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New campus of the near future

Dr. Cernera speaks to students, faculty on state of university

Brittany Raine
The Spectrum

Come and sit by the fire and listen to a story about our University. The future of our university holds great things, forged through the hands of students and faculty, planned by Dr. Anthony Cernera.

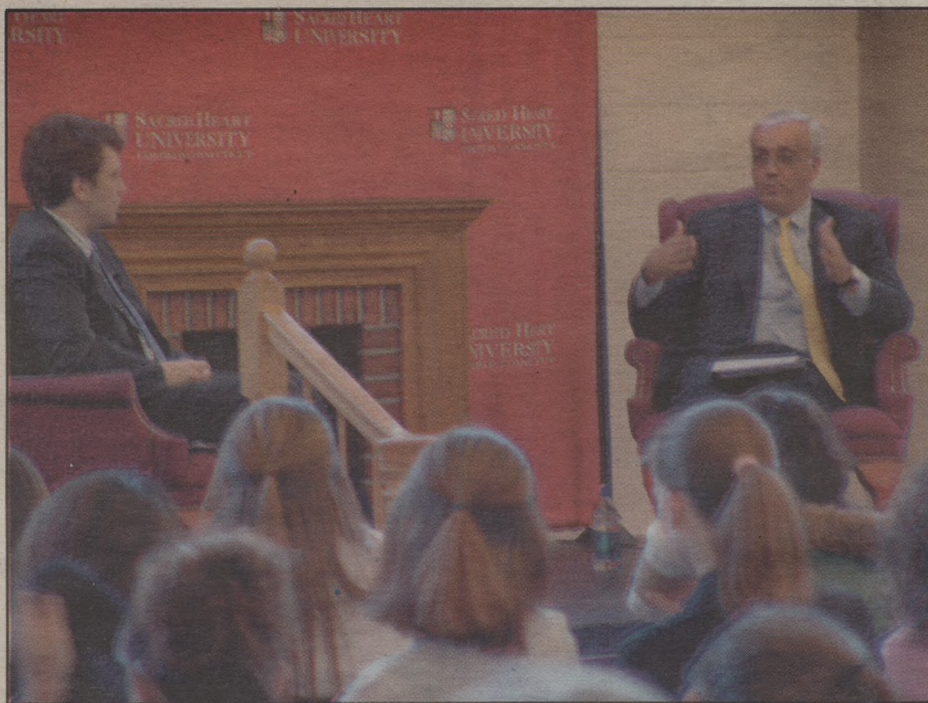
Last Wednesday, Feb. 15, students, faculty and friends of the college community poured into the University Commons. The room was transformed into an attentive crowd of over 150 people surrounded by cameras awaiting to hear what Dr. Cernera had to say at this very intimate and informative "Fire Side Chat."

Red chairs lined the spacious area and at the front of the room a stage sat adorned with a fireplace and two comfortable yet elegant chairs, for two very important people.

A nicely tanned and smiling Dr. Cernera, University President and professor of religious studies, entered the commons in a suit with book in hand. He was ready to address the questions and speculations concerning rumors and issues surrounding Sacred Heart and the future of the University.

Student-body President Jim Daly, junior, Hazlet, N.J., made his way to the chair by the "fire" ready to engage in a very entertaining and informative question and answer session with Dr. Cernera.

"I couldn't be happier with the turnout at the event," said Daly. "I think we



Contributed Photo/ Greg Golda

Students look on as Dr. Cernera discusses issues that will affect them.

might have ran out of chairs. It is great that the students here are taking time out of their own day to be informed of what is going on in our university. The whole time, each person looked focused and interested. This totally surpasses the amount of student's present then years past. It was a great success."

Dr. Cernera agreed with Daly.

"I thought the turnout was good," said Cernera. "I was pleased to see so many students present."

The large and very attentive turnout was in part to the subject matter so openly addressed by Dr. Cernera. After a quick

introduction of Dr. Cernera and Daly, the chat began. With Cernera as one of the youngest college presidents, taking on his role in 1988, he was sure in his answers concerning the future of the university.

As a president of a university with over 60 graduate and undergraduate degrees and 5,600 graduate and undergraduate students, the continuous growth of the college is evident. The big question on everyone's mind concerned the scholarly and student growth of the school.

Cernera's diplomacy of "lead by example" opened up the discussion, along

CONTINUED ON PAGE 4...

Career Fair paves the way for students

Maria Gomez
The Spectrum

The Annual Career Fair took place last Wednesday, Feb. 15, where around one hundred and five employers of different fields got together to offer Sacred Heart students the opportunity for internships with their companies.

According to Dr. Leonard F. Delvecchio, around three hundred students visited this Spring Internship and Career Fair from one to four o'clock in the afternoon.

"A wide range of different companies for all majors were there," said Delvecchio. "At least two companies for each major," he concluded.

In the 2006 Career Fair Employer Listing, many companies and organizations of different fields were found; some companies such as Bridgeport Bluefish Baseball, E/The Environmental Magazine, Onward Healthcare, RMI Corporation or The Cambridge Group Ltd had one or more recruiters present at the fair who are

CONTINUED ON PAGE 2...

Black Eyed Peas to Headline Spring Concert

Arianne Rasmussen
The Spectrum

Excited. That's the best way to describe the feelings of most students who are already anxiously awaiting SHU's biggest concert yet, the Black Eyed Peas (BEP), the Pussycat Dolls (PCD) and Flipside, that will be held at the William H. Pitt Center on Wednesday, April 26, at 7:30 p.m.

Sophomore Elona Shape, Bridgeport, who likes both bands, says she's "extremely excited" about their coming to the university.

"It should be fun!" said freshman Stephanie Ciccone, Old Bridge, N.J.

"I think it's cool that we get actual concerts," said Emily Jerome, freshman, San Diego, Calif. "I want to get tickets to go to it."

Tickets for the concert went on sale yesterday, Feb. 22, in the Hawley Lounge and can be acquired by calling the Student Life Office at 203-371-7846 for \$40 until they sell out. There will be a total of about 3,000 tickets available. No checks will be accepted to pay for the tickets which should be paid by cash or credit card.

Despite the excitement in the air, some students are not going to the concert whether due to other musical preferences or other commitments.

Others students feel that the two band choices may not attract a very diverse audience.

CONTINUED ON PAGE 2...

Seniors taken out for a night of mystery in New Haven

Courtney Kolhoff
The Spectrum

The Class of 2006 was mystified throughout these past few weeks as the curious seniors awaited the location of their well-deserved Senior Mystery Trip.

Although the location was not revealed until the students actually arrive on the scene, the anticipation is what makes the trip that much more exciting.

"I am so excited as to where we are going. I tried to ask around, but no one knows," said senior Erica Esposito, Hamden.

"It's really funny because everyone kept trying find out the mystery location from me, because I am the only student who knows the actual place. A lot of others think they know, but no one has been successful yet."

It's just really funny to see people trying to figure it out. It's going to be a big surprise when we get there," says Class of 2006 President, Amy Nardone, New Jersey. "I hope everyone has an amazing time", said Nardone. "Have fun and be



Contributed Photo/ Nora Murphy

On the bus ride these seniors wait in anticipation of the secret location.

safe Class of 2006."

This year the senior class went to Hula Hanks in New Haven. Students lined up outside of Public Safety at 7:45 p.m. and took the short trip to New Haven.

"I had a great time, it was so much fun. Its funny because you see so many people that you never knew were seniors," said Josh Sedlock, senior, Naugatuck.

As there are rules with any other

CONTINUED ON PAGE 3...

News

Black Eyed Peas to headline at the Pitt

Spring concert tickets on sale in Hawley Lounge

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"It's really girly bands. I feel as though not many guys will be going to that but I think they are good choices," said Brianna Brown, freshman, Commack, N.Y.

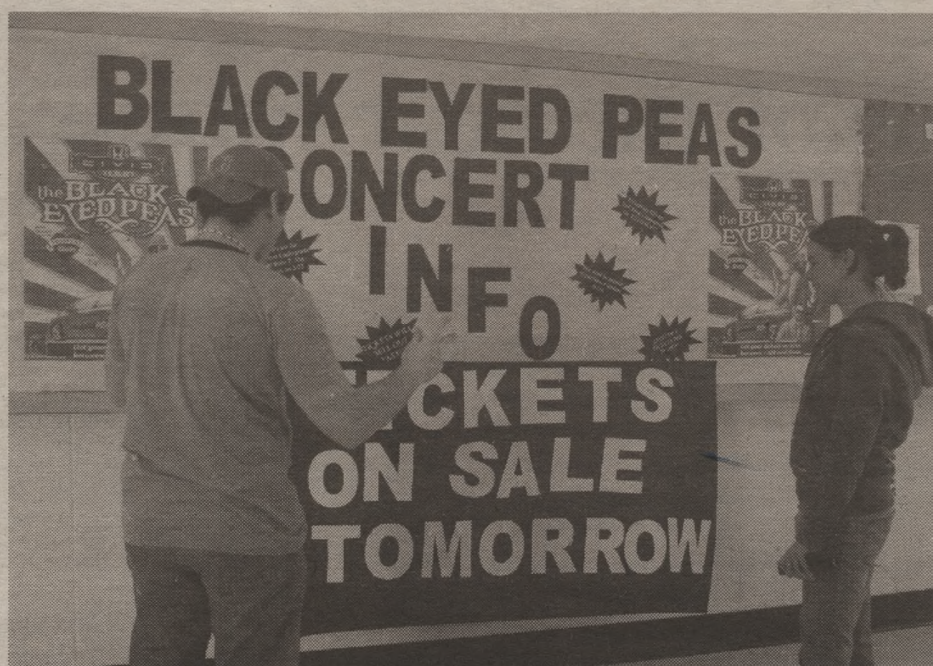
Even so, many guys seem to enjoy the music of at least one of the groups along with some of its members.

"I'm definitely going to the concert," said Michael Pezza, freshman, Brooklyn, N.Y.

"I like the Black Eyed Peas and Fergie is gorgeous. I ain't feeling the Pussycat Dolls though," he added.

The Sacred Heart concert is just one of many nationwide ones that make up The 2006 Honda Civic Tour that will feature The Black Eyed Peas promoting their multi-platinum album *Monkey Business*.

Made up of Will.i.am, Apl.de.ap, Taboo, and Fergie, the hip-hop/R&B musicians the Black Eyed Peas have become very successful in the past few years with hit after hit including the 2003's *Elephunk* album that sold 7.5 million albums worldwide and won them 4 Grammy nomina-



The Spectrum/ Elyse Harrell

Boards such as this are all over the campus, in anticipation of this concert.

tions and 1 Grammy award.

Songs like "Don't Phunk With My Heart" and "My Humps" are just a few of the songs featured in their 2005 hit album *Monkey Business* promoted at the concert.

The BEP also remain one of a few select groups that have been able to collaborate with Godfather of Soul, James Brown, for the song "They Don't Want

Music."

In addition to the mixed style of the BEP, SHU will also have The Pussycat Dolls and Flipside opening for the BEP along with other bands that will be announced.

The singing-and-dancing group of beautiful women. The Pussycat Dolls, includes Nicole Scherzinger, Carmit Bachar, Ashley Roberts, Jessica Sutta,

Melody Thornton, and Kimberly Wyatt. They went platinum in Jan. of 2006 with their album *PCD* that features their hit song "Don't Cha."

The Black Eyed Peas will also have the autographed and customized car that appears with the band in the video for their latest hit, *Pump It* present at all of their concerts.

Honda Civic, the tour's sponsor which was the 2006 Motor Trend car of year, was the one who joined forces with the BEP in this promotion that will give away this one-of-a-kind car that can be won by anyone who signs up for it at www.hondacivictour.com.

Director of Student Activities Tom Wuestkamp, who is one of the people working behind the scenes to make live concerts such as this one possible, said, "It is great to be able to give the students a show that they get excited about. The challenges are trying to please everyone because everyone has different tastes. While some people may love the Black Eyed Peas, others would have preferred a band like Dashboard Confessional. We don't always make the most popular decisions, but we get the most popular ones that are available in the college market."

"A lot of bands do not want to play in the college market anymore [but] we try to accommodate as many people as possible and hope this show will break records in terms of total student attendance."

Career Fair offers professional opportunities

...CONTINUED FROM PAGE 1

Sacred Heart Alumni.

The Annual Spring Internship and Career Fair tried to offer students the possibility to work with professionals in the fieldwork. Students who are potential employees are given the chance to expand a factual job. Thus, they can acquire the necessary skills, aptitudes and attitudes to become a future employee.

Internships are the best way to create a good resume, but also the greatest approach to gain professional experience.

According to Delvecchio, "It's important that students do it."

Nowadays, all organizations and companies look for geared up and competent people who have experience in the professional field. Internships provide the knowledge and the practice that companies look for. As Delvecchio explained, students do internships because they are aware of its importance for their career path.

The opportunity to intern for an organization offers many different advantages to students, such as the possibility to experience various work fields and backgrounds, group effort and managing skills.

