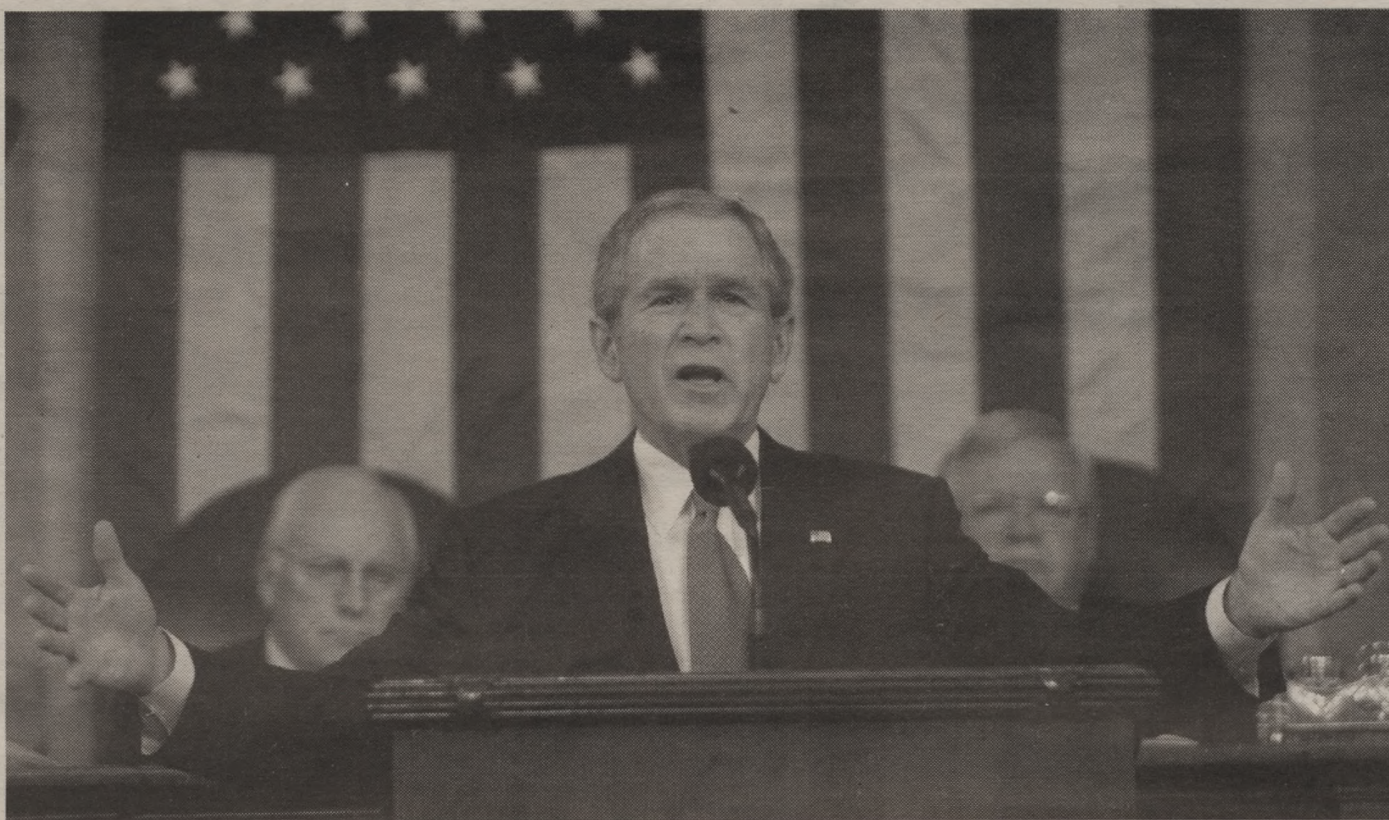
In regards to the war in Iraq, the people's main concerns regarding the future were not completely addressed.

"I was expecting him to elaborate more on the Iraqi war. What I wanted to hear was his plan on ending the war and bringing the troops home," said Mustafa.

Although a date marking the end of the war was not mentioned, Bush did say that we are going to "stay the course" and that "the United States will not retreat from the world, and will never surrender to evil."

Despite the fact that Bush is not one for dramatic changes in his policies based on public opinion, when taking into consideration that Bush's public approval ratings are low and that the 2006 congressional elections are rapidly approaching, Dr. Gary believes that we'll see "somewhat of a draw down of American troops" but, nevertheless, the president will continue his commitment to a foreign policy in Iraq.

"I think we're in Iraq for the duration of my lifetime. Maybe not 130,000 soldiers, but nevertheless, I think we're going to be a very visible presence in Iraq for the foreseeable future. Not nec-



AP Photo/ Pablo Martinez Monsivais

President Bush spoke with conviction at the State of the Union Address.

essarily in combat roles, but I think that our country and Iraq are almost joined at the hip," said Dr. Rose.

The President's most interesting address was to America's need to break away from its oil dependence in the Middle East by finding alternative sources of fuel. He proposed the Advanced Energy Initiative which would invest more in "zero-emission coal-fired plants, revolutionary solar and wind technologies, and clean, safe nuclear energy."

Whether his goals are realistic and why they were never mentioned before are questions that can only be answered with speculation.

"There's an awful lot of special interest politics and a great deal of special interest money that has invested interest in oil in this country and you have to get through that in order to really initiate reform. It's a very, very difficult task ahead of him if the Carter presidency is any indication. Carter's energy failed as most of his presidency did. It took a long time to develop a new energy strategy and it is something that probably should've been done forty years ago," said Dr. Rose.

"I don't think the oil dependency reform plans will go anywhere. Oil and car companies put in too much money behind presidents' campaigns for that to happen. Think about cars. We've had a simple combustion engine for over two hundred years when cell phones have advanced to what they're today in

a period of ten years. How come cell phones can advance so much and cars can't?" said Rua.

In regards to terrorism surveillance and wire-tapping, there's still a lot of controversy since citizens are afraid of losing their privacy rights.

"I support the surveillance program one hundred percent. As President Bush said in his speech, I think that if someone is communicating with Al Qaeda and their associates, it's in our interest to know that. If they are listening to my phone or someone else's phone, do I like it? No. But on the other hand, if I am not talking to Al Qaeda, why would I worry? Civil liberties, free speech, and the right to privacy mean nothing if someone detonates a nuclear bomb where you happen to be living," said Dr. Rose.

"Every president has to be careful to balance liberty with order and we always tend to tilt a little more towards order and security at the expense of liberty during times of war. Our liberties have shrunk a little, but the good news is that, as history has demonstrated, when the crisis recedes, the liberties return," he added.

In regards to social security, which basically consists of one generation paying for the other, the path for the future is clear and still awaiting effective solutions.

"Social security is a dead issue. Social security reform is not going to happen because social security is going bankrupt. What are you going to do?

You can't just keep raising money to try to keep it going for one year to the next," said Dr. Rose.

"Social security should either be saved or scratched, there is no middle point and if I'm not going to get it in my life, I don't want to pay for it," said Rua.

In the State of the Union address, Bush also proposed to make tax-cuts permanent to help the economy and the deficit issue, to which Rua says, "It helped the wealthy before and that's what will happen again."

Dr. Rose elaborates, "Tax-cuts are important for consumer spend-

ing and for the growth of businesses. Theoretically, I do believe that the tax-cuts are good for the economy, and theoretically, they do have the potential of balancing the budget. I know that the opponents say that the tax-cuts are more for the wealthy and maybe there is a little bit of more emphasis there, but it would be nicer if the tax-cuts had a broader reach into the middle class. Tax cuts do have very positive consequences for economic growth. The government cannot create economic growth, it has to come from the private sector and the people more than anything else and tax reform has demonstrated itself to work in that respect."

Whether or not all of Bush's future plans are put into action, it is obvious that the next President will have an extremely tough road ahead of him/her.

"There is a civil war going on in this country. Not like the civil war of the 19th century but a political civil war based on moral and social issues and other issues too and the emerging foreign policies as well. I've never, in my entire life, seen a country so intensely divided against one another. It's almost like two sets of Americans. You wonder how long we can keep going on that way," said Dr. Rose.

Now, only time will tell where the country will head.

Do you have a problem that you want the Spectrum to cover?

Do you have any exciting news coming up in your clubs, 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

News

Black History Month: Celebrating a diverse campus



Contributed Illustration/Jason Roeder
Left to Right: Jackie Robinson, Maya Angelou, Martin Luther King & Colin Powell.

Brittany Raine
The Spectrum

Black history month is a time when African Americans look back on their heritage and impact throughout this country's history.

Black history month was started in February of 1926 because it marks the birthdays of Fredrick Douglas and Abraham Lincoln, two men who had an immense impact on desegregation in America.

Many people contributed to the growth of the multicultural society that we live in today. Dr. Martin Luther King, Maya Angelou, Colin Powell, and Jackie Robinson are four of the most influential figures of the last century.

Jason Roeder, senior, Independence, Minn., is an art major focusing on graphic design and illustration.

He created this piece in honor of this celebration of black heri-

tage.

Maya Angelou was born in St. Louis in 1928 and is best known

"I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant."

- Dr. Martin Luther King Jr.

for being an African American poet, memoirist, actress and civil rights activist.

Angelou is best known for her autobiographical novel "I Know Why the Caged Bird Sings." She has directed, produced, acted and

written for the stage, television and film.

Jackie Robinson was born in Georgia in 1920 and was the first African American Major League Baseball player for the Brooklyn Dodgers.

Robinson was the Rookie of the Year in 1947, National League MVP in 1949 and was inducted into the Baseball Hall of Fame in 1962. And his number 42 is not worn in American baseball because it was retired in 1997.

Jackie Robinson died in Stamford in 1972.

Collin Powell was born in 1937 in New York City and became the 65th Secretary of State. Powell was the highest-ranking African American government official in the history of the United States.

Powell's relationships with foreign leaders after Sept. 11 helped ease international tension concerning terrorism.

With the passing of Corretta Scott King on Tuesday, Jan. 31, the Martin Luther King, Jr. family legacy remains immortalized in American society.

Dr. Martin Luther King was born in Atlanta in 1929. King's stand of civil rights and equal treatment surfaced in 1955 with the Montgomery Bus Boycotts.

King's greatest non-violent demonstration was the March on Washington in 1963 for equal jobs and freedom for all. His "I Have a Dream" motivational speech in front of the Lincoln Memorial gained national recognition and respect.

On April 4, 1968 King was assassinated in Tennessee while preparing to lead a march in support of unfair work conditions for African American sanitation workers in Memphis.

All of these accomplishments, among the many, are certainly a cause for celebration.