Therefore, students put into practice what they learn in class. They get to know their talents and their weaknesses, besides the chances to expand their career and to

grow professionally and personally.

Most companies agree with this. As the Facility Director of Easton Community Center, Joel Silkoff said, "Internships work out very well."

As he further explained, "internships give students the experience and the hands on. It's a way of networking and obtaining job opportunities," he finally stated.

"Internships are an excellent thing for college students," said Jennifer Daddio,

the Personnel Recruitment Specialist for New Haven Schools. As she added, "it's a way for students to get to know real life experience and contact with the outside world."

The majority of the companies have the same opinion in relation with the benefits or advantages that internships put forward. "Internships offer a wide

range of different opportunities such as get to know people. It's a one to one," said the special representative of AllCountyJobs.com.

Indeed, as the Staffing and Recruiting Specialist of Capitol Region Education Council (CREC), Jennifer Tracks said, "Students get an idea of what skills they need to sharpen and practice what they learn in class".

Even though internships are an obli-

gation for college students, they know the importance of them. "These college fair has better attendance every year," said the representative of All CountyJobs.com.

As Tracks further clarified, students realize the significance of internships in companies because that is what actually gives them the necessary experience.

Most students feel really motivated when they are interning; they come into contact

with professionals who teach them what they need to know.

"It's going to be a good experience. It's the way to get the skills and the attributes I need," said Tanya Wiesner, sophomore, Bridgeport. As Wiesner later on said, "I'm going to grow professionally and I'm going to get to know the professional environment."

"I am excited because it's going to be a good opportunity. This is a way of knowing what companies are looking for," said German Navarro, senior, Stamford. "I'm going to gain the skills from others which is the basis. It's going to be good to be a part of it," he later added.

Internships are a requirement for college students to graduate, but most of them actually enjoy interning for companies that they are interested in. Besides, they know that internships provide them the skills and the know-how of a real job, teamwork and the professional attitude that companies look for in their employees.

Thus, the majority of the companies share the idea that internships work out very well in most cases, being a positive experience for students and for the organizations as well. Internships help to raise students' career expansion and to grow up professionally and personally.

"Internships are an excellent thing for college students, it's a way for students to get to know real life experience and contact with the outside world."

- Jennifer Daddio, the Personnel Recruitment Specialist for New Haven

Senior Mystery Trip revealed, class celebrates in New Haven



Contributed Photo/ Nora Murphy

Dancing the night away at Hula Hanks in New Haven.

school-sponsored event, students were required to abide by a few minor regulations. Provided transportation was used to and from the event, and students had to be graduating seniors who are 21 years of age or older.

These easy rules were located on the back of the ticket so there were definitely no surprises in that area. They are the same rules that have been enforced in the past.

At the beginning of the trip, all of the excited seniors packed the provided activity buses and took the long awaited ride to the mystery location that left at 8 o'clock at night. With a bigger turnout than last year, the ride there was definitely a trip in itself.

"We actually have a great turn out of over 350 people, which is more than last year so I am really excited. It [was] a great time," says Nardone.

An admission of \$10 included food throughout the night, transportation to and from the mystery trip and drink spe-

cials. Considering the extremely cheap admission and all of what was offered, the seniors were definitely in for a treat.

"I had a great time. I expected a big bar but I didn't expect it to be that nice. All of the seniors came together. It was a great time. There should have been more pit-stops," said Mark Paradis, Goffstown, and N.H.

Mystery trips in the past have included bars such as Hula Hanks, Thirsty Turtle and the Brickyard, so there were definitely expectations to live up to.

All in all, the seniors of the Class of 2006 had a long deserved surprise waiting for them. The anticipation and curiosity was definitely worth the wait and all of the attending students had a night to remember.

Contraception bill draws opposition from church

Associated Press

Some state lawmakers are on a collision course with Connecticut Roman Catholics over the so-called "morning after pill."

The legislature's Public Health Committee is drafting a bill requiring all Connecticut hospitals, including the four Roman Catholic hospitals, to provide emergency contraception to rape victims.

In response to the proposal, the Connecticut Catholic Conference sent out an "action alert" recently that charges that the proposed legislation threatens religious freedom of Catholic hospitals in Connecticut.

Connecticut's Catholic hospitals have "provided the citizens of Connecticut with a high standard of care for decades," the alert reads. "These institutions should not be forced to violate their religious beliefs, especially those concerning the human dignity of every person, no matter at what stage of life."

The state's four Catholic hospitals are the Hospital of Saint Raphael in New Haven, St. Vincent's Medical Center in Bridgeport, St. Francis in Hartford and St. Mary's in Waterbury.

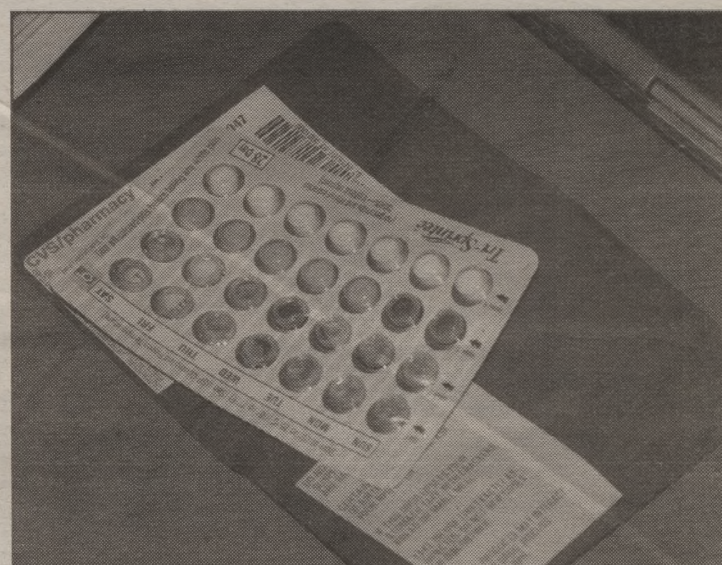
State Rep. Deborah Heinrich, D-Madison, a member of the Public Health Committee, said she fully appreciates the concern the church has about the bill. But

Heinrich said she ultimately supports a rape victims right to have an abortion.

"By withholding emergency contraception, you're either forcing a rape victim to have a rapist's baby or the other option is an abortion," Heinrich said.

The Rev. John Gatzak, director of communications for the Archdiocese of Hartford, said the archdiocese would oppose any legislation requiring hospitals to administer contraceptives in cases where an egg already has been fertilized or ovulation has begun.

The Catholic Church does believe and always has that human life begins at conception and that human life "is entitled to all the respect that other human life is entitled to," Gatzak said.



The Spectrum/ Elyse Harrell

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News

Cernera outlines future plans during "chat"

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with a joke to grab the attention of the audience. Daly's first questions addressed a matter on everyone's mind: the "master plan."

"The most important issue discussed with Dr. Cernera was the Master Plan," said Daly. "Many students had no idea that there even was one. Many students are now aware of what will be built and when. We are still a young University and constantly growing. This whole process is taking us to the next level of becoming one of the elite schools in the northeast."

Both Cernera and Daly believe that the Master Plan of the university was the most well received and positive topic of the afternoon.

From a commuter school to a resident college, Sacred Heart has become one of the leading Catholic universities in New England, according to Cernera. Cernera expressed that the layout of the university needs to be changed to accommodate the future of the school and its students.

Without illustrations (that are on display in the Pitt Center) to enhance his description of the "new school of the near future," Cernera painted a picture through his words. He made it clear to Daly and the audience that within the next ten years the quad will become the "center of operations" for academic and student life.

The topography of the campus will drastically change, including a freestanding chapel, center for humanities in North Lot, John F. Welch School of Business, new academic buildings and library, to name a few. With a proposal in the works

The crowd sat around the fire, truly excited about the changes to the campus starting in the next two years. Cernera expressed the importance of "phases" in the rebuilding and renovation process, but is confident that the University can only get better from here.

Students, like Nicole Bozek, junior, Brookfield, are excited for the "new SHU of the future." With five buildings already being drawn up in the blueprints and the good possibility of a parking garage, the campus will undergo a much-needed change to accompany the continuous influx of students.

"The University population, campus and curriculum has changed before my eyes in the last three years," said Bozek. "The addition of new buildings to accompany an even greater change will continue to improve the legacy of our school. I find it important to have events like the Fire Side Chat, because it is crucial for students to have close contact with their president and to hear the changes concerning our school right from his mouth and not through campus rumors."

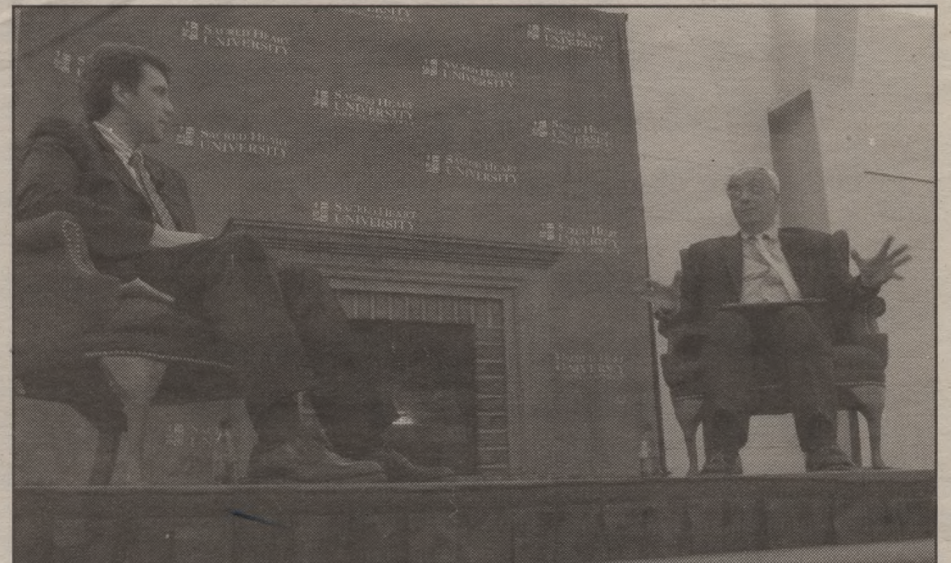
Other questions asked by Daly addressed issues about financing the building projects. Answering with a joke about using "student labor" to complete the monstrous tasks, Cernera explained what resources the University would use for the projects. With ideas about raising money from people, borrowing money from banks and state bonds and using the school's financial reserves, the funding for this extensive project is available.

The topic of housing surfaced during the discussion. Cernera stated that student housing is "clearly an issue" and that the University is looking into a number of options for acquiring land to build more housing. Even though the

school has looked into many options concerning the purchasing of land, Cernera was very clear about the constraints Fairfield and Bridgeport towns put on zoning and amount of square feet in specific areas.

"It sounds like it might be so easy for Sacred Heart to buy land and put up some dorms, but from what Dr. Cernera said, it really is not," said Bozek. "He named many options such as purchasing land from the golf course adjacent to our school and some private residence to the north of campus, but many of these properties are not willing to sell in the near future or ever. It is not always as easy as it seems."

The Fire Side Chat took a quick turn from purchasing land and finances to stu-



Contributed Photo/ Greg Golda

Daly guides Dr. Cernera with helpful questions about the future of SHU.

dent financial aid. Daly asked Cernera for his opinion on the bill passed concerning loans, interest and if there is anything we can do to help. Cernera expressed his feelings towards the "unfortunate actions." His discontentment with people in political positions who voted towards the bill was evident and Cernera stressed the importance of upcoming elections and how the candidates need to hear our voice.

"Higher education needs to be kept affordable," said Cernera. "There are no specific answers for the changes yet."

Daly's questions kept on coming, but they provided answers from Cernera that much of the students and faculty had not heard before. One of the most intriguing question and answer of the afternoon was when Daly asked what a Sacred Heart student is in such a diverse student body.

At first, Cernera first gave the technical answer: a student is someone who is accepted at this institution and studies here. Then he elaborated on what a student was beyond just the books and paperwork.

"A good Sacred Heart student is an active and engaged learner," said Cernera. "College is the time of your life... Live your life to the fullest... You must expand your horizons."

Cernera stressed the importance of taking advantage of the learning opportunities here, inside and out of the classroom. "Don't miss out!" became a phrase that reverberated across the Commons because Cernera believes that what you do and experience in college will stay with you now and forever. Cernera knows exactly what he would do if he could do college all over again at this University.

"I would study abroad, join the debate team and sing in the choir," said Cernera. "I love the study of theology, so I would major in theology or religious studies, which is what I have my degree now in."

Before the chat was handed over to the audience, Daly concluded with questions concerning faculty, applications and changes in curriculum. Cernera responded stating that the college has 186 full-time faculty members and that the University welcomed eight to nine new faculty members within the last year. The school hopes to add at least seven new faculty members within the next year, to keep the growing student to teacher ratio low.

Cernera also announced that approval is near for a new curriculum effecting the

freshman of 2007 and students there after. He finds that an academic change is a continuous process and improvement is a slow change. The ideals that faculty members should be our "coaches" took precedence, with Cernera adding that it is our responsibility to become better learners and the "big change" for the better has to be in us. He also expressed to Daly and the audience that learning is "satisfying when done right" and that school is not always fun, it is hard work.

After a quick introduction by Cernera of the cabinet and faculty members "behind the works" the floor was open to student questions. Few dared to ask but the questions that surfaced were key student issues.

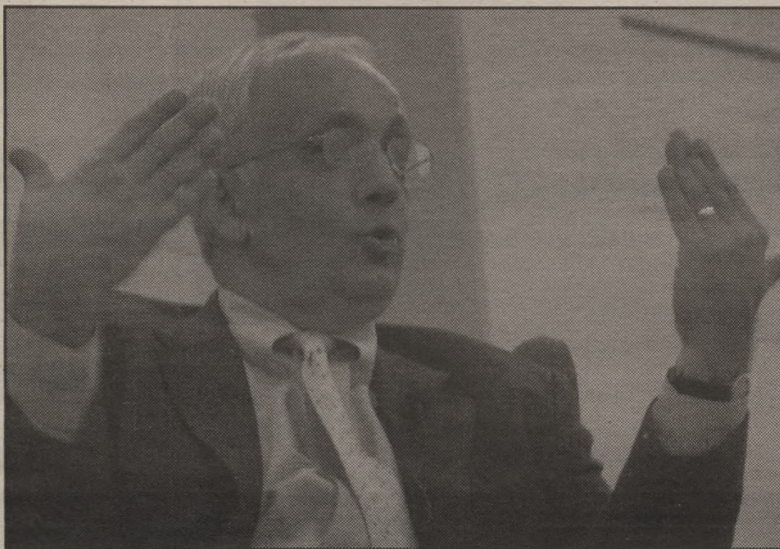
One student asked were the rugby practice field would be moved to with the conversion of the quad and another about student athlete registration, incentive for students not to bring their cars to campus and more majors towards art and theater. Cernera was well equipped with answers for the curious students.

"I definitely feel that this [event with Dr. Cernera] is a huge and positive step. Having Dr. Cernera answer the questions of our regular student body is great... Having more events where the average student interacts with administration is what this school needs. They are defiantly beneficial. We need more of that," said Daly.

"The student government will continue to put more events on in the future. We will be having the Senate Forum this Friday in the afternoon. This is where the staff and senators will discuss the issues of Flik, parking, buildings, grounds and many others. Please come out and keep learning about the University."

Like "[the] Fire Side Chat will Dr. Cernera" began, it concluded with sweet treats and hot chocolate, as the email promised. Cernera expressed his thanks to the present student body with a "thanks for being you."

With a large and very attentive turnout, the word on the changes in store for the University spread across campus. From new buildings to financial aid, Dr. Cernera became the man by the fire, open to all questions and campus concerns.



Contributed Photo/ Greg Golda

Cernera addressed many of the topics with a sense of humor.

that will be presented to the trustees in the next two months that will determine when and where the changes will start, Cernera is looking forward to the advancement of the university over the next ten years.

"The establishment of the John F. Welch School of Business and continuing emphasis on active engaged learning are very important to the future of the University," said Cernera. "I look forward to the development of the core curriculum and hope more and more students will take advantage of the study abroad programs..."

"The extraordinary commitment of the faculty and staff to the personal growth and development of the students [is a key attribute that Sacred Heart possess]."

Authorities say many teens at risk on social Web sites

Associated Press

On MySpace.com, teenagers can find kindred spirits who share their love of sports, their passion for photography or their crush on a Hollywood star. They can also find out where their online friends live, where they attend school, even what they look like.

And so can adults.

Parents, school administrators and police are increasingly worried that teens are finding trouble online at sites like MySpace, the leader of the social-networking sites that encourage users to build larger and larger circles of friends.

Police in Middletown, Conn., are investigating recent reports that as many as seven local girls were sexually assaulted by men in their 20s who contacted them through MySpace pretending to be teenagers.

One girl allowed a man into her room while her parents were home, police said, underscoring just how in the dark parents often are about one of the most popular Web activities for teens today.

There are other reports like these scattered around the country, prompting some parents and schools to equate the likes of MySpace with the Internet's red-light district, even as many experts believe that the worries are greater than the actual dangers.

Joseph Dooley is among those who has heard it all before. A retired FBI agent who supervised the agency's first undercover Internet task force in New England, Dooley remembers when America Online chat rooms were the rage. Teens posted detailed profiles of themselves and chatted

with any of AOL's subscribers.

Chat rooms soon gave way to services like MySpace, but Dooley said the rules haven't changed and parents need to become more engaged.

"Let the kids know, on the Internet, you don't know who you're talking to," Dooley said. "Parents aren't the friends of their kids. Parents need to know and observe what their kids are doing."

That can be daunting for working parents. Keeping tabs on the kids used to mean knowing where they went after school, not whom they talked to in their bedrooms.

So when they hear of a new fad among teens, their instinct is to worry.

And the horror stories are indeed terrifying.

Last month, for example, 14-year-old Judy Cajuste was found strangled and naked in a Newark, N.J., garbage bin. Police seized a computer from her bedroom after friends said she told them of a man in his 20s she met on MySpace. The death remains unsolved.

Beyond the threat of abduction, bullies who once made the rounds on playgrounds are using Web logs and home pages to spread rumors and lies faster than the schoolyard grapevine ever could.

MySpace profiles have been used to threaten classmates and in at least one case, to mock a school principal.

Many schools have responded by restricting Internet access from school computers. One private school in Newark, N.J., ordered students to remove all personal blogs from the Internet, even if accessed from home, to protect them from online predators.

Some parents, like Ululani Stauffacher of Eureka, Calif., forbid their children from using MySpace. Stauffacher said her 17-year-old daughter ran off for two days with a 19-year-old man she met online.

"I was going crazy," Stauffacher said. "I was just hearing things about MySpace and incidents of girls missing and some don't get returned to their families. All that I was thinking about was that my daughter was going to be another statistic."

The concerns aren't limited to MySpace, but the News Corp. unit gets the attention because of its sheer size — 54 million users, a quarter of them registered as teens.

MySpace forbids minors 13 and under from joining and provides special protections for those 14 and 15 — only those on their friends' list can view their profiles. Nonetheless, kids lie when they sign up, and many of their profiles carry photos of themselves in suggestive poses, along with personal information against the site's recommendations.

"They're licking their lips and arching their back for the camera because they can, and they have no idea of the consequences," said Parry Aftab, an Internet safety expert.

But Aftab said most MySpace users aren't getting themselves in trouble.

Experts say that banning children from using social-networking sites is akin to forbidding them from going to the mall or the movie theater for fear they'll be abducted.

"I wish I could hover over my children 24-7, but the best I can do is teach them that there are ways to keep themselves safe," said Steve Jones, a communications

professor who studies new media at the University of Illinois at Chicago.

In a statement, MySpace said it has developed safety tips for parents and children and devotes scores of employees to monitoring the site around the clock. The site also has ways for users to report inappropriate behavior. The company says it removes inappropriate images and closes accounts that violate its rules.

Chris DeWolfe, MySpace's chief executive, encourages parents to talk to their kids about Internet safety, but Aftab said many parents ignore advice until it is too late.

Connecticut Chief State's Attorney Christopher Morano, who has strictly limited the information his 10- and 12-year-old children put on the Internet, said he was surprised to learn that they had been contacted by strangers they believed were pedophiles. His kids ignored it, Morano said, but parents need to closely monitor Internet activity.

"You wouldn't leave your kid on the side of the highway without supervision," Morano said. "You shouldn't put them on the Internet highway without the same type of supervision."

OUR TOP 10 GRADUATE MAJORS:

MBA

Physician Assistant

Interactive Communications

Teaching

Biomedical Sciences

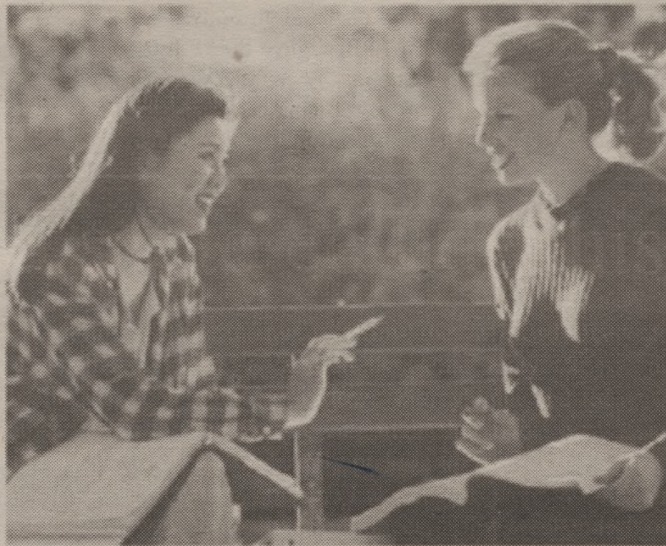
Molecular/Cell Biology

Journalism

Nursing

Accounting

Computer Information Systems



MASTERING THE ART OF TEACHING

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

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Perspectives

Merton and Seton hall residents annoyed by fire alarms

Rachelle Murphy
The Spectrum

In the past two weeks Merton and Seton Hall residents have been a bit more tired than usual. The constant pulling of fire alarms might have something to do with it.

Residents of both Merton and Seton halls are fed up with the fire alarms. Residents are upset and angry at the people who keep pulling the alarms.

"The fire alarms are absolutely ridiculous. The people, who pull the alarm, don't understand that they have to stand outside too. Also, they need to take into consideration the firefighters. They rush here on so many false alarms when there could actually be a real emergency somewhere," said Valerie Caporusso, freshman, Shohola, Pa.

Many students and other school officials have voiced their concerns for the safety of the firefighters that respond to the alarm.

"Every time a fire alarm is maliciously pulled, the fire department responds to campus with lights and sirens. They put themselves in jeopardy racing here to respond to a serious emergency, to find out that it was a prank. Their job is dangerous enough, so we cannot tolerate these kinds of behaviors. Additionally, when they respond to spiteful false alarms, other people in the community are being put in jeopardy. These persons in the community who may need the fire department's assistance will have to wait longer for help when they are in real crisis," said Jack Fernandez, head supervisor of Public Safety.

Students are wondering what is being done to prevent more fire alarms.

They are speculating if a device or devices should be installed to prevent students who are trying to pull the alarm.

"They should install cameras and ink dispensers. Once caught, the people who pull the alarm should be arrested and sent to jail," said Justin Koonz, senior, Bethlehem.

Koonz is an RA in Merton Hall, where a lot of the fire alarms have been pulled. He has lost a lot of sleep, which is also affecting other RA's on his staff, and the residents in the building.

"I definitely have a lack of sleep and concentration from the fire alarms, which makes classes and practice a lot harder. The days just seem to drag on. Then when you go to bed, you worry about getting hit with another [fire alarm] and you still lose sleep trying to be ready for one," said Michael Delviscovo, junior, Medford, Mass.

Many students share the same feelings as Koonz and Delviscovo do.

"It has gotten to the point where rumors go around the building almost every night. To prepare for the alarm, we wait up and we lose sleep because of it. Sometimes I even sleep in my shoes," said Corey Osoba, freshman, Wappingers Falls, N.Y.

Residents of both halls want to know how the fire alarms are going to be stopped. They want to know what the best methods are to inhibit these people from continuously pulling these alarms.

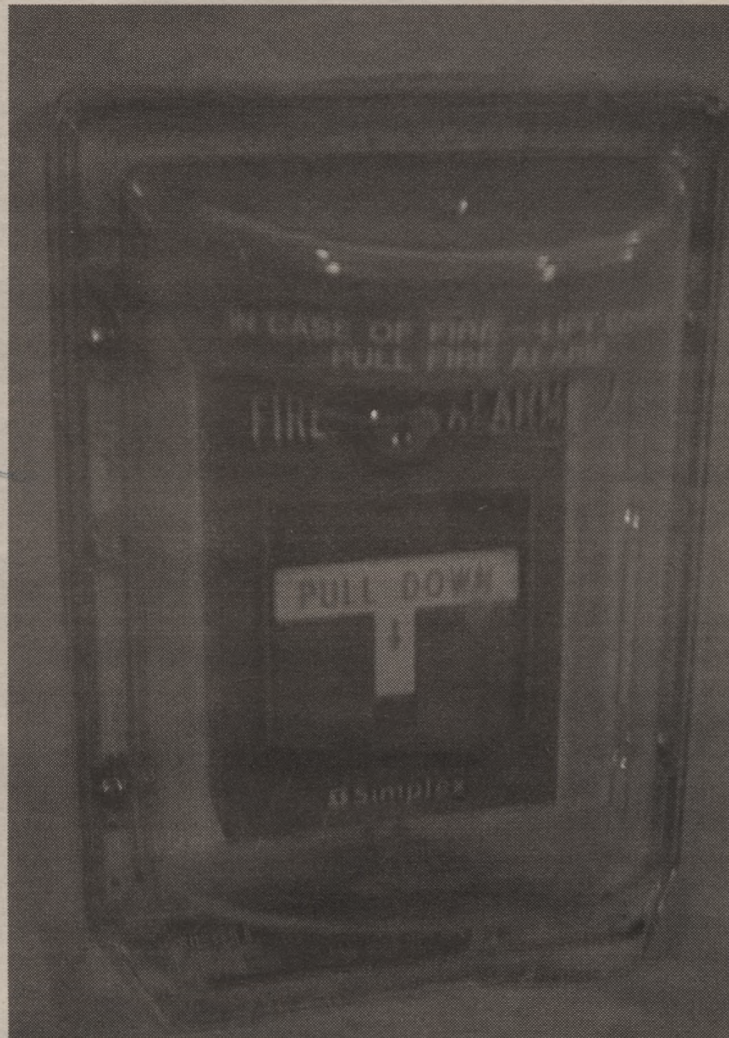
"I think what needs to be done in terms of the students is to continue to educate them, as to what the ramifications are of continuing to pull these fire alarms. The more we continue to have

these alarms, the less students are going to be apt to vacate the building. And if there was a fire, we would have a huge problem. Not to mention the seriousness of what we are doing to the fire department by pulling them over here every-day," said Dean Wielk, Dean of Students.