Hollywood, Conn.

Lawmakers push for tax breaks to lure the movie industry back into the state.

Stephen Singer
Associated Press Writer

Top state lawmakers promised Monday to push for tax breaks to lure filmmakers to Connecticut, a move aimed at diversifying the state's economy and expanding the industry's fledgling presence in the state.

"Jobs and economic growth in Connecticut are at a critical juncture," House Speaker Jim Amann said at a news conference. "Right now, we're losing."

Amann, D-Milford, said he will propose tax credits of 25 percent of the cost of production for investors and 30 percent for production companies. To be eligible, 75 percent of production must be in Connecticut, production costs must exceed \$250,000 and 10 percent of workers must be state residents.

Rep. Cam Staples, co-chairman of the General Assembly's Finance, Revenue and Bonding Committee, said details of the proposal will likely be revised several times before the legislature adjourns in May. The General Assembly opens its annual session Wednesday.

Lawmakers are seeking ways to make Connecticut more competitive with other states they say use tax credits to attract filmmakers. Connecticut's proximity to New York's huge entertainment production and marketing abilities also helps the state, they say.

The plan proposed by Amann and Staples would apply the credit for production companies to the state corporate income tax and the credit for investors who are not incorporated would be applied to

the personal income tax.

No cost estimates were provided for the credits. But Amann and Staples say they are confident the credits would draw in more movie investment money than the credits would cost.

Lawmakers could cap the credits if their cost threatened to balloon out of control, Staples said.

Filmmakers setting up lights and cameras are looking for action from state policy-makers to make Connecticut more film-friendly. A Bollywood movie — a term for India's film industry — wrapped up in New Haven in December and two proposed movie studios in eastern Connecticut have led to talk about moviemaking playing a larger role in the state's economy.

Frank Capra Jr., son of the famed director who struck populist movie themes, is proposing a massive movie and entertainment complex in North Stonington. He is president of EUE Screen Gems Studios of Wilmington, N.C., the East Coast state with the largest movie industry.

Utopia Studios, a Long Island startup, is proposing movie studios as part of a \$1.6 billion theme park and performing arts college at the 400-acre former Norwich State Hospital site.

Backers of the tax credit say Connecticut has already been the site for movies such as "Amistad" and "Mystic Pizza" and offers a range of varied locations — urban, rural and shoreline — for film production.

"We're ready to compete with anyone in the country who wants to bring the film industry to Connecticut," said Larry Clark, chief financial officer and chairman of Sonalysts Studios in Waterford.

KAPLAN TEST PREP AND ADMISSIONS

YOU'RE INVITED TO A SPECIAL PRACTICE TEST EVENT

GMAT | GRE | LSAT | MCAT | DAT | OAT | PCAT

Take a **FREE** practice test at this event and you'll receive a detailed score analysis and exclusive strategies to help you prepare for Test Day!

Sacred Heart University
Saturday, February 18, 2006

LSAT - 9 AM, UC 104
GMAT - 9:30 AM, UC 105
MCAT - 10 AM, UC 106
GRE - 10:30 AM, UC 108
NCLEX - 11 AM, UC 110

ENROLL TODAY | Limited seats are available. Call **1-800-KAP-TEST** or visit kaptest.com/practice.

*Test names are registered trademarks of their respective owners.

67CA0321

Want to see your ads in The Spectrum?

Contact Johanna Prentki
Spectrum-advertising@sacredheart.edu

OUR TOP 10 GRADUATE MAJORS:

MBA
Physician Assistant
Interactive
Communications
Teaching
Biomedical Sciences
Molecular/Cell Biology
Journalism
Nursing
Accounting
Computer Information
Systems



MASTERING THE ART OF TEACHING

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

QUINNIPIAC U:

RAVE REVIEWS FOR OUR MBA

The Quinnipiac University School of Business MBA program continues to prepare business professionals for the realities of management in global, technology-driven work environments in specializations such as:

- MBA WITH CONCENTRATIONS IN ACCOUNTING, CIS, FINANCE, INTERNATIONAL BUSINESS, MANAGEMENT, MARKETING
- MBA - CHARTERED FINANCIAL ANALYST® TRACK
- MBA IN HEALTHCARE MANAGEMENT

>> YOUR NEXT MOVE

Quinnipiac University offers graduate programs in 17 distinct disciplines. Whether you are interested in our AACSB nationally accredited business program, the master of arts in teaching (MAT) program or one of the Northeast's most highly regarded journalism and interactive communications programs, all have been designed to thoroughly prepare you for a professional career. For more information, call 1-800-462-1944 or visit www.quinnipiac.edu.

QUINNIPIAC UNIVERSITY
Hamden, Connecticut

Perspectives

Letter to the Editor: Senior Outpost Pub nights

To the Editor:

There are a number of issues I have with the article Courtney Kohloff wrote about Senior Pub night. Yes, there are a few more regulations this year, in comparison to years past, but the facts in her article are baseless and it is clear that Kohloff did not take the time to investigate the event and the people that run senior night in the outpost pub.

First of all, on any given night in the outpost one has to produce two forms of ID's to drink – this is nothing new. Also, the line forms every year for senior events in the outpost because the doors do not open until 10:10, and people form the line beforehand. The people that have a hard time entering senior night in the pub are the one's that aren't on the list of seniors. If you do not have senior status, you aren't allowed to partake in senior events.

Weird concept, I know, lets rewind. So what happens is someone who does not qualify, as a senior, not on the list for graduation in May or the summer of 2006, cannot go into senior night in the outpost pub. Ok, I think that's clear.

Also, the Student Union is in charge of staffing the outpost. The head of Student Union Mike Moylan checked the ID's at the door. Public Safety actually was not even at the door. Two Fairfield Police officers were outside the pub door all night in case of any need for them may arise. They did not check ID's or call themselves public safety.

Another issue I have with the article is that Kohloff says that the pub

night has been less entertaining – I'm curious to know where this information is coming from. There has been a couple of really good cover bands that most who attended can attest to this fact. Guests at well-established bars in the area pay covers to see these bands play, and seniors here get to see them for free.

The incident in question in the article also has no validity to it. If there is no official word on a specific issue – why put it in the article and create suspicion?

For a newspaper that is supposed to have come a long way from a bias, opinionated, clump of papers, this article represents exactly what The Spectrum claims to have little of – bias. This article appears under the section labeled NEWS. There is nothing newsworthy in this article except an opinion that is unfounded with absolutely 0 facts.

The fact of the matter is there has been a change in the amount of alcohol that can be consumed while at the outpost pub. Students are limited to a four drink maximum for the two hours that the outpost is opened. No, it is not received well but it's better than the elimination of our senior outpost pub nights due to the debauchery that happened at our first senior event in the outpost this year. A little bit of investigating would have uncovered the reasoning for the change. Its as if there was no investigating at all outside of hearsay.

Kurt McCloud
Senior
Plymouth, N.H.

Editor's note:

As many people realize, there are two sides to every story. Sometimes one side is more truthful than the other, another perhaps more vocal. This is where balanced journalism comes into fair play. After last week's article titled, "Stubs void if attached: Outpost Pub not quite what it used to be", and receiving plentiful feedback, The Spectrum decided to dig a little deeper to inform our student body on what really is occurring at the Outpost Pub and to clear up any misconceptions. We apologize for the confusion, and as always, we strive to uphold our balanced student-run news source.



Contributed Photo

Courtney Kohloff
The Spectrum

The Outpost Pub senior night events, operated by the class of 2006, have been notorious for a laid-back, friendly atmosphere where students can gather with their friends, enjoy the entertainment and drink a few beers.

Because it is nearing the end for most seniors, being able to spend quality time with friends is the main goal of the pub.

"Overall, it is the last chance for seniors to be together as a group," said Director of Student Activities, Tom Wuestkamp.

At each senior pub night, there are specific qualifications that allow you to enter the pub. On arrival to the pub, each student is required to give their name to someone at the door to make sure that they are in fact, a graduating senior.

While the class of 2006 would like to accept everyone, there is just not enough room to accommodate all. With the capacity to hold around 250, and sometimes even over 250 people showing up, there is no other choice but to apply limitations.

At the door, someone will check your name off of the graduating seniors list. Because there are juniors who are 21 and alumni who wish to attend senior night, something had to be done because there just isn't enough room in the pub along with the current seniors.

Although the pub is more than happy to accept all over 21, they physically can not.

"We wanted to make it strictly for the senior class," said Wuestkamp. "It causes havoc to stray off of the list."

While crowds do get a bit out of control, in some cases, so does

the drinking. If you have been to the pub recently, then you obviously have noticed the notorious new bracelets.

These bracelets, which include four tabs, are given to each student as they enter the pub. With each drink they buy, a tab is ripped off, allowing each student to consume a maximum of four drinks.

"The only change is an added four drink maximum to any individual that decides to take part in drinking at the Outpost Pub," explains Director of Student Union, Michael Moylan. Keeping in mind student's safety and preventing any unnecessary situations, the limitations on alcohol have only been changed for the student's good.

"The human body process is one drink per hour," said Moylan. With these facts, it does make sense that each student technically can have four drinks in a two hour period.

The main theme of these events though is to have fun with your friends. Drinking is just something added.

"The focus is not alcohol. The event, entertainment and socializing with classmates is," said Moylan.

All in all, the Outpost Pub is designed in favor of the students. Anything that goes into the pub or the changes that have been made are only designed to benefit the graduating seniors and make their year enjoyable.

"The Class of 2006 board has put a lot into the events to make it a memorable year for all of the seniors," said class of 2006 President Amy Nardone. "We are working very hard and doing the best we can."

There are also senior pub nights coming up in March and April, so if you are a graduating senior over 21 and have not experienced a night at the pub, you definitely should do so. After all, you only have one senior year. Make it one to remember.

The SPECTRUM

Editor-in-Chief

Sarah Decker

Associate Editor

Kayla O'Brien

Photography Editor

Elyse Harrell

News Editor

Adam Kagdis

Assistant News Editor

Courtney Pustay

Advertising Manager

Johanna Prentki

Sports Editor

Travis Flynn

Assistant Sports Editor

Brad Holland

Features Editor

Diane Szmidt

A&E Editor

Jacqueline Boothby

Perspectives Editor

Meghan Parisi

Web Editor

Stephen Conoscenti

Adviser

Dr. Debbie Danowski

Editorial Consultant

Cindy Simoneau Lambert



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

The Spectrum is a student-run newspaper of Sacred Heart University and is published every Thursday during the academic year. All mail should be sent to:

The Spectrum
Sacred Heart University
5151 Park Avenue
Fairfield, CT 06825

Office Phone: 203-371-7963
Advertising Line: 203-371-7828
Fax Line: 203-371-7828
Website:
<http://spectrumshu.edu>

He Said... She Said...

Going solo on Valentine's Day? 5 tips for singles

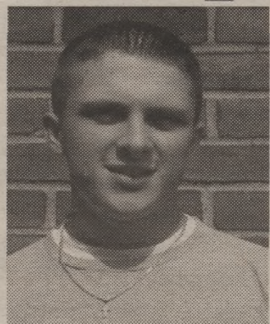
Robert Roy
"He Said" Columnist

We all know that Valentine's Day can be a bit rough for singles. If you don't have a special someone it might seem like a rough holiday to get through alone, but hang in there. Here are 5 simple tips for all of you out there without a significant other.

First don't dwell on the fact that you do not have a boyfriend or girlfriend. There are a lot of us out there who are enjoying the single life as well. Make sure to surround yourself with all of your single friends.

Second, find your single friends and have a huge party. This gives you a guilt free excuse to party and enjoy yourself with the people who care about you.

Third, splurge on your party and do not cut any corners. This will be a singles only party and hopefully the wildest bash of the year (except for New Years and your Birthday).



Forth, find a single woman and get friendly. A random hookup is sure to sooth any Valentine's Day blues. Especially if this person is fun and laid back then you will be sure to have fun spending time with them just watching a movie on the couch or going to dinner.

Finally, take pictures of the entire night, so that when your annoying friend is babbling about how in love he or she is, you can show them the awesome night they missed out on.

Overall enjoy yourself. Being bitter will not solve anything. Have fun and don't take anything to seriously. It is just another day.

Rachelle Murphy
"She Said" Columnist

Valentine's Day is the most feared day by singles. They have no one to spend this day with. Here are five tips to help you get through this lonely day.

Do not surround yourself with couples. This will only make you sad. So instead, invite a bunch of your single friends along with you to go out shopping or to a nice restaurant. After the nice dinner, go out to a club or bar and dance with your friends. It will be better than any date!

If going out isn't your thing, you could try staying in and watch sappy romantic movies. You can invite friends and watch them together, make a whole evening out of it. And of course, bring chocolate along so that you have some snacks during the movie.

Instead of staying in and moping about all of the unsuccessful relationships in your past, take action. Gather everything that all of



your ex's have given you, and throw them away. Or if you are feeling especially spiteful, burn them. This will help clear out some clutter, and it will give you a renewed spirit, so that you can find a new and better relationship.

Another idea is to go to a spa and book a few treatments. This is a wonderful way to treat yourself to something special. Why not indulge in a fabulous massage or get a mani-pedi. You will look and feel great.

Finally, just ignore Valentine's Day. Why get all worked up for a commercial holiday. It is just another day. Go about your daily routine as you normally would and enjoy yourself.



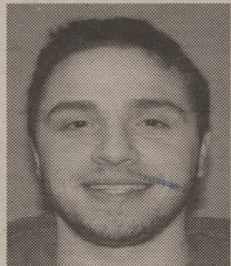
What was your favorite Super Bowl commercial?



"The Budweiser commercials. All of them were pretty funny."

Tara Mahoney

Chicopee, Mass.~Sophomore



"Probably the one with the monkeys at the office. I'm not sure what it was for."

Rocco Vitale

Naugatuck~Freshman



"My favorite was a Sprint commercial. The guy in the commercial is really funny."

Lauren Dzialo

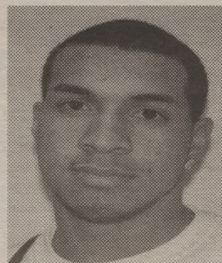
Stratford~Sophomore



"I liked the Burger King commercial with a bunch of women dancing around dressed as the burgers."

Jessica Ciemnieski

Brooklyn, N.Y.~Senior



"The new Escalade commercial was the best. I like the truck."

Brian Powell

New Brunswick, N.J.~Freshman



"There was one for your cell phone ring tones. They played funny ones for different occasions."

Kevin Thomas

Patchogue, N.Y.~Junior



This week Senate was throwing around ideas to interest the student body about this semester's Senate Forum. The setting of the forum will be a PowerPoint presentation, sharing information about what has been accomplished in the recent past and what is in the planning to be accomplished in the near future.

The forum will take place in the faculty lounge on Feb. 24 in hopes to still leave time to improve on student and staff's concerns before the end of the semester. Senate's links to the administration will also take place in this discussion and offer any additional answers that may be necessary. By no means will this forum expect to act as the be all and end all of issues that may reside on the campus, but it is definitely a step in the right direction.

As many may already be aware of, Student Government has recently redesigned its web site. Each representation within the Executive Board has the option to create a web site which offers information to ongoing projects and student resources. For example, the class of 2009's page displays the "Freshwear" line of clothing, which has been created. Some pages are not only flooded with designs and color, but also with music and creativity. All are encouraged to check out these pages.

In an effort to reach out to other local Student Government organizations, three members of the Executive Board are attending the upcoming Quinnipiac University Student Government Round Table Discussion. This is something that SG as a whole has been trying to do in previous semesters, and is taking advantage of this great opportunity. Much can be learned from sharing new ideas which have worked and possibly old ones which haven't.

It is that time of the year again when the Information Technology Department puts out its yearly Channel Survey. This year the survey is going to be developed within the Senate IT Committee and approved by the Senate. This will prep the proposal for student approval. Keep alert for information about the survey because it is the only opportunity students have to give input to which channels will be purchased for next year's on-campus housing. Let your opinion be heard.

The Buildings and Grounds Committee is looking for members of the SHU Community to participate in this year's Beautification Day, which is scheduled to happen on April 8. If this is something that interests you, please contact senator Christina Piazza at piazzac@sacredheart.edu. You do not have to be a member of Student Government to participate.

Bring a Friend to Senate Day is Feb. 21. If you are interested in being a special guest to the meeting, please contact any senator for more information.

- Contributed by Erin Maurer.

**Come voice your
opinion at a Senate
Meeting!
Tuesdays at
7:40 a.m. in the
Faculty Lounge**

—Arts & Entertainment—

LeBlanc's performance calls for encore

Dana Cannizzaro
The Spectrum

Last Wednesday, friends and fans packed Holy Grounds to see Jeff LeBlanc perform. LeBlanc, a sophomore here at



SHU, filled the evening with acoustic and electric numbers.

The very ambient Holy Grounds was nicely dimmed and set up for an up close and intimate performance from the singer/songwriter. One may think that The Arcade Fire was playing, by the size of the crowd.

Instead, the audience watched LeBlanc warm up with "City Love Jam," which he then lead into cover artists such as: Howie Day, Ari Hest, John Mayer, and "Registrar" Joe Belezny.

LeBlanc also played one of his original songs, entitled

"Healed," which seemed to get a bigger response from the crowd than the cover songs.

"I like his style because it's really low key and mellow. He plays his own stuff mixed with other artists," said Janelle Watson, sophomore, Boston, Mass.

Throughout his performance, LeBlanc switched from acoustic to electric guitars, adding variety and diversity to the show. LeBlanc enhanced his electric tunes with foot pedals, creating beats to tap your feet to.

LeBlanc's cover of John Mayer's "Clarity," lead audience members to cheer and sing along with his rendition of this song.

By the time LeBlanc was done with his set the crowd wasn't ready to leave just yet, they were begging for him to play one more. He satisfied their wishes and played a John Mayer cover, "Daughters."

After the show, LeBlanc shared some of his feelings about the night's performance.

"It was an awesome feeling to know

that I had the crowd behind me, which allowed the door to open for me to release some new cover material and finally my first original tune. My first original song, "Healed," I put together in Nov. after some challenging times. It's my first real stab at songwriting, and I really think it's on the way."

Fans are eager to see and hear LeBlanc live again.

"Jeff played well and I thought it was really exciting to hear his original music, and I hope he plays more shows in the near future," said Kelly Linskey, sophomore, Seal Beach, Calif.

It looks like LeBlanc would like to play in the near future as well.

"I really love performing at Sacred Heart. Playing for my peers keeps things at the up most honesty level, making this the perfect test for the next round of shows," said LeBlanc.

It appears that Jeff LeBlanc at Holy Grounds was a big hit, just like those waffles that they serve with the ice cream on top.

The Spectrum/ Dana Cannizzaro
LeBlanc performs as the crowd sings along.

SHUlebrities in the making

Lauren Williams
The Spectrum

The second round of the SHU Idol competition took place in the University Commons on Jan. 31. With friends and faculty filling the seats, the top ten contestants were set to perform.

Welcomed by enthusiastic host, Jen Meyer, and judges: Dr. Michaels, Dr. Jay and last year's SHU Idol winner, Sophia Cruz, ten SHU Idol hopefuls were set to sing one song each. The ten semi-finalists were picked from the original 18 performers who sang at the Outpost last week.

"This is by far the most competitive SHU Idol I've ever seen," said contestant Mike Johnson, who started off the night as the first performer.

Johnson's rendition of "Stand by Me," was well received by the crowd as many chose to sing along and clap to the beat. The judges also enjoyed Johnson's performance although Dr. Michael's suggested he seek the aid of "Queer Eye's- Fab Five," with his next wardrobe choice.

Next to hit the stage was Allie O'Leary who sang "Part of this World," a song from the Disney movie "The Little Mermaid." Although sung beautifully, the judges would have liked her to sing a more "grown up" song.

Following O'Leary was Jared Faircloth singing, Aerosmith's rock ballad, "I Don't Want to Miss a Thing."

"Jared Faircloth has been our surprise competitor this year. He really gets the audience going," said Kaitlin

Brownridge, SHU Idol host (Round One).

"I'd like to see Jared win. I really liked his leather jacket too," said Katie Ross, senior, Norwalk.

However, Faircloth's not the only contestant to get the crowd talking. Erica Rico has fans of her own. Rico, dressed in a jean mini and cowboy boots sang, Bonnie Raitt's "Something to Talk About." The audience applauded and cheered loudly as the judges said the song suited her voice well.

Rico had this to share about this year's SHU Idol, "I'm having such a great time with the competition and the judges are so funny, they are just like Randy, Simon and Paula on the TV show "American Idol."

Next, changing things up a bit was Katelyn Botsford, singing the only a cappella song of the evening with "Somewhere Over the Rainbow." Botsford received a great crowd response while judge Dr. Jay told her she was a mix of Beyonce and



Illustration by Elyse Harrell,
The Spectrum

Judy Garland.