The punishment for pulling the alarm is severe, and the student who pulls the alarm will get arrested with charges to be filed. Students will also be subject to expulsion not only from the residence halls but from the university as well.

The residents of Seton and Merton Hall need to be more aware of what they are doing before they pull a fire alarm. Pulling the alarm not only endangers the students who live in that building, but also the fire department, public safety and the resident staff who

live in the building. Students should think twice before pulling the alarm and causing havoc to all who are continuously affected by it.



The Spectrum/ Elyse Harrell

Fire alarms are becoming more of a nuisance when improperly used.

The SPECTRUM

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Photographer's Pick



AP Photo/ Mark Duncan

Shaun White was the Mens Halfpipe gold medalist at the 2006 Olympics in Torino.

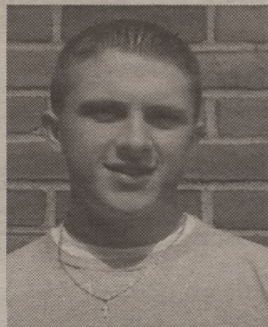
He Said... She Said... Is Spring Break all about the act of hooking up?

Robert Roy
"He Said" Columnist

Spring break isn't about simply hooking up. Hooking up is a result of the actual purpose of Spring Break, which is to release all the built up energy from five months of school, work and the winter blues.

We arrive to school in September, and from there we work straight through until spring break. Sure, we have a month off for Christmas, but that is usually more stressful than school with all the family events and traveling. Spring break is the first time in the school year when there is a break that is for the soul purpose of relaxing and letting loose.

Five months of 8 a.m. classes, and long nights of studying weigh on students' minds. This cycle sticks throughout the semester. We are limited to a few nights of going out due to our huge workload.



Spring break provides a week long extravaganza of partying and relaxing without having to worry about Monday morning. Hooking up is not necessarily the main reason for spring break. It is just simply the result of everything that goes on in Cancun or Daytona Beach.

Being with friends and partying are the most important reasons for spring break. Students need to let go of all their stress, inhibitions and problems, and just have fun on their vacation. Besides, nothing is more fun than hooking up and meeting different people when on vacation.

Rachelle Murphy
"She Said" Columnist

Spring Break is typically the college student's favorite time of year. They go to different places with friends and have a great time.

Spring Break is synonymous with partying, drinking, and hooking up.

It seems as if every student has plans to go to Cancun, the Bahamas, or Florida. The week is all about forgetting homework, school and letting all their cares slip away with their friends.

All spring break locations seem to be full of bars, clubs and many different contests. MTV has covered spring break in many different locations, and every year it all looks the same.

In these types of setting the atmosphere is relaxed and conducive to partying and hooking up. This is stereotypical of the college students' spring break.

On the other hand, not all spring breaks are about



going to tropical locations and partying for a week straight. Spring Break is a time where students can really make a difference in our world. Because of the recent hurricanes, students are looking toward different kinds of spring breaks.

Students are going to Mississippi and Alabama to help re-build towns that were destroyed by Hurricane Katrina. The students who go on these trips spend time meeting other people and helping out someone in need. Spring Break is not all about the hook up. It is about having fun, and sharing experiences with friends.



This week, Senate attended the Fireside Chat with Dr. Cernera, President of Sacred Heart University, and Jim Daly, Student Government President. Guests who attended the chat were invited for hot chocolate and deserts, and an informative discussion about the latest news at SHU. This meeting was televised by the SHU Media Studies students, and was attended by many faculty member, staff and students, in addition to those in Student Government.

The expansion plan at SHU, which is currently taking place on campus includes proposals for the following new buildings: a free standing university chapel, an expanded library, a new humanities center, a student center, and a parking garage.

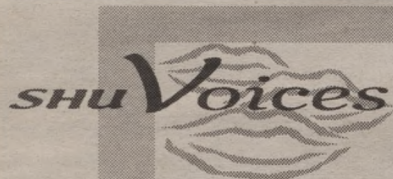
Since SHU is a private Catholic university, students have been pushing for a free standing chapel for a long period of time. Adding this chapel to the quad area would free up space in the University Commons again, and would allow church-goers the opportunity to have space solely dedicated to worship. Within the plan to obtain a chapel includes the plans for a smaller daily chapel in which weekday masses would take place.

The library which is planned for coming years is going to involve more of a renovation process. Rather than building a new library from the ground up, the current library is going to be gutted and doubled in size. It will still remain in the same location, but will be able to provide a more complete service to students after the addition.

This new library will also include two walkways to the new humanities center which will be built in the north parking lot. The humanities center will not only add more classrooms to the university, but it will also be the new home for faculty offices. Where the administrations building currently stands is going to be the location for the new student center. Details of the parking garage were also discussed; however this addition to campus will happen a little further down the road, so information is tentative. With the addition of all these new and bigger buildings centering in the quad area, SHU hopes to build a new and bigger heart of the campus.

In response to the need for new residential locations on campus, Dr. Cernera replied, "Options of contiguous space are not great." Although the university is making every effort to inquire about adjacent land, SHU is surrounded by land, which is either unavailable or unable to be built upon due to town/city permits. The current restraints include the land in the city of Bridgeport to the north side of campus, the Jewish Center for the Elderly, Notre Dame High School and the golf course.

- Contributed by Erin Maurer.



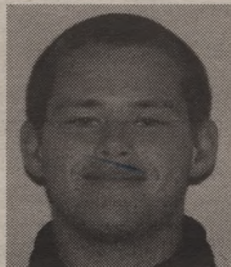
What are your plans for Spring Break?



"I'm probably just going into the city to party."

Tim Greening

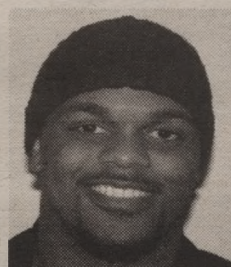
Lake Grove, N.Y.~Freshman



"I'm going to Canada snowmobiling."

Pat Donahue

Campton, N.H.~Freshman



"Sacred Heart University Resorts - just chilling here."

Jason Hawkins

Queens, N.Y.~Junior



"My suitemates and I are are going to Portugal."

Daniella Nobrega

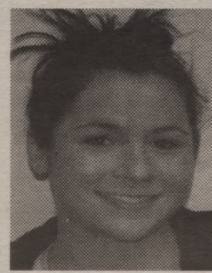
Sleepy Hollow, N.Y.~Sophomore



"I'm going to see one of my friends at her university."

Raquel Reale

Tappan, N.Y.~Freshman



"Just going home to hang out with my friends."

Krista Vanore

Wall, N.J.~Freshman

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—Arts & Entertainment—

Real ID's lose their luster

The hype for bar-hopping is over once you turn 21

Lauren Williams
The Spectrum

Turning 21 doesn't happen fast enough for some people. For those who can't wait to be of legal drinking age, using false identification is often the answer but is it worth the risk?

ID scanners and age verification devices now allow bar owners to out-fake the fakers. More and more bars are seeking the aid of ID scanners programmed to read government issued driver licenses and identification cards, which use either magnetic stripe or barcode technology.

With one swipe or scan, these devices are able to display the age and birthday of the cardholder, it also reads the name, ID number, and other relevant information.

"I personally am not a drinker and I don't judge people who do drink illegally, but I think the ID scanners are a good idea. I get nervous when I see people my age getting really sick when they drink too much. Some people don't have the maturity level to know when they have had too much to drink and they could put themselves and others in harmful situations. The drinking age is 21 for a reason," said, Dale Cialfi, sophomore, Armonk, N.Y.

One student finds the legal drinking age of 21, worth the wait.

"Being 21 is pretty liberating. Though it didn't change my drinking habits, there is a definite sense of confidence when you can legally buy alcohol, whenever you want and from wherever you want," said, Shanna Rasmussen, senior, Trumbull.

Rasmussen is not alone. Caitlin Murphy, senior, Staten Island, N.Y. said, "Having had a fake ID confiscated when I was underage I don't think knowing what I know now that I'd ever use, or recommend the use of a fake ID again. In hindsight I think it was just the thrill and excitement knowing that I could possibly get away with drinking underage that made going out so much fun. I go to bars now and

think, why was I in such a hurry to do this? It just doesn't mean as much now that I can do it legally. It's not that it's any less fun. It's just different. I mean, I definitely don't have that adrenaline rush when I go out now. And I don't panic if security looks at my ID a little closer."

Even though some of those who are of age express indifference to their ability to get into law enforcing bars and clubs like those in New Haven, or the Sea Grape and the Sky Box, both located in Fairfield, minors can't wait for the day when they will be able to get in with ease.

"I can't wait until I am 21. I hate feeling left out, like I'm missing the fun. I can see why a lot of students have fake ID's. I think it's so they can feel like they are participating in the stereotypical college lifestyle; drinking and bar hopping. And I think a lot of kids want to take advantage of their freedom from home. I know I do," said Allie Martel, freshman, Springfield Mass.

But are underage students really "missing the fun?"

"There is so much hype about some bars because in a sense they are the forbidden fruit. Because these bars are stricter than others and perhaps seen as 'off limits' they are all the more tempting. People want to know what they're missing, but I was really disappointed when I was finally old enough to legally go to the bars that were strict. I didn't understand what all the fuss was about to be honest," said Aaron Stark, graduate student, Monroe.

While Stark waited until he was legally permitted to enjoy the local bar scene, some students do not realize the possible jeopardy they are putting themselves in when they do use a fake ID.

Severe penalties apply to the pos-



AP Photo/ Ric Francis

You could end up behind bars simply for trying to have a good time.

session, manufacture, use and sale of altered/false driver licenses or state ID's. Possession of alcohol and the use of a fake ID by a minor are both punishable by a minimum \$200 fine according to Conn. state law.

"I think no matter what the penalty, a lot of college students are going to drink with the help of their fake ID's. I think it's a form of teenage rebellion. I went to school in Boston, with plenty of bars and pubs, and saw a lot of my classmates get into trouble with underage drinking. They knew the risk was there, I'm just not sure they knew to what extent until it was too late," said Vanessa Colletti, 23, a graduate of Wentworth Institute of Technology.

A conviction of possessing, manufacturing, using or selling fake IDs will appear on your permanent criminal record. A police record can limit you in job hunting or impact your college student status

as well as your admission to graduate school.

Some state lawmakers have made penalties harsher for underage individuals using fake IDs. Young adults who use a fake ID to buy, possess or drink alcohol can lose their driver's license for up to a year, be fined up to \$2,500 and face up to 12 months in jail.

Further, if you are carrying a fake ID or have someone else's identification and are involved in an accident, your medical attention could be delayed. In case of death or serious injury, the police could notify the wrong family because they don't know your true identity.

Ask yourself if you're willing to trade such consequences for a brew or two, next time you consider pulling out your fake ID.

Hopes of gold is gone for Kwan

Dana Cannizzaro
The Spectrum

Michelle Kwan, one of the brightest, most ambitious female figure skaters to grace the ice recently withdrew from the winter Olympics in Torino, Italy.

Severely affected by straining and injuring her groin, Kwan first decided to withdraw from the U.S. Nationals back in early January. She still had a chance to join the ladies' Olympic figure skating team under the condition that she could prove that her injury had healed and her ability was up to Olympic standards.

It was only on Jan. 27 that Kwan performed a long and short program. Her performance qualified her to have a spot on the Olympic team despite her previous

injuries that worried Olympic officials.

However, by Saturday, Feb. 11 Kwan's same injuries were affecting her capabilities on the ice. Later that day Kwan decided to drop out of the winter games, leaving behind dreams of winning the gold, and fans who wanted to see it happen.