The next song performed was "What a Feeling" made popular by the 1983 movie, "Flashdance." Enthusiastically sang by Sarina Fazio, audience members appreciated her stage presence and dance moves.

Perhaps more notable was Ian Straughter's take on "Georgia" a song by Ray Charles. Judge and former SHU Idol, Sophia Cruz said Straughter's version was, "better than Ray Charles, very hypnotic and entertaining."

Joe Rea performed next, singing a Three Doors Down song, "Here Without You." Working the stage, audience and judges, Rea is no stranger to SHU Idol competitions.

As a participant of the last two SHU Idol show downs (2004 and 2005) Rea came in second place both times. Having previously been in the competition may give Rea the edge he needs to earn the title once and for all.

The last two performances of the night were,

Caroline Sax singing Mandy Moore's "Only Hope" and Jackie Steven's take on "Fame".

"Jackie Stevens has a really powerful performance and voice to go with it so she is definitely one to look out for," said, Brownridge.

The third and final night of the Third Annual SHU Idol Competition will be hosted by, Kaitlin Brownridge and Jen Meyer on Thursday, Feb. 9. at 10:10 p.m. in the theater. Five finalists will be picked from the ten semi-finalists and sing one Motown themed song.

The audience will then place their votes for the next SHU Idol while Sacred Heart's dance ensemble, SHU Force, performs. The winner will be announced after the dance performance. The winner will be the recipient of a money reward, the current SHU Idol title and will be asked back as a judge for next year's competition.

HARLEY DAVIDSON RENTALS

Full time seasonal help wanted with motorcycle rentals. Motorcycle license preferred, will train right person.

Apply in person,
Bridgeport Harley-Davidson,
155 Research Drive,
Stratford, exit 30 off I-95.
See Gina.

L.A. Confidential:

Hollywood's news source comes to SHU

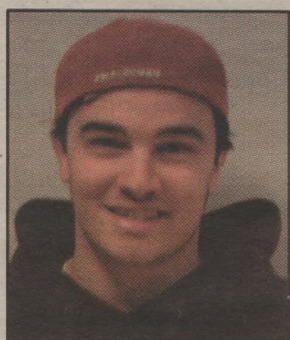
People: Thou shall not be a slave for me. Britney Spears will be making her first network television guest appearance as a conservative Christian on NBC's "Will & Grace." She will play the co-host on character Jack McFarland's gay talk show. Is it wrong that I find this extremely funny? To me, Britney Spears playing a conservative Christian is just plain amusing. Her new album will be remixes of her old songs, with a Christian twist, including: You Drive Me Crazy Satan, Oops...I Sinned Again, and (Jesus Makes Me) Stronger.

Middle child syndrome has led to a methamphetamine addiction for "Full House" star Jodie Sweetin. Remember her? Good old Stephanie Tanner? On an appearance during "Good Morning, America" Sweetin revealed she didn't know what to do with herself once her career peaked at age 13. This is no joking matter, but with Bob Sagat as your father and the Olsen twins taking turns as your sibling, it's no wonder she thought drugs might make her normal. If Bob Sagat was your father, you wouldn't be normal either.

Heather Locklear and Bon Jovi guitarist, Richie Sambora, have decided to turn their "Bed of Roses" into a divorce ballad. Locklear cited irreconcilable differences (go figure) and asked that the prenuptial agreement be enforced. They were married for 11 years. It doesn't take a fortune teller to tell that a marriage between a former supermodel and a Bon Jovi guitarist won't work out. Word on the street is that the irreconcilable differences included the argument of who had better hair.

Somebody stole Paris Hilton's possessions again. This time, she found out about it through the "National Inquirer." Clothing, furniture, journal entries, and personal belongings were swiped from the storage facility where Hilton kept her items. Hilton was contacted when the "National Inquirer" received a phone call from an anonymous person trying to sell the goods. Dear anonymous person: next time, please just steal Paris, not her belongings, and never bring her back. Thank you.

Movies: Oscar nominations came out last week and to nobody's surprise, "Brokeback Mountain" led the pack with eight nominations in all major categories. "Walk the Line" surprised the nation, however, when it was snubbed a Best Picture nomination. Gay cowboys are just more exciting than a singing cowboy. Yet oddly enough, a singing cowboy in a gay club is even more exciting.



Shaun Mitchell

The Chronicles of Narnia (a.k.a. Box Office Gold) officially has a sequel coming out for a Christmas 2007 release. This one will be called "Prince Caspian" and it will include all the same child actors from the first film. The first film raked in \$637 million domestically and abroad, so naturally Disney couldn't pass up making more money with a sequel. They bought Pixar last week, and if "Prince Caspian" goes well, expect Disney to be purchasing Florida.

There has been a lot of speculation about a "24" movie coming out since the Fox show debuted and became a smash hit. Recently, Kiefer Sutherland hinted that the movie could be made without him if need be. Sounds like an escape plan to me. Fans and critics alike think that Sutherland makes "24" what it is and a film without him would flop at the box office. I'm not so much concerned about him taking up the role of Jack Bauer for the film, but rather, how are they going to coax moviegoers to sit in a theatre for 24 hours?

The new Indiana Jones movie has a frontrunner for a love interest. Virginia Madsen impressed Harrison Ford so much on their new film "Firewall," that Ford has taken a liking to the idea of Madsen being the new love interest for Indy in the newest flick of the franchise. There's nothing I like more than seeing movie stars my parents age making out on film. Tantalizing!

Hitting movie theatres this weekend is "Firewall" with Harrison Ford and Virginia Madsen, as previously mentioned. "Final Destination 3," which hopefully will be the final destination of the franchise. "The Pink Panther" with Steve Martin, Kevin Kline, and Beyonce Knowles (who can't act for

Rap Battle packs Pub

Kate Brindisi
The Spectrum

With freestyle music on the rise, it seems only natural that student are getting involved in the evolving trend. SHU's Freestyle Club put on the first Rap Battle/Dance Off of the semester on Wednesday, Feb. 1, drawing quite a crowd.

Students with varying music tastes and interests showed up on time and ready for a show on last Wednesday night in the Outpost. The pub was packed with an anticipated audience. Groups of people were continuing to trickle in after all the seats and most of the standing space was gone.

"This type of interaction is a great way to get involved with other students and also the dancers are very nice," said Andrew Clayton, freshman, Atlantic City, N.J.

Even though the turn out for the battle was huge, the pool of competitors was somewhat small. In the dance off, only two girls competed, and for the men four competitors entered. The rap battle competition had four competitors.

Both competitions were scored by crowd response to their performances. The Dance Off had each competitor show off their moves to a song of their selection spun by DJ Tristan Levy. The Rap Battle had a few more rules for rappers to abide by.

The Rap Battle's four participants each had two rounds of competition against another rapper and the winner of those two rounds went to the finals. Each round lasted about a minute or so.

The rappers were prohibited against using profane language; an announcement that upon hearing had an unruly response from the crowd and competitors.

Battling for rap glory was Jared "J-Rod" Faircloth, Sam "Livid" Baker, Brian "B-Real" Powell, and Corey Bundy. For the first round of the competition J-Rod and B-Real battled as did Livid and Bundy for a spot in the finals.

The dance off was a sight to be seen. The dancer's movements were so fluid they seemed as if they were barely touching the ground. For the women's competition Sarana Hyatt came out on top; and for the men's competitor Sean Hilderbrand took home the win. Its was obvious that they had done this before.

The first round started with J-Rod and B-Real. J-Rod, became the first person at a Freestyle event to enter both the rap battle and the dance off. However, J-Rod's words didn't flow as easily as B-Real's. After two rounds the winner was clearly B-Real.

The battle between Livid and Bundy was a little more entertaining, due to the fact that both rappers had their flow a bit more fine tuned than the previous competitors. Their first round



Contributed Photo/ Richard Deecken

The crowd looks on as the battle took place.

was cut short due to Livid's use of profanity after he had been given a warning. Livid won both rounds and moved onto the finals with B-Real.

The battle between Livid and B-Real really turned on the heat. The rappers started their battle consisted mainly of them throwing insults back and forth for the extent of the competition. Despite their originality of lyrics, Livid was the decided champion and B-Real came in as the runner up.

Rich Deecken, founder of the Freestyle Club, said "I was amazed by the event once again. If you were there, then you know the feeling. If not, then you have to come to our next battle, March 1, [at] 10:10 p.m., in the Outpost."

**Budget Truck
Rental
of Bridgeport
10% Off
Students &
Employees
203 -384 - 1552**

**You've heard him sing,
now see him write.**

**Check out
Jeff Leblanc
online at:**

www.sacredheartspectrum.edu

Life is calling.

How far will you go?

Peace Corps will be on campus Feb. 15. Come learn more and meet a recruiter and former Peace Corps volunteer.

Peace Corps at the Career Fair

Wednesday, February 15th

William H. Pitt Center

1 pm - 4 pm

Peace Corps Information Meeting

HC, 108

5 pm - 5:45 pm

www.peacecorps.gov



Features

Majors fair: Decide what career path you will take

Ceren Akinci
The Spectrum

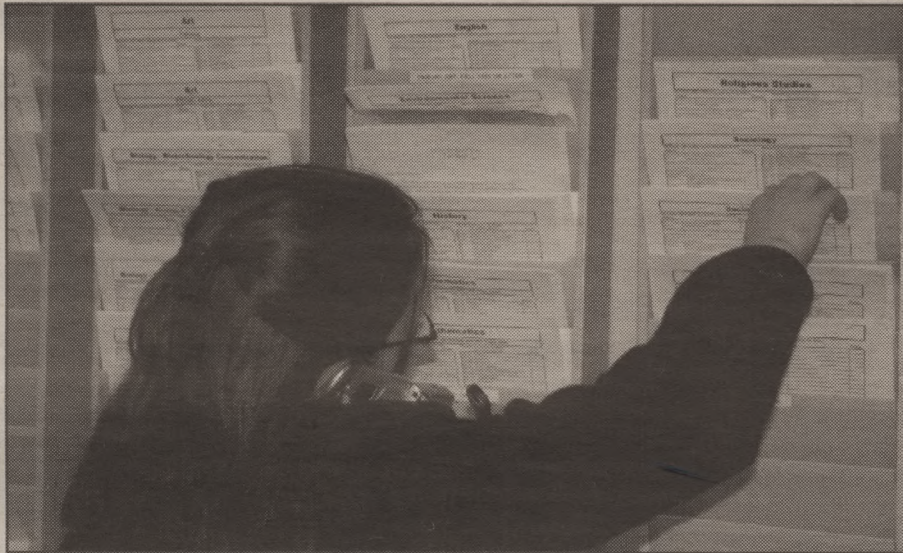
Declaring a major can be very stressful. Some students begin college knowing exactly what it is they want to pursue, while the rest have no clue as to what career path they want to take.

"I declared as an English major first and then first semester going into junior year, I realized English wasn't for me and I was more into politics. I changed over to political science and kept English as my minor since I already had 15 English credits," said Jowan Sayfadeen, senior, Bridgeport.

Core classes offer each student the opportunity to get a sense of their interest through learning about different subjects.

"I was an English major initially because I wanted to go to law school and I loved to read and write. Then this year I switched to business with a concentration on marketing because I took an economics course as one of my core requirements and it made me want to understand what influences people to buy what they purchase. It's such an important part of our lives economically," said Melissa Daddana, sophomore, Trumbull.

There is a bulletin on the side of the registrar office that includes all of the majors offered at SHU. This is where students can pick up a major checklist, which offer a brief description of the pro-



The Spectrum/ Ceren Akinci

A student shuffles through the major sheets looking for the correct career.

gram and the career choices that would be available to the students who wishes to pursue the major.

On the other side of the checklist are all of the courses that are required for the program, broken down in to pre-requisites, core courses and electives.

"I knew where I stood with my degree with the help of the major checklist, I also spoke with my advisor frequently to make sure I was on the right track and I was taking the right courses," said Sayfadeen.

Professors are also a great source.

They will be able to provide answers to the questions students may have about the major, the course load, and the career paths previous students have pursued with the degree. Most professors will be happy to tell you if they think you are on the right path towards your career goal.

Some students who do not feel comfortable talking to their professors can also ask their friends who have already declared a major.

Some of the key points in finding out if your friends major is fit for you is finding out what it is about the major your

friend likes and dislikes. This will give you a good idea as to how much you will like the major yourself.

"My friend graduated with a political science degree and, I asked him why he picked his major, his answers were similar to mine and so were his interests in life and what he wanted to do with his degree, so I knew I was going to be happier with pursuing political science and I am very happy with my choice," said Sayfadeen.

For students who are undeclared and wish to seek advice, the career development office is geared towards helping students decide on a major that is right for them. They do this by offering various programs and assessments.

The Office of Academic Advisement located in SC 128 is also available throughout the school year to assist students with declaring a major.

To help kick off your major search, the Annual Majors Fair will be held this evening from 5 to 7:30 p.m. in the University Commons. This event gives undeclared students the opportunity to meet with faculty members and Pre-Professional Programs to gather valuable information to help them decide on a major choice. It is open to all students, but mandatory for freshmen to attend.

For more information contact Frances Collazo-Curtis at 371-7524.

Cupid's true love brought to you by Hallmark

Theresa Vosilla
The Spectrum

Hearts, flowers, candy, stuffed animals and sappy Hallmark cards, can only mean one thing, Valentine's Day is coming soon. This is the one holiday that either you love or hate.

Valentine's day is sometimes considered to be a somewhat controversial day because some feel that it is an overrated Hallmark holiday, while others believe that it is a day to express your true love for someone special.

"Personally I think that Valentine's Day is simply just a great way for companies to make money off of people. Every year there are more and more things for people to buy in the stores, it is not a simple day to show love any more," said Matthew Cassamisine, junior, Manhattan, N.Y.

For those that are not familiar with the history behind Valentine's Day, here's a quick overview of the common belief about the day, although it is debated by many.

According to a website at, theholi-dayspot.com, Valentine was a priest in third century Rome. The emperor of the time decided single men made better soldiers so he outlawed marriage for young men. Valentine felt this was unfair and chose to marry young couples secretly. When the emperor found out about Valentine, he had him put to death.



The Spectrum/ Elyse Harrell

Chocolate candies are a popular gift on this day of love.

Saint Valentine became the patron saint of lovers and as time progressed Feb. 14 became the day for people to exchange messages of love by giving simple gifts such as poems and flowers.

The celebration of Valentine's Day in the U.S began in the 1700's and the commercialized greeting cards as we now know became widely available and popular in the 1840's.

"Why should there be only one specific day to go all out and get flowers and chocolate and stuffed animals for the

person you love? I think that when you really love someone you don't need a card company telling you what day you should be extra sweet and nice to your lover. Love is not materialistic, it is a nice gesture, but Valentine's Day is definitely a money making excuse," said, Melissa Doelger, junior, Brooklyn, N.Y.

For those who believe that Valentine's Day is a day to express your love for your significant other, do not worry you're not alone. According to the U.S Census Bureau the number of Valentine's Day

cards exchanged annually is 192 million, making it the second-most popular greeting-card-giving occasion finishing up only behind Christmas.

"I really enjoy Valentine's Day. It is commercialized but so is everything else, it is only once a year and it is a day to show your love so there is nothing bad about that. I love my boyfriend so much so I can't wait to celebrate it with him this year," said Andrea Ochinni, sophomore, N.Y.

The U.S Census Bureau also reports that Valentine's Day shoppers can be quite the procrastinators, despite the advertisements and promotions beginning weeks before the day of love.

The bureau reports, typically 60 percent of all cards purchased are bought within the six days prior to Feb. 14.

"I bought a lot of cards for Valentine's Day last year and I plan on doing the same thing again this year. I usually mail some back to my family at home and give them to my friends here," said Jenna Coccia, junior, Johnston, R.I.

It seems as if this year will be no exception, millions of cards are expected to be purchased once again. Mila Albertson, the director of membershi services for the Greeting Card Association which has been monitoring card-buying habits around the world since 1941, esti-

Creative expression can come in all forms

Ashley Bonora
The Spectrum

Fashion, art, cinema, theatre, music, body art, you name it and our society experiments with it. These are only a few of the outlets used to express yourself, both emotionally and creatively.

How do you show your creative expression? Many young adults are using clothing, music, or more recently, body art. The craze over tattoos is booming.

Teens love the idea of tattooing their young skin with symbols, Chinese words, and fairies. Tattoos from an outsiders perspective are either looked upon as 'really cool', or just plain tacky.

People get tattoos for a number of reasons. Ranging from spiritual or emotional reasons, to those that tattoo their bodies on impulse. Deciding whether to get one and the meaning or sentiment behind it, is a personal choice.

"I have one tattoo. It's very special to me. It's the day that my grandfather died. We were very close and it's a constant reminder," said Stephanie Serenita, freshman, Merrick, N.Y.

"I have what's called a Kanji symbol. It means a lot to me. A bunch of my friends and I got the same one in the same place on our calf during high school. It's a great way to keep me connected to all of my closest friends," said Mike DelViscovo, junior, Boston, Mass.



The Spectrum/ Elyse Harrell
There is a fine line between a good tattoo and a tacky tattoo.

Tattoos are one of the most popular ways to express one's personal feelings and emotions that may not be the easiest to express through words, and it's a way to be creative.

Expression through tattoos has been a huge hit, especially when the younger generation sees celebrities like Travis Barker of Blink 182 and "Meet the Barkers" on MTV, whose body is camouflaged by an array of multi-colored designs and creations.

Although the creative aspect, the cool-factor, and the meaning behind tattoos are what drive a person to get ink, it also seems that some feel it is a way to break away from the dependence of their parents and really let the mini-rebellion in them loose.

Many college students get tattoos at the age of 18 because it is a way to show individuality and creativity, but to also show their parents they are growing up, and there is nothing they can do about it.

It may not be typical or usual, but this is definitely one of the most commonly and often used tactics to show a person's expression.

But what happens when you are too afraid of needles, or something that permanent? That's when different outlets such as writing, music, or imagination through work are used to help express creativity and emotions.

"I definitely love to write. I used to keep a journal, but sadly I don't anymore. It really helps to express my thoughts," said Britany Price, sophomore, Meriden.

"I am also the type of person that is really creative, but I wouldn't take an art class or anything. I like to be creative with projects, or presentations," said Price.

The expression of one's self is liberating no matter what outlet is being used. For example, when you walk into an Abercrombie and Fitch, or Hot Topic, two extremes of each other, one can really understand how fashion is used to express oneself.

Maybe you don't realize it initially, but when you walk into an Abercrombie and Fitch, American Eagle, or even the Gap, it's a form of expressing how one really feels about themselves, in more of a preppy, light-hearted, southern California way.

The same goes for when you walk into Hot Topic, or Spencer's. These stores show a little more of a darker side of one's personality or expression, but all in the same, it is expression, and a little more dominant because it's just not the norm.

One of the most popular ways that people are really starting to use as a form to channel ideas and thoughts is music and drama. Either by writing music, or just playing it, many say that it is one of the most prominent ways to cheer them up when they are in a bad mood, or a great way to express feelings and emotions that are too hard to put into words.

"I like to just jam out and write songs. Music is definitely my passion above all things. When it's a good tune you can just feel it go through you, and that's the best feeling ever. It also really helps me express my emotions and myself when I can't use words," said Serenita.

Drama has also become a very significant way to release tension or express the idea of one's self because you are exposing yourself to the world.

Drama is like opening up for everyone to see every little aspect of who you are. It shows the several characteristics of who you are and what you can be. It can be very freeing.

Finding the means that allows you to channel your creativity and expression is something that comes from inside. It is not something that you think is cool, or just want to do because everyone else is.

Although it may seem like that at first, finding your inner strength and inner voice and expressing it the way you feel is most appropriate for you, is what really shines through in the end.

HOLLYWOOD TANS.

Look Great in a Hollywood Tan!

Unlimited
Tanning

\$19.99*
per month
No Yearly
Contract

HOLLYWOOD TANS OF FAIRFIELD
2173 Black Rock Turnpike
(Next to Starbucks)
Fairfield, CT
203-336-TANS (8267)

HOLLYWOOD TANS OF NORWALK
440 Westport Ave.
(Off miles East of Stows)
Norwalk, CT
203-847-7755

HOLLYWOOD TANS OF STRATFORD
1345 Barnum Ave.
(Across from KFC)
Stratford, CT
203-385-8555

\$19.99 applies to HT42 Booth. See Salon for Details.

Express Yourself

In Search of Creative

Students Looking to Get

Their Work in Print!

If You Enjoy Writing

Short Essays, Poems, or Stating

Your Opinion, Than This is the Place For You!

Contact Features Editor: Diane Szmidt at

D-szmidt@sacredheart.edu

Sports

BRIEFS

Men's Ice Hockey splits weekend series with Army: gears up for big weekend vs. Holy Cross.

Page 13

Top 3 Performances

for

Sacred Heart Athletics

this week.