Replacing Kwan's spot on the team is Emily Hughes, sister of 2002's winter Olympics gold medalist, Sarah Hughes. Though fans are excited to see another U.S. figure skater to star in the winter Olympics, most are disappointed that it will not be Kwan.

"It makes me sad because it reminds me of when I pulled my groin. I feel her pain. Literally," said Ryan Fahy, senior, Watertown.

While most fans know that Kwan will never be forgotten in Olympic history, some just wanted to see her gracefully skate at the Olympics one last time.

"It seems like it's a disappointment to everyone because she is such an icon to all generation's Olympic experience," said Jaclyn Hines, senior, Port Jefferson, N.Y.

Olympic fans will now watch other figure skaters take home the gold at Torino.

In past Olympic competitions, Kwan had received the silver medal at Nagano in 1998 and in Salt Lake City she had placed third, winning the bronze medal.

"In the past winter Olympics that she has competed in she had been a very graceful and influential skater. Up and

coming figure skaters will now have pretty big shoes to fill," said Carolyn Tavares, junior, Paget, Bermuda.

Emily Hughes' debut on the Olympic ice is one that Kwan's fans are reluctant to watch.

"I know that no other figure skater will take Michelle Kwan's place in my heart. Though it is sad not to see her skate, I hope at least one U.S. skater can take home the gold," said Lauren Macchio, junior, Lake Grove, N.Y.

The 2006 winter Olympics in Torino was most likely the last opportunity to see Kwan walk away with a gold medal gracing her neck. For now, fans eagerly await her return to the ice, and keep her as gold in their hearts.

L.A. Confidential:

Hollywood's news source comes to SHU

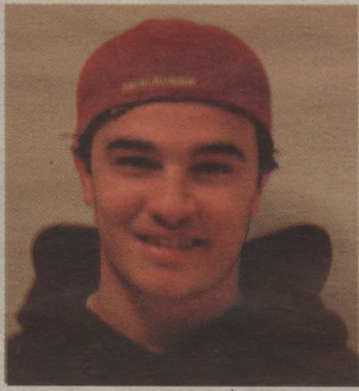
So two weeks have gone by without talking about Tom Cruise. As of this week, though, my Cruise withdrawal is satiated. Reports that he and fiancée Katie Holmes are splitting enraged the "War of the Worlds" star. It has been stated that Cruise remained calm during the ordeal, but I can't believe that. I can just imagine him screaming at the top of his lungs "I'm not gay! I mean...I love Katie Holmes. We're not splitting." Yeah, and Kelly Ripa isn't on speed...

Since we're on the subject of splits, my favorite Material Girl had a split in her muscles after the Grammy's. Madonna got a hernia from dancing too hard at the Grammy opening sequence while performing with the cartoon band Gorillaz. This is the second time Madonna was in the emergency room this year after a horse riding incident left her with cracked ribs. As much as I love Madonna, I don't think she is limber as she once was. One more hospital visit and her new album could be "Confessions from the Emergency Room..."

Staying on the topic of hospitals, a television doctor from the emergency room is now ready to hit the racetrack. Patrick Dempsey of "Grey's Anatomy" is now an Indy car owner and in the running to be in the Indy 500. He joins Ashley Judd's husband and David Letterman during the fast and (now) star-studded event. Now someone explain to me why my Uncle Jack and the rest of the Nascar fans love to watch cars go in a giant oval 500 times. I realize the crashes are cool to watch, but that is a rare occasion. If I wanted to watch Patrick Dempsey go around in circles, I would watch "Grey's Anatomy" on a carousel. At least I would be having fun...

Coldplay wants to have some fun, too. Chris Martin, the band's front man, hinted at the British equivalent of the Grammy's that the band won't be back to an awards ceremony for a long time. Publicists for the band insist that they are not breaking up, but the band mates have been hinting at a hiatus. I think there needs to be better communication between publicist and band, personally. Without Coldplay how can Paul Rudd know that you're gay? I don't think making spinach dip in a sourdough bread bowl will cut it anymore...

Kid Rock and Creed front man, Scott Stapp, were passing more than a spinach dip filled bread bowl six years ago. A recently discovered sex tape involving the two rockers and a bunch of groupies has been surfaced. Celebrities filming their sexual escapades are nothing new and some get caught while others fly under the radar; nothing shocking about that. The real shocker in this story is who in their right mind would sleep with the lead singer of Creed? I mean that is desperate. I can understand Kid Rock, but Scott Stapp? I'm slowly losing hope in



Shaun Mitchell

the human race...

This just in: I have lost hope in the human race. Lisa Marie Presley, daughter of The King himself, is getting married for the fourth time. Do I even need to make a joke about this? The woman that married Michael Jackson and Nicholas Cage is getting married again. That is a travesty to the institution of marriage. Start placing your bets on how long it

will last. I'm going with 2 months. And that's pushing it.

Opening this weekend: nothing worth going to the movies for. "Madea's Family Reunion" with Tyler Perry and Blair Underwood opens up with a slew of familiar characters and just as familiar antics. Paul Walker is on film again in "Running Scared" and the uber creepy "Night Watch" is on limited release with no big stars. Who will turn up most successful? I think "Madea's Family Reunion" may top the chart, considering Perry's last film did surprisingly well in box office revenue last year. Bring on the summer movies already, this winter is d-u-l-l. But I highly recommend "Firewall" with Harrison Ford and Paul Bettany. It definitely puts action back in the horrible movie selection this winter. Until next week, I'm out like Ryan Seacrest.

First babies, now breakups: celebrity trends

Kate Brindisi
The Spectrum

Everyone has that favorite celebrity that they just can't get enough of. So when celebrities get together, spectators can barely contain themselves, knowing disaster might not be far behind.

Celebrity relationships usually have such a short shelf life that spectators thrive on the make-ups and break-ups.

For the U.S., celebrities are our royalty. England has the Queen, and the rest of the royal family. In America, we have TomKat and Brangelina; top celebrity couples names are now blended when they are being discussed.

"Celebrity gossip is my guilty pleasure. I can't help but read it, gossip is just addicting," said Holly Finneran, sophomore, Glen Ridge, N.J.

It seems that the "baby boom" concept of the 1950's is back. Every week more and more celeb's are giving birth or announcing their expecting a little one.

"It seems that every other celebrity is pregnant or has just had a baby," said Colleen Cashman, sophomore, Bridgeport.

"What they name their kids is always amusing. Some of the names are ridiculous," said Cashman.

Every week the public is able to read



AP Photo/Rick Stevens

Tom Cruise and a very pregnant Katie Holmes

about celebrities, from make-ups and break-ups to who's fighting and being unfaithful. These tabloids and weekly gossip magazines have begun to crowd news stands across America.

The recent breakup of pop couple, Jessica Simpson and Nick Lachey, was a shock for some, especially after the major success of their MTV reality show, "Newlyweds." Granted, Simpson's ditzy behavior, Lachey seemed to be enamored with her.

When the worldly worshipped celebrity couple, Brad Pitt and Jennifer Aniston, broke up, everyone was shocked. They were "the perfect couple." When Pitt got together with Angelina Jolie after filming "Mr. & Mrs. Smith" together, it came as a bit of a shock, especially to the Brad and Jen fans.

After Jolie announced that she was pregnant with Pitt's child, the gossip mill started spinning out of control. Like other celebrity couples before them, the questions started, doubting if they were really together or if it was another publicity stunt, like so many other celebrities pull.

"They seem happy together, but you always wonder if it's for real," said Christine Palumbo, freshman, Cedar Grove, N.J.

Another celeb relationship that has been under public scrutiny since its birth is Tom Cruise and Katie Holmes. These two have become affectionately referred to by the media as "TomKat", and like Brangelina and Bennifer before them, they've created quite a stir.

Holmes' has even been reported to be converting to Cruise's religion, Scientology, which her Catholic family was not pleased about.

The recent announcement of suspicions of the end of TomKat, was denied by both Holmes' and Cruise's publicists. However as for the outcome of their union, we will follow the gossip closer than a stalker on its mark.

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Features

Know your rights when it comes to sexual harassment

Ashley Bonora
The Spectrum

You never think it could happen to you, but terrifyingly enough, it could. Sexual harassment is one of the most prevalent reoccurring forms of harassment among women of all ages.

In a 1992 International Labor Organization survey, women did not hide the fact that sexual harassment existed. In fact, 23 countries revealed that women already know that sexual harassment is a major problem all over the world.

"Direct sexual advances or propositions, intimidation, or creating a hostile environment using sexist jokes, remarks, or pinning up sexually explicit or pornographic photos," are some of the ways to describe sexual harassment, according to the Feminist Majority Foundation.

"Freshman year I had a professor who would pick on me for whatever reason and compliment my hair or what I was wearing in front of the other students. It made me feel uncomfortable," said Tanair Kennedy, junior, Brooklyn, NY.

"He also tried to get close in proximity to me and touch my shoulder. It was strange," said Kennedy.

"Researchers found that 62 percent of college students experienced sexual harassment, and 32 percent of college students said they were victims of physical harassment," as indicated by CNN.

"I initially ignored it and laughed it off because he just seemed that friendly, but then other students were also feeling uncomfortable about it," said Kennedy.

The definition of sexual harassment is



The Spectrum/ Elyse Harrell

Too close for comfort.

not black and white. It isn't just forcing sexual activity onto a person of inferiority, nor is it harmless flirting. There is a big difference.

Sexual harassment is degrading and one-sided. It makes the recipient feel unattractive or hold negative views about their appearance or personality.

Sexual harassment additionally leaves the person feeling powerless. Ultimately, it's illegal, demeaning and unwanted.

"There are times when I go out with friends and I do find myself in an awkward situation where men are looking at me and saying things to me that are really inappropriate. I usually don't make eye contact with them and change my location to

another area. If it gets to the point where it becomes very bad or I feel extremely uncomfortable, I may leave," said Victoria Lassey, freshman, East Islip, N.Y.

If you have a suspicion or an intuition that you are being sexually harassed, there are ways to document, which leads to prevention this illegal act.

When women go out to a club or a party, they often times have a sign or code for if things were to go bad.

"Sometimes if we are dancing on a dance floor and a guy comes up to one of us from behind, we usually make faces whether to see if he is nice or not. The same usually applies when we are being hit on. Sometimes one of my friends will

say 'I have to go to the bathroom, come with me,' or something along those lines," said Lassey.

Having a system of any sort is a great way of preventing any uncomfortable situation from arising. Harassment of any form is nothing to joke about. It occurs more than discussed because it is a sign of weakness and inferiority. Sexual harassment is not something to hide, or be ashamed of, but instead, needs to be prevented.

Prevention is most important. If at all possible, and the harassment is not too severe or violent, attempt to directly confront the harasser; the harasser might not recognize that you are uncomfortable or distressed by their behavior. Never make excuses for the harasser, make honest direct statements and speak the truth.

"I worked at Hooters over the summer, and a lot of people get the wrong impression that they can just come in and say and do whatever they want to the waitresses, but we are a family restaurant," said Katrina Torres, junior, Hartford.

"I am used to people saying things so it doesn't bother me, but one time a man went overboard with a couple of the girls and we told our manager and he literally threw the guy out of the restaurant. Our managers don't laugh at harassment. As soon as we feel uncomfortable they take care of the situation whether it be talking to the customer or even asking them not to come to our restaurant again," said Torres.

Bacteria is everywhere, especially in your own mouth

Ceren Akinci
The Spectrum

Bacteria is all around you. It's small size and tolerance to the coldest, or the hottest temperature makes it impossible for human beings to ignore its complex existence.

These tiny, single cells can be found in water, soil, animals, plants and inside the human body. In fact according to microbe.org, a website dedicated to the study of microbes such as bacteria, the human body consists of over trillions of microbes, which include your mouth.

"We realize in our office that the mouth is one of the most common places where bacteria is the most prominent. We have to be cautious in making sure that the dentist's tools are properly sterilized before and after the exam on each patient," said Meghan Boulet, an assistant at a dentist office in Ansonia.

"We clean the office with Lysol 2, a hospital disinfectant that is strong enough to kill the HIV virus, and we always wear latex gloves and dispose of them immediately after seeing a patient in order to avoid contaminating the office," said Boulet.

Lysol 2 might be effective in cleaning surfaces, but what kills the bacteria living inside the mouth?



The Spectrum/ Elyse Harrell

Germ that cause bad breath don't stand a chance against cinnamon-flavored gum.

The University of Illinois at Chicago's Dr. Christine Wu, professor of periodontics and associate dean for research at the UIC College of Dentistry, along with medical researchers, discovered that cinnamon gum is actually antibacterial, aiding in the destruction of bacteria, which causes bad breath in your mouth.

The plant oil cinnamic aldehyde, which can be found in cinnamon gum, may be the ingredient acting as an antibacterial agent.

"In laboratory tests, some of these oils also prevented the growth of three species of oral bacteria associated with bad breath and the production of volatile compounds that cause the unpleasant smell," Wu said in a press release, according to the Daily Times.

The outcome of Wu and her col-

league's research was disclosed at the International Association for Dental Research in Honolulu, Hawaii.

Medical News Today reports that the study conducted by Wu proved chewing gum that contains cinnamic aldehyde killed 50 percent or more of the bacteria that is found in the mouth. The cinnamon gum was also effective in getting rid of the anaerobic microbe that is found only at the back of the tongue.

The mouth bacteria contributes to the production of sulfur in the mouth, which causes bad breath. By getting rid of most of this bacterium, cinnamon gum ultimately improves breath more than any other flavored gum.

"Our study shows that chewing gum can be a functional food, having a significant impact on oral hygiene over the short term, if it contains antimicro-

bial agents such as cinnamic aldehyde or other natural active compounds," Wu said.

"The product doesn't just mask foul mouth odor; it eliminates the bacteria that cause it, at least temporarily."

Lysol 2 works against the bacteria living in your dentist's office. For the microbes inside your mouth, however, studies have proven that cinnamon flavored gum is the most effective against bacteria that cause bad breath.

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Global Warming: the damaging effects it presents

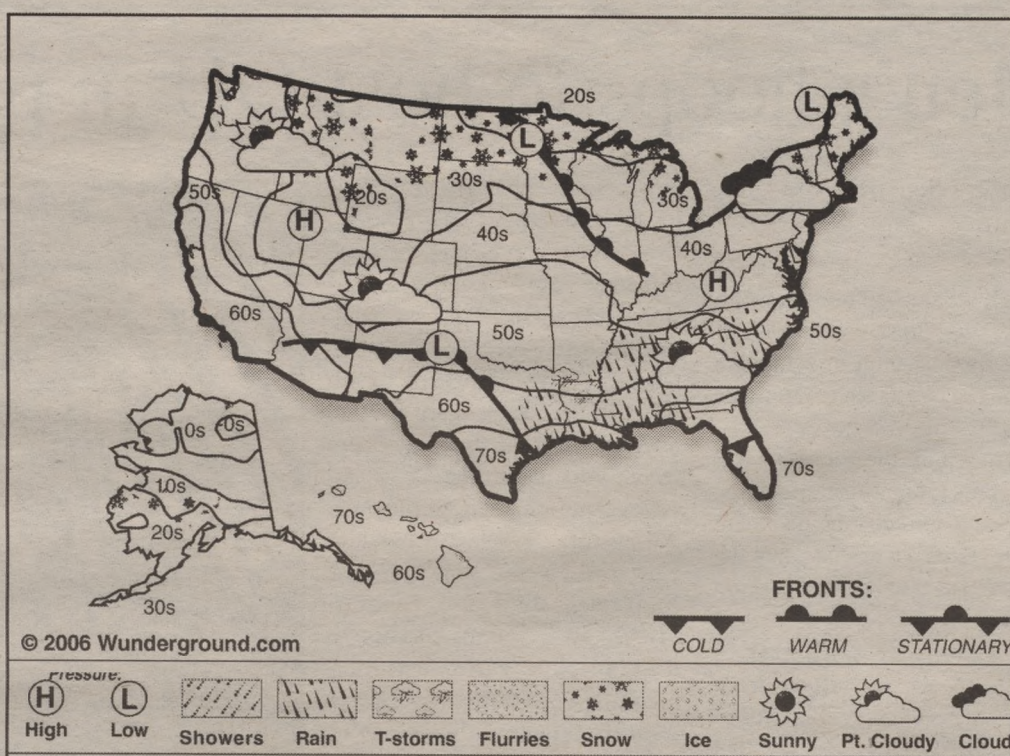
Scott Wagner
The Spectrum

The drastic, unpredictable rising and plunging of temperatures in this region is a sure sign that Global Warming is taking place. This past weekend Fairfield County averaged in at about 18 degrees Fahrenheit along the coast where just two weeks ago on February 5, this region saw temperatures of 50 degrees and higher.

Dr. Alexander Fekete, a chemistry professor at SHU with 30 plus years of experience teaching, said, "2005 had the highest annual average surface temperatures since such recordings began being taken in the late 1800's."

Global Warming is a result of the natural phenomenon that is known as the Greenhouse Effect. In this process, certain gases in the atmosphere such as water vapor, carbon dioxide, nitrous oxide, and methane, trap solar energy. Without these gases, heat would escape back into space and Earth's average temperature would be about 60 degrees colder. The Green House effect makes the Earth habitable for human beings and the rest of life as we know it.

Periodic increases in energy output from the sun is one reason why the planet is getting warmer, but many climatologists believe, and have proved, that human activities carry a majority of the blame. Technologies have caused concentration of gases to rise, which means more solar



AP Photo/Weather Underground

A warm front has new meanings and worries.

energy is being trapped in the atmosphere than usual.

The increase in the concentration of Greenhouse gases, primarily Carbon Dioxide, Methane, and Nitrous Oxide, scientists believe, stems from an increase in the burning of fossil fuels. This means that our biggest energy producers, as well as automobiles and electrical generating plant, are causing our biggest environmental problems.

"The hasty deforestation of the

world's rainforests also plays a huge role because photosynthesis is the most important and environmentally beneficial way to recycle CO₂ in the air," said Dr. Fekete.

The world's oceans absorb a lot of the atmosphere's carbon dioxide, and over time, it can be used to produce limestone, but photosynthesis is a process that virtually pays off immediately. Animals breathe out CO₂, then plants take it in and give off oxygen, which is quite necessary to sustain life. However, by destroying the forests,

industrialists risk slowing down and potentially ending the only natural means of recycling carbon dioxide.

The Environmental Protection Agency predicts that in the year 2060, carbon emissions will double from the pre-industrial level of 280 parts per million. By 2100, the EPA estimates emissions reaching 720 ppm. These predictions along with the current rate of deforestation suggest a grim future.

Health wise, global warming means a number of things for humans and other animals. Higher temperatures and increased frequency of heat waves may increase the number of heat-related deaths and the incidence of heat-related illnesses. Connecticut, with its irregular, intense heat waves, may be especially susceptible.

According to the EPA, a study showed that in Hartford a two degree warming could increase heat-related deaths by 20 percent. Another study predicted that a four-degree warming around the New York City area could cause an increase in ozone, a major contributor of smog, by four percent.

Glaciers are also melting at alarming rates. This means that there will be an increase in sea levels. Warming also means expanding. As the sea temperature rises, like all matter it expands as well. Even the slightest rise could cause devastating damage to some coastal communities.

So what is being done to combat Global Warming? Honestly, there is a lot of thought going into it, but not enough it would seem. Researching, ultimately cleaner methods of energy production is the starting point, as well as the basic slowing down of the rate at which we destroy our forests, the natural regulator. The recent conclusion, though, is that technology is just not working as quickly as is needed. Personal regulation of consumption must also be considered.

"Recycling the chemicals in an environment is the most significant aspect to maintaining a healthy ecosystem. It is not our generations who will suffer from this problem we have created, but our children's generations and so on," said Dr. Fekete.

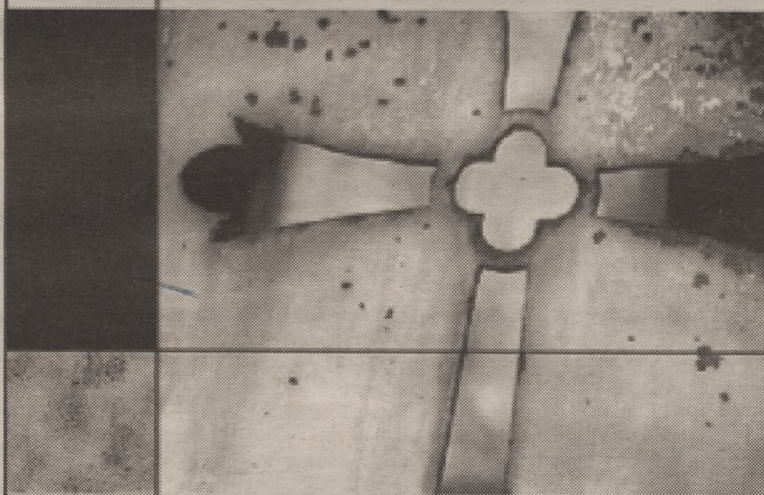
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Men's Ice Hockey picks

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Men's hoops to host QU in pivotal game

Kristyn Nicastro
The Spectrum

This Saturday night the Pitt Center will host men's basketball's final attempt to achieve a spot in the Northeast Conference playoffs.

At 5 p.m. the Pioneers will host the Quinnipiac Bobcats, who stand directly below them in the NEC, in what may be their most crucial competition this season.

"This game will have a direct impact on which team makes the NEC playoffs," coach David Bike said. "To say that this is an important game is an understatement."

This will be the 48th career meeting between the Pioneers and the Bobcats, with SHU holding a 32-15 all-time edge. The last match up between the two schools rendered the visiting Pioneers with a 72-68 loss, a lapse that the men do not plan on repeating.

"In this game we plan on matching the intensity that they play with from the get go. If we can do this, then we should not have a problem with obtaining a win," guard Matthew Looney, a senior from Maywood, N.J., said.

"We had 20 turnovers in that last game," Coach Bike said. "We must play better defense and respect the ball more."

To help defeat the

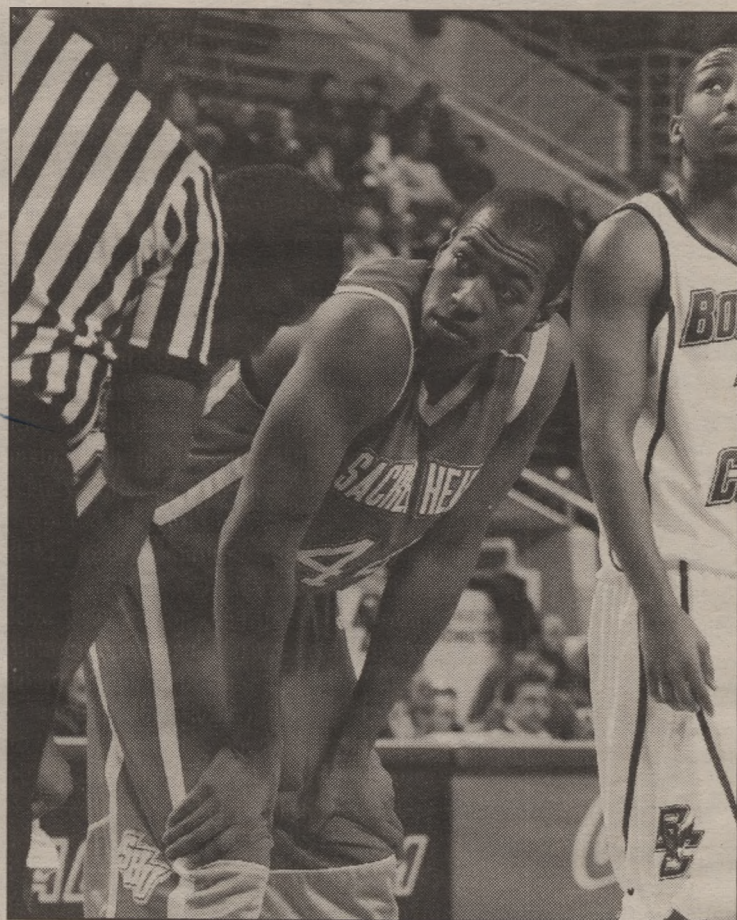
Bobcats, the Pioneers will look to their offense, which holds two of the top three NEC scorers in center Kibwe Trim, a senior from San Juan, Trinidad, and guard Jarrod Frye, a junior from Queens, N.Y. Trim proves to play a significant part in the team's success, having been recently named to the CoSIDA/ESPN The Magazine Academic All-District 1 (New England/New York) Team.

Coach Bike also believes that a key factor for success is the collective performance of the team.

"In order to be successful, you must have solid performances from all the players involved. There have been many such performances this year from not only the stars of our show, but from the supporting cast as well."

However, the men believe that hard work is not the only answer to being victorious. The team's fans provide a phenomenal abundance of encouragement and support, which enhances their desire to win.

"Playing at home always gives us a better chance to win. We're comfortable playing on our own floor and shooting at our own rims, and our fans this year have been the best since I've been here, providing us with a great atmosphere to play in," sophomore guard Luke Granato said.



The Spectrum/ Travis Flynn

Forward Brice Brooks may be called upon to help the Pioneers to defeat Quinnipiac Saturday evening.

"The combination of the band, dance team and cheerleaders provide an atmosphere that rivals the best in the country," Coach Bike said. "When the students follow the lead of these three groups and emotionally get into the game, our players seem to feed off of this and raised their own intensity level."

"I have always said that the game of basketball involves a heck of a lot more people than just ten guys running around in short pants. I would personally like to thank all those involved this year for their support and for their efforts to create an enjoyable and exciting atmosphere in The Pitt."

Smith, Quesada set to collide this weekend

...CONTINUED FROM PAGE 16

pened for the rest of the evening and the duration of overtime.

Freshman Stefan Drew played in between the pipes and displayed the quickness and maturity he's shown all year as

a rookie, by making 38 saves. Smith was given the night off; that would be his last chance to catch a breather before the real journey begins.