Page 13

Fitzsimmons Files:

Big Ben could

be the next

Big Thing

Page 15

Women's BBall:

Another win puts

Sacred Heart at 2nd

place in the NEC

conference, trailing

only QU

Back Page

Spectrum Sports

Editor:
Travis Flynn
T-Flynn@SHU.edu

Assistant Editor:
Brad Holland
B-Holland@SHU.edu

Columnists:
Steve Conoscenti
Brian Fitzsimmons

Staff Reporters:
Pat Pickens
Matt DeRosa
Mike Barrett
Paul Rutigliano
Brian Fitzsimmons
Kristyn Nicastrò

Women's Basketball

...From back page

With Monday's win, the Pioneers are still within reach to claim the number one seed in the NEC.

The first of the final six games is this upcoming Saturday against the St. Francis Terriers of New York. To win this game, the Pioneers "have to get back to playing our type of game," according to Swanson.

Tip-off is scheduled for 2 p.m. Saturday at the Peter Aquilone Court in Brooklyn, N.Y.

2005-06 NEC Standings

Team:	W-L	GB:
1. Quinnipiac	11-1	-
2. SHU	10-2	1
3. RMU	9-2	1.5



The Spectrum/ Travis Flynn

Nicole Rubino plays some of that strong defense that beat LIU Monday night.

Men's hoops will look to rebound vs. MSM

Home winning streak snapped at six; Pioneers look to begin another streak tonight versus Mountaineers

Kristyn Nicastrò
The Spectrum

After ending its six game home winning streak, men's basketball will be rallying together to try and defeat Mount St. Mary's in their final meeting this season.

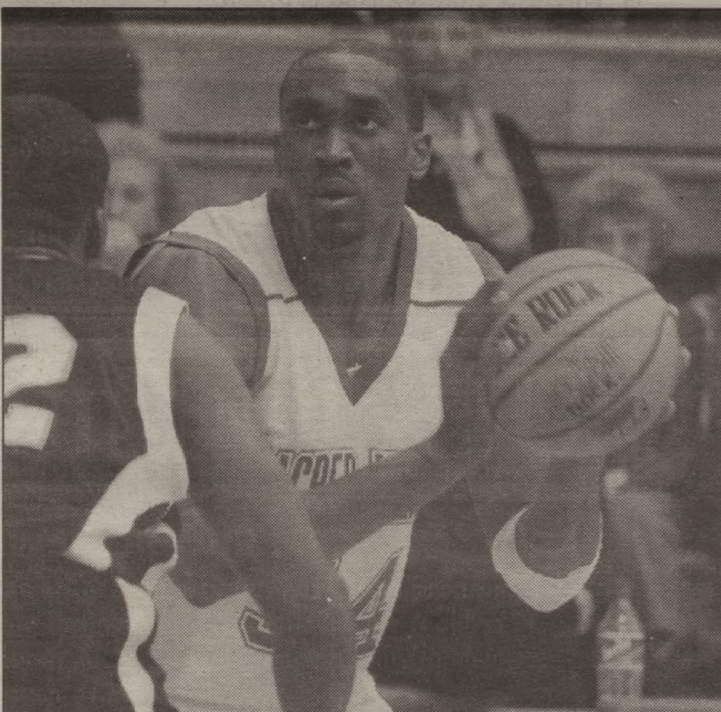
The Pioneers will face Mount St. Mary's today in the Pitt Center at 7 p.m.

SHU stands directly above MSM in the Northeast Conference. This will be the 13th all-time meeting between the schools, with MSM holding a 9-3 advantage, having won the last five straight.

In the last game versus the Mountaineers, the visiting Pioneers left with a 78-69 loss. Much of MSM's success can be accredited to their tight defensive style.

They have held their opponents to under 60 points in seven of the past 10 games, a feat they haven't accomplished since 1949.

They will prove to be tough



The Spectrum/ Travis Flynn

Trim is in the market for a good look: he leads the Pioneers with an 18.8 points per game average this season.

competitors for the Pioneers, who will try and use their home court advantage to ensure a victory.

"Playing at home will absolutely be an advantage," guard Luke Granato, a sophomore from Rocky Hill, said. "We are very comfortable playing there and our crowd makes the Pitt Center a fun atmosphere to play in."

"We really feed off the energy from the fans out there; it gives us a lot of extra confidence to know they are behind us," guard Jarrid Frye, a junior from Queens, N.Y., said.

Having the game at home

may be a benefit, but the guys recognize that they will need to work hard in order to earn the win.

"We did not defend well the first time we played them. If we focus and buckle down on defense, we will have a much better chance of winning," Granato said.

"We need to limit them on their three point attempts, which really killed us last game," Frye said.

On the offense, the Pioneers possess two of the top three NEC scorers in Frye and center Kibwe Trim, a senior from San Juan,

Trinidad. These players will be looked at to help the Pioneers hurtle past the Mountaineer's exceptional defense.

Both Granato and guard Drew Shubick believe that the play of Trim and Frye is a prominent factor in the team's success this season.

"Kibwe and Jarrid have had great seasons so far and have carried us in a few games this year," Granato said.

The Pioneers' success can also be attributed to the hard work the team puts in as a whole.

"I think the guys really worked hard on their games in the off-season," Frye said.

"On a whole I think we are playing with more chemistry and confidence," Granato said. "We believe that we can win every game we play."

2005-06 M BBall Team Points Leaders (as of Feb. 7, 2006)

Name: Pts/G:

Trim, K.	18.8
Frye, J.	16.4
Shubik, D.	9.0
Granato, L.	6.0
Hobson, T.	5.9
Pettway, E.	5.4
Brooks, B.	4.0



The Spectrum/Travis Flynn

Rookie Goalie Stefan Drew recorded his first career shutout for SHU.

MIH splits with Knights

Pat Pickens
The Spectrum

The Pioneers killed eight penalties, and goalie Stefan Drew recorded his first collegiate shutout as men's ice hockey defeated Army 3-0 at the Milford Ice Pavilion on Saturday night.

Backup net minder Drew made 27 saves to record his third career win in four starts.

"We decided earlier in the week that we were going to start (Drew) on Saturday," head coach Shaun Hannah said. "It was a great opportunity for him, and he was very solid and made some big stops for us."

The win came after the Pioneers were shellacked 4-0 at West Point, N.Y. on Friday night.

"We really didn't play well on Friday," Hannah said. "We had to respond and I think we did a really good job."

One way the Pioneers responded was on its penalty kill, an area in which they have been dominant.

The SHU unit has killed 30 penalties in a row. After Parent scored a short-handed goal midway through the second period, it came up especially big during a five minute major against Erik Roos that spanned from the second to the third.

"For the past month our penalty killers have been really good," defenseman Bernie Chmiel, a senior from Pittsburgh, Pa., said. "We have been taking some bad penalties, but our penalty killers have worked hard and really bailed us out."

The game was very physical; there

were 98 penalty minutes. The emotion boiled over in the third period when four players were ejected for fighting after one of the Black Knights hit Drew.

"They took a run at our goalie and we had to stand up for him," Hannah said.

"They were very physical in Friday's game," forward Bear Trapp, a freshman from Regina, SK, said. "That is their style of play, but we went out there and didn't back down."

Trapp recorded two assists in the game from a couple beautiful plays.

The first came on the power play as Trapp set up behind the net and made a slick centering pass to Chmiel, who put the puck past Army goalie Brad Roberts.

"We work on that play in practice quite a bit. [Trapp] made a great pass and the goalie had no chance," Chmiel said.

The second assist for Trapp stemmed from Pierre-Luc O'Brien's great two-way effort.

The Pioneer defense gave up the puck in the defensive zone and O'Brien was there to block a great opportunity that Army had. The puck then came to Trapp, who led a two-on-one break before sending a sharp pass to O'Brien, who beat Roberts.

"That is the kind of play that wins championships," Drew said. "He made a great play at both ends of the ice."

O'Brien's goal gives him 15 for the season. He also has 37 points to lead the team in both categories.

However, Drew was the star of the night. Playing in just the fifth game of his collegiate career, the freshman made

Men's hoops: little mistakes, big consequences

Paul Rutigliano
The Spectrum

Just like the weather outside, it kept raining on men's basketball Saturday as the team dropped its fourth straight game and snapped its six game home winning streak by falling to Long Island University 80-65 at the Pitt Center.

The Pioneers dropped to 9-12 overall and 6-6 in the Northeast Conference.

"We had a good workout yesterday; I thought we were ready to come out and play," head coach Dave Bike said.

After competing with LIU a week before in a tough road loss, the wheels fell off at the Pitt Center as the Blackbirds held control the entire game.

The Blackbirds led 36-30 at the half, extending their lead, at times, by as many as 17.

Guard Jason Williams led LIU with 20 points and a career-high six three pointers.

Center Kibwe Trim led all Sacred Heart players with 25 points while forward Brice Brooks pulled down a career-high ten rebounds.

"We aren't doing the little things to win games," Trim, a senior from San

Juan, Trinidad, said.

LIU's bench dominated Sacred Heart's, outscoring it 33-8.

"We didn't defend the three well, and we gave them too many second-chance opportunities," guard Tavio Hobson, a junior from Seattle, Wash., said.

LIU scored 19 points off of second chance opportunities.

"I thought this was going to be a chance to bounce back after a tough loss to Quinnipiac University," Bike said.

The Pioneers fell to the Bobcats last Thursday after coming back from a second half double digit deficit to take the lead.

Saturday's game was another story, according to guard Jarrid Frye.

"Our offense wasn't there today. Nothing was falling," said Frye, a junior from Queens, N.Y., who did not reach his season averages in points or rebounds.

"We need to get back to doing what we know we have to that makes us successful," Hobson said.

With six games remaining on their schedule, the Pioneers need to find a way to get back to playing tough defense, grabbing boards and forcing turnovers so they can gain momentum going into the NEC tournament.

several key saves, especially early in the game, to give the Pioneers the opportunity to take control.

It was his first action since Jan. 14, due to the great play of starting goalie Jason Smith.

"That is a huge confidence boost for the entire team," Trapp said. "We needed to give [Smith] a break and [Drew] responded the best way possible."

"It is never easy to get a shutout, especially against a good team like Army," Chmiel said. "He stepped up big for us and did not look like a freshman."

"It was a big thrill for me," Drew said about his first shutout. "I want to play well so the guys know that if anything happens to [Smith], I am there and am able to play and be successful."

The win moved the Pioneers' record

to 14-7-1 and increased their point total to 29. The win also moved SHU into sole possession of second place in the Atlantic Hockey Association; they are now two points behind first place Holy Cross with just six games to play.