The vicious battle for top spot in the conference, with limited games for each contender remaining, occurred many miles

away from the Milford Ice Pavilion as well. Holy Cross took down Mercyhurst, and the following night they tied.

By picking up a point in the tie, the Lakers, who were swept by the Pioneers a few weekends ago complements of a historic performance by Smith, sped by the Pioneers for the second slot.

Sacred Heart, who is four points behind Holy Cross, will play the Crusaders in a home-and-home series this weekend for the first time since the two teams split a home and home series earlier in the season. The match-up to keep an eye on will be in between the pipes.

Smith will face off against Crusader goaltender Tony Quesada. Quesada, who recently became the all-time leader in wins in Crusader hockey history, is 16-3-2 on the year and his miniscule 2.25 goals against average is a main cause.

Smith boasts an impressive 15-9-1 record, but his league leading 2.10 goals against aver-

age and .933 save percentage puts him in a class of his own.

O'Brien, the Pioneers leader in points, will also break the school's record for most points in a season with his next goal or assist.

Though the Pioneers are able to light up the scoreboard on a nightly basis, the Crusaders have some offensive weapons of their own.

Senior co-captain Tyler McGregor leads the team with 22 goals, 23 assists and 45 points overall; he will be a major factor in this weekend's ultimate showdown.

Sacred Heart's home game in Milford will be on Saturday at 7 p.m.

The Pioneers can now put their disappointing tie against the Yellow Jackets behind them, and go after thier team goal. They realize what lies ahead of them, which is a crusade for taking over first place in the heated conference.



The Spectrum/ Travis Flynn

Rocco Molinaro and the Pioneers are ready for the Crusaders.



The Spectrum/ Travis Flynn

Khalla Cain (24) shuffles along with an FDU forward Monday. She provided 23 minutes of tough D in a 84-44 win.

The Spectrum/ Travis Flynn

Kevin Fox, rebounding after a recent hamstring injury, looks to perform his best as the season comes to an end. Sacred Heart wrestling lost to Rider Saturday, but have recorded wins against the following this season:

Rutgers
Boston College
Wagner
James Madison



Top Performers: three stars for Sacred Heart

Amanda Lulu
Women's Bowling



Named Enterprise Rent-A-Car SHU Athlete of the Week after scorching the lanes, recording either a strike or spare each frame on day two or the Morgan State Invitational

Lisa Moray
Women's Basketball



Scored 18 points in 11 minutes, which was good for both game-high and career-high marks, she led a bench that scored 44 points in the 84-44 women's hoops victory

Adam Constantine
Men's Fencing



Took home the bronze medal from the 13-team New England Championships Sunday after finishing third in men's epee, will represent SHU at the NCAA Regionals on March 4

Rubino carries the flag for hoops' seniors

...CONTINUED FROM BACK PAGE

Rubino has been one of the conference's better players since she came to Sacred Heart in the 2002-2003 season, when she won NEC rookie of the Year Honors.

"Nicolle is a terrific player and leader. Not many people know that she has the most wins in history for Sacred Heart University," Swanson said. "I have an infinite amount of respect for her."

Rubino is also very respected by her fellow players, both as a basketball player and a person.

"I definitely look up to Nicolle," Sowinski said. "I can go to her for anything. She is very responsible and open minded."

"She is a very special person to this team" Moray said.

Burke, her fellow captain, has been playing with Rubino since she arrived here as a freshman in the 2003-2004 season.

"We are good friends. I hope that we can win on Saturday to put the icing on the cake for her," Burke said.

Tip-off for the game is scheduled for 3 p.m. on Saturday at the William H. Pitt Center.

Sports

American Hockey Hotstove:

Buccigross, Waddell give thoughts on the stars of the USA

Pat Pickens
The Spectrum

The World Series. The Super Bowl. The Olympics. These are the quintessential sporting events in our society. What about the Stanley Cup Finals? Where are they on the radar of American society?

The National Hockey League (NHL) features the best players in the world performing at high speeds with violence and action. Some teams play over 100 games each season and vie for the oldest trophy in professional sports. So tell me, where are the fans?

The reality of the matter is while many people in the northeast and at Sacred Heart may fashion themselves as hockey fans, the majority of the people across this great land do not.

"People don't follow hockey back at home," Sacred Heart men's ice hockey forward Drew Sanders, a junior from Modesto, Calif., said. "The sport is expensive and the climate is too nice out there. They would rather play baseball or football."

"Anyone can pick up a soccer ball and play with it," Atlanta Thrashers general manager Don Waddell said. "We have to continue to educate the youth of America and work with our in-line program with places with little or no ice availability."

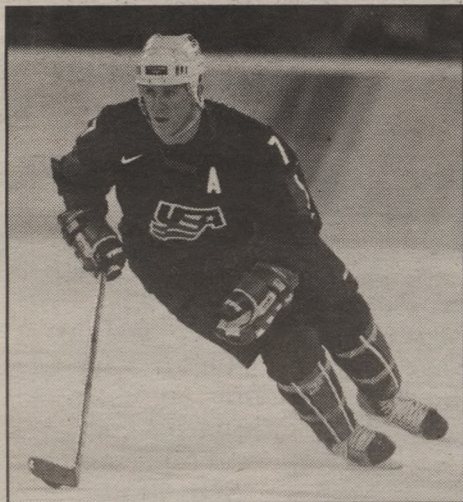
The NHL has tried desperately to tap into the non-traditional markets and it has worked to some degree. Dallas and Tampa Bay have both won a Stanley Cup, and in other warm climate cities, such as Miami and Los Angeles, fans have had a taste of the Stanley Cup Finals.

However, for whatever reason, the game has not drawn the same passion and excitement for the fans below the Canadian border.

"It is part of the culture of Canada," men's ice hockey captain Noel Henck, a senior from Long Beach, N.Y., said. "It is growing here, but it is still a long way off from being a big part of our society."

"There are a lot of other sports for people in America to play," forward Rocco Molinaro, a senior from Dearborn, Mich., said. "It will be tough to grow the game across the country."

Hockey went through a renaissance of



AP Photo/ Eric Risberg

The US needs new, young players to replace the old guard. Players like Tkachuk won't be around forever.



AP Photo/ Gene J. Puskar

(From left) Keith Tkachuk, John-Michael Liles, Scott Gomez, Mathieu Schneider and (front) Brian Gionta celebrate a goal in Torino.

sorts in the 1990s as the game achieved a new national television contract from Fox in 1995.

However, the game began to falter as soon as it hit that peak.

The elevation of the neutral zone trap, which created less space in hockey's "neutral zone," made for less action and slower flow of the game.

"The game was more open before the trap," Molinaro said. "[The trap] really slowed things down and made the game less fun to watch."

"The 1990s started a trend of more holding, grabbing and interference," former Sacred Heart and current Phoenix Coyotes equipment manager Adam Sheehan said. "Teams started using a defensive style to win games, and no one wants to watch a bunch of 1-0 or 2-1 games."

The trend continued to grow at the turn of the century. However, the NHL has also hurt itself with public relations, as it lost its entire 2004-2005 season due to a labor stoppage.

Diehard fans have come back to the game, and new rules have opened up scoring. However, ESPN dropped the NHL from its programming and the only cable network to pick it up was Outdoor Life

Network, which is not available on most cable subscription packages.

"The game will not grow without the help of television," ESPN's John Buccigross said.

Despite this, Buccigross is confident in the growth of hockey in America.

"The game will continue to grow," he said. "Expansion has produced new fans. College and USA hockey continue to grow. We are producing NHL caliber players every year in the USA."

Waddell agreed.

"The fan base in Atlanta continues to grow every year," Waddell said. "We had 254 kids playing ice hockey when I started here [in 1998], we now have over 2,500 playing."

"We just have to continue to educate people of the game. The more people we can have playing the game, the more fans we will have," he said.

However this is not easy.

Ice time is a significant factor for hockey, and in warm weather climates, keeping rinks available and cold for kids is not easy. Sheehan, who now resides in Phoenix as an equipment manager for the Coyotes, knows this firsthand.

"Hockey has really grown since the

Coyotes have been here," Sheehan said. "But ice time can be as expensive as 400 to 600 dollars per hour, plus league dues and equipment. It is easily the most expensive sport to play, which takes lower income families out of the game."

"Hockey is one of the most expensive sports to play," Sacred Heart men's ice hockey coach Shaun Hannah said. "As the economy goes up, kids playing ice hockey goes up, and we are in a down time in the economy."

Buccigross has his own ideas though how to grow the game.

"If I were the NHL I would give skates to kids. Give away hundreds of thousands of pairs of skates. Get kids on skates and they will love the game forever."

Hockey in the USA has hit a lull period leading up to 2006. However, the future seems to be bright for the game. According to the International Ice Hockey Federation (IIHF) USA has 435,737 registered hockey players in the country. This number of registered players is second only to Canada (543,390) and far ahead of third place Czech Republic (83,539).

USA Hockey has also been successful in international competition; they finished second in the 2002 Olympics in Salt Lake City, and have finished in the top four in each of the last three world junior championships.

"The future is bright," Sanders said. "The junior teams have played well and there are young stars like [New Jersey Devils forward] Zach Parise. They just need to mature."

"The Americans put together a consistent quantity of members, and USA Hockey is a good structure of developing talent," Hannah said.

"There are a lot of bright up and coming stars that will be impact players in the USA," Sheehan said. "We may struggle during this Olympics, but the future in the USA is bright."

The future for USA Hockey is bright, but what about hockey ever being a real mainstream, important sport in the United States?

"I think it will stay a mostly niche sport in the USA," Sheehan said. "The rules changes have really impacted the game, and the future of the NHL is bright, but I don't ever see hockey being the same popularity as baseball or football."

"It will probably stay a northern sport," Molinaro said.

However, Waddell stayed optimistic.

"The fans in the south that go to games love the game," Waddell said. "Big hits and great plays just excite them more than the typical northern fans."

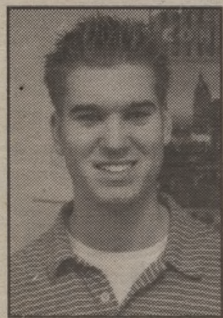
"It is loud, and a great environment and the fans really are entertained, whether [the Thrashers] win or lose. We just have to continue to educate more people of the game," he said.

The future for mainstreamed hockey in America is cloudy. The speed and intensity of the sport will continue to provide optimism, but there will always be doubts for a sport that has never been considered as one of the most popular in the United States.



AP Photo/ Julie Jacobson

Members of team USA stretch during practice in Torino, Italy. Many American pundits will use this team as a measuring stick for the current state of US hockey.



THE FITZSIMMONS FILES

with Brian
Fitzsimmons

Winning ways brewing in Milwaukee

In 2005, the Milwaukee Brewers began their quest to become major league baseball's up and coming team that displays excitement and youthful talent. Fans became acclimated to several rising stars such as closer Derrick Turnbow, young bopper Prince Fielder, speedsters Brady Clark, Rickie Weekes, and J.J. Hardy. Carlos Lee thrived in his first campaign, and the front end of the rotation made up of Ben Sheets, Chris Capuano, and Doug Davis opened a lot of eyes. In 2006, we could be introduced to something else in Milwaukee: the most dangerous contender to capture the National League Wild Card.

The NL Central division endured quite a shakeup during the off-season, mostly stemming from teams that succeeded in 2005. The Cardinals return stars Albert Pujols, a healthy (maybe, but who knows) Scott Rolen, Chris Carpenter, Mark Mulder and Jason Iiringhausen and are poised for another division title. However, contributors Reggie Sanders, Julian Tavaraz, and Matt Morris all parted ways for other teams via free agency, which could expose some new weaknesses in key spots. Carpenter, who was last season's Cy Young recipient, enjoyed a career year and such fantastic numbers could be hard to repeat. Braden Loper will take over as the ace set-up man for Tavaraz after leaving the Mets, but we all know how dependant he is. The Cardinals are still good enough to win the division, but vulnerable enough to make the race interesting.

The Astros and Cubs will have too many questions to answer and by the time September rolls around, it could be too late for both squads. Roger Clemens may not pitch for Houston this season, and its offense it yet another year older. As for the Cubs, their current state is about as stable as Kerry Wood's health.

Since the Braves and Mets will have the East division wrapped up by the end of April, the Brew Crew will have to beat out one of them for a wild card selection. The Mets offense is remarkable with

their key off-season acquisitions, but their rotation is paper-thin after a brittle Pedro Martinez.

The fans who appreciate franchises that manage to positively change their image will enjoy watching the baby Brewers develop into something special in 2006. Their infield is by far the youngest in baseball, but it doesn't show in between the lines.

Fielder, the first basemen, will make a serious run at Rookie of the Year honors since he proved he could mash in the minor leagues. Their 2006 clean-up hitter will be an All-Star for years to come, despite already battling some weight issues and looking as if he hired Bartolo Colon's trainer for his physical development.

Second basemen Weeks played a small role last year, racking up only 360 at-bats, but still he managed to steal 15 bases. His speed at the top of the lineup will pace the offense.

Third basemen Bill Hall hit 17 homeruns, stole 18 bases, and hit .291, so his upside's ceiling is extremely high.

Hardy, a slick shortstop, showed flashes of brilliance in his 372 at-bats last season and he is only 23 years old.

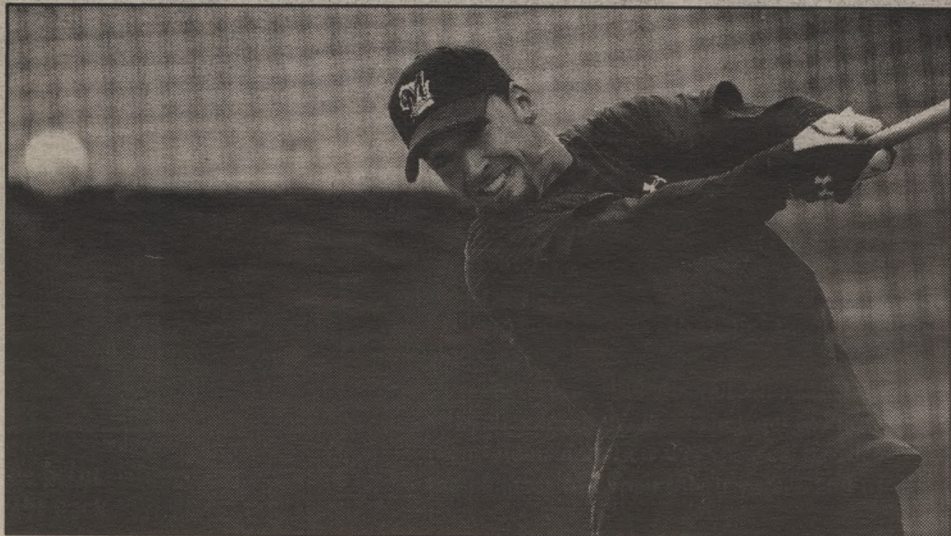
The Brewers sport one of the best outfielders in the league with Lee, Clark and Geoff Jenkins.

Lee will be the third hitter in the lineup and will duplicate the 32 homeruns and 114 RBIs he put up last season, and will get his .255 2005 average up to his usual .285. Clark hit .306 and scored 94 runs last season, and there is no reason to predict better numbers this season for the late-blooming star. Jenkins isn't the player he once was, but his slugging percentage in the second half of last season ranked second only to Pujols.

The pitching staff could build on the 2005 accomplishments since Sheets, a perennial Cy Young candidate, will be healthy enough to make 35 starts unlike last year. Left handed Davis struck out 208 batters and held a 3.84 ERA, and combines with Capuano for a nice two/three combo. Capuano won 18 games and put up an impressive 3.99 ERA in his 2005 breakout performance. Turnbow anchors the bullpen and can only improve on last year's 39 save, 7-1 record, and 1.74 ERA effort.

The pieces are in place for the Brew Crew to compete for a playoff spot this season, but their window of opportunity to put together a span of consecutive winning seasons with this group is small since spending money on free agents is an issue, much like the Oakland A's.

But for now, the Milwaukee fans who pack Miller Park can enjoy the high life of winning, which is in its early stages.



AP Photo/Nam Y. Huh

Brady Clark and the young Brewers are primed to become baseball's newest hit.



CONO'S CORNER

with Steve
Conoscenti

All-Star weekend one for the books

A seven-footer winning the three point competition? A 5'9" guard winning the dunk competition? The East beating the West in the All-Star game? It was a crazy weekend, and because of that it will go down in the record books as one of the best All-Star festivities ever.

This past weekend NBA fans were in their glory. They got to watch the young guns throw it down Friday night in the Rookie/Sophomore Challenge, followed by All-Star Saturday night in which four new champs were crowned, and then of course Sunday night's All-Star game. It was a weekend filled with surprises and controversy, but most of all, filled with fun.

It all started Friday night when the rookies took on the sophomores. As expected, the sophomores came out on top, but not without a fight.

Sophomore Andre Iguodola stole the show, scoring 30 points on 13-17 shooting and taking home MVP honors. Andre threw down nine dunks, almost as if he were warming up for the dunk competition. For the rookies, Charlie Villanueva scored 18 points and grabbed 12 rebounds while Chris Paul had eight points, 11 assists and five steals.

Saturday night's events started out with the Shooting Stars Challenge, in which Tony Parker banked in a half-court shot on his first attempt to give team San Antonio (Tony Parker, Steve Kerr, Kendra Wecker) the trophy. Then came the Skills Challenge, where defending champ Steve Nash finished in dead last while Dwyane Wade finished the course in a ridiculous 26 seconds, topping LeBron James' time and earning top honors.

Now we go from ridiculous to "reDirkulous". Quentin Richardson won last year's Three Point Shootout but so far this year his play has been an act of jump shooting terrorism. While he has been playing decent defense and grabbing boards, his three point numbers are way down, shooting only 32 percent from behind the arc. He and Chauncey Billups tied for last with 12 buckets apiece.

In the end, the seven-footer from Germany, Dirk Nowitzki came out on top, draining 18 shots and becoming the first seven-footer to ever win the three point title.

The stage was then set for the event of the night, the dunk competition. Another defending champion ended up in last place, as Josh Smith failed to impress the judges and didn't advance. Rookie Hakim Warrick disappointed the judges as well and was left behind.

Andre Iguodola pulled off what some are calling the best dunk ever with a little help from the real AI, Allen Iverson. In a change of events, Iverson was actually a passer. He bounced the ball off the back of the backboard, Iguodola caught it, got to the other side of the backboard and reverse

jammed it, earning one of the two perfect scores given that night.

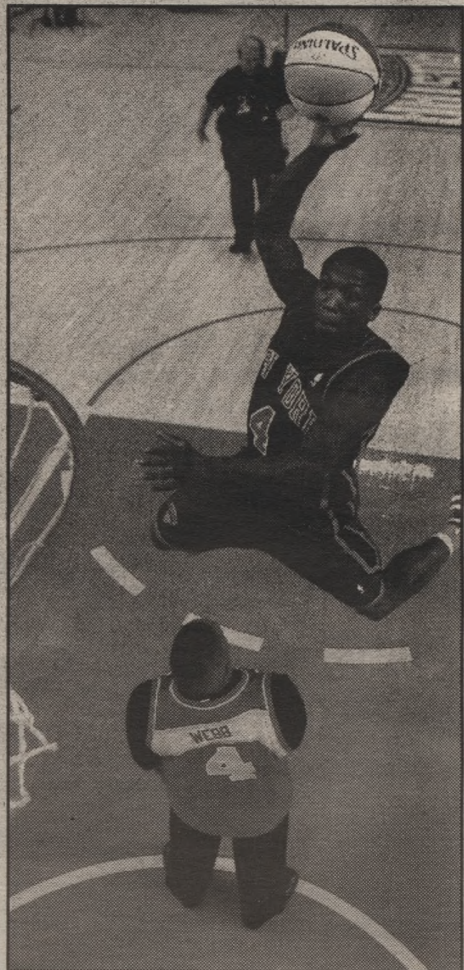
Little Nate Robinson would hear none of it though. He answered back with a logic-defying dunk. He pulled Spud Webb (the only other sub-six footer to win the dunk contest) out of the crowd and placed him a few feet from the hoop. Nate ran full speed at the hoop, Spud bounced the ball up into the air for Nate to catch and slam home as he jumped completely over Webb, clearing him with no troubles. Every single person in attendance jumped to their feet, including the judges, who awarded Nate with a perfect 50, and eventually the dunk trophy.

But of course, no Knick can ever win anything easily. Many people claim that the judges wanted Nate to win from the start and would fix it so that Nate ended up winning. Maybe I'm a bit bias, but anyone 5'9" who can dunk, let alone jump over a man, deserves a trophy.

To top off an amazing weekend, the 55th annual All-Star game provided just as much excitement and entertainment as all the events leading up to it. Close your eyes for a second. Think of the Pistons starting lineup—how beautiful their teamwork is, how tough their defense is. Now replace Prince with the King... King James that is. Now open your eyes and watch the highlights of Sunday night's game and all of a sudden, your dream is a reality.

The West looked like they were going to pull away but Chauncey Billups, Ben Wallace, Rasheed Wallace and Richard Hamilton, along with LeBron James, had other plans. The third quarter proved to be the key factor in the East's comeback victory over the West. LeBron took home MVP honors even though hometown hero Tracy McGrady had a record-setting scoring night in a losing effort.

But now, the All-Star weekend is over. Fans like myself finally had something to cheer about, even though my team has had a tumultuous season. Now it's back to reality, unfortunately.



AP Photo/Lucy Nicholson

The New York Knicks rookie point guard Nate Robinson brought back memories of his passing partner Spud Webb with his Dunk contest victory.

SPORTS

The Spectrum
<http://spectrum.sacredheart.edu>

Women's basketball continues to roll

After trouncing Fairleigh Dickinson, SHU turns to Saturday's game against Quinnipiac



The Spectrum/ Travis Flynn

Lisa Moray finished with a career-high 18 points in 11 minutes Monday.

Mike Barrett
The Spectrum

Women's basketball cruised past Fairleigh Dickinson University by a score of 84-44 Monday night, keeping pace with Quinnipiac and Robert Morris for first place in the Northeast Conference.

The win was Sacred Heart's largest margin of victory this season and moves the team to an NEC record of 14-2. Its 21 overall wins ties its record of most in a season.

The Pioneers not only utilized their starters to catapult past the Knights, but had strong efforts from the bench. The bench combined to score 44 of the Pioneers' total points.

"Our bench's job is to come in and stay competitive, and that's what they did for us tonight," coach Ed Swanson said.

The bench also provided the team's leading scorer. Lisa Moray, a sophomore from Hopewell Junction, N.Y., had 18 points. Moray tied a career-high in three pointers, going six for ten from behind the arc.

"It was fun for us as a team to get all 12 of us involved in the game. We all contributed to a big win tonight," Moray said.

Three minutes into the game, the Knights drew to within one point of the Pioneers. Sacred Heart then shut down FDU's offense, holding them to a 23.5 shooting percentage. SHU also forced 25 turnovers, which led to 32 points on the

offensive side of the ball.

Helping the Pioneers on defense was the play of Kaitlin Sowinski, a freshman from Hopkinton, R.I. Sowinski recorded five blocks and six defensive rebounds in her best performance all season. She also added four rebounds and eight points on offense for the Pioneers.

"I am glad I contributed and made a difference out there," Sowinski said. "At one point all 5 of the freshmen were in, which was made us feel important to the team, which was really exciting."

The Pioneers will turn to an important game on Saturday against the Quinnipiac Bobcats, who defeated Sacred Heart 68-46 in their last meeting. The game plays a crucial role for the team's seeding in the upcoming NEC tournament.

"We have our work cut out for us against a very good QU team," Swanson said. "There isn't any real key for us to win—we just need to play our game and play better than they do in every aspect".

"It's not a revenge game for us. We know that the better team will win," captain Kerri Burke, a junior from Saugus, Mass., said.

Aside from the importance of the game in the standings, Saturday's game is also Senior Day. The Pioneers will honor captain Nicolle Rubino, a forward from Port Jefferson, N.Y.

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MIH defeats, ties AIC

Brian Fitzsimmons
The Spectrum

The men's hockey squad was physically present in West Springfield against American International College this past Saturday, but their concentration and mental focus was already in Worcester, Mass. That is where the third place Pioneers will take their explosive offense tomorrow to take on first place Holy Cross.

Heavily favored Sacred Heart defeated AIC last Friday night 4-1, and moved into sole possession of second place in the Atlantic Hockey standings. The TOP line of Bear Trapp, Pierre-Luc O'Brien, and Alexandre Parent struck again, and the Yellow Jackets goalie became the latest victim to experience their effect.

Parent had one goal while O'Brien and Trapp each scored goals and dished out two assists in the victory. Trapp's tally would eventually become the game-clincher, which puts him in a tie for first in the country in game-winning goals with six.

Sophomore Nick Kary put in his first puck of the year when he finished off a rebound.

Junior goaltender Jason Smith made 30 saves, and earned his school record 15th victory.

The loss dropped AIC to a dismal 5-18-3 overall record at the hands of the momentum-holding Pioneers.

However, playing the role as visitors the next night did not fare well for Sacred Heart because it gave a conceivable win away to the struggling Yellow Jackets.

The Pioneers recieved scores from senior center Rocco Molinaro and sophomore Scott Marchesi.

Molinaro's score came off a rebound from Bernie Chmiel's slap shot, and Marchesi's blast ocured with 11:16 left in regulation, and it could have been the game winner.

Senior Preston Cicchine scored with 2:23 left in the game to even the score at two apiece, and no offensive action hap-



The Spectrum/ Travis Flynn

Jason Smith lets his mask stare down opponents as he covers the puck.

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