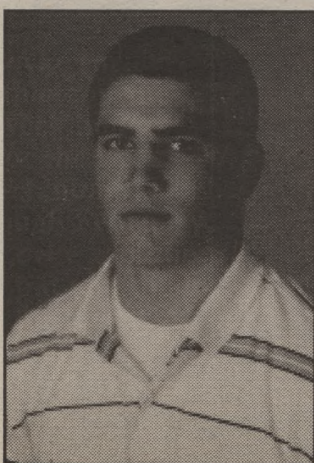
The Pioneers will play a home-and-home series with Holy Cross on Feb. 24 and 25.

However, in the meantime, the Pioneers will have 11 days off between their games. They will play American International College in a home-and-home series starting Friday, Feb. 17 at 7 p.m. at the Milford Ice Pavilion.

"We are very fortunate to have this week off, we have played a lot of hockey throughout January and February and it is great that we have the opportunity to get guys healthy," Hannah said.

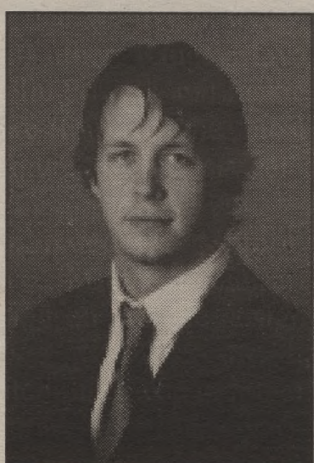
Top Performers: three stars for Sacred Heart

Sean Eagan 149 lbs.
Wrestling



Eagan pinned Marcello Medini of Rutgers at 2:45 of the final match of the evening to help the wrestling team defeat Rutgers 22-18 Saturday night.

Stefan Drew G
Men's Ice Hockey



Freshman Stefan Drew defeated the Army Black Knights by a score of 3-0 for his first collegiate shutout. The win salvaged a weekend split for the Pioneers, who next play rival Holy Cross.

Marsha Locke
Women's Indoor Track



Locke earned Athlete-of-the-Week honors for the week of January 30 through February 5. Locke won the shot put and qualified for the ECAC Championships with a heave of 45'1.0".

Sports

Swimming and diving celebrates Senior Day

Massachusetts native Ryan takes one last home swim for Heart

Matt DeRosa
The Spectrum

Sacred Heart freestyle swimmer Brianne Ryan, a senior from Hingham, Mass., competed in multiple events for the final time for a Pioneer home meet.

Ryan finished in the top three spots in the 800 Meter Freestyle and the 200 Meter Freestyle Relay.

Swimming and diving hosted their last match at the University of Bridgeport against CCSU on Saturday Feb. 4.

Sacred Heart fell 67-40.

The women's swimming team has concluded its regular season, and now will begin to prepare themselves for championships starting in two weeks.

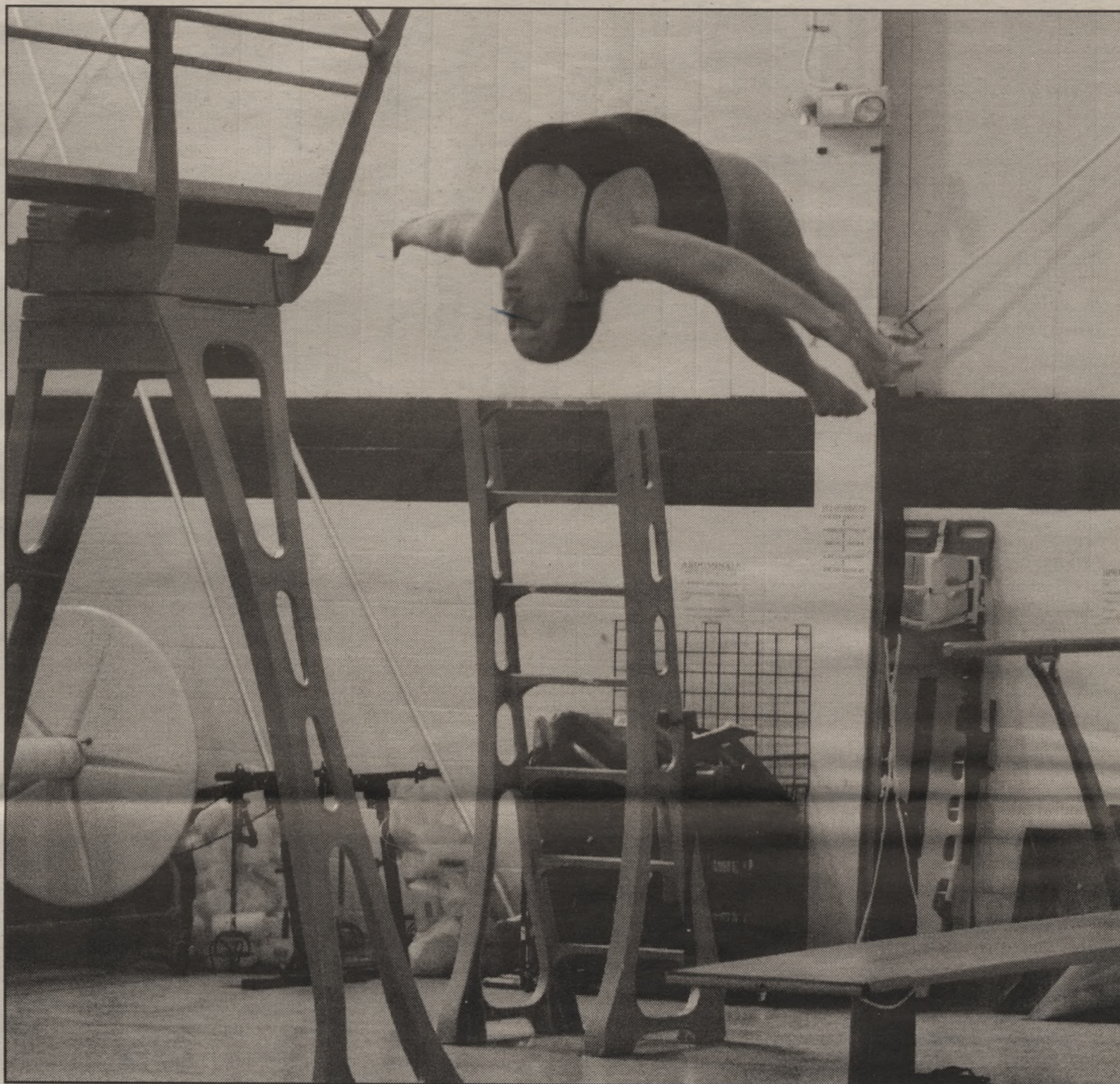
Although the team currently stands at 3-9, it and the organization are excited about where the team is heading.

Back on Oct. 20, it was announced that the team was not only kicking off a 2005-2006 season, but a new era as well.

The addition of their new coach Allyson Tolla, as well as some new key freshmen, will help the team to reach its future goals.

"Our team has looked faster and faster every meet, we are looking very promising for the future," Erin Bulvanoski, a freshmen backstroke from Oceanport N.J., said.

The Northeast Conference Championships will begin Thursday, Feb. 16 in Landover, Md.



Elizabeth Schweitzer glides through the air for SHU.

The Spectrum/ Travis Flynn

Get Prepped for Spring Break

turquoise[®]
A MEDICAL DAY SPA

OWNED AND OPERATED BY BOARD CERTIFIED PHYSICIANS

OUR PREMIUM SERVICES

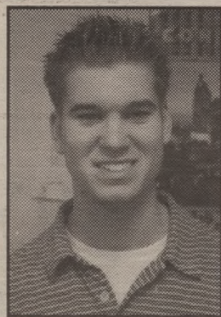
spray on tanning
waxing
laser hair removal
epa facials
massage therapy
microdermabrasion
Acupuncture

men's & ladies gift certificates available
Pericone, B. Kamis, DERMADOCTOR skin product line

10% off services with Student I.D.

CALL 203.319.1900 TO SCHEDULE A TREATMENT

1275 POST ROAD (AT BRICK WALK) FAIRFIELD, CT 06824 WWW.TURQUOISEMEDICALSPA.COM



THE FITZSIMMONS FILES

with Brian
Fitzsimmons

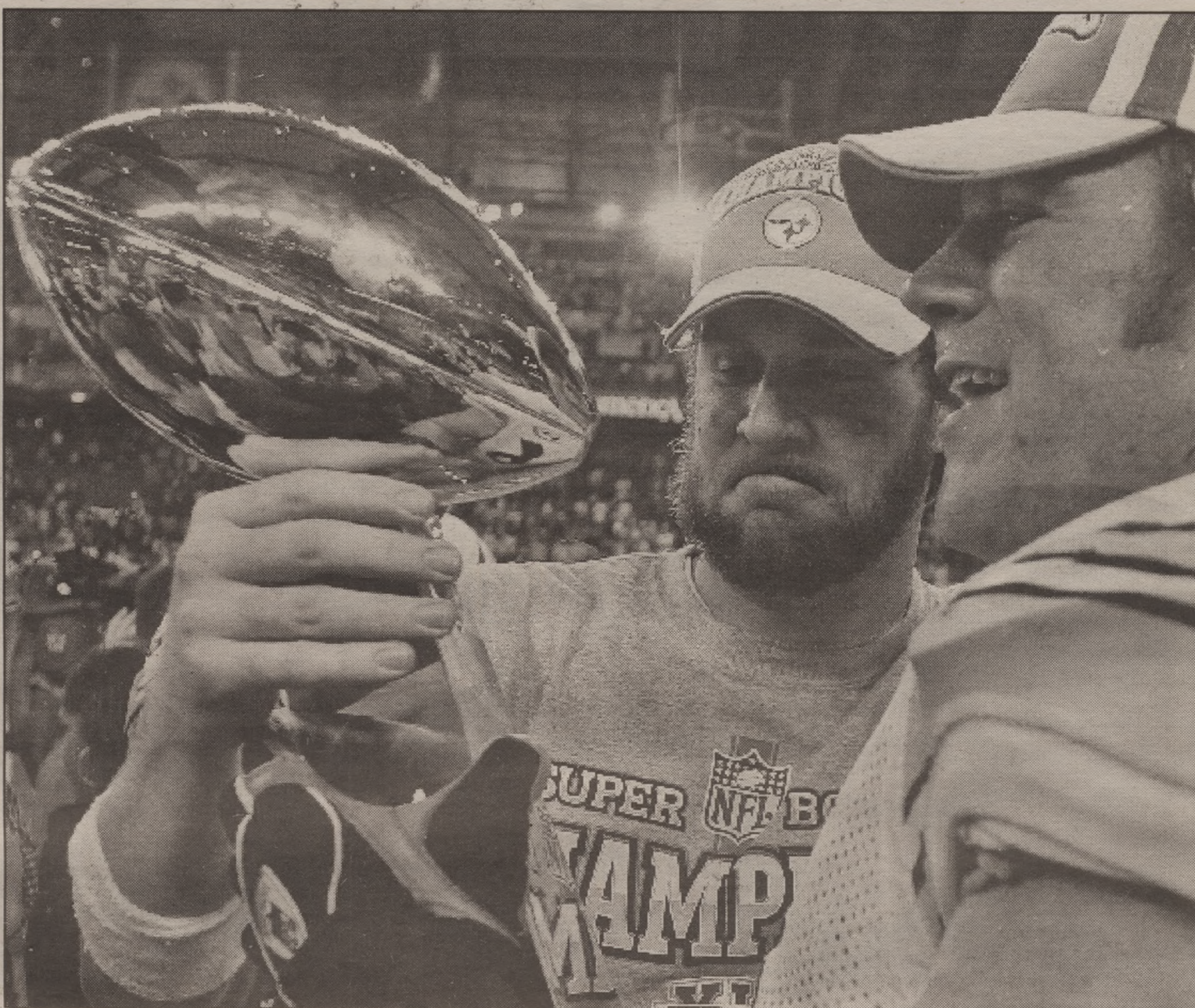
Could Big Ben be the next Big Thing?

As you all know, last week I predicted that the Seattle Seahawks would treat the world to an amazing offensive performance which would ultimately leave the Pittsburgh Steelers in the dust in Super Bowl XL. Well, Ben Roethlisberger proved me wrong and also opened the doors for the Tom Brady comparisons to begin. Though those discussions may have started right after Hines Ward was presented with the big game's Most Valuable Player award, I need to say something to all the Big Ben bandwagon jumpers. Stop yourselves, and just celebrate that he is the first Roethlisberger, and not the second coming of Brady.

Brady came into the league out of the prestigious institution of Michigan and was drafted by the Patriots in the sixth round, with hopes he would pan out to be a solid replacement of Drew Bledsoe. Needless to say, that worked out well for them. Of course, the Jets passed on him five times. Anyways, he was the Super Bowl MVP the first time the Pats won with him as the general and his success continued as they became a dynasty.

Roethlisberger was drafted eleventh overall two years ago, and because of his winning demeanor, the Steelers are currently 27-2 in games not started by Tommy Maddox, Charlie Batch or Tom Brady. He didn't perform at a particularly high level this past Sunday in his first appearance on football's biggest stage, but still came out on top. Big Ben was 9-21 passing, which was good for only 123 yards. He didn't throw one touchdown, and was picked off twice. To make matter worse, he tallied one yard of passing at the end of the first quarter. Knowing those statistics, one can't argue that the Steelers' triumph wasn't a team effort.

Their differences are evident, but a



AP Photo/ David J. Phillip

With a Super Bowl victory in only his second year, Roethlisberger's future seems as bright as the Lombardi Trophy.

closer look will illustrate how similar these two special athletes actually are. Big Ben attended the University of Miami of Ohio which isn't considered a huge football program, and playing a weak conference could have possibly been a key reason why ten teams passed on him in the draft two years ago. As mentioned earlier, Brady competed at the University of Michigan, which is more competitive than Roethlisberger's alma mater, but is still not at the level of such schools such as Miami, USC, Texas or Notre Dame. Now, I'm not implying that smaller schools don't produce future pro-bowlers; just look at Randy Moss who went to Marshall.

Both Brady and Roethlisberger won Super Bowl rings in their second seasons,

and compiled unimaginable winning percentages in the regular season.

It will always be difficult to mention the two in the same sentence, since Brady has achieved a lot more due to his experience. As the years go by, we can look back and appreciate seeing how both fared in their first five years.

Is this the start of something big for Roethlisberger and the Steelers? The Patriots of recent history and this year's Pittsburgh squad have striking resemblances so looking forward to their future is exciting.

Since Big Ben didn't display the talent and explosiveness he is capable of showing, it was up to the supporting cast to deliver, which they did.

Running back Willie Parker created the game changing play in the first minutes of the second half when he broke loose and ran in a score which covered 75 yards. That score gave the Steelers a 14-3 advantage, and they wouldn't look back. Between Parker's rendition of a track meet and Seahawks' quarterback Matt Hasselbeck's blunders; Seattle's air was quickly deflated. The final blow came when Pittsburgh coach Bill Cowart called for a trick play, where Roethlisberger would hand off to wide receiver Willie Parker, to Antwaan Randle-El, who threw a beautiful bomb downfield to MVP Ward for an insurance score. That trick play showed that the Steelers were simply toying with their lifeless opponent.

So how did the Steelers overcome Big Ben not rising to the occasion? They are a good team, that's why. The Patriots still won many games when Brady wasn't all there, and this isn't the last incident where a superstar needed his supporting cast in a big moment.

Big Ben, like Brady, is a winner. This

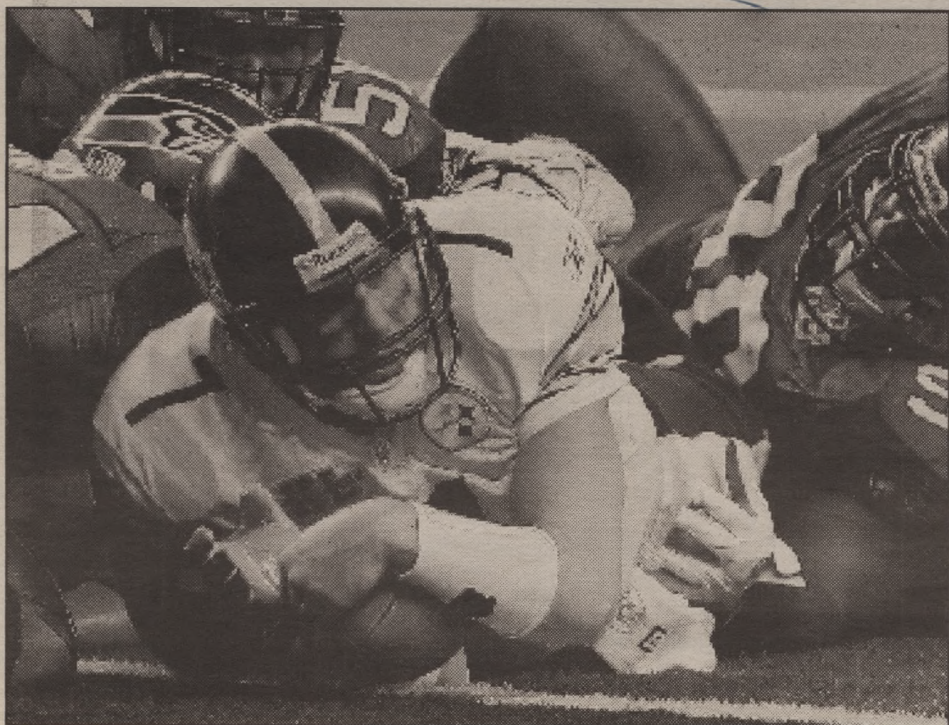
could be the first of many tries for a Super Bowl, so watching this man succeed will be quite a treat in his bright future. This man is not the second Tom Brady.

He is the first Ben Roethlisberger.



AP Photo/ Paul Sancya

Tom Brady flips the coin for Super Bowl XL. Both he and Big Ben became league champions in their second year of professional competition.



AP Photo/ Winslow Townson

Roethlisberger stretches for six in the first half of Super Bowl XL.

SPORTS

The Spectrum

<http://spectrum.sacredheart.edu>



The Spectrum/ Travis Flynn

Jasmine Walker tears down a rebound for Sacred Heart as the Pioneer faithful look on. A total 467 fans turned out for Monday night's contest against Long Island University. Walker went 11-15 from the field for 23 points while recording nine rebounds and two blocks. The Pioneers have won all nine home games this season.

SACRED HEART 59 LONG ISLAND 43

All eyes on women's hoops

Mike Barrett
The Spectrum

Women's basketball snapped a two-game losing streak on Monday night by defeating the Long Island University Blackbirds by a score of 59-43, extending its home record to 9-0 on the season.

The win moves the women to a record of 17-4 overall and 10-2 in the Northeast Conference, which keeps them in third place.

"Tonight's win was key for us to get back into that winners' mentality," Jasmine Walker, a junior from Amityville, N.Y., said. Walker finished as the game's leading scorer with 23 points. She also had two blocks and nine rebounds in 35 minutes of play.

The game started off with both teams playing strong defense, making it hard for either offense to get rolling. The teams went back and forth, keeping each other in reach, with the lead changing hands several times.

At the end of the half, the Pioneers found themselves down by a score of 24-23 facing a defense that held them to 11-28 shooting while causing 15 turnovers.

To help the team, head coach Ed Swanson tried to inspire his girls to come out strong in the next half and win in comeback fashion.

"I pleaded with them to play up to their ability and get into the rhythm they were lacking in the first half," Swanson said.

At first it seemed that Swanson's words fell on deaf ears, as the Blackbirds came out of the locker room and picked up right where they left off. LIU continued to hold off the Pioneers, eventually climbing to a 30-25 lead five minutes into the half.

The game then hit a turning point for Sacred Heart. After a clutch three pointer by captain Nicolle Rubino, the women went on to score eight more unanswered points climbing to a 36-30 lead. Rubino finished the game with nine points, four rebounds and one assist.

"Nicolle's three pointer was definitely a key point to the game for us along with Jasmine's play inside throughout the game," Swanson said.

The Pioneers held the lead for the rest of the game, stopping any attempts by LIU with the strong defense that they played with all game.

"Our defense was the key that made us play well and helped us win a big game," Rubino, a senior from Port Jefferson Station, N.Y., said.

While the immediate victory was big for the women, snapping the two game skid was especially important.

"When we came out of the locker room before the second half, the losses to LIU and Quinnipiac last week were on our minds, but we knew we needed to play hard and try to keep focused," Walker said. "Beating LIU tonight was great, but it also lets us know that we should have beat them last time and that we still have things to work on to make us a better and more complete team."

"A win is a win, but this was especially good for us because we had to grind it out and play hard throughout the entire game," Swanson said.

With the end of the season drawing near, the Pioneers have six games remaining, all of which are against NEC opponents.

"We are a good team, win or lose, and we know it," Rubino said.

Continued on page 12...



The Spectrum/ Travis Flynn

Kerri Burke moves carefully on the attack against the Long Island Blackbirds Monday night. The Pioneers used a tough defensive system to frustrate the Blackbirds and take a 59-43 victory.